

SANCTUARY

December 2013

22

Merry Christmas

CHRISTMAS DAY MEALS



Missionaries of Charity Fitzroy

Time: Mass at 11am, Lunch to follow
Location: 101 Gore St
Fitzroy
No bookings required

St Peter's Eastern Hill

Time: Breakfast 7.30am . 9am daily throughout Christmas and New Year period, including Public Holidays. Lunchtime BBQ on Christmas Day
Location: 15 Gisborne St East Melbourne
No bookings required.

St Ignatius Church

Time: 12 noon
Location: 326 Church St Richmond
Contact: 8420 6789

Oz Community Centre

Time: 11am . 2pm
Location: 268 Abbotsford St
North Melbourne
No bookings required

St Silas and St Anselm Anglican Church

Time: 12 noon
Location: Bridport St Albert Park
Bookings required: 0403 406 340 (Fr Ray McInnes)

Sacred Heart Mission

Time: 11.15 . 1.30pm
Location: 87 Grey St
St Kilda
No bookings required
Not open for breakfast on 25/12/12

Camberwell Salvo's

Time: 11am
Location: 7 Bowen St
Camberwell
Bookings essential by 18th December: 9889 2468



Kew Uniting Church

Time: 11.30 . 2pm

Location: 23 Highbury Grove

Kew

Bookings: Call or text Natalie 0409 019 269

Unity Place – Hampton Park Uniting Church

Time: Doors open 11.30am, lunch at 12.30pm

Location: 1 Coral Drive

Hampton Park

Bookings Essential: 0408 057 211/9799 7994



The Dining Room

Time: 5.30pm . 7pm, Christmas Eve

Location: Anglican Church of St John the Divine

Cnr Wicklow and Toorak Avenue

Croydon (Room at the Rear)

Contact: David 0430 431 613, No bookings required.

Full Gospel Assembly Mornington Peninsula Church

Time: 12pm - 3:30 PM

Location: Bentons Square Community Centre, 145 Bentons Road, Mornington

Bookings Essential: Angeline 0409238840

Bayside Church Cheltenham Community

Time: 12:45 PM for 1pm start

Location: Bayside Church, 99-101 Argus Street, Cheltenham

Bookings Essential: 9585 2455

Foothills Community Care Ferntree Gully

Time: 12:00 PM - 3:00 PM

Location: St John the Baptist Parish Hall, 19 Forest Rd

Ferntree Gully

RSVP: by Friday 21st December, 2012

Transport can be arranged in the local area to Ferntree Gully

Bookings Essential: 8711 8677



Diamond Valley Uniting Church

Time: 12pm onwards

Location: Cnr Main Hurstbridge Rd and Wensley St Diamond Valley

Assistance with transport is available.

Bookings Essential: 9718 2035

Darebin Intercultural Centre

When: Christmas Day 25 December

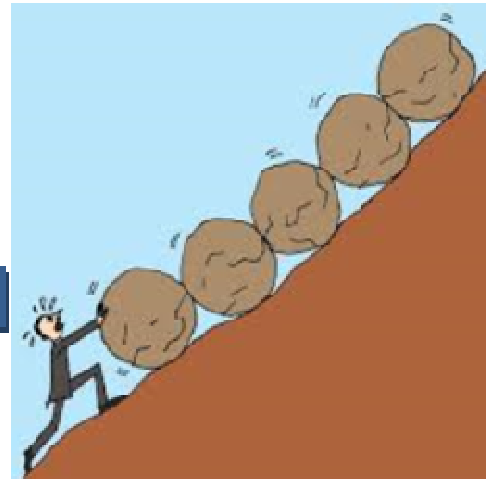
2013

Time: 11am

Where: Preston City Hall



Coaching for **SUCCESS**



OVERCOMING CHALLENGES

Challenges - We **all** face them in varying degrees. They usually arise from expectations. We expect certain things in life – to be healthy, to be happy and to enjoy a reasonable standard of living. Having already faced a massive challenge in the form of a stroke at the age of 35, you can understand my total devastation when I was diagnosed with breast cancer this year. I went through all the negative thoughts that go along with these things – did I have one too many glasses of wine in my life, have I wronged someone in a previous life and this is some awful payback? Am I just a complete loser????????? Then I thought what would breast cancer be if it weren't another life lesson? So here's what I've learned about this current challenge and all the others I have faced:

1. I am NOT a loser. Challenges do not discriminate. Angelina Jolie is a perfect example.
2. I have so much more than many others. I have a roof over my head, food on the table, presents under my Christmas tree and money in the bank.
3. I can still make a difference despite my challenges. This year has brought me so much fulfilment in helping clients achieve their goals.
4. I can still achieve goals despite my challenges. I will continue to coach and revel in the joy that that brings.
5. Having goals can get you through most challenges. Sometimes the goal might be walking to the end of the street and other days, working towards a trip to Paris provides huge motivation. At the heart of it all lies goals!

As I continue to heal with a 90% chance of my cancer never returning following my treatment, I remind myself how important support is. Without it, our challenges can overwhelm us. With support we can get through even the toughest of times.

"I'd rather attempt to do something great and fail than attempt to do nothing and succeed".

Robert H Schuller

How to be SunSmart this summer



Slip

1. Slip on protective clothing

- Materials that have a close weave for higher UV protection.
- Darker colours which absorb more UV radiation.
- Cotton, polyester/cotton and linen materials. They are lightweight, cool to wear and when tightly woven can protect against 95% of UV radiation.
- Material with high UV Protection Factor (UPF), which explains how much sun protection the material provides. Some clothing is treated to absorb UV.
- Materials that maintain their sun protective value when wet, such as lycra.

2. Slop on SPF 30+ sunscreen

Sunscreen should not be relied on as the only form of sun protection. No sunscreen provides 100% UV protection. Look for a sunscreen that has a sun protection factor (SPF) of 30+.

- Is labelled 'broad spectrum' - this will filter both UVA and UVB radiation.
- Is water resistant - less likely to be washed off by water activities or sweat.
- Has a valid expiry date.

How to apply sunscreen:

Apply sunscreen 20 minutes before going outdoors to clean, dry skin.

- Layer sunscreen onto exposed skin rather than rubbing it in.
- Apply a thick layer of sunscreen - most people do not use enough.
- Reapply every two hours or more often if in water, sweating or towel drying.
- Remember your lips (a common skin cancer site). A zinc or lip palm will provide longer lasting protection than a cream.



Slop

3. Slap on a hat

Slap on a hat that provides as much shade as possible to your face, head, neck, ears and eyes. There are three main styles of hats that provide adequate sun protection:

- Broad brimmed hats - with a brim of at least 7.5cm.
- Bucket or 'surfie' style hats - with a deep crown and brim of at least 6cm.
- Legionnaire hats - with a flap that covers the back of the neck.

Baseball caps and visors *are not recommended* as they leave the ears and the back of the neck exposed.



Slap



Seek

4. Seek shade

Staying in the shade is one of the most effective ways to reduce sun exposure, but remember that other sun protection measures (clothing, hats, sunglasses and sunscreen) should also be used to avoid reflected UV radiation.

Whatever you use for shade, be it trees, built shade structures or some form of portable shade, make sure it casts a dark shadow.

5. Slide on some sunglasses

Sunglasses can protect your eyes against UV radiation. When choosing sunglasses look for:

- Frames that fit close to the face.
- Wrap around styles that reduce UV entering from the sides.
- sunglasses that have an eye protection factor (EPF) of 10
- If you wear prescription glasses consider adding a UV protective coating, attaching protective shades or wearing prescription sunglasses.



Slide

My New Year's Resolution



New Year is a time for new beginnings. These may include making resolutions. This year discover ways to help you make New Year's resolutions or goals that will stick. Many people use the start of a New Year as a reason to commit to change.

People have great hopes of changing what they do not like about themselves, yet within a couple of weeks after New Year, they have broken or given up on their New Year's Resolutions. One of the main reasons is because the goals that they set are too vague or too unrealistic. Goals like wanting to quickly lose 50 pounds, paying off credit card debt in a month, exercising 2 hours a day or suddenly start eating healthy foods all of the time may be difficult for people to achieve.

A. Write your main goal on the line. Be specific.

My goal

is.....
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.....
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.....
.....

B. Write a deadline for reaching your goal.

I will reach my goal by

.....
.....

C. Answer these questions.

1. What do I need to do to reach my goal?

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2. What sacrifices am I willing to make?

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3. On a scale of 1-10, how strong is my desire to achieve my goal?

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4. What are the benefits of reaching my goal?

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5. How will I encourage myself when I want to give up?

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6. What will I say to people who tell me I can't reach my goal?

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7. How can friends and family members help me achieve my goal?

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8. Is there a local support group that I can join to help me achieve my goal?

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Christmas baking



Soft Christmas Cookies

Ingredients (recipe makes 4 dozen)

- 3 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup margarine, softened
- 1 1/2 cups white sugar
- 2 eggs

Directions

1. Sift flour, baking powder, and salt together, set aside. In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Gradually blend in the sifted ingredients until fully absorbed. Cover dough, and chill for 2 hours.
2. Preheat oven to 200 degrees C. Grease cookie sheets. On a clean floured surface, roll out small portions of chilled dough to 1/4 inch thickness. Cut out shapes using cookie cutters.
3. Bake 6 to 8 minutes in the preheated oven, or until edges are barely brown. Remove from cookie sheets to cool on wire racks.
4. Decorate as you wish.



Reindeer Cupcakes: Rudolph and Friends

Ingredients (recipe makes 26 cupcakes)

- Pretzels (standard shaped)
- Chocolate frosted cupcakes
- Tootsie Roll® Midgee
- Mini vanilla wafer
- Red or brown M&Ms®
- White M&Ms®
- Black decorating gel



1. For each "reindeer," carefully snap two pretzels into antler shapes and press them into a chocolate frosted cupcake.
2. Add a pair of white M&M® eyes dotted with black decorating gel.
3. Press on a mini vanilla wafer for a snout, then use a small dab of frosting to attach a red or brown M&M® nose.
4. Shape each ear from a third of a Tootsie Roll® Midgee and arrange them next to the antlers.

Recipes

Pretty Peppermint Sticks

Ingredients (recipe serves 15)

- 1 cup dark or milk chocolate chips
- 1 teaspoon vegetable oil
- 15 (4-inch) soft or hard peppermint sticks
- white nonpareils

1. In a small bowl, microwave the chocolate chips and oil for 1 minute, then continue in 10-second bursts, stirring between heatings. When most, but not all, of the chips have melted, stir the chocolate until it is smooth.

2. Spread the nonpareils on a sheet of waxed paper. Dip one end of each peppermint stick into the chocolate, then roll it in the nonpareils. Set the sticks on another sheet of waxed paper until the chocolate has set, about 1 hour.



Hot Chocolate Cones

Ingredients (recipe serves 15)

- 3/4 cup cocoa mix
- 2 (6- by 12-inch) cone-shaped cellophane bags (available at party stores)
- 2 clear rubber bands (we used ponytail holders)
- Scissors
- 1/4 cup mini chocolate chips
- 3/4 cup mini marshmallows
- 1 large red gumdrop

1. Pour the cocoa mix into one of the bags. Close the bag with a clear rubber band, then trim the end of the bag 1 inch above the band.

2. Place the cocoa-filled bag into the second bag and flatten its top so the end doesn't stick up.

3. Layer the chocolate chips and the marshmallows, then top with the gumdrop. Secure the bag with the other rubber band.



Have a go...

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		2	5		6		1	
	9	4	1	2				6
3			2	9				5
9	2						8	7
1				5	8	3		9
				3	5	2	9	
	6		8		7	4		
	8	3			2		6	



SPOT the
DIFFERENCE

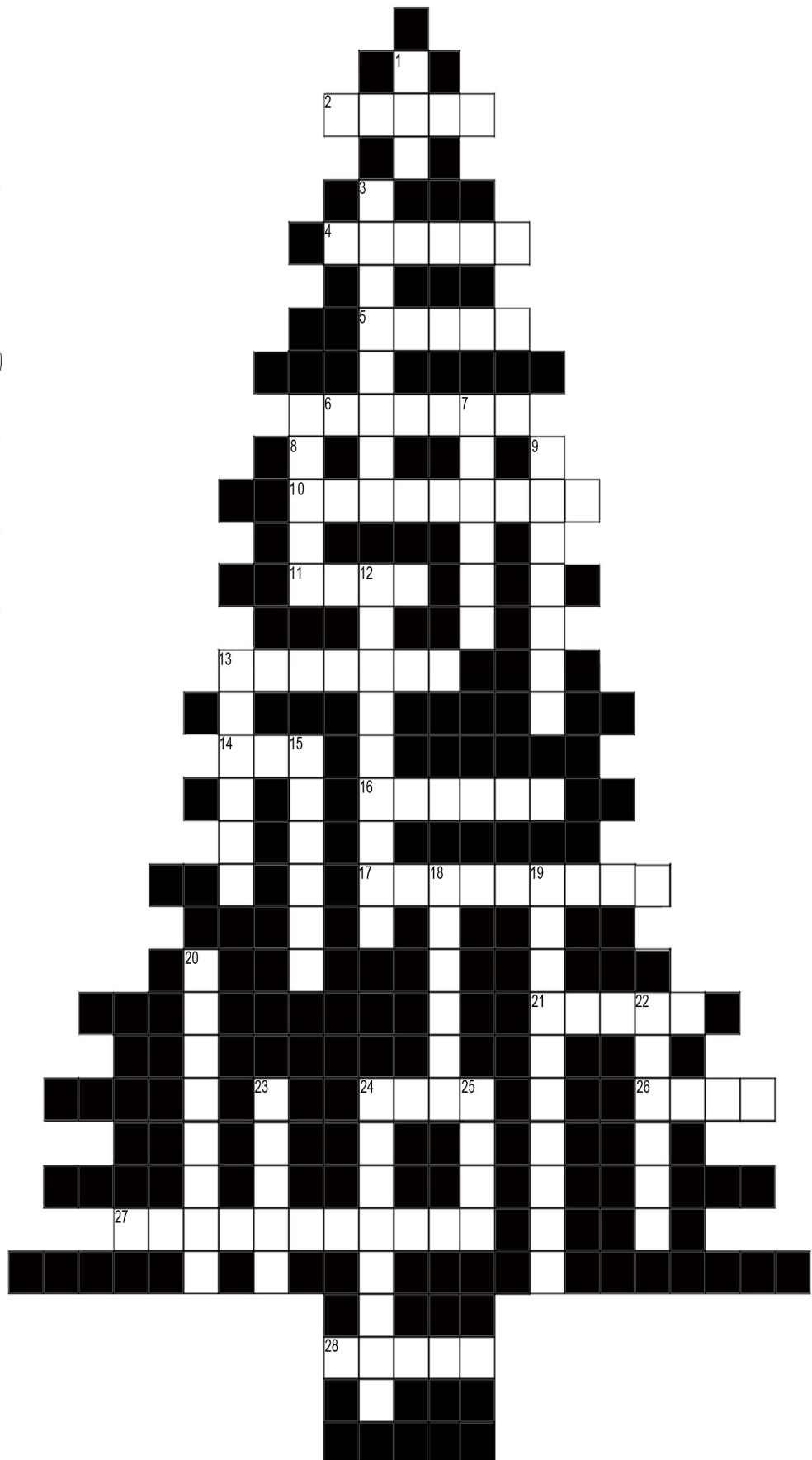


Across

2. Tiny, dwarf-like creatures, with pointed ears. (5)
 4. The season of Christmas in America. (6)
 5. What did they deck with boughs of holly? (5)
 6. Santa 'who'? (5)
 10. A well known plant known for kissing underneath at Christmas time. (9)
 11. An especialt large bag used to carry goods. (4)
 13. The entry point in which Santa enters a house. (7)
 14. The famous colour of Santa's suit. (3)
 16. This is made from wax and has a wick. (6)
 17. Where in the world is Santa's workshop? (9)
 21. Fill in the blank: "All i want for Christmas is my two front ____". (5)
 24. An object that can be given or recieved. (4)
 26. Fill in the blank: "He's gonna find out who's naughty and ____". (4)
 27. A well known Christmas carol. (5,5)
 28. A spiritual being associated with Christmas. (5)

Down

1. The day before Christmas Day. (3)
 3. The historical name of Santa Claus. Saint _____. (8)
 7. A vehicle mounted on runners, for transportation in the snow. (6)
 8. The abbreviation of 'Christmas'. (4)
 9. A non-working trip or getaway from home. (7)
 12. A well known red and white Christmas treat. (9)
 13. Songs that have lyrics based on the events of Christmas. (6)
 15. A member of the horse family, used often in the Middle East for transportation. (6)
 18. The name of the only reindeer with a red nose. (7)
 19. Fill in the blank: "On the first day of Christmas my true love gave to me, a _____ in a pear tree. (9)
 20. An empty sock-shaped bag that children hang on Christmas Eve. (8)
 22. Metalic strands that decorate a Christmas tree. (7)
 23. A plant with prickly green leaves and red berry. (5)
 24. Fill in the blank: "Season's _____. (9)
 25. Object's used for children to play with. (4)



Christmas Hamper

Susan Zielin, Initial Assessment and Planning Outreach Worker, had a wonderful idea "let's do a Christmas Hamper for the tenants". With generous donations and support from the staff at Women's Housing Ltd, four overflowing hampers were created



The hamper was drawn on 10 December and all winners were notified.



A complaint is when you wish to advise Women's Housing Ltd (WHL) that you are dissatisfied with our standard of service, practices or policies.

An appeal is when you wish to ask for a decision made by WHL to be reviewed.

This leaflet is designed for:

- Tenants and/or support agencies that may wish to make a formal complaint about WHL.
- Tenants and/or support agencies that may wish to appeal a decision made by WHL.

Neighbors' of a property managed by WHL.

How to lodge your complaint/appeal with WHL

The first step is to contact WHL and try to sort out the problem directly with staff.

WHL has a formal complaints process that documents procedures that staff must follow so if you are not satisfied with the information that the staff member is providing, you have the right to ask to speak to their Manager.

Some things that may need consideration when lodging a complaint include:

- You may choose to lodge your complaint in person, over the phone or in writing.

WHL welcome any criticisms of our service. It is only through receiving these, that we can remedy the problem and perhaps learn from our mistakes. We may not be aware of the problem unless you tell us.

Confidentiality of Information

Any information you provide will be stored in a confidential manner. No identifying information will be provided to other tenants, applicants or staff in the organisation that are not directly involved with the resolution of the matter.

Who do I contact if I have a complaint or wish to appeal a decision?

It is always best to contact the staff member that you have the most contact with in the first instance.

If you are not satisfied with the information provided, you can speak to their line manager:

Women's Service

Kayla Ta

Women's Housing Ltd
Suite 1, 21 Cremorne Street
Richmond 3121
Phone: (03)9412 6868
Fax: (03) 9415 6511

and if you feel that you have exhausted all options, you may lodge a written complaint with:

The Operations Manager

Complaint/Appeal

Please outline you complaint or appeal here. It is helpful if you can provide as much information as possible - You can attach additional paper if you need more space to outline your complaint.

Your Name: _____

Your Address: _____



These items must NOT go into your recycling bin



NO Plastic bags



NO Nappies



NO Polystyrene



NO Crockery



NO Batteries



NO Light bulbs



NO Car Batteries



Suite 1, 21 Cremorne Street
Cremorne Victoria 3121

Phone: 9412 6868
Fax: 9415 6511
E-mail: info@womenshousing.com.au

Womens Housing Ltd

All women will have
safe, secure,
affordable housing
choices

Helpful phone numbers

Child Protection Emergency Service -13 1278

Direct Line (24-hr drug and alcohol counselling) -1800 888 236

Kids Help line -1800 551 800

Lifeline (24 hr crisis counselling) - 13 1114

Maternal and Child Health Line -13 2229

Mensline Australia -1300 789 978

Narcotics Anonymous - Victorian Area Helpline - 9525 2833

Narcotics Anonymous - National Phone line -1300 652 820

Sexual Assault Crisis Line - 1800 806 292

Suicide Line -1300 651 251

Victims Support Agency -1800 819 817

Women's Information and Referral Exchange - 9921 0878 or
1300 134 130

Gamblers Help Line Victoria 1800 156 789