

## **SANCTUARY**

### **How to Keep Cool in the Summer Heat!**

**During this summer there is a high risk of having a heat wave in Victoria.  
It is important to prepare yourselves and know ways to avoid the heat!**

#### **The most at RISK are:**

- Children under four years of age
- Older people
- People with a chronic condition or illness
- Overweight people
- People who undertake vigorous exercise



#### **Ways to AVOID heat stress:**

##### **Food and Water**

- Drink two to three litres of water per day, even if not thirsty
- Sports drinks do not replace water
- Don't drink alcohol, soft drinks, tea or coffee—they worsen dehydration
- Eat as you normally would but do try to eat cold foods, particularly salads and fruit
- Avoid heavy protein foods (e.g. meat, dairy products) which raise body heat and increase fluid loss.

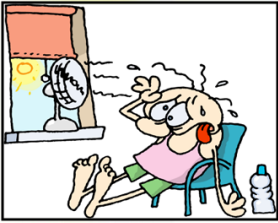
##### **Keep out of Heat**

- Wear lightweight, light-coloured, loose, porous natural fibre clothes
- Avoid strenuous activities especially between 11am-3pm.
- Keep your home cool with curtains, shutters, or awnings on the sunny sides and open windows at night
- If you don't have air conditioning, use fans, damp clothing and have frequent cool showers
- Spend as much time as possible in air conditioned buildings (e.g. shopping centres, galleries, movies)
- Avoid direct sunlight. Wear a hat and sunscreen as sunburn limits your ability to cope with heat
- Don't leave children or pets in parked vehicles
- Give the person water to drink, if they can swallow.



## Watch for Signals

- **Heat exhaustion:** Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature may be normal, or is likely to be rising.



- **Heat stroke:** Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry.

## In an Emergency

- In an emergency, **phone Triple Zero (000)** and ask for an ambulance.
- Sit or lay the person in a cool spot in the shade or under cover.
- If the person is unconscious, lay them on their side.
- Remove as much of the person's clothing as possible and loosen tight clothing.
- Cover the person with a sheet soaked with tap water (not iced water).
- Use fans or air-conditioning to help the person cool down.
- Give the person water to drink, if they can swallow.



## Remember!

In a heat wave services are prone to water and power outages. Please always have a couple of drink bottles stored in your room in case of water being cut off.

Look after yourselves and keep in touch with people you know.



# **Free Meals on Christmas Day IN INNER METRO MELBOURNE 2014**

## **Missionaries of Charity Fitzroy**

Time: Mass at 11:00 a.m. – Lunch to follow

**Location:** 101 Gore Street, Fitzroy

*No Bookings required.*

## **St Peter's Eastern Hill**

Time: Breakfast 7:30 am – 9:00 am daily throughout Christmas and New Year period, including Public Holidays

Not open for Lunch

**Location:** 15 Gisborne Street, East Melbourne

*No Bookings required.*

## **St Ignatius Church**

Time: 12:00 pm – 2:00 pm

**Location:** 326 Church Street, Richmond (Hall behind Church)

*No Bookings required.*

## **Ozanam Community Centre**

Time: 11:30 am – 1:00 pm

**Location:** 268 Abbotsford Street, North Melbourne

*No Bookings required.*

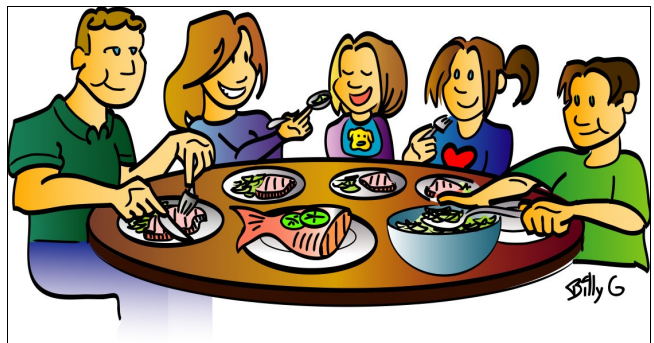
## **Sacred Heart Mission**

Time: 11:15 am – 1:30 pm

**Location:** 87 Grey Street, St Kilda

*No Bookings required.*

Not open for breakfast on 25/12/14.



## **Collingwood Football Club**

Time: 12:00 pm – 3:00 pm

**Location:** Victoria Park - Corner Abbot and Lulie Streets, Abbotsford

**Apply for Tickets** at Salvation Army, 69 Bourke Street, Melbourne  
(2<sup>nd</sup> week of December) for this luncheon.

## **Salvation Army Brunch**

Time: 10am (meet at Salvation Army 69 Bourke Street – with ticket)

**Location:** Cargo

**Apply for Tickets** at Salvation Army, 69 Bourke Street, Melbourne  
(available from the week of the 15 December).



# Christmas Recipes

## Christmas pastry wreaths recipe

Tasty parmesan cheese and buttery pastry combined are great any time of year, but twist them into wreaths and they are perfect Christmas fare. Try these easy yummy wreaths this festive season as a fast entrée or snack at your next Christmas party.

### Ingredients:

- 2 sheets frozen puff pastry
- Olive oil spray
- ¼ cup freshly grated parmesan cheese

Sea salt

### Method:

Preheat oven to 180°C. Line two baking trays with baking paper. Place pastry sheets on work surface to defrost, this takes about 10 minutes.

Cut each pastry sheet into 12 ribbons, approximately 1cm wide.

Roll each ribbon into a sausage (albeit a very thin one). Twist two 'sausages' together, shape into a ring and press ends together. Place wreath on prepared baking tray.

Repeat with remaining pastry. Spray wreaths with olive oil, sprinkle with parmesan and salt.

Bake for 15-20 minutes until puffed and golden.



## Mars Bar Christmas crackles

Amp up the chocolate flavour with this Mars Bar version of the traditional chocolate crackle. And if you want to make them a little bit healthier, you could add a handful of dried fruit too.

### Serving Size:

24

### Prep Time:

20 mins + 2 hours refrigeration

### Ingredients:

- 200g Mars Bars, chopped
- 2 tbsp of pouring (thin) cream
- 2 tsp cocoa powder, sifted
- 3 cups Rice Bubbles
- canola spray
- 100g white chocolate

24 red Smarties or M&M's

### Method:

Spray a little canola spray into 2 x 12 cup mini-muffin trays.

Melt the Mars Bars, cream and cocoa in a glass bowl over simmering water. The bowl should not touch water. Stir the mixture until smooth.

Put the Rice Bubbles in a separate large bowl, pour in the chocolate mixture and stir until well mixed.

Spoon the mixture into the muffins tray and press down gently.

Refrigerate for 2 hours and turn out onto a tray to decorate.

Melt the white chocolate in the microwave checking and stirring it at 30 second intervals. Pour it into a piping bag while warm and snip the tip off.



## Easy Christmas turkey recipe

Follow this easy, super-fast Christmas turkey method when you don't have the time to roast a whole turkey.

### Ingredients:

- 2kg frozen, rolled turkey breast
- 1 orange, juiced
- 2 tablespoons olive oil
- 200g packet bought sage and onion stuffing
- 10g butter
- 1 tablespoon olive oil
- 1 onion, chopped
- 150mL chicken stock
- 4 tablespoons fresh herbs (e.g. flat-leaf parsley, thyme, rosemary)



Gravy, to serve

### Method:

Preheat oven to 180°C.

Defrost turkey in the fridge overnight.

Place the turkey in a large roasting pan with the foil on and roast for one hour and 15 minutes.

Remove from the oven and baste with combined orange juice and oil.

Leave foil off, return turkey to oven for another 30 minutes.

Slice the turkey, garnish with herbs and serve with warm gravy and stuffing.

For the stuffing, heat butter and oil in a frying pan over medium heat.

Add the onion and cook until softened. Pour in the chicken stock and bring to the boil.

Remove from heat. In a bowl, combine stuffing mix, onion mixture, fresh herbs, salt and pepper to taste.

Butter a lamington tray and spread stuffing into tray, cover with foil and cook for 20 minutes (coincide with the last 30 minutes of cooking the turkey). Remove foil and cook for another 10 minutes.

## Money saving tip

Buy pantry items like soft drinks, sweets, nibbles when on special in advance, stash away in your laundry or linen cupboard, out of sight and out of mind. It will save money shopping down the track because all those prices tend to hike up just before Christmas.



# Christmas Shopping



## Queen Victoria Market

Share the joy of giving by donating a present to a child in need at the market's Giving Tree.

**Dates:** 1 - 24 December 2014

**Address:** Queen Victoria Market, 65-159 VICTORIA Street, Melbourne, Victoria 3000

**Phone:** 03 9320 5822

Closed Mondays, Wednesdays and Public Holidays.



**OXFAM**  
Australia

## Oxfam Australia

One person in three in the world lives in poverty. Oxfam is determined to change that world by mobilising the power of people against poverty.

Christmas catalogue out now at

<http://www.oxfamshop.org.au/christmas>

Shops in Chadstone, Carlton and Melbourne City.

## Shop Online with Shopnate,

Shopnate allows shoppers to donate to charity just by shopping online. A commission on every online sale will be given to the charity of your choice. Women's Housing Ltd is one of the hundreds of Australian charities you can help. We thank you for your support.

Check out their website for more information [www.shopnate.com.au](http://www.shopnate.com.au)



## Salvation Army Stores

Salvos Stores offers a wide range of quality pre-loved clothing, books, bric-a-brac, toys and accessories at a fraction of the price of other retail outlets. You can donate and shop in the same trip!

Find your closest store at [salvosstores.com.au](http://salvosstores.com.au)

## Vinnies Shops

Vinnies Shops provide furniture, clothing and household goods to families and people who are in need or being assisted by conference members. The excess is provided for sale to the public. Profit from the sale of goods assists local people in need.

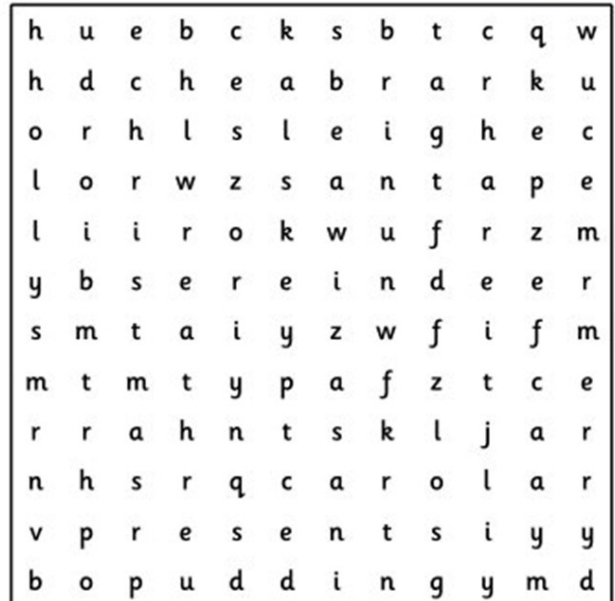




# Activities



## Christmas Word Search



carol

christmas

holly

merry

presents

pudding

reindeer

santa

sleigh

star

tree

wreath

## Kids Colour In





**25<sup>Th</sup> December 2014**

**6.00pm- 8.00pm**

*Hope Cafe will be hosting Christmas with a special guest appearance from Santa and his little helpers, petting zoo, jumping castle and face painting.*

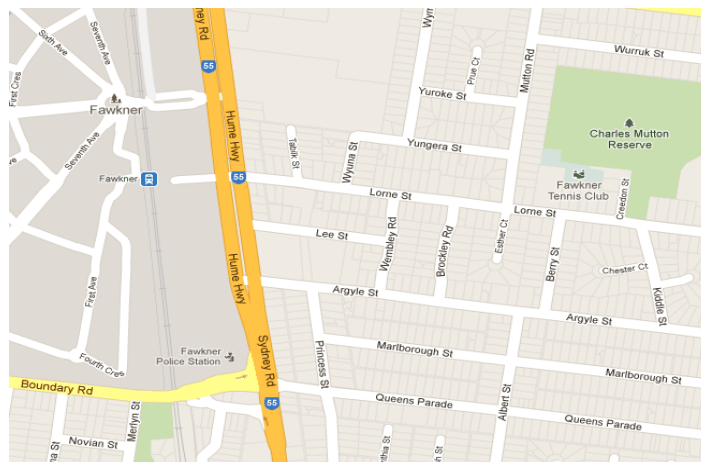
*Children are encouraged to come, to receive their special Santa gift and share a photo or two! Doors open from 6.00pm until 8.00pm- if contact can be made to the Parish office on: 9359 3111 and confirm if children will be attending we will make sure we have a present put aside for them.*

*Hope Café is a community initiative located in Fawkner; it opens its doors every Thursday night to all members of the community. We offer a space to share a meal, a conversation and company in a safe, warm and compassionate environment.*

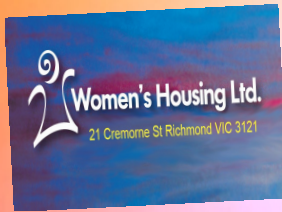
*Come along and have a free meal on us, bring the family and enjoy the free games between 6pm and 8pm every Thursday night.*

**Hope Café is located at *St. Marks Church - 9 Lee Street, Fawkner***

**Check us out on Face Book- Hope Cafe St Marks Church Fawkner**







Suite 1, 21 Cremorne Street  
Cremorne Victoria 3121

Phone: 9412 6868  
Fax: 9415 6511

E-mail: [info@womenshousing.com.au](mailto:info@womenshousing.com.au)

**Womens Housing Ltd**

## 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

*On behalf of Women's Housing we wish you a happy holidays and New Year! Best wishes and we look forward to seeing you in 2015!*

