

BERWICK COMMUNITY NEWSLETTER— SUMMER EDITION

“A random act of kindness, no matter how small, can make a tremendous impact on someone else's life.”



Computer Foundation Course—February 2019 Participants needed!!



WHL are looking for residents who maybe interested in attending a free Computer Foundation Course starting in February this year. The course will offer a basic understanding around using a computer including email and internet. WHL have received a grant from the Casey City Council in 2018 to run this course **free of charge** to participants. This will include the cost of the course and all materials and include transport to and from the venue.

Anyone interested in attending must contact Jacqui on 9412 6810 or jacquim@womenshousing.com.au by **Wednesday 6th February 2019**. We need to have a minimum of 8 residents to enable the course to go ahead. *Participants to fill out an application form and provide a copy of their concession card.*

Start date: Wednesday 13th February 2019

Time: 3 pm—5 pm

Venue: Narre Community Learning Centre

Materials, cost of course and transport: Provided

This will be a wonderful opportunity to update skills, learn something new and to have some fun.



EXPRESSION OF INTEREST

A call out to residents with a green thumb or who would just love to get outside and do some gardening.

Several residents have asked WHL if they could do some gardening around the property and as there are several gardens needing some tender loving care WHL would like to start a gardening group. This will be run by residents and supported by WHL. Jacqui is also looking into the opportunity of having a gardener volunteer from the City of Casey to work with the group. Anyone interested, please call Jacqui on 9412 6810. This will also be discussed at the house meeting on the 22nd February.

ISSUE 2

JANUARY 2019



Important Dates to
Remember

House Meeting:

22nd February 2019
at 11 am—Common
Lounge Room.
All Welcome!!

Foundation Computer Course:

3rd February 2019—3rd
April 2019
Narre Community Learning
Centre

Cooking and Nutrition Workshop:

Over 4 weeks in March



Housing Services

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CITY OF CASEY AND MONASH HEALTH COOKING SESSION COMING IN MARCH 2019

The City of Casey and Monash Health will be running a cooking and nutrition workshop for four weeks over the month of March 2019. The free workshop will be held at the property in the main kitchen between 11.30 am—1.30 pm (time subject to change) each Friday. The workshop will be a hands on practical approach where residents will be able to participate in cooking a delicious and nutritious meal and eat it afterwards. There will be information and tips around nutrition and cooking on a budget. More information to come so watch this space!!.



If interested in attending please contact Jacqui on 9412 6810 or come and speak to her in the office.



ASIAN CHICKEN AND QUINOA SALAD

INGREDIENTS

- 3/4 cup white quinoa
- 2 cups shredded cooked chicken
- 1/4 red cabbage, finely shredded
- 2 carrots, finely grated
- 2 green onions, thinly sliced diagonally
- 2 teaspoons sesame seeds, toasted
- 2 tablespoons salt-reduced soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon vegetable oil
- 1 teaspoon sesame oil

METHOD

Step 1:

Place quinoa and 1 ½ cups cold water in a medium saucepan over high heat. Cover. Bring to the boil. Reduce heat to low. Simmer for 10 – 12 minutes or until liquid is absorbed and quinoa is tender. Set aside to cool.

Step 2:

Combine quinoa, chicken, cabbage, carrot, onion and sesame seeds in a bowl. Season with pepper and toss to combine.

Step 3:

Whisk soy sauce, vinegar, oils and sugar in a jug until well combined and sugar is dissolved. Drizzle over chicken.

Step 4

Serve salad and enjoy!

WHAT'S ON IN BERWICK AND SURROUNDING AREAS

Berwick Show—23.2.19—24.2.19

9 am— 4 pm

Akoonah Park, 2 Cardinia St

Berwick

Free Family Flicks

Every Friday in February

6.30 pm

Bunjil Place Plaza

Narre Warren

Saturday Night at the Park (Music)

9.2.19—free

Wilson Botanic Park

668 Princess Highway, Berwick

