

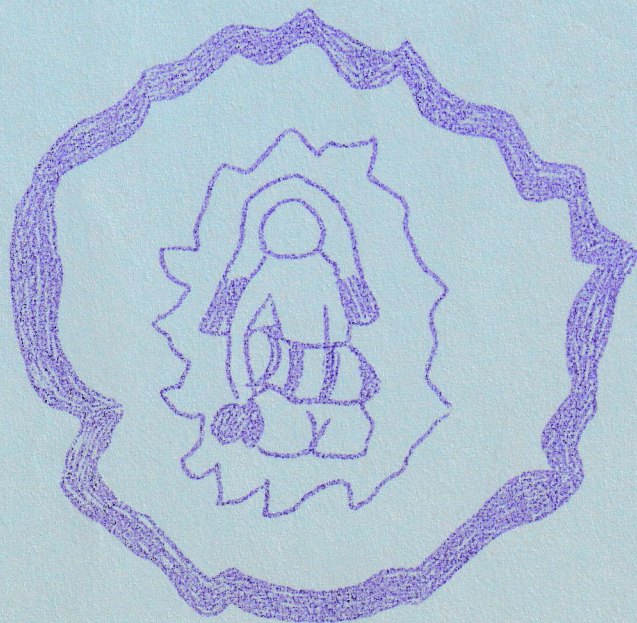
Gwen Meager St.
92 Barnett St. Ken.

Kensington

Women's Group

Newsletter.

to



Shoulder

Shoulder

Child Care Co-op. Ltd.

89 McCracken St. Kensington

No. 31 July, 1982

Ph. 376-7280

HOUSING

Ministry of Housing Review

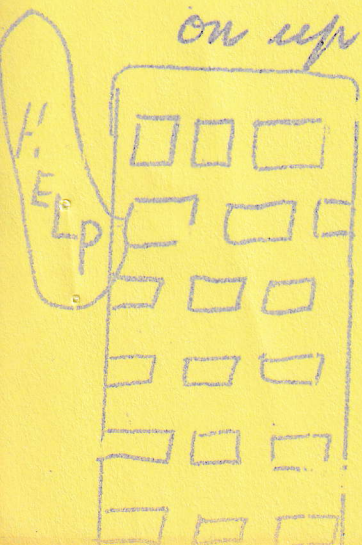
THIS time one on funding and how various groups and housing tenant's groups (including Ministry's own Tenant's groups) should consult with each other and the Housing Minister. IT makes me mad. Here we go again. Yet another evaluation of us guinea pigs, the public Housing tenants. We are human you know! We don't like being dissected, again and again by social scientists or do-gooders.

The Housing Commission has given money to "V.C.D.S.S." to employ a project officer to evaluate consultation and funding.

Is it given money for salaries, rather than given us hot water

Is it a ploy to put off spending money on upgrading facilities

I am cheesed off. How dare other people speak for me. I have a big mouth of my own. My uneducated ideas, to me have equal value, same as the educated guesses of the professionals.



Housing :-

Doesn't my experiences of living in a H.C.V Flat for 15yrs count. Dootlers have have any idea, how tenants have to cope with the stresses of daily existence in these beehives of concrete.

If the honorable Minister wishes to read again the reports already presented by various groups, CURIA, F.A.C.S., their own green Paper, Roof over our Heads.

There is plenty of data published, that could be used as the base of spending the housing funds wisely on providing more badly needed homes for people on the wailing list, good maintenance, and upgrading older flats.

Or do we bow down to so called policy advisors or money wasters. I voted for state government not a lobbyist opinion. Do we the voters have to asked ourselves is Big Brother here already and it not yet 1984.

K. J. GIBBS.

Granma's Scrapbook....

MOTTO'S. — For Families

Don't PUT IT DOWN, put it away.

If you leave things on the floor.

They get trodden on by clumsy

grow n-ups. —

TABLES PRAYERS

Bless this bunch,

As they munch on their lunch

AMEN

for friends, food and friendship

we give Thee thanks. AMEN

BLACK is beautiful.

Children's weekly menu-

This is an example of the children's weekly menu during winter:-

DAY	MORNING TEA	LUNCH	AFTERNOON TEA	COOK
MON	Milk + Fruit	Sausages. Potatoes Carrots. beans.	Jelly + Fruit	Sue
TUES	Soup.	Spinach Pie.	Honey Crackles	Anita
WED	Milk + Fruit	Rice Patties Vegetables.	Salada biscuits	Fiona
THURS	Milk + Fruit	Meat loaf. Roast Potatoes	Popcorn	Joy
FRI.	Milk + Fruit	Sandwiches (for going on outing).	Fruit.	

The following week we have four other different voluntary cooks

Winter meals

Spaghetti Bolognese.

Macaroni.

Meat loaf.

Spinach Pie.

Sausages.

Fish Fingers

Egg + bacon Pie

Roast Chicken.

Rice Patties.

Fried Rice.

Lamb's fry + bacon.

Shepherd's Pie.

Pizza Baps.

Baked beans.

Soup.

Summer meals

Cold meats

" chicken.

Salads consisting of:

lettuce.

potatoe salad.

tomatoe.

cheese.

beetroot.

carrot.

sultana's

eggs.

cucumber.

If anyone has any other recipes or suggestions of what to cook we would be ~~grateful~~ grateful of the offer.

*During Winter the children have a cooked meal each day, followed by a glass of milk. When possible we encourage the children to take their own dish to the sink + sometimes help with the dishes. All meals are served with vegetables.

Andrea

Popular Recipes from the menu -

Rice Patties

- 3 cups of cooked brown rice.
- 1 cup of wheatgerm
- 2 eggs (beaten)
- 1 onion finely chopped.
- 1 carrot (grated)
- salt, pepper, chopped parsley
& any other herbs.

* Mix all together
& make into
patties.

* Roll in extra
seasoned wheat-
germ or bread-
crumbs.

Spinach Pie

- 1 bunch of spinach
- 1 onion
- 3oz of grated cheese.
- 1 tble spoon of black pepper.
- 6 eggs.
- 2 oz of margarine.
- Six sheets of pastry (fillo).

3. Cover spinach with pastry,
brushing between each layer
of pastry with melted butter.
Also brush top.

4. Bake in a moderate oven
for 45 mins until it turns
light golden brown.

1. Chop spinach finely
Combine spinach and
onion in a bowl.
Mix well.

Add cheese & pepper
mix well with hands.

2. Melt butter.

Place spinach mix in
baking dish. Beat
eggs until frothy
pour evenly over
spinach.

I'M FINE

There's nothing whatever the matter with me,
I'm just as healthy as I can be.
I have arthritis in both my knees,
And when I talk, I talk with a wheeze.
My pulse is weak and my blood is thin—
But I'm awfully well for the shape I'm in.

I think my liver is out of whack,
And I have a terrible pain in my back.
My hearing poor and my eyes are dim—
Most everything seems to be out of trim.
The way I stagger sure is a crime
I'm likely to fall most any time,
But, all things considered, I'm feeling fine.

Arch supports I have on both feet.
Or I wouldn't be able to walk down the street,
My finger are ugly, stiff in the joints,
My nails are impossible to keep in points.
My complexion is bad, due to dry skin,
But I'm awfully well for the shape o'm in.

Now the moral is — as the tale we unfold —
That for you and me who are growing old,
It's better to say — "I'm fine" — with a grin,
Than to tell everyone of the shape we are in.

Mai Sherman.

WHAT'S ON AT THE HOUSE

Mondays

11 AM Help with MATHS
& ENGLISH

1 PM Newsletter Group

Tuesdays

10 AM Fundraising

12 NOON Embroidery

1.30 PM Sewing

Wednesdays

10 AM. Coffee-discussions

11.30 AM. Crochet
(off pension)

Thursdays

9.30 AM. SHOPPING
(pension week)

11 AM. Finance Group
(off pension week)

1.30 PM. FIRST AID
(off pension week)

FRIDAYS

10 AM. PLAYGROUP

11.30 AM. Community
Lunch

FOOD Co-operative

NEW TIME 7 PM BINGO



~~OFF~~ PENSION
week

COMING UP

Massage - TUESDAYS

6-30 PM - 8-30 PM

Starting August 3rd

Camp - DOXA

- 25th August -

29th August

FRIEND TO FRIEND 15/7/82

P/1

Everyone who is a pensioner whether Invalid, single parent or ^{or} widow, ^{etc} will tell you that at times things can be really hard. Yesterday was Tuesday and a happy day it was going to be for I had \$20.00 to attempt the driver's permit, however, I needed to have an ID card with passport photos. Luckily I found a very convenient photography shop on the corner of Little Collins St and Swanston St City. The photos cost me \$7.00, and so I rushed to the Maltese Consul with passport photos for the ID-Card. So what happens? My photos needed to be sent to Canberra for the ID card, so I couldn't attempt the permit test. After some discussions with the Consul I became acquainted with a new term "repatriation" which comes from the Latin *patros* meaning to send back. Off I rushed to Social Security and I made an appointment for next day Wednesday.

The next day Wednesday I felt dreadful and I slept till 11 o'clock till I felt better. I managed to keep my appointment and a matronly woman listened to my explanations and offered some rough and non-existent other possibilities so that was the end of the appointment. She was kind though.

FRIEND TO FRIEND

P/2

15/7/82

I decided to call it a day and buy a pizza so I went in to Mario's in the city but I was disgusted with the prices; \$4.00 for a small pizza! I quickly made my exist and I couldn't make up my mind whether to buy toasted marshmallows from Pamela's Chocolates or buy a hamburger from McDonald's. I reluctantly decided on McDonald's though; it was the best I have ever tasted from McDonald's. This particular shop had a space-age theme with old movie stars ^{sketches} on the walls.

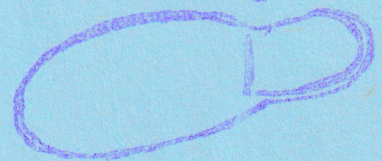
Back in Kensington and buying some magazines I spot Kathy Giles and she was going my way and I asked her to pin me for a cup of coffee in my flat and I told her what had been the scene for the day. Along the way as soon as the door closed behind us Kathy pushed to the toilet after enquiring if there was one available. I was so embarrassed that I had forgotten my dirty red nickers on the toilet, so I grabbed it out of Kathy's sight.

Over hot coffee we debated about the children's lunches, and that at times it was difficult because the children varied from day to day. I mentioned the trend today about the popularity of playdough. I can't get over the fascination of child workers for play-dough. I had once seen one make black play dough and I couldn't help thinking how good it would be if it was licenced.

Sagging Saddle

Oh! my aching saddle, all those bums, big fat bums, medium bums, and children's bums. That's all I ever see, at Ken's Women's House! these numerous bums have done, over 1,000 Kilometres by this June '82, on this poor overworked blue exercise bike.

I definitely have the rattles and squeaks. Not only big bums and big feet but also small fingers turning my pedals, small bodie's clamouring over me.



Oh! dear, here comes that short fat lady again ready to pound my creaky, exhausted blue body. Well, here's to the next 1,000 Kilometres, that is if I can last out the distance.



a sad and sorry blue exercise Byle.



Poems

from FOOTSCRAY GIRLS SCHOOL

I tried it on the sofa,
I tried it on the chair,
I tried it on the table,
I couldn't do it there.
I took him to the garden.
You gave a little laugh,
At last I had succeeded
to take his photograph.

God made little niggers,
He made them in the night,
He made them in a hurry,
He forgot to paint them white

God made girls with lace,
He didn't have enough,
So he left a little space.

God made boys from string,
He had too much,
So he left a little thing.

In a wee wee town,
In a wee wee square,
A wee wee man
did a wee wee there

Don't make love at the garden gate,
Love is blind, But,
the neighbours ain't.

HEALTH | HEALTH | AND MORE HEALTH |

The Women's Group were treated to a stimulating discussion from a naturopath.

We compared the care we show ourselves (or don't show!) to that care given a racehorse. Trainers brush, pamper and feed their horses only the best, so they'll win a race. Yet we abuse ourselves with an onslaught of junk food and wonder why we haven't got the energy to do anything and are always getting sick.

Something that shocked us was the fact that the over 60's have much clearer eyes than even the youngest children. Naturopaths believe the stress we are under shows in our eyes and today we are subjecting our children to much more than ever before.

Whilst we may have to pay more for fresh foods in the longer term it's cheap. We feel better, our children grow stronger and we spend less time and money in the doctors and chemists.

A Few hints.

- (1.) Smoking and Coffee - in the long term a disastrous combination
- (2.) Definite No No's — white flour, white bread, white sugar, additives, preservatives and salt
- (3.) Vitamin pill popping cannot repair the damage of an inadequate diet

A FEW HINTS - CONTINUED.

(4) Plenty of fresh fruit and vegies —
Steam or dry-bake, don't boil them

(5) A good balanced diet should include:—

Breakfast — whole grain cereals eg oats
— fruit

Lunch — Salads and fruits
— whole grain's bread
— home made vegetables soups in winter

Dinner — 80% fruit and vegetables
— 20% meat or fish or egg.

(6) When you've got a cold, drink plenty of fluids such
as grape, apple, lemon, lemon barley water (home made)
or orange juice
Garlic is also good for a cold.

PHIL

Thank to:—

Phil, Maureen, Kath, Colleen
Andrea, Brenda, Rita
Girls from Foots Cray High

For work on This Edition.