



Chatter Bug

Hello from the Editor

Welcome to the winter edition.

Well, winter is certainly upon us now, with plenty of cold, frosty mornings making it hard for all of us to get out of bed. But don't let that stop you! Get the hats and scarves out of hibernation, and come to the Centres for plenty of activities that will soon get you warmed up!

Our Caring Support Group had its first birthday in May. A number of carers went to Daylesford and enjoyed the weather, the shopping and the pampering experience of relaxation and massage. If you care for a loved one and you want to be part of this group give us a call. We are happy to talk to you. For further information regarding Carers and Friends Group, please see page 2.

There are a number of projects happening in ATLAS. A woodwork and a gardening group are going to start soon at Roman Villa. One of our aims is to maximise our clients satisfaction while attending our centres. If you would like to be part of any of these groups or you have a particular hobby, let us know and we will look at the possibilities to make it happen.

Now for some staff news – All ATLAS staff took part in a Health Promotion Education Day in June. It was a very stimulating and enriching day that will assist us to deal with health issues. We will be extending our Health Promotion education in the future to all our clients across the centres. So, if you happen to have a query or issue regarding your health, this type of forum can give you the opportunity to discuss it.

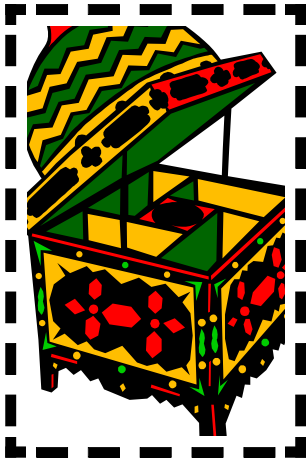
See you at one of the Centres soon



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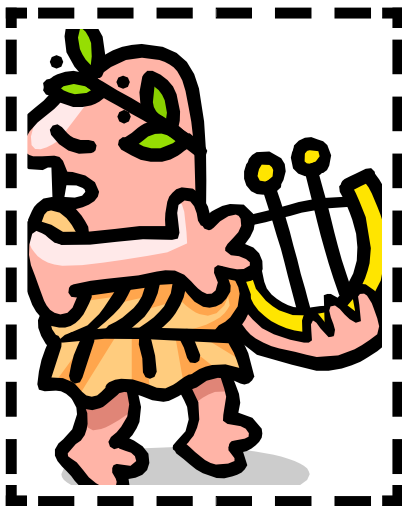
Hi to everyone from 202!



We have just had a most beautiful Autumn and all of us at 202 made the most of this by spending more time outside in the back garden area. We all had fun with our exercises, ball games and gardening mornings.

Over the past few months, we have also been busy starting and completing various craft activities. For Mothers Day everyone painted and took home a small antique-looking casket. They looked lovely when finished.

Everyone looks forward to our regular trips to Bunnings. We all enjoy seeing Sam and getting involved with the various projects he has for us.



Last Thursday we joined our friends at Kad. In the morning, Alex came along to entertain us. We all joined in, either by singing or playing a musical instrument. After a nice lunch, we all had a game of bingo. It was a good day enjoyed by all.

Speaking of music, everyone at 202 is eagerly awaiting Loretta's return. We have all missed our famous sing-a-longs.

Well that's all for now.

Keep warm and healthy during the Winter months

Antonia
Program Assistant

Caring Support Group

Just a reminder that the Caring Support Group Meeting is held on the last Tuesday of every month between 5.30pm and 7.30pm at Roman Villa.



**Address: 4 Smith St
Smithsfield
Ph: 9333 – 1234**



Please contact Heather or Candice for further information.

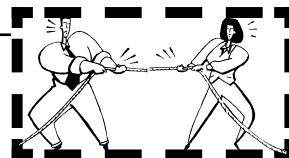
Handy Hints

Rub in a little corn flour for toys you don't like to wash. Leave a few minutes and then brush off

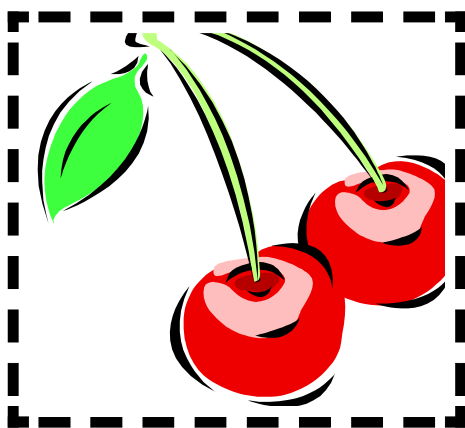
Paint spots on glassware can be removed with hot vinegar

Give your dog a quick dry bath with bicarb. Simply rub the dry bicarb thoroughly into his coat, then brush out

Put talcum powder onto a stubborn knot to release it



Try using cloves instead of mothballs next time you store away your woollen sweaters. This will keep the moths away as well as give you a nice spicy smell



Dried fruits and glace cherries will not sink to the bottom of a fruit cake if you toss them in cornflour before adding to the mixture














Castor oil with a dash of water around the roots gives most sickly plants that needed lift

Bicarbonate of Soda (Commonly called Carb Soda)

- Mix with water to make a gentle but effective cleaner for fridge or freezer surfaces
- A small container in the fridge absorbs all odours
- One teaspoon rubbed on with a cloth removes stubborn stains from tea and coffee cups
- Several teaspoons mixed in a litre of water and applied to battery terminals will remove all build up
- A mixture of water, carb soda and white vinegar is an effective, cheap cleaning method for most cleaning jobs
- To clean combs quickly, place them in hot water and sprinkle with 1 teaspoon of carb soda. Leave a few minutes and rinse
- To unblock a sink or drain, place 1 tablespoon of carb soda and 3 tablespoons of vinegar in the sink or drain. Allow to fizz and then pour on a kettleful of boiling water. The blockage will clear
- Prevent steel wool from rusting by placing it in a jar of water mixed with half a teaspoon of carb soda. Change the water once a week. The steel wool will not rust and will last for weeks
- Carb soda on a wet sponge is an economical cleaner for windows, chrome and laminated plastic. Polish off with a soft cloth

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21 Hints for Eggs

-  To find out if eggs are fresh, fill a basin with water. A fresh egg will lie flat on the bottom, not-so-fresh will rise slightly, and a bad egg will float
-  Beat egg whites to an easy froth by heating the beaters for a few minutes before using
-  One egg will go as far as 2 for scrambling if you add a tablespoon of fine breadcrumbs and 1 tablespoon of milk to each egg
-  A dessertspoon of vinegar in the pan when poaching eggs prevents yolks breaking and keeps whites snowy
-  A pinch of salt or 3 drops glycerine added to whites of eggs when beating will make the froth stiffer
-  A little vinegar or a pinch of cream of tartar will increase the volume of egg whites on whipping
-  To separate eggs, break on to a saucer then cover the yolk with a small glass. Hold the yolk firmly on to the saucer and pour the white easily into another container
-  Left-over yolks keep well without drying out for several days if placed in a glass and covered with melted butter (not too hot). Store in refrigerator
-  When boiling eggs in an aluminium saucepan, put a teaspoon of salt in the water to prevent staining
-  Egg flip for invalids: Put 1 well beaten egg into a tumbler with ½ teaspoon of sugar and pinch of salt. Fill up with hot milk and serve
-  Use leftover chicken soup in scrambled eggs instead of milk
-  When beating egg yolks, first rinse bowl with cold water. Beaten yolks slide out without sticking wastefully to sides
-  Scrambled eggs are fluffier if you add 1 tablespoon evaporated milk for every 2 eggs

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Handy Hints cont...

- 14** Scrambled eggs will not become watery after cooking if you add cornflour to the milk. Use ½ level teaspoon cornflour to 3 eggs and ½ cup milk
- 15** For delicious breakfast eggs, thicken some tomato juice, add a little salt and pepper and use in place of water when poaching. Serve on toast with a little of the sauce on them
- 16** Poach eggs perfectly by putting them in boiling water for 2 seconds before breaking the shells. Also add a teaspoon of vinegar to the water in which they are cooked
- 17** When boiling eggs, add a dessertspoon of salt for each dozen. Once cooked, put saucepan with the eggs under running cold water. This direct action of the cold water on the hot eggs will make the shells very easy to peel. Try to keep eggs under the water as you peel
- 18** Boil cracked eggs perfectly! Wrap tightly in a piece of foil, making a large twist at top of egg so it can be easily lifted from boiling water when cooked
- 19** One tablespoon of gelatine added to a cake, will do as a substitute for 3 eggs. Dissolve gelatine in a little cold water for a few minutes, add enough boiling water to make a cupful. Whip mixture with egg beater until light, then add to other ingredients
- 20** When using hard-boiled eggs, place in cold water as soon as cooked, then leave there. If yolks must be removed, put whites back in the cold water so they will not change colour
- 21** Chop or mash hard-boiled eggs for sandwiches while still hot. Add a little butter and seasoning, for a delicious spreadable paste

More Carb Soda!!

- Clean a glass oven door with a damp cloth dipped in carb soda, then sponge off with a clean cloth
- Stained laminex can be cleaned by rubbing with a thick paste of carb soda and water. Leave for 1 hour then wipe off. Also good for stains on white stoves
- Carpet need deodorising? Sprinkle liberally with carb soda, leave overnight and vacuum
- To clean and remove onion, garlic and other strong food odours from wood and

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Handy Hints cont...

other porous surfaces, just sprinkle carb soda on a damp sponge or soft cloth and rub. Rinse with clear water

- Remove tarnish from silver with a paste of carb soda and water. Apply with a damp sponge, rub until clean, rinse, and buff to a gloss
- To prevent nylon from yellowing, soak in warm water and a dessertspoon of carb soda. Wash in the normal manner
- For burnt-on food particles, fill pan or casserole with warm water. Add 2 tablespoons carb soda and allow to soak overnight. Wash, rinse and dry
- To remove nasty smells from bottles, put a teaspoon of carb soda in the bottle, fill with hot water and leave for 2 hours. Rinse well
- Carb soda can be used dry for mouth ulcers. To soothe a heat rash or nettle rash, make a paste with water or vinegar



- Sprinkle inside shoes to deodorise and freshen
- A small handful added to the last rinsing water when washing nappies, will remove all traces of soap and ammonia and will prevent nappy rash
- Stains on carpets can be cleaned by sprinkling with a mixture of equal amounts of cornflour and carb soda. Leave on for an hour, then vacuum off
- Coffee, wine or other liquid stains on carpet and fabrics can be removed by pouring a liberal amount of carb soda on to the affected area and vacuuming/brushing off when dry

Bathroom



- Keep a small bottle of mineral turpentine in the bathroom. After drying the bath, rub over with a cloth on which a few drops of turps have been sprinkled. This will remove obstinate stains from enamelled surfaces. Also removes splash marks from painted walls, and keeps bathroom mirrors spot-free
- Another method is to wipe over with carb soda sprinkled onto a damp cloth. Polish by wiping over with white vinegar

Batter

- When mixing batter for fish, use 1 part vinegar to 3 parts water, and $\frac{3}{4}$ teaspoon baking soda. The fish will brown faster, the batter will be much lighter and crisper and less greasy

Cattle Hall News

Cattle Hall - what a friendly place!

We're sorry that we have to leave for Roman Villa. We'll miss our jaunts to the shops and going to the post office to pay our bills. We're going to miss George buying delicious bread as well as our tatts tickets and magazines. We're going to miss it as we really enjoyed coming here. However, we're looking forward to going to our new venue. It will still be our own lovely group at Roman Villa.



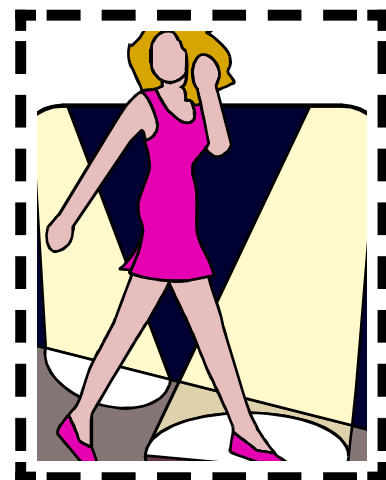
We've been busy playing dominoes and bingo and have done glass painting as well. We dyed some eggs at Easter and dyed our fingers as well!!.. Bill has helped us to make hanging baskets. Our next project with Bill is a rocking chair from pegs. This will be followed by wind chimes.



We enjoy having a chinwag and reading the stars. We love doing our footy tipping each week. We loved going to La Porchetta in for a scrumptious lunch.

We're looking forward to visiting Heidi at Ocean Grove. We really miss her and her funny stories. We remember celebrating Heidi's 90th Birthday and we have lovely memories.

We enjoy having the caring staff look after us all. Geoff, Bob and Nathan suggested that the staff wear a new uniform. This was the latest Jodie Kidd outfit, so the staff declined!



The next lot of news from our group will be from Roman Villa. We'll let you know how we've all settled in. The building will be different, but our wonderful group will continue.

Written by the Cattle Hall participants