



# Metro Housing Christmas Newsletter

Summer Edition – December 2012

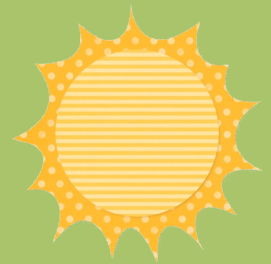
Our office will be closed from 4pm December 21<sup>st</sup>, and will re-open on Wednesday January 2nd, 2013. If you have any urgent repairs over this period please phone the **emergency numbers on your lease**. If you do not have a copy of your lease please call the office to get your emergency contact details.

If you live in a CAPITAL PROPERTY ONLY please phone SR Construction: 0405 219 773. For other repairs please wait until our return when we will be happy to assist you.

**The staff at Metro would like to wish you a happy holiday period.**

Keep your self safe this summer with these tips for beating the heat

- Drink plenty of water
- Plan your day around the heat – avoid being outdoors between 11-5pm
- Minimise physical activity
- Avoid alcohol, hot or sugary drinks
- Check on elderly friends especially if they live alone
- Wear light coloured, loose fitting clothes made from natural fibres like cotton
- Take cool baths or showers
- Cool your house by shading windows, shutting curtains and if its safe, open windows at night to let cool air in
- Spend time in a cool place like a library, shopping centre or cinema. Try to go early, so you're not outside in the middle of the day.



For more info about staying healthy in the heat go to [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

## Free Christmas lunches on Christmas day



The Exodus foundation - 11.30 - 2.30pm 180 Liverpool Rd Ashfield

Street Level Mission - 11.30 - 3.00pm Australia Technology Park,  
Waterloo (warehouse 14)

Matthew Talbot Hostel - 11.30am, 22 Talbot plc. Woolloomooloo (men over 21 only)



## Tai Chi on the green

Are you interested in learning Tai Chi? Master John from the Australian Tai Chi and Bagua Federation will be teaching traditional yang style tai chi on the lawns at the Petersham Bowling Club, Sundays @10.30 – 12.15pm – classes are free. Enquiries 9518 0958.

### *Money Matters 101*

Metro and our partners Greenaid are offering a short course in managing finances better. This 4 hr course will teach you practical tips to make your dollar stretch further and live a life with more choices.

This great course is normally \$299 but for Metro tenants we have a special price of just \$20 dollars. This cost will include valuable information as well as a Money Matters kit, which includes:

Money matters work book

Money matters savings system

Two coaching sessions with your mentor.

Duration: 4 hrs.

Location: Leichhardt

When: Early 2013

Cost: \$20

Pizza lunch & drinks provided

Call Lauren on 9560 5331 to reserve your spot.

## Easy Christmas pudding

### INGREDIENTS

5 cups (1kg) mixed dried fruit  
3 eggs  
1 cup (200g) firmly packed brown sugar  
300ml sour cream  
2¼ cups (335g) plain flour  
1 teaspoon ground nutmeg  
1 teaspoon bicarbonate of soda

### METHOD

Grease a pudding steamer or basin (1.75-litre/7-cup capacity), line base with a round of baking paper.

Place mixed fruit into a large bowl, stir to separate fruit. Beat eggs and sifted brown sugar in a small bowl with an electric mixer until thick and creamy. Add egg mixture to the mixed fruit then stir in the sour cream and sifted dry ingredients.

Spoon pudding mixture into the prepared steamer. Place a 30cm x 40cm sheet of foil on bench, grease foil; top with a sheet of baking paper. Fold a 5cm pleat crossways through the centre of both sheets.

Place sheets, baking paper-side-down, over steamer, secure with lid or string. Make a handle with excess string. Crush surplus foil and baking paper firmly around rim to help form a good seal.

Place the pudding in a large boiler with enough boiling water to come halfway up the side of steamer. Cover the boiler with a tight-fitting lid; steam for 5 hours. Replenish with boiling water as necessary to maintain boil and water level during cooking. Stand the pudding for 15 minutes before turning out. Cool.

Wrap the pudding thoroughly in plastic wrap then place in an airtight container or freezer bag.