

## Spiced Glazed Nuts -Great for Christmas nibbles

### Ingredients

- 1 large egg white
- 2 teaspoons vanilla extract
- 1 cup unblanched almonds
- 1 cup pecan halves
- 1 cup shelled walnuts
- 1 cup unsalted cashews
- 1 cup sugar
- 1 cup packed brown sugar
- 4 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/8 teaspoon salt

### Directions

1. In a large bowl, whisk egg white and vanilla until blended; stir in nuts. In a small bowl, mix sugars, spices and salt. Add to nut mixture and toss to coat.
2. Transfer to a greased 3-qt. slow cooker. ( Can also be cooked in medium oven). Cook, covered, on high 1-1/2 hours, stirring every 15 minutes. Gradually stir in water. Cook, covered, on low 20 minutes. Spread onto waxed paper; cool completely. Store in airtight containers up to 1 week. Yield: 6 cups.

### Nutritional Facts

1/3 cup: 261 calories, 15g fat (2g saturated fat), 0 cholesterol, 26mg sodium, 30g carbohydrate (24g sugars, 2g fibre), 5g protein.

*Originally published as Slow Cooker Spiced Mixed Nuts in Taste of Home December 2014, p14*

**WELCOME Assistant Manager Kate Goodman:** Kate brings a wide range of experience to the team. She has worked for Rio Tinto, Bentley Armadale Medicare Local and TheBumpWA. Kate is passionate about health & wellbeing and enjoys cycling around Perth and rock & roll dancing.



Midland  
Women's  
Health  
Care  
Place Inc.

# Women's Business

NEWSLETTER



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## General Manager's Message

Well as we come to the end of a very busy year once again, we reflect on the many changes we have been through recently. We thank all of those of you who have worked with us, as paid and unpaid Staff, Volunteers and student placements to provide important and much needed services to women of the eastern region. Some of those who have left us in the past six months have included Sue on front desk, Megan as Administration Assistant, Liz our Assistant Manager and Suzi whose Art group missed her enormously this term.

We also express our gratitude that we have had so many lovely students here this year – Anne, who left earlier in the year, and Emily who has just finished working with the Depression and Anxiety groups, Patricia from Marr Mooditj and Jessica from Polytechnic West who helped us with the Pram Walk in Ellenbrook and the Midland March that Matters. We congratulate them on graduating and continuing their studies and wish them well. We also acknowledge and thank Cherylann and Luke who have been temps on the front desk during this period of rapid change.

We have also been joined by Frankie with the Pap Clinic, and Sally who has been doing crèche and administration support. Our crèche has also had the gentle ministrations of Bushra in Ellenbrook. Thanks to Kate for coming on board and providing some new angles on our annual Melbourne Cup celebrations.

We sincerely thank everyone including the new Board of Management members following the AGM in September and wish you all a safe happy and relaxing festive season.

*Season's Greetings from Patsy Molloy*

## Exciting New Summer Program starting 2017 !

### Tai Chi in the Park:

- For the Early Birds on Fridays 13 & 20 January 2017 from 7.45am

### Gentle Yoga:

- Join us from 9–10.30 on Fridays 13, 20 & 27th January – \$30.00

### Mums & Bubs Catchup:

- Tuesdays from 10–12, have a play in the sandpit, paint the walls with water....

- 10th 17th @ & 24th January

### Summer Art Program

- A Thousand and one Nights
- Collage project inspired by Matisse
- Thursday January 5th, 12th & 19th
- Only \$30.00

### Sensational Summer Salads

- Nutritional tips and information
- 10th 17th @ & 24th January
- 12 Noon – 1.30pm

### Open Day:

- Wednesday 1st February
- Come along between 9.30 – 12 to enjoy a "trial session" of term activities

### Summer Program & Term Bookings

- Please contact us on 9250 2221 to book a place in your favourite program or try something new.

Healthy Women, Strong Community

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## Pram Walk in Ellenbrook for PND Awareness Week 16th November 2016

Although the rain surprised us this year, due to a generous Grant from the City of Swan, the event was bigger and better than ever ! Thank you to the happy walkers and the many agencies who partnered with us including CLAN Midland, 360 Health; SJOG ; Playgroups WA, and Ngala. Over fifty pram walkers joined us for this year's walk, meeting at the Library, and being escorted around Charlie Gregorini Playground by walk marshalls. The bunting was up, a lovely Facepainter greeted those returning and free coffee, icecreams and goodie bags and PND



themed chatterboxes were distributed.

Thank you to all of those community members and agencies who worked together to ensure the success of the Pram Walk for PND awareness in Ellenbrook this year! Special thanks to Jessica ( who was on her student placement) from Polytechnic West) and Kym Daffen for planning and coordinating this lovely community event.



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....the times they are a changin'.....

Thank you for all of those messages of care and concern for our lovely Staff, especially as we have seen many changes this year. Even though Sue, Megan and Liz have all moved on, and Suzi will not be doing the Art Class next year, we have been joined by wonderful volunteers with Frankie on Pap Clinic and Sally assisting with administration and crèche. Kate has also joined the team in the Assistant Manager position, and Cherylann and Luke have been so helpful on front desk. Our Facilitators have continued to provide our low cost fabulous weekly classes. Love to Mayuree and our wonderful crèche staff Janet, Vicki and Bushra; thankyou to students Anne, Emily and Jessica and we wish all group participants, counselling patrons, Staff and Board Members a happy festive season and all the very best for the New Year.

**This year we will be closed on Monday 26th and Tuesday 27th December 2016 and January 2nd 2017. We wish you a happy and safe festive Season.**

**See you at the Summer Program!**



Free Tai Chi in the park EARLY to start your day....

Healthy Women, Strong Community

**Thank you for your contribution towards breaking the silence about family violence!**



The Eastern Region White Ribbon Day Planning Committee would like to pass on our appreciation to you for helping make the third "Midland March That Matters", held on 25<sup>th</sup> November 2016, a success. The committee hopes this important event will become firmly established within the Midland community and continue to grow, encouraging people to stand up, speak out, and act to stop violence against women. Your support is significant in making this hope a reality and we would like to thank you for your contribution. We would love to see you again at the Midland March That Matters in 2017 as we continue to support the national campaign to prevent men's violence against women by raising awareness and breaking the silence in our community about this important issue.



**THANK YOU !**

We would like to thank all of our group participants, counselling attendees and members for being involved in the changes that we have implemented this year. We now do "pre" and "post"- evaluations to determine whether what we are doing is relevant and useful to our service consumers and this is just a little "thank-you" for your help in making our services more accessible and transparent. We use the information for reporting to our funders and for planning programs that assist women to feel comfortable accessing services such as Pap smears in a way that they feel valued as individuals. We realise that there is an impact and that these evaluations may feel a little intrusive, but we assure you that confidentiality is always high on our agenda, so the individual nature of comments and feedback is not linked to any names, phone numbers or addresses. We encourage any testimonials to be written in or feedback book on front desk. We also have a gift register in which we record and presents that you give staff.

A big THANK-YOU to everyone who has come here this year from the team at MWHCP.



Paperbag Lunches for Service provider training Look on the website next year for the calendar!

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