

RESIDENTS RAP

ELEMENTS THIRD AGE LIVING

YOUR MARCH READING

Welcome to the March edition of our newsletter for 2015

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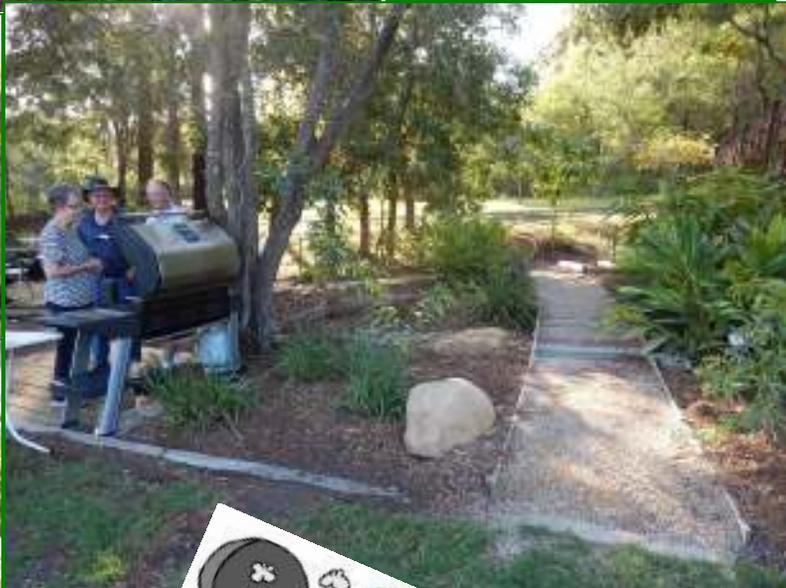
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And we all wish Vern and Lois a fantastic trip as they head off on their great Australian adventure. May you enjoy every minute and may you and your animals stay safe. We'll miss you and look forward to hearing your stories and seeing some photos.

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Welcome to our newest residents, Sue and Bruce. We look forward to seeing you at our gatherings as official members of our Elements community.

Our thoughts are with:

- Annette who is recovering from a hip operations after her fall
- Charles and Marie, as Charles bravely battles his illness



RECIPE

Raspberry Jellies with Sweet Almond Cream

Serves 8. Preparation 30 mins (plus 7 hours refrigeration time).

Cooking 10 mins. Best Made a day ahead.

Ingredients:

240g fresh raspberries

1½ tblspns gelatine (6 teaspoons)

3 cups (750ml) cranberry juice

¼ cup (60ml) water

(75g) caster sugar

2 tblspns lemon juice

1½ tblspns Cointreau or Grand Marnier

300ml thickened cream

2 tblspns icing sugar mixture

¾ cup (105g) Vienna almonds, chopped coarsely.



Method:

1. Wet 8 x ½ cup (125ml) moulds. Divide half the raspberries among moulds.
2. Sprinkle gelatine over ¼ cup (60ml) of cranberry juice and the water in small jug or bowl; stand jug in small saucepan of simmering water, stir until gelatine is dissolved.
3. Combine sugar and remaining cranberry juice in small saucepan, stir over low heat until sugar is dissolved. Stir in lemon juice, gelatine mixture and liqueur. Place 2 tablespoons of the juice mixture into each mould, cover; refrigerate 1 hour or until set. Keep remaining juice mixture at room temperature.
4. Gently pour remaining juice mixture into moulds, cover; refrigerate about 6 hours or overnight until set.
5. Before serving, beat cream and icing sugar in a small bowl with an electric mixer until soft peaks form. Fold in ½ cup almonds.

Wipe moulds with hot, wet cloth; turn out onto serving plates. Serve the jellies with the almond cream, sprinkle with the remaining almonds and raspberries.

Thanks to Colleen (and Peter) for this recipe.

It originally appeared in The Australian Women's Weekly – Christmas 2004.

TIME TO REFLECT

Not for Women Only...

Born in Nairobi, Kenya, Eugene Yakub currently lives in Italy and retains Kenyan citizenship. A former administrator with UN-HABITAT, she founded a free elementary school for children living in a Nairobi slum and serves as its administrator and fundraiser. Her observations below of the challenges faced by women worldwide are rooted in her first-hand knowledge of the causes and solutions pertaining to those living in poverty.

..... in their financially impoverished state, women are still far too often living with little or no choice regarding their womanhood. There are still so many millions of girls who reach puberty and see no path before them other than finding a man to ensure their survival. They choose this path because these girls are not able to go to school, certainly not to high school ...and do not receive any sort of training which will enable them to earn an independent and dignified income.

What happens when a girl, a woman, has no option but to be financially dependent? It means she will have to abide by any and all discriminatory cultural and/or religious rules. She will serve and submit and know nothing of the world beyond. She will often behave in ways which may seem hypocritical; she will keep her true feelings and needs to herself, suffer illness alone, sacrifice privacy; she will copulate and conceive and give birth often without regard to her health and her feelings, or risk being thrown out of her own home. She will be subjugated to the terrible lifetime effects of female genital mutilation where it is practiced; she will be condemned to wearing clothes which suppress her identity, her ability to express her beauty as a woman.

What are the options for such girls and women? Without a skill, education or even literacy, she will continue to look for a man to take care of her and her children. She may find a man who may be willing to do so, but more often than not he will use her and violate her, most likely leaving her with more children to feed and HIV-AIDS. She will all too often prostitute herself to stay alive, with the same likely conclusion. And so she will die young, very young, painfully and tragically, alone and broken and ashamed, leaving children to their infirm, even more helpless grandmother. Or, if she's rebelling against religious regulations, she may find sympathetic ears and hands, but she may also find herself being murdered in cold blood by her father, by her brother, assisted by her uncles, with the compliance of her mother who herself is afraid of her husband and male members of the family, and of her society.

We welcome our Day, but we women must also make more effort to help our sisters climb out of the prisons in which they still find themselves. Not in 2020 or 2050, but now, today, and every day.

Reflections on IWD



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Wonderful English from Around the World

In a Bangkok Temple:

It is forbidden to enter a woman, even a foreigner, if dressed as a man.

Cocktail lounge, Norway:

Ladies are requested not to have children in the bar.

Doctor's office, Rome:

Specialist in women and other diseases.

Dry Cleaners, Bangkok:

Drop your trousers here for the best results.

In a Nairobi restaurant:

Customers who find our waitresses rude, ought to see the manager.

On the main road to Mombasa, leaving Nairobi:

Take notice: when this sign is under water, this road is impassable.

On a poster at Kencom Nairobi:

Are you an adult that cannot read? If so we can help.

In a City restaurant:

Open seven days a week and weekends.

In a Cemetery:

Persons are prohibited from picking flowers, from any but their own graves.

On the menu of a Swiss Restaurant:

Our wines leave you nothing to hope for.

Thanks to Dorothy for these fantastic messages.



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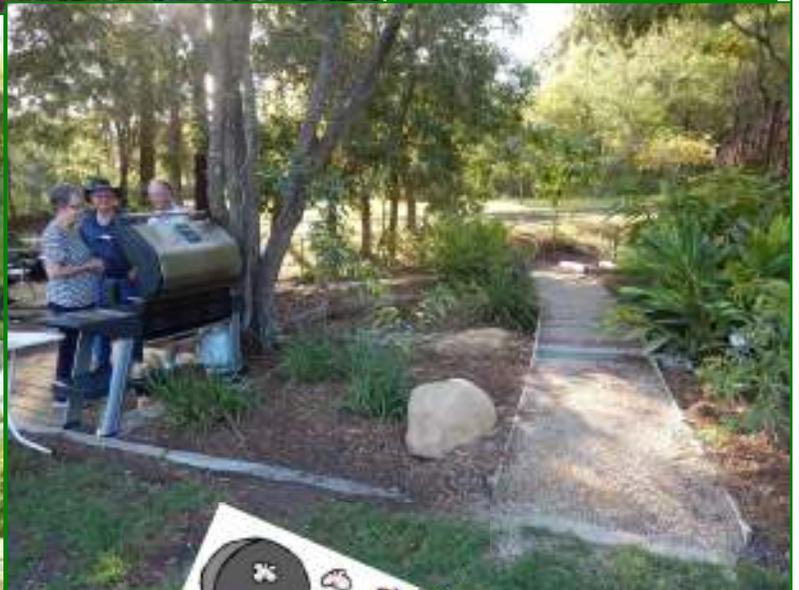
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Not for Women Only...

Born in Nairobi, Kenya, Eugene Yakub currently lives in Italy and retains Kenyan citizenship. A former administrator with UN-HABITAT, she founded a free elementary school for children living in a Nairobi slum and serves as its administrator and fundraiser. Her observations below of the challenges faced by women worldwide are rooted in her first-hand knowledge of the causes and solutions pertaining to those living in poverty.

..... in their financially impoverished state, women are still far too often living with little or no choice regarding their womanhood. There are still so many millions of girls who reach puberty and see no path before them other than finding a man to ensure their survival. They choose this path because these girls are not able to go to school, certainly not to high school ...and do not receive any sort of training which will enable them to earn an independent and dignified income.

What happens when a girl, a woman, has no option but to be financially dependent? It means she will have to abide by any and all discriminatory cultural and/or religious rules. She will serve and submit and know nothing of the world beyond. She will often behave in ways which may seem hypocritical; she will keep her true feelings and needs to herself, suffer illness alone, sacrifice privacy; she will copulate and conceive and give birth often without regard to her health and her feelings, or risk being thrown out of her own home. She will be subjugated to the terrible lifetime effects of female genital mutilation where it is practiced; she will be condemned to wearing clothes which suppress her identity, her ability to express her beauty as a woman.

What are the options for such girls and women? Without a skill, education or even literacy, she will continue to look for a man to take care of her and her children. She may find a man who may be willing to do so, but more often than not he will use her and violate her, most likely leaving her with more children to feed and HIV-AIDS. She will all too often prostitute herself to stay alive, with the same likely conclusion. And so she will die young, very young, painfully and tragically, alone and broken and ashamed, leaving children to their infirm, even more helpless grandmother. Or, if she's rebelling against religious regulations, she may find sympathetic ears and hands, but she may also find herself being murdered in cold blood by her father, by her brother, assisted by her uncles, with the compliance of her mother who herself is afraid of her husband and male members of the family, and of her society.

We welcome our Day, but we women must also make more effort to help our sisters climb out of the prisons in which they still find themselves. Not in 2020 or 2050, but now, today, and every day.

Reflections on IWD



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Wonderful English from Around the World

In a Bangkok Temple:

It is forbidden to enter a woman, even a foreigner, if dressed as a man.

Cocktail lounge, Norway:

Ladies are requested not to have children in the bar.

Doctor's office, Rome:

Specialist in women and other diseases.

Dry Cleaners, Bangkok:

Drop your trousers here for the best results.

In a Nairobi restaurant:

Customers who find our waitresses rude, ought to see the manager.

On the main road to Mombasa, leaving Nairobi:

Take notice: when this sign is under water, this road is impassable.

On a poster at Kencom Nairobi:

Are you an adult that cannot read? If so we can help.

In a City restaurant:

Open seven days a week and weekends.

In a Cemetery:

Persons are prohibited from picking flowers, from any but their own graves.

On the menu of a Swiss Restaurant:

Our wines leave you nothing to hope for.

Thanks to Dorothy for these fantastic messages.

