

# Keeping It Sweet



healthy

• BODY •

healthy

• LIFE •



A MESSAGE FROM  
THE PRESIDENT....

Hi Everyone,

I was hoping we would at least know what we would be able to do once we had 70% vaccinated with 1 jab, just have to wait for the weekend. Hope you are all keeping well and busy. I hope some of you are having a go at the Royal Melbourne Show virtual competition.

To all out there who have children home for the school holidays, my thoughts are with you. At least the parks are open.

I have been trying out a few new healthy recipes and have 2 to go. If they work I will post them next week. My azaleas and Hellebore are looking great. I will post a photo on Facebook. My roses are also coming out in bud. Two weeks ago nothing, now they are all looking so healthy.

Thank you to Jan for her contribution and to Leanne for putting it all together. Try the chair exercises, they are not hard and make you feel like you have achieved something. I started off with doing each one 10 times. I have only progressed to 15 times now.

Stay safe and keep happy. Water the garden out the front even if it doesn't look like it needs it. It is amazing the people who will stop and chat or just say hello. Good way to meet people in the neighbourhood.

Cheers Pam.

P.S - May you always have -

Love to share, cash to spare and friends who care

Did you know?

A 450 gram  
jar of honey  
requires 1152 bees  
to travel 180,246 km  
and visit  
4,5 million flowers.  
That's 156 km  
per bee!

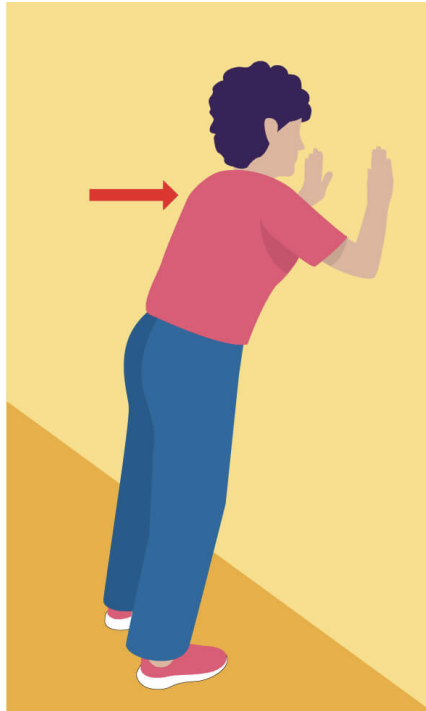
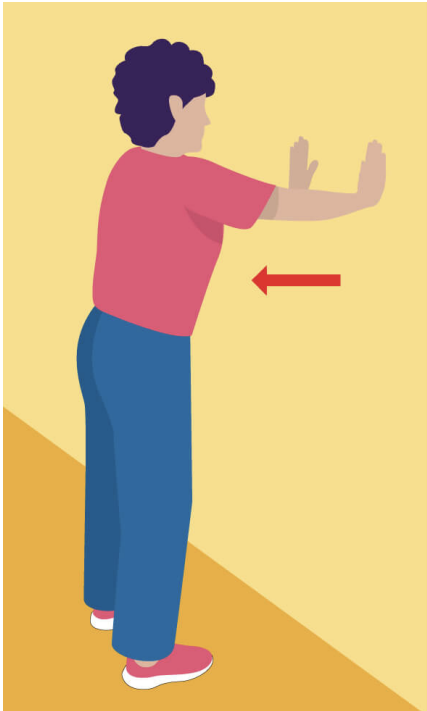
FUN

Facts

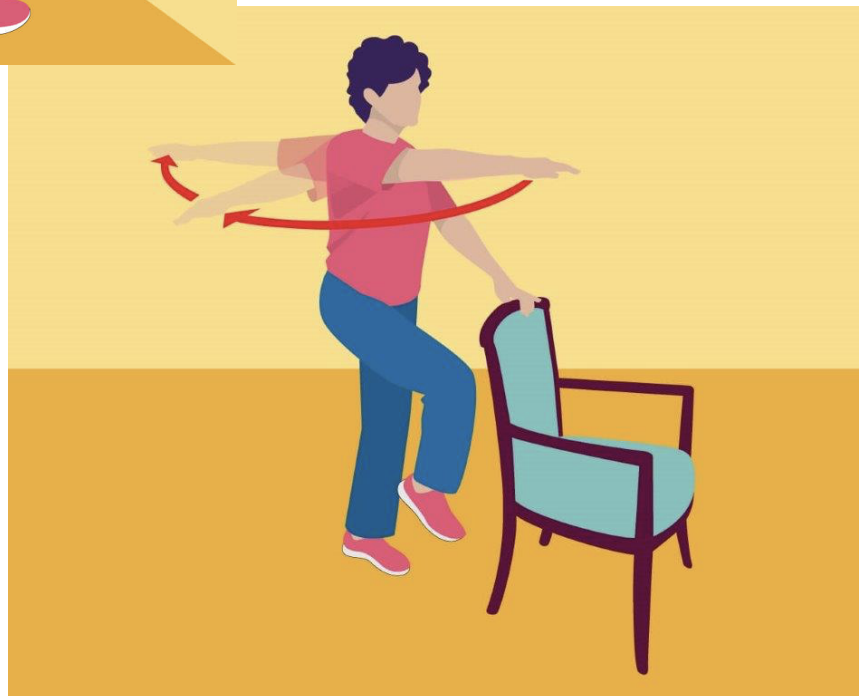
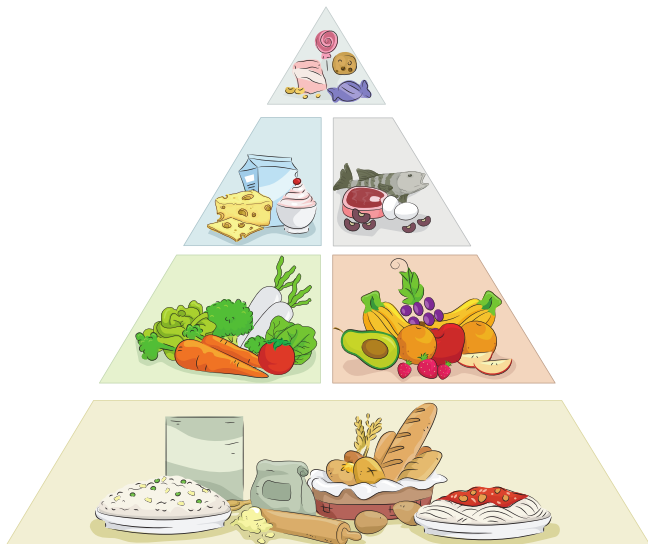
1. Laughing 100 times is equivalent to 15 minutes of exercise on a stationary bike.
2. There are more bacteria in your mouth than there are people in the world.
3. You burn more calories sleeping than you do watching television.
4. Right-handed people live, on average, nine years longer than left-handed people.
5. You are about 1cm taller in the morning than in the evening.
6. During your lifetime, you will eat about 30,000kg of food – that's the weight of about six African elephants.
7. In some parts of the world (one being Malaysia), parents protect their babies from disease by bathing them in beer.
8. Extreme music – such as heavy metal – can positively influence those [experiencing anger](#).
9. It's not just coughs and sneezes that spread diseases. One single bacteria cell can multiply to become more than eight million cells in less than 24 hours.
10. Joining clubs after retirement could [extend your life](#). Bring on knitting and book club!
11. When you sneeze your body is getting rid of infected cells and an average sneeze will spread over 100,000 virus cells up to nine metres. On average, adults catch two to three colds each year. School-age children can have 12 or more colds in a year.
12. It is believed that the main purpose of eyebrows is to keep sweat out of the eyes.
13. Smokers reduce their life span expectancy by 11 minutes per cigarette.
14. Of the 206 bones in the average human adult's body, 106 are in the hands and feet. (54 in the hands and 52 in the feet).
15. Feeling down? Eating spinach, elk, oysters and crab have been proven to [positively impact on your mood](#).
16. Doctors who work at Australian Antarctic stations are required to have their [appendix removed](#) prior to leaving.
17. Motorists who talk on cell phones are more impaired than drunk drivers with blood-alcohol levels exceeding .08.
18. Banging your head against a wall burns 150 calories an hour. Not that we recommend this!
19. Ever wondered why there are mirrors in front of the cardio section at gym? Watching yourself run in a mirror can make a treadmill workout go by faster and feel easier.
20. When we touch something, we send messages to our brain at 200 km/h.

# LET'S GET Physical

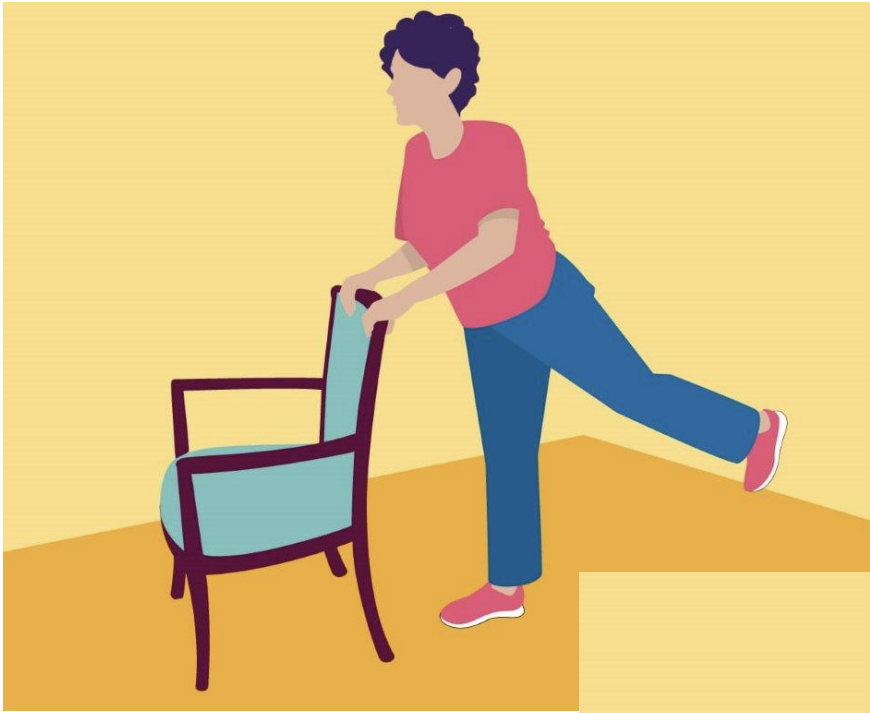
Start by repeating each exercise 10 times.  
Increase reps as you get stronger.



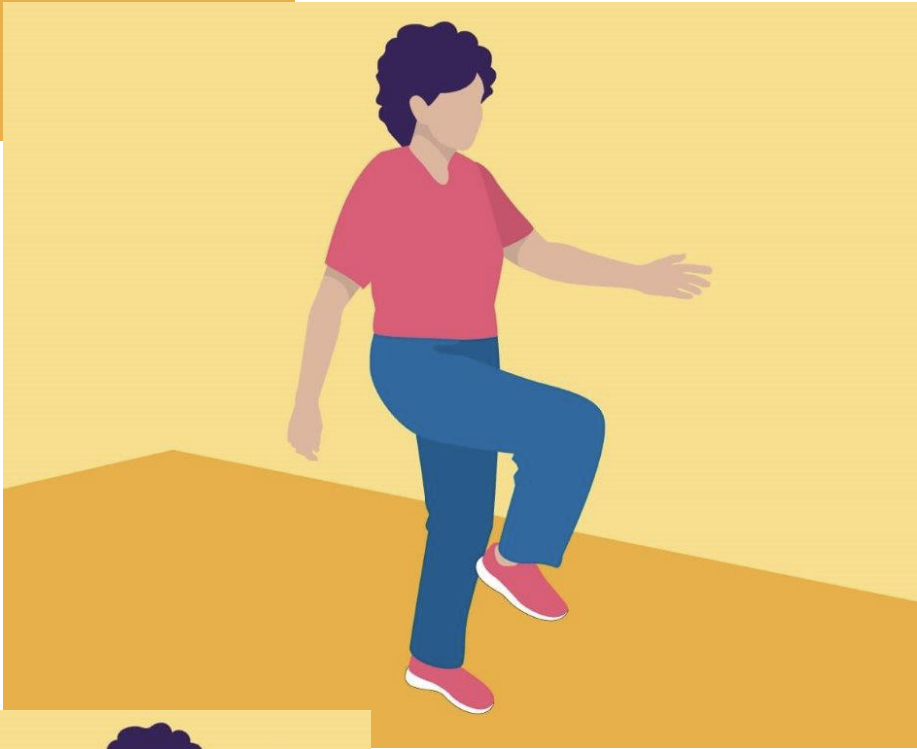
YOU CAN  
DO IT!



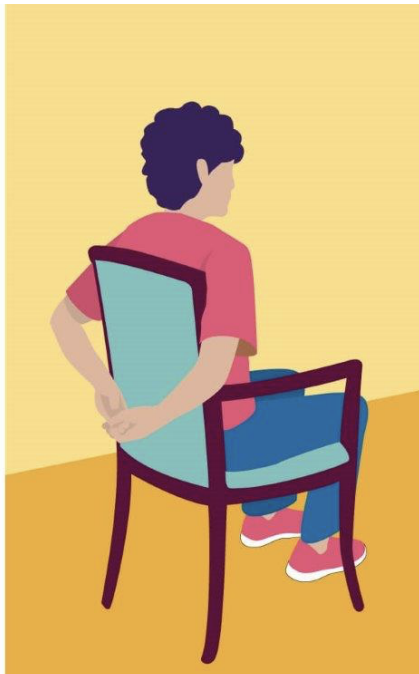




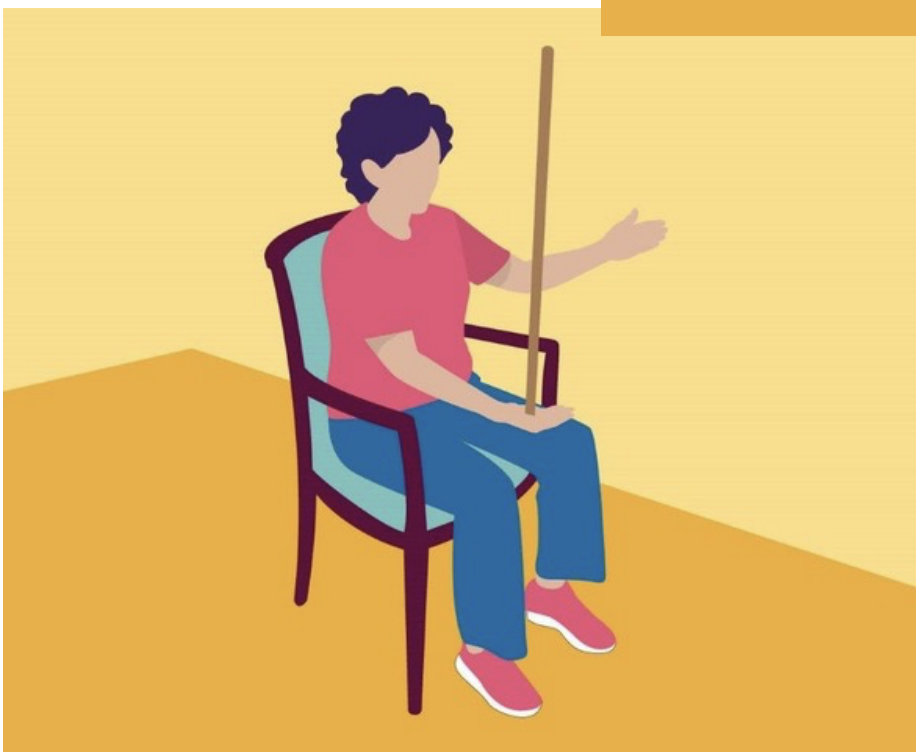
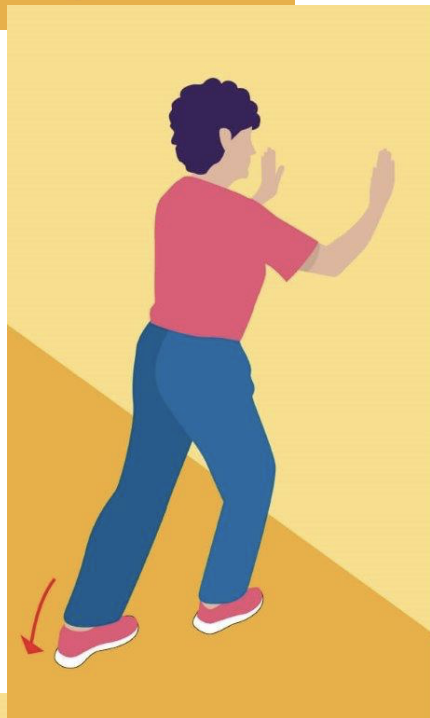
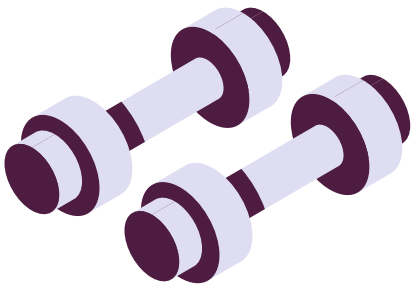
One day  
AT A Time







NEVER  
*Give*  
UP



Submitted by Pam Archibald

# Sugar Free Apple Spice Cake

## Ingredients

250g dried figs

5 pink lady apples (750g), peeled, cored, thinly sliced

200g butter, at room temperature

1 tsp vanilla bean paste

3 eggs

1 1/2 cups self-raising flour

1 1/2 tsp mixed spice

Yoghurt or double cream, to serve



Submitted by Pam Archibald  
Recipe from Taste.com

## Method

### Step 1

Place figs in a heatproof bowl. Cover with boiling water. Stand for 1 hour to soften. Drain, over a large saucepan.

### Step 2

Add apples to fig soaking liquid. Bring to the boil. Simmer, covered, for 3-4 minutes or until apple is tender but still holds its shape. Strain over a bowl to catch liquid. Cool apple on a large plate.

### Step 3

Process figs until they become a puree.

### Step 4

Preheat oven to 180C or 160C fan forced. Grease and line base and sides of a 21cm springform pan with baking paper.

### Step 5

Using an electric mixer with a paddle attachment, beat butter, fig puree and vanilla until light and fluffy. Beat in eggs, 1 at a time, until combined. Sift over flour and mixed spice and add 2/3 cup apple cooking liquid (see Note). Stir until combined.

### Step 6

Reserve enough apple slices to cover top of cake. Spoon 1/3 of batter into prepared pan. Top with half of remaining apple slices. Cover with 1/3 of batter. Top with remaining half of apple slices. Cover with remaining batter. Arrange reserved apple slices to decorate cake. Bake for 1 hour 10 minutes or until a skewer inserted in centre comes out clean. Stand cake for 5 minutes in pan. Remove sides of pan.

### Step 7

Serve cake warm with yoghurt or double cream.

# DIABETIC FRIENDLY

## TRIFLE

### Ingredients

9g sachet low-kilojoule raspberry jelly crystals

375g fresh strawberries, hulled, sliced, plus 125g strawberries, extra

2 tbsp fresh lemon juice

2 tbsp sugar-free maple syrup

175g savoiardi (sponge finger biscuits), broken into 2cm pieces

250g fresh raspberries

### Method

- Step 1
- Prepare the jelly following packet directions. Cover and place in the fridge for 4 hours or until set. Use a fork to roughly break up the jelly.
- Step 2
- Meanwhile, to make the custard, sift the cocoa and cornflour into a large bowl. Add the egg yolks and 60ml (1/4 cup) of the milk. Whisk until smooth. Place the remaining milk in a saucepan and heat over medium heat until simmering. Slowly add the hot milk to the egg mixture, whisking constantly, until smooth and well combined. Transfer the mixture to a clean saucepan and cook, stirring, over low heat until it thickens and coats the back of a spoon. Stir in the maple syrup. Transfer to a bowl. Cover the surface of the custard with plastic wrap. Set aside to cool, then place in the fridge for 2-3 hours or until chilled.
- Step 3
- Place the sliced strawberries in a bowl with the lemon juice and maple syrup. Cover and set aside for 30 minutes to macerate.
- Step 4
- To assemble the trifle, place half the sponge finger biscuits in the base of a 2L serving dish. Top with half the macerated strawberries, half the raspberries, half the custard and then half the jelly. Continue layering with the remaining biscuits, macerated strawberries, raspberries and custard. Top with the remaining jelly and the whole strawberries. Place in the fridge until ready to serve.



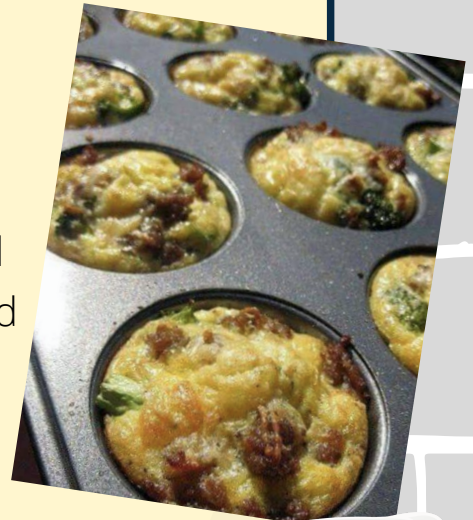
Submitted by Pam Archibald  
Recipe from Taste.com



# COOKING WITH KIDS

## Breakfast Cupcakes

- 1 medium onion diced
- 1 medium carrot finely choopped
- 1 medium zucchini finely chopped
- 1 400g can of corn drained
- 2 handfulls of mixed salad leaves
- 150g lean bacon finely chopped
- 3 medium raw eggs
- 1/2 cup low fat milk
- 130g low fat cheese
- 1/2 cup self raising flour



Preheat oven to 180C. Heat a large non-stick frying pan over a medium-high heat. Add the onion and bacon.

Cool stirring often, for 5 minutes or until light golden.

Season with pepper. Set aside to cool.

Gently whisk the eggs and milk in a large bowl. Stir in the flour, carrot, zucchini, corn and cheese. Line 12 medium muffin pans with paper or silicone cases.

Divide the mixture between the pans and bake until skewer comes out clean.





# PUFFY PAINT

## YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring
- Ziploc bag
- Scissors

## INSTRUCTIONS:

1. Add equal parts glue and shaving cream in a bowl.
  2. Add food coloring and mix well.
- If you want to use the paint in a DIY piping bag:
1. Add the paint to a ziplock bag.
  2. Close the bag and cut a small piece of corner off.
  3. Squeeze the paint through the opening

## ACTIVITIES TO ENTERTAIN THE LITTLE ONES!



## AT HOME ACTIVITIES



### 1. Ocean sensory bin

(water, blue food coloring, ocean animals)

### 2. Toy Car Wash

(toy cars, water, soap, sponge, wash cloth)

### 3. Baking soda and vinegar experiment

(baking soda, vinegar, food coloring)

### 4. Make slime

(glue, baking soda, lens solution, food coloring)

### 5. Color mixing with colored ice cubes

(ice cube tray, food coloring, water)

### 6. Make rainbow rice

(rice, food coloring, vinegar)

### 7. Make & paint with puffy paint

(white glue, food coloring/paint)

### 8. Make color mixing bags

(plastic bag, water, food coloring, glitter)

### 9. Salt painting

(paper, permanent marker, salt, food coloring)

### 10. Free the frozen animals

(water, toy animals)

### 11. Bubble prints

(water, soap, food coloring, straw, paper)

### 12. Rain cloud experiment

(water, shaving cream, liquid watercolors)

### 13. Clean the baby dolls

(baby dolls, water, soap, towel)

### 14. Make sensory bottles

(water bottle, water, glue, food coloring, glitter)

### 15. Make ice paint

(water, ice cube tray, popsicle sticks)

### 16. Ice painting

(ice, paint)

### 17. Target practice with spray bottles

(Paper, tape, spray bottles, water, paint)

### 18. Citrus sensory bin

(old orange/lemon, water, food coloring)

### 19. Toy wash

(plastic toys, water, soap, sponge, towel)

### 20. Dance party with flash lights

(music, flash lights, dance moves)

### 21. Create an obstacle course

(Items from around the house)

### 22. Color bath

(liquid water colors or food coloring, water)

### 23. Paint the bath/shower walls

(washable paint, paint brushes)

### 24. Decorate a cardboard box

(cardboard box, anything you want to decorate with)

### 25. Black water scavenger hunt

(water, black food coloring, things to find)

### 26. Play foam sensory bin

(soap, water, food coloring, blender)

### 27. Giant coloring page

(roll of paper, black crayon, water color paint)

### 28. Pom pom soup

(pom poms, water)

### 29. Dot the rainbow

(paper, markers, dot markers or stickers)

### 30. Make & play with cloud dough

(Flour, oil, food coloring)