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YHP's WINTER OF 2016 NEWSLETTER

Office hours:
Monday to Friday
9am to 5pm

Come Join YHP For Morning Tea

**First Tuesday of every Month:
Next Morning Tea:
Tuesday 6th September**

The morning tea is designed as an opportunity for young people to get to know their youth workers and tenancy workers a little better in a relaxed environment. The morning tea will also be an opportunity to meet other young people in a similar situation.

Young people needing a lift to the office and home again can get in touch with workers on 32560241.

Young mums and dads are welcome to bring their child/children with them to the morning tea.

Please do not hesitate to get in touch if you have any more questions.

Office: 32560241
Jess: 0408010115



Routine Inspections

Routine inspections are conducted by Youth Housing Project every 12 weeks to ensure the property is being well maintained and to allow us to check for any maintenance issues that may be present.

In preparation for the inspection we ask that you clean the property and present it in a clean & tidy condition (including common areas, court yards and gardens as applicable).



Shepherd's Pie Recipe

Ingredients

- 1 kg beef mince
- 1 onion large finely chopped
- 1 carrot finely chopped
- 1/4 tsp thyme
- 1 tbs tomato paste
- 1 tbs Worcestershire sauce
- 2 tsp soy sauce
- 1 1/2 cup beef stock (liquid)
- 1 pinch seasoning *to taste
- 2 tbs plain flour
- 1/4 cup water

Topping

- 750 g potato
- 60 g butter
- 1/4 cup milk
- 1 pinch seasoning *to taste

Method

Step 1

Place mince in pan, cook over high heat, and stirring until meat is well browned.

Step 2

Pour off excess fat and add onion and carrot.

Step 3

Cook until onion is transparent. Add thyme, tomato paste, Worcestershire sauce, soy sauce, stock and salt and pepper. Mix well.

Step 4

Bring mixture to boil, reduce heat and simmer, covered for 25 minutes.

Step 5

Stir in blended flour and water until mixture boils and thickens.

Step 6

Reduce heat and simmer gently for 5 minutes. Place mixture into ovenproof dish.

Step 7 - Topping:

Boil potatoes until tender. Drain and mash potato.

Step 8

Add butter and milk and beat until smooth and creamy. Season with salt and pepper.

Step 9

Spread potato evenly over meat and bake at 180C for 45 minutes or until golden brown.

Notes

Score potato mixture with a fork, as this helps to make it crisp and crunchy. I have used chicken stock successfully too. Make sure you don't put the lid on when you put it in the oven, the topping won't crisp up.



Simple Chocolate Cake

Ingredients

- 1 cup self-raising flour
- 3 tbs cocoa powder
- 250 g butter
- 1/2 cup caster sugar
- 1 tsp vanilla essence
- 2 egg

Icing

- 1 cup icing sugar sifted
- 1 tsp cocoa powder sifted
- 1/2 tsp milk
- 2 tsp butter softened

Method

- STEP 1 In a bowl, combine flour, cocoa, sugar, vanilla essence and melted butter.
- STEP 2 Add eggs and mix together for 1 minute.
- STEP 3 Pour into a lined cake tin and bake for 25 - 35 minutes at 160C.
- STEP 4 If the cake springs back it's cooked. Do not overcook.
- STEP 5 Icing: Mix together icing sugar, cocoa, milk and butter.
- STEP 6 Ice cake once it has cooled.

Notes

This cake is always a favourite. I'm always getting asked for the recipe - and it's so simple!

Housekeeping tips

3 Hard-and-Fast Rules for a Cleaner Kitchen, All the Time



They say that the kitchen is a soul of a home. That things are drawn to gathering there—people, objects, pizza boxes, your partner's dirty dishes. For that reason, the kitchen is usually the room in your house most in need of a rigid plan to keep it spotless around the clock. So here's a little tough love, in three parts.

Rule #1: Errant "Stuff" should never touch the countertop.

There are certain things that collect in the kitchen—it's drinking glasses, mail and bits and pieces—and that's the way things will always be. But your rule, from here on out, will be that none of those things can ever make direct contact with the counter. Instead, give them a tidy home. Dishes in the sink (always!), mail in [an organizer](#) and bits and pieces in a basket or tray.

Rule #2: Never Set Anything Next to the Trash

Leaning on the trash can is not the same thing as *in* the trash can. If you're getting serious about this clean kitchen thing, you have to vow to always tear boxes down for the recycling bin and to take out the trash as soon as nothing else will fit (and, yes, the lid has to close). No exceptions.

Rule #3: Clear the sink each night or every morning.

Things pile in the sink, it's inevitable (see rule #1 above). But what you *can* control is how often the sink pile gets handled. Make it a part of your morning or evening routine to wash the dishes and things will never get out of hand.



Handy Hints

Cleaning Your Flat

It is important to clean your flat regularly to prevent it getting out of hand as daily cleaning helps you get into a routine and so it becomes a small job.

Here are some handy hints for cleaning products and their uses.

Cleaning Products

You will need to have a range of cleaning products, suitable for different surfaces.

Anti-bacterial cleaners- these are products, such as domestos; spray & wipe; bleach; etc. Use these in bathrooms, kitchens. Domestos can be diluted with water in a bucket and used to clean floors. Don't forget to wear rubber gloves.

Crème cleaners, such as-gumption; jif; ajax; etc. (some come as gels) are good to use where there is built up grime possibly with a scourer, but always remember to rinse crème cleansers off.

Window/ mirror cleaners, such as- windex, glass cleaners.

Oven cleaner- commercial spray cleaners can cause caustic burns so always wear rubber gloves when using. Don't get this spray on paintwork of the stove. Always rinse oven surfaces off with hot clean water.

Cloths- you can get various cleaning cloths, scourers and it's good to have a supply of old rags or towels you can cut up to use for cleaning purposes.

Handy Hints-How to change a light bulb

Tools

You don't need any tools to change a light bulb. Depending on the height of the light bulb you wish to replace, all you will need is a chair or step ladder to stand on.

Step One

First things first – ensure the light you are changing is turned off at the wall, socket or lamp. This is the most important step because you will avoid any possible risk of electrocution.

Step Two

Standing on your chair or step ladder if necessary, carefully remove the dead light bulb.

Light bulbs in Australia generally come in two standard fitting sizes – screw cap or bayonet. The screw cap bulbs need to be twisted anticlockwise to be removed. Bayonet light bulbs need to be pushed down then lifted up-and-out in an anti-clockwise direction.

Step Three

Replace the new light bulb.

If you have a screw cap bulb place it into the hole provided and turn it gently in a clock-wise direction until you can twist no further.

For bayonet bulbs, align the base of the bulb and the two pins correctly into the space provided. Push down and then twist upwards in a slight clockwise motion.

Step Four

Without having physical contact with the light bulb, test that the light is working by turning it on at the wall, socket or lamp.

Success! Wrap your dead bulb in newspaper and put it with your recycled rubbish.





Activities in and around Brisbane:

Boxing 4 fitness

- When** Wednesday, August 17, 2016, 5 – 6pm
Note A fun way to quickly improve your fitness and work most of the muscles in your body.
Cost Free
Bookings Not required - For more information contact Fitness 4 U on 0412 552 885.
Meeting point Mosaic Square at the bottom of the cliffs
Requirements Exercise clothes and shoes, towel and bring drinking water.
Age 16+
Venue [Kangaroo Point Cliffs Park](#)
Venue address [Kangaroo Point Cliffs Park, 29 River Terrace, Kangaroo Point, Qld, Australia](#)

Kayak eco adventure - Session 1

- When** Saturday, August 20, 2016, 9 – 11am
Note When was the last time you escaped your daily routine to enjoy quality time with friends or family? Have fun paddling as a team in two seat kayaks as you embark on one of the best ways to observe Brisbane's hidden beauty. The guided kayaking adventures are a great way to learn more about the local flora and wildlife of Brisbane waterways as well as having an experienced guide to help with kayaking skills. All associated kayaking and safety equipment is supplied.
Cost Free
Bookings Required - Booking date starts 20 July. To reserve your place [click here](#) or for more information contact Jessica Skerman on 0403 293 533.
Meeting point At canoe launch, off O'Quinn St
Requirements Sun protection, drinking water, shoes that can get wet, towel and dry change of clothes.
Age 12+
Venue [Nudgee Beach Reserve](#)
Venue address [Nudgee Beach Reserve, 18 Fortitude Street, Nudgee Beach, QLD](#)



Dragon boating

- When** Sunday, August 21, 2016, 9:30 – 11:30am
Note Have fun learning how to paddle in a 12m dragon boat and see the city from a different perspective. Paddling will be on Breakfast Creek and out onto the river. The session includes a warm-up, paddling and safety instruction, and time on the water. Wear clothes and footwear that you don't mind getting wet and remember to be sunsmart so slip, slop and slap. Children must be accompanied by an adult.
Cost Free
Bookings Not required - For more information contact Te Waka Dragons on 0410 463 494.
Meeting point At the undercover picnic area in the park
Requirements Come prepared to get wet, including footwear. Suggest not to wear jeans. Bring sun protection, drinking water, towel and change of clothes.
Age 8+
Venue address [Yowoggera Park, 70 Sandgate Road, Albion, Australia](#)



THE YHP TEAM



Alison Hando – Manager



Apande Gong – Senior Support
Worker



Penny Craig – Admin & Assist
Tenancy Management



Bernice Gracie – Tenancy
Management Worker



Jessica Bugden – Support
Worker