

CRANBERRY & ORANGE HOT CROSS BUNS

INGREDIENTS

For the buns

- zest of 2 oranges and juice of 1
- 100g dried cranberries
- 250ml milk
- 50g unsalted butter, diced
- 1 large egg
- 500g strong white bread flour, plus extra for kneading
- 1 tbsp. fast-action dried yeast
- 2 tsp mixed spice
- 100g caster sugar
- a little oil, for greasing
- butter to serve

For the crosses

- 75g plain flour
- juice 1 orange
- 5 tbsp. apricot jam

METHOD

1. Put the orange zest in a bowl and set aside. Pour the juice into another bowl; add 75ml boiling water and the dried cranberries then leave to soak.
2. Meanwhile, pour the milk into a saucepan, add the butter and heat over a low heat, stirring occasionally, until the butter has just melted. Turn off the heat and beat in the egg by hand.
3. Mix together the bread flour, yeast, 1 tsp salt, and the mixed spice and sugar in a large bowl. Make a well in the flour and pour in the milk mixture.
4. Drain the cranberries and add to the bowl with the orange zest, then mix into the dough with a wooden spoon until it comes together enough to handle without getting too sticky.
5. Tip out onto a floured surface and knead for 5 mins until smooth and elastic – you'll need to keep poking the cranberries into the mix as you go. Grease a bowl with a little oil, then add the dough and cover with cling film. Leave somewhere warm to rise for 1 hr.
6. Once risen to twice the size, turn out the dough onto a lightly floured surface. Knock it back by kneading for about 1 min – this will get all the large air holes out and give you nice even buns.
7. Divide the dough into 16 equal pieces, roll into balls and lay on baking sheets lined with parchment. Put a plastic bag over the baking sheets and leave to prove for 1 hr. more.
8. Heat oven to 220C/200C fan/gas 7. Mix together the plain flour and 5 tbsp. water in a bowl to a sticky consistency. Spoon into a piping bag with a small opening, or use a 2mm nozzle, and pipe crosses onto each risen bun. Put the buns in the oven for 20-22 mins until brown on top.
9. While the buns are baking, make the glaze. Pour the orange juice into a saucepan and mix in the jam. Bring to the boil over a low heat, then simmer for 3-5 mins – you'll need to keep an eye on this the whole time and stir it to stop it sticking. Once the buns are cooked, put them on a wire rack and immediately paint with the glaze. Leave to cool, then eat with butter.

Will keep for up to 2 days in an airtight container.



home and community care
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Colac Otway
SHIRE

NEWSLETTER

March 2016 - Issue 28

WELCOME TO ISSUE 28 OF THE QUARTERLY OLDER PERSONS & ABILITY SUPPORT SERVICE NEWSLETTER, OUR SUMMER EDITION

We are now into autumn and Easter is nearly with us. Easter is a time to catch up with family or get away from it all for a few days.

There are many club/centres here within Colac, Birregurra and Beeac that offer a wide range of great activities that would suit your own personal needs. Being active within your community offers many benefits, fitness, keeping the brain active, social contacts, lunches and maintaining the many skills that you have acquired over a life time. Don't be shy as all clubs are very welcoming and would value and benefit from your involvement.

We have a great library here in Colac, very well set up with its computers, daily papers, wonderful books and a cosy environment. The town bus takes you right there if you are without transport.

You are encouraged to use the town bus. The bus travels on a regular time schedule and covers most of Colac that takes you into the shopping and Health Services area. It really is a great service and by using this resource helps maintain your independence.

The Older Persons & Ability Support Services offer a range of services that support you to live in your home and your community. There is domestic support, personal care with the medication component, respite care both within the home and community, meals on wheels that are chilled for your fridge, centre based meals at Kanyana, property maintenance and modifications, community transport and social support programs. For more information contact the Unit on 5232 9420.

I continue to encourage you to contribute to this newsletter as it is a great way to promote any of your upcoming activities. The newsletter is published on a quarterly basis.



*From all of the Colac Otway Shire
and the Older Persons & Ability
Support Staff, we wish you very
happy and safe Easter*

Terry Maisey. Coordinator Older Persons & Ability Support Service

National Disability Insurance Scheme Update

A reminder for those who receive services funded through the NDIA Please bring a copy of your Funding Plan in to the office when you have a review so we can adjust any changes to services. (NDIA do not automatically provide Service Providers with new Plans.) It is each Participant's responsibility to pass the information on, However, if you have a Support Co-ordinator this is a part of their role. If you have any questions about the services Colac Otway Shire provide through the NDIS please contact me.

Many thanks

Suzi Parkinson - Community Support and Activities Team Leader

ELDER ABUSE

*Seniors Rights Victoria
can help you to prevent
and support you if any
of the following is happening
to you or someone you know.*

- Financial Abuse
- Emotional Abuse
- Neglect
- Physical Abuse
- Social Abuse
- Sexual

*Their experienced advocates and
lawyers provide welcoming and
respectful environment where older
people can talk confidentially about
their experiences.*

*If you or someone you know is
experiencing elder abuse,
please do hesitate to contact
the free confidential Helpline.*

**Phone 1300 368 821
10am – 5pm
Monday - Friday**

PRIVACY STATEMENT

Please remember YOUR RIGHTS:

The right to dignity and privacy, to voice concerns and to advocate.
For further information please refer to your Client Handbook or discuss with an
Older Persons and Ability Support Service Officer on 5232 9420.

Day Light Savings

Day light savings ends on April 3rd.
Turn your clocks back one hour.

Smoke Detectors

The end of daylight savings is also the time to check your batteries in your smoke detectors to ensure they are working to keep you safe.



HAPPY EASTER

EASTER CLOSURE DATES

Good Friday – 25th March

Easter Monday – 28th March

No Home Care, Property Maintenance, Community Transport or Assessments will take place on these days.

Meals on Wheels will be delivered prior to these dates. Personal Care will continue but times may vary. Respite Care on request.

THANK YOU

We would like to say a big thank you to the Ladies at the Cake Decorators Club for their beautifully decorated fruit cakes.

These were delivered to our MOW's recipients just in time for Christmas.

Anzac Day this year falls on a Monday, so there will be no Home Care, Property Maintenance, Community Transport or Assessments on this day.

Meals on Wheels will be delivered prior to this date. Personal Care will continue but times may vary and Respite Care on request.

OUT AND ABOUTS 2016

The Program provides transport to an interesting location with a shared meal.

The "Day Out" costs \$30.00 per person, which covers transport and a meal, (drink's at your own cost) unless stated otherwise. Bus departs from COPACC.

Seats are limited; bookings are required and can be made by calling the OPASS unit on 5232 9420.



17th April 2016	Bellarine	Bookings open March 22nd
15th May 2016	Warrnambool The Bus departs from COPACC at 10:30am	Bookings open April 19th

**** Please note that trips will need to be paid for at time of booking. No refunds or credits for cancellations, but a substitute on the same trip allowed ****

Due to lack of numbers the out & about trips will not run over the winter months. We will reassess these trips when the weather warms up again.

NURSE ON CALL & BETTER HEALTH

Nurse on call is a Victorian Government health initiative and phone service that provides immediate health advice from a registered nurse 24 hours a day 7 days a week. Call 1300 606 024 for the cost of a local call anywhere in Victoria.

OR You can look up www.betterhealth.vic.gov.au the information is quality – assured and reliable, up to date, locally relevant and easy to understand. This information aims to help people understand and manage their health and medical conditions.

If you need assistance please call 000.

COMMUNITY TRANSPORT DRIVERS NEED

Thinking of volunteering as a community Transport driver?

Community transport aims to assist those who are disadvantaged in accessing transport.

Volunteer drivers will provide a door to door service to specialist medical appointments in Geelong, Warrambool, Ballarat and Melbourne.

This program relies on the invaluable contributions of volunteers, so that we can provide this service to our community.



THANK YOU

Thank you Tony Mahoney for your dedication and excellent contribution to our organisation. We are very proud of all your hard work for the last 27 years.

We wish you the very best for the future and you will be missed.

OPASS Farewell

We would like to thank Angela Hodge for her 8 years of service to the Colac Otway Shire. We wish Ange all the best for the future.

PROPERTY MAINTENANCE

Please note there is now a 1 hour minimum charge for all property maintenance jobs.

GOING AWAY??

If you need to cancel your Home Care, Personal Care, Respite Care or Meals on Wheels please do so by 2pm the day prior.

GUTTERS AND SPOUTS

Before winter rains set in (hopefully), it may be time to have your gutters and down pipes cleaned, we can assist with this by getting a professional cleaning service in to help out. Please do not attempt to do this yourself.

MEALS ON WHEELS

Needing help with a nutritionally base meal? Our meals on wheels volunteers deliver a wonderful meal 5 days a week. This comes with a soup, main meal, a side serve of vegie, sweet and a juice cup. They all come chilled for your convenience to heat and eat when you are ready. For more information please call OPASS on 5232 9420.

GENERAL KNOWLEDGE

1. How many countries are larger than Australia?
 2. In what state/territory was the highest recorded temperature, of 53oC, recorded?
 3. Australia has the world's largest sand island. What is its name?
 4. In what year was Advance Australia Fair proclaimed as the national anthem by the Governor-General?
 5. Do all states/territories have the same blood alcohol limit for non-probationary drivers?
 6. What animal is on the Western Australia flag?
 7. In what city did the Commonwealth Parliament first sit?
 8. What animal featured on the 2 cent coin?
 9. Who is the only person to have been awarded both the Australian of the Year and Young Australian of the Year titles?
 10. Who is on the front of the current issue \$100 note?
- ANSWERS: 1. Five (Australia is the sixth largest country: Russia, Canada, China, USA, Brazil); 2. Queensland; 3. Fraser Island; 4. 1984; 5. Yes; 6. Black swan; 7. Melbourne; 8. Frilled neck lizard; 9. Cathy Freeman; 10. Dame Nellie Melba.



BIRREGURRA BUS RUNS EVERY THURSDAY

You can come in on the bus with our wonderful driver Ken stay in Colac and do your shopping and pay bills then return to Birregurra in the afternoon.

Joan Rochford and Heather Anderson enjoy the trip each week into Colac. If you live in Birre and would like to get a ride on the bus please contact the OPASS office or Birre Health for more info.