

Melting Moments

250g Butter
110g Icing Sugar
1 tsp Vanilla Essence
70g Cornflour
300g Self Raising Flour
Good pinch Salt

Preheat oven to 180d (160d Fan Forced) and line 2 large baking trays with baking paper. Using electric beaters, beat the butter and icing sugar until light and creamy, then beat in the vanilla essence. Sift the cornflour, sr flour and salt together. Add them to the butter mixture and use a butter knife to mix together thoroughly. Roll the dough into walnut sized balls. Place on prepared trays, about 5cm apart and flatten slightly with a fork.

Bake for 8-10 minutes, or until just starting to colour underneath (the biscuits will still be soft and pale on top). Leave on the trays for 10 minutes to become firm, then transfer to a wire rack to cool completely.

Cream Cheese Frosting
250g Cream Cheese, softened
1/4 cup Butter
1 tsp Vanilla
3 cups Icing Sugar
1/4 cup Passionfruit Pulp

Combine cream cheese, butter and vanilla using an electric mixer and beat until smooth. Add icing sugar and beat until combined and smooth. Add passionfruit and mix over low speed.

Prepare the cream cheese frosting and use to sandwich the biscuits together. Dust with icing sugar and **Put the Kettle On!!!**



(Last Updated 2/4/2014)



Our Country Practice



Swift Street Medical Centre

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(9am to 5pm - Monday to Friday)

We would like to take this opportunity to thank all patients who participated in our survey recently. We have now received our Practice Accreditation and Improvement Survey Report and it is in these findings that we look for areas of need for improvement. We were very happy with the report findings as they reflected very favourably on our Practice. We look very closely at these results and make changes in the areas that you let us know they are needed. We are here to provide a service for you and we thank you all most sincerely for helping us to make it the best possible service that we can.

BreastScreen NSW

BreastScreen NSW routinely offers screening mammograms to most women every two years. For some women, however, annual screening is available. The recommended breast screening interval is determined and/or reviewed when a woman presents for her routine screening appointment. From Monday 3rd November 2014, eligibility for annual screening will be determined against the following criteria:

1. Previous diagnosis of breast cancer
2. Previous benign biopsy
3. Family history
4. Specialist recommendation

While these criteria will not cover all women for whom annual mammography may be appropriate, BreastScreen NSW is always happy to discuss a patient's individual circumstances with you. Please call 13 20 50. For more information, please visit www.bsns.org.au/information-and-resources-for-health-professionals/my-role-in-screening/screening-interval-guidelines.

BreastScreen NSW is also offering extended hours in their **Dubbo clinic on Saturday 25th October, Monday 24th November and Monday 8th December**. The BreastScreen clinic is located in McGuinn Drive within the Dubbo Hospital Grounds.

Call 13 20 50 today and book an appointment.



It's hot enough to melt a bushman's boots...

But cranking up the air-conditioning is not the only way to stay cool. The heat is on, literally. It's sticky, uncomfortable and downright dangerous.

Heatwaves are nothing new in Australia, but they're becoming [longer, hotter and more common](#).

This is serious. 173 Australians lost their lives during the Black Saturday bushfires, but an estimated [400-plus](#) people were killed by the heatwave that led up to it. Infants, the elderly and people with certain heart conditions can be vulnerable to heat-related illness. If available, such people should certainly use air-conditioning. But not all of us have access to air-con. And when you turn on an air-conditioner, it can be expensive and it releases climate-changing greenhouse gases. Here's our list of 26 ways to beat the heat without an air-conditioner.

House **1.** Prevention is better than cure. Keep curtains and blinds closed during the day to block the heat and direct sunlight. **2.** Close windows once the outside air is warmer than indoors. **3.** At night, once the mercury drops, purge the accumulated hot air by opening windows and doors. **4.** Halogen lights, dishwashers, cooking appliances and dryers all produce heat. Avoid using them during the hottest part of the day. Halogen lights are worth replacing to save energy, anyway. **5.** Improvise an evaporative cooler by drying a load of washing in front of a fan. Sun exposure, especially when it's intense, gradually fades coloured fabric, so this is a great way to dry coloured loads. **6.** Heat rises. If you have a two-storey house, stay downstairs. Sleep there, too.

People **7.** Keep the family cool and hydrated. Keep a jug of drinking water in the fridge. **8.** Stay cool from the inside out. For cooling snacks, make yoghurt, juice or pureed fruit icy-poles. Or put an icy pole stick into a fresh, ripe banana and freeze it. **9.** Sitting for a while? Soak your feet in cold water. Add some grated ginger and bicarb soda just for fun. **10.** Cool your caffeine. Try iced tea or an affogato, instead of hot tea or coffee. **11.** Electric fans create cooling air movement using minimal electricity. For extra cooling, keep a spray bottle handy and regularly mist yourself with water. **12.** But remember that a fan only works when it is blowing on you. If you're not in the room, switch it off. **13.** Barley, rice or wheat-filled bags (used in winter as 'heat packs') can be put in the freezer and used as personal ice packs. **14.** It's the best excuse you'll get to skip your lunchtime jog. Avoid excessive activity or switch to exercising very early in the day or very late in the evening, when it is cooler. **15.** If you've got children, submerge some plastic toys in an ice-cream container filled with water. Freeze it. Then tell the kids they're on an ice fortress rescue mission!

Animals **16.** Make sure pets have adequate shade, ventilation and water. You might have to bring them indoors for the day. **17.** Find a shady spot in the garden and use a kids' clamshell as a paddling pool for your dog. Keep it topped up with clean water. **18.** Leave out bowls of water in shady areas for wildlife.

Out and about **19.** If you have to venture outdoors, protect yourself from the sun's harmful UV rays by covering up with light, loose clothing, a hat and sunscreen, à la the original [Slip Slop Slap](#) SunSmart campaign. **20.** Use reflective sunshades in the car. Open windows to purge the hot air when you first get in, before turning on cooling. **21.** Escape the heat at air-conditioned cinemas, art galleries, libraries and other public buildings.

Serious stuff **22.** As we mentioned earlier, some members of society are more vulnerable to heat stress. See the Heart Foundation's [information](#) on heatwaves. Also keep tabs on elderly family members and neighbours during heatwaves.

23. Don't leave anything that has a heartbeat (animals, children) in a locked car, even with the windows down. Temperatures inside cars can be as much as 20 to 30 degrees hotter than the outside temperature.

Long-term ideas **24.** Put up exterior shade sails or grow deciduous vines over a pergola, particularly on the western side of your house. **25.** Insulate your home. **26.** The most energy efficient way to stay cool is to live in a well-designed home. If you're building or renovating, aim for a house that keeps cool without air-conditioning. Remember that there are often power outages on days of extreme heat, when the electricity grid struggles to cope. Efficient eco houses, are the ones sitting cool and pretty when the power is out.

