

DEALING WITH A DIFFICULT HOUSEMATE.

In the last newsletter, we covered the steps to finding a great housemate. What if, however, you're already living with a housemate and you're finding it challenging? Living with a housemate can be challenging especially if you have differences in the way you approach things around the house.

While it's natural that you're not going to agree on everything with your housemates, following these simple steps to effectively address any difficulties you're having with your housemates.

Keep communication open and honest.

If communication hasn't been going smoothly between you and your housemate, make time to sit down and get everything out in the open. You never know, there are probably things that you do that could be annoying your housemate too.

Taking the time to understand where you are both coming from will allow you to have better understanding between your housemates and keep communication open for any other issues that may arise.

Address problems sooner rather than later.

So, your housemate keeps leaving their dirty dishes in the sink and it's starting to annoy you? Don't let these things go by unresolved. Take the time to set ground rules between you and your housemate, and if something is bothering you, talk things through as it happens rather than letting yourself get resentful.

Talk in person.

Remember it's hard to pick up tone over text message or email, so keep your conversations to resolve issues to in-person chats. Sure, you can text your housemate to organise a time to catch up but leave coming to a resolution and talking about everything until you're face-to-face. This will give you both time to come to the conversation with a calm approach.



If you're feeling unsure how to approach the conversation, write down exactly what your issues are and the desired outcome of your conversation before you talk to your housemate.

Take time out by yourself.

If you're struggling with tension in your home environment due to issues between you and your housemate, make sure to take time out by yourself to relax. This will help you approach any issues with a level head and give you time to gain some perspective on your living situation. With some time out, you may even find that something that originally upset you isn't such a big deal anymore.

Living with housemates can be difficult but keeping communication open and honest will help you live together harmoniously while ensuring any issues are addressed as they arise.

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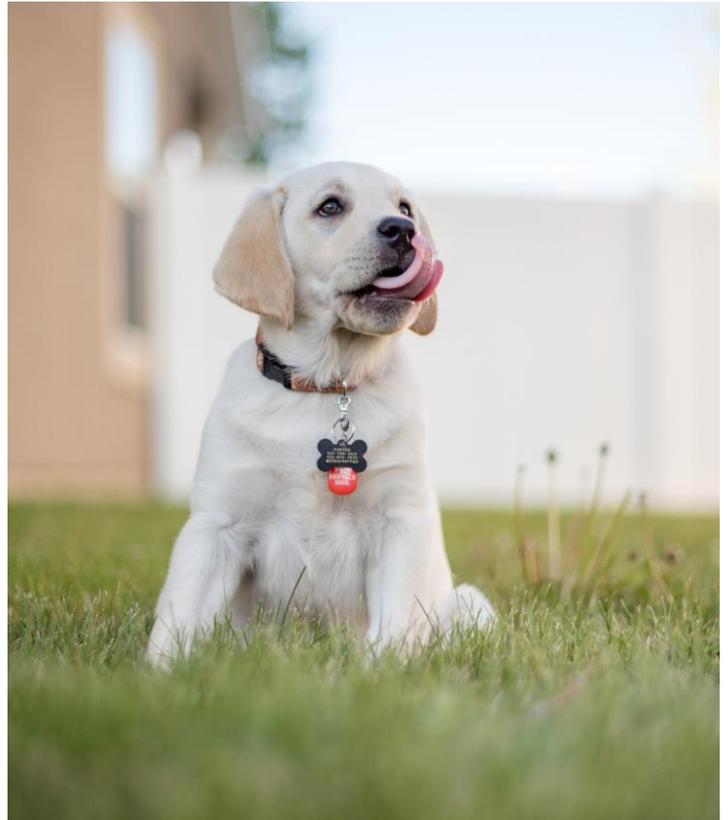
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PETS ON APPLICATION - HOW TO MOVE WITH A PET.

Having a furry friend greet you when you arrive home from a long day can bring some much-needed happiness to your evening. While there's plenty of good things about having a pet, understanding how to move with a pet is crucial. Follow the steps below to make sure your move with a pet is a smooth one.

Ensure your new place is pet-friendly.

When you're inspecting properties, make sure you ask if the property is pet-friendly. Most property managers will list this on the property advertisement, but it's always a good idea to double check. When you're applying, make sure you give as many details as possible to the property manager.



They'll want to know things like the animal's weight, breed and behaviour. Most application forms will have space for you to complete these details too.

Plan out the move.

Take some time to plan out moving day so you know how your pet needs to be looked after and when. For example, if you've booked a removalist service for moving day, you can schedule in time for your pet to be looked after by a friend or family member, so you can focus on the move.

Schedule a vet appointment if needed.

If you're moving away from your current vet and need to find a new vet closer to your next place, book in a check-up for your pet with your current vet. This will give your vet a chance to give your pet a once over and provide you with recommendations for a new vet closer to your new place. If you'll be sticking with the same vet after your move, now is also a good time to schedule a vet appointment if your pet will need a sedative before the move.

Make sure your pet is clean for moving day.

Organise for your pet to be groomed (if needed) and bathed just before moving day. This will ensure your pet is just as clean as your new place when you move in. When you book your pet's grooming appointment, you can also let the groomers know. Groomers can pay extra attention to brushing and trimming an animal's fur to make sure your pet doesn't mat too much when you move into the new property.

Inspect your property by yourself.

Once you have the keys to your new property, inspect the place and secure any areas that may make it easy for your pet to get out. Think things like gaps in your property's fences and unsecured gates.

Moving with a pet can be stressful but making sure to plan out your move and making sure your pet is comfortable on moving day will prevent any last-minute emergencies on moving day. Finally, don't forget to update your pet's microchipping and I.D. tag details with your new address.

QUICK VEGETABLE CURRY



With the cooler winter weather officially here, warming winter dishes like Taste.com.au's Quick Vegetable Curry will be sure to warm you up. The best part about this recipe? It only takes 25 minutes to cook.

Serves: 4

Prep time: 10 minutes

Cooking time: 15 minutes

Ingredients:

1 tablespoon sunflower oil

1 onion, finely sliced

2 tablespoons mild curry paste

400g canned chopped tomatoes (we used canned cherry tomatoes)

600g cauliflower, cut into florets

150g baby spinach

1 tablespoon chopped coriander

Low-fat yoghurt, to serve

Other ideas: if you'd like to add some protein to this dish, you could try adding a block of firm tofu or chicken breasts sliced into small pieces.

Method:

Step 1

Heat the oil in a large saucepan over medium heat, add onion and cook over medium heat for 2-3 minutes until softened. Add curry paste and cook, stirring, for a further 1-2 minutes. Add tomatoes, cauliflower and 200ml water, bring to the boil, then reduce heat to low, cover and simmer for 10 minutes or until cauliflower is tender.

Step 2

Remove from the heat and season with salt and pepper. Add spinach and chopped coriander, then stir through until spinach is just wilted. Serve topped with coriander leaves and yoghurt.

We are excited to announce we will be attending REDFEST 2018 for the second year in a row! We are collaborating with local businesses to bring you the best stall you have ever seen. Are you a business owner or is someone you know? We need you! We are looking for local businesses to provide flyers on their business to put into our giveaway bags to all the patrons that come past our stall at the 3 day event. Please get in touch if you think you can help & get some advertising for your business as well 😊 If your unable to assist, that's ok but please come & say hello to us at Redfest this year. 7-9th September 2018.....