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## NEIGHBOURHOOD HOUSE WEEK

**8-15 MAY 2020**

**Loneliness: the solution is community**

Dear << Test First Name >>

The 8th to 15th May is Neighbourhood House Week and maybe now more than ever, we are appreciating our little Neighbourhood and how important it is for us all to help each other. 1 in 4 Australians is lonely and this may have increased during this time of isolation so please reach out and keep in touch with people. I have seen absolutely amazing examples of people offering help to those who need it asking for nothing in return. We may still have some differences but ultimately we are in this together.

Jeannie Marsh with the Elwood Choir have written a little ditty about supporting local business during touch times to cheer us up.

"Lets stroll down to the shops, we'll meet there for a drop, or a coffee. I'll see you at the King of Tonga. My haircut is at two, I'll buy a gift for mum next door. But now that's changed, and you don't know what you've got 'til it's gone. So now we sing to you: To those whose doors have shut we miss you! You're gone for now, but we're still by your side! We'll follow you online, hey we'll buy your stuff on line when we can. And to those whose doors stay open, we're with you as you pivot and if we can give you help we'll give it. We miss you, we thankyou, the village your created is still here."

To hear the choir sing this song, [click here](#). The song was recorded by individual people in their homes using just their phones!

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## Our Online Classes

Our Online English and Computer classes started last week and they are full up! Thank you so much to everyone for having the courage to give "online" a go. It is so great to be able to keep in touch with everyone and meet new students. Our amazing teachers, Vivien, Victoriya and Tanya have done an absolutely amazing job learning Zoom and how to adapt their classes to online and we are so grateful to them.

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## Yoga with Monica Is Back Baby!

Weekly starting Tuesday 12<sup>th</sup> May at 6.30pm. Classes will go for 30-40 minutes. Classes will be free but there will be a chance on our website to

minutes. Classes will be free but there will be a chance on our website to donate to help us continue to provide online classes for those who can afford to.

Come join us for this enjoyable, energising online Gita yoga class and finish your day with strength and balance! Experience all the benefits of stretching your body and quietening your mind. This class is suitable for EVERYBODY from beginners to advanced.

Important notes if you join this class:

Online etiquette- Please arrive on time for this class. Monica will not be able to accept admissions after 6.35pm.

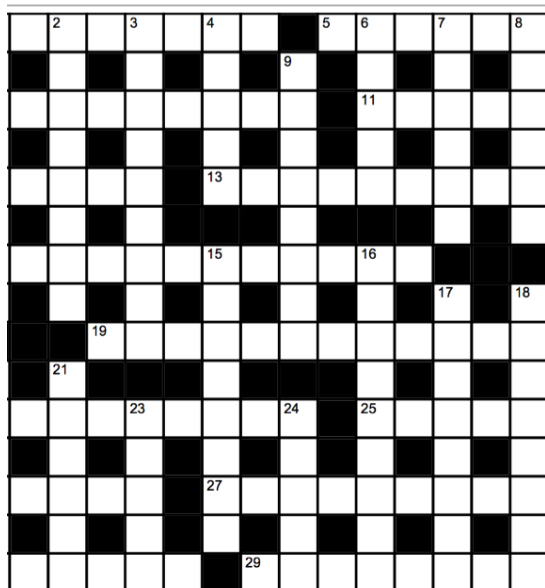
Disclaimer- As this class is conducted online and in non-interactive manner whereby Monica cannot correct positions or offer alternatives specific to your needs means ESNLC is not responsible should physical or personal injury occur. It is your responsibility to know your physical capacity and take care for your personal health.

We look forward to seeing you all again!

Sign up to the class by emailing [esnlc@esnlc.com.au](mailto:esnlc@esnlc.com.au) and we will send you the weekly zoom link.

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**mes Crossword 26,761**



**ACROSS**

- 1 Moving restlessly from front of boat with fish (8)
- 5 Damned well after illness, containing second (6)
- 10 Before one's mass, hear about European form of religious instruction (9)
- 11 Reprimanded about learner, part of issue that needs raising (5)
- 12 Boundaries around English or French city (5)
- 13 Put away amount of money, as stated, for dance (9)
- 14 Devour gin, led astray — did consume too much (12)
- 19 For example, realists work hard in quietly greeting defeated team (12)
- 22 Some president, I calculate, is lacking any distinction (9)
- 25 Possibly brilliant change of direction (5)
- 26 Persistently pester last chap in undistinguished trio (5)
- 27 After short spell, keyboard player missing second drummer (9)
- 28 Craftsperson who ultimately puts black away? (6)
- 29 Wild animals in conflict with outfit protecting hospital (8)

**DOWN**

- 1 Choose an ancient character said to be old-fashioned rogue (8)
- 2 Frequently ring paper initially, then another (8)
- 3 The better he is, the less likely people will pick his work (9)
- 4 Quality of wine the writer's included — that's what we hear (5)
- 6 Like marginally unfinished book, yet to be censored (5)
- 7 Would-be partner having diamonds, perhaps, and gold (6)
- 8 Shake hand, finally, of less conventional type (6)
- 9 Runs, full of self-satisfaction, on reconstructed legs (8)
- 15 Fastidious as daughter about cutting flower (8)
- 16 Incidentally, it has an aptness as anagram (2,7)
- 17 Leader from Mexico I'm lodging Oregon otherwise (8)
- 18 A call for assistance installing fire building material (8)
- 20 Man on board British ship at sea hiding nothing (6)
- 21 Arcane splinter group holding or (6)
- 23 Herb's something with great healing power reportedly (5)
- 24 Line adding novel contribution to mathematical work (5)

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## Free Online Cryptic Crossword Class

We will be running a free online class teaching beginners how to do Cryptic Crosswords. This will be held on a Thursday night where you will work together to complete the Age Cryptic Crossword. If you would like to join please email [education@esnlc.com.au](mailto:education@esnlc.com.au) with your name and phone number. We will be using Zoom for this class.

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## Craft Corner

In the last newsletter we printed an ANZAC biscuit recipe for ANZAC day. Melanie gave it a go and here are some photos of her triumph. She says she

has some practice to do to find that right balance of crunchy and chewy. Does anyone know the secret to make them chewy or crunchy depending on what your preference is? If so let me know on [education@esnlc.com.au](mailto:education@esnlc.com.au).



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## Helping Community During this Difficult Time

Everyone is going through a difficult time at the moment but some more than others. There are so many amazing people living amongst us who have put their hands up to help by making regular phone calls to check people are ok or just for a chat, to get groceries, medication and much more. If you need any help, would like a regular phone call or know someone who does, please contact us and let us know. Phone 9531 1954 or email us on [education@esnlc.com.au](mailto:education@esnlc.com.au)

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## GARDEN GIVEAWAY

We still have about 7 of our 15 Green Cone Solar Composters to give away thanks to the City of Port Phillip. If you would like one of these cones for your home or your block, please email me on [education@esnlc.com.au](mailto:education@esnlc.com.au) with your details and why you would like one of these Green Cones. For example, will you set it up for your whole block of flats to use? Do you want to be green but find it's all too expensive. Please note it is 60cm wide and you will need a patch of dirt to dig it 40cm down and it needs to be in the sun. You will be provided with extensive information on how to use it.

This essentially maintenance-free composter recycles *any* food waste (inc. meat, fish, bones, fruit, dairy) as well as pet waste, into nutrients that enrich the surrounding soil. Utilising an in-ground chamber and innovative twin cone system to circulate warm air between the two cones, it creates the perfect environment for worms and micro-organisms to work their magic at speed.





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## Creative Writing Contribution

In our last newsletter we were lucky enough to have the amazing piece called LANDMARKS by Emma Gell. She wanted to please note a correction to the tree's spelling: Ngargee (rather than Ngaree). "The Ngargee tree used to be a meeting place. It stood on the edge of a great wetland that stretched from St Kilda to Melbourne – the Yarra Delta. Now it stands by St Kilda Junction. You'd think it would be nice to sit beneath it and contemplate our origins, but it's actually a bit depressing."

Here is our newest contribution .....

### THE NEXT TRAIN

This is in memory of all the soldiers who fought in World War 1 and World War 2, and Korea, Vietnam, Afghanistan and other wars.

The pigeon perches above the station roof as the train master feeds her breadcrumbs from his dusty pocket.

"Cuckoo!" he sings to her.

She flaunts her feathers and shakes her worn and withered foot.

"Hop! Hop! Hop!" She passes gently through commuter traffic.

The train conductor shines his silver and bronze medals on his breast and proudly lifts his arm to guide the next train.

By Tanya Page



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## FREE PRINTING SERVICE AT ELWOOD NEIGHBOURHOOD HOUSE

If you need us to print something please email it with instructions and a phone number to [printplease@esnlc.com.au](mailto:printplease@esnlc.com.au) and we can print it and arrange a time for you to collect safely from our centre.

Large print runs and colour will require a payment. We will call you with a quote first and you can pay over the phone with your credit card.

### FREE SCANNING SERVICE

If you need us to scan something please email [esnlc@esnlc.com.au](mailto:esnlc@esnlc.com.au) with your request and we will call you to arrange a time for scanning.

Large scan requests will require payment. We will call you with a quote first and you can pay over the phone with a credit card.

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## Making Ends Meet

The Library may be closed but they are stepping up their online game. They have free songs, audiobooks, movies and books you can download. [Click Here](#) to sign up for membership or if you are already a member to download an App to get all of those amazing songs, books or movies. You can email them or give them a call if you need help moving online.

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## KEEPING IN CONTACT

As our office is closed, we may not be able to answer your calls as quickly as we usually do. We are often working from home so if you want to contact us, please email Melanie about classes on [education@esnlc.com.au](mailto:education@esnlc.com.au) or Simone on [manager@esnlc.com.au](mailto:manager@esnlc.com.au). Also keep an eye out on our website

[www.esnlc.com.au](http://www.esnlc.com.au) or follow us on Facebook by typing in the search bar Elwood St kilda neighbourhood Learning Centre. [Click Here for Our Facebook](#)



## ANNUAL GENERAL MEETING

Our Annual General Meeting will be on 8th May at 4 pm. This will be online. If you would like to attend, please email us on [manager@esnlc.com.au](mailto:manager@esnlc.com.au) or phone 9531 1954.

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