



LANSSELL LETTER



Monthly Bulletin of the Lansell Y Service Club (Women)
Bendigo – Victoria – Australia
Meeting held fourth Tuesday of each month

President:
Lorraine Castles
Mob: 0401 967 777
Email :
castles7@bigpond.net.au



Bulletin Editor:
Ruth Truscott
Mob: 0427 469 044
Email:
trusty1953@gmail.com

Secretary:
Ann Mansfield
Ph: 5443 4923
Mob: 0419 003 452
Email:
ann_mansfield@hotmail.com

July, 2020

ALL CORRESPONDENCE TO:

Lansell Y Service Club (Women), 21 Pilcher Street, Strathdale 3550

Lansell July Meeting – a message from Lorraine

In light of the state of emergency being extended for another month, our planned gathering on the 28th has been postponed until sometime after 16th August. We are still only able to host 5 visitors at our homes, so I think phone contact is the best way to keep in touch for the time being.

This is unfortunate but beyond our control.

Stay well everyone.

STAY HOME:

“The Virus doesn’t move, people move it. We stop moving, the Virus stops moving, the Virus dies. It’s that simple.”

Accompanying this newsletter the following will be sent to you:

Time of Fast International Project

An Update Report from International Project Co-ordinator Joy McNamara. From her report you will see that the following Project has been adopted.

“No. 3 – Zaporizhzhia, Ukraine, 6 to 12 months, 15,000 CHF

Sports and informal education as tools of healthy lifestyle promotion among vulnerable children.

Create an outdoor sports playground with gym equipment in the grounds of the Regional Centre where orphans and poor children are cared for. It will be a community asset.”

In Joy’s report there is also an update on the current completed project. I think you will all agree that this is a good read.

Regional Director’s Newsletter No. 4

Michelle’s latest newsletter will also be sent to you with this newsletter. This newsletter will, together with other important matters, bring you up to date with the latest news with regard the Regional AGM.



I’ve been watering my herbs with leftover coffee.
I love coffee thyme.

My dad said I always loved alphabet soup when I was young.
But it was just him putting words in my mouth.



MEMBERS’ MEANDERINGS

Jan: Been keeping busy like everyone else. First week of the school holidays we took 3 grand kids Shelby, Samuel and Mietta to Swan Hill for a few days. We went to the Pioneer Settlement and The Lightning show at night which was really good. Last week had new kitchen cupboards installed – very happy with them. Now this week we’re having a Reno on our en-suite.
Love Jan

Leigh: Well since last month I have had another fall – not quite as painful as the previous one. I have also had a cortisone injection in my hip which has been quite successful so I’m feeling more comfortable and I’m sleeping a lot better now. I have had an appointment with Mr Burt and need another cataract removal, probably not for a couple of months though. **Is this old age???** I hope everyone is keeping safe and well.

Dale: Glenn and I are still staying home as much as possible, however I managed to get away for a couple of days to Mansfield where my friend Janine's sister, Kelly has a cabin overlooking Eildon. It was absolutely freezing, but we had a beautiful open fire and managed to keep busy playing cards, eating and drinking and shopping. I also managed to slip as I was walking down the wet slope to the cabin, legs up in the air, covered in mud but no injuries fortunately, just embarrassed!!

As you know, Glenn and I celebrated our Golden Wedding Anniversary on Saturday, so lucky to reach this milestone and really blessed with loving family and friends. No big party of course but a lovely meal with the immediate family. Hope you are all well and coping with the isolation.
love Dale

Ann: We had intended to go north on 29th July, but decided to pack the van and head for NSW before the border closed on 7th July. Was a frantic rush, which included contacting the solicitor regarding my late Uncle's estate (Murray is an Executor). He assured us it could be finalised online and actually encouraged us to go ASAP. We managed to cross into NSW at Echuca at 4pm on the 7th with no problems. Currently we are at Menindie on the edge of the lake. A lovely spot with superb sunsets. We are heading to Broken Hill tomorrow, then via Silverton to Dubbo to meet up with friends from Kingscliff, near Tweed Heads. We will travel with them to the coast, arriving home late August or early September. This of course depends on what happens up here with lockdowns etc. I feel a bit like a refugee. We have fled our home to hopefully go to a safer place where we are not particularly welcome. May have to steal some NSW number plates. Social distancing will not be a problem. The NSWaliens will keep their distance. We are keeping receipts to track where we have been to prove we have been in NSW for two weeks prior to arriving at caravan parks on the coast. Our weather is much the same as home. Cold nights and nice sunny days. I actually had short sleeves yesterday. Beautiful sunsets up here. Have taken lots of photos. There is a lot of confusion and misleading information being put about. It certainly is an unusual time.

The kids in New York are ok. They have spent a few days at the beach. Was good to see them so happy. Have to wear masks when out though. Looks like Victoria may be the same soon. Do hope you are all keeping well and warm.

Cheers. Ann. XX

Lorraine: I have been making face masks and sending them to our families in Melbourne. Our Doctor said today his first patient had her partner rush up from Melbourne to accompany her to the Dr. How difficult is it to control actions like that. He was sent for a test.

I hope everyone is coping OK. I personally have enjoyed the slower pace and very relaxed lifestyle at present and am very lucky to be able to work at the op shop and play tennis as well as walking around this lovely area.

Cheers to you all, Lorraine

Kaye: I have not been up to anything exciting as I guess applies to most people. I am still getting excited about my patchwork once again. I am currently working on 6inch hexagon shapes various designs sewing by hand have sewn about 40 not sure how many more, guess it depends on lockdown. I did a lot of cleaning and organising the house when this first started but I have gotten over that now. I meet with 3 other girls for sewing once a week so this helps to keep spirits up. Love to all Kaye

Your quilt looks great Kaye



Cheryl: Lockdown!!! Interesting times we are living in - it has certainly slowed us down from the frenetic life we were living!!

I did the clean out last lockdown and sorted the photos. This time energy has been a little less, though I have been sanding and repainting furniture. I am doing it in the garage so have to choose the days as it has been pretty cold, so it could be an ongoing venture. Having said that I have boxes with my clothes all around the bedroom and I don't like clutter, so I may have to rug up and get it finished.

I was meant to be in Hong Kong helping my son Christiaan celebrate his 40th birthday, but looking at photos his fiancé has posted he and his friends have been celebrating.

The main thing for us all is to stay healthy and happy and to support each other.

Best wishes to all. Cheryl *Great to hear from you Cheryl – stay well.*

Elsbeth: Last week we finally went for a drive to see the recently painted silos at Colbinabbin. We decided to take the long way round but it turned out to be the long, long way round as we took the wrong road! It was so nice to see the lovely green countryside and the new spring lambs frolicking in the paddocks. It's a good thing to get lost sometimes – I'm trying to think where we can lose ourselves this week! By the way, the silos were beautiful, well worth the trip.

Jean: Jean still managed to have a family gathering of 20 (including four great grandchildren) to celebrate her 90th birthday. The family met and enjoyed a meal at the Brougham Arms Hotel. The children took colouring books and toys and quietly kept themselves amused and were very well behaved. Rod travelled up from Geelong for the occasion and he returned the following Saturday with his wife and family and took Jean and Ian out again. Jean said she had received lots of good wishes, cards, flowers and visits from friends and family including some Lansell members which was great. She loved the beautiful card from Lansell which was made by Leigh and she was really happy to receive a telephone call from Judith Brown. Jean and Ian have been walking with their walking group when possible.

Joan: Nothing much to report – finding things very quiet. On nice days Joan likes to get outside. A while ago she had her apricot trees removed because for the last couple of years they have been affected by fruit fly. Joan has managed to get outside and clean up in the backyard. She has blackbirds, and although she likes them she is annoyed by the fact that when she goes outside she can see leaves and other matter have been scratched out of the garden onto her freshly swept surfaces.

Merle: As with us all, Merle is finding it very quiet. She reads a lot and every day tries to go for a short walk. Recently she had a procedure and the results came back indicating that everything is OK. Merle is waiting to hear news of her granddaughter Mikaela who is due to give birth to her second child any day now. Last Sunday Merle's nephew picked her up and took her to visit her sister-in-law who lives in Kangaroo Flat whom she hadn't seen for quite a while. They had a lovely visit.

Lynne: Lynne and Garry had planned to go to Sydney but the border closure put a stop to that so they are going to Ballarat to stay for a few days, staying in time-share accommodation. Garry is keeping fit by bike riding twice a week. They are trying to get some ballroom dancing practice in but other than that nothing much has happened.

Ruth: Nothing much has changed since last month. My leg has been feeling better so I have been walking and also ventured out on the bike for three short rides. Unfortunately I have had to return to the doctor as the wound started bleeding a bit. They discovered a “knot” from a suture which hadn’t dissolved and this had caused a very small section of the wound to re-open. Other than that it looks and feels OK but I think I should go easy on the bike riding for a while. I have knitted three scarves and a beanie and that filled in some time. My daughter and her three boys didn’t drive over from Mansfield during the holidays, as planned, as she felt she shouldn’t be driving too far during the pandemic. Her husband had time off work so I think they spent some quality family time together around Mansfield. One of her sons, Ted, turned 7 during the holidays. All our family are well and it’s great that they all live on acreage so whilst they’re not travelling far, they are not too cooped up and can get plenty of fresh air. Stay well everyone.

	<p>Best wishes to our July birthday girls</p> <p>First of all CONGRATULATIONS to Jean who celebrated her 90th Birthday on 3rd</p> <p>Birthday wishes also go to</p> <p>Dale whose birthday is on 21st</p> <p>We hope you both had a lovely day, in spite of the current restrictions.</p>
--	--

The following is taken from The ABC Hospital Hour Friendship Book which was lent to me by Joan. I love this book

“Once upon a time, there lived in an island kingdom a race of people, ruled over by a Monarch whose badge of office was a giant throne, hewn out of solid marble by his ancestors many centuries before. The people lived simple lives ... they slept in grass houses and carried out menial tasks.

However, civilization gradually caught up with these people, and through a flourishing import-export business, the citizenry became quite affluent ... so much so, that the Monarch decided to build a four-storey brick palace, complete with the most modern fittings. When this palace was nearly completed, the problem of shifting the giant marble throne to its new abode arose ... and it was decided to move the throne to the first floor of an old style grass house, which the Monarch was using as a temporary palace.

With much lifting and shoving, the marble throne was finally pushed into place on the wooden floor of the grass house; but during the night, the edifice proved too heavy ... the floor gave way, and the throne crashed down into the room below, right on top of the Monarch who was sleeping there, and smashing into a thousand pieces.

The moral of this story is, of course: ***People who live in grass houses shouldn't stow thrones!!***”

Solution to last month's puzzle "Triple Treat Fun" Taken from That's Life Puzzler Issue 136

A	S	C	E	R	T	A	I	N	Hidden word: SILENT
M	I	L	L	I	P	E	D	E	
B	E	A	N	S	T	A	L	K	

This month's puzzle: ALPHA-BEATER Taken from That's Life Puzzler Issue 136

Here's a crafty little puzzle that is a twist on a traditional fill-in puzzle. Using each letter only once, slot all the letters of the alphabet into our grid to make words reading horizontally and vertically. You can strike through each letter on the two sides of the grid as you use it.

A	F	U		Z	Y		A		B	L	E	N
B	O		I		E		B		I			O
C			R		A				D		E	P
D		S	C	A			U	N		O		Q
E			O		N		R		E			R
F	W	I			S			A	R	L		S
G	A			I							E	T
H		I	R	T	H		S			I	N	U
I			E			T	E		C			V
J		A		I	D			U		D		W
K	M		E		D		U		D			X
L	A		A			I	E		I		A	Y
M		U	L		E		L	U		K	Y	Z

And lastly some words of wisdom

If you replace "I" with "We", "Illness" becomes "Wellness"

There is no Community without Unity