



“The Lockdown Lowdown”

Staying connected with KNC

Hello Everyone

This week we are thinking about Spring and looking forward to some warmer weather!

Please remember that you can always contact KNC if you are unsure about current lockdown settings or you would just like someone to chat to 😊. We can help you with transport to medical appointments or shopping needs.

The St. Ives Shopping Village book shop, “Book Review” is open for click and collect - <https://bookreview.net.au/> phone: 9144 7837. We can collect your order and deliver it to your home as a contactless service.

KNC Zoom Activities

Please contact KNC if you would like more information or you are interested in joining one of our groups.

- **Bingo – Monday 10 -11 am - NEW GROUP!**



- **Yoga – Tuesday 10 -11 am and Wednesday 10 -11 am**

Chair yoga and meditation with Janet

- **Yarning Group – Friday 11am -12 noon**

Knitting and crochet friendly social group – sit down with your craft and a cuppa 😊

- **Book Clubs – Monthly meetings. We currently have vacancies in both groups.**

“1st Tuesday of the Month” Book Club - 1 to 2 pm

and “2nd Friday of the Month” Book Club - 10.30 to 11.30 am

- **“Chess Companions” - NEW!**

If you are interested in playing chess by zoom or by phone.

Contact us and we will endeavour to match you with a fellow chess player at the same level.



Please indicate your skill level: Beginner, Intermediate, Expert!

Take care and best wishes from Michele, Jenny and the friendly team at KNC

Spring Festivals – Spring is celebrated around the World. Here are five fun festivals.

Floriade – Canberra

Floriade started in 1988 as a massive one-off display of bulbs and annuals, flowers that are well suited to Canberra's climate.

This is now the largest annual flower festival in the southern hemisphere, held in Canberra's Commonwealth Park.



Cherry Blossom festival – Japan

“Hanami” is an ancient celebration of beauty and nature. Cherry blossoms are beautiful and fleeting, often lasting no more than two weeks. Symbolising the impermanence of beauty.

In the past the blossoms inspired aristocrats to write poems celebrating their beauty. Today families meet to picnic under the blossoms.



Cimburijada – Bosnia

The first day of spring is celebrated with a communal meal of scrambled eggs. The egg symbolizes the beginning of a new life.

People meet at the banks of the Bosnia River where thousands of eggs are used to make the scrambled eggs.



Holi – India

Holi is also known as the ‘festival of colours’ and the ‘festival of love’.

As part of the Hindu festivities, people throw coloured powder at one another to symbolise the blossoming of spring.

Songkran – Thailand

Songkran also known as the Water Splashing Festival. This celebration marks the start of the Buddhist New Year.

Buddha images are bathed, and people fill the streets armed with water guns, pressure hoses and buckets, drenching anyone and everyone.



Spring Cleaning – Welcome Spring to your sparkling home.

The tradition of cleaning our homes in spring is found in multiple cultures. Some researchers trace the origin of spring cleaning to the Persian new year, Iranian Nowruz, which falls on the first day of spring.

So, if you are feeling the urge to get active with a little extra cleaning, you might be interested in some environmentally friendly cleaning tips.

1. **Clean your oven.** Mix a thick paste of baking soda and water, then apply it to the bottom of the oven and other grimy parts. Let it sit for a couple of hours or overnight before scraping it off and wiping the surface clean.
2. **Refresh your dishwasher.** Fill a dishwasher-safe bowl with two cups of white vinegar and set it on the top rack. Now run your empty dishwasher for one cycle to get rid of any odours and bacteria.
3. **Make your windows shine.** Fill a spray bottle with a 50/50 mixture of white vinegar and water and use a microfibre cloth to wipe down your windows to avoid any streaking. This also works wonders for mirrors.
4. **Keep those tiles sparkly.** The grout between tiles in the bathroom can quickly accumulate mould. Remove it by mixing one part carbonated water with one part white vinegar and spray it on the mouldy areas. If the grime still doesn't scrub off, add two parts baking soda to the vinegar-water mix to make a thick paste. Let the mixture sit on the grout for at least 15 minutes before scrubbing it off.

Maypole Dancing - St. Ives Public School 1919



A maypole is a tall wooden pole erected as a part of various European folk festivals. Historians believe dancing around the pole, originated from Germanic pagan spring fertility rituals.

The tradition of the maypole is thought to have been brought to Britain by the Romans over 2,000 years ago and English spring celebrations include maypole dancing and crowning a “May Queen”.

Beautiful Flowers



Quick Quiz (Answers on last page)

1. Name the artists and the type of flowers in the pictures above? *Clue: The last two are both Australian women artists and have works held by the Art Gallery of NSW.*
2. Saffron, an expensive spice originating from Iran, is derived from which flower?
3. Banana plants are related to which of the following flowers? a. Poppy b. Bird of Paradise c. Dahlia
4. What are the national flowers of the following three countries – Japan, India and Canada.

Recipe Spot– Mushroom Omelette

For breakfast, lunch or dinner an omelette is always delicious!

<p>Ingredients Single serve or Double for two.</p> <ul style="list-style-type: none"> • Butter – 1 tablespoon <i>Or substitute olive oil</i> • 4 medium mushroom caps - sliced • 2 large eggs or 3 small eggs • Salt and pepper to season • Baby spinach leaves - handful • Grated cheese - handful <p>Optional extra ingredients: A slice of onion finely chopped Chopped bacon (fried with the mushrooms) Chopped ham Feta cheese</p> <p>Serving Suggestion: Accompanied with toast or crusty bread</p>	<p>Method:</p> <ol style="list-style-type: none"> 1. Melt half the butter in a non-stick pan over medium heat. 2. Add the sliced mushrooms and cook until softened 3. Remove mushroom from pan and set aside. Cool pan and wipe to remove mushroom juices. 4. Crack the eggs into a small bowl and whisk the eggs together. Season with salt and pepper. 5. Melt the remaining butter in the pan over medium heat, pour in the egg mixture. Swirl around the pan to ensure an even layer. 6. Cook for 3-4 min or until base starts to set. 7. Sprinkle the cheese across the whole omelette. 8. Spread out the mushrooms and spinach leaves on half the omelette. 9. Cook for 2-3 min or until the egg is almost set. Gently flip the empty side of the omelette over to cover the mushrooms. 10. Serve on a warm plate.
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Gardening Delights – For everyone who enjoys gardening or simply loves plants

Wattles – Australia is the land of the wattle, with 1,210 different species of wattles, belonging to the genus *Acacia*. They all have bright yellow flowers but the shade of yellow and the size of the blossoms vary. Foliage also varies in colour from bright green to silvery blue and shape range from feathery to needle like.



Golden Wattle - *Acacia pycnantha*.

Next week is National Wattle Day on Wednesday September 1st. Celebrating Australia's national floral emblem the Golden Wattle.

The Golden Wattle is found from New South Wales, the Australian Capital Territory, Victoria and into South Australia.

An understorey plant in eucalyptus forest, it grows to a height of 8 m (26 ft) with golden flowers appearing in late winter and spring, followed by long seed pods.

Three Common Wattles



Silver Wattle
Acacia dealbata



Mount Morgan Wattle
Acacia podalyriifolia



Fringed Wattle
Acacia fimbriata

Write a haiku poem

Step by step instructions to create your own Haiku Poem are attached to the Newsletter email.

Or [Click here](#) for *City of Sydney free online classes* - scroll down to **Art and Poetry: Everyday Haiku Poem**.

Traditionally, the lines in a haiku have 5 syllables 7 syllables 5 syllables and that's all.

The lines don't rhyme. They are often about nature and a season.

Two Haiku poems about spring

Spring Sunrise

magenta pink sky
songbirds singing melodies
peony opens

by Tina Kitchin

Heavenly Herald

dainty daffodil
your golden trumpet fanfares
the dawning of spring

by Jan Allison

If you feel inspired to write your own Haiku Poem and would like to share it with other “Lockdown Lowdown” readers, please email it to KNC and we will include it in next week’s newsletter

Quick Quiz Answers:

1. Van Gogh - Sunflowers, Margaret Preston – Anemones and Margaret Olley – Californian Poppies
2. Saffron comes from the dried bright orange-red stigmas of the flower *Crocus sativus*.
3. b. Bird of Paradise
4. **Japan** - has two national flowers Cherry Blossom and Chrysanthemum.

India – the Lotus which symbolises beauty and knowledge.

Canada - the maple leaf was officially declared as the national flower of Canada in 1996. (This last one is a bit of a trick question! Possibly the only country to have a leaf as their national “flower”)

Have a Laugh 😊!!



For more information about any of KNC’s services please contact us.

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