# Easy for Me

### June 2020

### The arts and craft issue

Meet our readers. Get creative. Have fun at home.

## Welcome to Issue 03!

This month we’re celebrating arts and crafts.

We hope this magazine inspires you to get creative while you’re staying at home.

And we hope you’re enjoying getting out and about more often as the rules about going out change around Australia.

Do stay well and stay safe!

And don’t forget – you can ask for help with anything in this magazine if you need it.

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## Dress your best

Have you heard of ‘cosplay’?

Cosplay is when people dress up in costumes that they make or buy.

They act out their favourite characters from comics, movies or TV.

Some people love to dress up as characters from anime. Anime is animated films and TV shows that come from Japan.

In Tokyo some people dress up and go out to a place called Harajuku. People call them Harajuku boys and girls.

During coronavirus, the Harajuku boys and girls haven’t been going to the streets or parks.

They have been dressing up and meeting on Zoom instead..

Do you like dressing up?

## Cooking at home

Here are some healthy meals you can make with ingredients you might already have at home.

### Vegetable stir fry

Have you ever made a stir fry before? It’s really easy. You can just use vegetables you have in your fridge. The stir fry we used in the example shows broccoli, carrots, capsicum, onion and snow peas. But you might want to try other vegetables that you like.

You can add protein to your stir fry. You can start by frying some chicken, meat or tofu.

This recipe makes enough stir fry to feed 4 people.

#### Ingredients

* 2 teaspoons of vegetable oil
* 2 cloves of garlic, crushed
* 3 cups of vegetables
* 200 – 300 g of protein – meat, chicken or tofu
* 2 tablespoons of a sauce you like, such as soy, oyster or sweet chilli

#### Steps

Chop the vegetables that you want to use. Try to make all the pieces the same size.

Chop up the protein if you want to add it.

Heat the oil in a large frying pan or a wok.

Fry the onion first, if you’re using it.

Add the chicken, meat or tofu if you are using it. Fry it until it is brown on most sides.

Add any hard vegetables such as carrots, capsicum and zucchini first. They can take a while to cook.

Add the garlic now.

Add any other vegetables such as mushrooms, broccoli or leafy greens such as bok choy. Stir them through until they go soft.

Add soy sauce and stir it through.

You might like to serve the stir fry with rice or noodles.

### Fruit salad

Fruit salad is another easy meal to make with ingredients you might already have at home. The fruit salad we used in the example has strawberries, banana, mandarins, pineapple and grapes. But you can use any fruits you have at home like oranges, apples, cantaloupe, watermelon, kiwi fruit or blueberries.

If you want to, you can serve your fruit salad with yoghurt.

#### Ingredients

* At least 4 types of fruits that you like
* 1/2 cup of orange juice

#### Steps

Peel any fruit that has a thick skin, like mandarins, oranges or pineapple.

Wash any fruit if you won’t peel – for example, apples, grapes or strawberries.

Cut the fruit into chunks.

Mix the fruit together in a big bowl.

Pour the orange juice over the top and stir it through. This helps stop the fruit from going brown.

Enjoy!

## Exploring the arts online

Because of coronavirus, a lot of places have been closed.

This includes:

* theatres
* museums
* art galleries.

Many of these places have been sharing their content online for free instead.

Here are some of the amazing arts you can find online.

#### Melbourne Symphony Orchestra

[www.mso.com.au](http://www.mso.com.au)

The MSO is sharing classical music concerts for free online.

#### Australian Ballet

[www.australianballet.com.au](http://www.australianballet.com.au)

You can watch amazing performances from the Australian Ballet online until August.

#### Sydney Opera House

[www.sydneyoperahouse.com](http://www.sydneyoperahouse.com)

Australia’s famous landmark, the Sydney Opera House, is hosting a range of shows you can watch from home.

This includes kids shows, rock concerts and classical music.

#### The Louvre

[www.louvre.fr](http://www.louvre.fr/)

The Louvre is a famous museum in France. It’s the home of the Mona Lisa. You can take a virtual tour of the Louvre online. Why not check it out?

The Mona Lisa is one of the most famous paintings in the world. It was painted by Leonardo da Vinci in 1503. That’s more than 500 years ago!

#### The Guggenheim

[www.guggenheim.org](http://www.guggenheim.org)

The Guggenheim Museum is a famous art museum in New York. It is famous for its unusual curved shape.

You can visit the website to see some of the exhibitions that are on show at the moment.

You can use Google to find photos from inside the Guggenheim – many of the walls are curved.

### What about local artists?

The team at ArtGusto, in Geelong, have created online exhibitions during lockdown.

The exhibitions are called Lockdown 1 and Lockdown 2. They show work by local artists with disability from the Geelong area. Geelong is in Victoria.

You can see the work in Lockdown 1 and Lockdown 2 on the ArtGusto website [www.artgusto.com.au](http://www.artgusto.com.au)

Christian Den Besten’s painting is called ‘Geelong Library’.

Jess Madden’s painting is called ‘Barwon River Study 1’.

## Making a dreamcatcher

Did you know that dreamcatchers come from the Native Americans?

Their legend says that there was a woman who looked after all the children at night.

But when families moved away, she couldn’t reach them anymore.

So the children’s mothers made dreamcatchers to help protect them.

They would hang the dreamcatchers above the children’s beds.

They said the dreamcatchers would:

* catch bad dreams
* only let good dreams through.

We explain how to make your own dreamcatcher below.

[Breakout box]

**What you will need**

* Beads
* 3 different colours of thick thread
* A metal hoop

You can find these things in a craft shop.

Choose 1 colour of thread. Tie a knot with around the hoop with the thread. Wrap the thread around and around until it covers the whole hoop. When the whole hoop is covered with the thread, tie another knot.

Choose another colour thread. Tie it around the hoop. Pull the thread across a little bit. Loop it around the hoop and back through the opening. Pull it tight. Pull the thread across again. Loop it around the hoop and back through the opening again. Pull it tight. Do this over and over, all the way around the hoop until you get back to where you started.

Add some beads onto your thread. Loop the thread through and around like a spiderweb. When you get to the middle, cut the thread and tie a tight knot.

Wrap your last thread colour around the outside of the hoop. Weave it in between the other thread.

### Your chance to win!

Want to win a great dreamcatcher kit? This lovely box has:

* a book with heaps of ideas to try
* all the bits and pieces you need to make your own dreamcatcher.

Send an email to hello@informationaccessgroup.com and tell us why you’d like to win! You must tell us in under 50 words. Don’t forget to tell us your name and address.

Entries close on 31 July 2020.

## Potting succulents

Succulents are easy plants to grow from cuttings.

You don’t have to water them very often.

And they look great in an all sorts of different pots.

Here are some ideas to explore.

|  |
| --- |
| What is a succulent? A succulent is a plant that has thick, fleshy leaves that hold a lot of water. A succulent is similar to a cactus. Succulents can be very colourful. They are very popular in Australian gardens.  |

Start with small cuttings from a range of succulent plants. You might have some of these growing in your garden at home already. Or maybe you can ask a friend or family member if you can take cuttings from their plants. Leave your cuttings out for a few days. This helps the stem close over where it was cut.

Choose some pots that you like – perhaps you already have some at home, or maybe you can find some at an op shop or Bunnings.

Fill them with soil from the garden. Or you can buy special potting mix for succulents from Bunnings.

Poke the stems of the cuttings into the soil.

Cover the soil with some small coloured stones. This can add a lot more colour. You can get these types of stones at Bunnings.

Don’t give your succulents too much water. Succulents can survive in very dry soil.

## Meet our readers

We are excited to share photos and stories from readers who have been keeping busy during lockdown.

Thanks to everyone who sent your photos and artwork in.

We’re sending a $20 Kmart gift voucher to everyone featured here.

### Enjoying sports and the great outdoors

Jake, Bobby, Aiden and Bradley headed out to have some fun with a couple of footballs and a badminton set. “We had a great time going through football drills, kicking goals and even some exciting badminton rallies! It was a great way to spend an afternoon with friends! Big thanks to Paul Kennedy of the Glenorchy Magpies and the Glenorchy City Council for letting us use the ground.”

Annika Hill has been enjoying a game of tennis with her trainer. Nice serve Annika!

Cameron loves animals. During COVID-19 he has been working at Feek Racing. He has been caring for the horses and volunteering at the RSPCA. Although he has been busy working, he’s really been missing the AFL. He can’t wait to see his beloved Collingwood back on the footy field.

### Getting crafty!

Betty, Pania and Rachel from Possability have created a seascape painting. It spreads across 3 canvases. It looks stunning!

As well as playing tennis, Annika has been keeping busy creating some gorgeous art pieces.

Krystyna, Sally and Anna from Possability have been making Spinach and Fetta Muffins with spinach that grew in their garden. Yum!

## Puzzles and games

### What’s your favourite craft?

Can you find the names of all the crafts? They might be written across or down.

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BEADING

COLLAGE

CROCHET

DRAWING

EMBROIDERY

GARDENING

KNITTING

LETTERING

MOSAIC

ORIGAMI

PAINTING

POTTERY

QUILTING

SEWING

WOODWORK

## Painting rocks

We tried this awesome Metallic Rock Painting kit from Hinkler books.

It was really fun!

We loved:

* the metallic colours of the paints
* clear instructions that were easy to follow
* how everything we needed was in the kit.

## Your chance to win!

Do you want to win a great kit from Hinkler Books? They have kindly donated all of these kits for us to give away to our readers.

All you need to do is send an email to hello@informationaccessgroup.com and tell us:

* which kit you’re interested in
* why you’d like to win.

You must tell us in under 50 words. And don’t forget to tell us your name and address. Entries close on 31 July 2020.

A huge thank you to Hinkler Books for supporting “Easy for Me”. You can find out more about all these awesome products at [www.hinkler.com.au](http://www.hinkler.com.au)

## Do you need information about coronavirus?

Even though the restrictions are easing, you might need support or have questions about coronavirus.

You can call the Disability Information Helpline on **1800 643 787**.

You can get practical help and advice.

It’s available:

* Monday to Friday 8am to 8pm (AEST)
* Saturday and Sunday 9am to 7pm (AEST).

It’s not available on national public holidays.

You can find out more at [www.dss.gov.au/disabilityhelp](http://www.dss.gov.au/disabilityhelp)

## Would you like this magazine to keep going?

We’ve had so much fun making “Easy for Me” over the past 3 months.

We hope you’ve enjoyed reading it.

We’d like to know if you want to see more of this magazine in the future.

You can tell us what you think in our survey.

You can tell us what you think in our survey:

* [Questions for readers](https://www.surveygizmo.com/s3/5672971/Easy-for-Me-Survey-June-2020-Readers)
* [Questions for families and supporters](https://www.surveygizmo.com/s3/5668137/Easy-for-Me-Survey-June-2020)

Or you can send an email to hello@informationaccessgroup.com

We look forward to hearing from you.

Visit us online at [www.informationaccessgroup.com](http://www.informationaccessgroup.com)

Find us on social media:

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