



Easy for Me

Issue 03

June 2020



The arts and crafts issue

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

G'day

Welcome to Issue 03! This month we're celebrating arts and crafts.



The amazing collage on the cover was created by 3 talented ladies – Trudy Peek and Rebecca Molloy, with support from Julie Scott, at the Warrah Society in NSW. Thanks for sharing it with us!

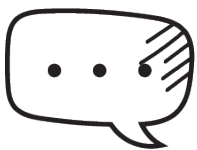


We hope this magazine inspires you to get creative while you're staying at home.



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.

Enjoy!

What's in this magazine?



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Dress up as your favourite character.



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A homely colouring.



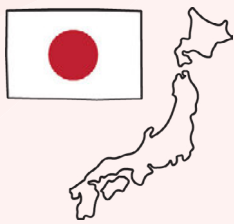
Dress your best



Have you heard of 'cosplay'? Cosplay is when people dress up in costumes that they make or buy.

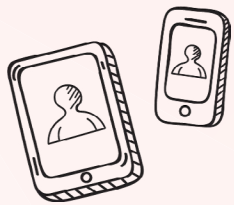


They act out their favourite characters from comics, movies or TV.



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?



This guy is a Star Trek fan. Do you recognise Mr Spock? Live long and prosper!



This guy is dressed up as Dr Who.



These two girls are dressed up as their favourite anime characters.



These people are dressed up as Storm Troopers from Star Wars at a comic convention.



Cooking at home

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

This recipe makes enough stir fry to feed 4 people



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



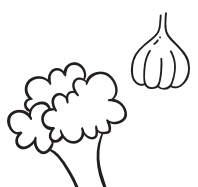
Vegetable stir fry

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

1. Chop the vegetables that you want to use. Try to make all the pieces the same size.
2. Chop up the protein if you want to add it.
3. Heat the oil in a large frying pan or a wok.
4. Fry the onion first, if you're using it.
5. Add the chicken, meat or tofu if you are using it. Fry it until it is brown on most sides.
6. Add any hard vegetables such as carrots, capsicum and zucchini first. They can take a while to cook.
7. Add the garlic now.
8. Add any other vegetables like mushrooms, broccoli or leafy greens such as bok choy. Stir them through until they go soft.
9. Add the sauce and stir it through.



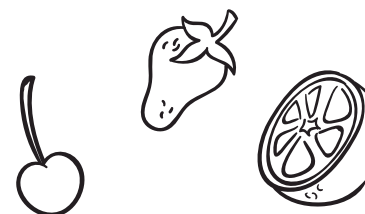


Fruit salad

Fruit salad is another easy meal to make with ingredients you might already have at home. The fruit salad in the picture 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.

Ingredients

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



Steps

1. Peel any fruit that has a thick skin, like mandarins, oranges or pineapple.
2. Wash any fruit you won't peel – for example, apples, grapes or strawberries.
3. Cut the fruit into chunks.
4. Mix the fruit together in a big bowl.
5. Pour the orange juice over the top and stir it through. This helps stop the fruit from going brown.
6. Enjoy!

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





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



The MSO is sharing classical music concerts for free online.

Sydney Opera House

 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.



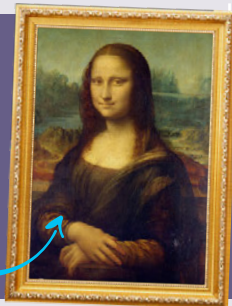
The Louvre

 www.louvre.fr



The Louvre is a famous museum in France. It's the home of the Mona Lisa. You can visit 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 more than 500 years ago!



Australian Ballet

 www.australianballet.com.au



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

The Guggenheim

 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.

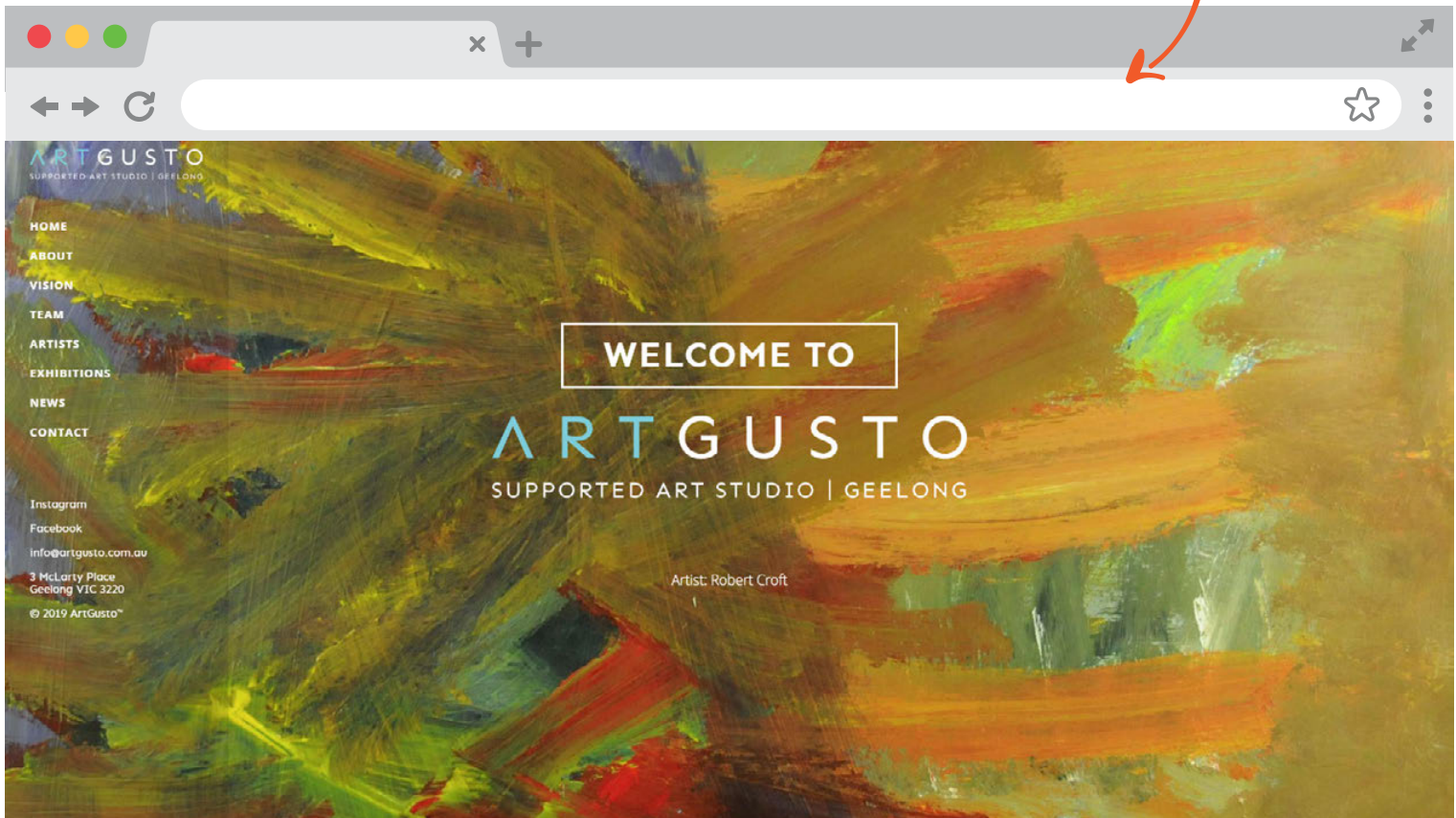


The exhibitions are called Lockdown 1 and Lockdown 2.

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





Christian Den Besten's painting is called 'Geelong Library'



Jess Madden's painting is called 'Barwon River Study 1'

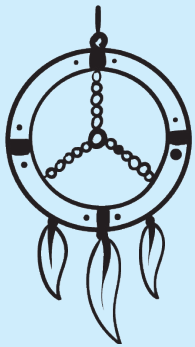


Making a dreamcatcher



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 on the next page.

You can find these things in a craft shop

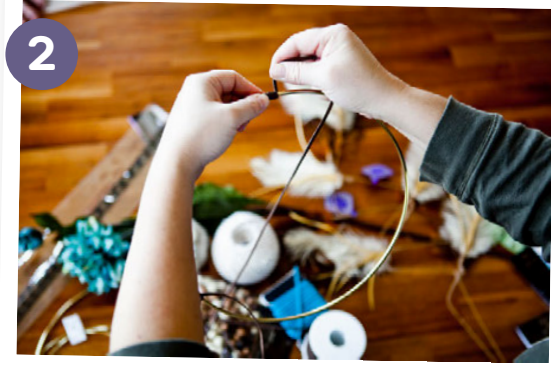
What you will need

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

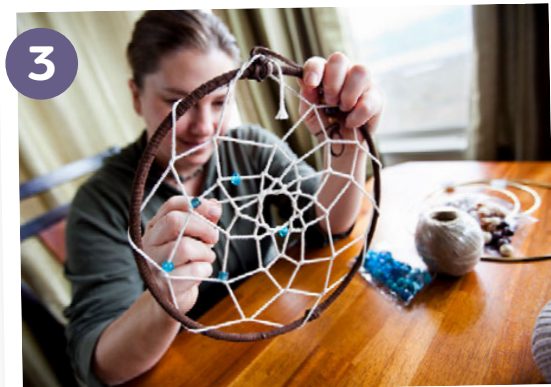




Choose 1 colour of thread. Tie a knot around the hoop with the thread. Wrap the thread around and around until it covers the whole hoop. When the whole hoop is covered with the thread, tie another knot.



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!

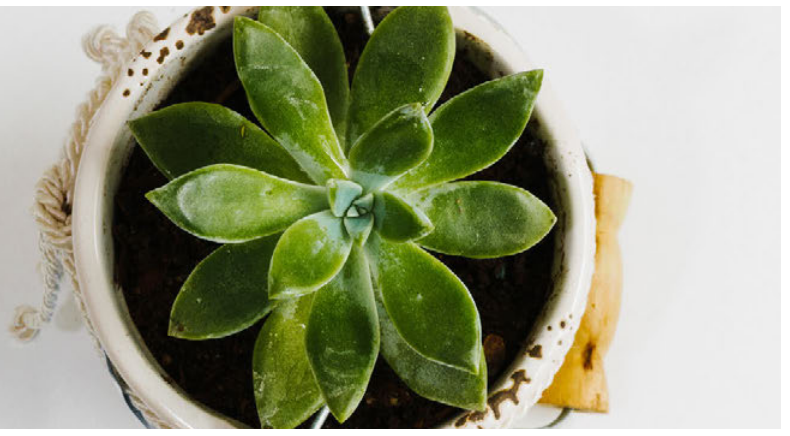
Want to win a great dreamcatcher kit? This lovely box has:

- 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.



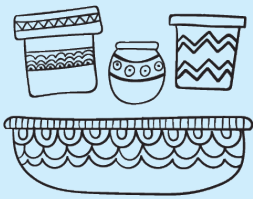
Potting succulents



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.

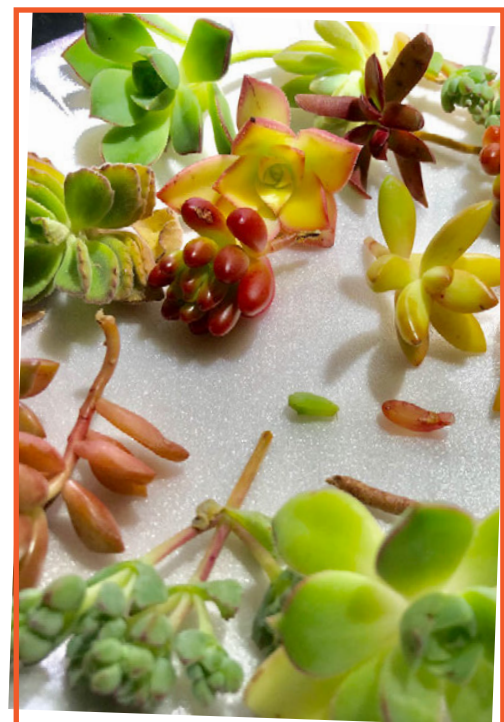
What is a succulent?



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 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.

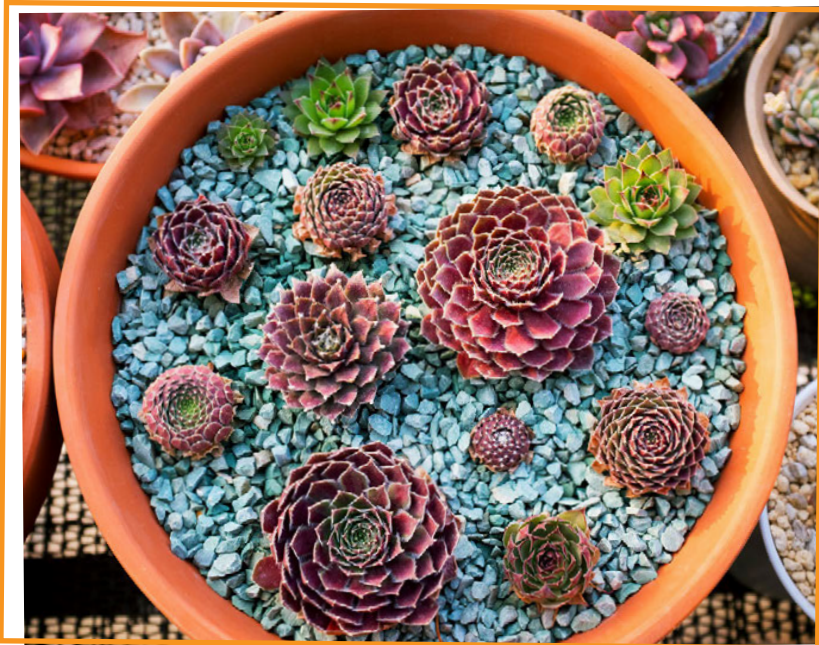




Choose some pots that you like – perhaps you already have some at home, or maybe you can find some at an op shop or Bunnings.

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."

Working with animals

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.





Annika enjoying sport and arts



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

Getting crafty!



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

Making muffins



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

YUM!

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

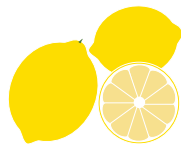
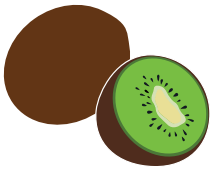




Puzzles and games

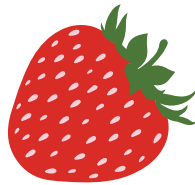
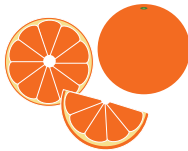
Feeling fruity?

Can you match the fruit to its name? Draw a line from the fruit to its name. We've drawn a sample line to get you started.



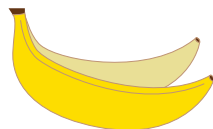
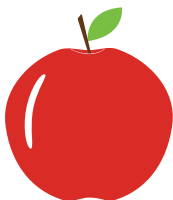
Grapes

Banana



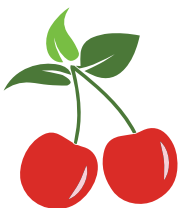
Apple

Cherries



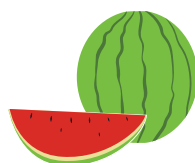
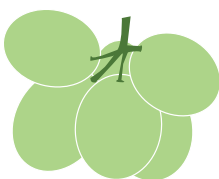
Orange

Watermelon



Strawberry

Lemon



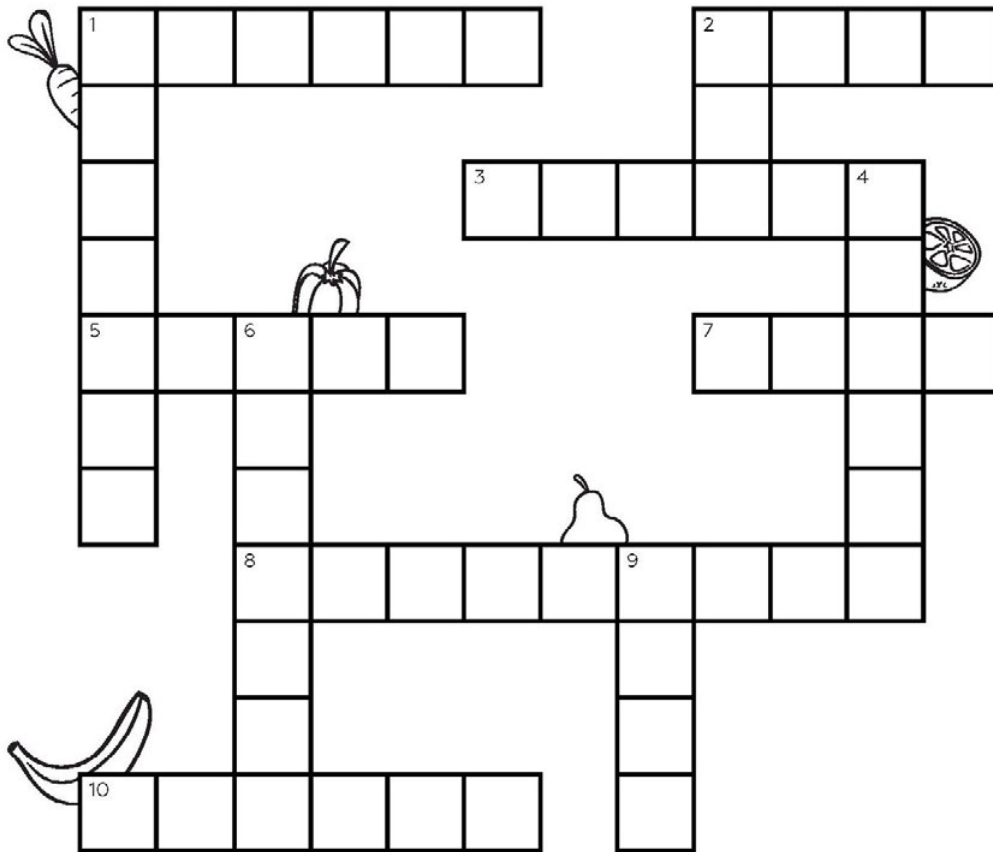
Kiwi fruit

Blueberries



Munch and crunch on your fruit and veg!

Can you fill in the crossword using the clues below?



➡ Across

- Rabbits like me a *lot*. **c _ r _ o _**.
- I sound like 'gum'. **p _ _ _**.
- People make chips from me. **p _ t _ t _**.
- I'm also a type of computer. **a _ p _ e**.
- I'm usually green and I sound like 'mean'.
b _ _ _.
- Look out for me, I'm spiky outside!
_ i _ eapp _ _.
- I'm yummy in a smoothie. **b _ _ an _**.

↓ Down

- I'm big, round and leafy. **c _ bb _ g e**.
- Sometimes people mash me and serve me with a pie. **p _ _**.
- My name is the same as my colour.
o _ an _ _.
- Cinderella travelled in me!
p _ _ p k _ _.
- I sound like 'bear'. **_ _ _ r**.



What's your favourite craft?

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

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



BEADING

GARDENING

PAINTING

COLLAGE

KNITTING

POTTERY

CROCHET

LETTERING

QUILTING

DRAWING

MOSAIC

SEWING

EMBROIDERY

ORIGAMI

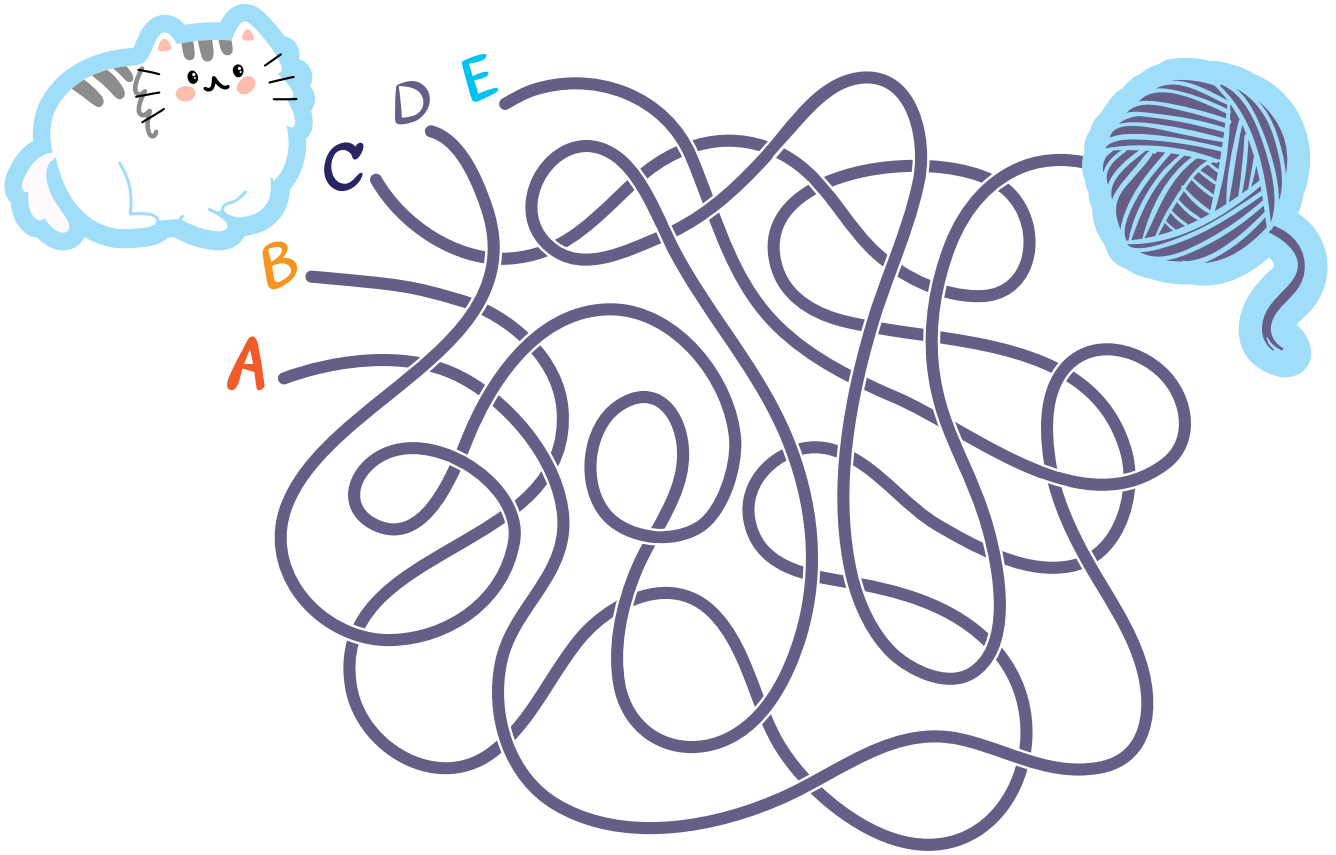
WOODWORK





Crafty kitten

Can you help the cute cat find its way to the ball of wool?



What comes next?

Can you complete the pattern?



→	?	★	○	★	○	★
→	✓	✓	▲	▲	?	✓
→	○	+	+	?	+	+
→	▲	⬠	★	▲	⬠	?
→	+	▲	?	▲	+	▲

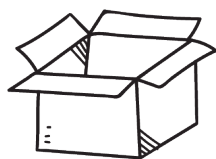
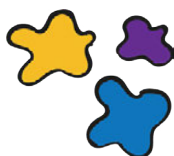
Painting rocks



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

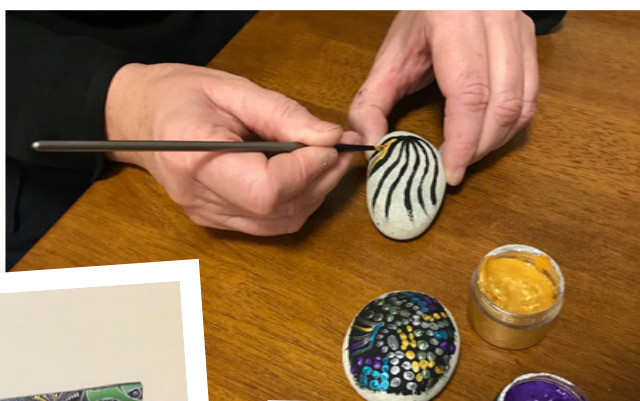
It was really fun!

We loved:



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

Our cute doggy friend, Stuart, had a go too!



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.



✧ ☆ Your chance to win! ☆ ✧

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



Getting creative!

Can you colour in these items from around the home?





Do you need information about coronavirus?

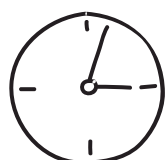


Even though the restrictions are easing, you might need support or have questions about coronavirus.



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

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

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.

Now we'd like to know if you want to read more issues of "Easy for Me" in the future.



You can tell us what you think in our survey.

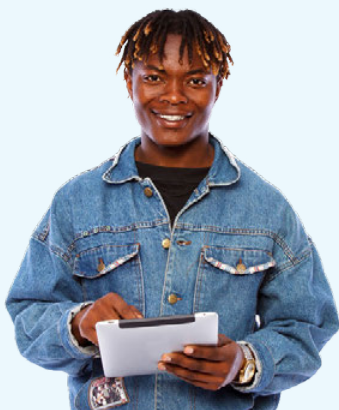
You can find it online at <https://bit.ly/2YX20gY>

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

We look forward to hearing from you.



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