



# Weekly Bulletin

Friday 15 May 2020

## **THE ART OF A PERFECT SCONE**

For Muriel Halsted, being part of the world of social media isn't something she's ever given much thought to. The 92-year-old Country Women's Association member is too busy with her embroidery, crosswords, visiting family and cooking. But it is Mrs Halsted's time spent in the kitchen that's led her, and her scone recipe, to reach every corner of the globe.

The mother-of-seven featured in an [ABC baking video](#), a short but sweet tour of her classic scone recipe, which has notched up 4.6 million views.

The CWA decided to bring their scones into the virtual world after the cancellation of the Sydney Royal Easter Show due to Corona virus. The group often sells as many as 50,000 scones, tea and coffee products created by its members at the show each year but has now opted to selling PDF recipes following a \$5 donation for a plate of virtual scones.

### ***Muriel's Scone Recipe:***

1. Before you start, set your oven to 220 degrees
2. Measure out five cups of self-raising flour, then sift three times
3. Add a pinch of salt as you sift the flour
4. Fold in 300ml of cold cream
5. Add 300ml of lemonade
6. Keep folding the mixture together until the flour is all mixed in
7. Put onto a floured board, cut into desired sizes and brush with milk
8. Pop them into the oven for ten minutes or until golden brown, turning the tray once during cooking



Enjoy with butter, jam, cream, or whatever you like!

Mrs Halsted says how she makes her scone now is the easiest and quickest way, but you can easily change the recipe with the addition of dates or pumpkin!



## MANOLO BLAHNIK: ARTIST AND COBBLER

It is a name synonymous with incredible footwear. With a career spanning more than 40 years, Manolo Blahnik has created the world's most sought-after shoes, from classic flats to statement heels and has become one of the most influential footwear designers. His shoes have spellbound an international set of adoring and loyal devotees and he became a household name due to Carrie Bradshaw's obsession in the HBO series *Sex and the City* – 'You can take my ring and watch, but you can't take my Manolo Blahniks!'



Still from *MANOLO: The Boy Who Made Shoes for Lizards*

Every Manolo Blahnik shoe is a unique work of art, beautifully created by hand by the designer himself. Each of these exquisite shoes begin life as a sketch - which are works of art themselves.

The rich imagination and staggering breadth of vision are captured across these sketches. They are executed with such exuberance and deftness that they have become as sought-after as the shoes themselves (often fetching up to GBP10,000 at charity auctions).



One of Manolo Blahnik's first attempts at shoemaking was for British designer Ossie Clark in 1971

Each creation is truly unique, and these shoes are only linked by the unfailing genius of their creator: Manolo Blahnik himself.

And he is first and foremost a craftsman. The exquisitely shaped lasts and heels he creates for his shoes are still perfected with his very own hands in his factory outside Milan. The lines and silhouette of his distinctive designs are instantly recognisable as unique, inimitable exercises in precision and balance.

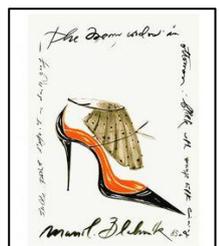
His shoe making skills were self-taught by visiting factories where he talked to machine operators, pattern cutters and technicians. This hands-on approach means that Manolo Blahnik is not only a designer but also a skilled artisan.

All his shoes are creations of exquisite workmanship and luxury. "Shoes," he says, "help transform a woman."



Today, Manolo Blahnik works at the same dynamic pace he always has. He continues to be the sole designer at Manolo Blahnik and works alone without assistants or apprentices; he is responsible for the design of every one of the thousands of shoes that bear his name.

If he isn't drawing designs at his office in Marylebone or at his home in Bath, Manolo can be found in the factories in Italy, developing samples by hand, dressed in his characteristic white lab coat with a silk handkerchief tucked in the breast pocket – spirited and meticulous in all that he does and all that he is.



## **THE ART OF COLOURING**

Manolo Blahnik has introduced a new initiative to be enjoyed from home in the hope of providing inspiration and spreading positivity in this time of isolation.

He is sharing a collection of his sketches which have been pared back to the outlines, so people may download them and colour them in by hand. He hopes that the activity brings a sense of calm and encourages mindfulness.



The simple act of drawing is an integral step to the shoe designer's process, but also one that can provide a relaxing activity in times of stress. "Creative freedom is a form of escapism, something we need now more than ever," Blahnik said. "I have used my creativity not only to entertain my own imagination but also in hope that I bring happiness to others and make them smile! This time, I ask the world to do the same – let us all spread joy, share creativity and inspire one another."

In the [gallery](#) are sketches available to download and participants are invited to share their creations on Instagram using #ManoloBlahnikSmiles so that they may share with the community. *(Click on Gallery to access sketches)*



## **BENEFITS OF COLOURING FOR SENIORS**

Colouring has made a comeback! No longer seen only as a children's activity, colouring for adults and seniors is steadily growing in popularity, and for good reason.

**1. Relaxes the brain** - Minimizing our many thoughts down to one dramatically reduces brain activity, creating a blanket of calmness. This calming effect transfers to other benefits for seniors as they colour.

**2. Reduces anxiety and stress** - Stress can subside as colouring takes your mind off issues at hand and channels all your thoughts into the picture.

**3. Develops focus** - Colouring fosters direct attention. Your immediate focus is the picture. Staying between the lines, choosing colours, deciding on the direction to take—all thoughts are on the colouring before you.

**4. Increases creativity** - The colourful options let you branch out and try new things. And with the variety of adult colouring books on the market, the styles and topics to choose from are seemingly endless.



**5. Enhances motor skills** - With repetition and practice, colouring will enhance eye and hand coordination. The precision required will help reinforce and improve very basic motor skills that begin to fade as we age.

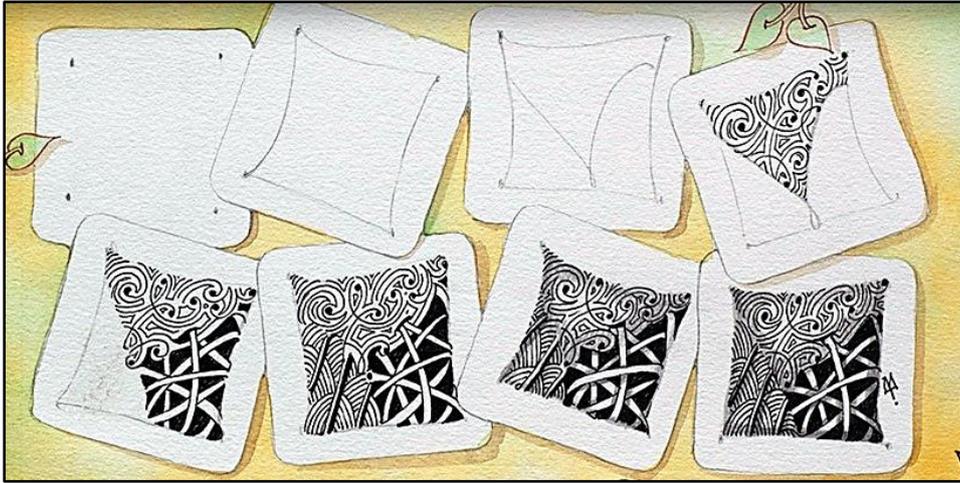
**6. Colour Anywhere, Anytime** - Colouring can be done anywhere and can be enjoyed no matter the environment or circumstance. For the tech-savvy senior, colouring applications are readily available for mobile phones and tablets and easily customizable. With the ability to enhance size and definition for easier viewing, it's a great alternative to paper for seniors with decreasing vision. Colouring provides limitless enjoyment, independent of mobility or access.

**7. Colouring as a Social Activity** - Colouring is a fabulous group activity and whether participating in a group dedicated to colouring or enjoying it with grandchildren, this simple activity brings people of all ages and backgrounds together. And what fun to share finished pictures with each other!

So, grab a colouring book, some pencils and a friend or two, and discover the simple, yet abundant joys of colouring.

## **DOODLE ART – Drawing Outside (Or Inside) The Box**

And if colouring in is not for you, why not try a bit of 'Doodling'! Doodles (or repetitive art forms) have come along way, in fact there are five different types of unique doodled-based art styles to choose from. Each style or type has its own specific characteristics and forms, and all are equally beautiful!



### **ZENTANGLE**

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. A great tool for stress relief and building present-moment awareness, Zentangle art is created with ink pens and pencil on a "tile," a 3 ½-inch square piece of fine art paper. You can spend 15 minutes on a Zentangle creation, or take as long as you want.

Creating one is comprised of eight steps:

1. Express gratitude and appreciation for your materials and your time.
2. Make four dots in the corners of your tile with a pencil.
3. Draw a line connecting those dots to create a border.
4. Draw another line, called a string, within the border that divides the space into sections.
5. Draw repeating patterns, called tangles, within the different sections of your tile.
6. Shade your drawing with a pencil.
7. Initial and sign your work.
8. Appreciate the art you've created.

The act of creating a Zentangle is called 'tangling' and is a form of meditative art, where the artist focusses on creating each single line rather than a particular image.

Zentangles are constructed in black and white, should not look like 'something' and are absolutely NOT a mindless drawing activity, but rather created with purpose and intent. If your Zentangle looks like something, it's no longer a Zentangle, but rather Zentangle Inspired Art (Z.I.A.) or a Zendoodle but that's another story.....

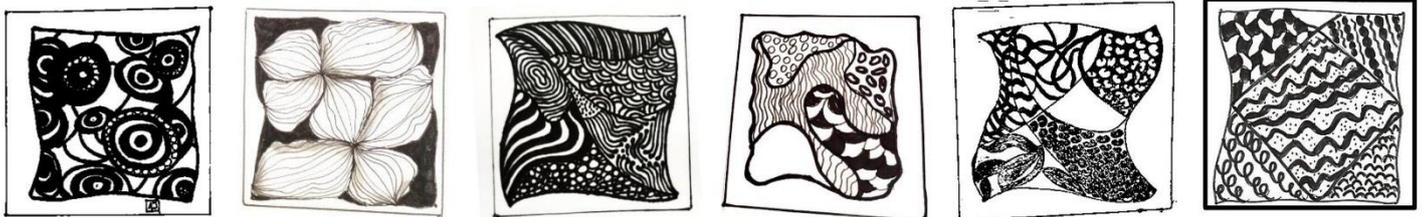


## **SPOTLIGHT ON LAKESIDE ART GROUP**



*The Lakeside Art Group's* main medium is water colour and the group are tutored by Catherine Alexander. Held for two hours on 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month (mainly in ten-week blocks), participants have been introduced to many facets of the medium by their talented and energetic teacher.

Catherine has been providing online inspiration during the Club closure with weekly 'Isolation Art' instruction sheets. She has introduced her students to the art of 'doodling' or 'Zentangling' which has resulted in some striking pieces of art!



### **FLASHBACK FRIDAY**

#### **THE BEAUTY AND HISTORY OF NORFOLK ISLAND**

##### **Art Exhibition – July 2018**

Following a very successful group tour to Norfolk Island, *The Lakeside Art Group* is proud to present this exhibition of paintings, photography and historical information at the Tuggeranong 55 Plus Club.



The trip to Norfolk Island was planned specifically for the artists in this group, but the numbers expanded to include partners, and also photographers, historians and family history researchers. The enthusiasm for the experience to paint and holiday in this location exceeded expectations, and in the end 21 people joined the group. Norfolk Island was chosen because of its accessibility, its natural beauty, and its history going right back to the beginnings of colonial settlement in Australia.

'En Plein Air' painting was a completely new experience for most participants, and painters had to be self-sufficient, and deal with varying weather conditions.

The group is happy to be able to share the wealth of visual and written material that was collected during this trip.



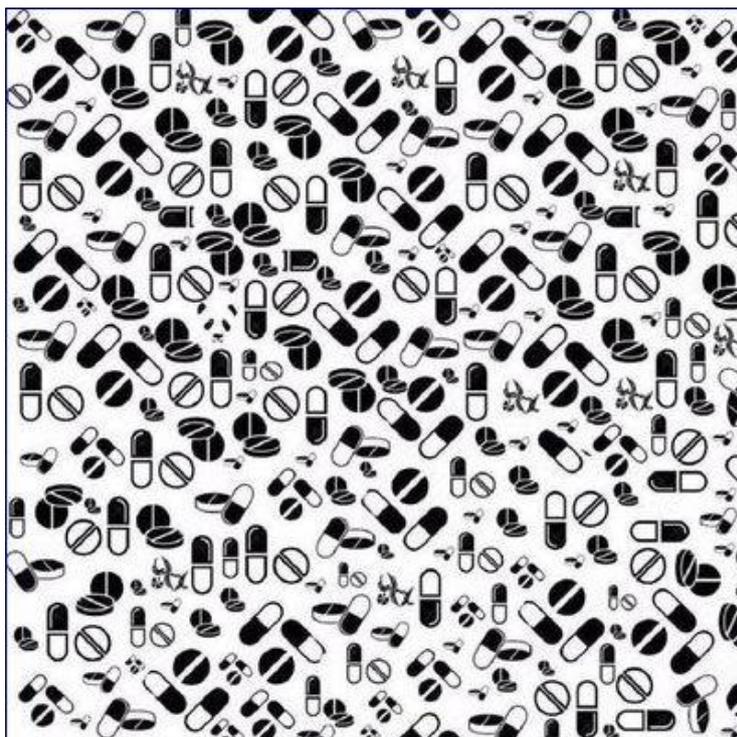
**Exhibition Label – Catherine Alexander - July 2018**

**Artwork: Lai Looi**

**Photos: Catherine Alexander, Janelle Burns**

## PANDA PILLS RIDDLE

Find the hidden panda in the image below!



*Solution in next week's Bulletin*

## OUR NEIGHBOURHOOD CROSSWORD

### SOLUTION

