



Weekly Bulletin

Friday 22 May 2020

KINDNESS, COMMUNITY AND CREATIVITY



One of our members has been putting this 'home alone' time to good use and has hand made over 101 small felt hearts for residents at the Anglicare Aged Care facility in Manly, near Wynnum where her friend Mary lives. She was

inspired after hearing an interview on Radio National with Sarah De Jonge from Tasmania.

It was only going to ever be making 1000 small felt hearts, but Sarah underestimated the power of making and giving, and it has evolved into a global juggernaut of random kindness.



The 1000 Hearts Project is a kindness project based in Hobart, Tasmania - offering people a symbol of compassion and care through handmade pocket hearts. The little felt hearts have given comfort and hope from 2016, through the Manchester bombings to this summer's appalling fire season.

There are makers, called *heartists*, all over the world, and Sarah is the ABC's official third Kindness Hero.

If you would like more information, click on the link above which will take you to Sarah's website.



This pocket heart has been lovingly hand-made as part of 1000 Hearts, to share and celebrate kindness.

Keep it close and give it a squeeze when you need a reminder of love, hope, courage and comfort.

'ISO SPY' WITH MY LITTLE EYE...

The artist known as 'Oh Little Spark' has put her creative talent to good use, with her concept and art work making an isolation challenge to keep children (and adults) in her neighbourhood of Gordon occupied and "brighten up a walk" in the local area.

'Iso Spy' with my Little Eye is an insect-themed scavenger hunt, blending outdoor adventure - with education; bugs and insects, hidden in plain sight!



Originally sticking coloured bugs around the suburb to entertain and engage her own children, Sophie Kristine released the bugs to a wider audience. The templates online have been brought to life by local children and grownups alike and are now popping up in the most unlikely places, including the middle of Point Hut Pond in Gordon.



Hand-drawn creepy-crawlies appearing in trees, ponds and bushes around town as part of the Iso Spy Canberra challenge have been taken up with gusto. And now there are 70+ insects to discover on the 'Iso Spy Trail' through the Mannheim Street and Village Creek Parks (via Biginelli's Cafe Kambah).

Adding to the growing quirky urban landscape, Beetles are worth 5 points, butterflies 10, moths 15, cicadas 20 and dragonflies... 25! But you must keep your eyes peeled though, there are ultra-rare ones. Watch out for the rose gold shimmer.... They are worth double!



FOCUS ON PHOTOGRAPHY -

If You Like Taking Photos of Flowers

Whilst on lockdown, here is a photographic challenge where you don't, mostly, have to leave your own yard.

Flowers are a great way for photographers to get results that people love, all the while improving our craft and showing off your garden. Anyway, some thoughts on the matter.

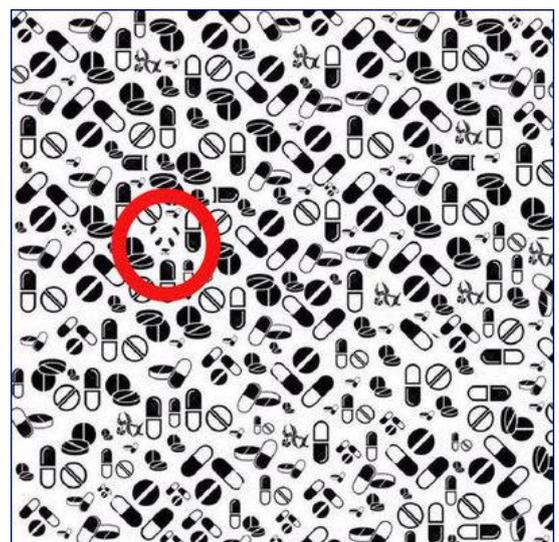


- **Shallow depth of field is king** - you really want those blurry backgrounds in flower photography. Use below f5.6 and as low as f2.8 if your lens will allow.
- **Backgrounds make and break it** - if you don't have well-thought-out backgrounds, your flower shots are going to struggle. If a problem, a macro shot encasing the whole flower in the image.
- **Composition is more important** - with simple subjects like flowers, there are several classic composition guidelines that you really need to nail. Rule of thirds is the beginning, but don't stop there. In other words, don't centre the flower. You will need to learn how to move your meter to focus and move away from the centre.
- **You need to select colours wisely** - certain colour combinations simply work better when you're planning a flower shot (see above about backgrounds!). Be mindful of the colour of the flower AND its surrounds. Although blue and green should not be seen, blue flowers with green leaves can be striking.
- **Harsh light** - you need to avoid it at all costs. Luckily, as photographers, we have several ways to do that! Ensure not looking at a flower directly with sun behind. If very bright, remember EV!
- **Manage the scene** - don't only shoot stuff you find in gardens. Get creative with building a scene that includes the flower you want to shoot with other visually appealing building blocks around it, i.e. a garden statue, or a fountain or your pet. Flower a Power for the cat!

Steve Walmsey / Shutterbugs Camera Group



PANDA PILLS RIDDLE SOLUTION



A SUBURBAN OBSESSION

The [Corley Explorer](#) is a database containing over 61,000 photographs of homes in Queensland taken during the 1960s and 1970s. The images celebrate 'the allure of home and the stories found within' and were donated to the Library after being rescued from the under-house of husband-and-wife photographic team Frank and Eunice Corley.

This intrepid Brisbane couple who cruised the streets in a Cadillac, took a staggering 500,000 photos of Australian homes in Queensland during the 1960s and '70s. They travelled throughout the state and beyond, working methodically to photograph homes, selling them door-to-door to earn a living. It is believed that Frank and Eunice sold more than half of their photos back to homeowners at the time, either as individual black-and-white prints for 99¢ or personalised calendars for \$1.50.



The legacy of the couple's efforts is an extensive collection of images that indiscriminately

captures everyday Queensland homes – from the architecturally beautiful to the ramshackle.

Frank Corley would drive down a street in his open-top Cadillac, steering it with his knees, taking pictures of every house in the street. At the end of the street he would turn around and go back the other way. He used a Leica camera that would take approx. 36 pictures, so every 36 houses he had to stop and change film, which would have been tedious.

Mrs Corley's job was to process and print the photographs, which was done from their special Bedford van darkroom they travelled around in. Salesmen would take the prints back to the houses and sell them to the people who lived in there, sometimes as standalone images, calendars or postcards saying things like: 'From our house to yours'.

The couple would often move into a suburb for a period of time so they could photograph every house in every street.

By the 1980s, the vast collection of unsold images was stored away in cardboard boxes and largely forgotten about. But in 1995, 67 boxes of unsold images containing 61,490 prints were recovered by Mr Corley's associate, retired photographic gallery owner Douglas Spowart and donated to the State Library. However, it took until 2001 to weed out the images that were totally unsuitable. Some were so water-damaged they were stuck together, and it took time for the conservation team to conserve the ones that they could save.

In 2001, the State Library enlisted the help of volunteer John Wilson to act as a codebreaker. He painstakingly matched handwritten notes Mr Corley had written to himself, to individual stamped numbers on the back of each box of photos in a bid to make sense of the collection and start the process of cataloguing them.

The incidental moments the photographer captured are intriguing as Frank's business model was 'volume and speed'; not waiting for the perfect shot. He captured the 'everyday' in the photos – animals, people, cars, gardens – not just the homes; someone on the steps, peeking out the window, or a dog jumping over the fence.

But like renowned film director Alfred Hitchcock, while Frank Corley did not appear in his work, there are a handful of tantalising moments where he appears to have accidentally photographed himself - like a ghost in the story.



Are you a Queenslander? Can you identify your house on the [Corley Explorer](#)? Help the Library by adding your story to an image.

SIT LESS, MOVE MORE!

Doing some form of exercise is an easy and free way to boost both your mental and physical health and is now more important than ever.

Physical activity helps our body and mind in many ways, but here are a few of the key ones:

- Exercise releases chemicals in your brain, like serotonin and endorphins, which are great for your mood
- It can also lead to better sleep and give you more energy
- Physical movements can help ease tightness in your shoulders and neck, which often come with stress and anxiety
- It also makes you feel like you achieved something
- Regular exercise can help reduce your risk of serious health issues, like type 2 diabetes, heart disease and stroke
- It also helps with weight management (and you tend to feel like eating a healthier diet when you're exercising regularly, too)
- And lastly, but definitely not least, given the current situation, regular physical activity is great for your immune system.

And when you do move more, here are a few safety tips to remember:

- **Reduce the risk of falls** - exercise on flat surfaces that are free of tripping hazards while wearing proper footwear
- **Don't overdo it** - take it slow and steady.
- **Stay hydrated** - we can become dehydrated quickly, so drink plenty of water especially during and after exercise.

5 MINUTE TIPS FOR BEING MORE ACTIVE

You may be surprised to see how quickly small amounts of movement add up, without you even realising. By following the six simple steps below you can add an additional 30 minutes of physical activity to your day, without much effort at all!

- Wake up **5 minutes** earlier to do a mini (5 minute) workout
- Add a **5 minute** walk around the house / garden / block before lunch
- Break up long periods of sitting as often as possible (e.g. **5 minute** walk around the house / marching on the spot)
- **5 minutes** of movement as you prepare meals/wait for kettle to boil throughout the day
- **5 minutes** of activity while talking on the phone (knee lifts, arm exercises)
- **5 minutes** of activity throughout your favourite TV show (throw some clothes in the laundry, take out the garbage, check the mailbox)



While Australian guidelines recommend a minimum of 150 minutes per week of moderate intensity exercise, 30 minutes per day can feel daunting when starting out. Instead, “exercise snacking” is recommended – short bursts of activity each day – because starting with several 5 minute stints is more achievable and will interrupt prolonged sitting.





SPOTLIGHT ON **COREFIT 55**



Corefit 55 Exercise classes have been popular groups with members since they began in 2012. Fitness Instructor, Jackie Yow has overtime extended the range of classes offered to include a Seated Stretch class and a Men's exercise group, catering for the different physical needs within the Club membership. All groups are varied in content each week to maximize the time spent and the benefit that can be gained.



They have also become social groups, with members meeting for lunch or coffee after the sessions and getting together to walk around the lake if the class is not available. The Men's group has also had side benefits with organised coffee and outings extending the social contact.

To help 'maintain the rage' during the Club closure, Activity Leader, Jan Rossiter has forwarded exercise sheets to all participants for them to follow to keep active for return to classes.

Photos: Jackie Yow



FLASHBACK FRIDAY **COREFIT 55+ EXERCISE CLASS**

Jackie Yow is a fully qualified, professional fitness instructor. Her exercise classes at the Club are popular and recently we have welcomed a number of new members.

The fitness exercises are varied: sometimes a circuit, at other times we all work together; and there are always alternative ways of exercising, depending on personal fitness and health. Jackie always finds a way for people to exercise, whether it is on the floor or on a chair. And the relaxation session at the conclusion of the class is always highly enjoyable.

A Tuesday class has been introduced due to the popular demand as some Club members wanted to participate in this type of exercise twice a week. Members are always welcome to both or either of the classes. All equipment is supplied but if you have your own mat please bring it along. Currently the fee is \$4 per session; to cover the costs it will be \$5 from 2 July 2013.



Jackie Yow (sitting, on the right)
with members of the Club

CoreFit 55+ is a fun and sociable exercise program for the over 55's who want to keep fit or get fit. Attending the classes will help the participants improve their cardiovascular endurance, muscle strength, flexibility and range of motion. Come along and try it out – Tuesday 9.00-9.45 am and Friday 10.45-11.30 am. *Maggie Watts*

In Action – Winter 2013

Photo – U.N. Bhati

CAN YOU FIND 27 'FIGURE OF SPEECH' EXAMPLES IN THIS PUZZLE?

Our English language is rich with literal and figurative language.

But what is a figure of speech?

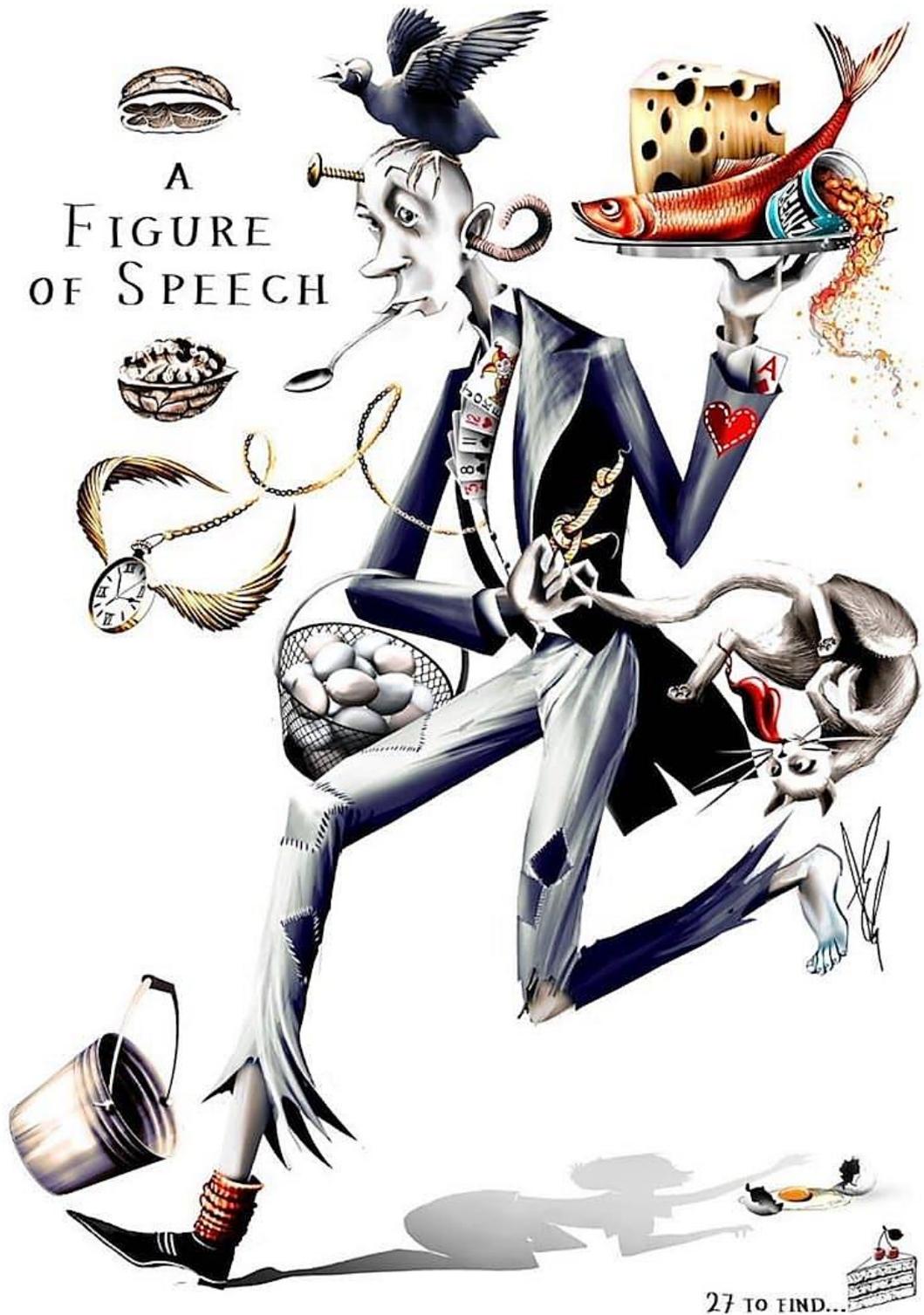
It is a rhetorical device that a writer or speaker deliberately uses to create an implied comparison with a word or phrase.

How good is your knowledge of figures of speech?

Here is a fun challenge for you to test your knowledge of figurative speech.

In her cartoon, Ella Baron has illustrated twenty-seven figurative language terms.

To get you started: *cat's got his tongue*



27 TO FIND... 

Answers in next week's Bulletin