



THE RAILWAY EXPRESS #2

A SPECIAL WEEKLY NEWSLETTER TO HELP US STAY CONNECTED

HELLO & HOUSE UPDATES

Welcome to the second edition of our weekly newsletter! It has been a strange start to Term 2, to say the least. Where normally the House would be full of life with our various groups coming together to knit, bike ride, paint, sing, cook, eat and laugh together, it has been eerily quiet. We miss you all greatly!

We are so happy to see that some of our groups are staying socially connected with one another. Our bike riders, for example, have created a very lively WhatsApp group which allows them to chat via messages and post photos of their bike rides. They are now also going to have a live Zoom catch up once a week! Our cooking group and knitters exchange emails and photos, and our art class participants have created their own WhatsApp group.



If you haven't joined your group's social network yet, let us know and we'll get you connected.

We are also offering some live exercise classes via Zoom. No special equipment is needed and these classes can be done from your home or outside in a park. Please email or call us if you are interested, and we'll connect you with Jen, the instructor.

Gentle Exercise:	Mondays and Thursdays at 9.45am. Cost: \$9 per class / \$15 for the two classes
Tai Chi:	Thursdays at 10.45am. Cost: \$9 per class
Mums & Babies:	Tuesdays at 9:45 AM Cost: \$9 per class

Zoom is very easy to download and use, and we are very happy to talk you through this if you are interested in joining any of our online classes. Zoom can be downloaded as an app on a phone or tablet, or can be used in your web browser on a laptop or computer.



YOUR NEWS: WHAT HAVE YOU BEEN UP TO?

Peter from our bike riding group has been honing his bread making skills. Check out this impressive array of bread and focaccia that he has made recently!
The question is - are you doing deliveries, Peter?



Don't forget to send in photos and news about how you have been keeping busy during lockdown.

TOP PICKS



This week's recommendation is the Netflix miniseries "Unorthodox", nominated by staff member Alison. Based on Deborah Feldman's 2012 memoir "Unorthodox: The Scandalous Rejection of My Hasidic Roots", the series is about a young woman escaping an ultra-orthodox Jewish community in present-day Brooklyn.

Alison's rating: 4 stars ****

Did you read a great book, watch an awesome movie or listen to an inspiring podcast this week? Send us your recommendations!



LET'S TALK FOOD

Need some inspiration in the kitchen? We'll be sharing some fabulous recipes created by the wonderful Georgia Karavis who facilitates our Wednesday cooking class as well as your own simple and delicious recipes. Feel free to send them in!

This week's recipe for pumpkin scones was shared by Georgia, and is from Lady Flo Bjelke-Petersen's "Classic Country Collection" - they are perfect for this autumn weather.

PUMPKIN SCONES

Ingredients:

- 1 Tablespoon of butter
- 1/2 cup of sugar
- 1/4 teaspoon of salt
- 1 egg
- 1 cup of mashed cooked pumpkin (cold)
- 2 - 2 1/4 cups of self-raising flour

Method:

- Beat together butter, sugar and salt with electric mixer until light and fluffy.
- Add egg, then pumpkin and stir in the flour.
- Turn dough onto a floured board and cut into circles.
- Place on a tray on the top shelf of a very hot oven (225-250 degrees Celsius) for 15-20 minutes.
- Remove from oven, allow to cool and serve with butter.



GETTING TO KNOW YOU

In this segment, we will be sharing some information each week about our staff, volunteers and tutors.

This week we feature **Lisa Claiborne**, our Administrator. Lisa wears many hats at Railway House - keeping our website updated, answering the phone & emails and greeting walk-ins (though we all do this!), running our venue hire, creating our marketing materials, technical support and more! Lisa is American-born, but has lived in Australia for 25 years - and elsewhere overseas since the age of 7. When she's not at work, Lisa enjoys walking her two dogs, fostering animals for rescue groups, cooking, drinking wine, reading, and being a parent to her 3 daughters aged 18, 15 and 11.



LOCKDOWN LAUGHS...

WHICH QUARANTINE BIRD ARE YOU?

@JessHarwoodArt



LORIKEET

- Starts fights at Coles
- Every bird for themselves
- OK for toilet paper



COCKATOO

- Calling Talk-Back radio with conspiracies
- Loudly spruiking Whatsapp misinformation
- Anti-bird migration



SEAGULLS

- Still going to the beach
- Argues with police about social distancing
- On 3rd warning
- Chips = essential



KOOKABURRA

- Making inappropriate virus jokes
- Annoyingly positive
- Highly irritating to family



MAGPIE

- Gets in your 1.5m bubble
- Demanding Kids at home
- Still hates cyclists



BOWER BIRD

- Starts a home renovation project
- Prepper
- Thinking about building a bunker



FAIRY WREN

- Gets out of PJs every day
- Still does make-up
- Day-drinker



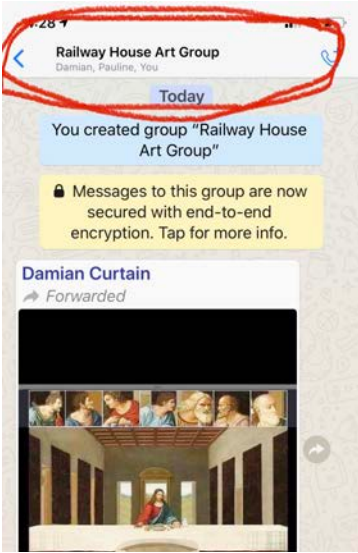
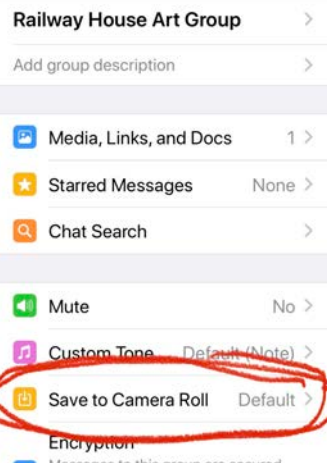
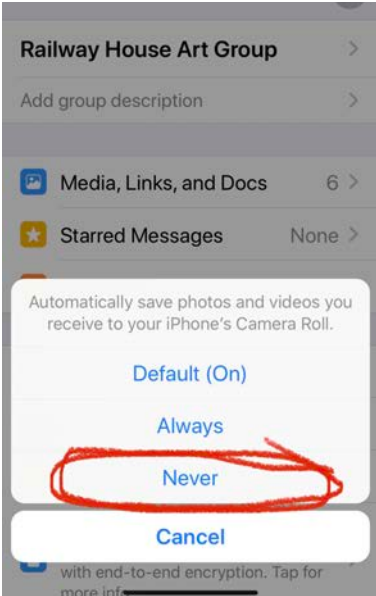
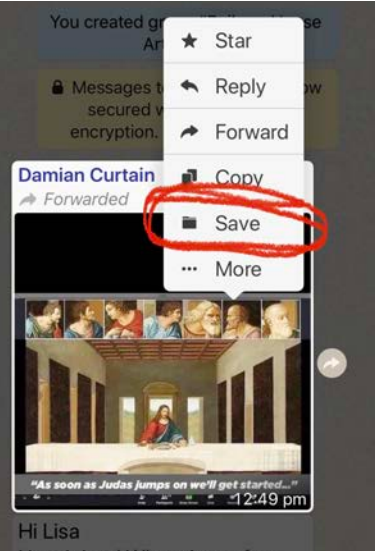
POWERFUL OWL

- Excellent social isolator
- No one within 1.5km
- Life hasn't changed at all.

TECH CORNER

Many of you will be using WhatsApp to communicate at the moment. Did you know that one of the default (preselected) options is that any photo shared with you is automatically saved to your camera roll? For many people, this is a real nuisance as it fills your camera roll with images you might not want saved there.

You can easily turn this feature off - just follow these easy steps:

<p>1. Click on the group's heading</p> 	<p>2. This will take you to the "Group Info" screen, where you will see "Save to Camera Roll" in the options you can edit.</p> 
<p>3. Click on this, and you can select "Never" instead.</p> 	<p>4. You can always save an individual image that you want to by pressing and holding on the image, and selecting "Save".</p> 

AND FINALLY...

Don't forget, staff are present at the House from Monday to Thursday, between 10:00 and 1:00. We are always up for a chat on the phone or from the doorway!



We are still collecting food and toiletry donations for the Salvation Army Asylum Seeker Resource Centre, as well as batteries, small e-waste and soft plastics, so consider dropping something off while you are out on your daily walk or bike ride.

Please stay in touch and send us your newsletter contributions so that we can all continue to feel connected as a community until life returns to normal.

Take care and we look forward to hearing from you.

Alison, Lisa C, Lisa G and Jeff



Coronavirus in Victoria: Tips for staying calm & mentally healthy



Stick to routines, like good diet, regular exercise and sleep

Where possible engage in hobbies and activities you enjoy

If you're feeling stressed, limit your access to only trusted sources of information

Set up regular chats with loved ones, or write notes and letters!

If you're feeling overwhelmed, you can always talk to a health professional

- Beyond Blue 1300 22 4636
- Lifeline 13 11 14
- Kids Helpline 1800 55 1800

Visit www.dhhs.vic.gov.au/coronavirus
If you have questions, call 1800 675 398