

# Magical Music Moments

Alchemy Chorus COVID Newsletter # 2

2 April 2020



## From the Committee

Welcome to our second edition of Magical Musical Moments – our ‘virtual’ weekly get together.

There was a minor problem with the link to ‘Moon River’ in the pdf version – we’ve sorted out the technology (we think!) so it should work from now on as long as there’s enough internet in your area.

COVID-19 has a lot to answer for, but the health of our members, carers and volunteers is paramount. We don’t want to lose the contact, the vibe, the joy, the friendship that we have developed, so until this mess is sorted out, we’ll stay connected and entertained.

Please use this address  
[alchemychorus@gmail.com](mailto:alchemychorus@gmail.com)

**We will be back!**

## A Virtual Choir

The Committee is looking at ways that we can all continue to share the joy of music. There are many technical ways of doing this, but choosing the right one – one that we can all access – is the big challenge. Watch this space!

## Magical Music Moment

### *Sunday Jazz in Bruges*

Lesleigh and I were in Europe a couple of years ago and we happened to be in Bruges, Belgium on the last Sunday of the month.

In Bruges they have a car-free Sunday each month. It attracts a large number of locals who walk around in this very picturesque old city with lots of canals, and because there are no cars people are able to stroll freely everywhere.

These car-free Sundays turn into community festivals. Stalls spring up, buskers and street performers are everywhere and bands, when they’re not parading through the streets, perform on street corners and squares throughout the old city.

I’ve always been a fan of Dixieland Jazz, and Belgium and the Netherlands are well known for their jazz bands.

So, we were in a large crowd, watching and enjoying this marvellous well-known local jazz band playing Dixieland on the corner of a square near a canal this day when out of the crowd walked this little boy, probably five or six years old, holding a plastic trumpet. The people made way for him and he went over and took up a position in front of the band, and blew away on his plastic trumpet with the band, with the crowd clapping and the band members obviously pleased with their new member.



The lovely thing about it was that the music and the atmosphere were such that this kid looked like he felt quite at home playing in front of his first big crowd. They got an ovation that could have brought the house down.

*Mick Eley.*

Do you have a magical music moment? All you need to do is send an email with your musical highlight in just a few (or more) sentences, with a pic if you wish, to Trish at this address: [alchemychorus@gmail.com](mailto:alchemychorus@gmail.com) (please note the new address)

### Brian Update.

Brian is still waiting, in isolation in Sydney while his kidney function improves enough to have the surgery dealing with his pacemaker. Progress is upward and surgery planned for Wednesday.

### Member Spotlight

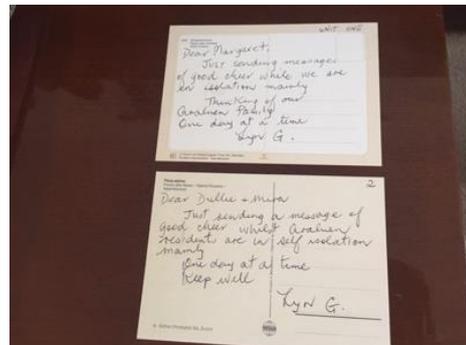


No social distance here!

### From the Linen Cupboard



**Lyn Greenfield** is upcycling postcards collected over the decades and is dropping them into letterboxes at Araluen Village. When this isolation is over, she'll have made lots of new friends.



**Jan McRae** reports, 'to pass the time I have been cycling with Sep, walking, dusting slat blinds, washing outside windows, jigsaw puzzles, cooking etc.'

### Gloves on

#### Recipe for Hand Sanitiser.

(Don't forget to click the mouse on [song](#) below)

1 cup of 91% isopropyl alcohol (AKA "rubbing alcohol"); if hard to find you can use metho. instead. **(Note: metho sales are restricted...what else are folks doing with it?)**

1/2 cup of aloe vera gel  
15 drops of tea tree, lemongrass **or** eucalyptus oil.

1. Pour the alcohol into a medium container with a pouring spout.

2. Add the aloe vera gel. (Aloe is a good way to counteract the harsh effects of alcohol on the skin).

3. Add the essential oil. (tea tree, lemongrass and eucalyptus oils are naturally antibacterial, making them great for homemade sanitisers).

4. Whisk to fully mix all ingredients; whisk and beat the ingredients until they form a smooth gel.

I do this in a blender!

Choose your bottle (perhaps an empty from this [song](#)) and pour in your hand sanitizer (if you put some of the left over alcohol into your bottle first and give it a shake, leave for about 5 minutes and tip out the alcohol, this just sanitises the bottle; can't be too vigilant about this at the moment).

The mixture can be a little thick; if it is, add a few more drops of alcohol. This will need to be rubbed well into the hands, a bit tacky at first, but will eventually dry.

*Jill*

**Second offering:**

Click here: [ABBA in Mediterranean mode](#)

goes well with:

***Rick Lord's Mediterranean Chicken***

Sautee chopped onion, leek, garlic, dates in pan with olive oil, then take out and brown 4 chicken thighs in same pan with olive oil and lemon juice and green olives cut in half lengthwise. Boil 2 unpeeled potatoes cut in half lengthwise for 20mins then slice up and cover bottom of baking dish, cover with leek and garlic mixture then 4 chicken thighs and juice. Cover chicken with chopped parsley and steamed broccolini and place in oven at 180 degrees C and cook for 20mins. This dish should make 2 meals and lemon/garlic/leek/dates combination provides a Greek flavour different to Italian tomato- based flavour.

*Rick Lord*

**Note: Fyshwick Markets is open and has special hours for seniors to shop 7-8am Wed to Sunday**

***Now is the hour....when you return you'll find us waiting here.***