



## Magical Music Moments

Alchemy Chorus COVID Newsletter  
Number 15, September 2020

### From the Committee

Welcome to our Fifteenth edition of Magical Music Moments – our ‘virtual’ get together.

**Magical Music Moments  
guaranteed here:**

**MUSICA VIVA ONLINE  
Performance by Bernadette Harvey  
1<sup>st</sup> October at 7.30pm**



An acclaimed musician and teacher, Bernadette has cemented her place on the world stage with her innovative musicianship, pushing boundaries with her captivating performances and avid support of new music. Since winning her first medal at a Sydney Eisteddfod at an astonishing 2 years of age, Bernadette’s career has gone from strength to strength, with frequent appearances at Festivals, countless successful collaborations, and the release of her

latest album, Alchemy, with Jupiter String Quartet considered for a GRAMMY nomination. Details from Musica Viva Box Office on 1800688482 or [boxoffice@musicaviva.com.au](mailto:boxoffice@musicaviva.com.au)

### Ticket Information

Artists appearing in the series are supported by donations from the Musica Viva Artists’ Fund which allows flexible pricing from \$5 to \$25.

## Dementia Action Week 2020

21-27 September



Every day is important for those living with and those caring for loved ones with dementia. September is extra-special. The personal stories will surely resonate. Check out the DA campaign at this [link](#).

## ACT Elections

To make voting as COVID-safe for electors as possible, a 3 week voting period applies for the 2020 ACT elections instead of a single election day. The voting period is from Monday 28 September to Saturday 17 October. All ACT electors are eligible to vote at any polling place in the ACT, 7 days a week, from 9am to 5pm each day with extended opening hours until 8pm on Fridays.

There is more information at [elections@act.gov.au](mailto:elections@act.gov.au)

## Floriade reimagined

(12 Sept to 11 Oct)

(From ACT Veterans and Seniors Newsletter)

In 2020, Floriade has been reimagined with the annual spring celebration moving from its traditional home in Commonwealth Park to bloom across Canberra. One million bulbs and annuals will create a tulip trail through the ACT's suburbs and city. With floral plantings by the Floriade horticulture team and over 90 Canberra community groups, this year's festival allows the community to connect safely while public health restrictions are in place.

For further information call 1300 852 780, visit <https://visitcanberra.com.au/events/56b23aea266140594567dbbe/floriade-reimagined> or email [events@act.gov.au](mailto:events@act.gov.au).

### Trish on her travels

A home schooling story...we camped at a private property hobby farm near Malanda ( Atherton Tableland) this week & the owner is a 'home educator'. She has done this with all 7 children, ages late 20's down to 4 yrs old. The gap between youngest & sixth is 12 years. All 6 are engaged in employment &/or tertiary learning. I'm in awe of her confidence & self-confidence. The little one brought us fresh eggs & then mulberries just picked. Being campers, we had our undies drying on the back of the van & she was worried that the birds would poop purple juice on our washing. When I texted my daughters about the home-schooling, one replied that it sounded 'just awful' & another replied that the thing she liked best was the bit about the mulberries.

### Some Covid humour

I don't like the fact that my survival seems to be linked to the common sense of others!

### From Barbara Denham



Hi! I'm Barbara Denham.

I was born in Sydney and lived 2 blocks from Tamarama Beach, which was our playground. My sister and I, together with our 2 cousins on the other side of the semi, had a wonderful childhood together. We all went to the same primary school, changing when high school came along.

I studied at Sydney University, reading Middle English, British History and Psychology.

I married a military man, and we went to Perth for 4 years. I adored Perth and was sad to leave when we were sent back to Sydney. From there we were sent to Canberra. And I'm still here! And so are my children and grandchildren!

The other true loves of my life are heritage trains, Theatre, and cricket. I belong to the Canberra Railway Museum and I am there each Sunday, 10 – 3, with the souvenirs. Our members do guided tours for visitors. There is a lot to see and hear about the different carriages and engines. And I love them all.

I've been involved in theatre in Canberra and Queanbeyan for over 40 years. My favourite show was "Cabaret" with Canberra Philharmonic. Peter Dark and I were both nominated in the Canberra Area Theatre Awards for best supporting roles. I won, for the role of Fraulein Schneider!

I have travelled to several parts of the world to watch cricket: England, Sri Lanka, and India. The best cricket tour I took was to the West Indies for the Cricket World Cup. There was not enough accommodation for all the cricketing countries, so we were put on cruise ships, and we sailed the West Indies. It was a marvellous trip with lots of Aussies gathering together. My final cricket goal is to watch the Aussies play cricket in South Africa. And I think that is all there is about me. Cheers, Barbara

### **From Brian**

I'm still hoping to arrange a Zoomalong session lead by the parts singers but it will depend on the outcome of a small trial which John Schmidt is arranging. It's not an easy task, but if it's possible- John is the man.

More later. Meanwhile, keep singing! Brian

Below is the latest advice from NSW Health via The Aust National Choral Association on choral singing during Covid.

### **Can I sing in a group?**

*Singing is an activity where people may expel a lot of air and possibly fine droplets of saliva. In this way, singing may be comparable to coughing.*

*When people do these things in groups (for example in a band, choir or karaoke), the likelihood of the virus being present and spread is increased.*

### NSW Health recommends:

*If possible, avoid singing in public spaces. Do not sing in groups. Avoid singing in indoor or confined spaces.*

*Persons involved in solo singing should maintain a physical distance of at least 3 metres from each other, and performers should avoid directly facing others while singing.*

*A distance of at least 3 metres from performers should be maintained for any persons in the vicinity of these performers (e.g. audience, other performers).*

*Limiting the number of participants together in one room where possible. Preference should be given to performing in an outdoor environment if practical.*

*If performing indoors, ensure appropriate ventilation at all times.*

*If any performer has experienced any recent COVID-19 symptoms or has been in contact with anyone known to have COVID-19, they should not participate in a rehearsal or performance. Anyone experiencing symptoms should be tested immediately for COVID-19, and remain isolated at home until results are available.*

*Those at increased risk of severe illness (e.g. those with pre-existing medical conditions, older persons) should consider refraining from participating given that performing*

*together may increase the risk of transmission.*

*If solo singers are performing, it may be prudent to provide physical barriers or tailored ventilation, in addition to physical distancing.*

### **Now for some laughs**

Yesterday my daughter e-mailed me AGAIN, asking why I didn't do something useful with my time.

"Like sitting around the pool and drinking wine is not a good thing?" I asked. Talking about my "doing-something-useful" seems to be her favourite topic of conversation.

She was "only thinking of me," she said and suggested that I go down to the Senior Centre and hang out with the fellows.

I did this and when I got home last night, I decided to play a prank on her. I emailed her and told her that I had joined a Parachute Club.

She replied, "Are you nuts? You are 84-years-old and now you're going to start jumping out of aeroplanes?"

I told her that I even got a Membership Card and emailed a copy to her.

She immediately telephoned me and yelled, "Good grief, Dad, where are your glasses?! This is a Membership to a Prostitute Club, not a Parachute Club." "Oh man, I'm in trouble again," I said. "I really don't know what to do. I signed up for five jumps a week!!"

The line went dead.

Life as a Senior Citizen is not getting any easier, but sometimes it can be fun

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An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk.

She said: "You used to hold my hand when we were courting."

Wearily he reached across, held her hand for a second and tried to get back to sleep. A few moments later she said: "Then you used to kiss me."

Mildly irritated, he reached across, gave her a peck on the cheek and settled down to sleep.

Thirty seconds later she said: "Then you used to bite my Neck."

Angrily, he threw back the bedclothes and got out of bed.

"Where are you going?" she asked.

"To get my teeth!"

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A doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next check-up, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the doctor was looking through these his eyes grew wide as he realised Grandma had a prescription for birth control pills. "Mrs. Smith, do you realize these are birth control pills?" "Yes, they help me sleep at night." "Mrs. Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!" She reached out and patted the young doctor's knee and said, "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old Granddaughter drinks. And believe me it definitely helps me sleep at night." You gotta love Grandmas!

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Students in an advanced Biology class were taking their mid-term exam. The last question was, 'Name seven advantages of Mother's Milk.' The question was worth 70 points or none at all. One student was hard put to think of seven advantages. He wrote:

- 1) It is perfect formula for the child.
- 2) It provides immunity against several diseases.
- 3) It is always the right temperature.
- 4) It is inexpensive.
- 5) It bonds the child to mother and vice versa.
- 6) It is always available as needed.

And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test he wrote:

- 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it.

He got an A.

### **A couple of quotable quotes to ponder**

Sometimes, when I look at my children, I say to myself, 'Lillian, you should have remained a virgin'.

Lillian Carter, mother of Jimmy Carter

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue – No good in a bed but fine against a wall.

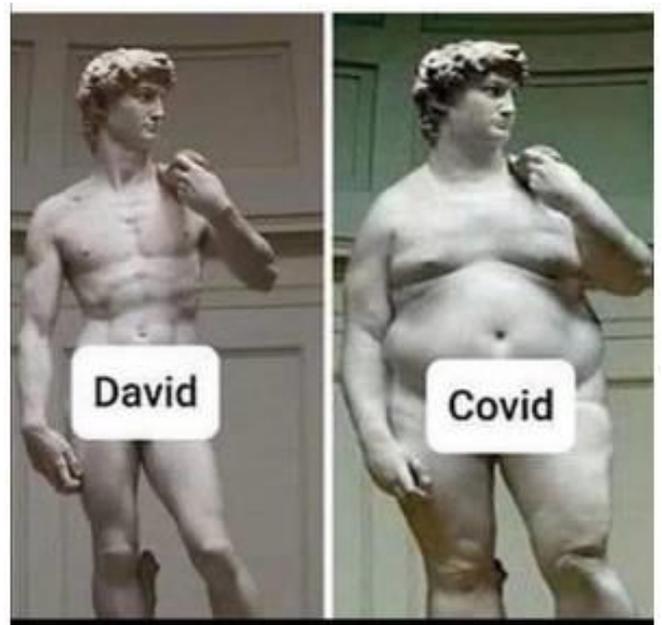
Eleanor Roosevelt

## DAFFY'S DAILY

By Annie Tempert.



"It's just that I find that having two glasses of wine at once stops me touching my face..."



**WHEN THIS VIRUS IS OVER I STILL WANT SOME OF YOU TO STAY AWAY FROM ME!**

## SEPTEMBER BIRTHDAY WISHES



Tony Bootle on 1<sup>st</sup> Sept



Rob Leach on 5<sup>th</sup> Sept



Margaret Anderson on 14<sup>th</sup> Sept



Chris Hopman on 15<sup>th</sup> Sept



Lynne Deahm on 16<sup>th</sup> Sept



Angus Sinclair on 18<sup>th</sup> Sept



Stan Lemmy on 19<sup>th</sup> Sept



Evan Tully on 21<sup>st</sup> Sept



Angela Bartone on 24<sup>th</sup> Sept

## What my parents taught me.

Most of us over 65 were home schooled in so many ways.

1. My mother taught me TO APPRECIATE A JOB WELL DONE

"If you're going to kill each other, do it outside. I just finished cleaning. "

2. My mother taught me RELIGION

"You better pray that will come out of the carpet. "

3. My father taught me about TIME

TRAVEL."If you don't straighten up, I'm going to knock you into the middle of next week! "

4. My father taught me LOGIC

" Because I said so, that's why"

5. My mother taught me MORE LOGIC

"If you fall out of that swing and break your neck, you're not going to the store with me."

6. My mother taught me FORESIGHT

"Make sure you wear clean underwear, in case you're in an accident. " (we were also told this in Jr. High Health class)

7. My father taught me IRONY.

"Keep crying, and I'll give you something to cry about. "

8. My mother taught me about the

science of OSMOSIS "Shut your mouth and eat your supper.

9. My mother taught me about

CONTORTIONISM.

"Just you look at that dirt on the back of your neck! "

10. My mother taught me about

STAMINA.

"You'll sit there until all that spinach is gone. "

11. My mother taught me about

WEATHER.

"This room of yours looks as if a tornado went through it. "

12. My mother taught me about

HYPOCRISY.

"If I told you once, I've told you a million times, don't exaggerate! "

13. My father taught me the CIRCLE OF

LIFE.

"I brought you into this world, and I can take you out..."

14. My mother taught me about

BEHAVIOR MODIFICATION .

"Stop acting like your father! "

15. My mother taught me about ENVY.

"There are millions of less fortunate children in this world who don't have wonderful parents like you do. "

16 My mother taught me about

ANTICIPATION .

"Just wait until we get home".

17 My mother taught me about

RECEIVING

"You are going to get it from your father when you get home! "

18. My mother taught me MEDICAL

SCIENCE.

"If you don't stop crossing your eyes, they are going to get stuck that way. "

19 My mother taught me ESP.

"Put your sweater on; don't you think I know when you are cold? "

20. My father taught me HUMOR.

"When that lawn mower cuts off your toes, don't come running to me.. "

21. My mother taught me HOW TO BECOME AN ADULT.

"If you don't eat your vegetables, you'll never grow up. "

22. My mother taught me GENETICS .  
"You're just like your father. "

23. My mother taught me about my ROOTS.

"Shut that door behind you. Do you think you were born in a barn? "

24. My mother taught me WISDOM

"When you get to be my age, you'll understand.

25. My father taught me about JUSTICE .

"One day you'll have kids, and I hope they turn out just like you! "

### **For the sweet tooth**

#### **ETON MESS**

#### **Ingredients**

500gm frozen mixed berries  
1 pkt Mini meringue nests  
600ml thickened cream  
1 tsp vanilla essence  
¼ cup caster sugar  
1 punnet of fresh strawberries

#### **Method**

Place in a large saucepan over medium heat and stir occasionally until the berries are defrosted and have released their juices, Remove from heat and allow to cool completely.

In a large mixing bowl, combine cream, sugar and vanilla and beat with an electric mixer until cream is thick.

Crush meringue nests and sprinkle a small amount into the bottoms of four individual serving glasses. Top with a layer of the berries and some juice. Top this with a layer of the cream mixture. Repeat this process until all ingredients are used, ending with a layer of cream

Top with fresh strawberries and serve immediately.

### **Looking for something different to read or watch?**

**Gunjan Saxina: The Kargil Girl** is a 2020 Indian Hindi -language biographical film and stars Janhvi Kapoor as Indian Air Force pilot Gunjan Saxena, the first Indian female air-force pilot in combat. On Netflix.

**The Godless** Mini series on Netflix. Set in 1880s with murderous outlaw gang leader hunting a former gang member. The chase leads to La Belle, New Mexico – a town inhabited almost entirely by women. Not your usual cowboy show.

**Pachinko** by Min Jin Lee - an epic historical novel following a Korean family who eventually migrates to Japan

Thank you for all the contributions this month. And remember to:

**Send (almost) anything to Trish at this address:**

[alchemychorus@gmail.com](mailto:alchemychorus@gmail.com)