

HOW TO MAKE A NEST BOWL WITH RECYCLED BOTANICALS AND FOUND OBJECTS



The nest bowl pictured was created by one of our ‘crafty’ members, Micheli (Shelley). She makes one every year when she prunes her garden. If you’d like to make one too, here’s her ‘recipe’ of Ingredients and Method (plus w & w & w):

The Nest

Collect some prunings and twist them together, while they are still malleable, to form loose circles. Then wait & wait & wait. Add more prunings to these loose circles over the year, to give them some strength and form, until each piece has a bit of solidity and does not fall apart easily. Then wait & wait & wait, until it is dry enough to play with.

The Bowl

Shred some paper into a bucket and add a bit of plaster of paris and paper clay (recipe below) in a slurry of glue (recipe below). Choose a bowl of the shape you want and use the paper mache to line the bowl. Press it on firmly, to make a smooth shape. You can add leaves and foliage to make it a bit more interesting. Leave a rough edge on the rim. Then wait & wait & wait (get the picture?)...until it’s dry.

Combine The 2 Sections

Spread glue around the top of the roughened bowl edge and sit the circle on it firmly, making sure it is fairly horizontal. Place a weight on the top of the structure and then wait & wait & wait. Apply glue to the project over and over until it is strong enough to give a good hold and the two parts have become one. Then wait & wait & wait until everything is dry. When the structure seems solid, put a few stones or nuts inside to make sure the bowl will carry a bit of weight and is useable. It should be light, watertight and strong.

Other Bits To Do

Make up some glue or use store bought products to hold the 2 parts together.

Completion: Sit back and enjoy it outside or inside as it is meant to be used and break down again. Look around and begin again!

Appendices: The circle/wreath is what I am calling the “nest”. It is adhered to the top of the bowl. The paper mache mould is what I am calling the “bowl” and is placed under the “nest”. Both the circle and the bowl are made separately and dried.

The 2 pieces are glued together when they are dry and have some integrity.

I usually use just the old flour and water paste and I have used it here on each piece. However, I have used some stronger glue from Bunnings this time to join the top “nest” to the bottom “bowl”. I have made a bit of a pattern on the lines of glue on the base of the bowl as it is not invisible.

Glue Recipe: Mix one part flour with one part of water (eg, 1 cup flour and 1 cup water) until you get a thick glue-like consistency. Add a bit more water if it’s too thick. Mix well with a spoon to get rid of all the lumps.

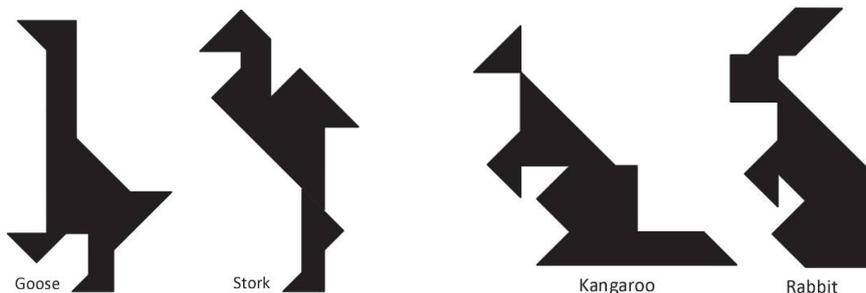
Paper Clay Recipe: Fill a large bowl with shredded paper, or newspaper cut into pieces, and enough hot water to cover the paper. It must be saturated. Leave overnight (or for a few hours). The mixture won’t look much different the next day but the paper should now be softer. Blend with a hand blender or similar until it is broken down completely. Squeeze out excess water. Add some salt and 1 part flour to 4 parts pulp.

ANY PAPER MACHE OR COMBO WILL DO TO FORM THE BASE

With so many scheduled flights being cancelled, what are cabin crew members doing during their forced break? Like us, they have to come up with innovative ideas to keep themselves busy and help others. Make sure your seat back and folding tray are in their full upright position, your window blind is up, your carry-on luggage is underneath the seat in front of you and you’ve fastened your seat belt for this trip with Stay-At-Home Airlines.... https://www.youtube.com/watch?v=kPIR9n_6uas

The Tangram Challenge

This week,
try to recreate
these shapes:



You must use all 7 tans, they must touch and they may not overlap.
Note that the parallelogram  may have to be flipped over  to create some of the shapes in the various challenges.

If you need the template to make the 7 tans (pieces), please contact Cheryl via email (contact details on last page). Solutions in the next issue of KIT.

CITY OF WANNEROO LIBRARY SERVICE - CALL AND COLLECT

Your local City of Wanneroo Library may be closed, but it has launched a new Call and Collect service for City of Wanneroo residents. Please note this service is subject to change, based on demand and availability of books. Just give your local library a call, using the numbers below, to order the bundle of books you would like.

Wanneroo Library – 9405 5940

Girrawheen Library – 9405 5646

Clarkson Library – 9407 1600

Yanchep Two Rocks Library – 9561 1110

Each library member can borrow one bundle of 5 books every 3 weeks. Bundles must be returned by 30 June 2020. Please have your library card ready when you call. If you're not already a member, please register before you call.

You can register (FREE) online at <https://wanneroo.spydus.com/cgi-bin/spydus.exe/MSGTRN/WPAC/JOIN>

Pick Up: Your book bundle will be made available outside your chosen library at your allocated timeslot. Members are required to observe social distancing rules while picking up their books.

Drop Off: Returning your books is as simple as dropping them back at your local library, either via the returns boxes next to the pick-up spot or through the external returns chutes at Wanneroo and Clarkson Libraries.

Safety: To safeguard members and staff, the Call and Collect service will operate with no face-to-face customer interaction and will remain completely contactless. All books will be quarantined for 72 hours upon being returned to the library.

Please note: If you have been diagnosed with COVID-19, are showing any symptoms or have been in contact with a confirmed COVID-19 case, please do not use this service.

Bundles are being curated into one of 17 genres or categories. Limit of one bundle per library card.

1. Fiction action (e.g. crime, war, western, adventure)
2. Fiction romance and relationships (e.g. romance, family saga)
3. Fiction literary (e.g. award winners, serious fiction and classics)
4. Fiction mixed selection
5. Biographies
6. History and culture
7. Wellbeing
8. Science and nature
9. Home, garden and cooking
10. Craft and creativity
11. Non-fiction mixed selection
12. Young adult fiction
13. Baby books
14. Children's picture books
15. Beginner readers
16. Lower primary
17. Upper primary

City of Wanneroo Library members can also access a range of digital services from a laptop, smartphone or tablet. These include eBooks, audiobooks, documentaries and films, digital magazines, newspapers and eLearning resources. These are available via the Digital Library page:

<https://wanneroo.spydus.com/cgi-bin/spydus.exe/MSGTRNGEN/WPAC/DIGITALLIBRARY>

Things to Do When You Self-Isolate (...continued)

1. Get a free trial of a streaming service or perhaps audiobooks such as Audible (an Amazon company) <https://www.audible.com.au> and binge 'til it expires.
2. Go through your liquor supply and see what cocktails you can concoct. Don't binge 'til you expire!
3. Make a list of things you want to do and get some of that stuff done.
4. Make a list of all the appointments you should make when life gets back to normal (eg skin check, mammogram or dentist).
5. Organise your spice rack.
6. Clean your car, including the interior.
7. Start or add to your family tree. Phone elderly relatives and interview them for some information to go on that tree.



COVID-19

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then Nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!

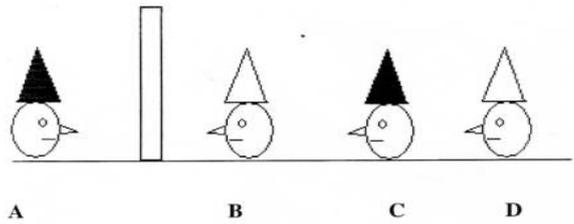
It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Gregory Peck
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates.
Just hoping I'm not far too wide
To fit through the flaming gates!



Shown above are 4 men, buried up to their necks in the ground. They can't move so they can only look forward. Between A and B is a brick wall, which can't be seen through. They know that, between them, there are 4 hats: 2 x black and 2 x white. They don't know which colour hat they are wearing. In order to avoid being shot, one of the men must call out to the executioner the colour of his own hat. If he gets it wrong, everyone will be shot. They are not allowed to talk to each other and they have 10 minutes to fathom it out. After 1 minute:

Q: Which one of them calls out?

Q: Why is he 100% sure of the colour of his hat?

This is not a trick question. There are no outside influences or any other way of communicating. They can't move and they are buried in a straight line.

A and B can only see their respective sides of the brick wall. C can see B and D can see B and C.

(At the contributor's request, the answer will be revealed in NEXT week's KIT)



This week's musical interlude features a very competitive and clever female foursome. Enjoy the show by clicking on

https://www.youtube.com/watch?v=BKezUd_xw20

15 "MURPHY'S LAWS"

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone from California would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those who wait may be the things left by those who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: a case for holding dead batteries.
14. We were given toes as a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.

QUIZ – FIRSTS

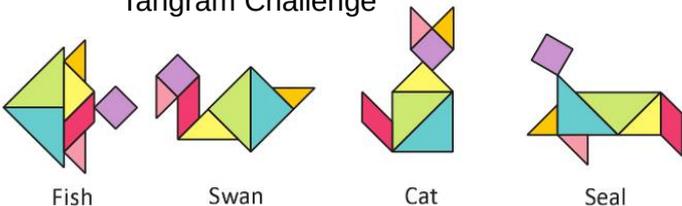
1. Who was the 1st person to fly non-stop and solo across the Atlantic Ocean?
2. Who was the 1st person to run a sub-4-minute mile?
3. Measured by height, what is the largest living bird?
4. What is the most populated city in the world?
5. Which came first, the chicken or the egg?
6. Who was the 1st man to walk on the moon?
7. What is the 1st element on the Periodic Table?
8. Who was the 1st Prime Minister of Australia?
9. What is the smallest country in the world?
10. Who was King Henry VIII's 1st wife?
11. What is the longest river in the world?
12. What is the highest mountain in Australia?
13. If our 3rd quiz was seconds and the 4th quiz is firsts, what will the 5th one be?



TEN (10) THINGS I KNOW ABOUT YOU

1. You are reading this.
2. You are human.
3. You can't say the letter "P" without separating your lips.
4. You just attempted to do it.
6. You are laughing at yourself.
7. You have a smile on your face and you skipped No. 5.
8. You just checked to see if there is a No. 5.
9. You laugh at that because you think everyone else did that too.
10. You are probably going to share this to see who else falls for it.

Solutions to last week's Tangram Challenge



The oldest computer can be traced back to Adam and Eve.
It was an Apple
but with extremely limited memory.
Just 1 byte.
Then everything crashed!

We welcome U3A Wanneroo members' contributions to KIT

Please email your submission/s to one of the editors:

Cheryl: [email address redacted] or

Constance: [email address redacted]

QUIZ ANSWERS 1. Charles Lindbergh 2. Roger Bannister 3. The ostrich 4. Tokyo, Japan 5. According to The Australian Academy of Science, it's the Oh! Check it out yourself at <https://www.science.org.au/curious/earth-environment/which-came-first-chicken-or-egg> 6. Neil Armstrong 7. Hydrogen 8. Edmund Barton 9. Vatican City 10. Catherine of Aragon 11. The Nile River 12. Mount Kosciuszko (NSW) 13. A quiz