

# Belvedere Community Centre newsletter 12 - Nov 2020

Our doors may be closed but we are still helping to  
'create a confident and connected community'



## Centre update - we will be in touch as we slowly reopen

We are following the latest Govt guidelines and we hope to resume some of our classes before we close again for Christmas. We will be in touch with the members from these classes to let you know our new COVID safe way of reopening. Please be patient as we work hard to ensure everyone is safe at our centre.

## Mindful eating is a way to enjoy your food more and stay in control of your eating.

Mindless eating can also be thought of as 'mind full' eating - you are so distracted by thoughts and feelings that eating becomes random, or a response to habitual unhealthy cues.

### MIND FULL EATING:

- Eating quickly, ignoring your body's signals and continuing to eat when you're full
- Reaching for 'comfort' food for emotional support
- Multitasking while eating
- Eating at erratic time and places (eg on the run, in the car)
- Not thinking of the steps involved in the food's journey to your plate



### MINDFUL EATING:

- Eating more slowly, putting cutlery down between bites, paying attention to your body's signals and stopping eating before you are full
- Eating nutritious foods and learning to enjoy them
- Eating when your body tells you to (eg low energy, stomach rumbling)
- Eating, and only eating. No screens
- Eating at set times and places (eg always at the table)
- Thinking about the journey everything on your plate took to get there, from where and how it grew, to the person who prepared it

From Jean Hailes for Women's Health [www.jeanhailes.org.au](http://www.jeanhailes.org.au)

## Blueberry pancake heaven in a mug!

### Ingredients:

- 3 tbs of self raising flour
- 2 tsp honey or maple syrup
- 1 tbs milk
- 1 tbs vegetable oil
- 1 egg
- 1 tbs blueberries (fresh or frozen)

### Method:

- Whisk all the ingredients together (except the blueberries) in a microwave safe mug
- Mix the batter until all the lumps disappear then add the blueberries
- Microwave for 60 - 80 seconds or until firm to touch (timing varies depending on your microwave)
- Don't overcook or it will become rubbery
- Enjoy with your choice of extra maple syrup, honey, extra blueberries, whipped cream or icecream on top!
- You can vary the recipe using sliced banana, chocolate chips even dried fruit.
- *Enjoy cooking and eating mindfully!*



## What is a Mandala?

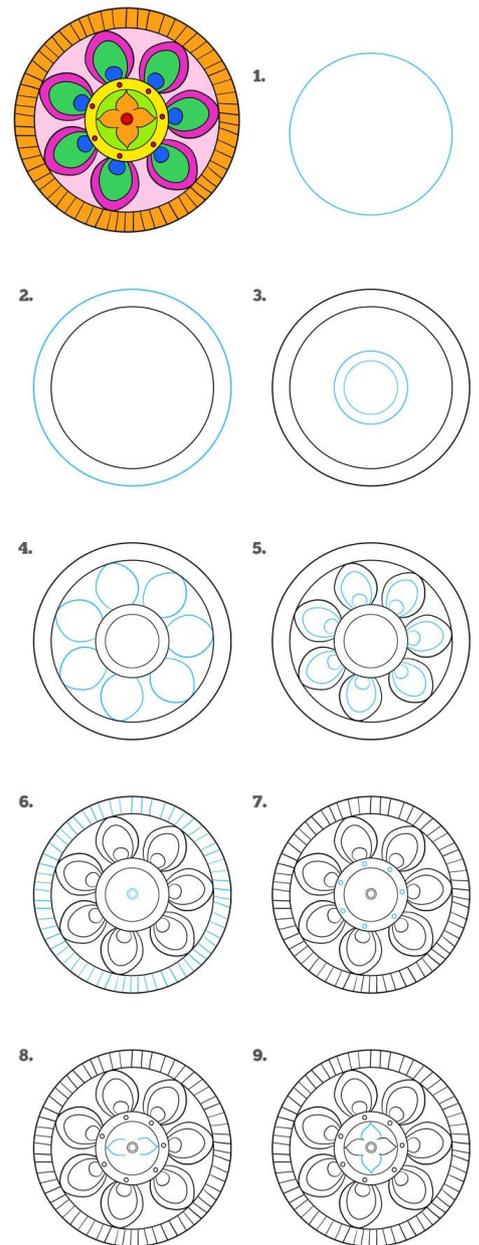
A mandala is a complex abstract design that is usually circular in form. In fact, "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms. Mandalas can contain both geometric and organic forms. They can also contain recognizable images that carry meaning for the person who is creating it. In essence, mandalas represent the connection between our inner worlds and outer reality. Designing your own mandalas can be both inspirational and therapeutic.

The Benefits of Creating Mandalas are:

- Increased focus
- Relaxation
- Improved cognitive abilities and attention span.
- Facilitate the shift of attention to one's inner space.
- Promote positive states of well being; meditative/contemplative.
- It is joyful and affordable

Anyone can have a lot of fun creating mandalas. Widely used in Art Therapy, they are a great source of reflection for the soul, and benefits from this activity are well documented. Research indicates that mandalas awaken all sort of feelings such as contentment, joy and love. Sometimes negative feelings are evoked as well however it is believed that once these emotions have been allowed to surface, they are processed and dissipate.

- Materials: Paper, compass (or upside down plate), drawing rulers, triangles, coloured pencils, sharpeners, erasers, markers/felt tip pens.
- Where to start: follow instructions as shown or as your mind takes you!



EasyDrawingGuides.com

A man goes into a clothes shop  
"Can I try on that suit in the window?" he asks.  
The assistant replies "No. Use the changing room like everyone else"

A mom texts her son: "Hi darling, what does IDK, LY & TTYL mean?"  
He texts back: "I Don't Know, Love You, & Talk To You Later."  
The mom texts back: "It's o.k., don't worry about it, I'll ask your sister, love you too."

## Answers to last editions puzzles

### Trivia

- 1 Prunes
- 2 Maize
- 3 Germany
- 4 Paella
- 5 Skin
- 6 Knee cap

### What am I?

A zip!

### Countries of the world

- |               |                 |                         |
|---------------|-----------------|-------------------------|
| 1 Canada      | 12 Cuba         | 23 Bahrain              |
| 2 West Indies | 13 Wales        | 24 India                |
| 3 Ireland     | 14 Portugal     | 25 Hungary              |
| 4 Russia      | 15 Romania      | 26 North Korea          |
| 5 Mozambique  | 16 Japan        | 27 Campuchia (Cambodia) |
| 6 Bahama      | 17 Lichtenstein | 28 Sweden               |
| 7 Taiwan      | 18 Bali         | 29 Italy                |
| 8 New Zealand | 19 Iraq         | 30 Hong Kong            |
| 9 Holland     | 20 China        | 31 Botswana             |
| 10 Columbia   | 21 Belgium      | 32 Grenada              |
| 11 Brazil     | 22 Singapore    |                         |

## Joke

Two owls, a female and her mate, are sitting on a branch in the pouring rain.

The female turns to her other half and says, "Too wet to woo"