

Ageing Well in Nillumbik

Spring 2020

Hello readers

Ageing Well in Nillumbik Spring edition is jam packed!

From 2 August, metropolitan Melbourne moved to Stage 4 Restrictions. We understand this is a very challenging time for everyone – mentally, physically, financially and emotionally.

Now more than ever it is important to #BeKind to yourselves, friends, family and children. Nillumbik, we will get through this together!

This edition contains updated information about where you can get support. It also contains information about upcoming online events and activities, and how to get support to access these events.

As always, please get in touch if you have ideas for what you want to read in the next edition, if you have comments or feedback.

Thank you all and take care,
Fiona

If you need this document in another format please contact us on **9433 3111**.

COVID-19 Support

Hi, my name is Matilda and I am the Community Activation and Social Isolation (CASI) Officer at Nillumbik Shire Council.

The CASI initiative aims to help people who might be feeling lonely or have lost their networks during COVID-19 to build social connections and networks of support in their local communities.


I believe that all of us need social connection to feel happy and well. We also need people we can turn to when we need help. That's why it's important to reach out if you feel lonely or disconnected.

I am here for anyone who would benefit from being connected in their local community and linked into practical, emotional or social support.

This can include food relief, running errands, well-being check ins, support for new connections to Nillumbik's social and recreational activities or groups. I can be contacted to provide a listening and empathetic ear to you during these extraordinary times.


You may have heard that the Victorian Government is distributing masks to vulnerable Victorians. For more information please contact me, see details below.

For more information, please contact Matilda:

 **9433 3144**

 **community.activation@nillumbik.vic.gov.au**

You can also contact the COVID-19 hotline:

 **1800 675 398**

If you or anyone you know may need support as a result of COVID-19, please reach out.

Stay safe, reach out and be kind.



nillumbik.vic.gov.au

COVID-19 Stage 4 Restrictions

Information from the Department of Health and Human Services

Key points

To help slow the spread of Coronavirus COVID-19 all Victorians should:

- Regularly wash or sanitise their hands
- Keep at least 1.5 metres from those you don't live with
- Stay home if you feel unwell
- Get tested and self-isolate while you wait for the results even if you have mild symptoms including a fever, chills, cough, sore throat, shortness of breath, runny nose, loss of sense of smell or taste
- You must wear a face mask whenever you leave your home.

Staying safe

The four reasons you can leave home:

1. Shopping for food or other essential items
2. To provide care giving, for compassionate reasons or to seek medical treatment
3. For exercise (outdoor exercise only, with only one other person for up to 1 hour per day)
4. Work or study, if you cannot work or study from home

To support your health and wellbeing being, Victorians are encouraged to continue to:

- Monitor existing health conditions and seek healthcare if required
- Keep important scheduled medical appointments
- Take medications that your doctor has prescribed
- Take care of your mental health
- Keep active
- Stay connected with family and friends using technology
- Seek help if you are feeling anxious, uncertain or unsafe.

Getting support at home

There is a range of support to help older Victorians during this time. The support available includes:

- Emergency relief packages
- Getting groceries delivered
- Home support services

Please remember to take care of your mental health, keep active stay connected with family and friends using technology and keep important scheduled medical appointments. Reach out to Matilda if you need support.

For more information contact Council's Community Activation and Social Connections Officer Matilda

📞 9433 3144

✉ community.activation@nillumbik.vic.gov.au



CORONAVIRUS (COVID-19) EXTREME HARDSHIP SUPPORT PROGRAM

the
power of
humanity



Emergency financial assistance for people living in Victoria

Who is this program for?

Applicants must meet all of the following:



live in Victoria



be unable to access Commonwealth income support (including JobKeeper and JobSeeker) **OR** the International Student Emergency Relief Fund



have zero or very limited income, savings or community support



be a temporary or provisional visa holder, or undocumented migrant

What support is being provided?

Limited cash payments to cover basic needs, such as food, bills and medicine. A single person may receive \$400. Families may receive more.

Red Cross can also provide information about other supports available to people living in Victoria on temporary visas.

For more information and to apply go to
redcross.org.au/vicrelief

If you have questions you can request a call back, including with an interpreter.

News and updates

Opportunities to be involved with your community

Some of us will feel comfortable with the idea of being a community leader – perhaps some of you have even run for Council this year – but for many that title will seem a bit intimidating.

So what are some other ways of thinking about community involvement?

Volunteering

There are two kinds of volunteering both formal and informal, each describe the giving of your time freely for altruistic purposes.

Formal volunteering takes place in defined roles in a non-profit organisation, supported by supervisors, training and resources, and covered by insurance. The roles involve an application process and volunteers are usually trained and inducted in their role.

To find formal volunteer role in the Shire visit:

- Volunteer section on the Council website **nillumbik.vic.gov.au/volunteering**
- Leave a voicemail with Volunteer Development on 9433 3147 and we'll call you back, or
- The new Diamond Valley Community Support Volunteer Hub **www.dvcsvolunteershub.com.au**

Additional resources include:

- **www.govolunteer.com.au**
- **www.volunteer.com.au** and search your local area.

Informal volunteering describes all the other forms of contributions to community groups, local clubs, schools, kindergartens, mutual aid groups, which don't involve designated roles. This kind of involvement is often the invisible engine of our communities and is both crucial and difficult to measure.

If you are involved in informal volunteering, be sure to establish clear boundaries about what you can and cannot do, how long you are prepared to help, and of course, what is safe under current COVID-19 conditions.

Good Neighbours

Being a good neighbour comes naturally to many Nillumbik residents, and provides a great way to connect your local community.

Being a good neighbour could be actioned by:

- Dropping a note in local letterboxes to make contact
- Starting a street group, phone tree or using social apps like Whatsapp
- Baking extra treats or sharing garden produce with neighbours

For more ideas visit the *Be Kind Nillumbik* section on Council's website

nillumbik.vic.gov.au/be-kind

Active Citizen

Contributing to the civic life of your community keeps local voices front and centre in decision-making.

You might consider getting active by:

- Joining an advocacy group or professional network on an issue you are passionate about
- Getting involved in a cause close to your heart
- Mentoring a young leader to create change
- Providing feedback to Council processes through the Participate Nillumbik website **participate.nillumbik.vic.gov.au**
- Help to shape Council decisions by joining the Nillumbik Positive Ageing Advisory Committee, see next page for more details.

Positive Ageing Advisory Committee Recruitment

Are you passionate about the health and wellbeing of older adults in Nillumbik?

We are seeking community representatives to join our Positive Ageing Advisory Committee (PAAC) to influence Council on issues and opportunities for people aged 55 and over.

The PAAC provides an opportunity for Council to consult with community representatives to advise Council on issues and barriers affecting people aged 55 and over. A recent highlight was their tireless work in supporting Council to develop its Ageing Well in Nillumbik Action Plan 2019-2022.

Ray Carroll from Eltham, on his time in the Advisory Committee:

“I joined this group two years ago and have found it to be a valuable source of information regarding Nillumbik Council’s commitment to my particular age demographic, and being able to influence the Council on interests and issues affecting this particular age group. Not an onerous commitment, and one where I am able to meet with, chat to, and learn from individuals from within my local environment” - Ray

If you would like to play a role in supporting Nillumbik’s older adults to live and age well, we would love to hear from you. The group currently meets on the first Friday of the month.

Submit your expression by Friday 2 October, visit nillumbik.vic.gov.au/Positive-Ageing-2020.

For more information, please contact Positive Ageing Officer

☎ 0437 676 617

✉ positive.ageing@nillumbik.vic.gov.au

Together in Nillumbik COVID-19 survey

During these uncertain times, Nillumbik Shire Council is committed to supporting the community to stay safe and well.

To help us do this, we would like to better understand your experience during COVID-19. We have partnered with healthAbility Community Health Service to deliver a *Together in Nillumbik* survey.

The results will be used to inform planning and programs to meet community need during and beyond COVID-19.

Have your say:

- Visit participate.nillumbik.vic.gov.au/together-in-nillumbik to complete the survey, or book into a COVID-19 *Together in Nillumbik* think-tank session.
- Contact Council’s Community Services team to complete the survey over the phone. You can call us Monday – Friday, 9am-5pm on **9433 3144**.

What's on

16 Days of Activism against Gender-based Violence

16 Days Of Activism against Gender-Based Violence 2020 grant applications open from 27 July until 18 September

Nillumbik Shire Council is committed to preventing violence against women and promoting gender equality. Small grants of up to \$500 are available to support awareness raising and community led projects.

The projects will take place throughout the Nillumbik community during the 16 Days of Activism Against Gender-Based Violence campaign from 25 November to 10 December 2020.

Community groups are encouraged to apply using your creativity to develop activities and projects which challenge gender stereotypes and engage the community in raising

awareness about gender equality and preventing violence against women.

Note: All successful applicants will be required to abide by State Government guidelines on COVID-19 restrictions and requirements relevant at the time in which the project / initiative is delivered.

For information or assistance, contact
Family Support and Gender Equity Officer

✉ grants@nillumbik.vic.gov.au

☎ 9433 3165

Land Management Incentive Program

Property management can be overwhelming and exhausting, especially large rural blocks.

Older residents frequently tell us the jobs they used to do around their property are now just too much

Through the Land Management Incentive Program, Council can provide advice over the phone, email or visit your property (for free!).



Erosion filled with blackberry weeds.

Council may also be able to contribute to the cost of a contractor to undertake environmental works.

Some of the issues Council regularly assists landholders with include:

- Pest animals and weeds
- Pasture management for horses and other livestock
- Property layout and planning
- Re-vegetation and supplementary planting
- Erosion issues

For further information contact the
Land Management Officer

☎ stephanie.orive@nillumbik.vic.gov.au

✉ 03 9433 3207 | 0456 708 525

Dementia Awareness Week

21 September is recognised as World Alzheimer's day, and marks the start of Dementia Awareness Week

If you are worried about your or another's thinking or memory, or if you were recently diagnosed or know someone who was, you are not alone, there is support for you and your loved ones.

What are the early signs of dementia?

The early signs of dementia are very subtle and vague. Some of those include confusion, apathy, withdrawing and progressive and frequent memory loss.

What can be done to help?

At present there is no prevention or cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia. The help of families, friends and carers can make a positive difference to managing the condition.

What is dementia?

Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease.

Dementia affects thinking, behaviour and the ability to perform everyday tasks. Brain function is affected enough to interfere with the person's normal social or working life.

Support for families and carers

Family members and friends often find themselves in the role of a carer when a loved one is living with dementia. While caring for your loved one can be rewarding, it is also tough. Dementia Australia offers support for families and carers so you don't feel alone.

How to access support for families and carers

Joining a carer support group is a great way to share knowledge, tips and strategies with others who are going through a similar experience. To find a group near you, please contact the National Dementia Helpline on free call 1800 100 500.

Local support

In Nillumbik, HealthAbility has several social support groups that provide social opportunities for people living with dementia, and flexible respite for their carers. See their website <https://healthability.org.au/services-support/home-community-support/social-support-groups> or call 9430 9100 for more information.



Be Connected with Living & Learning Nillumbik

Join us online with Living & Learning Nillumbik

Explore the world from your armchair with online programs by Living & Learning Nillumbik. While our centres are closed, Living & Learning Nillumbik staff, tutors and volunteers are still busy running online programs and supporting our community in whatever way we can.



We have developed some wonderful online workshops, short courses and activities to help you share, learn and connect through lockdown and beyond. We've had great fun with language and writing classes, art, exercise, garden tours and technology workshops online. There will be more free and paid activities added each week so check our website regularly for the latest offerings. Follow us on Facebook for frequent highlights from our program and community.

Are you thinking about trying an online program but feeling unsure about how to go about it?

Contact us on 9433 3744, we'll be able to help you get started.

Digital Mentors

Living & Learning Nillumbik have volunteer Digital Mentors who are available to help you get online over the phone – Siobhan, Richard and Carey are available to support you with whatever your tech needs are. They can help you get online with whatever device you have to enjoy a huge variety of online programs and free videos to get you through this lockdown.

Learn how to get onto zoom meetings so you can video your friends and family, or jump onto facebook to exercise with Betty from the Leisure Centre – the options are endless! Keep reading to find out more about online activities.

For further information contact

✉ info.livinglearning@nillumbik.vic.gov.au

☎ 9433 3744

Be Active and Healthy sessions

Normally we'd be holding Be Active and Healthy sessions face-to-face in libraries and in the Living & Learning Nillumbik centres, but during lockdown we've moved online to offer you the full suite of sessions through Bolton Clarke.

For more details see next page.



BOLTON
CLARKE

The new face of *rdhs*

Be healthy and active

Free online zoom sessions



Be healthy and active in Nillumbik

Date	Session topic
Wednesday 2 September 10am – 11am	Managing sleep and fatigue
Wednesday 9 September 10am – 11am	Healthy eating and nutrition
Wednesday 16 September 10am – 11am	Master your mind – managing stress with mindfulness
Wednesday 23 September 10am – 11am	Understanding dementia
Wednesday 30 September 10am – 11am	Healthy bladder
Wednesday 7 October 10am – 11am	Falls prevention
Wednesday 14 October 10am – 11am	Healthy brain healthy body
Wednesday 21 October 10am – 11am	Healthy skin

Please visit www.nillumbik.vic.gov.au/Be-Healthy-And-Active-Online-2020 for more information and to register your interest for any of the above sessions. Alternatively, please call Fiona on 0437 676 617 to register.

All sessions will be held on zoom. If you need support getting onto zoom, please call our friendly Digital Mentor volunteers at Living & Learning Nillumbik on 9433 3744 and we'll assist you over the phone.

Proudly supported by

LIVING & LEARNING
NILLUMBIK



To find out more about the Be healthy and active program, visit boltonclarke.com.au/behealthy

Be Connected with Living & Learning Nillumbik

An introduction to memoir writing

BOOK

Your life is interesting - you should write your memoir! Whether you've been told this or you feel the urge to write about some aspect of your life to leave as a legacy for your family, this one hour workshop will give you at least some of the important steps to get started. It will address:

- Why a memoir is easier to write and more interesting to read than an autobiography
- Who are you writing for?
- Examples of different ways to present your memoir
- How to get started

Date Thursday 3 September

Time 1pm - 2.30pm

Cost \$20

Venue This course is held online using Zoom. Participants must have a suitable device and data plan to run Zoom. For people who are new to Zoom, we offer a free, online, supported practice session. The Zoom link will be emailed to participants before the workshop.

About the Tutor

Karen Throssell has been motivating local writers to express themselves on paper in various ways for a number of years. She is an experienced teacher, a local published author and has won a variety of writing awards.

To book your place contact 9433 3744 or visit https://ax.livinglearningnillumbik.vic.gov.au/course-details/?course_id=74902&course_type=w to

Taking great images – Australian wildlife

BOOK

The recent lockdown has made us all realise how much native wildlife surrounds us. And it's all waiting to be photographed. Join our resident photographer Alwyn Hanson as he guides you through with tips and tricks to take great images of our furry and feathered friends.

Date Thursday 3 September

Time 2pm - 3pm

Cost \$15

Venue This course is held online using Zoom. Participants must have a suitable device and data plan to run Zoom. For people who are new to Zoom, we offer a free, online, supported practice session. The Zoom link will be emailed to participants before the workshop.

About the Tutor

Karen Throssell has been motivating local writers to express themselves on paper in various ways for a number of years. She is an experienced teacher, a local published author and has won a variety of writing awards.

To book your place contact 9433 3744 or visit https://ax.livinglearningnillumbik.vic.gov.au/course-details/?course_id=58185&course_type=w

Victorian Seniors Festival Reimagined 2020

in the groove

Video broadcasts

Until 31 October there are four new video broadcasts uploaded weekly to enjoy on Seniors Online

<https://www.seniorsonline.vic.gov.au/festivalsandawards>

These broadcasts hosted by Bec Reid and Tristan Meecham, run for between 5 to 10 minutes and feature performers and presenters who would normally be part of public Festival events. Each broadcast is available to watch with captions.



Bec Reid



Tristan Meecham

Here is what is available to watch online now

Week 1: Pride



Kutch Edwards
Cultural songman



Tania Kernaghan
60s ballad



The Gram O Phonie
Cabaret

Week 2: Love



Jane Clifton and Paul Williamson
60s ballad



Jaya and Joshinda Studio J
Bollywood dance



Bonkel Theatre
Puppetry

Health and Wellbeing

Active movers

Keeping active and healthy is even more important as the lockdown continues. Aligned Leisure instructor Betty has been busy producing videos and photographs to help bring exercise routines to homes for all levels of fitness.

Join Betty every Monday at 10am on Facebook for Active Movers video exercise sessions. Search for 'Active Movers Nillumbik Leisure Facilities' and request to join the Facebook group, open for any older person living in Nillumbik. There are a variety of exercise routines available, it is free to join and you can meet some friendly local people and stay active at the same time!

If you need assistance getting onto Facebook, please call Living and Learning Nillumbik on 9433 3744 to be connected with a Digital Mentor.

If you have any questions, please contact Rosie on

✉ rosie.haszler@alignedleisure.com.au

They will walk you through the steps to get online.

Please take care when attempting exercises, when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you do so at your own risk.

Aligned Leisure now operate Nillumbik's five sport and recreation centres, including the Eltham Leisure Centre, the Diamond Creek Community Centre, Diamond Creek Outdoor Pool and Diamond Valley Sports and Fitness Centre and look forward to welcoming you all back in person.

For now, keep active and moving online!

Fit ball sit

Strengthens core and works on balance

Start by sitting on the ball with your feet hip distance apart, hands on thighs and focus on your core stability.

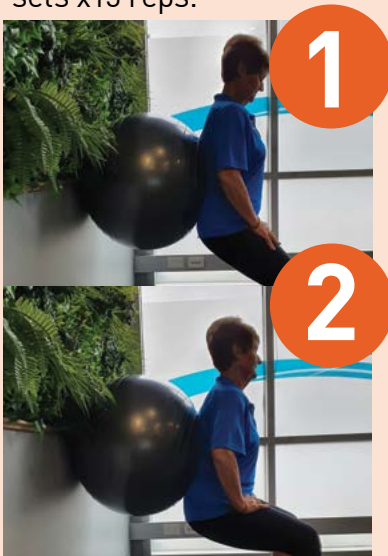
As you improve, move feet together and contract abdominal muscles while sitting up straight.



Fit ball squat

Strengthens glutes

Place ball against wall, lean back with ball in middle of back, take one big step forward, feet hip distance apart, look straight head, gently bend knees slowly squat down making sure that your bottom goes no lower than your knees. Stay slow coming up. Repeat 3 sets x15 reps.



Fit ball rotation

Strengthens core muscles

For this exercise you can use weights. If you don't have weights at home and want the added challenge grab some tomato soup cans. To begin, sit on ball and hold weight in front of you. Turn from waist round as far as you can go then rotate to other side. Repeat 3 sets x15 reps.



Alternative forward raise

Strengthens shoulder muscles

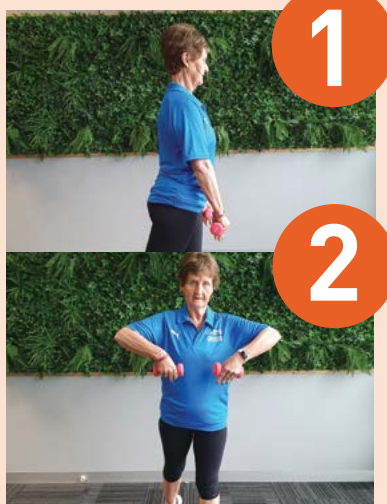
Stand feet hip distance apart, dumbbells in hands, contract core, knees slightly bent, in an upright stance, raise one arm forward no higher than arm pit and lower, and raise other arm and lower. Repeat 3 sets x15 reps.



Upright row

Strengthens shoulder muscles

For this exercise you will need a bar, dumbbells or use some cans. Begin by standing feet hip distance apart, knees slightly bent and your weight. Elbows lift to bring weight to chest, then lower back to start. Repeat 3 sets x15 reps.



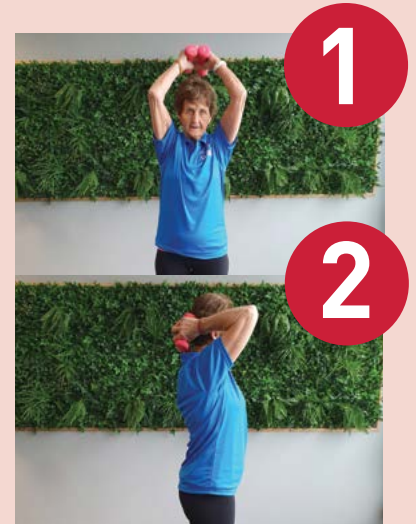
Triceps extension

Strengthens triceps

Stand with your feet hip distance apart, hold dumbbells above head.

Bend your elbows to lower weights to back of neck, keeping elbows close to ears.

Repeat 3 sets x15 reps.



Tricep kickback

Strengthens triceps

Stand in split stance, tilt from the hips to lean slightly forward. Holding a dumbbell in one hand with arm extended back. Bend elbow to bring dumbbell to chest then straight back to start.

Repeat 3 sets x15 reps.

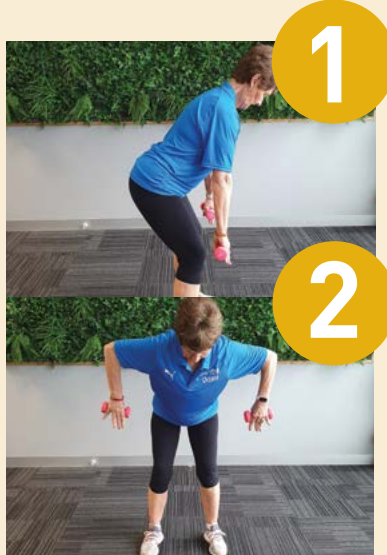


Rear deltoid lift

Working rear deltoid

Stand leaning forward contracting abs, hold dumbbells palms facing back, elbows slightly bent and take arms out to side no higher than shoulder height.

Repeat 3 sets x15 reps.



Wrist curl

Strengthens wrists

Sit on chair, lean forward dumbbells in hands, palms facing up, bend hands down and up.

Repeat 3x15 reps.



Connecting our community

Local stories

Robert, a Greensborough resident since 1975, shared his experience with the Box Hill Train Club that he has been involved with since late 2014.

"My association with the Box Hill Miniature Steam Rail Society (BHMSRS) began in late 2014 when I was approached by a club member and his school mate who had worked with me for 10 years doing solar power installations.

They wanted to see if I would design and build a solar power plant at Box Hill to charge a new battery powered diesel class locomotive being built at the club.

The Rotary Club of Balwyn had supplied funding for the solar charger. This was built and now this solar powered loco gives joy rides to children and adults. During this building process I purchased a Petrol Electric Cane Loco known as "507."

This required extensive rework which was all done in my home garage in Greensborough.



In order to get more traction power so as to be able to pull a full consist including loaded carriages I built a supplementary power unit to run behind 507. This is called the "Slug" (A term used in Rail systems).

I have attached a picture of 507."

- Rob

Everyone has a story to tell! If you'd like to share anything with us, please send your story to us at positive.ageing@nillumbik.vic.gov.au

Walk with us

Beginning in October, Nillumbik's Place Activation team will present a series of 'Know your Place' walks, connecting the community with their local environment.

With a focus on the characteristics that make each of Nillumbik's townships and locations unique, the walks are designed to build a sense of pride and belonging to the places we live, in a social and physical way.

Walkers will be joined by an experienced guide who will provide information and context specific to the walk's purpose and audience.

Planned events include a Seniors Week walk during October, with an emphasis on accessibility and connection between older people and the landscape, a women's walk during the 16 Days of Activism Against Gender-Based Violence week in November, and more.

In the event that COVID-19 restrictions still apply, these events will be presented virtually.

For more up to date information, please see the online events calendar on Council's website, which will be updated as additional walks are scheduled.

nillumbik.vic.gov.au/events

Gardening tips for spring

Don shares his tips to plant your spring garden.

"At last we are heading into the good gardening weather and are ready to get the soil well-fertilized. A little blood and bone, manure, and turn over with the garden fork.

I've been busy over the lockdown, building stakes for the climbing veggies. See the photograph an easy and cheap way to do this. Attach batten with screws, drill the holes first or else the timber will split. Use Seasol and Powerfeed with some slow-release fertilizer for good veggies.

With the beautiful sunshine I decided to sow my seeds in trays in the greenhouse, then in September they will be ready for planting.



While enjoying the task, I realised the savings I had made, the seeds cost \$19 while seedlings would have cost \$42 for less plants. One does not need to be a great scholar to see the savings. It is easy for anyone to do - just save some ice-cream containers or something that will hold soil. Drill a hole in the bottom for water to escape and place it in a sunny sheltered position, inside at a window is ideal. You won't use all the seeds so save them and next year's crop.

It's the best time to plant your seeds into pots to be ready for your garden in September. Capsicum, cauliflower, lettuce, rosemary, spinach and watermelon. In September you will pot up carrots and parsnip in sandy soil. For broccoli, strawberries, tomatoes, potatoes, pumpkin, zucchini and silverbeet, they should be planted direct where they are to grow, not transplanted."

- Don

Trauma Teddies

In our last newsletter, we put a call out for readers to get behind a CommuKnitty craft project – knitting Trauma Teddies for the Red Cross.

We're delighted to say around 100 packs have been delivered to residents throughout the Shire. Some very efficient knitters have sent through photos of their completed teddies. When restrictions ease, Council will contact the knitters to organise pick up. Once all teddies have been collected, Council will distribute this to the Red Cross, who will then provide these teddies to children who have experienced trauma – either from illness or other emergencies.

If you have any other ideas or causes that we could support, please contact Council's Positive Ageing Officer

📞 0437 676 617

✉ positive.ageing@nillumbik.vic.gov.au



Due to COVID restrictions, volunteer Community Transport drivers have not been carrying out their usual roles, however Heather has been busy at work knitting Trauma Teddies for the Red Cross – to the left she is showing us one of her creations. Thanks Heather!"

Victorian Seniors Festival Reimagined 2020


RADIO
Reimagined



Tune into Plenty Valley FM 88.6 to enjoy Victorian Seniors Festival programs

Plenty Valley FM 88.6, the local community radio station for the Shire of Nillumbik and the Cities of Banyule and Whittlesea, is pleased to partner with the Victorian Seniors Festival to present radio programs for your enjoyment. This year's Festival is running on line and on radio and you can find out more about video and radio programming at www.seniorsonline.vic.gov.au/festival

Plenty Valley FM 88.6 Schedule

Every Monday from 10 August to 28 September – 12 noon to 2.00pm

Presenting the Victorian Seniors Festival features series:

- A Night at the Theatre
- At the Picture Palace
- Radio Plays – Agatha Christie series and Scones, Lamingtons and Chocolate Rolls
- Spoken Word – Stories from the Pier and Dark Tales

Every Thursday from 13 August to 1 October – 12 noon to 2.00pm

Presenting Victorian Seniors Festival music features, radio plays and spoken word:

- Bing Crosby and Friends
- One off music specials such as Little Richard, Johnnie O'Keefe and Friends, The Day the Music Died and Jessie Lloyd's Mission Songs project

