**October 2023**

**Announcements**

**Nominate Eyes for Life Canberra when making a purchase at Southern Cross Club**

In November - SCC will be running ‘Yes-vember’ again is 2023, which provides double rewards for our program partners – so 15c for every dollar spent by you in November, double the normal 7.5c will go towards supporting Eyes for Life Canberra/Canberra Blind Society. Southern Cross Club Community Rewards Program - Members of the Southern Cross Club can help us raise funds by taking part in the Southern Cross Club’s Community Rewards program. The Community Rewards Program allows Canberra Southern Cross Club members to give back to the group most important to them. By nominating **Eyes for Life Canberra** - 7.5% of your spend on food and beverages at the Southern Cross Club is donated to your chosen group.

**Last chance for tickets to Floriade’s Nightfest – 30th September**

We still have some tickets available to Nightfest – on this Saturday 30th September. You will need to get in quick to grab the last tickets – please call Hayley or Deb at the office on 6247 4580 by **close of business this Friday 29th September**, if you would like tickets.

Gates open at 6.30 pm so you can check out the food stalls, grab something tasty to eat, then take in both shows on the night. The shows include:

* High Kix cabaret follies show – 7.45 pm to 8.30 pm
* Lucy Ridge and the Derby Widows soul funk band – 8.15 pm to 10 pm

We are unable to provide transport for this event, so you will need to get yourselves to Commonwealth Park.

**Audio Book Group – Wednesday 4th October**

Book lovers and new readers are welcome to join an established and helpful book club for users of audio books.

We meet on the first Wednesday each month, next meeting is on October 4th at 10 am in CBS meeting room. Our October book is “The Jam Queens” by Josephine Moon.  A somewhat lighter and sweeter book than we have had lately, it depicts a family of adults travelling overland on The Ghan, Darwin to Adelaide.

## **Art by Description Tour - Sunday 8th October** **Know My Name: Making it Modern (rescheduled from September)**

Sarina Noordhuis-Fairfax, Curator, Australian Prints and Drawings, shares her research and knowledge of two pioneering Australian artists, Ethel Spowers and Eveline Symes.  
This social tour, designed for participants who are blind or who have low vision, facilitates shared discussion and uses tactile resources.  
Sunday 8th October – 11.00am to 12 noon  
Free, bookings essential.  
RSVP via email to [access@nga.gov.au](mailto:access@nga.gov.au) or call Adriane on 02 6240 6632.  
Please note, Art Weekend programs occur on the first full weekend of the month. In October this is Saturday 7 and Sunday 8 October.

**Train Trip to Bungendore – Friday 13th October**

CBS members are invited to join us for a train trip to the historic village of Bungendore, NSW on Friday 13th October 2023 to celebrate **World Sight Day.**

Meeting at the Kingston railway at no later than 11.30 am, the train will depart at 11.55 am travelling to Bungendore arriving at 12.27 pm. From the railway there we’ll walk down to the main street and take a stroll through some of the unique craft shops, the Woodworks Gallery, the Bungendore Leather Store and lunch at a nearby café.

We will head back home on the train at 3.24 pm returning to Kingston railway at 4.09pm.

For further information contact Hayley or Debra on 6247 4580 or email [events@canberrablindsociety.org.au](mailto:events@canberrablindsociety.org.au) to put your name on the list.

## **National Art by Description Online - Friday 13th October**

Simon Underschultz, Research Library & Archives Special Collections Officer, will present treasures from the National Gallery’s official archive.  
Friday 13th October - 2pm    
A monthly online program via the Zoom platform. Each session includes audio description and presentations by specialist staff, along with poetry and music to enhance the listening experience.  
**Please email** [**access@nga.gov.au**](mailto:access@nga.gov.au) **to RSVP.**

## **Ceramics Workshop and Conversation with artist Janet Fieldhouse** (Kalaw Lagaw Ya/Meriam Mer peoples)  **Sunday 15th October**

Audio Described and Auslan interpreted by request.

* **11.00am–11.45am: Artist Talk**
* **12.30–2pm: Charm doll clay workshop**

Free, booking essential. RSVP by 9th October.  
Email [access@nga.gov.au](mailto:access@nga.gov.au) or call 02 6240 6632  
Meet in the main foyer. Workshop in the Australian Garden.  
“I try to find something that is as close to the materials that they [Torres Strait Islander Peoples] used to use in the past, and bring it forward, and then change it into clay.” - Janet Fieldhouse  
Join Kalaw Lagaw Ya/Meriam Mir artist, Janet Fieldhouse in conversation with Tina Baum (Gulumirrgin/Larrakia/Wardaman/ Karajarri), Curator, Aboriginal and Torres Strait Islander Art followed by a workshop with the artist to make your own charm doll inspired by her new sculpture, Sister Charm.  
The workshop will use air-dry clay, raffia and found objects and is suitable for people of all ages and abilities. All children must be accompanied by a participating adult.  
Participants are encouraged to bring a picnic lunch to enjoy in the sculpture garden between the talk and workshop.

**Dancing Queen Dining Experience – Saturday 28th October**

Are you looking for a fun filled evening out. We have tickets for a Dancing Queen Dinner show.

Voyage to the island of Skopelos, where an evening of dancing, dining and jiving awaits. Whilst being served a mouth-watering dinner in Niko’s Tavern, you will be serenaded by performers and leave begging for a man after midnight!

The theatrical dining experience includes a theatrical performance, a two-course Mediterranean-inspired dinner, a drink (wine or beer) and a disco that will have you sending out an S.O.S for some more appropriate dancing shoes.

Where: Templo Theatre, 21 London Circuit, Level 1

Date: Saturday 28th October

Time: 5.30pm

Call Hayley or Deb on 6247 4580 or email [admin@canberrablindsociety.org.au](mailto:admin@canberrablindsociety.org.au) to add your name to the list.

**Notice of Annual General Meeting**

The Annual General Meeting of the Canberra Blind Society will be held in Room 6, Level 1, Griffin Centre, 20 Genge Street, Canberra on **Thursday 16 November 2023 at 6.00pm.** Nominations for Board positions and Proxy votes may be lodged by email – [eo@canberrablindsociety.org.au](mailto:eo@canberrablindsociety.org.au)

If you would like to attend the meeting in person please RSVP the office [admin@canberrablindsociety.org.au](mailto:admin@canberrablindsociety.org.au) - more information will come at a later date.

**Indigenous Voice to Parliament**

Braille and audio versions of Indigenous Voice to Parliament material will be available very soon.

This package consists of 4 important documents and has been downloaded from the Australian Electoral Commission.

Documents include the Uluru Statement from the Heart

The Yes case

The No case and

Proposed changes to the Constitution.

An understanding of this material is vital for the Referendum to be held on Saturday 14th October 2023.

Please let me know if you’d like to receive this material by calling or texting on mobile 0417494237

Or writing to email

[rossackley@outlook.com.au](mailto:rossackley@outlook.com.au)

Thanks and kind Regards

Ros and team

AccessAble Braille Enterprises

**Recipe**

**Butter Chicken**

Ingredients:

500gm chicken thigh fillets, cut into chunks

1 lemon

3 crushed cardamom pods

2 garlic cloves, minced

1 tablespoon grated ginger

1 cup tomato passata

½ teaspoon cashmir chilli powder

1 teaspoon paprika

Pinch of salt

½ cup of Yogurt

¼ cup of Cream

1 cinnamon quill/stick

1 teaspoon garam masala

**Method:**

Place chopped chicken thigh, ginger, garlic, yogurt and lemon juice

into bowl with cashmir chilli powder, paprika, cardamom, garam

masala, mix and leave to marinate for 20mins to overnight.

In a frypan, grill or pan sear chicken pieces in oil or butter until seared on

all sides. Then remove from the pan and set aside.

To make sauce; In a frying pan add slightly more oil, add tomato

passata, a little extra garlic and ginger, aromatics (optional onion, carrot,

etc), a little more cashmir chilli if you want more heat and salt to taste.

Reintroduce Chicken pieces to frypan and cook for 10 minutes on

medium to low heat, add cream. Once simmered, serve with rice.

**Check our website and socials for all up to date information about what's happening at Canberra Blind Society.**

To give any feedback on this platform or unsubscribe please email vco@canberrablindsociety.org.au