**November 2023**

**Announcements**

## **Vote at the link below to help us win the People's Choice Charity for the Canberra Community Chest**

We're thrilled to announce that we're in the running for the People's Choice Charity in the upcoming Canberra Community Chest race day at Thoroughbred Park.  With your vote, we could be in the draw to win up to $25,000 to further our mission and positively impact the Canberra community. As a local charity we need YOUR support to make it happen.

Please note that voting closes 10th November, so be sure to get your vote in before then. Vote now via the link below:  
<https://thoroughbredpark.com.au/canberra-community-chest>

If you need any assistance voting, please call the office on 6247 4580 or email: admin@canberrablindsociety.org.au

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

In November – Southern Cross Club will be running ‘Yes-vember’ again is 2023, which provides double rewards for our program partners – so 15cents for every dollar spent by you in November, (double the normal 7.5cents) will go towards supporting Eyes for Life Canberra / Canberra Blind Society. 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** – double the amount of your spend on food and beverages at the Southern Cross Club is donated to your chosen group.

**Audio Book Group – Wednesday 1st November**

The Audio Book Group will meet on Wednesday 1st November at 10:00 am in the CBS meeting room for a spirited discussion of “Lessons in Chemistry” by Bonnie Garmus, a popular book with book clubs internationally. Lovers of good books who want to continue reading and exploring the new and exciting audio books are most welcome to join us. CBS staff and volunteers make it easy to enjoy your reading experience and to bring you into a welcoming group.

**Notice of Annual General Meeting – Thursday 16th November**

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 16th November 2023 at 6.00pm**. Please check your letterboxes and your emails for papers sent previously for the AGM.

**Open Garden Tour – Friday 17th November**

Teresa Zarlenga invites CBS members and friends to her Open Garden Descriptive Tour 10.00 am on Friday 17 November 2023. Teresa’s home is located at 50 Investigator Street Red Hill.

The design and creation of the garden has developed over the years. Features of the garden include: lagoon water features, a 50 metre grapevine, a selection of roses, 28 fruit trees, vegetables, herbs and cut flowers in a Kitchen Garden and a chook yard.

If you are interested in going please contact Debra or Hayley on 62474580 or email [events@canberrablindsociety.org.au](mailto:events@canberrablindsociety.org.au)

We will have bus transport on the day – pick up from CBS offices 9.30am and return to the CBS offices 11.00am. Please let us know if you would like a seat on the bus as soon as possible.

The gardens will also be open all weekend Saturday 18th and Sunday 19th November, from 10.00 am-4.00 pm - There is an entry fee of $10 per person, on the weekend - and all monies raised will be donated to Canberra Blind Society.

**ANU - Classic Museum – free monthly tour – Friday 24th November**

Time: 11am – 12 noon

Location: Ground floor, A.D. Hope Building

Join us for a free guided tour of the Classics Museum led by one of ANU’s knowledgeable volunteer guides.

The ANU Classics Museum, established in 1962, displays a range of items that provide fascinating insights into the cultural practices of the ancient Greek and Roman worlds. The collection, which is open to the public, spans the Mediterranean and beyond. It features examples of ancient art and objects of daily life from Greece and the Roman world, including Egypt and the Near East. There are over 600 items displayed, including Bronze Age objects, fine Roman glass tableware and jewellery, Greek vases, Greek and Roman coins, domestic ware and interior décor such as wall paintings.

In addition to the displayed objects ANU have a 'HandsOn" collection of small objects from excavations, which have interesting stories and can be handled by visitors.

After the tour ,for those interested, we will get together for lunch at a café in the City.

Please call Deb or Hayley on 6247 4580 or email [events@canberrablindsociety.org.au](mailto:events@canberrablindsociety.org.au) if you are interested to attend, and let us know if you require transport.

**Canberra Zoo and Aquarium – Monday 4th December**

To celebrate **International Day of People With Disability**, CBS would like to invite you to an African Savannah Tour at the Canberra Zoo and Aquarium. We will have a private guide for this tour, and will be driven around in one of their open air electric vehicles. There will be some walking between exhibits. This interactive experience will include learning about these animals from our guide, feeding some of the animals by hand, hearing their unique sounds and you will get to pat the Rhinoceros. The animals we will experience include: Rhinoceros; Barbery Sheep; Giraffe; Cheetah; Zebra; Eland; Emu; Deer; African Painted Dog and Reptiles. After our tour we will provide a picnic lunch in the Zoo grounds, before getting our bus back to CBS Office.

Time: Bus pick up from CBS offices: 8.30am

Tour: 9.30am – 11.00am.

Return bus to our offices 2.00pm

We believe this tour will be popular, so please register your interest **by Tuesday 28th November** with Deb or Hayley on 6247 4580 or [events@canberrablindsociety.org.au](mailto:events@canberrablindsociety.org.au).

**\*\*Please note, as dog handlers and carers you would be aware guide dogs are not permitted at the Zoo. So please make other arrangements for your guide dog\*\***

**Christmas Picnic – Saturday 9th December**

CBS invites all clients, members and family to a picnic to celebrate Christmas 2023 on Saturday 9th December. Come along and join us at **Lennox Gardens**, a park in Canberra, lying on the south side of Lake Burley Griffin, close to Commonwealth Avenue Bridge and Albert Hall in the suburb of Yarralumla. Sandwiches, finger food, Christmas pastries and drinks will be provided, please bring your own beer or wine if you wish to drink alcohol.

Time: 12.30 – 2.30 pm

The December sun may be a warm one, don’t forget your hat and sunscreen.

Please call Deb on 6247 4580 or email [events@canberrablindsociety.org.au](mailto:events@canberrablindsociety.org.au) if you are interested to attend.

If you require transport to the Christmas Party, you will need to contact [volunteers@canberrablindsociety.org.au](mailto:volunteers@canberrablindsociety.org.au)

**Sensable Cooking – Recipes**

**Waldorf Salad**

**Ingredients**

1 cup chopped celery

3 apples

1 cup of grapes

½ cup toasted walnuts or pecans

½ cup mayonnaise

**Method**

Place chopped celery, apples, grapes, nuts and mayonnaise into a bowl and mix well.

**5 Spice Chicken Wings**

**Ingredients**

4 cloves garlic

1 Tablespoon grated ginger

1 Teaspoon 5 spice powder

3 Tablespoons soya sauce

2 Tablespoons honey

1 Tablespoon sweet chilli sauce (optional)

2 kg chicken wings

**Method**

Line tray with baking paper.

Cut chicken wings in half and marinade with the above ingredients and leave 30 mins.

Place wings onto baking trays and bake in a 200 degrees C oven for 30 mins.

**Chocolate Spiders**

**Ingredients**

200g chocolate

2 tablespoons peanut butter

1 packet CHANGS original crispy noodles

**Method**

Melt chocolate & peanut butter in a large microwave bowl for 1-minute bursts till melted.

Add noodles and mix well.

Place tablespoon of mixture onto lined trays to set.

Store in a container in the fridge.

**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