



October 2025 - Announcements

Nominate Eyes for Life Canberra for the 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** – you can double the amount of your spending on food and beverages at the Southern Cross Club that is donated to your chosen group.

Upcoming Canberra Blind Society Events

Trivia – CBS x Grill'd

Mark your calendars - CBS is hosting a trivia night on Sunday 19 October at Grill'd in the City.

The entry fee is \$25 per person and for that you get a burger and fries and a \$10 donation to CBS. You also get a fun filled night full of trivia questions and answers. Doors will open at 5:30 with trivia questions starting at 6:30. Other food and drinks will be available for purchase.

We will be getting more information about the nitty gritty details and numbers on tables so start getting your team together.

Meta Glasses Information Session

On the 23rd of October from 10-11am, Jan from Sunglasses Hut will be speaking on Meta glasses, how they work, and their many uses. After the information session we will also be providing a light morning tea with refreshments catered by Embrace catering. For this reason CBS asks that if you would like to attend this information session and/or require transport, please call Aalo at 6247 4580 or email

admin@canberrablindsociety.org.au – please include any allergies and/or dietary requirements so we may provide everyone with some morning tea on the day.

This information session will be held during the time our Friends of Braille usually meet – so that group activity will be cancelled that week.

Tactile Galaxy experience at Mt Stromlo Observatory

A sensory tactile session at Mount Stromlo Observatory with professional astronomers, who will guide the participants in the workshop. It is being held on the 17th of October from 6pm-8pm with a 1-hour tour around the site and a 1-hour astronomy experience.

If you are interested to participate in this astrophysical experience, please contact Aalo or Deb on 6247 4580 or email admin@canberrablindsociety.org.au

Mulligans Flat Excursion

This year to celebrate **World Sight Day** we invite CBS members and clients to come along on a tour to discover the beautiful Mulligans Flat Woodland Sanctuary and the extraordinary species that call it home. Join us on Friday 17 October for a Sanctuary Safari including a sensory tour.

CBS will provide a Community Bus and driver, picking up interested people from 9.15 am at the Griffin Centre, returning to the office from 2.30 pm. The 1 ½ hour tour will be followed by a Café lunch.

The cost for this sensory experience is \$18 per person plus the cost of your lunch.

What to wear

- Enclosed, flat shoes are a MUST.
- Appropriate clothing (i.e. Rain protection or warm clothing)

If you are interested please contact Aalo or Deb at admin@canberrablindsociety.org.au We will need to pre-order lunches so please ensure you ask about the café menu.

Core Programs as Usual:

- Friends of Braille - Thursday Weekly 10am - 12pm
- Arts and Craft Group - Second and fourth Wednesday of each month 10am-12pm and 1pm - 3pm
- Audio Book Group - First Wednesday of each month, 10am - 12pm
- Men's Peer Support Group - Last Tuesday of each month, 11am - 1pm
- Ladies Chat Circle - First Friday of each month, 10am - 12pm
- Sense-able Cooking – Third Friday of every Month, 10am – 12pm
- Exercise Group – Thursday Weekly 1:30pm – 2:30pm

Peter Granleese OAM

Debra and Heather had the pleasure of accompanying Peter Granleese to Government House on Monday 22 September to witness his investiture ceremony.

Peter was presented with an Order of Australia Medal (OAM) for “service to people who are blind or have low vision”. Seventeen people received awards during the ceremony. The Governor General Her Excellency Ms Sam Mostyn AC spoke eloquently and passionately about the commitment and service the recipients of the awards demonstrated. The phrase “ordinary people doing extraordinary things” was used to describe the recipients’ achievements and service. The Governor General mentioned that this year is the 50th anniversary of the Awards system so it is a very auspicious year to receive an honour.

The Governor General Instagram account (@gg_australia) posted a note about the ceremony that reads “The breadth of service recognised within a single investiture ceremony is remarkable. In this afternoon’s ceremony, recipients were recognised for service to social justice, to education, during wartime operations, and to people with low-vision or blindness, just to name a few.”

The Governor General You Tube account shows each investiture ceremony (and a lot of other videos) of the investiture ceremonies being held this week.

After the ceremony Government House hosted afternoon tea for recipients and guests.

Congratulations Peter and thank you for your hard work with CBS.

Debra Quinnell

It is with both gratitude and sadness that we share the news that **Debra Quinnell, our Outreach Officer, will be retiring from the Canberra Blind Society (CBS) at the end of October.**

For many years, Deb has been a stalwart champion of CBS and Eyes for Life Canberra (EFLC). Through her deep knowledge, compassion, and tireless service, she has played a vital role in supporting people who are blind, or vision impaired across our community. Whether coordinating programs, welcoming new members, or guiding families and carers, Deb has embodied the values of inclusion, dignity, and independence that lie at the heart of our mission.

Her work has touched countless lives—helping individuals navigate challenges, build confidence, and find connection through CBS programs and EFLC services. Deb’s warmth and dedication have not only strengthened our organisation but also enriched the broader Canberra community.

While we will miss her presence greatly, we are excited for Deb as she embarks on new adventures in retirement. Her legacy of compassion and advocacy will continue to inspire us as we carry forward the important work of CBS and EFLC.

A card is available at the front desk for those who would like to leave a personal message for Deb. We encourage you to share your thanks and well wishes as we celebrate her remarkable contribution.

On behalf of everyone at CBS and EFLC, we extend our heartfelt appreciation to Debra for her years of service and leadership. **Good luck, Deb—you will be deeply missed.**

Men’s Group Men's Group – Tuesday 30th of October, 10am – 12pm

There has been a change in the future meetings for the Men’s Group. From the September meeting onwards the men’s group will be on from 10am -12pm.

The Men’s Group invites men of all ages to get together over a coffee to chat all things low vision and share daily living experiences. If you would like to join please contact the office on 6247 4580 or email admin@canberrablindsociety.org.au

If you require transport to and from the activity – please contact the office at on the phone and email above.

Ladies Chat Circle – Friday 3rd of October, 10am-12pm

This month at our Ladies Chat Circle we have Jessica from Guide Dogs coming to chat about all things occupational therapy related.

If there is a topic you would like to put forward for the upcoming chat circles, or require transport – please contact Aalo on 6247 4580 or email admin@canberrablindsociety.org.au

Annual General Meeting – 20th of November 6:00pm-7:30pm

In November we are holding the Canberra Blind Societies Annual General Meeting. All members are encouraged to attend and have a say on decisions made for the society. After the meeting light foods and refreshments will be served – so please let the office know of any food allergies, intolerances, or requirements.

If you wish to attend please call Aalo at 6347 4580 or email admin@canberrablindsociety.org.au

Audio Book Group – Wednesday 1st of October, 10am – 12pm

Audio Book Group: Our friendly, inquisitive and engaged members will meet on Wednesday 1st October at 10:00 in the CBS Meeting Room and new members are most welcome. Our book for prereading will be, “A Beautiful Family” the debut novel of Jennifer Trevelyan a New Zealand writer with an unusual ten-year-old Child narrator. A coming-of-age story and thriller, full of nostalgia for a child’s family holiday at the beach in the “80s.

Interested in joining us? Contact the CBS office or Bob James on 0467 364 530

If you require transport please contact the office on 6247 4580 or email admin@canberrablindsociety.org.au

FOR SALE

Perkins Braille Machines

Canberra Blind Society has an excess of standard Perkins Braille machines which they wish to sell. The pre-owned machines are all in working order. The cost per machine is \$400.00. These machines were last serviced in 2022.

Yoga Mats

CBS has a surplus of brand-new **Yoga mats for sale**. Purchased new at \$42.00, now selling for \$20.00.

If you are interested, please call the office on 6247 4580 or email admin@canberrablindsociety.org.au

Carpet Bowls

FREE to a Good Home

Canberra Blind Society currently has equipment for Indoor Carpet Bowls. This game is similar to lawn bowls but indoors, using biased bowls that curve as they travel down the mat. The objective is to get your bowls closer to the jack (a smaller white ball) than your opponent.

Equipment includes

- Carpet (roll)
- Assorted balls
- Jack

If you are interested to come and take the equipment away please contact Aalo or Deb on 6247 54580 or email admin@canberrablindsociety.org.au

Quilts, Quality Fabric, Oven Mitts, and more

Homemade Quilts and upholstery products for sale, made by one of our own members Helene Anderson who because of her declining eyesight has had to leave selling at the markets behind. Helene has made the products so they're all machine washable.

She is selling many items such as quilts, oven mitts, Casserole dish covers, ironing board covers, and fabrics.

If any of these types of products interests you, or you have any questions, please contact Helene at:

PHONE: 0420 533 264

EFLC 2025 Fundraising Raffle

Eyes For Life Canberra is excited to announce our 2025 Fundraising Raffle! A fun way to support EFLC, whilst giving yourself the chance to win some fantastic prizes. The raffle will be drawn at the CBS Christmas party.

Tickets are 1 for \$5 or 3 for \$10.

You can purchase the raffle tickets in the EFLC/CBS offices, online, during our Trivia Night, or when we're out in the community at events such as COTA. We've got some amazing prizes on offer, such as:

Prizes include

- **\$300 Voucher - LAUREN ALCANTRA ART**
- **Personal History Audio Recording, Valued at \$200**
- **Donation of wine from Holdfast Distillery**
- **\$200 Hydrogreen lawn care voucher**
- **\$100 Voucher - the EFLC shop**
- **Bonus PRIZE!! Meal/drinks voucher, Canberra Southern Cross Club**

Every ticket sold directly helps EFLC continue to support individuals to help identify barriers and develop strategies to enable them to maintain their independence and fully participate in the activities of everyday life.

Recipe from September Sense-able Cooking

Pot stickers dumplings

Ingredients

- 500g pork mince
- Spring onions 6 chopped
- 1 tablespoon grated ginger
- 3 garlic cloves minced
- 3 tablespoons soya sauce 1 tablespoon oyster sauce 1 teaspoon sesame oil 1/2 teaspoon 5 spice powder
- 1/4 shredded Chinese cabbage
- 1 packet dumpling wrappers

Method

1. Place all ingredients in a bowl and mix well
2. Place teaspoon of mixture in the dumpling wrapper and fold over
3. Place tablespoon of oil into a frypan with a lid
4. Place dumplings in fry pan
5. Add 1:4 cup of water into fry pan
6. Cook on medium heat with lid on till water is evaporated and the dumplings are browned on the bottom
7. Approximate 15 mins
8. Serve with soy sauce or sweet chilli sauce

Sang Choi Bao Chinese Lettuce Wraps

Ingredients

- 1 Iceberg lettuce
- 500g pork or chicken mince
- 1 bunch of shallots
- 1 small tin water-chestnuts
- 2 carrots
- 1 red onion 4 shitake mushrooms
- 3 garlic gloves
- 2 tablespoons ginger
- 3 tablespoons soy sauce
- 3 tablespoons oyster sauce
- ½ tablespoon sesame oil
- 1 cup bean sprouts
- Small bunch of coriander
- Chilli flakes to taste

Method

1. Pull apart lettuce into individual leaves and soak in cold water
2. Grate carrot
3. Dice finely; onion, spring onion, mushroom, coriander water chestnuts, and garlic
4. Heat oil in wok and stir fry garlic onion ginger, and mice for 2 minutes
5. Add grated carrot, mushroom, and water chestnuts
6. Pour in soy, oyster, sesame oil, and chilli flakes (optional) cook till meat is brown but still juicy
7. Take off the stove and stir in coriander and shallots.
8. Serve in crispy lettuce wen mixture has cooled a little.

Discounted Alternate Transport Opportunity – DUTY OF CARE TRANSPORT

We have recently been approached by private community minded transport to get clients to and from medical, social and shopping appointments within Canberra/Queanbeyan region.

Cost: \$2 per km + \$10 flat fee

<https://doctransport.com/transport-prices/>

10% discount for senior cards + health care cards from Services Australia

Difference to Uber/Taxi:

Drivers get out of their vehicles to provide assistance for clients to and from their front door to vehicle, and in and out of medical foyers etc. If client is not located, our office will start trying to locate client by calling emergency contacts, last known destinations, hospitals etc. to make sure they are ok.

Background:

This Group are an ex-Communities at Work transport team which unfortunately could not continue providing much needed community transport to Canberra region since November 2024 - due to government funding not able to cover total cost of transport section in the organisation for quite a few years.

So, 6 months later after Communities at Work closed its transport section, a few ex-staff decided to rebirth under a private company named "Duty of Care Transport" from July 2025

Art by Description at the National Gallery.

The National Portrait Gallery is delivering a free Virtual Highlight Tour on the 7 October from 12:30-1:00pm in celebration of World Sight Day.

Celebrate World Sight Day and discover some of our most colourful portraits from the collection brought to life through audio description. This program is designed for people who are blind, have low vision or for sighted people looking to explore portraits in a different way.

For access support or other ways to book please email bookings@npg.gov.au or phone 02 6102 7070 prior to your visit.

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

To provide any feedback on this platform or unsubscribe please email admin@canberrablindsociety.org.au