



Weekly Bulletin

Friday 17 July 2020

PRESIDENT'S UPDATE

I would like to add some more detail now that the Management Committee has decided to re-open the Club from 27 July.

Events in Victoria and NSW are a clear indication that COVID19 has not disappeared and that despite good results early to keep the virus controlled, it can re-establish itself quickly and virulently. The risk to seniors remains high. The Government warnings about staying at home and self-distancing when you are out and about continue. Please think seriously about your own personal circumstances and whether you are comfortable about returning to activities.

Like shops and cafes, we will have hand sanitizers all through the Club. Registering your name and phone will be mandatory each time you enter both buildings. You will be required to wipe down any chair or table that you touch after each activity and different arrangements for tea/coffee will also be introduced.

The requirement for social distancing will make it difficult for some activities to return until these rules are relaxed. Furthermore, person limits on the rooms may also result in limits on some activities. I will provide more advice on this issue next week. A booking system will be required for some activities.

Fees for 2020 will need to be paid if returning to activities but will now cover 2021 as well – i.e. current memberships will carry through until March 2022.

We will also be introducing pre-paid activity vouchers as an attempt to reduce the need for cash at each activity.

Finally, we will continue to follow Government guidance concerning keeping the Club open into the future.

Keep safe

Phil Burns President





BEST THING SINCE SLICED BREAD



Robe's Brad and Narelle Scott from [Transmutation Pty Ltd](https://www.transmutation.com.au) have announced the release of their latest innovative products.

Since opening their store last year in the seaside township on South Australia's Limestone Coast, the two have been working hard, taking recyclable plastic, most notably bread tags, and turning them into products to sell.

The company has been receiving an increasing amount of bread tags from the charity '[Aussie Bread Tags for Wheelchairs](https://www.aussiebreadtags.com.au),' who raise funds to buy wheelchairs for disadvantaged people in South Africa. The collection points which the charity has nationally are many and varied. They range from scout groups, school groups, church groups, community groups, local businesses and just individuals who are basically set up as collectors. The bread tags all end up in Adelaide where they are sorted by a dedicated group of volunteers and are then transported to Robe each month at no cost by local business, H.F Dicker and Son.



Brad and Narelle's list of products range from bowls, coasters, doorknobs and serving boards. Initially products were being made from all type of waste plastic, but now the business is focusing on polystyrene as this plastic typically goes straight to landfill in Australia.

There is a dedicated workshop at the back of their retail store where they have built two more compression machines. These developments have allowed them to produce a broader range of items with the intention of making plastic bricks by 2021.

The couple have been working closely with fellow Australian brand Country Road to come up with the new line of products, developing them specifically for the company. The new serving board used 5,500 bread tags and two more product lines, a round salad bowl and a round dip sauce bowl, will be introduced to the market this year. The moulds for all the new designs are made by Whitty Engineering in Mount Gambier. This successful collaboration has provided a solid understanding of what is required to create a good working mould for an artisan workshop which is completely different than a mould for a highly automated plastic factory.

As Transmutation continues to 'reduce, reuse and recycle', they are actively helping the community, the environment and the soul!

PLASTIC FREE JULY



THE RUM PROJECT

(Return Unwanted Medicines)

The FREE and

convenient way to dispose of your medicines responsibly via your local pharmacy.

Why? Storing expired or unwanted medicines in your home can be dangerous and disposing of medicines inappropriately can damage the environment.

Follow 3 Simple Steps to a Safer Home and Cleaner Environment

1. Read

Go to your home medicine area. Read your medicine labels, checking expiry dates. Consider whether you need all your medicines.

2. Remove

Remove all expired and unwanted medicines from your home medicine area and place them in a bag or container.

3. Return

Return all your expired and unwanted medicines to your local pharmacy. Your pharmacist will put your medicines in a secure bin for safe disposal.

About Rum

The RUM Project provides the safest and easiest way to dispose of expired and unwanted medicines. You can return all your medicines to any pharmacy anytime, for free and safe collection and disposal.

RUM is funded by the Commonwealth Government and Department of Health. Disposal of the returned medicines is conducted in accordance with regulatory and Environment Protection Authority requirements.

For more information, visit [The Rum Project](#) or talk to your local pharmacist.

THE RECYCLERY

The Recyclery is where pre-loved bikes go to get a second chance at life. Got a bike in reasonable condition that is no longer ridden? Drop it in to the Centre and they will nurture it back to good health and pass it along to someone who needs it.

Need some wheels to get around town but don't want to spend a fortune? They have a range of second-hand bikes, tuned by a professional bike mechanic and ready to roll out the door from as little as \$100. Your purchase or the bike donated is helping to divert waste from landfill and assisting the Environment Centre in continuing their community education projects.

Please note that the Recyclery cannot repair your bike for you and they encourage you to attend [Cycle Jam](#) to learn to fix it yourself.

Donating a Bike?

They accept adult sized bikes in reasonable condition but cannot accept children's bikes. You can drop your bike off during Recyclery business hours. They cannot come to you to pick up deliveries. They are most in need of bikes that it would take a mechanic a short amount of time to fix. Unfortunately, their mechanics can't do lengthy repairs - there are just too many bikes!

If you're interested in becoming a volunteer bike mechanic, or have a bike to donate or want to purchase, please contact recyclery@canberraenvironment.org for current Recyclery opening hours.



IN YOUR OWN BACKYARD

COMMUNITY GARDENS - 2

Community gardens offer people and the community many benefits. They provide opportunities for recreational gardening, support living sustainably in an urban environment by fostering composting and water usage techniques, and they contribute to social and community development.

We live in an era that for many of us, our neighbours are strangers. Community gardens bring people who live nearby together, provide the opportunity to meet, work beside and even form friendships with people who might live down the street, but who you might never have met otherwise.

Erindale Neighbourhood Garden was created by a group of Erindale non-profit organisations and interested local people on an 830sq m block of vacant land at 39 Comrie Street, Erindale - just across the road from Erindale Shopping Centre in the heart of the Tuggeranong Valley.

The aim of the garden is not only to grow vegetables and to encourage healthy eating; it is even more about building links between individuals and community groups in the neighbourhood and developing a sense of "belonging" for people in the Erindale precinct.

The garden has raised garden beds to grow vegetables; but it also includes a native and lower garden to relax in, for children to explore and is designed to be wheelchair friendly.

The theme of the garden is *inclusion*, generating a range of long-term benefits for the Erindale and wider community.



SIMPLE GROWING

This is a simple, weed-free way to grow lettuce, spinach, and even radishes.

Take a bag of potting soil, crumple it around quite a bit to loosen the soil, poke quite a few holes in the backside for drainage, then lay the bag on a smooth surface that will allow drainage and not get too hot, and cut out the top, leaving about a 4 or 5-inch border all around. Lightly rake through the soil to even it out and loosen it even more, then carefully, and evenly sprinkle the seeds around.

Spray mist the seeds and plantings at first when watering, until they are established, then you can water more vigorously as the plants mature. You will probably need to water more often since the depth of the bags are not as deep as a regular in-ground garden. Just keep them moist, but not sopping wet.

When harvesting, just use a pair of scissors and cut what you need - don't pull the plants out. The same goes for spinach - they will grow back almost magically overnight, and you can't tell where you cut.





GIRGARRE 'JUNKESTRA': SWEET SOUNDS OF CANS AND TANKS

This week on ABCs 'Back Roads' Heather Ewatt visited the Victorian town of Girgarre and the town's musical journey took me on a 'Google' one of my own!

A "junkestra" — an orchestra of instruments made of recycled materials — has had a spot in the yearly Girgarre Moosic Muster, since January 2017.

Inspired by a YouTube Clip of a similar orchestra from Paraguay, harp player Peter Gibson from Nanneella floated the idea of an 'orchestra' comprising instruments made from 'junk'. These 'junkstremments' were a far cry from Steinway or Stradivarius and were made from recycled hub caps, tin cans and even a galvanised tank. The 'Drawer Harp' was made from a couple of old wooden drawers and some second-hand guitar strings.

The 'junkestra' took on new life a few months later when the Girgarre ReViVal committee won a prestigious *Small-Town Transformations Grant* through Regional Arts Victoria "for projects that realise big ideas" and to put artistic practice at the centre of community life. The funding enabled composer and musical director Graeme Leake to take up a 10 week residency in Girgarre where he ran a series of open workshops in music skills and instrument making for both Girgarre residents and visitors to the town. The plan was for a community orchestra to be formed, playing a series of castoff objects which had been salvaged and reinvented as musical instruments.

When Graeme arrived in Girgarre he found the 'Junkstremments' project was well underway, with some fantastic models using oil cans, biscuit tins, tennis rackets and milo cans. The standout was Wallace Williams' violin, an extraordinary piece that was hand hammered from galvanised sheet metal and was a fully working, well-trimmed and tuned fiddle. Cattle-wash drums played with mallets made from sports balls and broom handles, a set of 'fire bells' (cutdown fire extinguishers tuned to pay with the strings) and an array of smaller percussion creations soon took their place adding to the orchestra's unique sound.



Their premiere performance of the specially written piece 'Spirit Rising' was a major part of the Gala Opening of the new Gargarro Soundshell, on 21 April 2018 and the Girgarre 'Junkestra' continues to delight Victorian audiences far and wide.

The determination of the population of Girgarre to transform the town and Graeme's call for cast offs are great reminders that when something is broken, damaged or temporarily impaired, it doesn't have to spell disaster or the end. A fresh way of looking at things and the ability to find positivity and new purpose in the familiar is what drives innovation and sparks creativity.

Cultivating a brighter future through the involvement of community, sound, music, and collaboration the rising spirit of Girgarre is a sound that's sure to be heard and celebrated, far and wide.

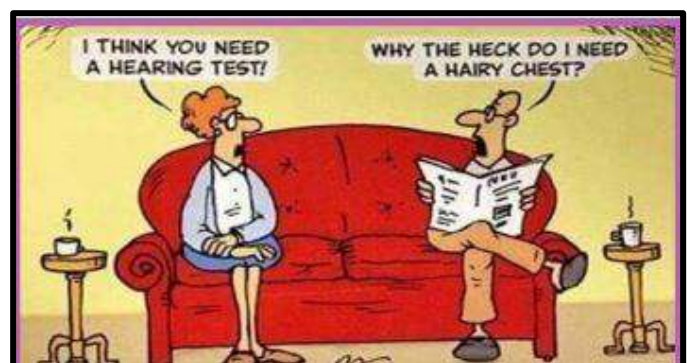
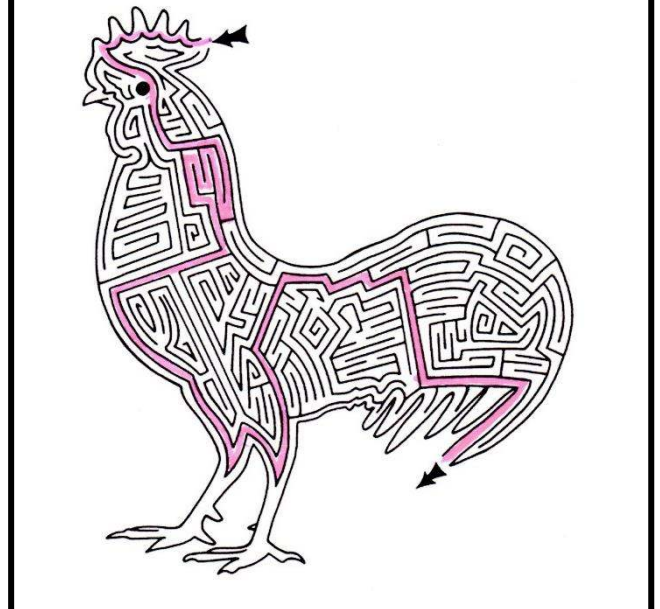
DID YOU KNOW THESE THINGS HAD NAMES?

- The wired cage that holds the cork in a bottle of champagne is called an agraffe.
- The “na na na” and “la la la,” which don’t really have any meaning in the lyrics of any song, are called vocables.
- When you combine an exclamation mark with a question mark [like this ?!], it is referred to as an interrobang.
- The space between your nostrils is called columella nasi.
- The armhole in clothes, where the sleeves are sewn, is called armscye.
- The condition of finding it difficult to get out of bed in the morning is called dysania.
- Illegible handwriting is called griffonage.
- The dot over an i or a j is called tittle.
- The utterly sick feeling you get after eating or drinking too much is called crapulence.
- The metallic device used to measure your feet at the shoe store is called a Bannock device.

Simple Formula for Living

Live beneath your means.
Return everything you borrow
Stop blaming other people.
Admit when you make a mistake.
Give clothes, not work to charity
Do something nice and don't get caught.
Listen more, talk less.
Every day take a 30 minutes walk.
Strive for excellence, not perfection.
Be on time. don't make excuses.
Don't argue. Get organized.
Be kind to unkind people.
Let someone cut ahead of you in line.
Take time to be alone.
Cultivate good manners.
Be humble.
Realize and accept that life isn't fair.
Go an entire day without criticizing anyone.
Learn from the past. Plan for the future.
Live in the present.
Don't sweat the small stuff.
It's all small stuff.

ROOSTER MAZE SOLUTION



SOCIAL DISTANCING