



Weekly Bulletin

Friday 27 March 2020

COVID-19 UPDATE - What is Social / Spatial Distancing?



It was not that long ago that social distancing was something that you encouraged at school formals. It has now taken on a whole new meaning:

Social distancing means separating yourself from other people as much as possible when you're in public places and avoiding crowded places. Keeping a distance of two arms lengths (1.5 metres) from others where you can, helps in reducing the spread of COVID-19. Social distancing can be very effective, but it is recognised that it cannot be practised in all situations.

These measures should be used if you are well. If you are unwell, you should stay at home.

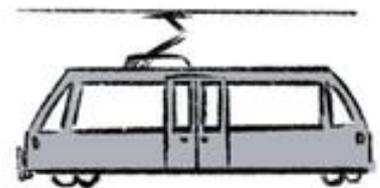
5 tips to keep your social distance

- 1** In a supermarket queue, take a step or two back from the person in front of you.



- 2** Keep chatting to people, but do so from 1.5 metres away.

- 3** On public transport, try to avoid crowds, and keep two seats between you and others.



- 4** In taxis or ride shares, sit in the back seat.

- 5** When jogging, walking or cycling in the park, avoid doing so in large groups and keep distance between you and the others.



COMMUNITY BILLBOARD

I came across the Community Pantry idea in a recent Canberra Times article. I was aware of the Street Libraries but not the Pantries.

In the strange times that we find ourselves in at present, these little hidden treasures are worth a mention!

LIL STREET LIBRARIES

Take a Book. Give a Book, Share a Book

Street Libraries are a beautiful home for books, planted in your front yard. They are accessible from the street and are an invitation to share the joys of reading with your neighbours.



Street Libraries are a window into the mind of a community; books come and go; no-one needs to check them in or out. People can simply reach in and take what interests them; when they are

done, they can return them to the Street Library network, or pass them on to friends. If anyone has a book or two that they think others would enjoy, they can just pop it into any Street Library they happen to be walking past.

They are a symbol of trust and hope – **a tiny vestibule of literary happiness.**



Founded in Australia by Nic Lowe whose vision stemmed from wanting to build an Australian-based free library movement that encouraged literacy and community.

Beginning in NSW in

November 2015, it is estimated that there are around 1900 street libraries around Australia including many throughout the Canberra suburbs.

For more information:

Website: <https://streetlibrary.org.au/>

Facebook:

<https://www.facebook.com/Lilstreetlibraries/>

COMMUNITY STREET PANTRIES

Take what you need - Give what you can



An offshoot of the street library concept, little free pantries stocked with donated food have become popular in America but only started in Canberra two years ago.

In common with 'lil street libraries', little free pantries are

easily accessible from the street and walkers-by can add to, swap something or take from them as they like; instead stocking books, the little pantries are stocked with food.

The idea behind the little pantries is about neighbours helping neighbours – whether it's providing food to those in need, having an opportunity to donate food, or just the fun of swapping surplus food. Setting up a little free pantry builds on community connections and gives people access to things they might need but might not have the capacity to buy.

SOMETHING FOR YOUR PANTRY

Founders's Marmalade – courtesy NMAA

A very economical marmalade made from orange or grapefruit skins which you would normally discard. Keep them in the refrigerator until you have enough. Not very elegant, but it is easy.



2 cups chopped orange or grapefruit peel

2 ½ cups water

Juice of 2 large lemons

1kg sugar

Soak peel in water overnight. In morning add lemon juice, simmer with lid on saucepan until fruit is soft. Warm sugar by placing in oven, then add and boil rapidly until setting point (105c) is reached. Boil until enough liquid has evaporated to give you a mixture of fruit, liquid and sugar which will set when cold. A useful test is to place a little on a saucer and cool it – if the skin wrinkles, it is set. Allow marmalade to cool slightly for better distribution of peel. Pour into clean warm jars, cover and seal.



SPOTLIGHT ON – SHUTTERBUGS CAMERA GROUP



THE SHUTTERBUG'S CAMERA GROUP

normally meets on the third Thursday of each month where a dedicated group of around 12 members gather to talk about all things photographic. Included in our programme is a monthly display project on a set theme. A recent theme was "Shadows" and looking further ahead, future themes will include "Rust" "Up or Down" and Monochrome.

A project that all club members can try is "My Home". Get out your cameras or phones and snap away at various objects around your home. Be creative, try different angles, close ups, patterns, textures, unusual lighting etc. Could be something in the garden, shed, kitchen or what about the laundry. Do some prints, any size you like, and when we resume our activities, we will put them up on display as part of our welcome back celebrations. They don't have to be great works of art, just snap away and have some fun.

Our monthly programme also includes a topic of interest where we invite a guest speaker or fellow Shutterbug's member to talk about their favourite photographic subject. We are all looking forward to the second part of Steve's excellent presentation on "Getting Back to Basics"; looking at some of those many settings on our cameras that we never use and should.

We also have our outings, where we visit some of the more photogenic spots around Canberra. Past outings have included the National Botanic Gardens and the Arboretum. Our outings planned for this year included the Jerrabomberra Wetlands, Tidbinbilla Tracking Station and Lanyon Homestead. All T55 Plus club members are welcome to join us on our outings. Hopefully, you will be able to join us once we recommence our activities.



NATIONAL GALLERY OF AUSTRALIA OUTING

The Shutterbug's camera group recently held an outing to the National Gallery of Australia with thanks to Dorothy for organising the tour. Although we only had a small attendance, the outing was greatly enjoyed by all.

Ian Robertson, who is a volunteer guide with the Gallery, lead us around some of the photographic displays currently on show. Ian expertly explained some of the techniques, especially the lighting and composition, used by several Australian photographers both early and contemporary.



Highlights included portraits by Ricky Maynard, panoramas by Bernard Holtoman, works by Max Dupain, Daniel Swift and photographs by Mervyn Bishop who was the first Aboriginal press photographer. The morning ended with an excellent cuppa in the Galleries café after which we headed off to take a few photos.