



Weekly Bulletin

Friday 3 April 2020



JOURNALING – An Ancient Tradition

This week's Spotlight (p3) is on Family History and the Club is very fortunate to have innovative and energetic members, Liz Dean and Norm Collings who deliver each month's intriguing and informative presentations.

As we have discovered, family history is not just about individual family members, it is also about social history. Members of our families have been affected by social history, i.e. famine, war, industrialisation and it has often been the catalyst for their behaviour.

What we are living through now will become part of 2020's social history and will form part of our own family history. Being confined in our homes is an opportunity to document this experience for your future 'family historians'. Keeping a journal will help you remember details, give you a way to process your feelings and ideas and give an insight into what life was like during this time.

Your journal can be a book where you physically write with pen or pencil or be a word document saved on your computer. Make sure each entry is dated, be honest about how you felt and what you did and record small details that will bring your memories alive for your reader. Also make sure you add your mood; sad, happy, anxious and what made you feel that way. Write a little or a lot, whenever you feel like it and use it as a way to sort your thoughts.

During these uncertain times, this might just help reduce stress, boost your mood, improve your immune system as well as keep your memory sharp!

And provide a valuable family resource!

LIL STREET LIBRARIES UPDATE

Further to last week's item, a lot of the little street libraries in our region will go into hibernation until the Covid19 pandemic is under control.

Some LSLs will stay open but with a request for books not to be returned and others have turned their LSLs into community pantries.

Each LSL runs independently so it will be up to each individual host to decide what he/she wants to do with their lil library.

(courtesy L'il Street Libraries Facebook Page)



FOCUS ON FITNESS

BICYCLE TIPS FOR RIDING IN SOLITUDE

In this weird world we are in at present, it is even more important to exercise, and riding solo can raise the spirits as well as being good for the body, especially as it allows us to be socially distant while getting our bicycling buzz.

However, a few things to remember or to take with you if you're solo riding.

1. A pump
2. A puncture repair kit, or better still take a spare inner tube (you can repair the punctured tube in the luxury of a dry, warm home afterwards).
3. Practice taking out both wheels at home so that it is not a complete surprise and puzzle when you get a flat-out riding.
4. Each time before you ride, pump your tyres up to a value that is in the range printed on the side of your tyres. This reduces the chance of getting a puncture because of over or under inflation.
5. If your gears are jumping it can be one of the following reasons: the cables have stretched and therefore the gear change mechanism is out of alignment, the second is that of the chain has had a long life it may have stretched. I have a chain stretch measuring tool which I am willing to check your bike (@ two meters distance from you!). Alternatively go to a bicycle shop and pay money for an expert.
6. Take a few Band-Aids. I invariably cut myself doing bicycle repairs! I even carry some paracetamol in case I really do a good job on me!

*Norm Collings
Bicycling Group Activity Leader*



A STEP IN THE RIGHT DIRECTION

We often hear 10,000 as the golden number of steps to strive for in a day. But it turns out the 10,000 steps concept was initially formulated as a marketing strategy to sell step counters, and there is no real evidence to support this target.

An Australian study found people who took more than 5,000 steps a day had a much lower risk of heart disease and stroke than those who took less than 5,000 steps. But one size doesn't fit all.

Evidence-based guidelines recommend 30 minutes of moderate physical activity a day, which corresponds to about 3,000 to 4,000 dedicated steps at a moderate pace.

SUPER CHEAP SUPER FOODS

While some 'super' foods will set you back a pretty penny at the health food store, here's a handful of incredibly cheap everyday foods that are little-known nutritional heroes:

Onions are low in calories yet high in nutrients, including vitamin C, B vitamins and potassium.

Sardines are a great source of omega-3 fatty acids, protein, vitamins B12 and D, and a host of minerals. Being a small fish, they only eat plankton and do not have the levels of heavy metals of larger fish, such as tuna.

Perfect for salads or soups, **pumpkin seeds** are high in iron and other minerals such as zinc and magnesium, as well as being a source of protein, fibre, phytosterols and antioxidants.





SPOTLIGHT ON – FAMILY HISTORY GROUP



FAMILY HISTORY GROUP normally meets on the first Thursday morning of the month at 10.00am. The topic for April was going to be about writing down your research or planning how it could be recorded.



With the Club being closed at present, perhaps now is the time to do some writing or some research. While our local institutions are closed as well, a lot of information can be found online.

Trolling the newspaper archives at the National Library on Trove, <https://trove.nla.gov.au> can often glean a lot of useful facts about your relatives and the times in which they lived.

There is an extensive picture library online on Trove too – need an image of a convict ship or an early view of the town your ancestors grew up in?

The National Library newsletter is available at <https://www.nla.gov.au/news/enews> and describes other resources that are available online at the library.

Another free source of information is Family Search, <https://www.familysearch.org> Registration is free and doesn't mean you will be bombarded with emails.

Also, if you were thinking of taking out a subscription to one of the sites such as Ancestry, FindMyPast, My Heritage, etc. now might be a good time to hunt around for deals on subscription rates!



COPYRIGHT

How can I prevent someone else copying my family history writing? Unfortunately, copyright law is complicated. These key points may reassure you to start or keep writing.

- The first owner of copyright in a family history is usually the person who wrote it.

If you write about your family history, you will own the copyright in what you have written.

If you are writing the history in your own words based on information given by relatives or based on facts, you own the copyright. If another person writes the family history based on the information from the same relatives, or using the same facts, the other person owns the copyright to their version.

If someone else writes the family history for you, they own the copyright unless you have made arrangements to the contrary.

- Copyright is automatic. There is no need to apply for it or register for copyright protection.

A couple of examples may help.

Q. My sister is using information which I have researched for my family history book in her book. Can I stop her?

A. NO. Copyright protects the expression of ideas or information but not the actual ideas or information themselves. So, your sister can use the ideas or information but cannot copy the way you have written it. The way you express or describe the information is copyright.

Q. My mother has some personal letters she wrote to my father. My sister and I both want to quote from these letters in our family histories. Who owns the copyright?

A. Your mother does. If she dies the copyright will (probably) be part of her estate and disbursed according to her will.

The Australian Copyright Council has written an explanatory leaflet 'Family Histories & Copyright' October 2019. (www.copyright.org.au). If you have an issue with something you have written, or want to use another person's writings, it is worth some research on copyright. Liz Dean

My Corona!

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Solution in next week's Bulletin