



Weekly Bulletin



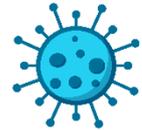
Thursday 9 April 2020



MESSAGE FROM THE ACT GOVERNMENT

The following item was included in the last U3A's eBulletin at the request of the Office for Seniors in the ACT Government Community Services Directorate and I thought it was worth repeating for your information, in ours:

We acknowledge that the health situation we are currently facing is unprecedented. While the COVID-19 Pandemic is affecting our community as a whole, we appreciate that older Canberrans as a group have been particularly impacted.



To help support the shopping needs of vulnerable community members, some supermarket chains have introduced an exclusive shopping hour for individuals with appropriate government-issued concessionary identification.

Providers who are supporting this include:

- **Woolworths Community Hour - 7am – 8am Monday, Wednesday and Friday**
- **Coles Community Hour - 7am – 8am Monday, Wednesday and Friday**
- **Fyshwick Fresh Food Markets – Seniors Shopping Hour - 7am – 8am Thursday and Friday**

Woolworths and Coles have also launched services to support vulnerable people to access delivery services, which you may be eligible for. Further information can be found at the following links:

- **Woolworths Priority Assistance – [here](#)**
- **Coles Online Priority Service – [here](#)**

In addition, Woolworths has launched Woolworths Basics Box, which will assist to support the community through the provision of meals, snacks and few essential items. You can register for this service by phoning the Woolworths Customer Care team on 1800 904 698 or visiting - [here](#)

On 20 March 2020, the ACT Government announced an economic survival package to support the ACT community through public health emergency caused by the COVID-19 Pandemic. This includes a Community Support Package, which will see us working with non-government community partners to best meet the increased service demand for food relief in the ACT. The Canberra Relief Network (CRN) is the ACT Government's response to mobilise a collective effort across the sector to respond to an unprecedented demand for food relief and the provision of other essential items to vulnerable Canberrans during the COVID-19 Pandemic. The CRN can be contacted on 5104 9599 or visiting, canberrarelief.com.au/

FROM THE PRESIDENT

While this weekend celebrates Easter, it will be a very different one for us all. Many will not be enjoying the company of their families, so it is important to keep focused on the future and perhaps start planning for a get together when this pandemic is over.

The Club's Social Committee has already begun discussions regarding a 'Survival Celebration' and there are other plans being floated for marking the end of this isolation period.

Saturday 11 April is also the Club's 12th birthday and in this and future Bulletins there will be 'flashbacks' to celebrate the 'little Club that grew'!

That growth has resulted in a variety of activities being offered and some have used their technical expertise to continue to operate to combat social isolation; Garry Owen is strumming and sipping with online Uke Sessions, Susan Innes is dancing up a storm with her online Zumba Classes and Catherine Alexander is emailing weekly some wonderful 'Mindfulness' art exercises. I would to thank them all for their efforts and if you would like to be included in these online gems, email me phillip.burns5@gmail.com and I will pass on your details.

Please do not hesitate in contacting me at any time if you have any concerns and I extend my best wishes to all members and their families. Happy Easter!

*Phil Burns
President*

**Two things I learned
from the Easter bunny:**

**Everyone is entitled to a bad hare day
and some body parts
should be floppy!**



THE HISTORY OF THE EASTER BUNNY: How the Tradition Began

On Easter Sunday, children across the globe wake up to find their baskets filled with chocolate eggs, small toys, and other Easter basket fillers. But while the Easter bunny *technically* isn't real, the tradition is very much alive, thanks to parents who have been filling the baskets for over 300 years.

So, how did an egg-laying rabbit come to be associated with the Christian holiday of Easter? While the exact origins of the Easter bunny aren't easy to pinpoint, there is actually a solid historical reason that the mythical creature is a rabbit.

Rabbits or hares have long been associated with springtime celebrations. As far back as the fourth century, early pagans celebrated the renewal of life that came with springtime and the vernal equinox. The symbol of their celebration was the goddess of dawn and fertility, Eostre, who was typically represented in art by the symbol of a rabbit or an egg. As Christianity spread across Europe in the Middle Ages (around the year 500), the timing of this springtime observance coincided with Easter, so as Christianity spread the two celebrations merged into one.

Even though rabbits and eggs have long been associated with Easter, the egg-laying, chocolate-delivering Easter bunny as we know it doesn't appear in history until much later. In the 1600s, a legend of a rabbit called "Osterhase" or "Oschter Haws" (which translates to 'Easter hare') was said to lay colourful eggs for children to find on Easter Sunday.



When the first Europeans arrived in America a hundred years later, the tradition came with them. Children would make their own nests or baskets in the week leading up to Easter, and then the Osterhase would leave eggs for them. And so, the tradition of making and filling Easter baskets was born!



SPOTLIGHT ON – CARPET BOWLS



CARPET BOWLS is normally played Wednesdays at 10.00 am and Fridays at 2.00 pm in the main hall. A very social game, it was one of the Club's first activities and Pat and John Dahl have been the co-ordinators since it began twelve years ago.

The game needs limited skill and provides a fun time for the players, with lots of laughter. It does not take long to learn to play, coaching is provided.

New players are always welcome and as they enjoy a break for a delicious morning or afternoon tea, it is a good time to meet new people.

FLASHBACK FRIDAY

Special Easter Carpet Bowls Day – 4 April 2012

Rabbit ears, bob tails and baskets were the theme for the special Easter bowls day. Today was the first interaction with the children and staff of the Education and Early Childhood Centre, our neighbours. The children were all excited coming down the drive with the little baskets they had made. At long last they were going to see what was inside the building they had watched being built – from the first big truck, to the tiles on the roof – the look on their little faces was a sight to be seen, as they saw the bowling mats all lined up with such big heavy bowls, just waiting to be let loose.



Special Easter Carpet Bowls Day: 4 April 2012
Children and staff of the Education and Early Childhood Centre, and the Club members

After a couple of Easter songs and an introduction to the staff from Ginni, the co-ordinator of the centre, the teachers Regan, Ripsy, Karla, Sue and a very special mum, Michelle, it was off for a tour of the building and the much awaited morning tea. Thanks to the bowlers who put on a terrific spread: chocolate biscuits, crackles, cupcakes, plus many more yummys to get their little mouths around.

Off to the bowling mats for the children to have a little go themselves, with supervision from just about everyone. As the excitement grew and the bowls went in every direction, much laughter could be heard from around the room. Alan and Vern gave a demonstration on how it should be done. Great laughter as the first bowl went off the mat but the children soon got into the swing of things and clapped and cheered when the bowls got near the jack.

Sadly, it was time to say goodbye to our new found friends. After filling up their Easter baskets with (chocolate!) eggs, marshmallow and cupcakes it was off with a big wave and many a thank you from little voices that had had so much fun.

From the feedback we have received, we hope this is the start of many more visits in the future.

Thank you to Pat, John and the many bowlers who gave up their bowling time to have a little distraction of a very special kind.

Maureen Nock, Social Committee Member

HAPPY BIRTHDAY

TO US!

To celebrate the Club's 12th Birthday, it seems only fitting that we should bake a cake – simple and delicious – this recipe first appeared in the Nursing Mothers Cookbook in 1975 and has been a firm favourite for many families, including mine, ever since!

SIMPLICITY CHOCOLATE CAKE

Courtesy NMAA

- 2 tablespoons of melted butter
- 2 tablespoons of cocoa
- 1 cup SR flour
- 1 cup sugar
- 1/2 cup milk
- 2 eggs
- 1/2 teaspoon of vanilla
- 1/2 teaspoon of instant coffee



Grease a cake tin. Heat oven to 180 degrees. Melt butter in microwave. Put all other ingredients into a bowl and mix. Add melted butter and beat for 3 minutes. Pour mix into cake tin and cook for 30 minutes.

Variations

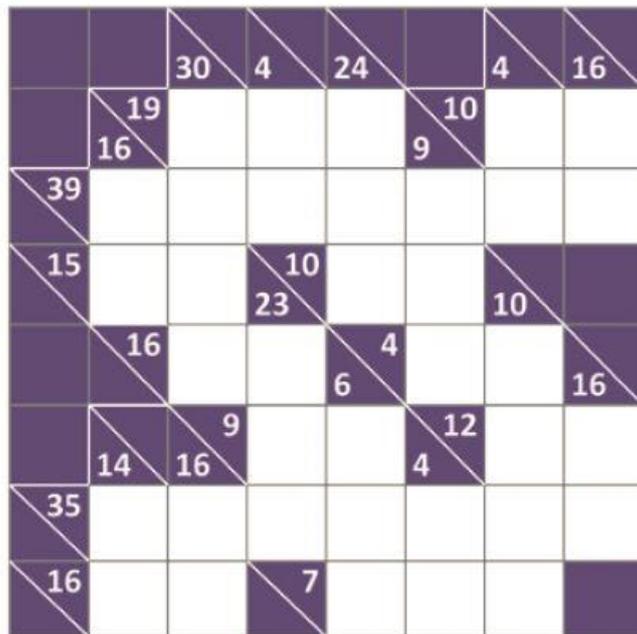
Omit cocoa and coffee and add 2 tablespoons of SR flour plus:

1. Coffee - 1 1/2 tablespoons of coffee essence or 3 1/2 teaspoons of instant coffee mixed with 3 tablespoons of hot water, then cooled
2. Orange - grated rind of one orange and 2 tablespoons of orange juice
3. Ginger - 3 teaspoons of powdered ginger and 1 teaspoon of golden syrup added to butter when melting it
4. Cinnamon - 1 heaped teaspoon of cinnamon
5. Banana - one ripe banana mashed. If desired use less sugar.

AND AFTER CAKE, MIND GAMES!

KAKURO

Fill in the grid with digits 1-9. Each group of digits must add up to the number that is just to the left or above it. No group can repeat the same digit twice. Although they are aligned vertically or horizontally, a group does not necessarily span the whole column or row. You may not repeat a digit within a group but may repeat it within a column or row.



Solution in next week's Bulletin

MY CORONA SOLUTION

V	G	V	S	A	E	S	P	A	I	N	T	Y	T	N	E	W	S
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B	R	U	P	Z	Q	X	L	M	O	S	Z	H	O	M	E	R	L
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W	A	T	N	B	U	E	T	R	B	G	V	U	J	C	Z	S	J
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