



Weekly Bulletin Friday 21 January 2022

CLUB CLIPBOARD

MANAGEMENT COMMITTEE MONTHLY MEETING REPORT

It was decided at the meeting held last Tuesday afternoon, that the committee would provide a brief summary of their monthly meetings for the information of Club members.

The Management Committee is responsible for running of the Club itself, including all the processes and procedures, as well as day to day maintenance of the two Government owned buildings that the Club operates out of.

The following items were discussed and are to be actioned as detailed:

1. **Bike rack for TSC** – ongoing pending further investigation
2. **Quote for updating Evacuation Diagrams for both TSC & Gumnut Cottage submitted** - approved by committee to be actioned immediately
3. **Emergency Evacuation Procedure for Gumnut Cottage does not appear to be common knowledge among the Activity Leaders** – ongoing, pending investigation and updating of notices and verbal advice
4. **Asbestos removal** – letter will be sent to ACT Property Group requesting further information and voicing our concerns about lack of communication during the process
5. **Annual General Meeting 14 February** – as quorum required is 40, it was decided to make a Zoom link available for online attendance for members who may not feel comfortable attending in person. Six current members are not renominating and to date there are only two nominees with little interest being shown, which is of concern.

Vivien Stewart, Secretary

MEMBERSHIP RENEWALS

All memberships (except new members) are now due for renewal by **31 March 2022**.

The renewal fee remains at **\$15.00**, and this early notice gives you plenty of time to visit one of our lovely ladies in the office – 9.30 am to 2.30 pm Monday to Friday.

If you would prefer to use Internet Banking, the Club's Direct Credit details are:

BSB 633 000 Acc No: 159575455

However, you MUST include your name as the description, so that we can identify your payment. We will send you a confirmation email so that you know your payment has been successful!

Lia Battisson, Treasurer

CLUB CLIPBOARD

TIMETABLE

Monday 23 Jan - Friday 21 Jan

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 23 Jan	9.30 am	Bolivia - GC
	1.00 pm	Social Bridge - GC
	*4.30 pm	Yoga - TSC
Tues 24 Jan	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 26 Jan		AUSTRALIA DAY
Thurs 27 Jan	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 28 Jan	9.15 am	Tai Chi - TSC
	9.00 am	Cycling Group
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls - TSC
Sat 29 Jan	1.30 pm	Games Afternoon-TSC
Sun 30 Jan	8.50 am	Walking Group- TSC

ACTIVITIES UPDATE

• Change of Time

**Monday – 23 Jan – 4.30 pm
YOGA**

Please note the earlier starting time for Monday Yoga – the session now begins at 4.30pm – apologies for last week’s incorrect time!

• Returning Activities

**Monday – 23 Jan – 1.00 pm
BRIDGE - SOCIAL / DUPLICATE**

Monday’s Social/Duplicate Bridge makes a welcome return to ‘face to face’ games this week after being in recess since the lockdown in 2021.

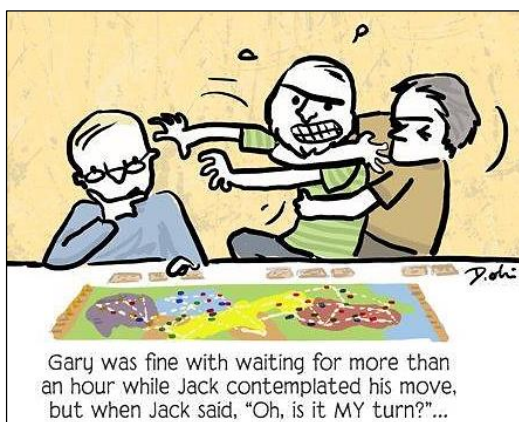
**Saturday - 29 Jan – 1.30 pm
GAMES AFTERNOON**

I received a new game for Christmas – ARTICULATE. I would love to show you how to play. Last year I received QUIXX which I also would like to share with you. Does any other member have a game they would like to bring along – an old favourite or something new?

As attendance was small the last few times, we are trialling a Saturday afternoon this time, commencing at 1.30 pm till 4.00 pm or thereabouts.

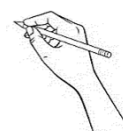
I hope to see quite a few of you for an afternoon of fun, perhaps learning a new game and socialising with fellow members. Afternoon tea is part of the socialising, and any contributions of food are always welcome.

Anne Meade



Monday – 14 Feb – 10.30 am GRAPHITES DRAWING GROUP

The Graphites Drawing Group meet twice a month on the 2nd and 4th Monday of the month. The group will be returning on 14 February (2nd Monday) and will meet at Gumnut Cottage. On 4th Monday of the month, the group will now meet in the Waterview Lounge at TSC giving them a change of scenery!



DATES FOR YOUR DIARY!

Monday – 14 February – 1.00 pm **ANNUAL GENERAL MEETING**

The Tuggeranong 55 Plus Club's rescheduled AGM will be held at the Tuggeranong Seniors Centre, Parkview Hall from 1.00 pm on Monday 14 February 2022.

As mentioned above, a quorum of 40 members is required for the business of the meeting, including elections for the 2022 Management Committee, to take place. We will be providing a Zoom link for the meeting for members convenience.

There are still four vacancies, and the Club operation requires a fully functioning Management Committee. Nomination forms are now available from the office, and we encourage you to take a role in the Club management.

We all enjoy the benefits that the Club offers and serving as a committee member is an opportunity to help the Club as it continues its journey.

Forms need to be submitted by Monday 7 February.

Please come along on 14 February to support your Club and your Management Committee.

Vivien Stewart, Secretary



Wednesday's Weekly Get Togethers **TAKE 55 MOVIE/COFFEE GROUP**



A lovely group of members have continued to meet for coffee and a chat every Wednesday since the club closed for the Christmas break.

School holidays generally mean that the movies are aimed at a 'younger' audience, so we have been meeting at the Vikings Club for our coffee catchups. These gatherings are an opportunity to get to know each other; everyone is welcome, we always have a good time and sometimes even 'solve the problems of the world'!

Watch the Bulletin each week for details of the next Wednesday get together!

Pam Hall



EXPRESSIONS OF INTEREST **Pool – Burns Club – 1st & 3rd Thursdays – 10.15 am** **Lawn Bowls – Vikings Tugg – 2nd & 4th Thursdays – 1.15 am**

Numbers have been decreasing for these two off-site groups. Before the decision is made to return for the year, we are looking for Expressions of Interest in continuing to hold these activities. So please let the Club office know that you are still interested in attending – please note that COVID requirements will be as per venue procedures.

Phone: 6293 4004 / Email: tugg55plusclub@gmail.com

John Williamson



A DATE AND A DIARY!



BEGINNER UKULELE LESSONS

Ukemeister Garry Owen is conducting a series of **FIVE Beginner Ukulele Lessons** held Sunday mornings starting **February 6th 2022 – cost \$75.00**.

There are five Face-to-Face sessions, supported by online teaching videos, and Zoom workshops, as required. The Face-to-Face sessions are for those residing in the Canberra region, but the online videos and zoom sessions will be quite sufficient to get you up and playing in no time (well, 5 weeks).

The sessions are easy paced and designed to have FUN whilst learning.

Have FUN while learning how to play the friendly Uke!

So ... tell me more...

- Five Face-to-Face one-hour lessons from 6th February to 6th March, 11:00 am – 12:00
- No previous knowledge or experience necessary
- Not rushed – a nice easy pace of learning
- Online Teaching and Explainer Videos
- Access to supporting chord charts, song sheets and other aids
- On Demand Zoom Workshops as required.
- Loan Ukes available – “Try before you Buy”

Consider Joining a Uke Community by hooking into the regular Canberra Ukulele Band (CUB) Meetup Sessions after the lesson.

[More Info and Signup](#)

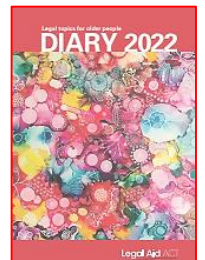
LEGAL TOPICS FOR OLDER PEOPLE DIARY 2022

Legal Aid ACT has given the Club a number of 2022 Diaries which are available at both TSC and Gumnut Cottage.

The Legal Topics for Older People diary is a helpful resource to assist senior Canberrans in understanding their legal rights, especially as we continue to navigate periods of transition and change as a community emerging from the COVID-19 pandemic. The diary also includes information on a range of ways to access legal help and advice.

A variety of legal topics relevant to seniors are covered, including scams, elder abuse, age discrimination, wills, powers of attorney and aged care.

The diary will keep readers up to date with special events throughout the year and contains a range of helpful hints, useful contacts and ACT Government initiatives.



TALKING TIPS!



THWARTING THE WRATH OF THE WASP QUEEN

Spring is the season when European wasp queens come out of hibernation in search of carbohydrates and a suitable site to establish nests.

As the weather warms and more people exercise outdoors, Canberrans could be stung over summer – but the ACT Government is trialling a new program to trap queens before they can build nests.



Queen bait stations have been placed at a few popular locales: Molonglo River, Giralang Pond, Kingston

Foreshore, Weston Park, Franklin Pond, and Yarralumla Creek.

A chemical-free carbohydrate, Vespex from Sundew, lures the European wasps to the station; the queens are trapped in the product and then removed from the environment.

Unfortunately, European wasps often choose picnic and barbecue sites; they thrive on meat, fruit, and sugary foods and drinks.

Nests are often hidden; the most common nesting sites are in wall cavities, holes in the ground, roof voids, retaining walls, and in conifer trees.

The community can report European wasp nests and bee swarms to the eWasp hotline on 6258 5551, or via the website www.ewasp.com.au. You can also download the [eWasp app](#), a GPS mapping tool that lets users take photos and locate wasp nests.

If you are stung, use a cold pack, medication, and creams to reduce swelling and pain. If the reaction is severe, or the sting victim is allergic to wasp and bee stings, seek immediate medical attention.

WITH WARMER WEATHER COMES MOSQUITOS!

Have you noticed the mosquitos are out! Here is a homemade trap to help keep you from being a blood donor!

Homemade Mosquito Trap

Items needed:

- 1 cup of water
- 1/4 cup of brown sugar
- 1 gram of yeast
- 1 2-litre bottle

Making the Trap:

1. Cut the plastic bottle in half.
2. Mix brown sugar with hot water. Let cool. When cold, pour in the bottom half of the bottle.
3. Add the yeast. No need to mix. It creates carbon dioxide, which attracts mosquitoes.
4. Place the funnel part, upside down, into the other half of the bottle, taping them together if desired.
5. Wrap the bottle with something black, leaving the top uncovered, and place it outside in an area away from your normal gathering area. (Mosquitoes are also drawn to the colour black.)



Change the solution every 2 weeks for continuous control.

TALKING TEASERS!





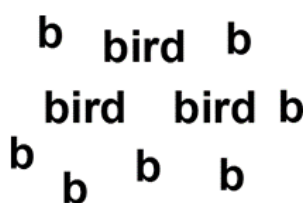



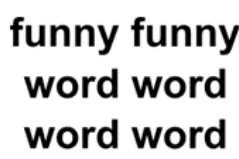

REBUS!

Can you solve these visual word puzzles?

Let your mind explore and you are sure to find the answers.

Solution in next week's Bulletin

The term *rebus* comes from the Latin phrase *non verbis, sed rebus*, which means “not by words, but by things.” Rebus puzzles use pictures, symbols and letters to represent a word, phrase or idiom. There are two types of rebus puzzles that work as engaging brainteasers: puzzles that use pictures and symbols, and puzzles that use word positioning to form idioms.

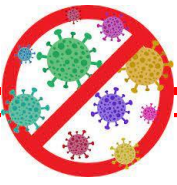
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<p>7. </p>	<p>8. </p>
<p>9. </p>	<p>10. </p>

SIGN OF THE TIMES!

Husband and I
 went grocery
 shopping with
 masks, got home,
 took off masks,
 brought home
 wrong husband!
 Stay alert people!

LAST WEEKS WORD PUZZLE SOLUTION

C	H	A	S	M		D	A	W	N	S
A		P	E	E	V	I	S	H		U
S	L	A	N	T		S	P	I	K	E
T	E	R	S	E		C	I	T	E	D
E	A	T	E	R		S	C	E	N	E
	K								N	
P	A	D	R	E		C	A	S	E	S
O	G	R	E	S		A	M	P	L	E
L	E	A	P	S		G	U	I	S	E
E		M	E	A	N	E	S	T		P
S	C	A	L	Y		D	E	E	M	S



COVID CORNER!

BEING PREPARED – COVID HOMECARE KIT

With COVID-19 circulating widely in the community, it might be worthwhile creating an insolation kit in case the virus enters your household.

This time two years ago, many Australians were organising their bushfire go-bag; a kit of emergency items set aside to ensure families were able to evacuate safely at a moment's notice. We're now facing a different disaster: a growing COVID-19 outbreak that has seen cases around the country skyrocket to previously unfathomable numbers. And like bushfires, it can pay to be prepared - only this time the preparation will not be for an evacuation but quite the opposite: being isolated at home if someone in the household tests positive.

What should you have in your COVID isolation kit?

Once a household case is detected, it's too late for any member of the household to go shopping — that's why it may be helpful to have some basic things on hand, both for infection control and managing symptoms.



Having them all in one place will also allow you to act quickly, limiting the positive person's exposure to the rest of the household. So, what should you have on hand?

For infection control, surgical masks should be enough for most scenarios but if you want to be extra careful, it may be worth investing in a stash of N95 masks.

Disposable gloves for handling dishes may provide an extra layer of protection but shouldn't substitute good hand hygiene. Cleaning products such as household disinfectants, hand soap, hand sanitiser and disinfection wipes will also be useful.

It'll also be important to have a supply of rapid antigen tests available, ideally at least two per person in the household; one to establish whether there's an infection and another to follow up with later in the isolation period.

When it comes to symptom management, what will be most needed will be different for everyone. Some basics include pain medication, like Panadol or Nurofen, Hydralyte or ice blocks, a thermometer to monitor fevers, and a pulse oximeter to measure oxygen levels. These devices can be purchased for around \$30 and are a good way to indicate whether a COVID-19 case needs medical treatment.

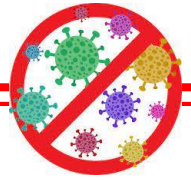
It's also important to ensure you have at least a two-week supply of any regular medication, enough food — having some frozen meals ready to go could be a lifesaver when fatigue hits — and the contact details for medical support or assistance.

And lastly, don't forget activities to keep you entertained throughout the isolation period. In your personal 'care' kit, make sure you have Panadol and a good book. Put it beside the bed, and relax, because you are going to feel tired and won't want to do a whole lot –



'To acquire the habit of reading is to construct for yourself a refuge from almost all the miseries of life.'

W. Somerset Maugham



PULSE OXIMETERS

Having a low level of oxygen in the blood is an early sign of worsening COVID-19. But not everyone gets obvious symptoms. For instance, some people can have low oxygen levels without getting short of breath or feeling otherwise unwell. So, some people are buying their own device - a pulse oximeter - to monitor their oxygen levels at home and as part of their Isolation Kits.

What is a pulse oximeter? How does it work?

A pulse oximeter is a routine clinical monitor that's been in use in and out of hospital for many years. Most types you can buy for use at home are designed like a large clothes peg that you clip onto your fingertip. One side of the clip shines a light through your finger to a sensor on the other side of the clip. This gives a measure of the colour of your blood. Blood carrying more oxygen (oxygenated blood) is a brighter red than the bluer de-oxygenated blood. The oximeter interprets the colour of the blood (via the amount of light absorbed) to provide a number - the percentage of oxygen in the blood compared to the maximum amount that can be carried.

This percentage is the "oxygen saturation" level. For healthy people, this is 95 per cent to 100 per cent. As the oximeter measures blood from the pulse in your finger, it will also display your heart rate



(heart beats per minute). One of the most important early signs of COVID-19 deterioration is a fall in the level of oxygen in the blood. This happens as the lungs become inflamed and less efficient at absorbing oxygen. By monitoring your own oxygen levels at home, you can be reassured your lungs are adequately oxygenating your blood. Alternatively, detecting low levels of oxygen may indicate you need urgent medical care.

Pulse oximeters are currently available online and from pharmacies. It's best to get a pulse oximeter that has a "waveform" display so it can be timed with your pulse and ensure the oxygen readings are accurate. Look for one with a set of horizontal bars on the display like a phone battery charge indicator. Or you can buy one that displays a waveform (wiggly line to indicate the pulse) on the advertisement or packaging.

You can use the same one for multiple people in a household, including both adults and children. However, you do need to clean the oximeter before using it on the next person. You can do this with an antiseptic wipe.

Oxygen saturation readings are generally very accurate and just as most households have a thermometer, a simple low-cost oximeter will allow us all to monitor our health and seek help if things change. But be quick as just like rapid antigen tests, oximeters may become difficult to access as numbers of cases in the community accelerate.

Questions about COVID-19

For health questions, including information on symptoms, call [Healthdirect](https://www.healthdirect.gov.au) on [1800 022 222](https://www.healthdirect.gov.au).

In an emergency, call triple zero (000) for urgent medical help.

You can also call the National Coronavirus Helpline if you are seeking general information on coronavirus. This line operates 24 hours a day, seven days a week on [1800 020 080](https://www.healthdirect.gov.au).

