



Weekly Bulletin Friday 18 February 2022

CLUB CLIPBOARD

AGM –UPDATE

MEET YOUR ‘NEW’ MANAGEMENT COMMITTEE....

Firstly, I would like to thank all members who made the effort to attend the meeting last Monday with the needed quorum easily reached. I would also like to thank the members who persisted with the ‘Zoom’ attendance although I gather it was not quite the success that we had hoped – we will do better next time!

It was a relatively short meeting which reviewed the past year and elected the new Management Committee.

The new Management Committee is:

President:	Phil Burns
Vice President:	Robert Kelly
Secretary:	Vivien Stewart
Treasurer:	Jenny Barclay
Asst Secretary:	Robert Peresan
Asst Treasurer:	Janelle Burns

Committee Members:

Michael Bungey	Mandy Cox	Lorraine Henderson
Jill Pietzker	Tom Seeto	Chris Tunbridge

I would like to thank outgoing Treasurer, Lia Battisson, for her hard work over the past two years and Committee members, Arthur Dickens, Sandra Hyde, Magda Sexton and Helen Shannon for their contributions during the period they have been on the Committee, especially Sandra who joined in the committee in 2012.

I welcome Jenny Barclay, our new Treasurer and Committee members, Lorraine Henderson, Jill Pietzker, Tom Seeto and Chris Tunbridge and I look forward to our working together during the coming Club year.

Phil Burns, President



CLUB CLIPBOARD

TIMETABLE

Saturday 14 Feb - Friday 25 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 19 Feb	1.30 pm	Games Afternoon - TSC
Sun 20 Feb	8.50 am	Walking Group
	2.45 pm	Uke 55 - TSC
Mon 21 Feb	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.00 am	Crafty Corner - GC
	10.30 am	M 4 M - TSC
	2.00 pm	Social Bridge - GC
	4.30 pm	Yoga - TSC
Tues 22 Feb	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 23 Feb	9.15 am	'Take 55' Movie Group
	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls – TSC
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp - TSC
Thurs 24 Feb	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
	1.15 pm	Lawn Bowls
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 25 Feb	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls - TSC



WHAT'S ON THIS WEEKEND!

GAMES AFTERNOON

We recently trialled having the games afternoon on a Saturday and it was well attended. The preference of those present was to hold these more frequently, so they will now be monthly - on the 3rd Saturday of each month. Therefore, the next Games Afternoon will be tomorrow, **Saturday 19 February, 1.30 to 4.00 pm.**

Several of us learned two new games – I wonder what games will be produced this time. If you have a favourite game bring it along – it may be something that others have not previously played.

Join us on Saturday 19 February at 1.30 pm, but if you could let the office know by Friday this would help for catering purposes – contributions always appreciated.

Anne Meade



UKE 55 – UKULELE GROUP

The next Ukulele session will be this coming **Sunday 20 February, 2.45pm – 4.15pm.** Song sheets will be sent out closer to the date.

This session will follow the Beginner Ukulele Lessons which begin at 1.30 pm.



Please note that these lessons are for those who have **registered as a student** for this series of lessons. More info about the lessons, can be found at ukesalive.com.

WHAT'S ON THIS WEEK!



Wednesday - 23 February - 9.15 am **'TAKE 55' - Movie/Coffee Group**



We had a lovely chat over coffee at Cherry Bean this week followed by the movie 'Blacklight'. It was very fast moving but had a great storyline.

Next Wednesday, 23 February, we are going to see *Death on the Nile* at 10.40 again at the Limelight Cinema. We will meet at Cherry Bean at 9.15am for a get together over coffee before the movie. Everyone is welcome.

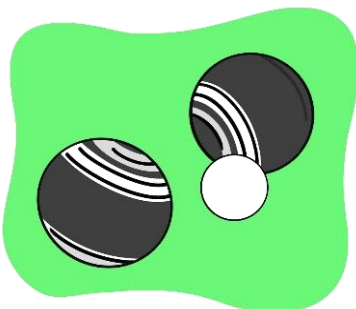
Pam Hall



Adapted from Agatha Christie's novel, ***Death on the Nile*** reunites the filmmaking team behind 2017's global hit *Murder on the Orient Express*. Belgian sleuth, Hercule Poirot's (Kenneth Branagh) Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. Set against an epic landscape of sweeping desert vistas and the majestic Giza pyramids, this tale of unbridled passion and incapacitating jealousy features a cosmopolitan group of impeccably dressed travellers, and enough wicked twists and turns to leave audiences guessing until the final, shocking denouement!

COME AND TRY **BEGINNER'S LAWN BOWLS!**

Never tried lawn bowls before and always wanted to give it a go? Beginners are always welcome to come along to one of our lawn bowls sessions which are held on the **second and fourth Thursdays of each month starting at 1.15pm**. We meet at the Tuggeranong Vikings Lawn Bowls Club on Athllon Drive and entry is via Rowland Rees Crescent. There's plenty of free parking at the rear of the main club building which has direct access to the bowls club. John Williamson, our accredited lawn bowls coach and fellow T55 Plus club member, will be only too happy to show you how to play this fun game and you might even get hooked. This is a free activity courtesy of the Viking's Lawn Bowls Club and bowls will be provided.



Remember to bring a hat and sunscreen and please wear flat sole shoes or you can play bare foot and don't forget your name badge. Our next get together will be this coming **Thursday 24 February starting at 1.15pm** and we usually finish around 3.30pm. So, what not come along and join us for a fun afternoon's activity.

The Lawn Bowls Team.

GETTING MOTIVATED IN MARCH!



GREEN TONGUES FOR GREEN THUMBS

Let's talk gardening!

TUESDAY - 1 MARCH - 10.00 am - GUMNUT COTTAGE

Are you a keen gardener and like a good chat about gardening but your family and friends just yawn when you start?

We are starting a **GARDEN GOSSIP** group starting on **TUESDAY, 1 MARCH AT 10.00am**, where you can talk gardening, share knowledge, meet fellow gardening enthusiasts, learn something new and maybe visit a few gardens, garden shows and garden centres with like-minded members.

Your ideas and suggestions are needed to establish this group,
so, why not come along and enjoy a little **Garden Gossip!**

ACRYLIC ART WORKSHOP

Our resident acrylic art instructor, Maria Polmeer, has prepared our next workshop

SATURDAY 5 MARCH commencing AT 10.00 am

The subject is a **'Landscape in the Style of Vincent van Gogh'**

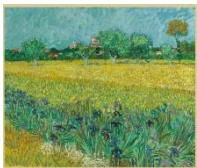
Cost **\$55.00** includes canvas and paints

Numbers are limited so book early

at the office by **28 February**

Payment is required at the time of booking

See the poster on Club noticeboards for further details.



RAFFLE

HAPPY BIRTHDAY CANBERRA!

Over \$50 worth of local products from the region
to help you celebrate Canberra's Birthday!

TICKETS

1 for \$2.00 / 3 for \$5.00

Available from the Club Office

CELEBRATING IN MARCH!



HAPPY BIRTHDAY, CANBERRA!



We are celebrating Canberra Day on

MONDAY 14 MARCH

With a 'Capital' Sausage Sizzle; sausages, salad, onions, and bread.

There will be celebratory bottles of bubbly on each table and no birthday would be complete without cake. The Canberra Centenary Cake is being recreated for the occasion and there will be a delicious morsel for everyone with tea or coffee.

The Gumboots are coming out of the cupboard, there will be a quiz to test your local knowledge of our territory and the Happy Birthday Raffle will be drawn. Norm Swanwick is our MC and he is sure to have a surprise or two for us.

BYO drinks; paper plates will be provided but if you would like to 'dine in style', please bring your own plates, etc.

We will be celebrating come rain, hail, or shine, whether we have company, or it is just the members of the Social Committee!

Starting from 11.30am, the cost is \$10.00 (subsidised by the raffle) and booking with payment by Monday 7 March. Club Office is open daily from 9.30 am - 2.30 pm.



WANTED: YOUR FAVOURITE PHOTOS OF CANBERRA

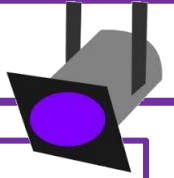


As part of our Canberra Day celebrations on 14 March, we will be mounting a display of club member's favourite shots of Canberra & district. They could be photos of our city centre or your suburb or maybe one of our many popular tourist sites such as the Arboretum or the Botanic Gardens. What about something you have taken with your camera, or smart phone, at one of our festivals such as Balloons Aloft or the Enlighten festival?

Photos can be any size up to 8 x 10 although we prefer a minimum size of 7 x 5. Up to four prints per person can be submitted. They will be mounted in our special frames and placed on the walls in the main hall for a few weeks so that all club members can have the opportunity to view them.

If you would like to take part, you can leave your prints at the office, but we will need them by Wednesday 23 February as the exhibition will be put together the following day. Please make sure you include your name with your photos and the location that you took the photo(s) or if you prefer, maybe add an appropriate title. We will let you know in a future Bulletin when the display is ready for you to view.

Norm Swanwick on behalf of your Social Committee



TUGG 55 CYCLING GROUP

When leader of the Friday Cycling group, Norm Collings asked me if I knew when the group started, I was amazed that the first item in Tuggeranong Talks about the group was in June 2015. Little did we know that the call to 'dust of your old *deadly treadly*' would have such an impact!

Norm has been leading this group since their first meeting on Friday 29 May 2015 – plotting their routes (around local coffee spots), sending information emails, and providing encouragement and expertise on the weekly rides. He has developed a loyal following and below is the first item he wrote and details of their latest ride!

Tuggeranong 55 Plus Club Cycling Group – Friday morning – 10.00am

The potential 55 Plus Cycling Group became an actuality on Friday 29 May at 10.30am.

The ride was an amazingly well supported trial run with 10 cyclists meeting, riding around Lake Tuggeranong and ending up at Jindebah Café for coffee.

Well done to all who came along, especially those who had not ridden for a long time and braved it out. Thanks also for everybody's support, chat and for making it an enjoyable social occasion.

The ten riders agreed that it should be a weekly ride rather a monthly one.

The next ride will be on Friday 5 June starting at the earlier time of 10.00am with the starting point being the car park next to the skateboard park.

Norm Collings

Tuggeranong Talks - 2nd June 2015

SEVEN YEARS LATER! – Friday 11 February 2022

We had 20 riders today for a relatively challenging route that included riding up to the top of Simpson's Hill between Gilmore and Chisholm. We also looked at the ANZAC memorial on the hill and saw (across a fence) the historic Tuggeranong School House. The group is growing!

Norm Collings



KNOW YOUR NEIGHBOURHOOD!

SIMPSON'S HILL

Chisholm and Gilmore are separated by Simpson's Hill, which provides some wilderness with walking tracks over it, popular for walking dogs.

Another point of interest on Simpson's Hill is on the eastern side where the local Gilmore Primary school has its ANZAC memorial.

There is a flagpole with a brass plaque which states *'On ANZAC Eve children, teachers and parents of Gilmore and Chisholm Primary Schools commemorate the memory of those Australians lost at Gallipoli and in subsequent conflicts.'*



The Simpsons Hill ANZAC Memorial commemorates the 75th anniversary of the ANZAC landing at Gallipoli, in Turkey in April 1915 during World War One, and those who died in service or were killed in action at Gallipoli and in subsequent conflicts.

Funding was received through the ANZAC Centenary Grants Program in April 2015 to upgrade the existing memorial. Plaques incorporating designs by the school children from Caroline Chisholm and Gilmore schools were part of the upgrade and depict the role of Medical Services in World War One.



MEMBERSHIP RENEWALS

All memberships (except new members from Jan 2022) 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!

Jenny Barclay, Treasurer

COMMUNITY NOTICEBOARD!



The Summer Leaf Collective is a 6-week program to encourage ACT residents in areas around Lake Tuggeranong to take action to reduce the number of native leaves that end up in storm water drains and ultimately in the Lake. Leaves, while beautiful on trees, when they end up in the water, contribute to the growth of toxic blue-green algae that require the Lake to be closed.

One thing the community can do is make sure leaves on the footpaths and gutters outside their residence are collected before rain or wind push them down the drains. Collecting leaves is, however, simpler said than done. There are many factors that may be in the way of sweeping or raking up leaves outside the home: lack of time, lack of tools, not knowing what to do with the leaves, lack of interest and so on. Furthermore, there may be individual barriers, including physical weakness and poor health.

The Summer Leaf Collective has several ways for getting involved and overcoming some of the barriers to collecting leaves. It also has a wealth of information and resources for learning more about leaves and what to do with them.

All are viewable and accessible on the website <https://leafcollective.com.au/>

Participants needed for **Knee osteoarthritis study**



- Does osteoarthritis make your knee stiff?
- How much would your knee bending have to improve, for you to feel a treatment had helped?
- Help set the standard for effective treatments by telling us how important you knee movement is to you.

What do we need?

Adults with

- Stiff knees
- Knee osteoarthritis
(no knee replacement)

What do you need to do?

Attend a 30 to 60 minutes group discussion online

Contact for more information:

- Denika Silva, PhD student M: 0433 857 153 Email denika.silva@Canberra.edu.au
- Professor Jennie Scarvell Email jennie.scarvell@Canberra.edu.au

This project has received approval from the University of Canberra's Human Research Ethics Committee (HREC) – Project ID: 4426