



'Tugg Talks' Weekly Bulletin Friday 21 April 2023



PRESIDENT'S UPDATE!



SEASON REMINDER!



As the winter Flu season approaches and COVID cases continue to fluctuate, I should not need to remind all members that there is still a need to continue **Safe Behaviours** in our everyday lives and routines which helps lower personal risk as well as the risk to our community:

- **Be** up to date with your vaccinations
- **Wear** a mask if you wish or when required
- **Maintain** hand hygiene at all times
- **Continue** to clean frequently touched surfaces
- **Keep** your distance from each other
- **Stay** at home if unwell **or** if you have been in close contact with someone who has had a COVID-19 test (awaiting the result) or is a confirmed COVID-19 case
- **Get** tested if you have COVID symptoms

The health message remains the same and as our demographic is considered one of those at risk, following these simple measures helps protect us all.

Phil Burns, President

ANOTHER REMINDER!

As a voluntarily run organisation, please be aware that the Club has the following:



ACTIVITIES DISCLAIMER

Tuggeranong 55 Plus Club Inc. maintains public liability insurance. It is the responsibility of participants, when attending Club activities, to have appropriate levels of fitness and mobility. Those undertaking activities should therefore be aware that they participate at their own risk.

GOING TO GOULBURN! TUESDAY 9 MAY



**The Club might be shutting for two weeks,
but that does not mean we are asleep at the wheel!**

So, we are **'Going to Goulburn'** on Tuesday 9 May. Once a place to stop on the way to Sydney, the bypass has been the catalyst for this country town to develop into a desired destination. And we will experience a little of what is on offer!

Leaving from the Burns Club at 8.00 am, we will soak up some local history with a guided tour of **Garroorigang Homestead** which will include morning tea. Lovingly restored by Anna and Stuart Hume, this lived-in home has been part of Goulburn's history for 158 years.

Continuing on the history trail, we will then pickup our local guide who give us a **snapshot of the City**, including a tale or two. We will end the tour at the **historic Waterworks** where we will step back in time to the 1880's when Goulburn first supplied piped drinking water to its residents.

By this time, we will have worked up an appetite so lunch at a local café, **Greengrocer on Clifford** will be welcome! Their menu is fresh and varied and we ask you to choose from the five alternatives below: *(Please note: Lunch is included in the cost but drinks are not)*

1. **GRILLED BARAMUNDI** – with chips & Salad
2. **QUICHE** – served with salad
 - 1) Bacon, baby spinach and tasty cheese or
 - 2) Butternut pumpkin, basil, onion, & fetta
3. **WARM SALAD BOWL** - Marinated beef, wok tossed with Spanish onion, and capsicum on a bed of cos lettuce, cucumber, served with tzatziki and potato crunch
4. **PITA PLATE** – marinated Greek Style
Chicken or pork served with tzatziki, pita bread, chips and salad
5. **VEGAN BURGER AND SALAD** - Sweet potato and couscous pattie, baby spinach, tomato, onion, avocado and vegan mayo served on Turkish bread

Suitably sated, we will then go on to enjoy the visual delights of the **Regional Art Gallery**. Both inside and out, there is much to see, and our guide will provide an insight into the building and the collections.

Homewood bound, you cannot go to Goulburn without a visit to Rambo, the Big Merino – a little retail therapy, local wool history or a view from his eyes – a fitting way to end the day!



The inclusive cost for the day

is \$95.00

**Booking with payment
(including menu choice)
by COB Wednesday 3 May**

CLUB CLIPBOARD!

SCHOOL HOLIDAY DATES

**Zumba &
Movement 4 Memory**
Finishes Mon 3 April
Returns Mon 1 May

**Heart & Soul
Singers**
Finishes Tues 4 April
Returns Tues 2 May

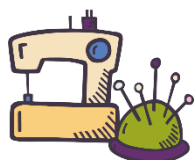
**Seated
Yoga**
Finishes Tues 4 April
Returns Tues 2 May

TIMETABLE

Saturday 24 April – Sunday 30 April

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 24 Apr	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 25 Apr		ANZAC DAY
Wed 26 Apr	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	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 27 Apr	9.30 am	500 Cards- GC
	10.00 am	Shutterbugs - TSC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 28 Apr	9.15 am	Tai Chi – TSC
	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
	3.00 pm	Uke 55 - GC



CRAFTY CORNER

NOW ON EACH WEEK!



From **Monday 24 April**, Crafty Corner will now be held **every week** between 9.30 am and 1.30 pm at Gumnut Cottage.

Crafty Corner is a group for people who want a place to meet and share their crafting, enjoy a cuppa, good conversation and meet like-minded people. Meetings have an informal format where you can drop in anytime and stay as long as you want.

So, if you're an experienced crafter or want to learn a new skill come along, bring your current project, UFOs, or materials to start a new project, whether its card-making, quilting, scrapbooking, appliqué, embroidery, rubber stamping, jewellery-making or any other craft activity. We hope to see you there!

Lois Good

CLUB CLIPBOARD!

Wednesday – 26 April – 10.00 am

'TAKE 55' Movie/Coffee Group



A group of members met for coffee at Cherry Bean on Wednesday before seeing *Mafia Mamma* at Limelight. It was a comedy interlaced with some gruesome scenes, but we had quite a few laughs which was very nice.

On **Wednesday 26th April** we will meet for coffee at the **Tuggeranong Vikings Club at 10.00 am** as there is not a suitable movie.

Everyone is welcome to join us!

Pam Hall

Thursday – 27 April – 10.00 am

SHUTTERBUGS CAMERA GROUP



A reminder that the Shutterbugs Camera Group will be resuming its monthly meetings starting next **Thursday 27 April at 10.00 am** in the main club building and then, **every fourth Thursday of each month**. If you were one of the many members who attended our recent Saturday Morning Photography sessions and still have questions or would like to know more about how to best use the many features on your smartphone or digital camera, then come along to our meetings and one or more of our Shutterbugs members will be only too pleased to help. Our meetings will have an informal self-help approach where members will have the opportunity to exchange ideas share their knowledge and experiences on all aspects of photography and most importantly assist fellow shutterbugs with any questions they may have.

There will also be the opportunity to bring along any photos you may have for general discussion and maybe you would like to invite some constructive comments. We will also discuss whether we resume our monthly projects and the possibility of mounting and displaying our favourite photos on the walls of the main hall. We will also take a look at some interesting places around Canberra and district where we can conduct outings to. Maybe you have a spot you think would be great to visit and grab a few shots. Outings are great opportunities for gaining some practical experience on how best to use our cameras.

It doesn't matter if you are a beginner or an experienced smartphone/digital camera user as everyone will be welcome to join us. So why not come along to one or more of our meetings every fourth Thursday of the month, grab a cuppa and join us some friendly and informative discussions on all things about this popular pastime.

Norm Swanwick for Shutterbugs.

CLUB CLIPBOARD!

Thursday – 27 April – 10.00 am

‘TUGG CHUKKERS’ Pétanque Group

Ten Tugg Chukkers attended on Thursday 13 April on a fine sunny morning to throw, score, battle, laugh and eat a little cake (courtesy of Jane).

We look forward to doing it again this coming Thursday 27 April commencing at 10.00 am on the piste near the club (weather permitting).

The following Tugg Chukkers will be held on Thursday 11th May even though the clubrooms will be closed and its facilities unavailable.

Enjoying the game, the cake,
the weather and camaraderie.

Picture: Justin Flynn



Friday – 28 April – 3.00 pm

‘UKE 55’ Ukulele Group

The Club’s Ukulele group, Uke 55 is on again this week at 3.00 pm at Gumnut Cottage.

Garry Owen, Ukemeister extraordinaire, will lead the group again on

Friday 28 April

All music and words are projected onto the big screen so If you have not been for a while, why not dust off your uke and come along and join the fun!



A NATIONAL TREASURE

The topic for this month's Reading Group was 'A National Treasure'. As always, the discussion around the topic was as eclectic as the group – interesting as well as informative, the selection of National Treasures introduced included Betty Churcher, Michael Kirby, Miles Franklin and Stephanie Alexander.

But it was Dame Mary Gilmore and her poem 'No Foe Shall Gather Our Harvest' that caught my attention. Published in *The Australian Women's Weekly*, 29 June 1940, during the Second World War (1939-1945), it was written by Dame Mary when she was 75, and is considered one of the finest Australian songs of the war. "I'm too old to do many of the things I would like to do to win the war," she said, "but I can still write. Here is a song for the men and women of Australia."

Probably not politically correct in today's world but the feeling it evokes remains the same – here is the last verse.

We are the sons of Australia,
of the men who fashioned the land;
We are the sons of the women
Who walked with them hand in hand;
And we swear by the dead who bore us,
By the heroes who blazed the trail,
No foe shall gather our harvest,
Or sit on our stockyard rail.

Dame Mary Gilmore

