



Weekly Bulletin

Friday 14 May 2021

CLUB CLIPBOARD

TIMETABLE

Sunday 16 May – Friday 21 May

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 16 May	8.50 am	Walking Group
Mon 17 May	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba - TSC
	10.00 am	Crafty Corner - GC
	10.30 am	Movt & Memory - TSC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 18 May	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.30 am	LL Cycling Group
	9.30 am	Euchre - GC
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 19 May	9.30 am	Cribbage - GC
	9.00 am	Take 55–Coffee/Movie
	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
	3.30 pm	Beginners Bridge - CG
Thurs 20 May	9.30 am	500 (cards)- GC
	10.00 am	Shutterbugs – TSC
	10.15 pm	Pool Group
	1.00 pm	Mah-jong - GC
	1.30 pm	Reading Group
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 21 May	9.15 am	Tai Chi - TSC
	10.00 am	Cycling Group
	9.30 am	Pitch n Putt
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
	4.15 pm	Uke 55 - TSC

Monday – 17 May – 10.00 am

CRAFTY CORNER



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*

Friday – 21 May – 4.15 pm

UKE 55 – Ukulele Group



For 'newbies' to the group and those who are considering joining, Ukemeister, Garry Owen, has produced play-along tracks for each song played, and created a [Playlist](#) for the Session that matches the Set List.

In the *Description Section* of each video, there are links to various supporting media, such as the original YouTube Video (may or may not be in same key as the song), a "Skip to Song" shortcut for those who do not wish to see the "tutorial section" at the start of the video, and also a link to where the *Common Chord Chart* document can be downloaded.

You don't need to be able to read music to join this friendly group and you also do not need your own ukulele to start with, as the Club has a couple of "come and try" ukuleles. Why not come along and see why ukulele playing is a fun social activity!

Garry Owen

CLUB CLIPBOARD

'TAKE 55' –Coffee, Movie & Theatre Group



Next Meetup – 'Finding You' – Wednesday 19 May – 10.00 am

We enjoyed another lovely morning with coffee and good conversation before we went to the movies. *June Again* was a roller coaster of emotions, that had us both laughing and crying. The Australian cast was very good and the storyline unpredictable.

The movie for next week is "Finding You" at the later time of 11.00 am, with coffee at 10.00 am at Cherry Beans. We saw the shorts for this film and it looks great. All are welcome to join us for friendly conversation and a great movie.

Pam Hall



Based on the book 'There You'll Find Me' by Jenny B. Jones, **Finding You** is an inspirational romantic drama full of heart and humour about finding the strength to be true to oneself.

Violinist Finley Sinclair (Rose Reid) travels to an Irish coastal village to begin her semester studying abroad. At the bed-and-breakfast run by her host family, she encounters Beckett Rush (Jedidiah Goodacre), a handsome actor who is filming another instalment of his medieval movie franchise. As romance sparks between the unlikely pair, Beckett ignites a journey of discovery for Finley -- transforming her heart, her music and her outlook on life.

SHUTTERBUGS CAMERA GROUP



Thursday – 20 May – 10.00 am

The Shutterbug's camera group meets at 10.00 am on the third Thursday of each month with our May get together next Thursday 20 May. We are a self-help group and our meetings are fairly informal. Members can bring along their cameras and ask questions about some function on their camera that they are not too sure about. The same applies to photography in general such as the best way to capture a landscape, a family snap or perhaps a close up of their favourite garden flower. We have an occasional presentation by one of our members and at our last meeting Steve Walmsley presented a slide show he had put together of photos he had taken at the recent RAAF fly pass to celebrate their 100th birthday.

We also have a monthly themed project where members can bring along their favourite prints for discussion and display. Our May theme is Autumn Colours "*How beautifully leaves grow old. How full of light and colour are their last days*".

If you would like to know more about one or more settings on your camera you are not too sure about, you are welcome to join us and hopefully one of our members will be able to help.

Next time you are visiting the Seniors Centre why not take a look at our current display which you will find on the wall of the Parkview Hall. There is also a selection of our favourite prints on the Club's web page. You will find us under Activities – Special Interest Groups – Shutterbug's Camera Group.

Norm Swanwick

DATES FOR YOUR DIARY!

ACRYLIC ART WORKSHOP

Saturday

29 May – 10.00 am



The next workshop with Maria Polmeer is called

THE STUFF OF DREAMS

This time we will venture into **GOLD** and produce a work that you will want to hang on your bedroom wall!!

It will be held on **Saturday 29 May 2021** commencing at 10.00 am to 1.00 pm.

Numbers are limited so register your interest by **Friday 21 May** at the Club's office with payment of **\$50.00** (which covers materials used).

See noticeboards for full details.

Anne Meade

GUSTAV KLIMT (1862-1918)

Austrian artist **Gustav Klimt** is one of the most celebrated Symbolist artists. During his successful career, he cultivated a portfolio comprising academic paintings, life drawings, and even decorative art objects. Still, he is most well-known for the collection of glistening, gilded works he produced during his **Golden Phase**. Klimt's Golden Phase reached full fruition with three key works: *Portrait of Adel Bloch-Bauer I*, (1907), *The Kiss* (1908) and *The Stoclet Frieze* (1911).

Klimt's use of gold was inspired by a journey he had made to Italy in 1903. When he visited Ravenna, he saw the Byzantine mosaics in the Church of San Vitale. For Klimt, the flatness of the mosaics and their lack of perspective and depth enhanced their golden brilliance. He started to make unprecedented use of gold and silver leaf in his own work.

This luminous period lasted about a decade, yet it has come to characterize Klimt's style and has resulted in some of modern arts most well-known and valuable paintings.



Apse Mosaic of Jesus
Basilica of San Vitale
Ravenna Italy

SUNDAY TRIVIA

Sunday

30 May – 2.00 pm



It's time to put on your thinking caps again. Our Sunday fun trivia will return on Sunday 30 May starting at 2.00pm.

Our special theme for the occasion will be **Pastimes** - something most of us would have had experience with during those early days of COVID. Questions will cover a wide range of pastime activities including hobbies, games, crafts, arts, TV, music, movies and hopefully, your favourite pastime. Questions may include picture quizzes, music and movie grabs all projected on our big screen.

There will be plenty of prizes to be won and each member of the winning team will receive our special "Smarty Pants" certificate. Afternoon tea will be provided, and the occasion will also see the return of our chocolate prize wheel.

Why not organise a team with friends and/or family or just come along and join your fellow club members for a fun afternoon's activity? Why not add a bit of fun and bring along your favourite game or hobby and decorate your team table?

Our normal \$4.00 fee will apply and remember that the public car park is free on Sunday so there is no need to worry about parking.

I hope you will be able to join us for a fun and friendly afternoon's club activity.

Norm Swanwick



WORLD BEE DAY!

To raise awareness of the essential role bees and other pollinators play in keeping people and the planet healthy, the UN has designated 20 May as World Bee Day!

NATIVE BEES - WHAT'S THE BUZZ?

Why is attracting bees to your garden important? These valuable little visitors pollinate many of your plants. In fact, over 75% of the world's flowering plants rely on pollinators like bees to reproduce. Without bees, your garden and the world would look very bare.

Bees are the world's best pollinators because they collect pollen from flowers to feed their young. Sadly, bee populations in Australia and around the world are declining. As we clear land for urban development, remove plants, create flowerless landscapes and use harmful chemicals on our plants, we cause bee population losses. The good news is you can help, by encouraging bees to your garden.

Why Native Bees?

Australia is home to 1,600 different native bee species - quite impressive when you consider there are around 20,000 bee varieties worldwide. Most of these native bees are solitary and live alone, and although they don't make honey, they are important pollinators. Our native bees are beautiful and diverse. Some are covered in thick, furry hair while others are smooth and shiny. Some sport yellow and black stripes while others are blue in colour. They come in a range of sizes too, from the spectacular 24-millimetre carpenter bee to the world's smallest bee, the 2-millimetre Quasihesma bee.



How you can help

Bees need flowers, so one of the simplest things you can do to help our native bees is to plant as many flowers as you can. Aim for a mix of species, with something in bloom at all times of the year.

Some native bees feed primarily on native plants, while others are less picky. Native plant species such as callistemon, Brachyscome and melaleuca are good choices, as are non-natives like perennial basil, salvias and lavenders.

Many bees and flies love brassicas (broccoli, kale, mustard), so allowing a few plants to go to flower will delight your buzzy friends!

And don't worry if you live in a highly urbanised concrete jungle. Research has found that even inner-city gardens can support a large number of bees as long as there are plenty of flowers.

If you plant it, they will come. In fact, some research suggests that cities may be important sites for bee conservation due to their lower insecticide uses and high numbers of flowers in places like private and community gardens.

No matter where you live, you can help protect our native bees by creating a beautiful flower garden. That's a win-win situation for both humans and bees!

Trivia – 'Buzz Pollination'

Some plants "lock up" their pollen, only releasing it when vibrated at the exact frequency of native bees. These plants can't be pollinated by honeybees, which don't vibrate this way. (Tomatoes are also "buzz-pollinated" this way, so native bees can improve tomato crops.)



AIR BEE N BEE

Now that you have established your 'bee restaurant', why not set up a home for your native bees to nest. It's simple to do, with plenty of advantages for your guest and your garden.

What is a bee hotel?

Bee hotels are designed to attract solitary bees that don't live in hives, but instead nest in nature's hollows, holes and cracks.

How to make a bee hotel?

There are no hard and fast rules, so get creative! You can use timber, bamboo sticks, old hoses and straws, fence palings, fruit crates... you name it – just make sure all materials are non-toxic and there are plenty of smooth, cylindrical spaces wide enough (bees range in size from 2mm to 10mm) for the pollinators to seek refuge and at least 15cm deep.

Where to put a bee hotel?

Choose a warm, sunny, sheltered spot to hang your hotel at least one metre off the ground (and no higher than two). Make sure it won't get too hot in summer. Don't forget to provide lots of food and water for your bees.

You'll know the bees have checked into your hotel if you notice your cylinders have been covered by a mud 'door', which means a female bee has laid an egg inside.

Hotel management

Finally, just like any accommodation business, it's important to keep the rooms clean for guests. Your bee hotel should be carefully cleaned each year after the young bees have emerged in the summer.

So, get beeezy and join the proud ranks of 'bee hoteliers'. Once your hotel is up and running, it shouldn't take long before your first guests arrive. Watch them from a safe distance and enjoy your new backyard buddies! By making them a hotel, you will encourage them to stay!

CREATE THE ULTIMATE LUXURY BEE ACCOMMODATION

'BUZZ INN'

Materials

- 1 empty tin can (small, medium)
- rolls of scrap paper, hollow bamboo stalks, or hollow reeds
- nail & hammer
- wire for hanging



Instructions

1. Cut paper rolls/stalks of bamboo/hollow reeds length needed to fit the can
2. Using a thick nail and hammer, make a hole in the top & bottom of can to thread wire through
3. Thread the wire through the holes & twist end together
4. Add the hollow structures inside the can, packing as tightly as possible
5. Hang your 'Buzz Inn' in a sunny sheltered spot at a 10degree tilted angle so that the bees crawl slightly upwards and any moisture can drain out.

MAKE A BEE BATH

Creating a bee friendly garden is a wonderful way to help bees, but there's



more to this than growing flowers. Collecting pollen is thirsty work! Unfortunately, bees don't land with much finesse. By making a bee bath in your backyard you'll help our fuzzy friends stay hydrated and avoid crash-landing in deep water where they can drown. Just by filling a shallow container of water you can create 'bee baths.' Keep your garden bee-friendly by filling the container with pebbles or twigs so the bees can land on these whilst drinking. Make sure you regularly refill the container with fresh water so they know they can return to the same sport every day to get clean water.

COMMUNITY BILLBOARD



SILVER IS GOLD TRAVELLING ART SHOW

The artworks and photographs, a diverse range of images that reimagine ageing and quash negative stereotypes, are now popping up across Canberra in a travelling exhibition in local shopping centres.

The amazing entrant's artwork in the 2021 Silver is Gold Art Exhibition can be view at the following locations:

- 6-12 May - Westfield Belconnen, 3rd Floor, Outside Tea Too Shop
- 13-19 May – Westfield Woden, Ground Floor Court, Outside of Myer entrance
- 20-26 May – South Point Tuggeranong, Ground Floor Court, opposite Coffee Club
- 31 May-6 June – Gungahlin Market Place, Stage 5, Outside the Coffee Club

THE TITANIC 2020 ***The Pandemic Players***

Council on the Ageing (COTA) ACT received funding from the ACT Government's Mental Health and Well-being Innovation Grants Program to work with volunteers 50 years and over to explore the mental health effect COVID-19 has had on older Canberrans.

As a result, The Pandemic Players was formed and is a pilot project of volunteers from the Canberra Region. Using theatre and performance, the volunteers explore issues that are important and significant to Canberra's ageing population. Director Ali Clinch & Assistant Director K. Berry invite you on board **The Titanic 2020** for a playful evening exploring what it meant to be a senior in Canberra in 2020.

Tickets are FREE and can be booked through the link below.

<https://events.humanitix.com/the-titanic-2020>

Pandemic Players Present

THE TITANIC 2020

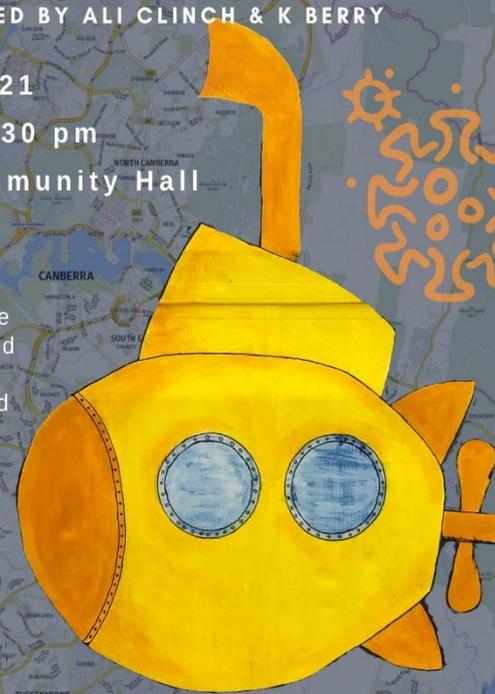
An applied theatre project created & performed by Canberra seniors exploring their experience of Covid 19

DIRECTED BY ALI CLINCH & K BERRY

May 19th 2021
6:30 pm - 7:30 pm
Hughes Community Hall

Free performance
Bookings required

For enquiries and assistance with bookings call:
02 6282 3777



Book here:
<https://events.humanitix.com/the-titanic-2020>

THIS IS A COVID SAFE EVENT

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ACT Government Health
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