Weekly Bulletin

Friday 9 July 2021

SLOW DOWN, UNWIND & EXPLORE A LITTLE!

LEISURELY LUNCH – JUGIONG

Wednesday – 28 July

There are still seats available for our first 'local leisurely lunch' excursion.

On Wednesday, 28 July, we will slow down, unwind and explore a little of the regional areas of Yass and Jugiong. Travelling with Malcolm from Monaro Coaches, we will stop for morning tea in Yass at the beautiful main street Coronation Park.

From there we will journey on to our lunch destination, The Sir George Hotel in Jugiong. Rebuilt after the floods in 1852, the building has been lovingly restored as an old-fashioned pub, serving locally sourced produce from the Riverina. Our simple delicious menu will be roast lamb with potatoes, pumpkin, greens and gravy, followed by a selection of cakes and slices. Drinks will be available for purchase on the day.

Jugiong is a pretty, historic village set just off the Hume Highway and is enjoying an exciting revival. Old buildings have been restored and new buildings are springing to life, making it a picturesque place to stop for a while. We hope you will agree!

The bus will leave an hour earlier than previously advertised, from the car park near the Burns Club in Kett Street, Kambah at **8.30 am** and return around 4.00 pm.

The cost of $65.00 is inclusive of coach trip, morning tea and lunch. Drinks at lunch are at your own cost. Bookings with payment at the Club office (Monday to Friday 9.30 am – 2.30 pm) **closing on Friday 23 July**.

A SLICE OF JUGIONG HISTORY

1852 - THE GREAT FLOOD

In June 1852, the Murrumbidgee River overflowed it banks flooding Gundagai and the surrounding areas. It remains as the worst flood in Australia's recorded history due to loss of life; 89 people died and only three buildings were left standing when the water receded in Gundagai.

The small settlement of Jugiong, also situated on the banks of the Murrumbidgee suffered a similar fate when the river waters rose. Little was written at the time about Jugiong flood but I managed to find this descriptive gem on Trove – extract below:

…sought refuge at Mr. John Sheahan's, the Sir George Tavern. Mr. Sheahan's house, standing on the highest ground, was considered the safest; consequently, almost all the inhabitants of the flat congregated there, as night closed in, for protection. There they watched, with painful anxiety, the progress of the flood until daylight revealed to them the horrors of their situation. It was then discovered, contrary to expectation, that the extensive flat on the opposite side of the river, although considerably lower ground than that on this side, did not afford sufficient vent for the volume of water, which had broken round the base of the ranges opposite Mr. Sheahan's house, and was now advancing, with fearful rapidity, towards the steps of the verandah in front. Mr Sheahan then launched his boat, and from the step-ladder of his stable loft, to which all his people had retreated-32 souls in all, including men, women, and children, who had found an asylum under his hospitable roof, conveyed them, in safety, to the opposite ranges, but not without imminent peril and almost supernatural energy, having to navigate the boat through stumps, sunken fences, floating timber, haystacks, and against an almost overpowering current, five times backwards and forwards. At this time the torrent extended from range to range, sweeping away upon its surface the homesteads and their contents of the unfortunate people of the Flat, who had the mortification of witnessing the destruction from the heights without being able to stop its fearful progress. Happily, but one life was lost here - thanks to the humane exertions of Mr. Sheahan and his household - that of an unfortunate man, who was employed thrashing for Mr. Flynn, upon an island opposite the house.

Maitland Mercury and Hunter River General Advertiser (NSW: 1843 - 1893), Saturday 31 July 1852, page 4

The Government of New South Wales recognised John's heroism by presenting him with a large silver tankard, bearing the following complimentary inscription: —

"Presented to Mr. John Sheahan, by the Government of New South Wales, in acknowledgement of the courage and humanity displayed in saving the lives of 33 inhabitants of the village of Jugiong who, but for his exertions, at the risk of his life and to the abandonment of his own property, must have perished in the flood which overspread the banks of the Murrumbidgee in the month of June, 1852."

CLUB CLIPBOARD

ON THIS COMING WEEK

Wednesday – 14 July – 10.00 am
'TAKE 55' –Coffee 'Catchup'

We all really enjoyed the movie, Buckley's Choice. Bill Nighy's character was a true 'Aussie' depiction especially surprisingly, his accent! It was unusual for our group be in a theatre that was half full as we usually have the theatre almost too ourselves.

As there is not a suitable movie next Wednesday, once again, we are meeting at ***Vikings Club, Tuggeranong***, for coffee and cake at 10.00am. Everyone is invited to join us!

Pam Hall

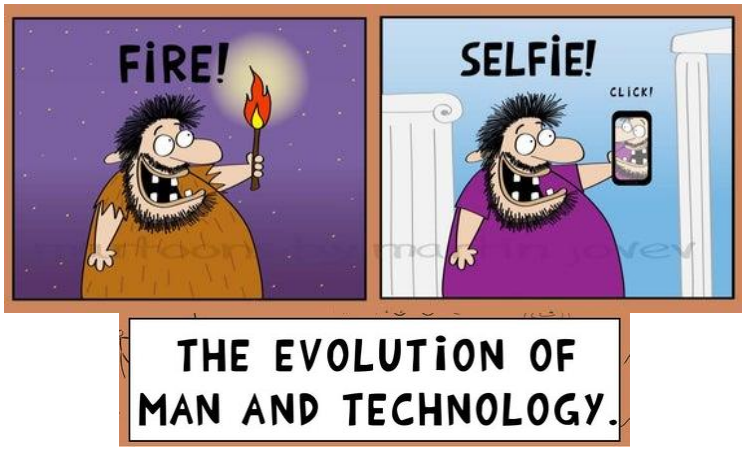
Thursday – 15 July – 10.00 am
SHUTTERBUG'S CAMERA GROUP

Shuttgerbug meetings are informal gatherings where members can bring along their cameras and questions as well as exchanging ideas, experiences and knowledge with their fellow Shutterbug members.

There is a monthly project or photo 'challenge' which provide a great opportunity to obtain constructive comments as to what other members may suggest as to how best to improve your photography.

So, whatever your photo taking preference (camera/phone/iPad), all are welcome.

Norm Swanwick



TIMETABLE

Monday 12 July – Sunday 18 July

***GC Gumnut Cottage** ***TSC Tugg Seniors Centre**

Day / Date	*Time*	*Activity*
Mon 12 July	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	Movt & Memory - TSC
	10.30 am	'Graphites' - GC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 13 July	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	10.00 am	*LL Cycling Group*
	9.30 am	Euchre - GC
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 14 July	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	*Take 55–Coffee C'up*
	10.00 am	*Ten Pin Bowling*
	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
	3.00 pm	Beginners Bridge - CG
Thurs 15 July	9.30 am	500 (cards)- GC
	10.00 am	Shutterbugs - TSC
	10.15 am	*Pool Group*
	1.00 pm	Mah-jong - GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 16 July	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
Sun 18 July	*9.20 am*	*Walking Group*

WHAT'S COMING UP!

SUNDAY FUN TRIVIA

'THE SIZZLING SEVENTIES'

25 July – 2.00 pm

No doubt you will remember the seventies? Flared trousers, mullet haircuts, platform shoes, floppy discs, VCR's, lava lamps, colour TV and the Sony Walkman just to mention a few.

It was also a great decade for music and movies and who can forget our favourite Aussie TV shows; Homicide, Division Four, Number 96 and The Sullivan's.
It was also a time of growing feminism, political upheaval, anti-war protests, man on the moon and the energy crises.

If you are feeling a little nostalgia for the seventies and want to have some fun at the same time, then why not join us for our next Sunday fun trivia at 2.00 pm 25 July when our theme will be the "Sizzling Seventies". Further details next Bulletin –

Norm Swanwick

EXPRESSIONS OF INTEREST

PROJECT RESILIENCE - FREE FIRST AID INFORMATION SESSIONS

If there is sufficient interest, the Club will hold an information session that are being offered by St John Ambulance Australia (ACT), free of charge, under their community first aid program, Project Resilience: a program dedicated to promoting self-awareness and confidence in active retirees across Canberra by providing free first aid workshops to retirement communities, clubs, and seniors centres.

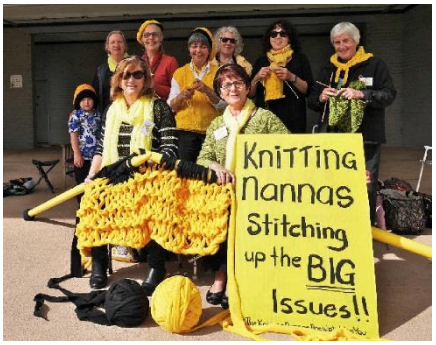
The relaxed 90 minute presentations are delivered by St John volunteer trainers and will concentrate on basic first aid and life-saving skills, helping participants develop confidence around what they are able to do, and debunking the fears/misconceptions people may have around first aid

The aim of these sessions is to increase community resilience through making first aid a part of everybody's lives. All Club members and their families are welcome to attend.

If you would like to attend a session, please register with your name/s by either ringing the office: 6293 4004 or emailing: tugg55plusclub@gmail.com

The session would be held on a Saturday morning date to be determined depending on availability and Club member interest.

YARNED AND DANGEROUS!



KNITTING NANNAS AGAINST GAS AND GREED

The Knitting Nannas Against Gas and Greed (KNAG) colourfully sit, knit, and peacefully protest against the destruction of natural resources. They are vibrant environmental activists cleverly using the disguise of the traditional Nanna.

Armed with big, soft Nanna hugs, smiles, chats, and knitting lessons the Nannas make protests and blockades friendly and safe. The Knitting Nannas want to protect everyone's right to protest and their presence to be positive, creative, accessible and above all, fun.

The Nannas were formed in 2012 after co-founders Clare Twomey and Lindy Scott, already members of their local anti-CSG activist group in northern NSW, decided to do some surveillance, and discovered a holding pond for CSG wastewater, which they believed would be toxic. As they discussed a peaceful but effective way to protest, Lindy, who had just become a grandmother, was knitting a pair of booties for her grandson, explains Judi. And so, the idea of KNAG was born.

The group is not aligned to any political party but has a close affiliation with another NSW coal and gas protest group, Lock the Gate. The Nannas decided to wear deliberately nanna-ish outfits in the Lock the Gate movement's distinctive yellow and black, and became regular fixtures, knitting stubbornly at work sites, rallies and blockades, and outside politicians' offices.

Although knit ins may not look radical, the Nannas led the celebrations in 2015, when a local gas company agreed to accept a NSW government offer to buy back its exploration licences. The success of the original northern NSW group has inspired many other groups of Nannas – or 'Loops' as they are known – including dozens across Australia, and more overseas in Europe and America. The groups focus on a variety of local environmental issues, from coal mining to forest destruction.

Their Nannafesto is the document that sits at the very foundation of the philosophy that drives forward these charming ladies and their passion for knitting in the name of saving the earth for future generations.

The groups are very effective and know what they are talking about. Two or three Nannas are retired journalists and there are also Nannas who are researchers and who gather the data for CSG or coal.

The Nannas regularly and successfully take their protests to politicians and decision makers with their proud and visible identity of Craftivism providing a unique way for their voices to be heard.

Local Nanna 'Loop'

Knitting Nannas & Friends For Freedom From Fossil Fuels (KNaFFFFFF) hold regular vigils to help move Australia to being free from fossil fuels.

COMMUNITY BILLBOARD

The Rainbow Paws Program

Supporting Pets and their People

The Rainbow Paws Program believes all creatures deserve food, shelter, care and respect. The program recognizes the role companion animals play in the overall well-being of their guardians – particularly individuals and families doing it tough. Companion animals provide emotional support, stability and unconditional love and they deserve nothing less in return. Rainbow Paws assists the beloved animal companions of people experiencing or at risk of homelessness, the isolated elderly, financially disadvantaged, individuals with mental health or physical issues, and people currently living in refuges.

The Rainbow Paws Program runs five programs that provides free pet food and goods, subsidised boarding, desexing and vet costs. Please see their services pages for more details.

Their invaluable services are available to members of the Canberra and surrounding community who hold a valid health care card or pension card.

Help Us Help Them

As a completely not-for-profit organisation, The Rainbow Paws Program is run on the generosity and good-will of the wonderful Canberra community. It is only able to do the work it does because of the support it receives, from individual donations to support from local businesses such as Petstock Belconnen, Canberra Pet Stylist and other organisations including ACT Rescue & Foster and Labrador Rescue.

If you would like to offer help, there are many options open to you from donating food and goods, volunteering your time or monetary donation.

Any assistance would be greatly appreciated and help them to continue their community services – please click on the link for more information - Donate