



Weekly Bulletin

Friday 16 July 2021

CLUB CLIPBOARD

ONE WEEK TO GO!

SUNDAY FUN TRIVIA

'THE SIZZLING SEVENTIES'

25 July – 2.00 pm



Do you remember the 1970s? It was the decade of glam, political and economic upheaval, questionable fashion, colour TV and the energy crisis, just to mention a few. There was no internet and no social media and mobile phones first came onto the market in 1973. It was also a great decade for music and movies such as *Jaws*, *Star Wars* and who can forget *The Exorcist*?

If you're feeling a little bit nostalgic for the 70s or just want to have a fun afternoon's activity, then come along to our next Sunday Trivia Quiz on 25 July when we will revisit the "Sizzling Seventies". So, put on your boogie shoes or maybe your hippie beads and we will get down and funky.

There will be eight rounds each of ten questions and a quiz sheet you can work on with your fellow team members during the breaks plus a few bonus questions along the way. Teams are made up of five to six players and you can form a team with your friends or family or just come along and join a team with your fellow club members.

There are prizes to be won and afternoon tea will be provided. Our normal \$5.00 activity fee will apply. Don't forget that the public car park is free on a Sunday, so there is no need to worry about parking. So, why not join us on 25 July for a fun and friendly afternoon's activity.

Norm Swanwick.



**FULLY
BOOKED!**

LEISURELY LUNCH – JUGIONG

Wednesday – 28 July

I am delighted to advise that our first 'local leisurely lunch' excursion has been booked out but we do have a waiting list!

FROM JUGIONG TO CRICKET GIANT!

RICHIE BENAUD'S STOREROOM TEST MATCHES

In his later years as a commentator, Richie Benaud had an audience in the millions. But at the beginning of his cricketing life, in the isolated country town of Jugiong, he had only himself to entertain. Richie first put bat on ball as a five-year-old, playing alone within the four walls of a disused Department of Education storeroom. His father Lou was the sole teacher at Jugiong Public School between 1932 and 1937.

The school, around 350 kilometres south-west of Sydney, had 23 students of various ages, some of whom travelled to school on horseback. After school hours, there were no children around to share Richie's developing passion for cricket. His father came to the rescue, giving him a homemade bat and a tennis ball, and clearing out an old storeroom attached to the school.

As a Test Cricketer Richie Benaud played aggressively. He scored his runs fast, bowled probing leg-spin and was renowned as an attacking captain. But there, on his own, with his little cut-down bat made from packing-case timber, young Richie started off by playing two shots, the forward defence and the back-foot defence.

In that storeroom at Jugiong, young Richie learned more than just defensive shots. Soon he progressed to playing test matches against the wall. Like Bradman against the tank stand in Bowral, he picked an English XI and an Australian XI, set an imaginary field and threw the ball against the wall, hitting it off the rebound.

Just like Bowral, the pitch was undercover, maximising game time during wet weather. The enclosed walls meant he didn't have to spend valuable time chasing balls. Whereas Bradman used a golf ball and a stump, Benaud used a tennis ball and cut-off bat.

For a boy of five or six it was perfect training. As Benaud wrote in his part autobiography, *On Reflection*, 'Coming from only 15 feet and bouncing, it could be a reasonably difficult assignment. It certainly improved my eye!'

Extract from Steve Cannane's book *First Tests: Great Australian Cricketers and the Backyards that Made Them*, published in 2009 by HarperCollins Publishers Australia



*Jugiong Public School Photos
1935 (left) & 1937 (right)*



*A young Richie Benaud
batting in the nets 1952*

CLUB CLIPBOARD

ON THIS COMING WEEK

OR NOT!

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



We had a lovely coffee meetup this morning; great conversation and good coffee!

Unfortunately, there is not a suitable movie next Wednesday, so we are meeting again at **Vikings Club, Tuggeranong**, for coffee, cake and conversation at 10.00 am.

Everyone is welcome to join us! Pam Hall

A 'BREAK' IN CLASSES.....

Zumba and Movement & Memory Instructor, Susan Innis has fallen and broken her collar bone so will not be able to take both classes for at least four weeks. Susan is a lovely lady and has sent the following email for club members to keep dancing in the comfort of their own home until she is able to dance again –

I'm feeling so bad about missing our Monday morning fun, so I have uploaded a couple of Zumba Gold classes I recorded last year.

There is currently a class scheduled for each Monday of the first 3 weeks. I can reschedule for more weeks when I know how long I'll be out.

*These classes are open to the public and have a \$5 fee attached to them, but for my Tuggeranong members simply enter the code **tugg55** and you will be able to access it for free. Classes can be found on my Zumba profile:*

<https://www.zumba.com/en-US/profile/susan-innis/68850>

Each class will be available for 24 hours. If you have trouble accessing them, please let me know at dance4fitness.susan@gmail.com

We wish Susan a speedy recovery!

TIMETABLE

Sunday 18 July – Sunday 25 July

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 18 July	9.20 am	Walking Group
Mon 19 July	9.30 am	Bolivia (cards) - GC
	CANCELLED	9.30 am Zumba - TSC
	10.00 am	Crafty Corner - GC
	CANCELLED	10.30 am Movt & Memory - TSC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 20 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 21 July	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Take 55–Coffee C'up
	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 22 July	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 23 July	9.15 am	Tai Chi - TSC
	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
Sat 24 July	10.00 am	Project Resilience – St John Ambulance - TSC
Sun 25 July	2.00 pm	Sunday Trivia - TSC



WHAT'S COMING UP!



SATURDAY – 24 JULY – 10.00 am

PROJECT RESILIENCE - FREE FIRST AID INFORMATION SESSIONS

There has been a very good response from Club members and the advertised information session offered by St John Ambulance Australia (ACT), will be held on **Saturday morning, 24 July at 10.00 am.**

Their community first aid program, Project Resilience is 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.

There are a few spots left so if you would like to attend the session, please register with your name/s by either ringing the office: 6293 4004 or emailing:

tugg55plusclub@gmail.com



'SOUPER' SATURDAY

14 AUGUST - 10.30 am – 2.30 pm

The prospect of more cold days as winter settles in getting you down?

Your social committee are cooking up something that is sure to warm and cheer. Saturday 14 August will be **Souper Saturday**, with three types of home cooked soups to be served with crusty bread. There will also be a variety of indoor and (weather permitting outdoor) games on offer to warm you up and help work up an appetite.

Tea and coffee will also be available.

A bargain long lunch (10:30 to 2:30) for only \$10.

Book early with payment at the Club Office to ensure you do not miss out on what we are sure will be a popular midwinter festivity!

(BYO fancy soup bowls – we will supply the spoons.)



TALKING TREES!



DISCOVERING THE ART OF SHINRIN-YOKU (FOREST BATHING)

Shinrin-yoku is a Japanese practice that is literally translated as forest (*shinrin*) bathing (*yoku*); taking in the forest atmosphere during a leisurely walk. Developed in Japan during the 1980s, it has become a cornerstone of preventive health care and healing in Japanese medicine.

Researchers, primarily in Japan and South Korea, have conducted studies on the health benefits of spending time amongst the trees, demonstrating that forest bathing positively creates calming neuro-psychological effects through changes in the nervous system, reducing the stress hormone cortisol and boosting the immune system.

Every study conducted so far has demonstrated reductions in stress, anger, anxiety, depression and sleeplessness amongst the participants. In fact, after just 15 minutes of forest bathing blood pressure drops, stress levels are reduced, and concentration and mental clarity improve.

There are now 44 accredited Shinrin-Yoku forests in Japan, with the research conducted helping to establish Shinrin-Yoku and forest therapy throughout the world.

If you think it all sounds too good to be true, why not give it a go yourself?

You can forest-bathe anywhere in the world – wherever there are trees; in hot weather or in cold; in rain, sunshine or snow. You don't even need a forest. Once you have learned how to do it, you can do *Shinrin-Yoku* anywhere – in a nearby park or in your garden. Look for a place where there are trees, and off you go!

Just follow this short guide.

- **Find a suitable place** that's easy and pleasant to walk on, has places to sit, and ideally with access to natural waterways and different aspects. It also helps if it's close to home.
- On arrival, **notice the place you are in**, notice your body, and tune in to your senses.
- **Walk slowly** with steady step-by-step pace, while silently noticing what is in motion in the forest. If you start to feel distracted or rushed, come to a complete halt.
- **Make friends with the forest.** Notice the trees, stones, plants and flowers. Listen to the forest. Let the natural world make an impression on your mind.
- **Sit down.** Find a comfortable place to sit, staying still for up to 20 minutes, cultivating awareness.
- **Give back.** Quietly acknowledge everything the forest gives you.



COMMUNITY BILLBOARD

WARM TREES

See the forests of the National Arboretum come alive with colour this July with 'Warm Trees'.

The popular annual installation adds vibrancy to winter and is made possible by the dedication of hundreds of volunteers who have knitted and crocheted colourful scarves and created craft decorations.



For that perfect photo, head to the Himalayan cedar forest, the Camden white gum forest or Dairy Farmers Hill for a colourful backdrop or see the mini display in the National Bonsai and Penjing Collection.

Enter the Village Centre to see a Merlion, national orchid of Singapore, surrounded by orchids and butterflies, visit 'A City in Nature' exhibition; all inspired by the Arboretum's diplomatic partner, the Singapore High Commission.

All the knitting used in this display is used twice. First for the display, then after it has been washed, scarves are turned into warm rugs and donated to charities.

So why not add some colour to your world this winter. Rug up, explore the Arboretum's forests and experience Warm Trees, on display **1-31 July 2021**.

Warm Trees is brought to you by the Friends of the National Arboretum Canberra.



NAVIGATING THE AGED CARE SYSTEM

Do you, or a loved one, need help navigating the aged care system? We can help!!

The ACT Disability Aged Carer Advocacy Service (ADACAS) is proudly continuing to work with the Council on the Ageing (COTA) until December 2022 to see how people are navigating aged care home services and support through My Aged Care (MAC).

Eligibility to access MAC is open to all Aboriginal and Torres Strait Islander people aged 50 years or older, all non-Indigenous people aged 65 years or older and Prematurely Aged individuals (50 years or older for non-indigenous people and 45 years or older for Aboriginal and Torres Strait Islander peoples).

ADACAS Aged Care Navigators provides a free My Aged Care information service to eligible individuals, their families and carer's, in person, by phone or by video-link. We can also coordinate the help of the Translating Information Services for people from linguistically diverse backgrounds or with auditory impairments.

To start making enquiries about your aged care plans please contact Ken at ADACAS on 6242 5060 or AgedCareNavigator@adacas.org.au