



Weekly Bulletin

Friday 6 August 2021

CLUB CLIPBOARD

'PURSUING YOUR PAST'

NATIONAL FAMILY HISTORY MONTH EXHIBITION



Since November 2013, the Club has had a very active Family History Group.



Leader Liz Dean and her 'techno' assistant, Norm Collings, have given monthly presentations on a broad range of family history topics. They are always very well researched and presented, with handy hints and follow up website references.

As August is National Family History Month (NFHM), we are marking the occasion by displaying some of Liz's posters from past group meetings.

'Pursuing your Past' highlights the variety of interesting topics that have been discussed since the group began. Why not drop in and have a look - the exhibition will be in the hall until the end of August.

National Family History Month aims to provide information and events for family historians, whether a newbie or an old hand. It is an opportunity to start exploring your Family History or to learn new skills, enhancing your research. It is also the month where many organisations associated with family history hold events to celebrate and advertise their resources. For more information <https://familyhistorymonth.org.au/>

Local genealogy group, [Family History ACT](#) (*The Heraldry & Genealogy Society of Canberra Inc.*) is joining the ACT Heritage Library to hold an exhibition '**Heritage Matters**' from 2 August – 3 Sept. The exhibition explores the Society's history and the changes in researching family history over the last 50 years. Featuring many photographs, artefacts, and ephemera from the Society's beginnings, through cemetery picnics, roadshows, conferences and congresses and ongoing projects on heritage and heraldry in the ACT.



They are also holding a series of Saturday talks during the exhibition, with Family History ACT volunteers present and happy to answer questions. Bookings are essential and are made via the ACT Heritage Library [website](#)

Genealogy:

Be prepared.....for the good, the bad, the ugly and the unbefigable.

CLUB CLIPBOARD

Wednesday 11 Aug – 10.00 am
'TAKE 55' – Coffee Catchup



Thirteen Club members braved the cold morning and joined us at the movies on Wednesday at Tuggeranong's Limelight Theatre. We enjoyed 'The Misfits' fast-moving story and great cast, meeting before the movie at Cherry Bean for lively conversation and good coffee.

The next lot of movies start on 12 and 19 of August, so therefore next Wednesday we will meet at Vikings, Tuggeranong at 10.00 am for conversation and coffee in warm and comfortable surroundings.



Thursday – 12 Aug – 7.30 pm
TRIVIA WITH FRIENDS

If you enjoy Norm's Trivia afternoons and you want another challenge, Tugg Probus and 55 Plus Clubs have joined forces for a monthly on-line trivia night via Zoom.

The next session will be held on **Thursday 12 August at 7.30 pm** and to join the fun, you will need to download and install Zoom (it is free and easy to install). I send the link on the night at 6.00 pm. and the session starts at 7.20 pm giving time to settle in before the questions start at 7.30pm.

There are four sets of ten questions which are general knowledge. You can be a single household or a group of people so you can imagine the level of laughter at times.

New competitors are always welcome! Why not contact me on ameade@pcug.org.au and join us this month!

Anne Meade

TIMETABLE

Monday 9 Aug – Friday 13 Aug

GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 9 Aug	9.30 am	Bolivia - GC
CANCELLED	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	Graphites - GC
CANCELLED	10.30 am	Movt & Memory - TSC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 10 Aug	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.30 am	Euchre - GC
	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 11 Aug	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 12 Aug	9.30 am	500 (cards)- GC
	10.00 am	Android SIG - TSC
	1.00 pm	Mah-jong - GC
	1.15 am	Lawn Bowls
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
	7.30 pm	Online Trivia
Fri 13 Aug	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

The brain may die, but my compulsion for useless trivia lives on. ...

Mary Harper, American Author



CLUB CLIPBOARD



FIVE MINUTES OF FAME!

You may have missed it, but the Club had a five-minute spot this week at the end of ABC News. Their interest in the Club and particularly our Centenarian +, Anne Sneap, was sparked by a meeting with Club President, Phil Burns, during the station's recent visit to South Point.

As a result of the station's visit, Sarah Porter, ABC News journalist and her associates presented a very positive and complementary view of the Club and what it can offer to retirees. But more importantly, Anne showed that age is just a number and it does not matter how old you are, you can still engage with gusto with your community.



*Anne Sneap
Celebrating 103 at Learning Circle*

The ABC crew also visited the ladies of the Monday Crafty Corner at Gumnut Cottage. When they arrived, the group were busy as usual but this week, they had agreed to assist with the making of care bags. These bags are supplied to hospitals and given to breast cancer patients who have a 'drain' following surgery. The bags have been designed as a convenient way to carry the drains and provide dignity and support for patients.

This project gave some of the Crafty ladies the opportunity to clear out their fabric collections and donate it to this community cause, which is a project of Girl Guides Australia.



Beautiful Care Bags

Brindabella Trefoil Guild (adult section of Girl Guides) are grateful to Lois, Helen, Sheri, Lyn and Frances for their efforts in completing 20 beautiful bags which will be added to the 30 bags made by Guild members.

"HOW TO CREATE GREAT PHOTO BOOKS"

SHUTTERBUGS CAMERA GROUP

THURSDAY - 19 AUGUST - 10.00 am



Do you have family, travel or favourite photos you would like to display in a professional looking coffee table quality printed book?

The Shutterbugs Camera Group will be presenting a special session on how to compile a photo book. Shutterbug's member, Steve Walmsley, will be showing us how to use popular easy to use on-line software that you can download to design a photo book. You will learn how to include your favourite photos and completely personalise your photo book with text, borders, covers and backgrounds and then have it delivered by one of the many service providers.

He will be using the popular free software from Photobook Australia as an example, to create from scratch a printed album to display your photos. All interested club members will be welcomed to attend at 10.00 am on Thursday 19 August. Our usual \$5.00 activity fee will apply. Hope you are able to join us for this informative session.

Norm Swanwick.

DATES FOR YOUR DIARY



ZUMBA UPDATE!

Susan Innis, Zumba and Movement & Memory instructor's recovery is progressing, and she is hoping to be back teaching by Term 4.

She is continuing to share online classes each week for the next 6 weeks. The code is still TUGG55 and anyone from the club is welcome to access them. Each week's links are below:

Monday 9 August - code TUGG55
<https://www.zumba.dance/i/21576688>

Monday 16 August - code TUGG55
<https://www.zumba.dance/i/f78a7b38>

Monday 23 August - code TUGG55
<https://www.zumba.dance/i/090b9acd>

Monday 30 August - code TUGG55
<https://www.zumba.dance/i/14cd84d8>

Monday 6 September - code TUGG55
<https://www.zumba.dance/i/4476ee89>

Monday 13 September - code TUGG55
<https://www.zumba.dance/i/007c0a91>

We will keep you informed as to how Susan is, but for now it is her intention to restart classes on 11 October.



'SOUPER' SAT

14 AUGUST - 10.30 am - 2.30 pm

Unfortunately, due to lack of numbers, the 'Souper' Saturday is not being held. All monies taken, will now be returned.

Social Committee

ACRYLIC ART WORKSHOP No. 9

with Maria Polmeer

THE COLOURS OF OUR COUNTRY

BEGINNERS & CONTINUING
BEGINNERS

SATURDAY

4 September 2021

10.00 am to 1.00 pm

Cost \$55.00

Bookings and payment at
the office by

Friday 27 August 2021

**Book early to avoid
disappointment**

CANVAS & PAINTS SUPPLIED



TALKING HEALTH!



ACT COVID 19 VACCINATION INFORMATION SESSION *Office of Seniors & Veterans*



In mid-July, Committee member, Mandy Cox attended an ACT COVID19 Vaccination Information Session run by the ACT Government Office of Seniors and Veterans. A copy of the presentation and follow up questions and answers are available [here](#) and an overview of the session from Mandy is below, current as at 12 July:

Main points covered were vaccine eligibility, location of vaccine sites, what to expect before and after vaccination and when to seek medical advice before and after. Attention was also drawn to the various online information sources.

Vaccination 'usual' likely reactions vs the rarer ones and process for someone over 60 to get the Pfizer shot instead of the recommended AZ shot.

- to access the Pfizer vaccine you have to meet a limited and tight set of criteria:
 - disability
 - pregnancy
 - a history of anaphylactic response to vaccines
 - having had a severe reaction to the first AZ vaccination (medically documented)
 - one of several very rare and lengthy named conditions that all had the word thrombosis in them (you would know if you had them).

In these cases, your GP can fill in a form authorising you to receive the Pfizer vaccination. Being on Warfarin or similar is not an issue re the AZ and will not get you into the Pfizer group.

Vaccination is free to everyone, not just citizens and residents and you don't have to have a Medicare card to be vaccinated.

People holding DVA cards instead of a Medicare care, unfortunately cannot use the online booking site for the ACT vaccination hubs - they need to ring and can leave a request for a call back.

An Access & Sensory Clinic has been set up in Garran for people who might find attending the larger hubs confronting (crowds) or physically difficult. The clinic offers:

- a quieter space
- longer appointment times
- a separate entrance so you don't need to enter the waiting area
- vaccinations for support staff, volunteer or carers attending the appointment at the same time as the person with disability*
- an accessible entry point for wheelchairs and other mobility equipment.

[Information for people with disability - COVID-19 \(act.gov.au\)](#) This clinic could be a good option for less mobile people or carers and those they care for.

TALKING HEALTH!

ACT COVID 19 VACCINATION INFORMATION SESSION *Office of Seniors & Veterans (continued)*

Proof of vaccination (or any recent vaccination like the flu). Your personal vaccination records are now kept as part of your My Gov account and My Health if you have signed up for that. If you don't use My Gov or My Health your GP or clinic can print out a copy of your certificate for you.

Exploring ways to work with multicultural groups, especially those who have limited English and/or have some fears about the process. The Government are reaching out to various support bodies and will be using interpreter services.

Shortening the gap between first and second doses of AZ - this is recommended for people in high-risk areas as the first dose only gives about 30% protection against serious illness. Moving forward the 2nd dose will increase protection, but it will not be as good as if they had waited the 12 weeks. **For Canberrans at present it is recommended we keep to the longer gap.**

[Since Mandy attended this session, you may have heard the good news about the AZ vaccine, in that it is proving effective against the Delta strain].



TECH TRICK! - CBR 'QUICK CHECK IN'

If you have updated to the latest version of Check in CBR, you can tap this icon and it will bring up the Quick Check in. It shows all your recent locations you have checked into, so you don't have to scan the QR code every time you go to your regular places. Just tap the location name and you are signed in!

