



Weekly Bulletin

Friday 13 August 21

PRESIDENT'S UPDATE

The Club closed yesterday afternoon and will reopen next Friday 20 August complying with the ACT seven-day lockdown.

We have reproduced below, the information that we have received regarding the lockdown conditions, exposure locations and travel exemptions.

We will keep you informed as to any changes as they occur. Keep safe and well.

Phil Burns, President

Seven-day lockdown for the ACT from 5.00 pm 12 August 2021

The ACT will enter a [seven-day lockdown](#) from 5.00pm today, as a result of a COVID-19 case being identified in the community and positive wastewater detections reported overnight.

The lockdown will remain in place until 5.00 pm Thursday 19 August 2021.

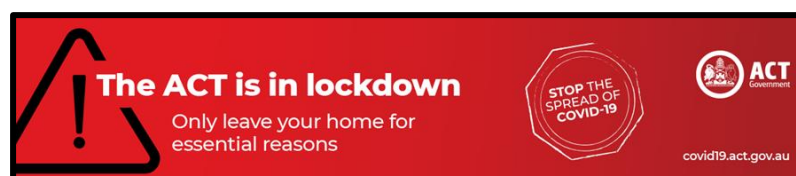
People in the ACT can only leave their home for the following essential reasons:

- To shop for essentials like groceries and medicine and supplies that are essential for personal needs or for vulnerable people
- To obtain essential health care, including to undertake a COVID-19 test or receive a scheduled COVID-19 vaccination
- To exercise outdoors for no more than one hour per day, with one other person, or your household group
- To provide essential caregiving services
- To undertake essential work.

Where possible, people should undertake these essential activities within their local region.

[Face masks](#) must be carried at all times and worn by everyone aged over 12 years outside the home.

Further details on the approved reasons for leaving home are available on the [ACT COVID-19 website](#).





Exposure locations

There are currently 14 exposure locations in the ACT from 8-11 August.

Everyone in the ACT should review the [ACT COVID-19 website for exposure locations](#). Contact tracing is under way.

ACT Health will be updating the ACT COVID-19 website regularly, with exposure locations posted each day. Even if you have not been in an exposure location please be extra vigilant when monitoring for symptoms of COVID-19 and get tested immediately if you experience even the mildest of symptoms.

COVID-19 Testing

The ACT Government is ramping up its testing capacity across the Territory and preparing to stand up a new Drive Through COVID-19 Testing Clinic at Brindabella Business Park in the Canberra Airport precinct this afternoon. It is located on Molonglo Drive (entry off Pialligo Avenue).

We are working to open the Drive Through Clinic from 4.00 pm until 8.00 pm today and open again at 8.00 am tomorrow.

Even if you have not been in an exposure location please be extra vigilant when monitoring for symptoms of COVID-19 and get tested immediately if you experience even the mildest of symptoms.

Find the latest testing information on the [COVID-19 website](#).

NSW resident travel restrictions

The ACT is also declaring all of NSW as a COVID-19 affected area. For residents in the surrounding NSW region, if you live in one of the following approved postcodes you may enter the ACT for essential work and healthcare reasons only. You will not need an exemption as you are covered by a standing exemption issued by ACT Health.

Postcodes not required to seek travel exemption

- 2581, Gunning, Collector
- 2582, Murrumbateman, Yass
- 2584, Binalong
- 2611, Uriarra
- 2618, Wallaroo, areas along the ACT's north-western edge
- 2619, Jerrabomberra
- 2620, Queanbeyan, Googong, Karabar, Sutton, Gundaroo
- 2621, Bungendore
- 2623, Captains Flat
- 2626, Bredbo and Michelago

ACT Policing will be undertaking compliance checks across the ACT and you will be expected to provide proof of residential address and the reason you are moving about the ACT community.

If you live outside these postcodes and need to enter the ACT for essential work or healthcare reasons, you will be required to [seek an exemption](#).

We will continue to provide regular updates on the situation as it emerges.

CLUB CLIPBOARD

ACTIVITIES TIMETABLE

I am being optimistic and advertising next Friday's timetable in lieu of the Club's reopening.

If you would like to attend either the IT Hub Tech Talk or the Games Afternoon, please send an email to the Club registering your wish to attend.

TIMETABLE

Friday 16 Aug – Sunday 22 Aug

GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Fri 20 Aug	9.15 am	Tai Chi - TSC
	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
	10.30 am	Tech Talk - TSC
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
Sun 22 Aug	2.00 pm	Games Afternoon-TSC

Friday – 20 August – 10.30 am

TECH TALK – IT Hub

Buying Online

More and more people are buying online every day. The current Covid pandemic has seen a huge increase in online shopping.

Do you want to shop online too, but aren't sure what to do or how to do it securely?



Learn how to stay safer when you shop online from traditional retailers and online marketplaces, such as eBay.

Learn how to set up a PayPal account to pay for things online securely and how to protect your personal information and details while shopping online.

If you want to know more, come to the Tech talk at the IT Hub on Friday 20 August from 10:30am – please register via the Club Office email – tugg55plusclub@gmail.com

Robert Peresan

Sunday – 22 August - 2.00 pm

WINTER GAMES AFTERNOON

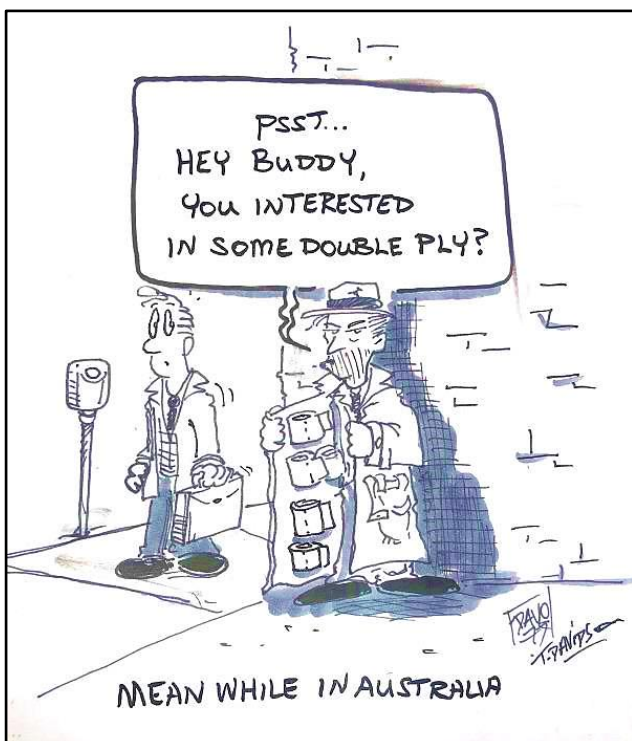
Our bi-monthly games afternoon is on again on Sunday 22 August at 2.00 pm.

This is an informal, social get together to enjoy a fun game of Uno or something more serious such Bolivia (cards) or Mahjong.

If you have a favourite board or card game why not bring it along to share your enthusiasm with others.

Afternoon tea is provided though contributions are always welcome.

Anne Meade



TALKING TASTY!

SWEET POTATO SCONES IN THE MICROWAVE

Use your microwave to make these fresh scones.

Ingredients

- 4 cups self-raising flour
- 2 tablespoons melted butter
- 1 cup mashed sweet potato
- Approx. 1 cup of milk



Method

Cooking method: Microwaving

To celebrate the 97th birthday of the Bundaberg QCWA, Denise Shearer has delivered her famous microwave sweet potato scone recipe. "If someone turns up unexpected, it's a quick afternoon or morning tea."

1. Sift flour into a bowl
2. Add melted butter and sweet potato. Mix well with a fork.
3. Slowly add milk until the mixture reaches a good consistency
4. Using a scone cutter or knife, cut into scones
5. Turn scones upside down and place on a plate lined with baking paper. Ensure the scones touch each other
6. Bake in microwave for about three minutes
7. Serve with butter. Enjoy!



Beetroot jam is a tangy accompaniment to these sweet potato scones

BEETROOT JAM

Ingredients

15g unsalted butter	1 tbsp extra virgin oil
110 thinly sliced onion	150g raw beetroot, grated
2 dried chillies	1 tsp thyme leaves
1 tbsp caster sugar	2 tbsp sherry vinegar

To make the beetroot jam, melt the butter and oil in a medium saucepan. Add the onion, beetroot, chilli and thyme and sweat over very low heat, stirring occasionally, for about 45 minutes. Add the sugar and vinegar and continue to cook for 20 minutes until thick and jammy. Remove chillies and set aside to cool.

* You can make the beetroot jam ahead of time; it will keep for 1 month, refrigerated, in sterilised jars.



TALKING TRIVIA!

The long-awaited Olympics Games are over as quickly as they began and while they have been a distraction from the never ending 'COVID conversation', the following article is a reminder of the price of gold!

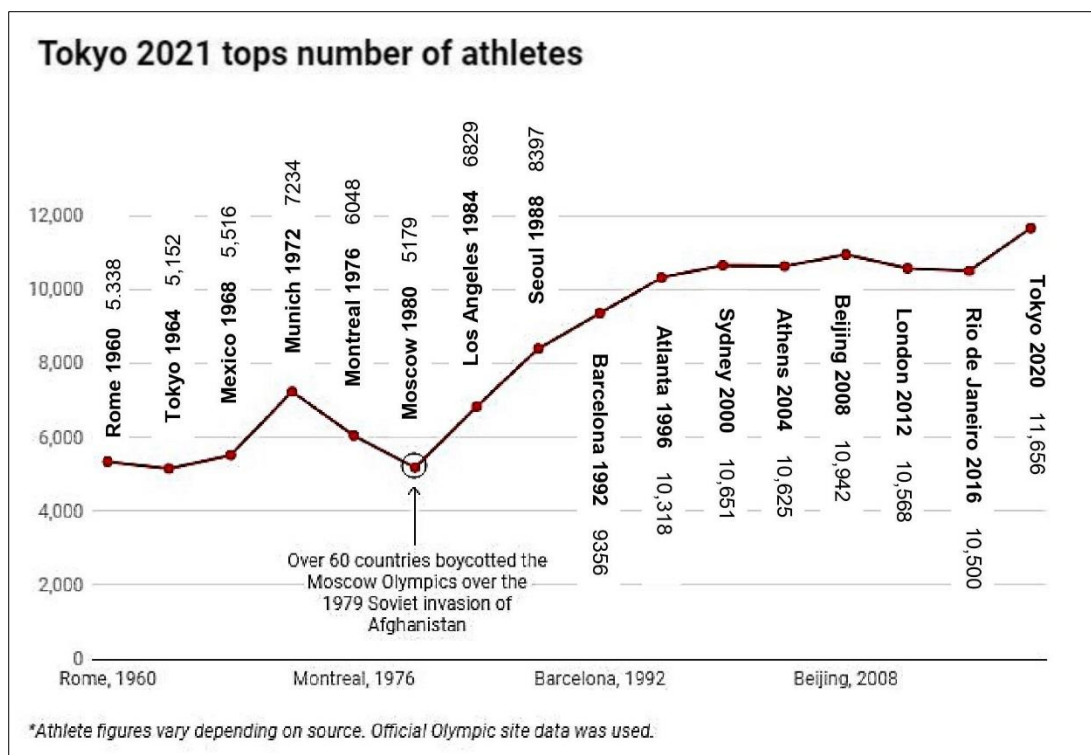


THE OLYMPICS; LATE AND OVERBUDGET

For 16 days we've been treated to feats of athletic glory. But what does it cost to host an Olympics and how should we measure a country's success at the games?

Athlete participation has steadily increased

The first modern Olympics took place in Athens in 1896 with only 280 athletes participating. To put that in perspective, there were more individual events at the Tokyo games. The number of athletes participating has grown steadily since then, reaching above 11,000 for the first time in Tokyo despite a raging pandemic.



What hosting the Olympics Costs

Every Olympics since 1960 has [run over budget](#). Cost overruns are as much a part of the modern Olympics as the marathon—invented by a 19th century Frenchman to commemorate the ancient Greek victory over Persia at [Marathon](#).

For the Tokyo games, the Japanese government initially budgeted \$US7.4 billion when it bid in 2013. Auditors recently announced the final figure will be closer to \$US20 billion.

When countries bid, they must guarantee to cover possible cost overruns, creating what a report on the costs of successive Olympic games call “blank check syndrome”. This means little incentive for officials to keep track of costs and reliable data is not available for more than a third of the games since 1960.

The average cost overrun for a modern Olympics is 172%; more than four times the global average blowout for big rail infrastructure projects.

TALKING TRIVIA!

THE OLYMPICS; LATE AND OVERBUDGET - continued

San Marino tops the medal tally

The United States and China topped the medal tally in Tokyo with 113 and 88 medals respectively. This is no surprise for the first and third most populous nations on earth. The Australian athletes brought home 46 medals, 17 of them gold.

Medal tallies relative to population size gives a different picture. European micro-state San Marino tops the table, followed by the Caribbean nations Bermuda, Grenada and The Bahamas. Australia comes in at fourteenth, compared to eighth for total medal tally.

Rank	Country	Medals	Population	Population per Medal
1	San Marino	3	33,931	11,310
2	Bermuda	1	63,918	63,918
3	Grenada	1	112,523	112,523
4	Bahamas	2	393,244	196,622
14	Australia	46	25,499,884	554,345

Measured this way the US comes 60st and China 77th, handily beaten by Kazakhstan (49th) and Kyrgyzstan (45th) – putting Olympic Glory in proportion!

DID YOU KNOW?

Did you know that poetry used to be an official Olympic event?

Here is an excerpt from Pierre de Coubertin's poem 'Ode to Sport', winner of the gold medal for literature at Stockholm 1912, where he competed under a pseudonym.

“““

**O SPORT, YOU ARE PEACE!
YOU PROMOTE HAPPY
RELATIONS BETWEEN
PEOPLES, BRINGING THEM
TOGETHER IN THEIR
SHARED DEVOTION
TO A STRENGTH
WHICH IS CONTROLLED,
ORGANISED AND
SELF-DISCIPLINED.**

**ODE TO SPORT BY
PIERRE DE COUBERTIN,
FOUNDER OF THE MODERN
OLYMPIC GAMES**

