



# 'Tugg Talks' Weekly Bulletin Friday 15 Sept 2023



## **NOTICE OF ANNUAL GENERAL MEETING 9 OCTOBER 2023**

In accordance with Clause 34 of the Constitution of the Tuggeranong 55 Plus Club Inc., the **Annual General Meeting** will be held on **Monday 9 October 2023** at the **Tuggeranong Seniors Centre, 101 Cowlshaw Street, Greenway** commencing at **1.00 pm**.

Minutes of the 2022 AGM will be available prior to the meeting on the [Club website](#). If you do not wish to attend but would like to appoint a member to vote on your behalf at the meeting, a Proxy form is available with the [AGM documents](#).

### **Election of Office-Bearers and Committee**

In accordance with Clause 14 of the Constitution, all twelve (12) positions on the Management Committee will fall vacant at the AGM. You are invited to submit nominations for positions and accordingly, a Nomination Forms are available from the [Club Website](#) or the Club Office.

*Please note that nominations for election of office-bearers or ordinary committee members must be received by the Secretary no later than 7 days prior to the AGM. Nomination Forms should therefore be received, in sealed envelopes, at the Club by 5.00 pm on Monday 2 October 2023.*

Rhonda Jolly  
Secretary



# CLUB CLIPBOARD!

## **SCHOOL HOLIDAY DATES**

### **Zumba & Movement 4 Memory**

**Finishes**

Mon 18 Sept

**Returns**

Mon 9 Oct

### **Heart & Soul Singers**

**Finishes**

Tues 19 Sept

**Returns**

Tues 10 Oct

### **10 Pin Bowling**

**Finishes**

Wed 20 Sept

**Returns**

Wed 11 Oct

### **Yoga**

**Finishes**

Thurs 21 Sept

**Returns**

Thurs 12 Oct

### **Seated Yoga**

**Finishes**

Tues 22 Sept

**Returns**

Fri 13 Oct

## **TIMETABLE**

**Saturday 16 Sept – Friday 22 Sept**

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 16 Sept	1.30 pm	Games Afternoon - GC
Sun 17 Sept	9.20 am	Discover Canberra WG
Mon 18 Sept	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 19 Sept	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.00 am	Bridge – Beginners - GC
	10.30 am	Heart & Soul - TSC
	1.00 pm	Mah-jong – GC
Wed 20 Sept	8.30 am	Bloomin' Bowral
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	10.00 am	10 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
Thurs 21 Sept	9.30 am	500 Cards- GC
	10.00 am	Family History WG-TSC
	1.00 pm	Mah-jong – GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 22 Sept	9.15 am	Tai Chi – TSC
	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
	10.30 am	Seated Yoga - TSC
	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls - TSC
	3.00 pm	Uke 55 Ukulele Gp - GC



# CLUB CLIPBOARD!

## **GAMES AFTERNOON**



**Saturday – 16 September – 1.30 pm**

The monthly Games Afternoon is on again this Saturday, 16 September, at Gumnut Cottage commencing at 1.30 pm till 4.00 pm.

For board game enthusiasts and others and those who are looking for a fun afternoon, it is a chance to learn a new game while socialising with fellow members.

Afternoon tea is part of the socialising, and any contributions of food are always welcome!

*Anne Meade*

## **'TAKE 55'**

## **MOVIE/COFFEE GROUP**



**Wednesday – 20 September – 10.00 am**

We had a lovely catch-up over coffee on Wednesday; 15 people got together before going to see *My Big Fat Wedding 3* at Limelight. We all loved the movie and came out smiling!

On Wednesday 20th we will meet at Vikings Tuggeranong at 10.00 am, as the movie we wanted to see doesn't start until the 21st. Everyone is welcome to join us.

*Pam Hall*

## **FAMILY HISTORY WORKING GROUP**



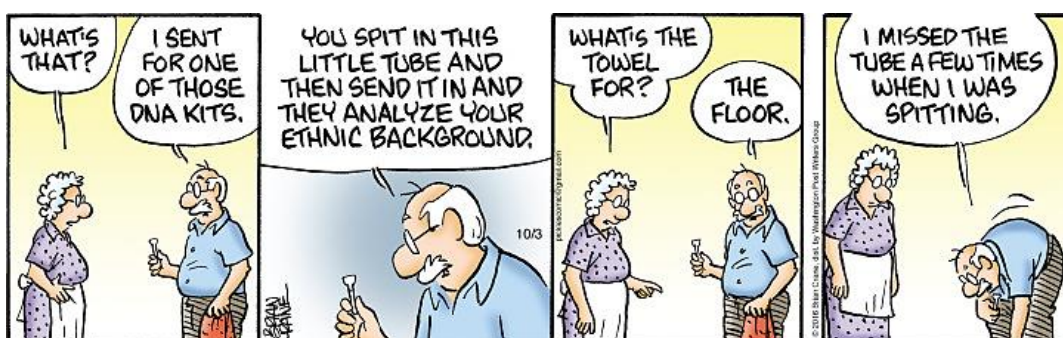
**Thursday – 21 September – 10.00 am**

The Family History Working Group will be meeting next Thursday, 21 September, as usual in the Parkview Hall at 10.00 am.

This is the small group which aims to help each other with family history ideas, problems and hopefully solutions.

Bring along your laptop or tablet if you have one and whether you are an experienced family historian, a beginner or just interested, please feel welcome!

*Liz Dean*



## **DATES FOR YOUR DIARY!**

### **Invitation to visit the Southern Tablelands Eco Park with the Garden Gossipers Friday – 22 September**



Club Members are invited to join Garden Gossipers on their visit to the **Southern Tablelands Eco Park (Forest 20) at the National Arboretum**. This park specialises in plants and trees endemic to the southern tablelands, and features a Wattle walk and frog pond.

The group will be visiting the Arboretum on **Friday 22 September in the late morning**, followed by a lunch at the cafe in the visitor centre.

The group will be carpooling to the Arboretum and meeting up at out the entry to the park at **11.00 am**.

*Interested members who either require a lift or can offer a ride are asked to leave their name and phone number and/or email and the suburb they live in at the Club office so I can marry up those needing a lift with those who can offer a ride.*

*Otherwise join the group at the Arboretum entry at 11.00 am and enjoy a wander with us.*

*Mandy Cox*



## **There is Still Time to Book!**

### **Tickets on Sale Now**

**(limited numbers)**

## **Fun Uke'n'Cruise Day at the Bay**

### **Sunday 1 October**



This is being run by Ukes Alive Australia (Ukemeister Garry) and is not affiliated with any particular "Uke Group".

**ALL Ukesters** and their friends/family are welcome to this event – with or without a ukulele, which is not necessary on the voyage! - a good chance to mix & match and play & chat)

- Three hour "Lunch and Uke" cruise up the Clyde River to Nelligen and return
- Onboard Ukulele Play and Singalong
- Enjoy a morning stroll through the dockside markets at The Bay
- Return Coach from Canberra to Batemans Bay is available

### **Costs**

- Boat Cruise is \$55 per person
- Return Coach from Canberra to Batemans Bay is \$40 per person

**[DETAILS & TICKETS](#)**

# TALKING TEDDY BEARS!

## HONEY POTS & TEDDY BEARS

### **The story behind Pooh Bear's Corner & the missing sign!**

The Pooh Bear's Corner landmark sign and all the bears have vanished from the well-known Clyde Mountain corner. The reason for the removal, however, is that the sign has deteriorated dramatically, and the Eurobodalla Shire Council have delivered it to the Narooma's Men's Shed. Men Shed's volunteers are stripping back and refurbishing the old sign which will be reinstalled in the not too distance future.



*Pooh Bear's Corner – sign to be replaced!*



The landmark, a familiar sight as you travel down the Clyde Mountain to Batemans Bay was created in 1974 by Crookwell potato farmers David and Barbara Carter. As a distraction for their young children during the regular run to their holiday home at Rosedale, on reaching the cave, they knew it was not long before they reached their destination.

Each time the family passed, they would put up signs and they soon noticed other people were leaving teddy bears or honey, as well as little messages for Pooh.

But the corner shelter itself has an interesting history. Officers of the 12th Battalion of the Volunteer Defence Corps manned the corner between 1942 and 1944, guarding a tunnel that had been built beneath the Kings Highway between Braidwood and Bateman's Bay and packed with explosives. This was part of a plan to protect Canberra during WW2. If Japanese forces had landed on the south coast, the Defence Corp would have detonated the explosives, thereby slowing any attempt to reach the National Capital. After the war, the entrance to the tunnel was filled with concrete. Now decorated with teddy bears, the entrance to the tunnel has become a familiar part of the journey to the coast.



*Some collective 'hugs' of teddy bears at Pooh Bear's Corner*

# **COMMUNITY BILLBOARD!**



# Seniors Expo in Spring

**21 Sept 2023** Exhibition Park in Canberra  
**9:30am-3pm** Entry by gold coin donation

**More than 130 stallholders**  
featuring services, programs, advice and products

Smart Energy Hub  
courtesy of SolarHub  
and ActewAGL

Advice from  
Canberra gardening  
expert Tracey Bool

Informative  
talks and  
workshops

Entertainment by Canberra's own  
Leisa Keen, plus community group  
performances and demonstrations

Free travel for Seniors  
Card holders on buses  
and light rail

Free parking  
and disabled car  
parking at EPIC

Chance to win an 8 Day Vietnam and  
Cambodia Mekong River Cruise!  
Courtesy APT travel. Valued at \$11,880



Authorised under ACT Permit No. TP23/01363



For More Information: Contact Council on the Ageing (COTA) ACT Ph: 6282 3777 Email: [contact@cotaact.org.au](mailto:contact@cotaact.org.au) or visit [cotaact.org.au](http://cotaact.org.au)

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