



'Tugg Talks' Weekly Bulletin Friday 29 Sept 2023



CLUB CLIPBOARD!

CODE OF CONDUCT REMINDER....

When you join the Club, you are sent a welcome letter which includes a link to the Club's [Code of Conduct](#). You are asked to read this simple document which spells out what you can expect from the Club and what the Club expects from you.

It is disappointing that at times situations arise where our level of respect and courtesy slips a little and causes angst to fellow members who then decide to no longer attend that activity. Which in turn, defeats the purpose of why the Club operates.

So, this is a reminder, to 'go gently' whether you are attending an activity in house, outside or at another location. You represent the Club to which you belong – Be Respectful, Be Kind, Be Polite, Be Courteous, Be Responsible and please treat others the way you want to be treated.

Phil Burns - President

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

Tai Chi *

Finishes
Fri 22 Sept
Returns
Fri 13 Oct

Seated Yoga

Finishes
Fri 22 Sept
Returns
Fri 13 Oct

TIMETABLE

Sunday 2 Oct – Sunday 8 Oct

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 1 Oct	9.20 am	Discover Canberra WG
Mon 2 Oct		PUBLIC HOLIDAY *
Tues 3 Oct	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Garden Gossip - GC
	10.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.00 am	Bridge – Beginners - GC
	1.00 pm	Mah-jong – GC
Wed 4 Oct	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	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 5 Oct	9.30 am	500 Cards- GC
	10.00 am	Family History Gp - TSC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
Fri 6 Oct	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
	3.00 pm	Uke 55 Uke Group - GC
Sun 8 Oct	2.00 pm	Social Bingo - TSC

***Activities held on a Public Holiday determined by Activity Leader**

ACTIVITIES UPDATE

***Tai Chi on Friday** will not be held during the school holidays this term, returning on **Friday 13 Oct.**

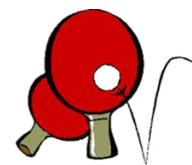
Intro to Birdwatching will be held on **2nd Wednesday (11 Oct)** for this month only.



CLUB CLIPBOARD!

TABLE TENNIS

LABOUR DAY HOLIDAY - MONDAY 2 OCTOBER



To all our regular table tennis players and other club members who would like to join us - our table tennis activity will be held, as per normal, next Monday 2 October Labour Day Holiday starting at 1.30 pm.

If you are a beginner or have not played for a while, it will be a great opportunity to come along and join in the fun. We have three tables we can set up and as we are not expecting our usual numbers, we will be happy to set one aside for you to brush up on your game or just have your first hit.

One of our regular players will be only too happy to give you some tips. We have plenty of bats so no need to have your own. Of course, beginners are always welcome to join us on any regular Monday afternoon and we start playing around 1.30 pm. Hope you can join us.

Norm & John for the Table Tennis team.

GARDEN GOSSIP

Tackling Creepy Crawlies

Tuesday – 3 Oct - 10.00 am



This month our starting topic is by special request from a member - how do you get rid of earwigs in your garden? The member has tried some of the usual methods, and even offered them a drink of beer but is still plagued by the little critters.

So, lets share our collective experience and wisdom on ways to deal with garden pests earwigs, cabbage moths, azalea lace wings, thrip, white fly.....(it makes you wonder why we bother to garden at all eh?).

In addition to a lively discussion of all things gardening (and not), a regular and very popular feature of the Garden Gossip meet up is a sharing table, which features plants and other items members are happy to give away. I will have a few rhubarb plants to share, and hopefully a couple of gooseberries plants too.

I look forward to seeing many club members on Tuesday.

Mandy Cox

'TAKE 55' MOVIE/COFFEE GROUP

Wednesday – 4 October – 10.00 am



A lovely group met for coffee at the Vikings Club on Wednesday. I had a medical appointment, and I am sorry I was not able to come.

As it is school holidays, we don't have a suitable movie to see, so on Wednesday 4 October we will meet at the Vikings Club for coffee/lunch and good conversation. Come and join us and enjoy a morning out.

Pam Hall

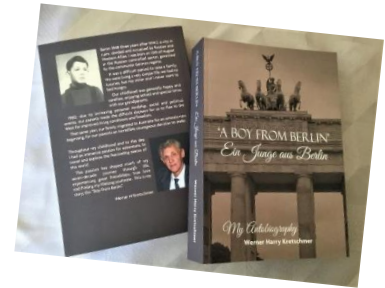
CLUB CLIPBOARD!

FAMILY HISTORY GROUP

Thursday – 5 October - 10.00 am

Topic: Werner Kretschmer – ‘Boy from Berlin’

For the second month in a row, we are fortunate to have a guest speaker, Club member Werner Kretschmer who will talk about his life from a child in Russian controlled Berlin to Australia, his research into his family and writing his book ‘Boy from Berlin’.



Researching European ancestry is very difficult as many records were lost during the WW II period across Europe. Come along and hear about Werner’s experiences in his research.

Whether you are an experienced family historian, a beginner or just interested, please feel welcome and come along. If you have just joined the 55 Plus Club and wish to see what this group is about, you are most welcome to come along too.

Liz Dean



UKE 55 - UKULELE GROUP

Friday – 6 Oct – 3.00 pm

The Club’s ukulele group, ‘Uke 55’ meets again next Friday afternoon at 3.00 pm at Gumnut Cottage. This small but fun group strums and sings along under the guidance of ‘Ukemeister’ Garry Owen.

You don’t need to be able to read music; songs are projected onto a screen which makes it easy to play along as the chords are also explained. You also do not need your own ukulele to start with, as the Club has a couple of “come and try” ukuleles.

So, what are you waiting for, why not come along on Friday and see why ukulele playing is popular all round the world as a fun social activity!



SOCIAL SUNDAY BINGO

Sunday – 8 Oct – 2.00 pm

Due to Labour Day long weekend, social bingo is on Sunday 8 October. John and Phil are your hosts again for the afternoon with the bingo numbers projected on the big screen.

Social by name and nature, there are lots of groans when just missing out on that elusive last number! The prizes are modest, but the entertainment is priceless!

Bingo pens and pads are provided and there is always a delicious afternoon tea on offer - so why not come along and join the frivolity!



TSC -101 Cowlshaw Street, Greenway
Phone: 02 6293 4004



GC - 97 Cowlshaw Street, Greenway
Email: tugg55plusclub@gmail.com

Website: 55plusclub.org.au

CLUB CLIPBOARD!

There are some spots available in these two sessions
so it is still not too late to join!

QIGONG / TAI CHI – 8 WEEK SESSIONS - \$64.00



Tuesdays - 1.00 pm – 2.00 pm

To enable continuity for attendees, these sessions will no longer be available through EventBrite but are now being booked in an 8-week block.

The class does not require any previous experience and can be done seated if required.

The focus is on what you can do with the sessions helping to:

- * Harmonized mind and body
- * Improved balance and posture
- * Increase your energy
- * Reduce stress & tension

The training builds up with three generally systems, the mixed Tai chi and Qigong movements focusing on group body problems; includes Knee Activation, Kidney/Internal Organs Activation and some block opening Qigong movements.

For information form and what to wear, please click on this [link](#).

MEDITATION – 8 WEEK SESSION - \$64.00



Tuesdays - 2.15 pm – 2.55 pm

The first four-week Meditation sessions will finish next week, and the current attendees look extremely 'relaxed' as they leave each week! We are extending these sessions to an 8-week session and bookings are now open.

Meditation is an active training of the mind to increase awareness, and can benefit the body, mind and spirit.

Meditation helps to lower the heart rate and blood pressure by slowing down the breathing which lowers the amount of oxygen needed for the body. Our mental processes are also slowed down, muscles relax, and the body begins to function at a calmer and more natural level, this assists in relieving muscle pain, improving the function of the immune system and returning the entire body to its natural perfect balance.

The weekly sessions, covers guided healing and relaxation meditation for beginners. You will need to bring a yoga mat, pillow and blanket for the sessions. Please click on this [link](#) for more information.

*Tunde Takacs, from Tundeworld will be conducting these classes.
She is an International qualified instructor of Health Qigong and
Yang style Tai Chi, a natural healing therapist and meditation teacher.*



TALKING TIMELY!

JUMBLE SALE

ON

Saturday
14 October
9.00 am – 12.00 pm

Tuggeranong 55 Plus Club
101 Cowlshaw Street
Greenway

Downsizing, spring cleaning, and a COVID cleanout, has left many members with items that they do not know what to do with.

There are still some spots left for the Jumble sale in a couple of weeks. For the modest sum of \$20 we will provide you with a table in the hall and you can turn your unwanted items into some spending money. You will need of course, to man your spot, have your own cash float and whatever you do not sell will go home with you!

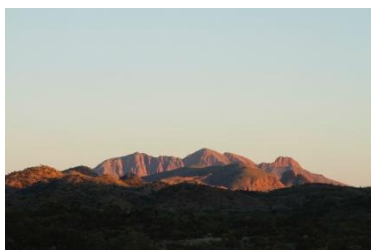
We will do all the publicity via posters and social media, and we have organized a Coffee Cart for sustenance which should bring in the crowds!

Please register with the Club office if you would like to have a stall and find a home for your unwanted goods!

COLLABORATION OF COLOUR & LIGHT



Next week will see some new photographs being displayed in the main hall. They are the work of two club members: Justin Flynn and Andrew Rankine, who have collaborated to display some of their photographic work.



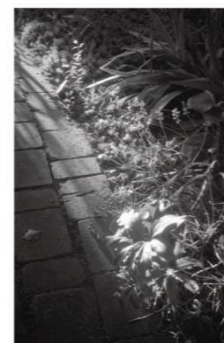
Awakening

Western Arrente lands. Rwetyepne (Mt Sonder) sunrise greets the centre of our great continent on this mountain of staggering age, 130 kms west of Alice Springs, NT. It's 5.30am and 35 degrees. This sight literally took my breath away, what's more to say?

There will be an incredible variety of images on show:

Justin's eight works examine landscape from around Australia and the world and is titled **Landscapes for the Heart, Mind and Spirit** while Andrew's eight works investigate the growing abundance of the garden around us: both earth-bound and extra-terrestrial, and is titled **The Garden by Day/ The Garden by Night**.

The exhibition will be up until the end of October. Sometime during the month, a "Meet the Makers" will be held in the hall, with Justin and Andrew on hand to talk about their work and provide some detail on how and why they captured the images on display.



The Garden Path

Keep an eye on **Tugg Talks** for the details!



A BUSY WEEK IN THE CLUB'S CALENDAR!

Last week groups of members visited Corbett Gardens in Bowral and Southern Tablelands Ecosystems Park at the Arboretum.

Pictures below are courtesy of Jill Pietzker and Bruce Grant



'Bloomin' Bowral – a vibrant display of blooms in Corbett Gardens. Members from both the Walking Group and day bus trip joined the many admirers last week who happy snapped to their hearts content!



Last Friday, some 'Garden Gossipers' visited Forest 20, Southern Tablelands Ecosystems Park (STEP) at the National Arboretum.



PETS AND POSITIVE AGEING (PAPA)

They are a voluntary community organisation committed to supporting ageing pet owners. The organisation focuses on practical initiatives to support the welfare needs of older pet owners and their pets. Their initiatives have also improved access to in-home pet services and rental properties for the wider pet-owning community.

Pets and Positive Ageing (PAPA) works closely with other organisations such as [Northside Community Service](#) and [ACT Pet Crisis Support](#) to assist older pet owners in the Canberra region.

Petcare Plan

Planning what to do to ensure your pets are taken care of is a task we often put off. It is worth thinking about early and spending some time putting together a [Petcare Plan](#). Drafting a Petcare Plan and including your pet in your Will is a great way to ensure your wishes are known and your pet will be cared for. More information from the Public Trustee and Guardian is available [here](#).

If you have no friends or family who you trust to care for your pet, contact the RSPCA for a [Home Ever After](#) information pack.

Pet Friendly Aged Care in Canberra

There are aged care facilities which accept pets and there is a list that is constantly updated on their website. However please check with the facility about your specific pet prior to signing your contract.

For more information: [Pets and Positive Ageing](#)

ANNUAL DOG AND CAT REGISTRATION

All dogs and cats over the age of eight weeks old who have been kept in the ACT for 28 days or more must be registered with details updated every year.

Annual dog and cat registration ensures Domestic Animal Services have up to date contact details for pet owners so they can reunite pets with their families quickly if they are lost or somewhere they shouldn't be.

Once you register your pet, you will receive an annual reminder to confirm registration details for free. If it is your first time registering, there will be a one-off fee. Eligible concession card holders will receive a discounted fee.

You must provide your pets microchip details when registering your pet for the first time. Microchipping is not an alternative to registration, and both are compulsory.

Help keep you mate safe. Remember to

✓ **register**

✓ **microchip**

✓ **de-sex**

For more information:

Phone: 13 22 81 - Access Canberra Contact Centre

Website: [ACT City Services](#)



ACT
Government

