



Weekly Bulletin

Friday 9 October 2020

VALE – PAT

The Club extends its sympathy to John Dahl and his family on the death of his wife Pat. As foundation members of the Club, the Dahls have contributed greatly to the growth of the Club since its inception.



Pat took on the role of President of the Management Committee in 2011 and was involved in the planning of the Seniors Centre which was officially opened in November of that year. During the following years, she was a valuable member of the committee serving two terms of two years.

Pat and John have also been leaders of the carpet bowls groups since the Club began in 2008 with Pat baking for morning and afternoon teas each week for her fellow bowlers.

A great 'team player', Pat will be sadly missed by all.

SHOW YOUR HEART, MAKE A HEART.

Wrap Our Hearts Around You is a project which aims to unite Canberrans through the common activity of creating hearts. The hearts will be collected by the Canberra Hospital Foundation for a special celebration that will be symbolic representation of the appreciation and love in the community for our healthcare workers and patients.

How to get involved

It's simple! Once you've decided that you'd like to be involved, all you have to do is sign up and tell us how many hearts you aim to make. You can sign up by filling in the online form, or you can call Amy on 5124 3542.

A few guidelines to help you along your way

- ♥ Hearts should be around the size of your palm
- ♥ Hearts can be made from knitting, crocheting, sewing, paper crafting, painting or drawing, or any other medium you prefer
- ♥ Please use the colours of the Canberra Hospital Foundation heart - dark blue, light blue, pink, orange, dark green, light green and red
- ♥ To finish off your hearts, please sew little hoops on the sides or tops so we're able to assemble them in a special configuration
- ♥ You can create on your own, or share the project in your crafting group
- ♥ Please make sure you tell us how many hearts you plan on making so we can plan how the final installation will come together



Need some inspiration? Click the links for instructions for [crocheted hearts](#), [knitted hearts](#) and [stuffed knitted hearts](#).

CLUB CLIPBOARD

TIMETABLE

Monday 12 October – Sunday 18 October

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity	
Mon 12 Oct	9.30 am	Bolivia (cards) - GC	
	9.30 am	Zumba Gold - TSC	
	10.00 am	iPad SIG - TSC	
	2.00 pm	Social Bridge - GC	
	5.15 pm	Yoga - TSC	
Tues 13 Oct	8.00 am	Active Ex – Men - TSC	
	9.10 am	Active Ex – W - TSC	
	9.00 am	LL Cycling Group	
	1.00 pm	Mah-jong - GC	
Wed 14 Oct	9.30 am	Cribbage - GC	
	10.00 am	Ten Pin Bowling	
	10.00 am	Carpet Bowls - TSC	
	12.10 pm	Seated Stretch - 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 15 Oct	9.30 am	500 (cards)- GC
10.00 am	Shutterbugs - TSC		
10.15 am	Pool Group		
Thurs 15 Oct	1.00 pm	Mah-jong - GC	
	1.30 pm	Reading Group - TSC	
	3.30 pm	Improvers Bridge - GC	
	3.45 pm	Yoga – TSC	
	Fri 16 Oct	9.15 am	Tai Chi - TSC
	9.00 am	Cycling Group	
Fri 16 Oct	10.00 am	Pitch n Putt	
	12.00 pm	Learning Circle - TSC	
	2.00 pm	Carpet Bowls- TSC	
	Sun 18 Oct	9.20 am	Walking Group

PLEASE NOTE:

- **Seated Yoga will return on Tuesday 20 October due to Instructor not being available**
- **'Summer' times for both cycling groups**

HIGHLIGHT OF THE WEEK!



Thursday – 15 Oct – 10.00 am
SHUTTERBUG'S CAMERA GROUP

The next meeting of the Shutterbug's camera group will be held next Thursday 15 October starting at 10.00 am. We will be taking a look at an interesting photo technique called "Focus Stacking" and fellow Shutterbug's member Steve Walmsley, will be doing a presentation on "Histograms" and "White Balance" which will also include a workshop. If you are going to join us, please remember to bring your camera. Our project theme for October is "Rust". Members can submit up to six prints of any size they wish. They will be mounted in our special frames and placed on the hall's walls for all club members to view. We will have our quote for the month and also take a look at a couple of items of photographic trivia. At our September meeting we viewed at the most expensive photo ever sold "Rhein II" by Andrea Gursky which sold for 4.7 million dollars and the most expensive camera a rare Leica, one of only three in original condition sold for 2.7 million dollars. Owing to the recent wet weather we had to cancel our outing to Lanyon Homestead planned for Thursday 8 October. The outing will be rescheduled to a future date, to be decided at our meeting. Norm Swanwick

RETURNING THIS WEEK!

Friday – 16 October – 9.15 am
TAI CHI



Tai Chi is returning this week but **ONLY** for the more experienced people and the second level who had moved up from beginners. At this point in time, this group will **NOT** be taking new members until next year. Attendance nos remain restricted and this activity, depending on popularity, may revert to online booking.

OUT AND ABOUT WITH SOME CLUB 'OUTSIDE' ACTIVITIES

PITCH N PUTT

A great day was had at Pitch and Putt last Friday. The weather was perfect but there were lots of people out playing golf so there was a hold up at a few of the holes.



The golf was followed up with a lovely lunch at Geoscience Australia where the presentation of the hole-in-one trophies to both Kevin Cross and Magda Sexton took place.

The next Pitch and Putt is Friday 16 October at the Canberra International Golf Club at 10.00 am. Come and join us.

Barb Dromgool

Photos courtesy of Barbara Dromgool

DISCOVER CANBERRA WALKING GROUP

True to its name, the Discover Canberra Walk on 4 October tackled the local McQuoids Hill.



Club members at the end of another Discover Canberra Walk at the base of McQuoids Hill, Kambah.

McQuoids Hill Nature Reserve was named after Thomas McQuoid, Sherriff of New South Wales, who was given the grant over "Tuggeranong" in 1837. It is a 56 hectare steep hill located in the west of the Tuggeranong Valley and the reserve offers scenic views of the Murrumbidgee River.

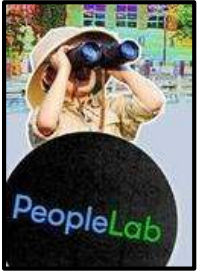
The woodland provides habitat for woodland birds and supports the nationally vulnerable Pink-tailed Worm-lizard. Much of the reserve has nationally endangered Yellow Box-Red Gum grassy woodland and there are a few regionally rare plants, including Pale Pomaderris.

There are a number of management trails in the reserve and the National Bicentennial Trail passes through the western side of the reserve for horse riders.

Anne Meade

Photo courtesy of Neil Moffat

AROUND OUR NEIGHBOURHOOD



PUBLIC ART TREASURE HUNT #6 – TUGGERANONG Saturday – 10 October 2020

Have you noticed that really nice tree near the lake? That tree – along with many other

pieces of ‘under looked’ beauty – is about to be transformed into a piece of valuable art. All thanks to the power of white gallery labels. And your help.

Your Mission (should you accept it)

Come to Art Hunt Headquarters at the lakeside near McDonalds any time between 11.00 am and 4.00 pm. Claire and Pablo from PeopleLab will give you a treasure map and an art label to stick somewhere in the local area between Lake Tuggeranong College and Two Before Ten.

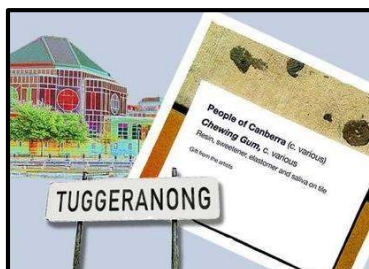
Use the treasure map to find the piece of art that matches your label, and attach it! Then return to headquarters to claim your prize (a really nice leaf).

It is a free event and all ages and abilities welcome. You can hunt solo or as a group so why no invite your friends! Hand sanitiser and sunscreen will be provided, and ACT Health COVID-19 guidelines will be followed for your safety. You are encouraged to wear comfortable shoes for walking, but of course if you have cold or flu-like symptoms please stay home.

“I loved seeing the beauty in the little things we never notice.

The labels draw other people’s attention to the beauty too!”

- Happy customer from previous hunt.



FROM REBELS TO A CAUSE



A building that was once a clubhouse for the Rebels Bikies in Wanniasa has a much different vibe these days. It is now occupied by a workshop for women and children to learn carpentry skills. While burnout marks on the concrete and multiple, old security cameras and alarms give away its previous use, the building on Sternberg Crescent, with its fortress-like walls, is now being put to good use.

Two Sheds Workshop is the brainchild of South Coast carpenter, Jo Saccomani, who first started the classes in Bega in 2014. Her aim is to give women and children a sense of achievement and confidence in being able to build something and also encourage more women into the building trade. Jo was a licensed builder in Canberra for 10 years during the 1990s and with her connection to Canberra, she started classes in the national capital in 2019, initially renting out local halls before creating the base in Wanniasa.

The building is now fitted out with tools and workbenches, stored timber ready to be turned into anything from Adirondack chairs, stools and benches, which can be completed by adults in a weekend workshop, to swords, shields, possum boxes, treasure chests, bread boards and candle holders, which children can do.

COVID-19 impacted the classes, which are now building up for a full suite of programs, including on the weekend and after-school. Building is very empowering and Jo believes that working with your hands is healing and can give focus during uncertain times.

For more details:

<https://www.twoshedsworkshop.com.au/>

Courtesy The Canberra Times – July 2020