



'Tugg Talks' Weekly Bulletin Friday 13 Oct 2023



CLUB CLIPBOARD!

ANNUAL GENERAL MEETING UPDATE MEET YOUR 'NEW' MANAGEMENT COMMITTEE

Firstly, I would like to sincerely thank all members (an amazing 63 in person and 10 Proxies) who made the effort to attend the meeting last Monday, with the needed quorum easily reached.

It was a relatively short meeting which reviewed the past year and elected the new Management Committee. The Reports tabled are on the [Club website](#).

The new Management Committee members are:

| | |
|-----------------|---------------|
| President: | Phil Burns |
| Vice President: | Robert Kelly |
| Secretary: | Rhonda Jolly |
| Treasurer: | Janelle Burns |

Committee Members:

Lois Good
Lorraine Henderson
Jill Pietzker
Robert Peresan
Magda Sexton
Vivien Stewart

I would like to thank outgoing Committee members Lyn Williams and Tom Seeto and for their contributions during the periods they have been on the committee. I look forward to hearing from Steve Walmsley who may be rejoining the committee.

I welcome Lois Good who bravely put her hand up at the meeting, to the Committee, and I look forward to our working together during the coming Club year.

Phil Burns, President



DATES FOR YOUR DIARY!

JUMBLE SALE

ON

**Saturday
14 October
9.00 am – 12.00 pm**

**Come along
and support
your fellow
Members**

**Why not call
in after you
cast your
vote!**



FREE INFORMATION SESSION

Housing and Aged Care Options

Council on the Ageing

Thursday - 26 October – 10.00 am

Do you need help with housing and ageing options?

We have arranged for one of COTA ACT's experienced staff members to do a presentation about housing and aged care support options.

Knowing the options available to you as you age can be confusing and overwhelming. COTA's Housing and Ageing Options program can assist you to identify the options available to you as you age - ranging from housing, retirement living, help in your home, respite and residential aged care, connection with community and more.

**If you would like to attend this Information Session,
please register your attendance with the Club Office.**



COTA ACT's Housing Options Advisory Service is a free service delivered by COTA ACT with funding from the ACT Government. This funding is for the provision of housing-related counselling and support and advocacy to assist older people in the ACT to access appropriate housing options or sustain their current housing.

CLUB CLIPBOARD!

TIMETABLE

Saturday 14 Oct – Saturday 21 Oct

*GC Gumnut Cottage *TSC Tugg Seniors Centre

| Day / Date | Time | Activity |
|-------------------|----------------|--------------------------|
| Sat 14 Oct | 9.00 am | JUMBLE SALE - TSC |
| Sun 15 Oct | 9.20 am | Discover Canberra WG |
| Mon 16 Oct | 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 17 Oct | 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 18 Oct | 9.30 am | Cribbage – GC |
| | 10.00 am | 'Take 55' Movie Group |
| | 10.00 am | Ten Pin Bowling |
| | 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 19 Oct | 9.30 am | 500 Cards- GC |
| | 10.00 am | FH Working Gp - TSC |
| | 1.00 pm | Mah-jong – GC |
| | 1.00 pm | Reading Group - TSC |
| | 3.30 pm | Social Bridge – GC |
| | 3.45 pm | Yoga - TSC |
| Fri 20 Oct | 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 |
| Sat 21 Oct | 1.30 pm | Games Afternoon - GC |



‘TAKE 55’ MOVIE/COFFEE GROUP Wed – 18 Oct – 10.00 am

A small group came to the movies on Wednesday. We had a slight hiccup as the movie we were going to see was removed from the theatre’s programme and I didn’t know until I checked the times on Tuesday.

We then went to see “The Creator”, a sci-fi action thriller instead and we all had varying reactions to the movie. As we do not have anything to see on Wednesday 18, we will meet for coffee at Vikings at 10.00 am. Come and join us for coffee and conversation!

Pam



GAMES AFTERNOON Saturday – 21 Oct – 1.30 pm

The monthly Games Afternoon is on again this Saturday, 21 October, 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

DATES FOR YOUR DIARY!

Landscapes for the heart, mind and spirit

The garden by day/the garden by night

A joint exhibition of photography by Justin Flynn and Andrew Rankine



Awakening Rwetyepne (Mt Sonder) sunrise. Western Arrente lands NT
Justin Flynn



The Garden Path Sarah's garden, ACT
Andrew Rankine

Meet the Makers

On **Thursday 19th of October** commencing at 11.30am 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, with light refreshments to be served afterward.


RSVP by the 17th of October to
meganflynn@iprimus.com.au

About the exhibition

There is a great 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.

DATES FOR YOUR DIARY!




SUNDAY
TRIVIA
QUIZ

2.00 PM
SUNDAY
22 OCTOBER

\$5.00
ENTRY

FORM A TEAM
OR
JOIN A TEAM



SUNDAY **TRIVIA QUIZ** **COUNTDOWN**

ONE WEEK TO GO!

Rhonda Jolley will return as our quiz master for our next Sunday Trivia Quiz to be held on Sunday 22 October. Why not get a team organised with your family or friends or just come along on the day and join a team with your fellow club members?

The format for Rhonda's quiz will be similar to our past Sunday trivia quizzes. Eight rounds each of ten questions plus a table quiz sheet your team can work on while Phil rounds up your answers and enters the scores on the whiteboard.

As usual, there will be chocolates for everyone, a great afternoon tea and a couple of door prizes to win. Our overall team winners will each receive one of our coveted "Winners Certificates" plus a couple of other goodies and most importantly, bragging rights for a few weeks. All this for our regular \$5.00 activity fee.

So why not join us at 2.00 pm on Sunday 22 October for a fun and friendly afternoon activity? Even if you are not a trivia fan, it is a great way to get to know some of your fellow club members and you might get hooked and even win a prize. Don't forget that the public car park opposite the Club is free on Sunday so there is no need to worry about parking fees. There is no need to book, just come along on the day and we usually finish around 4.00 pm. We hope that you can join us!

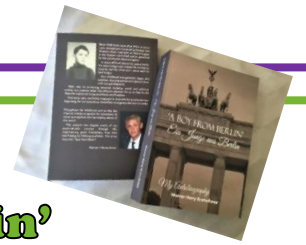
Norm Swanwick for the Trivia Team



IN REVIEW!

FAMILY HISTORY GROUP

Topic: Werner Kretschmer – ‘Boy from Berlin’



The Family History group's guest speaker Werner Kretschmer presented a fascinating insight into his life as a child in occupied Berlin and his family's flee to the West in 1960. The family's journey brought them to Australia later that year. Throughout his life he and his family have taken every opportunity to travel in Australia and overseas.

But Covid lockdown gave him a different opportunity: to write of his experiences in his autobiography 'A Boy from Berlin' and to self-publish the book. At 450 pages it's no short read! He inspired our group to think more seriously about writing our own stories instead of just 'thinking about it'.

Thank you Werner, for your time and energy in preparing your presentation and delivering it in such an interesting, humorous manner.

Liz Dean

SOME FANCY FOOTWORK AMID THE FLOWERS OF FLORIADE!



Sunday 24 September saw an Intrepid group of 55 Plus ladies join with 45 other brave souls to perform on Stage 88 at Floriade.

As a spinoff of her Zumba & dance classes, Susan (our Zumba Gold Instructor) also facilitates an intergenerational dance performance group called 4ME DANCE ENSEMBLE. Currently their members range from 4-year-olds and up drawing members from our club and other venues where Susan teaches.



The club was proudly represented by Deb, Robyn, Sandy, Cheryl and Heather; congratulations to these courageous and wonderful women!

Susan is currently seeking more performers to join her on stage December 1 or 2 or both as part of a production called *A Stellar Line Up* (more details to follow shortly) so if you've always wanted to tread the boards or trip the light fantastic come and join the Zumba Gold or Movement 4 Memory classes on Monday mornings.



'Graphites' Drawing Group

Last Wednesday morning Graphites met in the back room of the club to grapple with rope.

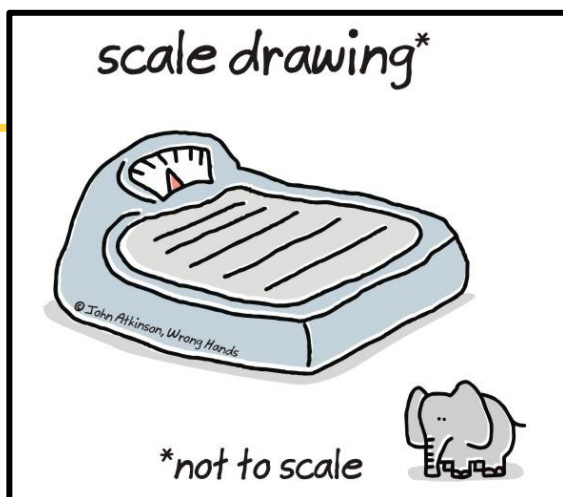
Graphites is a casual group of drawers who meet at the club from 10.00 am to 12 noon on the second and fourth Wednesday of each month. With no aim other than to draw what they choose they settled on a theme this week of drawing rope. Drawing to a theme is not compulsory but can act as a spur to getting things down on paper and such themes help us exercise our drawing muscles on a reasonably regular basis in an encouraging, non-judgemental environment. Some come to Graphites to draw from reference drawn from photos or books or objects they bring themselves. Today it was 'rope'; future theme suggestions include 'fabric' and 'boots'.

So, is there an impediment to joining Graphites?
Frayed knot!

New members are always welcome, and little is needed apart from a willingness to get things down on paper. Please contact group coordinator Mandy Coggins through the club for more information.

Besides their second and fourth Wednesday morning gatherings, Graphites will also meet for the Club's involvement in SouthFest on Saturday 11 November between 10.00 am and 12 noon.

Andrew Rankine



COMMUNITY BILLBOARD!



COGS Kambah Community Garden 2023 OPEN DAY & SEEDLING SALE

SATURDAY
NOVEMBER 4

10AM ~ 3PM

CNR Springbett St & O'Halloran Cct, Kambah
Email: kambah_convenor@cogs.asn.au

- * Garden-related stalls * Kids treasure hunts *
- * Sausage sizzle and tea/coffee stall * Raffle *
- * Plus much more! *

Expert speakers presenting:

- * Growing from seed * Indigenous plant use *
- * Benefits of bees * Seed Savers *



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