



# Weekly Bulletin      Friday 28 October 2022

## CLUB CLIPBOARD!

### ACTIVITIES UPDATE

#### MELBOURNE CUP



The following activities have been cancelled on 1 November:

- 10.00 am    Pool-Beginners
- 10.00 am    Garden Gossip (**moved to 8 November**)
- 1.15 pm    Seated Yoga

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### SATURDAY MORNING PHOTOGRAPHY HOW TO MOVE, STORE & ENHANCE YOUR PHOTOS FROM YOUR CAMERA & SMARTPHONE



**SATURDAY 29 OCTOBER – 10.00 am**  
**POSTPONED DUE TO ILLNESS**  
**RESCHEDULED DATE TO BE ADVISED!**



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#### TAI CHI

#### FRIDAYS – 9.15 am

Please note that due to the Tai Chi instructor being unavailable for the current term, the next intake of new members to the group will be at the start of the new school term in February 2023.

This enables all newcomers to the form to progress and learn together at the same pace.

If you would like to be put on the waiting list, please contact the Club office.



# CLUB CLIPBOARD!



## WORKSHOP – PAINT YOUR OWN CARDS

THURSDAYS – 10 & 24 NOVEMBER – 12.45pm-3.15pm

Learn how to turn your beautiful artwork into handmade cards and delight your friends and family this festive season and beyond!

Catherine Alexander is running a workshop over two afternoons in November to show you how easy it is. She will photograph the pieces of art that you paint or draw during the first session (or pictures/drawings done previously) and transform them into cards during the second. She will provide all the card making materials required for six cards but you will need to bring your painting/drawing equipment.

Cost for the two sessions will be \$30.00 with booking and payment at the Club office by Tuesday 8 November. Be quick – there are limited spaces!



## LAKESIDE ART GROUP UPDATE

The new block of watercolour classes with Catherine will commence in February (date to be advised)

### Wednesday – 2 Nov – 9.00 am INTRO TO BIRDWATCHING

This month we will go to Tidbinbilla Nature Reserve and walk along the Lyrebird Trail. All the species that migrate to our region in spring should now have arrived, so we should see a nice suite of birds.

Meet at 9.00 am in the carpark at the Visitor's Centre at Tidbinbilla and we will carpool from there. Bring morning tea, a pair of binoculars, sturdy walking shoes, bottle of water, hat and sunscreen.

Please don't come along if you are unwell and let Lia know if you are coming:

[liabattisson@grapevine.com.au](mailto:liabattisson@grapevine.com.au).



### Wednesday – 2 Nov – 9.15 am 'TAKE 55' Movie/Coffee Group

We had a very enjoyable morning chatting over coffee at The Vikings Club on Wednesday.

Next Wednesday, 2 November, we will go to Limelight Cinema to see *Mrs Harris goes to Paris* at 10.10 am, meeting beforehand at 9.15 am for coffee at Cherry Bean.  
*Pam Hall*

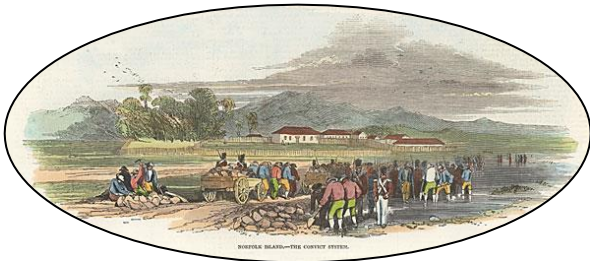


Oscar-nominees Lesley Manville and Isabelle Huppert star in this new adaptation of author Paul Gallico's beloved tale "Mrs 'Arris Goes to Paris" about a widowed cleaning lady in 1950s London who gambles everything to chase her dream of owning a couture Dior dress. This enchanting film reminds audiences that it is never too late to follow your heart!

# CLUB CLIPBOARD!

## Thursday 3 November 10.00 am FAMILY HISTORY GROUP Topic: Norfolk Island to Van Diemen's Land – convicts and settlers 1789- 1813

This month, a member of our group, Helen, will present a talk on 'Norfolk Island to Van Diemen's Land – convicts and settlers 1789-1813'. Norfolk Island has a rich and interesting history and was used as an extension of the penal colony in New South Wales.



The meeting will be in the Parkview Hall and new members are always welcome! And don't forget to have a look at the [Family History Group's](#) page on the Club's website. It is regularly updated with family history news and information.

Family History Group also has two 'offshoot' working groups. There are no set topics, with the groups working through issues members raise.

Meeting on Thursday mornings, the November dates are:

DNA Working Group - **17 November**

Family Tree Maker Working Group –  
**24 November**

They meet in the Parkview Hall at the Seniors Centre,

**10.00 am until 12.00 noon**

and, if you can, bring along your laptop or wherever you have stored your results.

## TIMETABLE

Saturday 30 Oct – Sunday 6 Nov

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity	
Sun 30 Oct	9.20 am	Discover Canberra WG	
Mon 31 Oct	9.30 am	Bolivia - GC	
	9.30 am	Zumba - TSC	
	9.30 am	Crafty Corner - GC	
	10.30 am	M 4 M - TSC	
	1.30 pm	Table Tennis - TSC	
	2.00 pm	Social Bridge - GC	
	4.30 pm	Yoga - TSC	
Tues 1 Nov	8.00 am	Active Ex – Men - TSC	
	9.10 am	Active Ex – W – TSC	
	10.00 am	LL Cycling Group	
	1.00 pm	Mah-jong – GC	
	1.30 pm	Cup Day Aftn Tea	
Wed 2 Nov	9.00 am	Intro to Bird Watching	
	9.15 am	'Take 55' Movie Group	
	9.30 am	Cribbage – GC	
	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 3 Nov	9.30 am	500 (Cards)- GC	
	10.00 am	Family History Gp - TSC	
	10.00 am	Pool – Social - GC	
	1.00 pm	Mah-jong – GC	
	2.00 pm	Book Club - TSC	
	3.30 pm	Social Bridge – GC	
	3.45 pm	Yoga - TSC	
Fri 4 Nov	9.15 am	Tai Chi – TSC	
	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	
	2.00 pm	Carpet Bowls – TSC	
	3.00 pm	Uke 55 - GC	
	Sun 6 Nov	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC	



# WHAT IS COMING UP IN NOVEMBER!



## BEGINNER UKULELE LESSONS

- NOV/DEC

Garry is conducting **one more series of Beginner Ukulele Lessons** to see the year out, commencing Monday 7 November.

Whilst open to anyone, a particular focus is:

### Parents/Grandparents with their Children/Grandchildren

The ukulele is becoming quite popular with youngsters these days, so this series would be a great opportunity for “family bonding through music”, especially for grandparents to offer to their grandchildren - maybe for Christmas ? :-)

There are five face-to-face sessions, supported by online teaching videos, and Zoom workshops as required. The face-to-face sessions are for those residing in the Canberra or Batemans Bay regions, but the online videos and zoom sessions will be quite sufficient to get you up and playing in no time - well, 5 weeks :-)

The sessions are easy paced, designed to have FUN whilst learning.

[More Info and Signup](#)



# **WHAT IS COMING UP IN NOVEMBER!**



## **'SNACK & CHAT'**

**Tuesday 8 November – 11.00-12.00**

Students from the Social and Community class at Lake Tuggeranong College are doing activities for Children's Week which has an intergenerational focus this year. As part of those activities, 8–12 of these students would like to come and interview some of our members on Tuesday 8 November, 11.00 to 12 noon.

During the "Snack and Chat", (which they are supplying), the students would like to ask questions relating to the different life experiences and skills that as senior members of the community, we have acquired over time.

Considered by the College to be invaluable for their students, this activity follows the example of recent television programs which have shown much can be gained by interaction between the generations.

Many of you have interesting life stories. If you would like to have a Snack and Chat, sharing your knowledge and a 'yarn or two', please contact the Club office.

The students look forward to meeting you!

## ***OVERVIEW OF THE AGE-FRIENDLY CITY PLAN***

***Thursday - 17 November – 10.00 am***

At the recent Veteran's and Seniors Expo, Phil (President) spoke to a variety of organisations and one of them was Hannah Gissane from Community Services Directorate, ACT Government.

The ACT Government has developed an [Age-Friendly Plan](#) which is designed to work towards better support, connections and initiatives for older Canberrans across the areas of transport, infrastructure, health, justice and human rights.

On Thursday, 17 November, Hannah is coming to provide an overview of the plan for Club members and invites questions and comments.

As the focus of this plan is older Canberrans, this is an opportunity to find out about the plan and its aims and to add your practical input as seniors who live and move about our city.

If you would like to attend, please book your place at the Club office.



# 'FAMILY HISTORY' MYSTERY SOLVED!

## **THE MYSTERY OF THE LONG-FORGOTTEN ALBUM SOLVED**

The story that I included in the Bulletin in September has had a happy ending with an international twist.

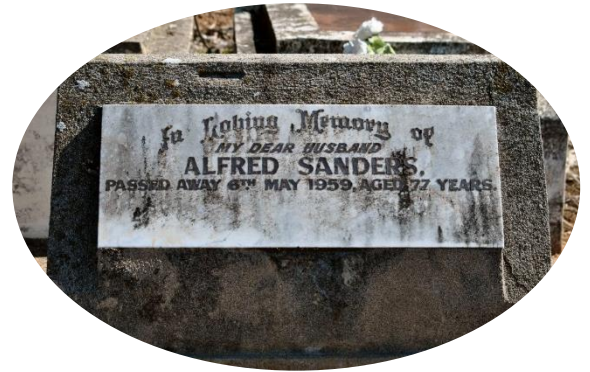
When a valuable photo album was discovered in a Canberra op-shop, it was seemed to be too special to be in there. The postcards in the album had connections across the world, but one really hit home, literally – it was the only one with an Australian postmark – to one Alfred Sanders/Saunders care of Bowning Hotel. The other hints among the correspondence indicated Alfred was a blacksmith, had a connection to the British Army and that they all fell within the 1908 to 1911 timeline.



Tony Maple from the Canberra and Region Heritage Researchers and Gary Kent, keen genealogist and President of the National Trust (ACT) answered the call to help solve the mystery of the long-forgotten album brimming with family history. After some savvy detective work by them, the album will be returned to descendants on the other side of the world.

They discovered that Alfred Sanders was born in 1882 in Fremington, Devon and emigrated to NSW in 1914. A blacksmith, he married Jane Elizabeth Wallace in Yass – hence the Bowning connection – in 1916 and they were to live much of their life at Grenfell, in the Central West of NSW.

The research also uncovered Alfred Sanders' grave at Grenfell, inscribed: "In Loving Memory of my dear husband Alfred Sanders. Passed away 6<sup>th</sup> May 1959. Aged 77 years." Jane died in Strathfield, Sydney, in 1972.



The Canadian connection came via Alfred's sister Emily, who migrated to Saskatchewan where she married James Welch. It's this link that helped track down the family who is believed to be the rightful owner of the album. It will go to Emily's grandchildren and great-grandchildren who live in Alberta and Saskatchewan.

Thanks to this research, and rather a lot of phone calls to Canada, the album will soon be on its way back "home".



# COMMUNITY BILLBOARD!

## CANBERRA HEALTH SERVICES WARNS OF ROBOCALL SCAM



The community has been urged to hang up on robocalls claiming to be from Canberra Health Services, as a new scam circulates.

A Canberra Health Services spokesperson said people were receiving robocalls from a number that appears to be associated with the organisation. Recipients are being asked to call another number to pay a debt over the phone.

If you receive one of these calls, hang up and

**DO NOT MAKE ANY PAYMENT OR PROVIDE ANY PERSONAL INFORMATION.**

Canberra Health Services **DO NOT** make robocalls.

This matter has been reported to authorities, including the Australian Cyber Security Centre.

## COGS Kambah Community Garden

### 2022 OPEN DAY & SEEDLING SALE

Saturday 5th November  
10am - 3pm

- ☀️ Sausage Sizzle ☀️ Coffee Van ☀️
- ☀️ Gardening-related Stalls ☀️
- ☀️ Speakers (Seed Savers, ACT for Bees, Composting Techniques, LDK Choir) ☀️

Cnr Springbett St & O'Halloran Cct, Kambah  
Email: [kambah\\_convener@cogs.asn.au](mailto:kambah_convener@cogs.asn.au)



[www.southfest.com.au](http://www.southfest.com.au)

5th Nov 2022

9:00am - 3:00pm

5th Nov '22



### SouthFest: Kambah Community Garden Open Day

Kambah Community Garden is celebrating its 21<sup>st</sup> anniversary this year with an open day! There will be seedlings available for purchase, talks on organic gardening practices, and other local, like-minded organisations' stalls in the garden to promote activities.

Located at Springbett Street & O'Halloran Circuit, Kambah.

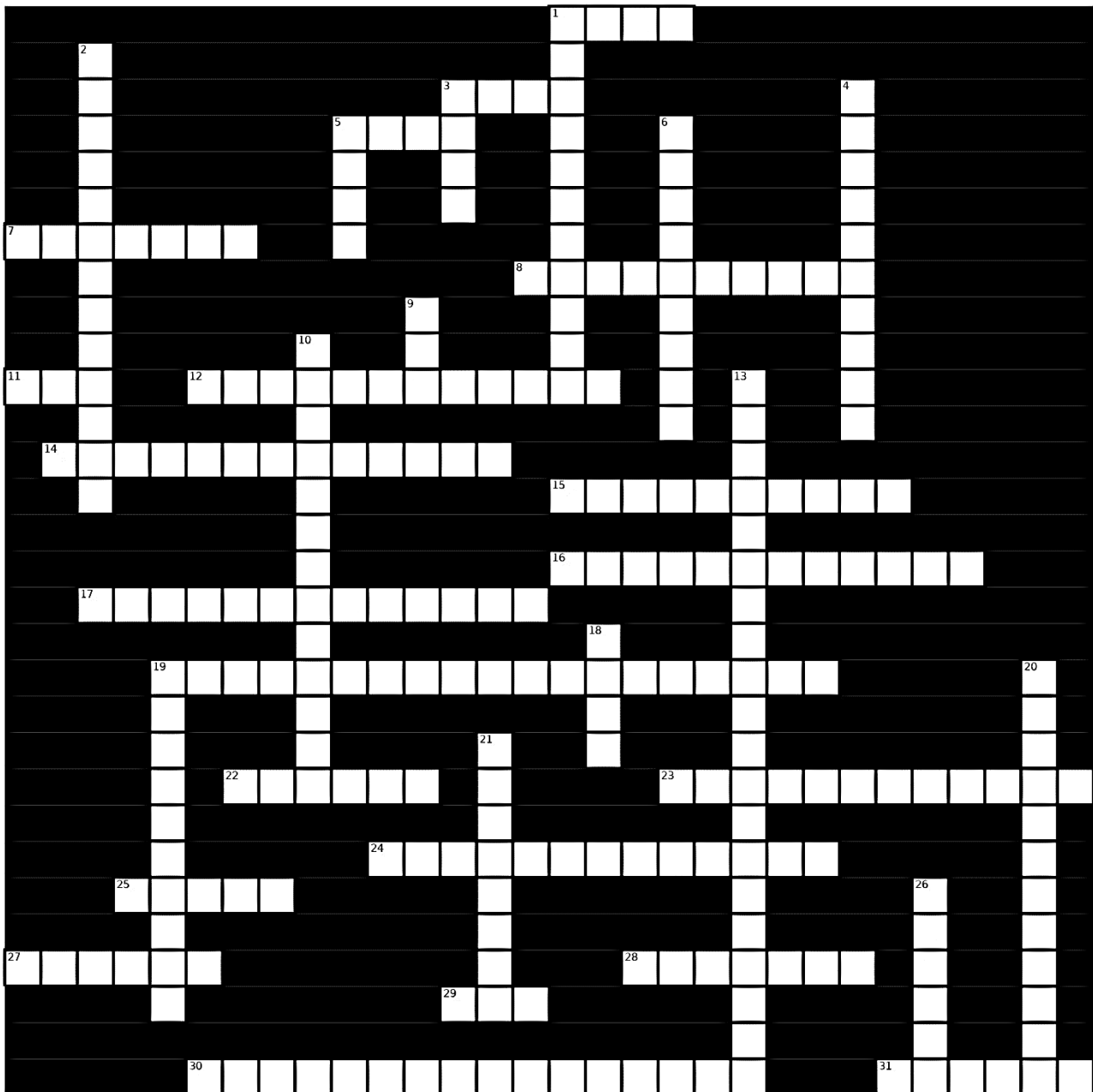
This event is part of the SouthFest in the Suburbs program - over 50 unique events celebrating life in Tuggeranong Valley!

Find out more at

[www.southfest.com.au](http://www.southfest.com.au) or via their [Facebook](#).



# TALKING TRICKY – MELBOURNE CUP CROSSWORD!



## Across

- 1 In which year was the highest recorded attendance?
- 3 In what year was the Melbourne Cup first run?
- 5 In what year was the first photo finish camera used in a Melbourne Cup?
- 7 What is the name of the most famous Melbourne Cup winner?
- 8 Which jockey rode Think Big in 1974 & 1975?
- 11 How many jockeys have won four Melbourne Cups?
- 12 How many people attended the first Melbourne Cup?
- 14 Who was the last winning jockey to wear black as the main colour?
- 15 What is the largest number of horses to start in a Melbourne Cup?
- 16 What is the tightest winning margin in a Melbourne Cup?
- 17 What is the name of the youngest jockey to win a Melbourne Cup?
- 19 What began in 1925?
- 22 How many Cup winners has Bart Cummings trained?
- 23 Who has trained the most Melbourne Cup winners?
- 24 What is the name of the first female jockey to win the Melbourne Cup?
- 25 How many times has Makybe Diva won the Melbourne Cup?
- 27 Which horse has carried the lowest weight?
- 28 Which horse has carried the heaviest weight?
- 29 What Number was Makybe Diva when she won in 2005?
- 30 Who won the Melbourne Cup in 2015?
- 31 What was the name of the horse who won the first Melbourne Cup?

## Down

- 1 When and who was the last six-year-old to win the Melbourne Cup?
- 2 Which horse won both the Caulfield Cup and Melbourne Cup in 1997?
- 3 What year was the Cup first run on a Tuesday?
- 4 Which horse has won the most Melbourne Cup?
- 5 In what year was the fastest time recorded?
- 6 How many stallions have won the Melbourne Cup?
- 9 How many eight-year-olds have won the Melbourne Cup?
- 10 On which horse did the first female jockey ride?
- 13 What colour combination has won the Cup fourteen times?
- 18 How many horses have won the Melbourne Cup two years in a row?
- 19 How many times have five year old horses won the race?
- 20 Which horse holds the Melbourne Cup fastest time record?
- 21 What barrier has never produced a winner since barriers were introduced in 1924?
- 26 Which horse recorded the slowest winning time?

