



Weekly Bulletin

Friday 30 October 2020

AGM – UPDATE - MEET YOUR ‘NEW’ MANAGEMENT COMMITTEE.....

Despite the intrepid weather, the needed quorum was reached to allow Monday’s Annual General Meeting to proceed. Thank you to the members who made the effort to attend. It was a short meeting which reviewed the past eventful year and elected the new Management Committee.

The new Management Committee is:

President: Phil Burns
Vice President: Robert Kelly
Secretary: Vivien Stewart
Asst Secretary: Robert Peresan
Treasurer: Lia Battisson
Asst Treasurer: Janelle Burns

Committee Members:

Michael Bungey, Mandy Cox, Arthur Dickens, Sandra Hyde, Magda Sexton and Helen Shannon.

A big thank you to outgoing Committee member, Barbara Dromgool for her contribution over the past year and a warm welcome to new member, Helen Shannon, who volunteered to join the committee at the cessation of the meeting.

Phil Burns, President

PLEASE NOTE – 3 NOVEMBER

- **Club office will be closed**
- **Mahjong will not be held**
- **Men’s & Women’s Exercise Classes & Seated Yoga will be held as usual**

PRESIDENT’S UPDATE

When I looked back on my first update when I became President last year, it was interesting to view it after the progression of events since November 2019.

Two items that I had mentioned (Noise abatement at Gumnut Cottage and the IT Hub) were delayed, due primarily to COVID-19 and the subsequent four-month closure of the Club. However, despite the closure, the quest to find a cost-effective workable solution to reduce the noise at Gumnut Cottage continued (thanks to the doggedness of committee member, Mandy Cox). After much research, I am pleased to advise that noise absorbing (acoustic) panels are being installed in the Banksia Room in mid-November. We have decided to do the largest room first and will decide on the remaining rooms at a later date.

The IT Hub, which was put on hold, is now nearing finalisation and will be housed in the Founders Library. This is a timely addition, as the lockdown period has shown that being ‘computer comfortable’ is essential in today’s world. Watch the Weekly Bulletin for further information.

And finally, as I was reminded at the AGM with a question from the floor, parking is still an issue that needs to be resolved. With the ACT election now behind us and I suspect new Ministers to approach, I will continue to press our cause and suggestions as to what could be done.

I am often at the Club so please feel free to approach me. I welcome your comments.

Phil Burns

CLUB CLIPBOARD

TIMETABLE

Monday 2 November – Friday 6 November

*GC Gumnut Cottage *TSC Tugg Seniors Centre

<i>Day / Date</i>	<i>Time</i>	<i>Activity</i>
Mon 2 Nov	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba - TSC
	10.00 am	Crafty Corner - CG
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 3 Nov	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00 am	<i>LL Cycling Group</i>
	1.15 pm	Seated Yoga - TSC
Wed 4 Nov	9.30 am	Cribbage - GC
	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 5 Nov	9.30 am	500 (cards)- GC
	10.00 am	Family History - TSC
	10.15 am	<i>Pool Group</i>
	1.00 pm	Mah-jong - GC
	2.00 pm	Book Club - TSC
	3.30 pm	Improvers Bridge - GC
Fri 6 Nov	3.45 pm	Yoga - TSC
	9.00 am	<i>Cycling Group</i>
	9.15 am	Tai Chi - TSC
	10.00 am	<i>Pitch n Putt</i>
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC

ACTIVITIES UPDATE

Thursday – 5 November – 10.00 am

FAMILY HISTORY GROUP – Discover 'Discovery' at the UK National Archives

At November's meeting, we will be discovering 'Discovery', the catalogue of the UK National Archives: the official archive and publisher for the UK Government and for England and Wales. Its collection is one of the largest in the world and over 9 million records are available for download.

As with the previous few meetings we are limited to the number of people we can have in the Club hall, so please contact me (0409 323 014) to reserve your place. I would not like anyone who has made the effort to get to the Club, not to be able to join in. *Liz Dean*

Friday – 13 November – 9.30 am–11.30 am
FAMILY HISTORY DISCUSSION SESSION

At the October meeting of the Family History group members enjoyed a very interesting presentation by Mary Argall on using Ancestry DNA test results in our research.

As a follow up, a small group discussion session is proposed for Friday morning

13 November. If you are interested in attending or would like to know more please contact Liz Dean on 0409 323 014 or by email lizdean@ozemail.com.au.

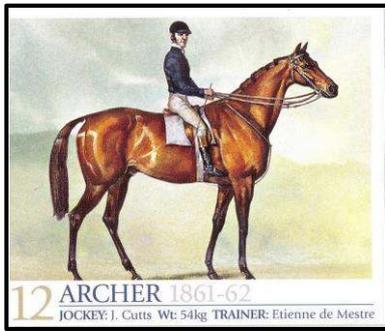


BEGINNER BRIDGE SESSIONS – EXPRESSIONS OF INTEREST

Beginner Bridge lessons are commencing soon and if you would like to learn how to play, please register your interest with the Club (Phone: 6293 4004 or email: tugg55plusclub@gmail.com) or teacher, Margaret Kennedy, email: marbken6@gmail.com.

Bridge is more than just an enjoyable pastime. Scientific studies have shown that playing bridge has demonstrable benefits for mental fitness and brain health in seniors. Specifically, playing bridge is particularly effective at delaying the onset of Alzheimer's and other forms of dementia. So why not give it a go!





BRAIDWOOD HORSE RACED TO HISTORY IN FIRST MELBOURNE CUP

The first and second Melbourne Cup (1861-2) was won by Braidwood's Archer.

Archer was born in 1856, sired by William Tell out of Maid of Oaks, both horses owned by Thomas Royds of Ballalaba,

(30 km from Braidwood). He was leased to Etienne De Mestre, son of a Sydney businessman at Terara, near Nowra.

Nicknamed 'The Bull', Archer was an unusually big horse standing at 16.3 hands with excellent features. He had an unusual rolling gait when galloping with his tongue lolling out of his mouth.

The first Melbourne Cup on 7 November 1861, was an eventful affair. Three of the 17 starters fell during the race, two of them died, two of the jockeys sustained broken bones and one horse bolted off the course, but the race continued. At the final turn the favourite, Mormon, made his run but Archer caught and passed him, defeating Mormon by six lengths. His time of 3 minutes 52 seconds remains the slowest on record. It was a triumph for NSW, refuelling interstate rivalry and adding to the excitement of the Cup. De Mestre received 710 gold sovereigns and a trophy, a hand-beaten gold watch. There was no cup as such.

The next year Archer was the favourite and although carrying a heavy 64.5kg, he won his second Melbourne Cup with even greater ease, beating Mormon by eight lengths, a margin that would not be equalled until Rain Lover's win in 1968. Archer is one of only three horses to ever carry more than 60kg to victory in the Melbourne Cup and for more than a century only two horses won the Melbourne Cup twice: Archer (1861, 1862) and Peter Pan (1932, 1934).

Archer may have been able to equal Maykybe Diva's three Melbourne Cups (2003-4-5) except that the Victorian Racing Club scratched the dual winner for 1863 race, claiming that De Mestre's telegraphed acceptance did not arrive in time. This was owing to a public holiday in Victoria when their office was closed.

In 1864, Archer was retired to stud at Tom Robert's Exeter Farm, Braidwood, where he died aged 16, on December 22, 1872. He was inducted to the Australian Racing Hall of Fame in 2017.



'They're Off' to a flag start in the first Melbourne Cup Race 1861

SWEEPS

One of the many Melbourne Cup traditions is the 'sweep' Whether held in an office, club or home, they are a popular part of each year's Cup festivities. But this 'tradition' is a lot older than you think!

Sweepstake a form of gambling, especially on horse races, in which all the stakes are divided among the winners; the word, 'sweepstake' originally from the late 14th century meant someone who 'sweeps', or takes the whole of stakes in a game; in figurative usage, someone who took or appropriated everything. From the 15th to the 17th century, Sweepstake was often used as a ship's name.

From the late 18th century, the word meant a prize won in a race or contest in which the whole of the stakes contributed by the competitors were taken by the winner or a limited number of them; the current meaning developed from this.

Tattersalls, Melbourne Cup Sweep, 1930

Sheet produced in Tasmania by Tattersalls to provide information about the various sweeps that it was organising in conjunction with the running of the 1930 Melbourne Cup. It also contains brief information about the sweeps organised in relation to other significant horse races in Australia, including the Caulfield Cup.



SWEEPSTAKE BISCUITS

Take your Melbourne Cup sweepstake to sweet new heights with these cute iced biscuits.

Ingredients

125g unsalted butter, softened
100g (½ cup) firmly packed brown sugar
115g (½ cup) caster sugar
1 tsp vanilla extract or essence
1 egg, lightly beaten
300g (2 cups) plain flour
½ tsp baking powder
½ tsp salt



Icing

2 small egg whites
530g (3½ cups) pure icing sugar, sifted
2-3 tsp lemon juice
black food colouring gel

Instructions

Beat butter, sugars and vanilla until creamy, about 5 minutes. Add the egg and beat until well combined and add the sifted flour, baking powder and salt. Mix to thick dough and divide into 2. Flatten portions into discs, wrap separately in plastic wrap, refrigerate for 1 hr.

Preheat oven 175°C. Line 4 baking trays with baking paper.

For icing, whisk egg whites with a fork until foamy. Gradually add icing sugar, beating with a wooden spoon until very thick and smooth. Add the lemon juice if icing is too thick. Place ⅓ cup of icing into a separate bowl, cover with plastic wrap to stop drying out. Gradually add drops of black gel colouring to remaining icing until it is a deep black colour. Mix well and set aside.

Roll dough between 2 sheets of greaseproof paper until it is 3 mm thick. Using a floured 6 cm round cutter, cut rounds from dough. Allowing room for spreading, place onto lined trays, and bake in preheated oven for 12-14 minutes or until biscuits are just starting to go golden around edges. Remove from the oven and allow to cool on trays.

Spoon the black icing onto biscuits and spread using a flat bladed knife. Once the black icing is set (about 15 minutes), spoon the white icing into a plastic sandwich bag, snip off corner of bag and pipe numbers onto biscuits.

GREY MEDALLION – LAKESIDE LEISURE CENTRE, TUGGERANONG

Grey Medallion is about having a social experience while learning new skills or refreshing safety skills in and around the water. There will be a range of dry activities as well as



in water activities to undertake over the course duration. And the best thing, you don't need to know how to swim!

Six-week course is being held on Tuesday mornings 10.00 am-12.00 pm starting from 3 November.

Cost: \$30.00 and includes a morning tea!
Register at reception, complete the enrolment form and shake out those old swimmers.



THE ZERO WASTE FESTIVAL

Following the success of last year's inaugural Zero Waste Festival, the festival is back with an even bigger program. And this year, they are online! The Zero Waste Revolution team is thrilled to present a jam-packed festival program that includes nine events over two days and nights on **11 and 12 November**.

Wednesday, 11 November features three FREE panel discussions and a FREE presentation from our favourite gardener, wombat whisperer and waste wizard, Jackie French.

Thursday, 12 November gets into the practicalities of waste reduction with a series of five masterclasses covering topics such as food waste, recycling right and sustainable living tips.

The full festival program is available on the [website](#). So make a booking, for one or all of the events in this year's Festival.

THE TROUBLE WITH TRILOBITES 'TRIVIA' ANSWERS

- 1. Three lobes** - The name trilobite means "three lobed". The earliest fossil records of trilobite species date back over 500 million years.
- 2. Arthropoda** - Trilobites were some of the very earliest arthropods to develop on Earth, with the very earliest known species dating back approximately 520 million years. They belong to the Class Trilobita, and there have been several different species discovered in the fossil record so far.
- 3. Cambrian Stage 3** - The first appearance of trilobites in the fossil record is used to loosely define the beginning or "base" of the Cambrian Stage 3 geological period in Earth's history. Cambrian Stage 4 begins about 514 million years ago with the first appearance of the Redlichia trilobite species.
- 4. True** - Trilobites were extremely successful creatures and existed in their millions for around 240 million years. Over 17 thousand species' fossilised remains have so far been found around the world, and it is thought that trilobites originated in what is now Siberia, at least 525 million years ago.
- 5. Pygidium** - The pygidium varied in size and configuration from species to species of trilobite. It contained the anus, and in females, the ovipositor was also there.
- 6. Horseshoe** - Horseshoe crabs and horseshoe shrimp, also known as "cephalocarida", are the closest thing to trilobites still living. Horseshoe shrimp are tiny creatures, measuring just 2-4mm long. Horseshoe crabs are sometimes actually called "living fossils" and their numbers are in decline around the world, mainly due to overfishing and habitat destruction.