



Weekly Bulletin **Friday 4 November 2022**

CLUB CLIPBOARD – What’s been happening!



MELBOURNE CUP RETURNS AFTER A FEW YEARS ABSENCE!

Our Melbourne Cup social get together was held last Tuesday when over 50 club members gathered to watch the Cup races on our big screen, enjoy afternoon tea and grab one or two sweep tickets with hopefully the winning numbers on them. The weather was relatively kind to us although the rain did come in towards the end of our celebrations. We had a number of raffle draws with prizes of a TAB mystery pick entry and a Dan Murphy's gift card, a book and a number of bottles of bubbly.

Margaret and Jill looked after us by providing a great selection of savoury and sweet goodies for us to enjoy. Lorraine (our lovely Tuesday Office Volunteer) took charge of the sweep sales and handing out the prize money to the lucky winners. Our regular meet and greet helper Thea, welcomed everyone, and invited them to join a table with fellow members where there was pre afternoon tea bubbly and nibbles to enjoy. Finally, we had a Melbourne Cup trivia table quiz sheet for everyone to consult with others on their table to hopefully come up with the correct answers. No prizes or competition, just a fun quiz provided by Janelle who also looked after our publicity and organising the sweeps.

I think everyone enjoyed the occasion which despite being a last-minute decision by the social committee, returned the celebration to 'days of old'. Congratulations to all the winners, both raffle and sweeps, and many thanks to the hard-working members of the social committee and to everyone who helped on the day.

Our next social event will be our Christmas celebration in December – yes, it's only a few weeks away now. Full details will appear soon in our Bulletin.

Norm Swanwick -Chairman Social Committee.



CLUB CLIPBOARD!

WODEN SENIORS – 50 YEARS YOUNG!

Committee member Lorraine Henderson attended as the Club's representative, the 50th Birthday afternoon tea of the Woden Seniors last Friday. The celebration marked 50 years since a small group of people held a meeting which resolved to form the Club which is now Woden Seniors. Both past and present members were welcomed and there was a display of papers detailing the Club's history.

Club President, Jenny Gregory, made a short speech and past President and one of the Club's long-standing supporters, Anne Murray did the cake cutting honours.



A performance by the Woden Seniors Choir added to the afternoon's event and got toes tapping.



The afternoon tea was delicious and member for Bean, David Smith was Lorraine's interesting table companion!

Happy Birthday Woden!



Park party celebration of ACT seniors clubs



The Grand Party in Glebe Park, on Sunday 21 March, was the first combined celebration of four ACT seniors clubs - Woden Seniors, Canberra Seniors Centre Belconnen Senior Citizens Club and the Tuggeranong 55 Plus Club.

About 2500 grandparents and their families and friends attended. The children were well entertained with activities such as the jumping castle; tasty food was in abundance; and seniors' dancing and singing

Woden Seniors Singers at the party. groups attracted large and appreciative audiences.

The Grand Party was made possible by the ACT Government (which contributed \$12,000) and the Department of Territory and Municipal Services. It was the culmination of a very successful Seniors Week.

The Minister for Ageing, Joy Burch, represented the ACT Chief Minister Jon Stanhope. She acknowledged the special role that

older people had as leaders in the community, in particular noting that many older citizens at the event were part of the building of Canberra in its early days

"The perception of older people is changing" Ms Burch said. "We can no longer consider older people as a single group in our community".

Woden Seniors President Anne Murray said she hoped the event would become an annual one.

Dennis Blewett

**A blast from
the past – a
little bit of
history from
Woden
Seniors
Quarterly
Journal –
Meridian Vol
7 No 10 –
June 2010**

CLUB CLIPBOARD!

TIMETABLE

Saturday 5 Nov – Sunday 13 Nov

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 6 Nov	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC
Mon 7 Nov	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
Tues 8 Nov	4.30 pm	Yoga - TSC
	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
	1.00 pm	Mah-jong – GC
Wed 9 Nov	1.15 pm	Seated Yoga
	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
Thurs 10 Nov	2.45 pm	Line Dancing-Imp – TSC
	9.30 am	500 (Cards)- GC
	10.00 am	Android SIG - TSC
	10.00 am	Tugg Chukkers
	10.00 am	Pool – Social - GC
	12.45 pm	Lakeside Art Gp - TSC
	1.00 pm	Mah-jong – GC
	1.15 am	Lawn Bowls
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 11 Nov	7.30 pm	On-line Trivia
	9.15 am	Tai Chi – TSC
	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



Sunday – 6 November – 2.00 pm **SOCIAL SUNDAY BINGO**

John and Phil will be back on Sunday, spinning the numbers, exercising your brain and boosting your fine motor skills! Dobbers and bingo sheets are provided as well as a delicious afternoon tea!

Tuesday – 8 Nov – 10.00 am **GARDEN GOSSIP** **'War on Weeds'**



Our next meetup will be a 'War on Weeds'! Given the amount of rain we have had, it was no surprise that weeds are having a fine old time in our gardens. So, let's have a "war on weeds" session. it's been too wet to poison weeds, so what do you do - paint them with turps (turpentine), pour boiling water on them, torch them or tediously pull them out one by one? Mandy will bring some of her weeding gadgets and if it's not raining, we can test some methods around the outside of Gumnut Cottage to see what works (and the area certainly does need weeding!).

And don't forget that Open Gardens Galore are happening...most importantly GG member Jane is having her open garden 5 & 6 November. Jane has been slaving over her garden, so why not pay her a visit and support the open gardens scheme. There will be entertainment and a coffee/cake stall as well.

<https://opengardenscanberra.org.au/event/sarahs-garden/>

See you on Tues for a weedy good time (sorry I can't resist a pun!) *Mandy Cox*

CLUB CLIPBOARD!



Wednesday – 9 November – 10.00 am

'TAKE 55' Movie/Coffee Group

A lovely group of people joined in for coffee and a chat this week, followed by “Mrs Harris goes to Paris” at Limelight Cinema. Everyone enjoyed the movie; it was a refreshing story line, beautiful fashions and scenery that had us all laughing, crying, and feeling happy.

Unfortunately, there is not a movie of interest next week so we will get together for coffee at the Vikings Club Tuggeranong at 10.00 am. Pam Hall

Thursday – 10 November – 7.30 pm

TRIVIA WITH FRIENDS – ON-LINE TRIVIA



If you want another ‘Trivia’ challenge, the Probus Club of Tuggeranong and 55 Plus Club have joined forces for a monthly on-line trivia night via Zoom, on the second Thursday evening of the month. The next session will be held on **Thursday 10 November at 7.30 pm.**

We have 5 sets of 10 questions in each, covering a wide range of topics. There are sure to be questions you can easily answer. There are no prizes, just the satisfaction or realising how much general knowledge you have, or in my case haven't!! There is much mirth and groaning when the answers are revealed.

You will need to download and install Zoom (it is free and easy to install). I send the link on the night at about 6.00 pm. and you need to join the session by 7.20 pm so we can start on time.

New competitors are always welcome. To join, please contact me on ameade@pcug.org.au – you might just become addicted! Anne Meade



“Oh no, look who’s in ...”

WHAT IS COMING UP IN NOVEMBER!

WORKSHOP – PAINT YOUR OWN CARDS

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



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).

OVERVIEW OF THE AGE-FRIENDLY CITY PLAN

Thursday - 17 November – 10.00 am

At the recent Veteran's and Senior's 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.



TALKING 'TUNING IN'!

THE JOY OF PODCASTS

What is a podcast?

If you go by the dictionary, a podcast is a digital audio file made available on the Internet for downloading to a computer or mobile device, typically available as a series, new instalments of which can be received automatically by subscribers. Another view is that podcasts are all of our favourite shows, topics and blogs put together in a huge hub of audio recordings (a podcast app) that you can explore, search and download to listen to in your own time, at home, in the car, at work, while exercising or anywhere.

The term Podcast is a portmanteau (word combination) of *iPod* and *Broadcast* and initially started as a way for individuals to get their message out and build a community of people with similar interests. Nowadays, there are podcasts from individuals, companies, radio stations, TV stations, storytellers, celebrities, comedians, churches and more.

Podcasts are usually in a series of episodes that you can listen to, often released on a regular basis such as daily or weekly.

[Doreen Wendt-Weir](#) is in her early 90's and lives at North Tamborine in Queensland. She is a very energetic person and has had a busy and full life.

She has written 3 books since 2003, "Barefoot in Logan Village", "Sex in you Seventies", and her latest "Gardening in your Nineties".

A recent interview with this amazing woman is available through podcast, [Booming.net.au](#) and is among some entertaining discussions.



17 episodes

[Booming, the Podcast](#), offers insights and inspirations about how all of us can embrace our longevity and age successfully, how all of us can boom !

Author and positive ageing expert Marcus Riley draws on his 25 years' experience in the field of ageing across the world to introduce you to people we can all learn from and be inspired by.

Some names will be familiar and others you may not yet know but they are all worth listening to.

And we want to hear from you in this discussion too – your questions, experiences and observations all form part of Booming – the podcast.

MORE GARDEN GOSSIP!

- Need a potting table, but lack permanent space? An old metal mesh ironing board is great as a potting table



- recently one of the Urban Homesteader Facebook groups posted a picture of one, also being used as a drying rack for plants.

You can pick up an old ironing board at the Green Shed, or through your local Facebook "Buy nothing group".

- Water your baby tomato plants with lukewarm water...sounds nuts, eh? But I saw the most amazing tomato crop growing during similar awful weather and the gardener told me he found watering his plants with warm water really helped them along – worth a try!



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_convenor@cogs.asn.au



SouthFest: Kambah Community Garden Open Day

Kambah Community Garden is celebrating its 21st 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.

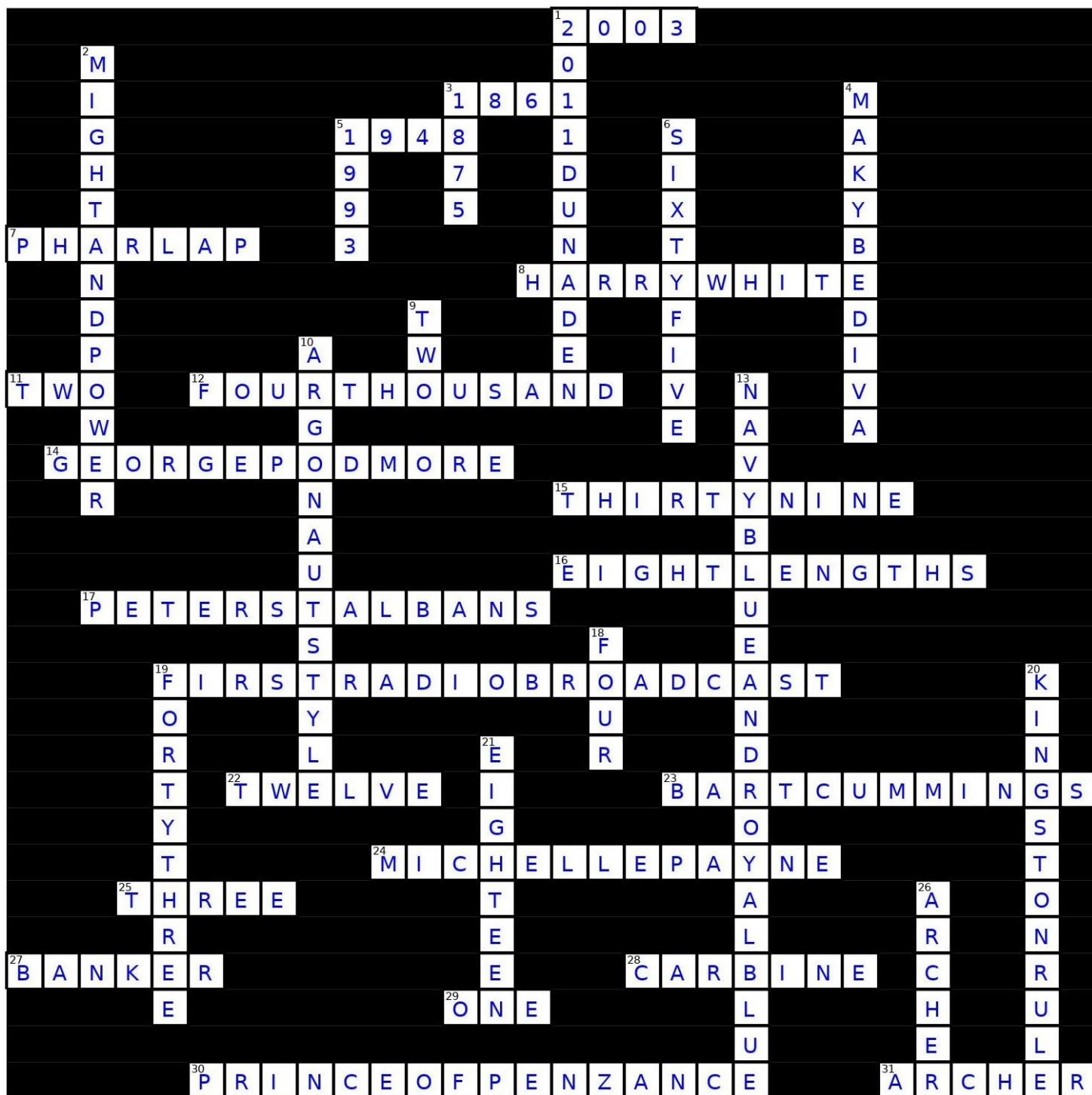
This event is part of the SouthFest in the Suburbs program - over 50 unique events celebrating life in Tuggeranong Valley!

Find out more at

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

TALKING TRICKY

MELBOURNE CUP CROSSWORD SOLUTION



A LITTLE TRACK TRIVIA - RAIN AND THE MELBOURNE CUP

- 1870 when the track was so waterlogged that it was deemed unsafe to ride was won by Nimblefoot a week later.
- 1916 track again was deemed unsafe due to rain. Cup won by Sasanof 5 days later.
- 1892 The Cup was run in pouring rain and won by Glenloth.
- Rain during the race on average happens once in every nine years.

