



# Weekly Bulletin

Friday 12 Nov 2021

## **CLUB CLIPBOARD**

### **PRESIDENT UPDATE**

By now you will be aware that the local Government have brought forward their next step in the ACT Pathway forward, click on the [link](#) for details.

As density limits have been reduced, the Club's procedures can return to the 'new normal' as per operation before the last lock down.

Masks will no longer be required indoors and from Monday, morning and afternoon tea will be available.

BUT please adhere to Club COVID practices; continue to safely social distance, check in with CBR, sanitise on arrival and before and after breaks and clean frequently touched surfaces, especially in all tea areas. Stay home if unwell and get tested if you are experiencing COVID like symptoms, no matter how mild.

While in the ACT there is no direction regarding attending and vaccination, any unvaccinated OR members with only one vaccination are firmly encouraged to not attend Club activities.

Club procedures may seem tedious at times, but the Management Committee's role is to consider its duty of care to all attending members as well as the Club role and responsibility operating within a government owned building.

The AGM will be held early in the new year so if you have not been happy with the management of the Club over past months, why not consider taking an active role and nominate for one of the six positions that will become available.

As always, I am at the Club often so please feel free to have a chat.

*Phil Burns, President*

**Restrictions  
have eased  
but your  
responsibility  
hasn't**

For updates visit  
[covid19.act.gov.au](https://covid19.act.gov.au)

**Keep CBR  
safe &  
strong**

# CLUB CLIPBOARD!

## ON THIS COMING WEEK!

**Wednesday – 17 November – 10.00 am**

### **TAKE 55 – Coffee Catchup**

As there is still not a suitable movie next week, we will meet again for a catchup coffee with conversation at the Tuggeranong Vikings Club at 10.00 am – hope you can join us!



*Pam Hall*

## CLOSING MONDAY 22 NOV!

**ACRYLIC ART  
WORKSHOP No.9  
with Maria Polmeer**



## THE COLOURS OF OUR COUNTRY

**BEGINNERS & CONTINUING  
BEGINNERS**

**SATURDAY – 27 November**

**10.00 am to 1.30 pm**

**Cost \$55.00**

Bookings and payment at the  
office by

**Monday 22 November**

**Book early to avoid  
disappointment**

**CANVAS & PAINTS SUPPLIED**

**BYO**

jar for water, brushes, apron/old shirt,  
towelling rag, paper palettes  
or China plate

## TIMETABLE

**Monday 15 Nov – Sunday 21 Nov**

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 15 Nov	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.30 am	Crafty Corner - GC
	10.30 am	M 4 M - TSC
	5.15 pm	Yoga - TSC
Tues 16 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
	1.15 pm	Seated Yoga - TSC
Wed 17 Nov	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Take 55–Coffee C'up
	10.00 am	Ten pin Bowling
	12.15 pm	Line Dancing-AB-TSC
Thurs 18 Nov	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp - TSC
	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
Fri 19 Nov	1.30 pm	Reading Group - TSC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
	9.15 am	Tai Chi - TSC
	9.00 am	Cycling Group
Sun 21 Nov	9.30 am	Pitch n Putt
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
	9.20 am	Walking Group



**POOL GROUP – 1<sup>st</sup> & 3<sup>rd</sup>  
Thursdays of the month**

Members have been meeting at the Burns Club for a game of Pool or two organised by John Williamson. Due to the decline of numbers and the time of the year, this activity will take a break and 'regroup' in 2022!

# CELEBRATING THE SEASON!

## 'CHRISNIC'

**Sunday 12 December**  
**3.00 pm**



As the end of the year looms on the horizon, we are celebrating the season with a 'ChrisNic'.

Bring your picnic basket (with food!) and enjoy one of the best views in town as the afternoon rolls on.

Weather permitting, we will be able to spill out into the sunshine – fingers crossed!

Designed to be a 'casual' affair, the focus is on conversation and relaxation as the Club year draws to a close.

There will be a complimentary glass of bubbly on arrival, a piece of Christmas cake and a Pinata (which might help get rid of a few frustrations that have built up over past months!)

Please let us know you are coming to this free event by registering with the Club office:

Phone - 6293 4004 / Email  
[tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)) by Friday 3 December.

## CHRISTMAS RAFFLE

PRIZE ONE

PRIZE TWO

PRIZE THREE

TICKETS

1 for \$1.00

3 for \$2.00

DRAWN AT  
CHRIS-NIC  
SUN 12 DEC

Available from Club  
Office until Fri 10 Dec



## CHRISTMAS COLLECTION BASKET

This year we are again having a collection basket in the entry of TSC for donations of food items for the 'Little Pantry' run by Woden Community Service. This not-for-profit emergency food relief service is run primarily on donations, and every month, helps members of our local community with a small number of non-perishable food and hygiene items when they are in emergency situations.

Woden Community Service worker Shannon Wood is the driving force behind Little Pantry, which provides support for people of all ages and those with mental illness and disabilities. Shannon is respected for her kind, thoughtful and non-judgmental approach to the community.

**Most needed items:** canned fish / meat - tea / coffee - pasta sauces - pasta / rice - long life milk - canned fruit / vegetables / noodles / beans  
personal items / toiletries / feminine hygiene products - nappies / baby wipes

The Little Pantry thanks you for your wonderful contributions!

 **Woden Community Service**





# GARDEN CORNER



## **NATURE LOVES A LITTLE NURTURING**

November is a good time to prepare your lawn for summer. Bunnings are sharing tips on how to get things greener on your side of the fence.

For information on planting tailored to your area and climate, [visit Garden Corner](#) to see what they are doing in the garden in November.



### **Tips to prepare your lawn for summer**

Feed your lawn right and it will reward you in spades in the warmer months ahead. [Read article](#)

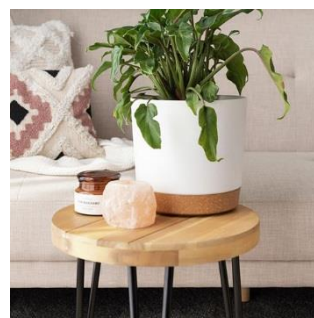
### **How to plan a garden irrigation system**

The best place to start irrigating your garden is with a pen and paper. We'll show you how to measure and plot your garden perimeter, including any obstacles, and measure your water pressure to give you an accurate plan to irrigate your garden. [View project](#)



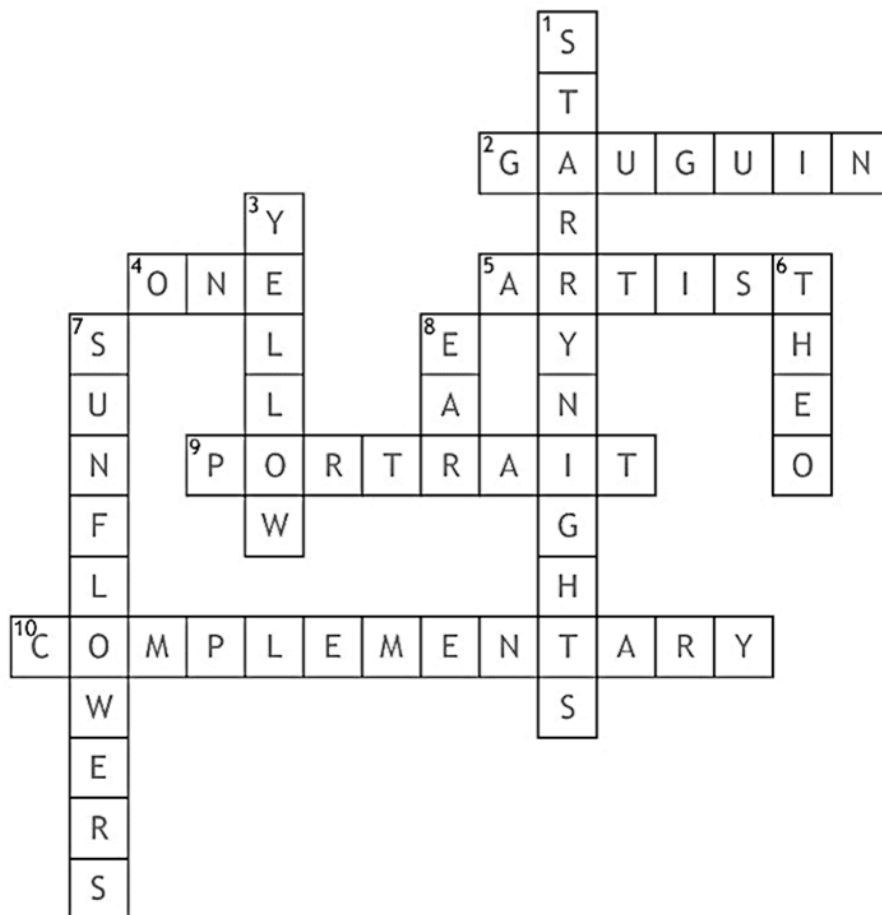
### **Growing and propagating a philodendron plant**

A philodendron plant can be a great addition to any tropical garden. With our tips, you'll be growing and propagating philodendron varieties before you know it. [Watch video](#)



# TALKING TEASERS!

## VINCENT VAN GOGH CROSSWORD SOLUTION



### DID YOU KNOW?

Van Gogh only started painting at the relatively late age of 27 and was mostly self-taught. His early paintings are not the colourful displays which most people are familiar with.

When he started painting, he used a dull palette of colours and painted some of the harsh realities of life. Poverty and financial hardship were common themes in many of his early works. The painting below is a representation of how he painted at the start of his career.

It was only later in his artistic career that he started using the vivid colours which he is so well known for.



*The Poor and Money, 1882*

# COMMUNITY BILLBOARD



**'CLEAN UP'**  
**LAKE TUGGERANONG**  
**Sunday 14 November – 10.00 am – 1.00 pm**



Tuggeranong Lake Carers with the support of the Tuggeranong Community Council, the Southern ACT Catchment Group, the Tuggeranong Sea Scouts and the Tuggeranong Rowing Club are organising a Clean-Up of Lake Tuggeranong on Sunday 14 November, from 10.00 am to 1.00 pm.

Please join us and register at the Sea Scout Hall on Mortimer Lewis Drive, East Greenway and bring gloves, a hat and water bottle.

The Tuggeranong Community Council is putting on a free BBQ near the Scout Hall for all participants. Ring 0431 235 970 for further details.



## **MIDWEEK MATTERS**

While the ACT has been under COVID restrictions, COTA ACT has been hosting free live seminars on issues of interest to seniors in the community on Zoom. The next one is:

**Wednesday 17 November, 10.00 am –**

**How to prepare your home for summer on less with Actsmar**

Summer is coming - but there is still time to make sure your home stays cool in the heat. Come along and find out what you can do to stay cool this summer in your home and garden without breaking the bank.

You can book your ticket for the online Zoom sessions

<https://www.cotaact.org.au/events/mwm/> and also view past seminars.

For more information contact [info@cotaact.org.au](mailto:info@cotaact.org.au) or 02 6282 3777.

## **BEE SWARMS**

A bee swarm is the result of the natural response to the reproductive process in bees occurring in the wild and in managed hives. It is a normal process for bees to swarm often in early spring and summer in Canberra. Canberra Region Beekeeper Association members are always willing to help to catch a bee swarm.

The sight of bees swarming can be unnerving to people, yet a sting is unlikely as they've just gorged themselves on honey before departing.

**Contact a member of the Canberra Region Beekeepers to catch a bee swarm – [actbeekeepers.asn.au](http://actbeekeepers.asn.au)**

