



Weekly Bulletin

Friday 13 November 2020

CLUB CLIPBOARD

TIMETABLE

Sunday 15 November – Friday 20 November

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 15 Nov	9.20 am	Walking Group
Mon 16 Nov	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba - TSC
	10.00 am	Crafty Corner - GC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 17 Nov	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 18 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
Thurs 19 Nov	2.45 pm	Line Dancing-Imp - TSC
	9.30 am	500 (cards)- GC
	10.00 am	Shutterbugs - TSC
	10.15 am	Pool Group
	1.00 pm	Mah-jong - GC
Fri 20 Nov	1.30 pm	Reading Group - TSC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	10.00 am	Pitch n Putt
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC

SOME 'HOUSEKEEPING'

Prepaid Vouchers

When using Prepaid Vouchers please:

- **record voucher number** on Activity attendance sheet
- **record date** used in the circles on voucher
- **return voucher** when FREE activity used with the days sheet

The voucher system has reduced considerably the amount of cash handled which also means that change is **NOT** readily available. If possible, having the *correct money* would be of great assistance.

Names Badges

If you have not yet picked up your name badge, please do so as we have a growing number of them awaiting their owners. Office hours: 9.30 am–2.30 pm. Wearing your badge when you are at an activity saves many an embarrassing situation when we have one of those 'Senior' moments!

Chairs in the Hall - TSC

It is much appreciated that everyone helps to clear the rooms after an activity. But please **DO NOT** stack the fabric chairs as they are difficult to untangle. Please place them singularly along the wall at both ends of the hall.





Thursday – 19 November – 10.00 am
SHUTTERBUGS CAMERA GROUP

Our final meeting for the year will be held next Thursday 19 November starting at 10.00 am. Our project for this month is “Your Choice 2020” our favourite photos taken during the past year. Fellow Shutterbugs member, Steve Walmsley, will be presenting a slide show he has put together photos he took showing the painting of the two murals on the Clubs outside walls. We will also be deciding, what monthly project themes we will be adopting for 2021. Weather permitting, we will venture outside for a workshop on histograms, which we took a brief look at last meeting.

I will present another photographic quote and another couple of items of photographic trivia. Our quote for October comes from Jim Richardson: “If you want to be a better photographer, then stand in front of more interesting stuff”. For our monthly trivia we took a look at the oldest photographic print “View from A Window” taken in 1826 and interestingly, the original plate still exists. Our other item was the meaning of Kodak which actually means nothing. George Eastman just liked the letter K. We will wrap up our COVID interrupted year’s programme with a cuppa and a chat. Whether a beginner or advanced photographer, you are welcome to join us.

Finally, the Club’s new web site is now up and running and you will find more information about the Shutterbugs group, including a selection of our photos, by clicking on the Activities TAB select General Interest and then Shutterbugs Camera Group. *Norm Swanwick*



Saturday – 5 Dec – 4.30 pm
A MERRY ‘COVID’ CHRISTMAS

It seemed fitting to finish the year with a flourish; acknowledge the worst and celebrate the best, all

at a social distance, of course!

We are going to eat, drink and be merry, sitting down to traditional Christmas fare – chicken, hot ham and lamb, with hot and cold side dishes followed by a selection of delicious desserts.

A complimentary glass of bubbly will welcome you, a quiz will test your ‘Christmas’ knowledge and there will be the customary Lucky Door and Best Christmas Outfit prizes.

This indoor/outdoor gathering is \$20.00 per member and food is being provided by local company, Golden Roast, with BYO drinks.

**Booking with
payment at Club
Office by Friday 27
November.**



CHRISTMAS COLLECTION BASKET



You may have noticed that it’s ‘beginning to look a lot like Christmas’ as energetic members of the Social Committee have started to decorate both buildings.

This year there will be baskets alongside both Christmas Trees for donations of non-perishable food and other items. They are being collected on behalf of the Woden Community Service and will be given to those accessing their services, assisting some of our vulnerable community members to have a brighter Christmas.

Woden Community Service

provides a wide range of services to the Canberra community. Their services include childcare, youth and family support, transport and social activities for seniors, NDIS services, mental health programs and housing support.

They thank you for your wonderful contributions!



TALKING TECHNOLOGY

IT HUB

As mentioned last week, the Founders Library has a new look and the addition of four computer stations heralds the inclusion of an IT Hub to the Club's Technology arm. What I neglected to say however, was that committee members, Robert Peresan and Mandy Cox were responsible for physically putting it all together. As everything comes in flat packs these days, it was not without its challenges!

The jigsaw puzzle bookshelf was also relocated to the Waterview Lounge and the wooden table has made a stylish addition to the entry coffee/tea corner. So, thank you both for your collective efforts!

This Hub is designed for you, our Club members, and therefore, its program should be driven by you. What do YOU want to know more about in this growing digital world: staying safe online, video chat applications, online banking, etc.

Contact the Club Office either in person, phone, 6293 4004 or by email: tugg55plusclub@gmail.com and let US know what YOU would like to know more about.



SCAMWATCH

Scamwatch is run by the Australian Competition and Consumer Commission (ACCC). It provides information to consumers and small businesses about how to recognise, avoid and report scams and is to help you recognise scams and avoid them.

Current COVID-19 (coronavirus) scams

Scammers are using the spread of COVID-19 (coronavirus) to take advantage of people across Australia.

About COVID-19 scams

Scamwatch has received over 5000 scam reports mentioning the coronavirus with over \$5,900 000 in reported losses since the outbreak of COVID-19 (coronavirus). Common scams include phishing for personal information, online shopping, and superannuation scams.

If you have been scammed or have seen a scam, you can [make a report](#) on the Scamwatch website, and find more information about [where to get help](#).

Scamwatch urges everyone to be cautious and remain alert to coronavirus-related scams. Scammers are hoping that you have let your guard down. Do not provide your personal, banking or superannuation details to strangers who have approached you. Scammers may pretend to have a connection with you. So, it's important to stop and check, even when you are approached by what you think is a trusted organisation. Visit the [Scamwatch news](#) webpage for general warnings and media releases on COVID-19 scams.

Spring Open Day & Seedling Sale COGS Kambah Community Garden Sunday–22 Nov – 11.00 am–3.00 pm

COGS Kambah Community Garden is holding an Open Day on Sunday, November 22 at 11.00 am – 3.00 pm.

There will be presentations by Canberra Permaculture Design (wicking beds), Seed Savers seed savings, growing microgreens with Cathy Morison and Music in the Garden



The Kambah Community Garden has been operated by the Canberra Organic Growers Society since 2001. The Kambah Garden is located at the corner of Springbett Street and O'Halloran Circuit, Kambah – adjacent to the Kambah Woolshed. It is set in a beautiful park landscape with a view of Mount Taylor.

On average around 25 gardeners are allocated individual plots which they put to productive use growing food for themselves and their families.

There is an emphasis on growing food all year round using sustainable organic gardening practices that build and continuously improve the quality of the soil and the environment. All plot holders share communal vegetable and herb garden cultivation, composting and general maintenance.



VICTORY GARDENS ARE MAKING A COMEBACK!

There's something special about growing your own food and saying 'this came from my garden' when you bite into a delicious, flavourful and fresh salad. Gardens aren't quite a 'set it and forget it' activity, but you will certainly enjoy the fruits of your labour. When supermarket shelves were bare back in March there was an uprise of home gardens which was reminiscent of 'victory gardens'. Luckily food wasn't rationed like war times and we still had an abundance of produce available at supermarkets, but in times like these it does really make you appreciate where your food comes from.

What Is a Victory Garden?

There are no hard-and-fast rules about the size or style of a victory garden, or what it must grow. Different gardens may yield different harvests of fruits, vegetables, herbs, and flowers.

Initially, wartime victory gardens were promoted to help supplement rations, promote patriotism and boost morale, with feelings of self-sufficiency and community contribution.

A modern victory garden could be as simple as a windowsill herb garden or a container garden of salad greens, or it may be as complex as a large, detailed plot with a wide variety of crops. Raised garden beds and window boxes can be popular for victory gardens, or it is easy to convert a flowerbed or patch of lawn in any part of the yard to serve as a victory garden. A garden in the front yard can even inspire neighbours to join in the effort and spread victory throughout the community.

