



Weekly Bulletin

Friday 26 Nov 2021

CLUB CLIPBOARD

OFFICE UPDATE

It is hard to believe that there are only four weeks to Christmas – where has this year gone?

Firstly, a big thank you to all members who have dropped off items for The Little Pantry. Maureen has already picked up two amounts of donated food which is fantastic and much appreciated! The Donation Basket will remain in the Club's main entrance until the last week.

Now some '**Official**' Dates for your Diary:

- The Club's year will finish from
close of business on Friday 17 December
re-open in 2021 on Monday 17 January 2022

Activity groups are free to continue to use the Club through this period if they wish, but must advise the Club office of their intentions. A notice will be placed on the boards advising cessation and re-commencement dates for all activities once all dates are known.

- The **Annual General Meeting** will be held on
Monday 14 February 2022 at 1.00pm

Documentation will be sent to all financial members before the Club closes for the holidays and the Financial Report has been put on the Club website. Nomination Forms are available now. We are delighted to advise that the Treasurer role has been filled but there are still four committee places that will become vacant in February. So why not nominate and take a role in helping to manage the Club. More information is available from the office. And if this year hasn't been mad enough, we are going to end it with a

- **Pop Up Plant Sale on Saturday 18 December – time to be finalised**

Gardening guru, Margaret Kennedy prepared for a sale last year which did not happen and now we need to relieve her of her many charges which are growing beautifully.

More information will follow, but if you too have been propagating for the Club or can help on the day, please call (6293 4004) or email the office (tugg55plusclub@gmail.com).

The sale will be held in the grounds of Gumnut Cottage so put the date in your diary – great Christmas presents!



Janelle Burns



CLUB CLIPBOARD

ON THIS COMING WEEK!



**Wednesday – 1 Dec – 12.45pm
TAKE 55 – Coffee/Movie**

A nice group of 10 enjoyed coffee and good conversation at Cherry Beans followed by “No Time To Die” this week. Quite a long film but an enjoyable one. The only movie of interest next Wednesday is “Best Sellers”. Unfortunately, the 10.00 am session is in the Gold Cinema, which has difficult access, so I am suggesting the **1.45 session**. We will meet at Cherry Bean at 12.45 for coffee or light lunch before the movie.



In the comedy-drama, ‘Best Sellers’, Lucy Stanbridge (Aubrey Plaza) has inherited her father's publishing house, but the ambitious would-be editor has nearly sunk it with failing titles. She discovers she is owed a book by Harris

Shaw, (Michael Caine) a reclusive, cantankerous, booze-addled author who originally put the company on the map decades earlier. In a last-ditch effort to save it, Lucy and Harris release his new book and embark on a tour from hell that changes them both in ways they didn't expect.

**Wednesday – 1 Dec – 8.30 am
INTRO TO BIRDPWATCHING**

The bird walk on Dec 1 will be at Campbell Park, which has a great range of bush birds. Meet at 8.30am at the carpark. To get there, turn onto Northcott Drive towards the Campbell Park Offices (off Fairbairn Ave). Drive right around the road bordering the carpark, to the final row next to the bushland. The walk will take 2-3 hours, is mostly fairly flat, but the track may be a bit wet in parts! Contact Lia (liabattisson@grapevine.com.au) if you are coming.

If it's a sunny day we may see the little Owlet-Nightjar peeping out of its hollow, and possibly even one of the resident Tawny Frogmouths!

TIMETABLE

Sunday 21 Nov - Friday 26 Nov

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity	
Mon 29 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 30 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 1 Dec	8.30 am	Intro to Bird Watching	
	9.30 am	Cribbage - GC	
	10.00 am	Ten Pin Bowling	
	10.00 am	Carpet Bowls – TSC	
	12.15 pm	Line Dancing-AB-TSC	
	12.45 pm	Take 55-Coffee/Movie	
	1.00 pm	K-nit 'n' K-natter - GC	
	1.30 pm	Line Dancing-Beg -TSC	
	2.45 pm	Line Dancing-Imp - TSC	
	Thurs 2 Dec	9.30 am	500 (cards)- GC
10.00 am		Family History - TSC	
1.00 pm		Mah-jong - GC	
2.00 pm		Book Club - TSC	
3.30 pm		Improvers Bridge - GC	
	3.45 pm	Yoga - TSC	
	Fri 3 Dec	9.15 am	Tai Chi - TSC
		9.00 am	Cycling Group
		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	
	Sun 5 Dec	9.20 am	Walking Group
		2.00 pm	Social Bingo - TSC

CHRISTMAS RAFFLE

THREE LOVELY PRIZES

Tickets available
from the Club Office

1 for \$1.00 / 3 for \$2.00

Drawn at the 'ChrisNic'!



DATES FOR YOUR DIARY!

CELEBRATING THE SEASON With a Month of 'Sundays'

CHRISTMAS SOCIAL BINGO

Sunday - 5 Dec – 2.00 pm



Bingo returns on the first Sunday in December and starts the Club's 'celebration of the Season'. With a Christmas theme, and President Phil as our 'bingo caller', prizes are in keeping with the flavour of the day, with a special prize for the last game thrown in for good measure; sheets/markers are available on entry. While there is a lot of laughter, this game gives your brain a gentle workout at the same time. Why not come along and discover why this game is so popular.

Please register for **BINGO & TRIVIA** by ringing the office: 6293 4004 or email: tugg55plusclub@gmail.com

Registering helps with catering but does not mean you cannot attend if your name is not on the list!



'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, our tables and chairs 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!) as well as the customary lucky door prizes!

Please let us know you are coming to this free event by registering with the Club office: Phone - 6293 4004 or Email tugg55plusclub@gmail.com by **Friday 3 Dec.**

CHRISTMAS FUN TRIVIA

Sunday - 19 December – 2.00 pm

It's time again for our annual Christmas fun trivia, traditionally, our last formal club activity for the year. So, all you trivia fans, get out your Santa thinking caps (or reindeer ears), dust them off and get ready for another afternoon of fun questions about all things Christmas, New Year, holidays and summer. Even if you are not a trivia fan, it's a great way to socialise and get to know your fellow club members. Got visitors staying over Christmas? Why not invite them along. Our quiz questions may include pictures and videos all projected on our big screen and there will be lots of our favourite Christmas tunes to also get the brain cells turning over.

There will be plenty of prizes to win, a great Christmas fare afternoon tea and chocolates for everyone. So, mark the date in your diary - 2.00 pm Sunday 19 December.

Further details over the next few Bulletins. Hope you can join us?

Norm Swanwick



DATES FOR YOUR DIARY!

FAMILY HISTORY RETURNS

Thursday – 2 December – 10.00 am

Family History returns on Thursday and thank you to everyone who has supported the group this year. This will be the last meeting of the year so we will have a lightly longer and more festive morning tea!

The topic is the 1921 England and Wales census. Perhaps you had relatives recorded; where were they, what were they doing and who was living with them. And when will you be able to find out – many questions which could be answered.

And, adding a 'seasonal' question, what do you know about elves?

All are welcome!

Liz Dean



CHRISTMAS LUNCH – LINE DANCING

***Wednesday 15 December – 12 noon – Tuggeranong
Southern Cross Club***

The line dancers will be having lunch at the Tuggeranong Southern Cross Club on Wednesday 15 December at 12 noon to celebrate Christmas. Just order your own lunch on the day. This will be in lieu of the classes.

If anyone from the three classes would like to attend, please send an email to Shirley on shirl@netspace.net.au

TEN PIN BOWLING UPDATE

Ten pin bowling activity is in full swing again. 20 keen bowlers met at the Zone Tuggeranong on Wednesday 17 November trying to knock over as many pins as they could. There were some very good scores, with Bill scoring 203, Richard 155, Jane hundred 149, and Liz 143.

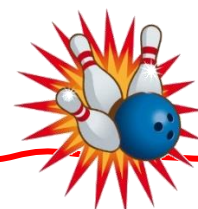
A lot of fun was had by the group of players who were there to enjoy the activity. The group socialises during play and goes to lunch afterwards.

New members are very welcome. Come and try tenpin bowling. The cost is \$15 for two games plus shoe hire, bowling bowls are provided. Zone Tuggeranong opens at 0.00 am and bowling starts shortly after.

Kathy Johnson and Kathy Sawicki are the activity leaders. Kathy Johnston can be contacted by phone: 0418 694 005 or by email: kathy.johnson01@bigpond.com

The next bowling day is Wednesday 1 December 21. See you there!

Kathy Johnson



COVID CORNER!



WHY DO WE NEED A COVID-19 BOOSTER SHOT?

You've had two doses of the COVID-19 vaccine. So why is the government now saying you need to have another one? Let's take a look.

The government has launched a new booster vaccination program which will mean adults who received their second COVID-19 vaccine more than six months ago are now eligible for a booster shot.

With 80.6% of Australians over 16 now double vaccinated, many are now asking why do we need another shot and how effective is it?

What boosters have been approved?

According to the Government's expert advisory group on vaccines, Pfizer is the preferred booster vaccine, with Astra Zeneca also available to those who received it for their primary course or who have an adverse reaction to mRNA vaccines.

Moderna vaccines will be included as part of the program, however they are still waiting on the green light from Australia's medical regulator, the Therapeutic Goods Administration (TGA).

Why do we need a third COVID-19 vaccine (booster)?

Two doses of the COVID-19 vaccine allow you to reach a standard level of protection known as a 'primary schedule'. Most people with this level of cover are considered fully immunised. However, those who are severely immunocompromised need to have three shots to reach primary schedule.

The primary schedule helps your body to build the immunity needed to detect and fight the COVID-19 virus.

However, over time, your body may forget what it has already learned, which can leave you susceptible to infection. A booster shot helps to remind your body and keep your immunity level at its strongest.

We have booster vaccines for a range of other illnesses like whooping cough and tetanus, which helps protect us from these diseases as our immunity wanes

How effective are boosters?

The latest research from Israel – which is currently well ahead of the rest of the world with its vaccination program – shows a booster shot is particularly beneficial for those older than 60.

The study involved participants who had received a booster dose at least 5 months after their second Pfizer vaccination. It found that those who had received a booster had 10 times lower rates of COVID-19 and 20 times lower rates of severe illness.

What if you don't get the same vaccine you initially received? Will you still be protected?

Evidence from overseas indicates using different vaccines is effective, i.e. mixing and matching, so for example, two AstraZenecas, and then a Pfizer, or even one AstraZeneca and a Pfizer, actually gives a really good immune response.

COVID CORNER!

WHY DO WE NEED A COVID-19 BOOSTER SHOT? - continued

Am I eligible?

You will be eligible to receive the booster shot if more than six months have passed since you received your second dose of the COVID-19 vaccine. That means if you received your vaccination on or before 8 May 2021, you are now eligible.

As with the initial rollout, those in the aged care and disability sector will be prioritised, however the third vaccine is open to anyone over 18 who received their second vaccination more than six months ago. Children aged under 18 are currently not eligible for booster shots.

How do I get my booster?

Like the first and second doses, you can get a booster vaccine from a vaccine clinic or eligible GP clinic.

You don't need to book your booster vaccine at the same place you received your first and second doses and like the first and second doses, the COVID-19 booster vaccine is free in Australia.

Will my vaccination status be impacted if I don't get the booster?

Current advice from the government is if you have received two doses of an [approved vaccine](#) then you are considered fully vaccinated.

Each state may have different rules, so keep an eye on your state government's latest advice. If you do receive a vaccine booster, your Medicare vaccine records will be updated to reflect that you've received a third vaccine.

Will I need a booster to travel?

The short answer is, it depends.

Each state currently has their own rules about who can and can't travel there, so it's best to refer to your planned destination's latest government travel advice before you make plans or depart.

International travel is more complicated. To leave or return to Australia, you are only currently required to have [proof of two doses of the approved COVID-19 vaccine](#) in order to travel and be considered fully vaccinated.

That said, other countries have different requirements with some further along in their vaccination programs. Israel, for example, now requires travellers to prove they have received their second dose or booster within six months of their intended arrival date. They will then be issued a 'green pass' which will be valid for only six months afterwards. Austria and Croatia's vaccine certificates also have a 270-day validity, and requires a booster after this to enter.

As we've seen over the last two years, things can change quickly – so keep a close eye on your planned destination, flight and Australia's travel requirements.

Will we need to get more boosters in the future?

The government's answer is maybe. With future variants likely to change things, we'll just have to wait and see.



COVID CORNER!

COVID-19 SELF-TESTING: WHAT YOU NEED TO KNOW

The days of waiting 72 hours for your COVID-19 test result may finally be over with new home self-testing kits – but how do they work and how effective, are they?



With state and international borders opening, experts expect we'll see a big increase in the number of COVID-19 cases across Australia in coming months – which means many of us will need to be tested more often. The arrival of new rapid home-testing kits offers a more convenient, less invasive, and faster alternative to traditional testing methods but how effective are these testing kits?

Rapid antigen self-tests versus PCR tests

There are two key types of COVID-19 tests you can take at the moment: polymerase chain reaction (PCR) and rapid antigen.

PCR is a molecular test that analyses a swab from your nose looking for genetic material from the SARS-CoV-2, the virus that causes COVID-19. This test takes approximately 72 hours to return a positive or negative result and can detect even very small fragments of the virus. It is widely considered the most reliable way to test for COVID-19.

Rapid antigen detects proteins known as antigens on the surface of the virus and can return a result within 20 to 30 minutes (depending on the brand of test you use). While it is much faster than the PCR test, it is much less sensitive – meaning it could potentially return an incorrect result. This test is currently being used under medical supervision in aged care facilities, selected workplaces and quarantine facilities where rapid results are critical.

On 1 November, the Therapeutic Goods Administration (TGA) [approved a number of rapid antigen home-testing kits](#) for use in Australia. These have been ranked based on sensitivity, or their ability to accurately detect COVID-19 antigens.

Where can I buy a rapid antigen home-test kit?

The tests will be sold at chemists, supermarkets (including Coles and Woolworths) and other selected retailers both online and in-store in most states (they are not currently permitted for sale in SA and WA). It is recommended to check with your preferred supplier before making the trip in-store to make sure they have it stocked.

The rapid antigen test is not currently covered by Medicare, so you will need to purchase these tests out of pocket. A single test pack is expected to cost anywhere between \$10 to \$50. PCR tests are currently free of charge.

How do I use the rapid antigen home-test?

To use the test, you will need to swab a bodily fluid such as your throat or nose using the equipment provided in your testing kit. Following instructions, you'll need to put this swab onto a specially treated strip and leave it for a specified period of time (usually 20 to 30 minutes) before displaying a positive or negative result. If the COVID-19 protein is detected, it will return a positive result.

Make sure you follow the instructions provided in your kit before you take the test, as they may vary by brand.



COVID CORNER

COVID-19 SELF-TESTING: WHAT YOU NEED TO KNOW - continued

What to do once you get a test result

If your result is **positive**, the TGA says you should get a PCR test at a laboratory or testing site as soon as possible to confirm it. After getting this test, you must isolate until you receive a negative result.

If your result is **negative**, it doesn't necessarily mean you're in the clear. Even if you use the test correctly, there's still a chance you will get a false negative. You may also have swabbed incorrectly, which could lead to a false negative result. If you have symptoms but your rapid antigen test has returned a negative result, the TGA strongly recommends getting a PCR test as soon as possible.

Can I use the rapid antigen test for travel?

The rapid antigen test is not currently recognised for interstate or international travel. A PCR test is currently required 72 hours before international and selected interstate travel. However, some airlines may also require a rapid antigen test before boarding.

COVID-19



COVID-19 TESTING FOR DOMESTIC TRAVEL

Do you need to get tested for COVID-19 to travel domestically?

If the state or territory you are travelling to requires a test under a public health order, you can have your test for free at any ACT Government testing clinic. Find the list of testing clinics [here](#).

You can also be tested for free at some private pathology clinics.

Visit the [COVID-19 website](#) for more on when to get tested

HOME COVID TEST

1. Pour a large glass of red wine, try to smell it.
2. If you can smell the wine then drink it and see if you can taste it.
3. If you can taste & smell it confirms you don't have Covid.



Last night I did the test 19 times and all were negative, thank God.

Tonight, I am going to do the test again, because this morning I woke with a headache and feel like I am coming down with something. I am so nervous!