

# TUGGERANONG TALKS - 11 April 2017

Newsletter for Tuggeranong 55 Plus Club Inc. – *Be Active Feel Great*

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Special Easter Carpet Bowls Day: 4 April 2012  
Children and staff of the Education and Early  
Childhood Centre, and the Club members

## ***Easter Flashback!***

And a reminder that the Club  
will be closed for both the  
Easter Break & Anzac Day!

***HAPPY EASTER!***

### ***Dates for your Diary (Calendar below)***

***Thursday - 20 April - 9.30am***

#### ***Pre-Paid Funeral Guardian Plan – Private consultations***

While not the most popular of topics to think about, a Pre-Paid Funeral Guardian Plan is a secure way to plan for your family's future, providing the emotional and financial security you deserve to get on and enjoy your life. Carol Flavel, a Guardian Plan Consultant from Tobin Brothers has agreed to be available at the Club on Thursday 20 April for free private consultations. This has been arranged as a free service to members so why not take this opportunity to find out if this type of arrangement would suit you.

By pre-arranging and prepaying a future funeral service at today's prices, you can purchase a funeral that best suits you and offers peace of mind at a difficult time.

If you would like to speak with Carol please put your name on the list on the noticeboard.

*Anne Meade*

***Thursday – 20 April – 10.00am – 12noon***

#### ***Investors Morning Coffee Group***

Our first meeting was held recently with eight members coming together to discuss a wide range of investment topics. Of special interest was investing in the share market and real estate.

Our next meeting will be held on the ***20<sup>th</sup> April 10.00am***. We will go "on line" to look at the ASX (Australian Stock Exchange) web site which contains a wealth of information about all the investment products listed on the exchange as well as excellent beginner's instructional videos for anyone wanting to get started in buying shares, bonds etc. We will also take a look at how to get started with buying shares including establishing an account with a broker, finding your way around a broker account, the share registries role and what is CHES.

At future meetings we will be looking at various ways to invest in gold and other precious metals for little outlay and how to become a part owner in a variety of commercial, industrial and retail properties via property trusts.

If you are interested, come along, enjoy a cup of coffee and a friendly learn and share discussion group.

*Norm Swanwick*

**Sunday – 23 April – 4.00pm – 6.00pm**

**'Beer n Bubble' Happy Hour**

As the response has been very favourable, this monthly social Sunday get together will continue. Please note that the time is an hour earlier to allow for the change in daylight saving. Come along, meet someone new and enjoy the room with the most spectacular view. Cost will be \$4.00 with nibbles and punch provided. Please BYO if you wish something different. A notice is on the board to let us know you are coming or contact the office team – Phone: 6293 4004 or Email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

**Sunday - 30 April – 2.00pm – 5.00pm**

**Secret Men's Business / Gentlemens' Sunday afternoon**

We are fortunate to have as our guest speaker for the **Gentlemens' Sunday Afternoon**, Air Force Warrant Officer Robert Swanwick. From 1983-1984, he was deployed as a helicopter crewman with the Multinational Force and Observers, flying missions along the border of Egypt and Israel. Between 2005-2007, he also served as a Hercules loadmaster flying troops and equipment around various zones of conflict in Cambodia, Iraq and Afghanistan. His "Flying Log Book" and story currently forms part of the National War Memorial's display of Australian forces involvement in the Afghanistan conflict. He has also appeared on the 2016 ABC's TV series "Australian Story, Afghanistan" which told the story of the men and women who served in the 12-year fight against the Taliban.

Robert will be sharing his experiences serving in the various conflict zones as well as explaining his current role as Warrant Officer of the Air Force. He will also reflect on his feelings his recent reading of the Anzac Ode and laying a wreath at Villers-Bretonneux.

This engaging talk will be followed by a sausage sizzle and drinks, and will give an opportunity to meet not only our speaker but other members.

Lots of good reasons to come along and support this new venture – good food, good company and a very interesting speaker! A notice and attendance list is on the Notice Board or ring the office on 62934004 to have your name put on the list.

Our membership has over 100 male members (just over 23%) and we don't see men often enough enjoying the facilities the Club offers. There are now both an exercise and stretch class for men only as a recognition that men do not always want to exercise with women. This social afternoon is a chance to encourage male members to get to know each other at an informal gathering. If enough interest is shown, the club intends to hold similar afternoons three to four times each year.

*Laurie Towers*

**Activities Update**

Please note the following adjustments to these activities for this month:

- **Mindful Meditation – Monday 1.00pm – 2.00pm**

Please note that Mindful Meditation will finish on **Monday 28 March** with a new class commencing on **Monday 1<sup>st</sup> May**.

*Daniel De Smet*

- **Saturday Movie Matinee – April**

There **will not** be a Movie Matinee this month due to Easter and the subsequent Saturdays being unavailable. The Matinee will return in May!

*Janelle Burns*

- **Corefit and Stretch Classes – School Holidays**

The above classes will not be held from **17<sup>th</sup> – 25<sup>th</sup> April**. Classes will return on **Wednesday 26<sup>th</sup> April**.

- **Yoga – Monday 5-15pm – 6.30pm / Friday 12.30pm – 1.30pm**

The above classes will not be held for most of May. The last yoga class before this break will be on **Friday 28<sup>th</sup> April** and classes will recommence on **Monday 5.15 pm 29<sup>th</sup> May**.

**Please note:** Friday class now be held on **Thursdays 3.45pm – 5.00pm from 2<sup>nd</sup> June**.

*Jan Rossiter*

## **Anzac Day Dawn Service or National Ceremony**

### **Register to Ride**

Transport Canberra, together with the Australian War Memorial, will be providing **FREE** transport to and from the **ANZAC Day Dawn ceremonies on Tuesday, 25 April 2017**.

Pre-registering provides passengers with peace of mind knowing that their bus travel to either the Dawn Service or the National Ceremony is arranged. It also ensures Transport Canberra buses are available for our passengers where and when they are needed.

To register, passengers will need to choose the location they wish to board the bus from and how many passengers are in their party.

As parking at the venue is limited, taking a bus to these events or combining driving and bus travel are convenient ways to ensure those wanting to pay their respects can attend the special commemorations. For information including departure locations, times and registration please visit

[www.transport.act.gov.au](http://www.transport.act.gov.au) or call 13 17 10

*Sahar Khan - Policy Officer | Office for Veterans & Seniors*

### **September Seasonal Plant Sale**

Our fund-raising committee is still looking for assistance with their proposed Plant Sale in September. To date only, four members have offered to donate or help in any way. Our sister Clubs, Woden and Canberra, after operating over 40 years, have found that a regular event/s for fund raising works best for them – Woden has their Big Book Fair and Canberra holds two fetes each year.

A Seasonal Plant Sale is an opportunity to contribute and a way to engage the Club community on personal level with something that many do for pleasure. For all who are dividing plants, have that extra small sapling that has popped up courtesy of the local wild life, put them in a pot for the Club. There are many ways that assistance can be given. So please, if you can assist with the following:

- **Any plants or seedlings**
- **Pretty, pre-loved cups/saucers**
- **Succulent cutting in pots or in plastic bags**
- **Cuttings or potting material**

or would like to be involved providing ongoing help, please contact the office - 6293 4004 or email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com).

### **Out and About**

**Sunday – 23 April – 10.00am – 12noon**

#### **Discovery Walk – Pike's Cottage, Tuggeranong Homestead**

The Canberra Archaeological Society (CAS) and Minders of Tuggeranong Homestead (MOTH) will jointly hold a discovery walk to the site of convict Martin & Mary Ann Pike's cottage at the historic Tuggeranong Homestead on Sunday 23 April 10 - 12 pm. This walk will be held as part of the Heritage Festival.

MOTH members and the public are invited to attend the walk to the Pike's cottage site on the north-western boundary of the homestead. Access to the homestead will be from the gate at Johnson Drive, opposite the Calwell shopping Centre. Please park in the homestead's parking area. Bring a drink, walking shoes, sunscreen and a hat. Toilets will be available.

CAS, with the assistance of MOTH, will soon be conducting a survey of the site to discover any artifacts that may remain from the Pike's and other families' occupation since 1843, and will document the site's history and the stories of cottage's occupants.

If you are able, come along and enjoy the walk. It is anticipated that a number of interested people will attend, including some descendants of the Pike family. There is no fee for this event and no bookings are required.

**Wednesday – 26 April – 6.00pm**  
**Tuggeranong Evening View Club**  
**Viking Town Centre Club, Tuggeranong**

The guest speaker this month will be Sarah Clayton from the Australian War Memorial. A two-course dinner at \$27.00 is 6pm for 7pm at the Viking Town Centre Club Tuggeranong.

The Smith Family has supported VIEW Clubs for 57 years and we raise funds for this national charity, by helping our Australians in need to get most out of their education. We support a 'Learning for Life' Student in the Canberra region.

All enquiries to Jan on 6297716 or email [tuggeven@gmail.com](mailto:tuggeven@gmail.com)

**Spiral 2017**

**April 13 - Dr Susannah Helman**

Susannah is the curator of *The Sell: Australian Advertising 1790s to 1990s* the current exhibition at the National Library. I've seen the exhibition and can recommend it as being particularly relevant for the Spiral family. Try to see the exhibition (it's free) before Susannah's talk.

**April 20 - Nipuni Wijewickrema**

Nip runs GG's Flowers, a floristry business that creates employment opportunities for people with special needs. Nip established GG's Flowers for her sister, Gayana who has Down syndrome. Gayana will join us to share her message of inclusion. Nip is also a volunteer counsellor with Lifeline and assists with various community initiatives especially in the social enterprise space.

**April 27 - Marg Peachey**

ACT finalist in the Local Hero section of this year's Australian of the Year awards joins us to talk about her 25+ years in wildlife rehabilitation and education, and the role of volunteers.

Location: The Uniting Church in Gillies Street, Curtin.

Time: Speakers will commence at 10.10 and most will stay for the morning tea which will follow  
Spiral is a group of senior citizens (60+ to 90+), who are non-denominational with people from varied backgrounds, occupations and origins. There are no fees but a \$1 contribution to costs is requested. They are always seeking new members, helpers and guest speakers. You are not obliged to attend every week and you can come for the talk and/or the morning tea. For more information, contact Brett Yeats - 6281 7684 or email [yeatsb@inet.net.au](mailto:yeatsb@inet.net.au)

**Newsletter Contributions**

If you come across any item/s that you think would be of interest to Club members, eg upcoming events, etc. or want to promote an activity please either email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) or drop it into the Club's office. Every little bit helps!

# WHAT'S ON – APRIL

<i>Day/Date</i>	<i>Time</i>	<i>What's on - APRIL</i>
Thurs 13 <sup>th</sup>	9.30am – 10.30am	<b>NORDIC WALKING CLASS</b> Opp Tuggeranong Skate Park
<b>Fri 14<sup>th</sup> – Mon 17<sup>th</sup></b>	<b>CLOSED</b>	<b>EASTER WEEKEND</b>
Thurs 20 <sup>th</sup>	9.30am – 12.30pm	<b>PRE-PAID FUNERAL PLAN PRIVATE CONSULTATIONS</b> Carol Flavel – Tobin Brothers
Thurs 20 <sup>th</sup>	9.30am – 11.30am	<b>'500' CARD MORNING</b>
Thurs 20 <sup>th</sup>	10.00am – 12noon	<b>INVESTORS MORNING COFFEE GROUP</b> Australian Stock Exchange
Thurs 20 <sup>th</sup>	1.30pm – 3.30pm	<b>READING GROUP</b> Topic – 'A Book featuring Animals' (fact or fiction)
Sun 23 <sup>rd</sup>	4.00pm – 6.00pm	<b>'BEER n BUBBLE' HAPPY HOUR</b>
<b>Tues 25<sup>th</sup></b>	<b>CLOSED</b>	<b>ANZAC DAY</b>
Wed 26 <sup>th</sup>	10.00am	<b>TEN PIN BOWLING</b> Tuggeranong Bowling Alley
Thurs 27 <sup>th</sup>	1.00pm – 3.00pm	<b>LAKESIDE ART GROUP</b> Tutor – Catherine Alexander
Sun 30 <sup>th</sup>	2.00pm	<b>GENTLEMEN'S SUNDAY SAUSAGE SIZZLE</b> Guest Speaker: AIF Warrant Officer Robert Swanwick

