

TUGGERANONG TALKS – 12 Oct 2017

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

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Missing - Drinks 'Piggy Bank'

The Club's longstanding Piggy Bank for the drinks and ice cream money disappeared last week. Theft is not something that the Club has needed to be worried about in the past and it is a sad reflection on us all when money goes missing.....

If you have any information regarding the disappearance, please contact the office.

Annual General Meeting - Monday – 9 Oct

Thirty-nine members attended the AGM on Monday to hear the review of the past year both operational and financial and to elect the new Management committee.

John Hargreaves stood down as Club President after five years of service. As John mentioned in his report, he has been criticised over time for not being the most visible of presidents. He has however, provided management, vision and used his experience and expertise in the Club's discussions with the local Government. In doing so, John has provided a blueprint for the Club to build on for the future.

Angie Ashley and Jenny Wilson also did not stand again and together they have helped to organise the past year's successful social events including the delicious light lunch that was served after the meeting. We would like to thank all three retiring committee members for their many individual contributions.

The new Management Committee is as follows:

President: Louise Nicholls
Vice President: Laurie Towers
Secretary: Linda McDonell
Treasurer: Janelle Burns

Committee Members: Jill Cookson, Beverley Crocker, Sandra Hyde,
Rob Kelly, Michael Knight, Anne Meade,
Norman Swanwick

Linda McDonell / Secretary

Special Events

Sunday – 29 October – 11.00am – 3.00pm

Grandparents Day - Family Fun Day

This year Grandparent's Day will be celebrated with a Family Fun Day. There will be some functioning Lego trains and a Creative Colour table where the construction will be limited only by imagination. A Kid's Colouring In Café with coffee and cake should help satisfy both young and old so bring your Grandchildren along or come rediscover your child within!

Tuesday - 7 Nov – 1.00pm

Melbourne Cup Day - 'Light Luncheon'

The Race that stops the nation is on again and this year the Club will celebrate the day again with a light luncheon. There will be the customary sweeps, prizes for best outfit, best hat and lucky door prize. Cost is \$15.00 per head. Please book and pay at the office by Friday 3 November.

If you would like to lend a hand on the day, your help would be most appreciated!

Activities Update

Bunning's Garden Club – 1st Tuesday of the month

Please note that there will not be a meeting in NOVEMBER.

Linda Lawrie

Dancing for Fun & Fitness – Tuesdays – 4.00pm

Although due to recommence this month, this activity has now been suspended until the new year. Further updates will be in the newsletter.

New Activity - Men Seated Stretch – Fridays - 12:30pm

Are you looking for a men's only, stretch, flexibility and strength class?

One that is not on the floor but every bit as effective?

You have joint replacements, arthritis, dizzy spells or a chronic illness?

You are not stable on your feet for long periods?

Has your doctor told you that you need to exercise but you don't know where/how?

We have 2 existing seated/supported behind a chair classes which are mixed (you would be welcome to join). These are very popular and very well attended. We have had several men join us in these classes but the class is predominately women and this puts them off! This is your chance to start a men's only class.

Please email or phone Jackie Yow: mrsjackieyow@hotmail.com 0437 168 680

Activities – 'Spotlight'

Wednesday – 10.00am – Fortnightly (during school terms)

Ten Pin Bowling Group

The 55 Plus Club Tenpin Bowling Group resumed for Term 4 on Wednesday 11th October. We will bowl every fortnight at 10am at AMF Bowling, 76 Cowlshaw Street, on the following dates:

Oct 25th, Nov 8th, 22nd & Dec 6th.

Our sessions consist of 2 games, shoe hire and morning tea for a total cost of \$14.50 per person.

We also meet for lunch afterwards at the Southern Cross Club for anyone who would like to socialise further.

We look forward to seeing our regular members back with us and welcome anyone else who would like to come and have some fun & exercise (the first session is free).

Kathy Johnson & Kathy Sawicki

Dates for your Diary

Thursday – 19 October – 9.30am

'Shutterbugs' (also known as the Best Ever Camera Group)

The next meeting of the Shutterbugs (note our new name) will be held on Thursday 19 October starting at 9:30am. This month, Ross Anderson will be giving us a session on "An Introduction to Photo Processing" - how to use photo editing software to improve your photos. The session will cover cropping, sharpening, adjusting contrast, straightening, using filters, creative techniques and much more. In November, we will look at how best to display our photos including compiling a photo book using some of the popular software available.

Our photo project for the month is "Three on a Theme". The subject is personal choice with three photos to be submitted to illustrate the chosen subject. Next month's project is "Canberra Street Art Including Graffiti".

Our first photo display highlighting the many angles of the Tuggeranong Library and Tuggeranong Architecture, is now up in the Parkview Hall; please take time to have a look next time you visit the club. This will be semi-permanent with new photos being added each month.

So, if your camera is lying idle in the back of the cupboard, why not dust it off and come and join us at our next meeting. New members are always welcome, and it might be just the motivation that you are looking for!

Norm Swanwick

Saturday – 21 October – 1.30pm

55 Plus Film Group – 'The Man who knew Infinity'

We are returning this month with a 2015 British biographical drama 'The Man who knew Infinity'. The film stars Dev Patel as Srinivasa Ramanujan, a real-life mathematician born in Southern India who earns admittance to Cambridge University during World War I. There he becomes a pioneer in mathematical theories with the guidance of his professor, G. H. Hardy, portrayed by Jeremy Irons.

This film is an old-fashioned English historical drama; based on a 1991 book of the same name, the script is intelligent and sharp, full of seriousness and humour.

Please let us know you are coming so we have enough customary Drumsticks – Notice is on the board / Office: phone 6293 4004 / email: tugg55plusclub@gmail.com

Thursday – 26 October – 10.00am

Investor's Morning Coffee Group

Our next meeting will be held on Thursday 26 October starting at 10:00am. We will look at some of the health care and medical companies listed on the ASX. Well-known companies such as CSL, Cochlear, Blackmores, Sirtex and Ramsay Health Care as well as some of the riskier smaller medical research companies. Our property trust of the month is National Storage, owners of a large chain of storage unit complexes around Australia and New Zealand. We have an ASX video "Stocks to Watch in 2017" and a video on "The Five Rarest and Expensive Books".

At our September meeting we spoke about a wine collector who was about to sell his complete collection of Penfold's Grange Hermitage with an estimated value of \$300,000.00. The most expensive single bottle of Grange Hermitage is the 1951 vintage

valued at \$38,420.00 and only about twenty bottles still exist. In 2004 an Adelaide collector paid \$50,200.00 for a bottle.

Don't forget to look at our current fun investment portfolio located on the club's notice board. We are doing well being in positive territory thanks to Santos (oil and gas) and Speedcast International (satellite communications). Hope you can join us at our next meeting.

Norm Swanwick

***Women's Health & Exercise Workshop
Saturday - 21 October -10:00 am – 11:30 am
'Focus on the Pelvic Floor' – Jackie Yow
Tuggeranong Seniors Centre Greenway***

Back by popular demand. Last month Workshop sold out fast.

A fun women's health workshop packed with valuable information on how to look after your pelvic floor muscles

- Find out 'what is the pelvic floor'
- Learn how to switch on your pelvic floor.
- Effective pelvic floor exercise explained.
- An opportunity to practice the exercises in a fun and safe way.
- Morning tea and information handouts included.
- Free parking.

For Tickets online <https://www.eventbrite.com/e/womens-health-and-exercise-workshop-a-focus-on-the-pelvic-floor-tickets-37785932742>.

Further information and tickets are available from Jackie by calling 0437 168680 or during class times at the club.

In Review

Spring Fling - 'Clean Up Sale' - 16 September

Although the weather on the day was not as kind as we would have liked, the number of members, friends and visitors was steady throughout the morning. Many a bargain was bought, and the overall result was a profit of \$1,282.50. Thank you to all who came to support the Club and all who contributed to the day from the growers of plants, people who both brought or knitted items for sale, stall holders, volunteers and the intrepid gentlemen who manned the sausage sizzle.

The word 'fundraising' often has people running in the opposite direction! These events are not purely about raising money. They are an opportunity for members to work together and meet socially for a common cause. And they also help in giving the Club a public profile. So next time the Club holds an event like this one, put your hand up, as participation can be a lot of fun!

Gentlemen's Sunday afternoon - Sunday – 24 September

Alan Foskett, well-known author and Canberra historian, was guest speaker for the second Gentlemen's Afternoon last month. Always engaging, Alan entertained with his many stories of local historic comings and goings. Pizza took the place of a sausage sizzle which was enjoyed by all. Being a long weekend and football finals did not help attendance levels, which hopefully will improve in the future. As men are now a third of the Club's membership, this afternoon is an opportunity to 'mix n mingle'!

Discover Canberra Walks Trip - Gerringong, September 2017

Every so often the Club's Discover Canberra Walking Group takes a few days out to discover some other places. This year 15 of us went to Gerringong, near Nowra, on the beautiful south coast of New South Wales.

After checking into our accommodation, Billow View, we began our adventures with a short walk to stretch our legs and take in the views of Werri Beach and the Pacific Ocean. Some of us had our first view of a whale, making us wish that we had bought our binoculars.

Over the next three days we explored the Illawarra countryside; highlights included the Kiama blowholes, Minnamurra Rainforest, the historic Hampden suspension bridge at Kangaroo Valley, and spectacular views from the Cambewarra Lookout.

The more intrepid of us took some very good walks. Five of us took a challenging uphill walk to see the Lower Minnamurra Falls. We were rewarded by seeing two lyre birds, (as well as the falls.) We also had walks between the little Kiama blowhole and the big Kiama blowhole, along the Shoalhaven River in Nowra, and from Vincentia to Hyams Beach. Those who didn't walk found other adventures, e.g. exploring shops and cafes, scenic drives or with happy hour back at our accommodation.

The grand finale of the trip was the dolphin and whale watch cruises. Those on the dolphin cruise saw many dolphins, and also had the opportunity to see a whale. Those who went on the whale watch had a great experience, with a whale spending considerable time swimming around and under our boat, coming to the surface, blowing and breaching.

Thank you to all the people who helped to make this trip a success: the drivers; those who provided cakes, snacks, cheese, wine; the men who cooked a delicious barbecue and Mark for sharing his magnificent photographs of the lyrebird and the whale. And a big thank you to Anne Meade for organising another great trip for us.

Carolyn Waganeen

Out and About

Wednesday - 25th October - 6.30pm for 7.00pm

Tuggeranong Evening VIEW Club, Viking Town Centre Club Tuggeranong

VIEW Clubs have supported the Smith Family for 57 years helping children in need to get the most out of their education; we support a Learning for Life Student in the Canberra Region.

Our monthly meeting will be held on Wednesday 25th October, we have our Melbourne Cup night where we have our race and dress in purple and there's a prize for the best dressed and a two course dinner at \$27 time is 6.30pm for 7pm at the Viking Town Centre Club Tuggeranong.

All enquiries to Jan on 62917716 or email tuggeven@gmail.com

Sunday - 29 October – 2.00pm – 4.00pm

Remembering Belgium 1917 - Tuggeranong Homestead, Johnson Drive, Richardson

Minders of Tuggeranong Homestead (MOTH) invite you to an afternoon of music and readings that reflect on the experiences of Australians serving in Belgium in 1917 and on the impact of the war on those at home. More Australians died in 1917 than in any year of the war, most in the great offensive launched from the town of Ypres exactly 100 years ago. MOTH's event remembers their sacrifice and celebrates Australia's enduring relationship with the people of Belgium.

Come and enjoy the performance by popular local music ensemble *Capital Folk*, and readings from historians Peter Stanley, Peter Rees, Virginia Passmore and Jennifer Horsfield. The music will include some of the most well-known songs of the Great War, songs that were sung by soldiers trying to make light of their experiences or just longing to be home again.

The entry fee of \$15 includes Devonshire tea.

Bookings are essential: email jantrask2005@yahoo.com.au (preferred), or phone 0429 802 339. Please **RSVP by 27 October**.

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 or drop it into the Club's office. Every little bit helps!