

TUGGERANONG TALKS – 14 NOV 2017

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

101 Cowlshaw St, Greenway Phone: 6293 4004

Email: tugg55plusclub@gmail.com Website: 55plusclub.org.au

The printing and distribution of this newsletter has been made possible by a grant from the CSCC.

Special Event

Friday – 8 December – 5.00pm

Christmas Carols in the Hall

As our end of year function, Christmas Carols in the Hall will celebrate the coming Christmas season in song. Betty Knight will be our piano 'virtuoso' for this old-fashioned carol fest and song sheets will be provided. This will be a free event with a light meal being provided after we have enjoyed singing some carol classics. However, in keeping with the season, if you would like to bring a plate of sweet 'Christmas themed' fare to share for dessert, please feel free to do so. The Club will provide fruit punch otherwise it is BYO drinks. This is a great opportunity to celebrate the festive season together as a Club and to raise the roof with enthusiastic singing!

There is a notice on the board which is self-explanatory – please fill in the columns if you are attending.

Talking Travel

Tuesday – 28 November – 7.00am

Sydney Outlet Shopping Day Bus Tour

There is still time to be included in the organised day trip to Sydney on Tuesday 28 November. Leaving from Lake Tuggeranong College at 7.00am in the morning, the coach will visit DFO at Homebush for a period of three hours. There are 80 direct factory outlets at this centre as well as a variety of places to enjoy a leisurely lunch. There has been a slight change to the itinerary as we will now visit the Birkenhead Point Factory Outlet Centre allowing plenty of time to shop at another variety of speciality shops. On the journey home, there will be a stop for dinner at the Campbelltown Catholic Club where there are many dining choices at your own cost.

Cost for the day is \$50.00 which covers coach hire and morning tea. Please book and pay at the office – 9.30am – 2.30pm by **Tuesday 21 November** after which there will be no refund.

Phone: 6293 4004 or Email: tugg55plusclub@gmail.com if you would like any more information.

June 18 – 25 2018

Norfolk Island - Painting & Drawing Workshop and Holiday with Catherine Alexander

There has been a great response to the Painting & Drawing Workshop that has been suggested by our Art Teacher, Catherine Alexander.

You do not have to be a member of the Lakeside Art Group to be included as there is plenty to do on Norfolk Island for non-painters! Indicative pricing at this stage ex-Sydney is:

\$1,500 pp / \$500 single supplement

This includes airfares, on-island transport to and from hotel, accommodation, welcome drink, continental breakfast, car hire (one per room) and art tuition (likely to be about 3 hours per day)

For further information or to register your interest, contact Catherine: Phone: 02 6296 1353 / 0401 079 958 Email: Catherine.kambah@gmail.com

Dates for your Diary

Thursday – 16 November – 9.30am

'Shutterbugs' – (the Best Ever Camera Group)

The next meeting of the Shutterbugs will be held on Thursday 16 November starting at 9:30am. Geoff Rohan will be our guest presenter and will be showing us how to use popular easy to use on-line software to design a Photo Book of our family, travel or favourite photos. Learn how to completely personalise a Photo Book with text, embellishments, borders and backgrounds. Photo Book printing services are offered by many commercial outlets including Office Works, Woolworths and many on-line companies. We will also look at other novel and conventional ways of displaying our family, travel and favourite photos.

Our November photo project is "Canberra Street Art & Graffiti". Our November meeting will be our last meeting for the year. We will recommence on 18 January when our monthly snapshot will be "Histograms", our subject will be "Basics of Good Composition" and our January project is "Your Choice 2017". If you have been unable to join us during 2017, perhaps we will get to see you in 2018.

Good shooting over the holiday period. – *Norm Swanwick*

Saturday – 18 November – 1.30pm

55 Plus Film Group – 'Polska Love Serenade'

For our last film offer for 2017, we are showing a politically incorrect German-Polish Christmas comedy without snow, but with a lot of vodka! 'Polska Love Serenade' tells the story of a German Odd Couple, who drive just before Christmas, in a rickety car through Poland. Made as a graduation project for the film academy by Director Monika Wojtyllo, this 2008 film is a charming romantic 'road trip' comedy.

Thanks to all who have attended our films throughout the year; we will be back in 2018, watch the newsletter for details!

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 – 23 November – 10.00am

Investor's Morning Coffee Group

Our last meeting for the year will be held on Thursday 23 November starting at 10.00am. Our property trust of the month is the Astro Japan Property Group, owners and managers of a portfolio of office and retail properties located in the central and greater Tokyo area. We will be also looking at the various fixed interest investments that are available for the more conservative investor. Investments such as cash, term deposits, bonds, floating rate notes and hybrids. We will also take a brief look at Cryptocurrencies such as Bitcoins. This month's ASX video presentation is "The Investor's Dilemma", how to hold the course during periods of volatility.

Over the past few months we have been looking at investments in various types of collectables such as vinyl records, wine and last month was rare books. This month we will have a look at a video on the ten most expensive postage stamps in the world. Last meeting, we decided to add three more companies to our fun investment portfolio. They are; Pilbara Minerals – lithium miners, TPE Enterprises – manufacturers of licit narcotics mainly extracting alkaloids from opium poppies and Pacific Energy – efficient and renewable energy providers. Don't forget to look at our current fun investment portfolio located on the club's notice board.

Hope you can join us at our next meeting. *Norm Swanwick*

New Activity – 'Come & Try Lawn Bowls'

Wednesday – 29 November – 10.00am – 11.30am

Tuggeranong Vikings Lawn Bowls Club

The Club is starting up a new activity for anyone who would like to learn to play lawn bowls. The Tuggeranong Vikings Lawn Bowls Club has offered us the free use of their greens and facilities. John Williamson, who is a member of the 55 Plus Club is an accredited lawn bowls coach and will be our activity leader and coach. Owing to heavy bookings for the greens at this time of year and green maintenance in early January we will not be able to get access to a green until late January.

In the interim, John will give us a tour of the facilities and an introduction to the game, check us for best bowl sizes (bowls are provided). This will be held on Wednesday 29 November 2017 10.00am – 11.30am at the Vikings Club in Athllon Drive Tuggeranong. There should be ample parking at the rear of the main club house, entry from Rowland Rees Crs. This car park has direct access to the bowls club so there is no need to go through the main club building. We will also discuss the best time and days that suit us for our future sessions. Please remember to bring a hat and sunscreen. Water bubblers are located next to the greens although you may prefer your own bottle water. Just in case it is possible that there will be a green available on the day please wear flat sole shoes (no ripples) and bare feet are acceptable.

If you are interested, please leave your name on the list on our club's notice board or let the office know or just turn up on the day. Hope you can join us.

Review

Melbourne Cup Day - 'Light Luncheon' – 7 November

We had a successful Melbourne cup luncheon on Tuesday due to a range of fabulous helpers who need to be thanked for their hard work to assist smooth delivery of the delicious lunch. A lot of work goes into holding these events from office staff to a few members who work happily like clockwork to provide a successful event.

So thank you thank you, thank you to all who helped set up, prepare food, deliver food, pack up again and wash dishes run the sweeps etc, we couldn't have done it without all of you.

Hope you all enjoyed the day. *Angie & Jenny*

Out and About

Wednesday – 22 November - 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 22nd November, the guest speaker is Lauren Kish for MS Ambassador Program 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

Dombrovskis: Journeys into the Wild – Photographic Exhibition

National Library of Australia until 30 January 2018

Free tours - Tuesdays, Thursdays and weekends, 10.30am

Join the volunteer guides to hear some of the stories behind Peter Dombrovskis' powerful photographs of the unique Tasmanian wilderness, on display in [*Dombrovskis: Journeys into the Wild.*](#)

Bookings not required, but places are limited. Meet your guide in the Ground Floor Foyer.

Peter Dombrovskis was one of the world's foremost wilderness photographers. His powerful, reflective and deeply personal images of the unique Tasmanian wilderness had a lasting impact, changing the way Australians think about their environment. The Library has over 3,000 Dombrovskis transparencies, and has printed 70 of the best for this exhibition, the most complete survey of his work to date in Australia.

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!