

# TUGGERANONG TALKS – 9 Feb 2018

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

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## **Talking Travel**

The Travel Committee is putting the final touches to the year's program which will be in your 'In Boxes', early next week.

To assist with our planning, we are looking for a member who has the required Drivers Licence level to drive a 24-seater bus.

If that is YOU, please contact the office - Phone: 6293 4004 or Email:

[tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com) – your assistance will be greatly appreciated!

## **Monday – 30 April – Thursday – 3 May 2018**

### **Sapphire Coast Explorer Bus Trip**

There are still seats available for this bus trip to the Sapphire coast which has been organised, on the Club's behalf, by Monaro Coaches Canberra. Always a beautiful place to visit, this four day / three-night bus trip is from 30 April – 3 May with accommodation at the Black Dolphin in Merimbula for the three nights.

Confirmed cost is \$680.00 ppts (S/S \$ 60) and includes luxury coach travel, accommodation, entry fees and all meals as shown. (Based on 35 passengers. If final number are between 35 and 30, the price will increase to \$695.) Copy of Itinerary is now available from the office.

Deposit - \$100.00 (Non-refundable after 5 March 2018)

Final Payment due by Monday 2 April 2018

Booking and payment can be made at the Club's office: 9.30am – 2.30pm week days.

If you would like to make a Direct Credit payment, bank details are as follows: BSB 633

000 Acc No: 159575455 **You MUST include your name as the description so that**

**we can identify your payment.** We will send you a confirmation email so that you know your payment has been successful. *Travel Committee*

## **Lost Property**

There is a red long sleeve fleecy Polo Top with a tartan placket (Black Pepper Size 12) that has been in the office for some time. Please come and rescue it before we do!

## **In Review**

### **Australia Day 'Sausage Sizzle / Trivia'**

Amid Aussie flags and balloons, forty members and friends tested their knowledge of all things Australian before enjoying the traditional Sausage Sizzle and lamington. The Trivia prizes were original and had a definite 'Aussie' flavour. A big thank you to Norm for his professional presentation and wide variety of questions – a good test for the Trivia Sundays to come. Thank you also to our Social Committee and their band of helpers who were as organised as always and made the best of the limited space that is available in the kitchen. A great way to celebrate our National Day and the first Social event on the Club's Calendar!

## **Activities Spotlight**

**K-nit n K-natter – Wednesdays – 1.15pm – 3.15pm**

### **AWM 5000 Poppies Project**

Congratulations to our industrious Knit n Knatter group who have achieved a wonderful target of 500 poppies as their contribution to 5000 Poppies to mark the Centenary of the end of WW1. They will be used in a display at the Australian War Memorial and possibly another installation on Remembrance Day 2018.

This project has been a four-year labour of love for many thousands of people and has been well over a million hours of volunteer labour in the making. It has become an international tribute of respect and remembrance and is a stunning acknowledgement of the service and sacrifice of our servicemen and women, their families and their communities. Well done girls - a great collective effort!

### **Men's Core Fit – Tuesdays – 8.00am**

Our 8am Men's Exercise class on Tuesday mornings is almost an hour of activity and floor exercises, usually followed by coffee for most of the group at a local café. Led by professional fitness Instructor, Jackie Yow, all participants are encouraged to move at a pace that is suitable for themselves. It has been running for eighteen months and comprises a small group of male Club members.

The group also regularly chooses to attend a morning movie at Limelight Cinema, that may perhaps be considered unsuitable by our wives to attend - "boy movies".

This exercise class has developed a very enjoyable social aspect to it and encourages other male members to take the plunge and join the fun – you will be welcomed, and your body will thank you for it! *Rob Kelly*

## **Dates for your Diary**

**Thursday - 15 February - 9.30am**

### **Shutterbugs – 'Best Ever' Camera Group**

The next meeting of the Shutterbugs camera group will be held on Thursday 15 February starting at 9.30am. Our January photo display project is An Entrance. Can be a door, a gate, a window or something more creative. Our snapshot subject is Pixels. What are they and does a 20 megapixel camera take better photos compared to a 10 megapixel camera?

Our monthly topic is Travel Photography. Tips on taking good travel photos. What is the best equipment to take with you and how to look after it? Ross will give us a presentation with his tips and how to put together a good slide show of your holiday snaps. We will also draw on member's experiences. Don't forget to take a look at our current photo display in the Club's Parkview Hall – *Norm Swanwick*

**Saturday - 17 February – 10.00am**

### **Video Presentation: 'Growing Australian Plants for Small Gardens, Pots and Balconies'**

One of our members, Margaret Kennedy, has offered to hold a series of workshops covering all aspects of growing Australian Plants for small Gardens, Pots and Balconies. To see if there is sufficient interest, Margaret is holding a workshop on Saturday 17 February. It will begin with a short discussion on native plants, then a picture show of a wide range of flowers, form and habitat. Most people know natives as being dull, straggly, difficult to grow, with some very uninteresting flowers. This presentation of the diversity and beauty of native flora is guaranteed to blow you away and is worth seeing

(even with brown thumbs) just to view the uniqueness and splendour of our own Australian plants.

The proposed activity will consist of about eight Saturday morning workshops where participants learn how to propagate plants from seeds and cuttings, and to pot up, transplant and care for them as they grow into maturity. Included will be a visit to a native nursery, and the Black Mountain Botanic Gardens in spring to view them growing in a natural environment.

There is a notice on the board to register your interest for the presentation on 17<sup>th</sup> or ring the office: 6293 4004 or email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

**Saturday – 17 February – 1.30pm**  
**55 Plus Film Group – ‘Citizen Kane’**

We are beginning our 2018 season with the classic 1941 film Citizen Kane. Orson Welles not only starred in this mystery drama but directed and produced it as well. Welles’ character is loosely based on American newspaper magnate William Randolph Hearst and it is considered the greatest film of all time. Its cinematography, music, editing and narrative structure contribute to the reasons for this high praise. A magnificent black and white masterpiece from yesteryear!

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](mailto:tugg55plusclub@gmail.com)

**Sunday - 18 February – 2.00pm**  
**‘Let’s Get Trivial’**

On the third Sunday of each month, we are going to get ‘Trivial’ with a monthly round of questions to test your knowledge of all things general and at times a little bit quirky. You do not need to form a ‘team’ as they will be organised on arrival.

Why not come along for an afternoon of ‘brain gymnastics’! Like all new ventures, this will be a work in progress and all feedback will be welcome!

A notice is on the board to let us know you are coming or ring the office: 6293 4004 or email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

**Thursday - 22 February – 10.00am – 12noon**  
**Investor’s Morning Cuppa Group**

Our Investor’s Morning Cuppa group will next meet on Thursday 22 February starting at 10.00am. We will look at how the share market and the various investment sectors performed during the past month. We will also look at the top ten performing ASX stocks for 2017 and the outlook for 2018 – some crystal ball gazing. What retailers can survive the online barrage? Finding retailers that are less affected by Amazon and the boom in online retailing is becoming necessary prior to investing in this sector. Plus a look at recent events in the investment, companies and business world. You don’t have to be a share market investor to join us for an interesting morning’s activity, so why not come along? – *Norm Swanwick*

**Thursday - 22 February - 5.00pm – 7.00pm**  
**Beginners Lawn Bowls – Tuggeranong Vikings**

Twenty-nine members came along to our January lawn bowls session for an enjoyable and fun evening of bowls. It didn’t look promising with the storm clouds gathering in the early afternoon, but the sky cleared in time for us to go ahead with our session.

Our next “Beginner’s Lawn Bowls” session will be held at the Tuggeranong Vikings Lawn Bowls Club on Thursday 22 February 5.00pm – 7.00pm. Never tried lawn bowls before

and always wanted to give it a go? John Williamson our accredited lawn bowls coach will show you how. There is plenty of free parking at the rear of the main club building which has direct access to the bowls club. Remember to bring a hat and sunscreen. Please wear flat sole shoes, or if you like, you can play bare foot. This is a free activity courtesy of the Viking's Lawn Bowls Club and bowls will be provided. For those interested, they can then visit the Viking's Club for an evening meal or maybe a cuppa or something stronger. Please note that in the event of wet weather, the session may have to be cancelled. Hope you can join us for a fun evening's activity?

**Saturday – 24 February – 10.00am – 12noon**  
**'Family History – Starting out Session'**

This is the second meeting of the 'New Starters Group' and the format will be a workshop where small groups can look at individual families. That is the plan but will depend on the wishes of those who come along.

If you are thinking about researching your family history or don't know where to start with the information that you have, this session will get you 'started'.

All are welcome; whether you came to the first meeting or not. Members of the Family History Group will be there to help. If you need more information call Liz Dean on 0409323014. *Liz Dean*

**Saturday – 3 March – 8.30am – 2.30pm**  
**Sausage Sizzle – Wanniasa Shops**

The first fundraising Sausage Sizzle for the year will be at Wanniasa Shops on Saturday 3 March. A notice will be on the board if you can lend a hand on the day. Jordo's Chop Shop at Wanniasa provides the barbecue and trestle table and we purchase the delicious sausages and already cut onions from him. If you cannot help, come along, say hello and support the Club by buying a sausage!

**Membership Renewals**

Thank you to all members who have paid their renewals to date taking advantage of this early reminder.

All memberships are now due for renewal by **31<sup>st</sup> March**. The renewal fee remains at \$15.00 and one of our lovely ladies in the office are ready and willing to take your payment – 9.30am – 2.30pm Monday to Friday.

If you would prefer to use Internet Banking, bank details are as follows: BSB 633 000 Acc No: 159575455 **You MUST include your name as the description so that we can identify your payment.** We will send you a confirmation email so that you know your payment has been successful.

*Janelle Burns – Treasurer*

**Out and About**

**Tuesday - 27 February – 10.00am**

**'Seniors Devonshire Morning Tea' – Lanyon Vikings**

Come along and enjoy a scrumptious morning tea in a relaxed and friendly environment. Mingle, chat and snack together!

Buffet Menu \$12.00 (Seniors Member Price) - Freshly baked cookies, homemade scones, mini Pavlova, cinnamon Dusted Pancake with fruit compote and whipped cream, and Coffee and Tea

Live Entertainment from local Over 50's choir, The Heart and Soul Singers, Games and Prizes! For bookings, call 6200 8400 or visit Lanyon Vikings reception