



# Weekly Bulletin

Friday 6 July 2018

## **Lakeside Art Group** **Norfolk Island Art & History Tour -** **18 to 25 June**

We have just returned from Norfolk Island. Our trip was organised as a painting holiday, but with the inclusion of many partners and historians, it became a very multi-faceted group. The first day was an orientation sort of day, as we all went on a half-day tour of the island. This gave us all a good overview, and some idea of which way to drive to each of the painting locations.

The painting sessions went very well, and we painted at five iconic, and special locations. The weather was generally fine, and we did go out on location every day. Our upcoming exhibition at the **Tuggeranong 55 Plus Club** will display some of the beauty and history of these places. We hope that you can all come along and see the works that will be on display from the 18 July.

The family historians on the trip also had a successful time. They did lots of research and found many more threads to weave into their family stories. Both lots of historians found their ancestral land, but no claims were put in!

The fishermen (no fisherwomen this trip) had an exhilarating morning out at sea, after being delayed by a few disappointing days of rough weather. They seem to have done a loaves and fishes trick, as they came back with overloaded baskets of the most delicious fish! We all benefited from their bounty at 'happy hour' drinks, as the hotel cooked up a batch for finger food for us all. YUM.

Gary and Lai were our musical directors and kept 'happy hour' happy on several occasions, with their cheerful ukulele music and good sing-a-long songs. They, along with Cathy and Paul, did a spot-on stage, as the hotel entertainment for the Pizza Night. They were very well appreciated.

We did two evenings out as an entire group. The first was to the local theatre to see *The Trial of Fifteen*. This is a whimsically dramatised story of the entire history of Norfolk, from the volcanic eruption that created it to current times. The second outing was to a fish fry, an island speciality. The location for this was beautiful, and we arrived to see the sun shining through magnificent Norfolk Island Pines, as it set on the horizon. Needless to say, the fish was delicious, as were the abundant salads and desserts. We were entertained by a Pitcairn musician, and local dancing girls. The islander heritage is still strong and healthy on Norfolk Island.

Our group numbered 21, and we were diverse in our interests and personalities. We had group get-togethers in the evenings where our broad range of interests enabled us to share new ideas, and new perspectives on the island's history, culture and art.  
*Catherine Alexander*



## Highlight of the Week

**Fri & Sat 6 & 7 July – 9.00pm – 5.00pm**

**K-nit 'n' K-natter Beanie Stall,**

**South.Point (Hyperdome) – near Coles**

The remaining Beanies from the K-nit 'n' K-natter group's recent display are being sold at a stall at South.Point on Friday & Saturday 6 & 7 July outside Coles. Why not come and say hello! Proceeds from the sale of all the knitted items will be distributed between Give Me 5 for Kids, MS Society and TROG.

*Jan Hatch*

## For Forwarding Planning

**Saturday – 25 August – 11.00am**

**Gentlemen's Get Together**

I am delighted to announce that the next Gentlemen's Get Together will be held at the Club on Saturday, 25th August at 11.00 am. Our guest speaker, Patrick Regan, will talk about *Australia in the First World War*. Patrick has a Master's Degree, has studied military history extensively and spends one day per week at the Australian War Memorial. It will be a most interesting and informative address.

There will be time after Patrick's talk for questions/discussion which will be followed by a sausage sizzle and a chance to socialize. You are welcome to bring your own drinks (alcoholic or otherwise). Cost \$5.

We are also organising a visit to the Australian War Memorial (AWM) to further members' knowledge of Australia's contribution to the Gallipoli and Western Front campaigns. This visit will incorporate visits to the Hall of Memories and Hall of Valour (VC collection). We will arrange a pre-briefed guide for these exhibits for a fee of \$10 (veterans no charge). Details later.

All male members of the Club are welcome. Please register your interest for both these events by placing your name on the boards notices either personally or by ringing the office on 62934004.

*Laurie Towers*

## Timetable

**Friday 6 July – Thursday 12 July**

Day / Date	Time	Activity
<b>Fri 6 July</b>	<b>9.00am</b>	<b>K-nit n K-natter Stall</b>
Fri 6 July	9.15am	Tai Chi
	9.30am	Bridge (Advanced)
	10.00am	Cycling Group
	11.30am	Zumba Gold
	12.15pm	Learning Circle
	2.00pm	Indoor Carpet Bowls
	4.15pm	Uke 55 Ukulele Group
	6.00pm	Square Dancing
<b>Sat 7 July</b>	<b>9.00am</b>	<b>K-nit n K-natter Stall</b>
Mon 9 July	9.30am	Bolivia
	9.45am	iPad SIG
	1.30pm	Table Tennis
	2.00pm	Bridge
Tues 10 July	1.00pm	Mah-jong
Wed 11 July	10.30am	Pitch n Putt
	10.00am	Indoor Carpet Bowls
	12.10am	Seated Stretch
	1.15pm	K-nit 'n' K-natter
	2.00pm	Bridge
Thurs 12 July	9.30am	500 Cards
	10.00am	Android SIG
	1.00pm	Mah-jong
	3.45pm	Bridge

**\*All Yoga Classes will resume  
on Mon 16 July**

**\*Tuesdays Exercise classes will resume  
on Tuesday 24 July**

**\*Friday's Gentle Exercise class WILL NOT  
BE HELD ON Fridays 6 & 13 July**

101 Cowlshaw Street, Greenway  
Phone: 6293 4004 Email: [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)  
Website: [55plusclub.org.au](http://55plusclub.org.au)