

February 2010 Newsletter

If you think you are too small to be effective, you have never been to bed with a mosquito in it

*Anita Roddick
(Founder of the Body Shop)*

PRESIDENT'S REPORT

Happy New Year to you all. What a great start to the year for our Club! On 21 January the Club became an independent Association under the terms of the Associations Incorporation Act 1991. This is a great step forward for the Club. Being recognised as an Incorporated Association is an important milestone in our history. We have a very active committee and now we are incorporated, we can start to take over responsibilities formerly managed by Communities@Work, heralding a new era in the growth of the Club.

A General Meeting of members in early December 2009 adopted its own Constitution and elected its inaugural Management Committee. It was great to see so many members attend this meeting; indeed, there were many more nominations for committee positions than there were vacancies. I would like to thank the previous Steering Committee for their hard work. With the support of Communities@Work, they did a fantastic job, establishing a viable Club for generations to come.

The new Management Committee has not been idle since their election in December, having already raised approximately \$2,000 through two Sausage Sizzles at Bunnings Tuggeranong, they are now busy with the coordination of events for Seniors Week commencing 21 March.

New activities for members are also high on our priority list, so please, if there is an activity you are really keen on doing, let us know.

I look forward to seeing you at the different activities and remember, "Be Active, Feel Great".

Rusty Woodward
President

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DIGITAL PHOTOGRAPHY



Our Digital Photography workshops are starting again with the first workshop for 2010 starting on Wednesday 24 February. This is a 5 week workshop with each session running for 2 hours. The cost of the workshop is \$25.00 per person and you will need to bring with you your camera and instruction manual.

If you would like to participate in this workshop and have not yet registered please contact Karen on 6287 2522 as there are limited spaces left.

Contact Details

phone: (02) 6293 6500

email: admin@commsatwork.org or tuggeranong.volunteers@commsatwork.org.au

address: 245 Cowlshaw Street, GREENWAY ACT 2900

NEW ACTIVITIES

The Club is looking to expand our range of activities and one of the suggestions is that we have some short courses, say 3 hours a week over 4 weeks. One course that has been suggested is basic *Card Making*. Want to know how to use your mobile phone, learn basic crochet or become a belly dancer? Whatever your interest, tell us what you would like to do and we will try and get leaders to conduct the course. If any members have skills you would like to share with others, please let us know. Sharing knowledge is just as rewarding as gaining knowledge, so get involved.

A theatre/movie/lunch/dinner group is also being considered and with Limelight Cinemas promising some great movies for seniors and the Q Theatre offering some fantastic stage shows, this should be a popular activity. How about a trip to The National Gallery or the Sheep Trials? Come on, tell us what you would like to do. We will also be running our *Digital Photography* workshops again in 2010. If you would like to participate in these very popular workshops, please register at the Tuggeranong Community Centre Reception. Due to the popularity of these workshops, payment is required in advance.

Rusty Woodward

WEDNESDAY INDOOR BOWLS

The Indoor Carpet Bowls activity is proving to be very successful with strong attendance each week. The morning is very relaxed and everyone is enjoying the games. We have welcomed some new players and they are joining in very well. We ended the year with a game followed by a wonderful Christmas morning tea where members brought in some delicious food. I am sure we will continue with a good roll up in the New Year.

Pat Dahl

SENIORS WEEK

Be part of Seniors Week from 21 to 26 March 2010 and participate in the various events and activities on offer to celebrate the occasion.

The Grand Party in the Park (Glebe Park) starts the week off on Sunday the 21st March. The Tuggeranong 55+ Club will have a marquee on site at the park to showcase our Club and the activities we offer to older people. The party goes from 11.00 am to 3.00 pm, but VOLUNTEERS are needed between 9.30 am and 4.00 pm to set up our display, man it during the day, and to clean up at the finish. Please contact Tuggeranong Community Centre Reception if you are able to help out.

Also, on Friday 26 March at the Tuggeranong Community Centre, our Club is hosting a **Games Day** from 11.00 am to 2.00 pm. This activity is part of a joint venture with Canberra's other three Seniors Clubs, with all clubs hosting an activity on a particular day during Seniors Week. We need VOLUNTEERS on this day to help set up from 10.30 am and to staff the kitchen, providing tea and coffee and to serve snacks. Members are being asked to bring along a plate to assist with catering so this should be a fun day - and there should be time for the VOLUNTEERS to have a go at the games as well. Once again, please contact Reception to put your names down and you will be contacted nearer the day to confirm your participation.

There are numerous events being held around Canberra during Seniors Week. We hope you participate, get involved, be active and keep healthy!

Alan Nock

EXCURSIONS

For 2010, we have some wonderful trips and outings planned for our members. For more details on our trips, please check the Notice Board in the Tuggeranong Community and Function Centre. Here are some of the trips we will be enjoying for 2010:

1st & 2nd February (Mon and Tue): **Overnight Trip to the Snowy Mountains**

1st & 2nd March (Mon and Tue): **South Coast - Two Day, one night, to Merimbula**

19th & 20th April (Mon and Tue): **Overnight Trip to Young**

Other Events being planned for 2010:

Bathurst & Orange: 3 days, to include the famous Panorama Racing Circuit and Motor Racing Museum, tour of a stately home and the humble home of PM Ben Chifley and a visit to Orange.

June: An overnight trip to the historic railway town of Junee, including the Monte Christo House and the Railway Roundhouse Museum.

Portrait Gallery: A day trip to the Portrait Gallery in Canberra.

Gundagai: A Day trip to Gundagai with a guided tour of its historic sites.

Lorraine Litster

BOOK CLUB

The first 2010 meeting of the Book Club was held on 4 January and members discussed the books they had enjoyed reading in 2009. At our next meeting, we will read and discuss "*The Devil that Danced on the Water*". This gritty, true story from Sierra Leone author, Aminatta Forna, was written, said Aminatta, "because I wanted to find out who killed my father."

The Book Club has alternate sets of books, supplied through ACT Libraries' "Read around Canberra" with topics suggested by members, e.g. an author, a theme, etc.

The Club meets in the Boulevard Room on the 1st Thursday of the month, from 2.00 - 4.00 pm. For enquiries please contact Tuggeranong Community Centre Reception on 6293 6500 or alternatively, call Maggie Watts on 6292 9971.

Maggie Watts

BUNNINGS SAUSAGE SIZZLE FUNDRAISER

The first Bunnings Sausage Sizzle fundraiser was held on Sunday 27 December 2009 and was a great success. Lynne and Vern Signor were the Team Leaders on this occasion and organised everything perfectly, including setting up some basic guidelines and equipment for future teams. After some initial challenges, we got ourselves organised, and the whole process started flowing like clockwork (well almost). Participants were Stan, Margaret, Lorraine, Lada, Carlene, Penny, Lynne, Vern, Rusty and Maureen, who got an early mark because we didn't need her. Thanks to all these people for making this day fun and financially rewarding. An added bonus was that we took 50 membership forms and activity brochures with us, and 25 were taken by interested sausage eaters, and the other 25 were taken by Margaret to distribute to other groups she is involved with.

The final profit was a little over \$900.00 after expenses, eg, the sausages, onions, bread, sauces, serviettes plus some equipment for future use. This was a good result given that Bunnings told us that it was a slow day. This fundraiser was certainly worthwhile, and is a fun activity. Sausages were purchased from Calwell Fine Meats at a really good price, and proved very popular, as many of our customers commented.

Rusty Woodward

VOLUNTEER POSITIONS AVAILABLE

Data Entry Operators (4)

This is a one-off job and competent Data Entry volunteers are required to input member details into a new database.

- Skills required: Computer literate, accuracy, attention to detail
- Computer available at Tuggeranong Communities@Work office
- Training and on-going support will be provided

Data Entry Operator (1-2 hours per week)

- Required for ongoing data entry
- Skills required: Computer literate, accuracy, attention to detail
- This position could be shared
- Training and ongoing support will be provided

Newsletter

Members are required for a new Sub-committee to gather and collate information for the bi-monthly newsletter. If you have a desire to assist in producing an interesting, informative and fun newsletter for our members, we need your help.

Skills required:

- At least two members to be computer literate with average typing skills
- At least one member to have skills in writing, grammar, and proof reading

Bus Driver required – must have an approved bus licence.

Please advise your interest, including all contact details:

By hand: Communities@Work (Tuggeranong) reception.

Mail: The Secretary
Tuggeranong 55 Plus Club
PO Box 1066
TUGGERANONG ACT 2900

Email: frances.meren@commsatwork.org

HELP NEEDED IN MAY 2010

Communities@Work is aiming to put together a team of volunteers which will include staff, active and casual volunteers to assist at the **Cerebral Palsy 2010 Boccia National Championship**. The event is scheduled to be held from Monday 3 May to Friday 7 May 2010** between 9.00 am – 5.00 pm at the Australian Institute of Sport (AIS) in Canberra.

Dependent on numbers, the event may conclude on Thursday 6 May 2010. Daily times may reduce and half days of participation are acceptable.

If you would like to assist, please contact Chrissy English, Coordinator, Volunteers on 6287 2322 or email: chrissy.english@commsatwork.org

** Times and days are subject to change.

be
active, feel
great

It's about you. Always!
Communities@Work

The Tuggeranong 55 Plus Club acknowledges the grant funding support from the ACT Government through Sport and Recreation Services.