



Weekly Bulletin

Friday 6 January 2023



CLUB CLIPBOARD



WELCOME BACK FOR 2023!

Welcome to our first Bulletin for 2023 – we hope that you have all kept well during the Christmas season and were able to enjoy it with your families.

This week's issue is a gentle start to the year with the Club officially re-opening from Monday 16 January. There are many 'irons in the fire' for the Club program in the coming months and more details will be in future Bulletins – so watch this space!

FESTIVE SEASON TIMETABLE

Club re-opens on
MONDAY 16 JAN 2023

Some activity groups are continuing during the break or returning a week early – see below

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 9 Jan	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
Tues 10 Jan	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Pool – Beginners - GC
	10.00 am	LL Cycling Group
Wed 11 Jan	1.00 pm	Mah-jong – GC
	9.30 am	Cribbage – GC
Thurs 12 Jan	10.00 am	'Take 55' Movie Group
	9.30 am	500 (Cards)- GC
	10.30 am	Tugg Chukkers
Fri 13 Jan	7.30 am	On-Line Trivia
	1.00 pm	Mah-jong – GC
	9.00 am	Cycling Group
Sun 15 Jan	9.20 am	Discover Canberra WG



Thursday – 12 Jan – 7.30 pm TRIVIA WITH FRIENDS

Our on-line trivia nights return for 2023 next week. Joining forces with Tuggeranong Probus Club members, they are held on the 2nd Thursday of the month commencing at 7.30 pm.

They are laidback, a lot of fun but you will need to have downloaded Zoom to take part. The link is emailed by Anne on the day. We have 5 sets of 10 questions in each, covering a wide range of topics. The questions are always interesting and although there are no prizes, you always add to your 'font of knowledge'!

New competitors are always welcome. For the Zoom link, contact Anne at ameade@pcug.org.au and join us next Thursday!

TALKING TRIVIA!

WHY IS IT CALLED BOXING DAY?

THE ORIGINS OF THE PUBLIC HOLIDAY AFTER CHRISTMAS



Everyone knows Boxing Day is on December 26 and while many Australians love this public holiday for different reasons, why is it called Boxing Day and where did the holiday come from?

Boxing Day: originally a day of charity

In Victorian England (1837-1901), gifts were traditionally presented to servants, tradespeople and the poor the day after Christmas. Servants had to work for their wealthy employers on Christmas Day to



A wealthy gentleman hands out food to the poor on Boxing Day.
Thomas Kibble Hervey, 1837, The British Library.

prepare the Christmas feast and otherwise ensure the day ran smoothly. The following day, servants got leave to spend time with their own families and were often presented with a Christmas box to take home. In their absence, the wealthy family ate informal meals of leftovers – much like Boxing Day meals today.

Christmas boxes could contain all sorts of goodies from wealthy families: money, quality hand-me-down clothes, books, linens, ribbons, and delicious leftovers from the Christmas feast. Boxes were also distributed to tenants who lived and worked on the family's lands, and sometimes even tradespeople who regularly serviced the household.

In the 1830s, the term Boxing Day came to supersede the previous name St Stephen's Day for the day after Christmas. Boxing Day was officially declared a public holiday in 1871, falling on December 26.

Boxing Day around the world

While the UK, Australia, New Zealand, Canada and other Commonwealth countries typically celebrate Boxing Day, 26 December is celebrated differently around the world.

In several parts of Europe, such as Austria, Croatia, Denmark, Germany, Greece, Italy Hungary, Sweden and Ukraine, 26 December is called St Stephen's Day, or the Feast of Stephen. St Stephen lived in Rome and was martyred for believing in the Christian teachings. His feast day was set as 26 December in the Christian calendar of saints. Because Stephen was a deacon who distributed food and charitable aid to poorer members of his community, the day became associated with charity.



Elsewhere Boxing Day isn't celebrated in any form. There is no Boxing Day holiday in the USA, because British Boxing Day traditions began after British settlers landed in the Americas. Most of Asia also does not celebrate Boxing Day, except for Hong Kong.

And while some people still give back to the less fortunate on Boxing Day, it has now become more synonymous with spending up big at a department store or watching sporting events!



TALKING TASTY!

FACTS ABOUT CUCUMBERS



Who knew cucumbers were good for more things than just our health?

Most people know that cucumbers are good for you, but this just takes its goodness to a whole new level.

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

Looking for a fast and easy way to remove cellulite before going out or to the pool?

Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

Out of WD-40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm you fingers or fingernails while you clean.

CUCUMBER & PEA SALAD

Ingredients

500 g frozen peas
1 large cucumber, halved lengthways & sliced
1 cup Greek yogurt
¼ cup olive oil
3 tablespoons fresh lemon juice
1 cup chopped fresh parsley
½ cup shredded baby basil leaves
2 tablespoons finely chopped walnuts

Method

Tip peas into a bowl, pour over a kettleful of hot water and set aside for 10 mins. Check the peas are defrosted, then drain really well.
Whisk Greek yogurt, olive oil, and lemon juice together in a bowl. Add parsley, 1/4 cup basil, salt, and pepper. Stir in peas and cucumbers. Garnish with remaining basil and walnuts.



CHEAT'S LASAGNE STACK

Layered and baked in a cake pan, this easy lasagne is actually made using wraps to save time and effort.



Ingredients

1 tbsp extra virgin olive oil

1 large finely chopped brown onion

1 grated carrot

2 crushed garlic cloves

2 tbsp tomato paste

400g bottle tomato & basil pasta sauce

¼ cup finely chopped fresh basil leaves

300ml sour cream

2 cups grated pizza cheese

Baby rocket, & grated parmesan, to serve

600g pork and veal mince

1 grated zucchini

2 tbsp plain flour

½ cup water

1 egg, lightly beaten

4 mini (19cm) flour wraps

- Preheat oven to 200C/180C fan forced. Grease a 6cm-deep, 20cm (base) springform pan. Line side with baking paper, extending paper 2cm above edge of pan. Place pan on a baking tray.
- Heat oil in a large frying pan over medium-high heat. Add onion. Cook until softened. Add mince, cooking until browned and cooked through. Add carrot, zucchini, and garlic. Cook until just softened and add tomato paste and 1 tablespoon flour. Cook, stirring, for 1 minute or until well combined. Add pasta sauce and 1/2 cup water, season with salt and pepper. Stir to combine, bring to the boil and reduce heat to medium. Simmer for 5 minutes or until thickened. Stir in basil. Stand for 10 minutes to cool slightly.
- Combine sour cream, egg, remaining flour and 1 cup cheese in a bowl.
- Place 1 wrap in prepared pan. Top with 1/3 of the mince mixture, spreading evenly. Drizzle over 2 tablespoons sour cream mixture. Sprinkle with 1 tablespoon remaining cheese. Repeat layering with remaining wraps, mince mixture, sour cream mixture and cheese, finishing with remaining sour cream mixture and cheese.
- Bake for 30 minutes or until cheese is melted and golden. Stand for 15 minutes. Serve with rocket and parmesan.

COMMUNITY BILLBOARD!



AFP
AUSTRALIAN FEDERAL POLICE



Police 131 444
Save 000 for emergencies



NEXT OF KIN CARD

Canberrans can now walk into any ACT police station and collect free Next of Kin cards from the front office.

This initiative was developed to support officers responding to incidents involving elderly and vulnerable members of the community who at times are unable to provide Next of Kin information.

The cards are designed to be placed in purses or wallets and have space for people to fill in:

- the holder's name
- their date of birth
- nominated Next of Kin contact details

Importantly, the information is only written on the card, no personal information is held by ACT Policing.



Sergeant Ben Willis with the new next-of-kin cards, available from all ACT police stations

Sergeant Ben Willis from the Community Engagement Team said there has been an increase in situations where officers have been unable to identify someone quickly.

"These cards are incredibly useful for our aging population. They're small enough to fit into the back of a phone, a vehicle console or wallet."

"We need to find new and innovative ways to support families and assist police officers faster in finding individuals in the event of a missing person or casualty."

ACT Policing recognises a Next of Kin as a person's spouse, domestic partner or closest living blood relative who is over 18 years of age.



SCAM SAFETY TIP

Voicemails

A lot of people are good at declining calls from "Fraud Likely" and "Potential Scam" or not answering calls from unknown numbers. This is a great way to protect yourself from being in contact with scammers.

Something you may want to consider is what information scammers could potentially gain from listening to your voicemail message. We never know what information scammers are documenting such as our full names or additional contact details. So, listen to your voicemail message and review whether you are sharing any unnecessary personal information. You may choose to record a new message that removes your name and just asks that the caller leaves a message.

TALKING TEASERS!

Baby Boomers Music Quiz

Test your memory banks from your misspent youth and see how many of these questions you can answer!



Question	Answer
1. Which movie did 'Mrs Robinson' feature in?	
2. Who sang 'Sittin' on the Dock of the Bay'?	
3. Name 'Procol Harum's' best known hit, released in 1967	
4. When and where did Woodstock occur?	
5. Who was the bandleader of the 'Tijuana Brass'?	
6. What instrument did Larry Adler play?	
7. Who sang the hit theme song in 'Rawhide'?	
8. The duo who had a hit with 'Je t'aime: Serge Gainsbourg &	
9. Who sang the 1964 hit 'My Boy Lollipop	
10. 'I Love you Because' was a hit by...?	
11. Who say 'Free is just another word for nothing left to lose'?	
12. Name the theme song from the move 'The Man Who Knew Too Much?	
13. Who sang the lines 'If you're going to San Francisco, be sure to wear some flowers in your hair'?	
14. Who said that it was her party and she could cry if she wanted to?	
15. Name the song featuring this line: 'All the lonely people, where do they all come from'?	
16. Sing the next line" 'We're caught in a trap, I can't walk out'?	
17. Name the theme song from the 1969 movie 'Midnight Cowboy'?	
18. She had a hit in 1971 with 'I Feel the Earth Move', who is she?	
19. 'Raindrops keep falling on my head' was the theme song from which movie?	
20. Who sang 'The First time Ever I saw your Face' in 1972?	



Answers next week's Bulletin!