



'Tugg Talks' Weekly Bulletin

Friday 26 January 2024



CLUB CLIPBOARD!

TIMETABLE

Monday 29 Jan – Sunday 4 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 29 Jan	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Casual Bridge - GC
Tues 30 Jan	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart n Soul - TSC
	1.00 pm	Mah-jong – GC
Wed 31 Jan	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	10.00 am	'Take 55' Movie Group
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 1 Feb	9.30 am	500 Cards- GC
	10.00 am	Pool – Social - GC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social C* Bridge – GC
Fri 2 Feb	3.45 pm	Yoga - TSC
	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	9.30 am	Pitch n Putt
	10.30 am	Seated Yoga - TSC
	11.45 am	Sit n Be Fit – TSC
Sun 4 Feb	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls - TSC
	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC

*Competitive

**ONLINE BOOKINGS LINKS WILL BE
UPDATED CLOSER TO DATE OF ACTIVITIES
RETURNING**

'TAKE 55' MOVIE/COFFEE GROUP



Wed – 31 Jan – 10.00 am

We had a group of 10 together for good conversation and coffee on Wednesday.

Once again, we will meet at the Tuggeranong Vikings Club for coffee/lunch at 10.00 am on Wednesday 31 January. Come and join us and meet some new friends!

Pam Hall

YOGA FOR MOBILITY & HEALTHY AGEING



Yoga – Thurs - 3.45pm – 5pm

Seated Yoga – Fri - 10.30am – 11.30am

Both Yoga classes return next week and:

- help you stay agile and mobile
- improve your co-ordination & balance
- lift your sense of vitality
- benefit your digestion and circulation
- keep arthritis and blood pressure manageable



Booking for both classes are online - links are available from the Club office.

CLUB CLIPBOARD!



SOCIAL SUNDAY BINGO!

Sun – 4 February – 2.00 pm

Social Sunday Bingo returns on Sunday 4 February from 2.00 pm. Your hosts are John Williamson and President Phil Burns who doubles as Bingo 'Caller' for the afternoon.

This popular game is played widely across the country and is well known for its fun, laughter level and socialisation.

Pens and pads are provided, there is always a delicious afternoon tea on offer and the prizes are in keeping with the flavour of the day.

Why not come along – you might even win a prize!

TAI CHI (YANG STYLE)

Fridays – 9.15 am – 10.15 am



If you are new to Tai Chi, or are familiar with other forms of Tai Chi, beginners and new members are welcomed on **Friday mornings** at the **START** of each school term.

The next 'intake' for Term 1 will be on **Friday 2 February**. This enables all newcomers to the form to progress and learn together at the same pace.

You can register your interest at the Club office for the April school term.

Tai Chi can improve your physical wellbeing, flexibility, and calm your mind. It unifies body, mind and energy which can help us to maintain health, and emotional and spiritual balance, amid the stresses of daily life.

Jenny Marincic

TEN PIN BOWLING

Wednesdays – 10.00 am – Zone Bowl, Greenway

The 55 Plus Club Tenpin Bowlers return to the lanes on **Wednesday 7 February**.

If you would like to come along and have some fun with us, please contact one of the co-ordinators to book your spot. No experience is necessary and it's a social activity not a competition.

We bowl every Wednesday during school terms at Zone Bowl, 76 Cowlshaw Street, Greenway. The Bowl opens at 9.45am so we can be ready to start at 10.00 am.

We play 2 games at the discount rate of \$16 total which includes shoe hire. Tea and coffee are also available at discount prices for our group. Lunch after bowling is usually at a local club if you'd like to continue socialising.

The co-ordinators are Kathy Johnson kathy.johnson01@bigpond.com

Viv O'Brien vivienneobrien6@gmail.com



FABULOUS FEBRUARY!

TEN WEEKS DRAWING WORKSHOP

with Catherine Alexander

Starting **WED 7 FEBRUARY**

weekly - 10.00 am – 12 noon

Sessions held in Gumnut Cottage

2B or not 2B...the historical arty question!

This workshop is designed to help you see and draw more easily and with more confidence. It is a ten-week, structured course, with every session relying on exercises and practice from the previous week. This does preclude members joining the classes once the initial class is done.

The observational, creative and intuitive parts of you will be given a lovely work out, through exercises based on line, form, positive and negative spaces, shadows, perspective, still life using measurements and proportions, landscape and view finder use, and a portrait.

There are lots of benefits from drawing in a supportive group atmosphere, and then the confidence to carry on drawing after the course has finished.

This workshop has been successfully run before with members continuing to draw and improve their skills as members of the Graphites Drawing Group.

Cost for the ten-week workshop is **\$80.00** with booking and payment at the Club office by **Wednesday 31 January**. The materials list is small, as it is basically pencils and paper!

Please note that there will be a one-week break after Week 6.

Catherine Alexander



**ONLY FIVE
PLACES
LEFT**

TAI CHI WORKSHOP

Saturday – 17 February

10.00 am – 1.00 pm

Presented by Tunde, from Tunde-World, this workshop is both for those who would like to practice what they have learnt in the Tuesday class or for people who would like to an introduction to the ancient healing practice of Tai Chi.

Tai chi for Osteoporosis

This program builds strength, improves balance and health. It can slow down the thinning of bones and reduce the risk of falls. There are many forms of Tai Chi with significant differences between them.

The program includes warm-up, wind-down, special precautions and a set of 8 forms derived from Yang and Sun style Tai Chi. It helps to strength bones, improve balance, and improve relaxation.

For more information Tundeworld

This class does not require any previous experience and can be done seated if required. Workshop is limited to 15 people, so be quick!

Cost - \$50.00

Bookings with payment

at Club office

by Wednesday 14 February



Tunde Takacs, from Tundeworld is an international qualified instructor of Health Qigong and Yang style Tai Chi, a natural healing therapist and meditation teacher.



FABULOUS FEBRUARY!

A new year to a good time to evaluate and rejuvenate activities and two of the Club's longstanding ones have decided to 'refresh' going forward.

FAMILY HISTORY – 2024 & BEYOND!



It is hard to believe that the Family History group has been meeting monthly for the past twelve years. During that time Activity Leader and Family Historian extraordinaire Liz Dean has not only provided guidance in how to search for information but has put the 'story' into family history by encouraging and inspiring group members to look beyond dates of births, marriages, and deaths – occupation, location, dress, social history and many more have been covered in her monthly presentations.

Building your family's story takes time and the Family History Group will now focus on practical application rather than presentation only. There will be a monthly topic but problem solving will be an integral part of the monthly sessions. Information will still be projected on the screen but will become more interactive. Attendees will be encouraged to share any 'brick walls' or problems they are encountering, but also any discoveries or what has worked for them during their family history journey. You can also bring your device along for research and to record any useful information.

This new format will 'feel it's way' and Lyn will take the lead for the first few months. Your queries, questions and input will help formulate the months ahead program – the topics are endless.



The sessions will return to once a month and be on the **THIRD THURSDAY** starting from **Thursday 15 February at 10.00 am** and we hope to see familiar and new faces!

Liz Dean & Lyn Woodward



FABULOUS FEBRUARY!



BRIDGE AT THE CLUB



The New Year has brought the opportunity for a slight change in focus of the Bridge Activity structure. The emphasis will be a little stronger on the social aspect to accommodate people new to bridge. The strong teaching component remains, providing opportunities for all to increase skills and confidence during their journey through bridge.

Monday sessions (2.00 pm – 4.00 pm) will now be '**Casual**' where players can come in and depart as they please, with either 'shuffle and deal' or rotation of boards depending on numbers. There will be a small introductory segment called 'Tiny Topics', (5-10 mins) on play techniques and will be accessible and of benefit to beginners and advanced alike.

Thursday sessions (3.30 pm – 5.30 pm) will be a friendly competition day where players have the opportunity to match their skills against other players. All receive the same hands in rotation and at the end of the day scores are totalled and winners announced. This will now be called **Social - Competition**. There will also be occasional short talks on topics relating to formal Duplicate.

Bridge is more than just an enjoyable pastime with scientific studies showing that playing bridge has demonstratable benefits for mental fitness and brain health in seniors. It is an activity where people with like minds can associate, and friendships forged that are often life lasting.



BEGINNER BRIDGE SESSIONS



Beginner lessons for students commence again in February. The classes are held once a week and are of two hour's duration, with "cards on the table" teaching. The course lasts for six months then students graduate to Improver classes where they learn finer details of bidding and card play.

We don't move on until current topics are well understood. The emphasis is on repetition and consolidation. There are pre-set hands for every lesson. No prior knowledge of cards is necessary (although an advantage) and a partner is not required at this stage.

There will be many occasions for relaxed bridge throughout the course, where "shuffle and deal" social play and chat relieves the heavy burden of constantly learning new concepts.



Come along and be part of a unique and mind-expanding experience.

Register interest with the club, tugg55plusclub@gmail.com or Margaret Kennedy, marbken6@gmail.com

TALKING 'TASTY' TRADITION

1825 AUSTRALIAN 'DAMPER' FIRST MENTIONED

Damper, the traditional bushman's bread, originally made from flour, water and salt and cooked in the campfire, was first mentioned in *Memoirs* edited by [Barron Field](#), judge of the Supreme Court of New South Wales from 1817 to 1824.

According to the [Australian Dictionary Centre](#) the name is derived from a Lancashire expression meaning "something that damps the appetite". Modern recipes often include baking soda or self-raising flour, beer, butter or powdered milk.

It may well be, however, that the damper was actually invented in Sydney. Historian [James Bonwick](#) (1817 – 1906) refers to a First Fleeter by the name of William Bond, who had a bakery in Pitt Street, and claims the first bread he made was damper. According to Bonwick, the name was derived from Bond's way of "damping" the fire, covering it with ashes. This preserved the red coals, ready to rekindle the fire the following morning. The damper was buried in the ashes to bake.



"Tea and Damper" by A . M. Ebsworth. From Digital Collection of the State Library of Victoria



In the bush, it was cooked in the same way. It became a staple for swagmen, drovers, stockmen and other travellers, as flour and salt could easily be carried and all that was required was to add water.

As the sugar industry developed, damper was often eaten with "[cocky's joy](#)" – golden syrup – which was easily transportable and cheaper than jam.

In 1946 in the [Sydney Morning Herald](#), Bill Beatty gave the following recipe:

Take 1 lb of flour, water and a pinch of salt. Mix it into a stiff dough and knead for at least one hour, not continuously, but the longer it is kneaded the better the damper. Press with the hands into a flat cake and cook it in at least a foot of hot ashes.

There are other methods of cooking. The dough can be wrapped around a stick, which is suspended over the fire. A neater method, and one that's commonly used today, is to cook the damper in an iron camp oven, avoiding the need to brush off the ashes before eating.

And of course, it can be cooked in an oven. Pre-heat to 200 degrees Celsius/390 degrees Fahrenheit (fan-forced) and place damper on a baking tray and cut a cross in the top of the dough. Place on the bottom shelf of the oven and bake for 25 minutes or until a rich golden colour. Enjoy!