



'Tugg Talks' Weekly Bulletin Friday 2 February 2024



CLUB CLIPBOARD!



LINE DANCING RETURNS

Wednesdays

Abs Beg – 12.15 pm / Beg – 1.30 pm

Improvers – 2.45 pm



Instructor Julie Hearne returns on **Wed 7th February** with the three Club Line dancing sessions that she holds for members.

**This is a reminder that spaces are limited to 20 participants and
BOOKING FOR THESE SESSIONS IS ESSENTIAL.**

Due to the demand (there are over 130 members who line dance), we have requested in the past that participants only book for two weeks in advance. To make sure that this happens, and everyone gets an opportunity to attend, the dates will now be released in two-week blocks.



MEMBERSHIP RENEWALS

All memberships are now due for renewal by cut-off date of **31 March 2024**.

The renewal fee remains at **\$15.00**, and this early notice gives you plenty of time to visit one of our lovely ladies in the office – 9.30 am to 2.30 pm Monday to Friday.

If you would prefer to use Internet Banking, the Club's Direct Credit details are:

BSB 633 000 Acc No: 159575455

However, 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



SOCIAL SUNDAY BINGO!

Sun – 4 Feb – 2.00 pm

Social Sunday Bingo returns on Sunday 4 Feb 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!

CLUB CLIPBOARD!

TIMETABLE

Sunday 4 Feb – Friday 9 Feb

*GC Gumnut Cottage *TSC Tugg Seniors Centre

| Day / Date | Time | Activity |
|--------------------|------------------|------------------------------|
| Sun 4 Feb | 8.50 am | Discover Canberra WG |
| | 2.00 pm | Social Bingo - TSC |
| Mon 5 Feb | 9.30 am | Bolivia - GC |
| | 9.30 am | Crafty Corner - GC |
| | 9.30 am | Zumba - TSC |
| | 10.30 am | Mov 4 Mem - TSC |
| | 1.30 pm | Table Tennis - TSC |
| | 2.00 pm | Casual Bridge - GC |
| Tues 6 Feb | 8.00 am | Active Ex – Men - TSC |
| | 9.10 am | Active Ex – W – TSC |
| | <i>9.00 am</i> | <i>LL Cycling Group</i> |
| | 10.00 am | Garden Gossip - GC |
| | 10.00 am | Pool – Beginners - GC |
| | 10.30 am | Heart n Soul - TSC |
| | 1.00 pm | Mah-jong – GC |
| | Wed 7 Feb | <i>8.30 am</i> |
| | <i>9.15 am</i> | <i>'Take 55' Movie Group</i> |
| | 9.30 am | Cribbage – GC |
| | <i>10.00 am</i> | <i>Ten Pin Bowling</i> |
| | 10.00 am | Carpet Bowls – TSC |
| | 12.15 pm | Line Dancing-AB-TSC |
| | 1.00 pm | K-nit 'n' K-natter – GC |
| | 1.30 pm | Line Dancing-Beg -TSC |
| | 2.45 pm | Line Dancing-Imp – TSC |
| Thurs 8 Feb | 9.30 am | 500 Cards- GC |
| | 10.00 am | Android SIG - TSC |
| | <i>10.00 am</i> | <i>Tugg Chukkers</i> |
| | 1.00 pm | Mah-jong – GC |
| | 3.30 pm | Social C* Bridge – GC |
| | 3.45 pm | Yoga - TSC |
| | <i>7.30 am</i> | <i>Online Trivia</i> |
| | Fri 9 Feb | <i>9.00 am</i> |
| | 9.15 am | Tai Chi - TSC |
| | <i>9.30 am</i> | <i>Pitch n Putt</i> |
| | 10.30 am | Seated Yoga - TSC |
| | 11.45 am | Sit n Be Fit – TSC |
| | 12.00 pm | Learning Circle – TSC |
| | 2.00 pm | Carpet Bowls - TSC |

*Competitive



GARDEN GOSSIP

Tues – 6 Feb – 10.00 am

We start the year with an inspiring guest speaker – Natalie Kerr.

Despite a significant visual impairment, Natalie has a bountiful garden in Isabella Plains full of fruit and vegetables with some room for ornamental plantings too. She is an active member of the Facebook group *Urban Homesteaders, Canberra and Surrounds* and also contributes her seeds and time to the *Canberra Seed Savers Co-operative*, (plus she also finds time to teach cooking to the visually impaired – there is no stopping this woman).

Most of Natalie's plantings are in her home-made wicking pots and beds as her soil is all clay. However she does have some large fruit trees that she has to net to ensure her guide dog leaves some fruit for the humans to eat.

So how do you find those dratted zucchini when you have limited vision? Natalie grows yellow ones!



Natalie is skipping her usual session at seed savers to speak to us, so I hope as many members come as possible to make her feel welcome and ask her lots of questions (as she is a font of information and clever ideas).

Mandy & Jill



CLUB CLIPBOARD!

INTRO TO BIRDWATCHING

Wed – 7 February – 8.30 am

On 7 February we will go to Tidbinbilla Nature Reserve, to escape the summer heat. The Cascade Trail is a shaded path, which might provide us with some special birds and is 2.5 – 3 kms long. It is an undulating path, but manageable at birdwatching pace. The trail that used to be called the Lyrebird Trail is a loop and the Cascade Trail was an additional loop off that trail which takes in the cascades. The two loops now come under the title of Cascade Trail. If there is enough interest we will take the diversion to the cascades, but that part of the trail does require some extra care, as it is steep in places. The beautiful Bassian Thrush has been seen on that section in the past.

We will meet at the Visitor's Centre carpark at the entrance to the Reserve at 8:30 am. The entrance fee has been waived for the time being because the Visitor's Centre is closed.

Wear sturdy shoes and bring a hat, water, binoculars and sunscreen. Please let me know if you will be attending by emailing: liabattisson@outlook.com. Lia Battisson

TEN PIN BOWLING

Wed – 7 Feb - 10.00 am

Zone Bowl, Greenway



The 55 Plus Club Tenpin Bowlers return to the lanes this coming Wednesday.

If you would like to come along & 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 9.45 am 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 & coffee is 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

'TAKE 55' MOVIE/COFFEE GROUP

Wednesday – 7 February – 10.00 am



We had a lovely coffee meetup on Wednesday. Twelve of us enjoyed lots of laughs with a few staying for lunch.

On Wednesday 7 February, we will meet at Cherry Bean for coffee at 9.15 am before going to Limelight to see **"One Life"** at 10.15 am. It is great to have a movie to go to as the school holidays are over and join us.

Pam Hall



One Life is based on the true story of Nicholas Winton, a British humanitarian who helped 669 Jewish children escape from the Nazi invasion of Czechoslovakia. Starring Anthony Hopkins, it is a film that reminds us, in the best sense, what people are capable of.

DATES FOR YOUR DIARY!



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 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.



SUNDAY TRIVIA QUIZ RETURNS

2.00 pm - Sunday 25 Feb

Our Sunday trivia quiz is back for another year with our next quiz taking place on Sunday 25 February. Rob Peresen returns (ably assisted by our President Phil) to ask the questions to get our brains ticking over and hopefully coming up with the right answers. Anyone who was at our December quiz will remember that we had some technical issues when our laptop refused to cooperate. Well, the club has purchased a new laptop so we are all ready to go again without the repeat of a cantankerous laptop (fingers crossed).

For any members who are not familiar with our trivia quiz activity, we usually hold them on the last Sunday every two months starting at 2.00 pm and finishing around 4.00 pm. We have several guest quiz masters who take it in turn, to host the quiz and pose the questions.

Everyone is welcome to form a team with friends or family or like most of our participants, just come along and join a team with their fellow Club members. Our normal activity fee of \$5.00 applies and there is no need to book, just come along on the day and join in the fun. There are a number of prizes to be won and there is a halfway break to rest the brain and enjoy afternoon tea.

So, if you have not previously been to one of our trivia quizzes or are one of our regular attendees, I hope that you can join us for our first Sunday trivia quiz for the year and it is only three weeks away.

Norm Swanwick for Team

ACTIVITY ACTION!

GRAPHITES DRAWING GROUP – ‘Coming up Roses’!

Last Wednesday (24 Feb) Graphites Drawing Group met for the first time in 2024.

The (unofficial) theme was roses which proved to be a challenging topic for all concerned.

With new faces and existing members, we had a good turnout.

Graphites is a casual drawing group meeting on the second and forth Wednesday mornings of each month so the next Graphites will be on Wednesday 14th February between 10.00 am and 12 noon. All are welcome.

The theme will be ‘shells’ but not compulsory! We are an enthusiastic group with a range of abilities who all enjoy drawing (and nattering, and morning tea).

Andrew Rankine for

Mandy Coggins, convenor Graphites drawing group



Rose Inspiration:

How Roses Have Influenced Artistic Creations

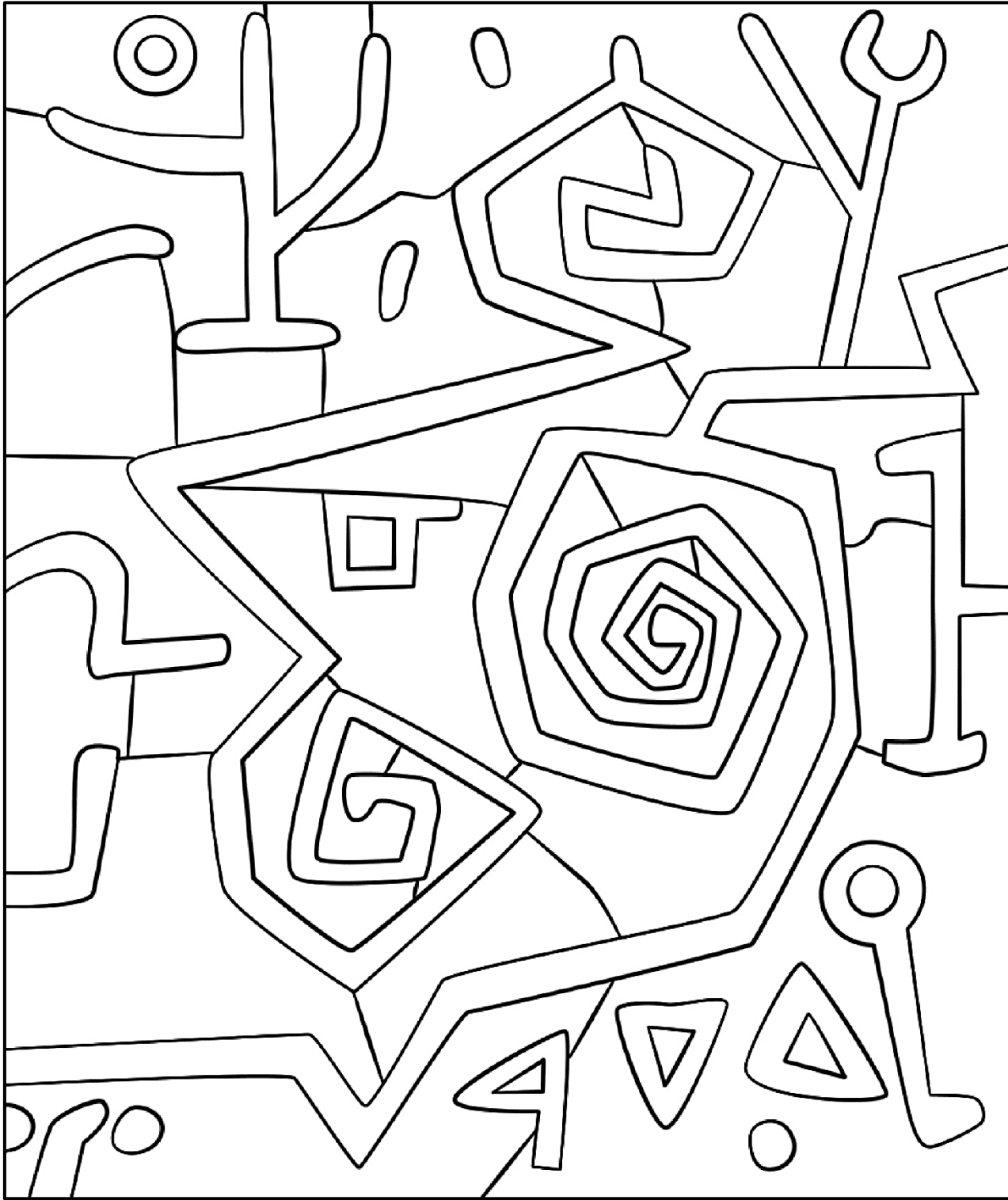
The rose has been a feature in many famous paintings, creating a visual symphony that surpasses time and borders:

- **Symbol of Love:** Across centuries, roses have symbolized love. They inspire countless artists to capture the essence of romance on canvas.
- **Aesthetic Elegance:** The inherent beauty of roses has inspired great attention to detail and innovative interpretations.
- **Cultural Significance:** Roses carry cultural significance worldwide, offering artists a versatile symbol, which conveys themes of passion and purity.
- **Spiritual Pictures:** In various religious traditions, roses have been woven into spiritual narratives. They prompt artists to include sacred symbolism in their creations.
- **Philosophical Metaphors:** Roses often serve as metaphors for philosophical concepts. They spark thoughtful and reflective artistic expressions.

The inspiration drawn from roses has fuelled the imagination of artists, fostering a rich legacy of floral masterpieces that captivate audiences worldwide by their exquisite beauty that has withstood the test of time.



TALKING 'TONES' – COLOUR A ROSE BY ANOTHER NAME!



Paul Klee (1879-1940) was a Swiss-born German artist who is best known for his unique style of abstract art. He was a member of the Blaue Reiter group of expressionist artists and was heavily influenced by cubism, surrealism, and orientalism. He was also a professor at the Bauhaus school of art and architecture. Klee was a prolific artist, producing over 9,000 works in his lifetime. He was also a talented musician and poet.



'Heroic Roses' was produced much later in Paul Klee's career in 1938, two years prior to his death. The oil painting features three abstract red and pink roses on a muted green background.

For this painting Klee has left the brush strokes visible, giving the illusion of wax or pencil as Klee was inventive with his techniques and often worked in many different mediums. The roses have been surrounded by the bold geometric shapes which dominated the artwork he produced in his final years.

Known in German as Heroische Rosen, this art piece is held in the Kunstsammlung Nordrhein-Westfalen, in Düsseldorf.

HAIL THE YEAR OF THE WOOD DRAGON!

2024 - Year of the Wood Dragon

The Lunar New Year, or Spring Festival, is a time of celebration and renewal in Chinese culture.

It marks the transition from one animal sign to another in the Chinese zodiac and 10 February 2024 celebrates the beginning of the Year of the Wood Dragon.



Chinese New Year falls on different dates each year following the lunar calendar. Originally, this holiday was a tribute to ancestors and heavenly deities, spanning 15 days and culminating with the first full moon of the year.

Mythology of the Dragon

The Chinese zodiac assigns each year to one of twelve animals. This tradition originates from an ancient Chinese poem that recounts 12 mythical animals descending from heaven to usher in spring and a new harvest.

Following the myth, the 12 characters earned their places within the zodiac through a river-crossing race ordered by the Jade Emperor. The order of the calendar follows the outcome of this hallowed contest.

The Dragon, with his ability to fly high, was the predicted winner but on the way to the race, Dragon encountered a village suffering from drought. Taking pity on them and stopping to give them rain, Dragon was late to the race, arriving in 5th place, losing the top prize with honour (and followed by Snake, Horse, Goat and the remaining animals).

The Chinese zodiac is known as *shengxiao*, which translates to “born resembling”, based on the belief that people inherit and exhibit the traits of the animal whose sign they fall under.

The Five Elements Theory

Alongside the animal zodiac, the Chinese New Year also associates each year with one of the five elements—earth, wood, fire, metal, and water. Each element gives the dragon a different personality and destiny, and in 2024 wood takes the centre stage, making it the Year of the Wood Dragon.

The Wood Dragon years, like 1964 and 2024, are incredibly rare. They only come around once every 60 years, bringing a special kind of energy.

The **Wood Dragon is the most creative and visionary of the dragons**. An imaginative, hands-on creature capable of transforming negativity and divisiveness into positivity and unity by making conscientious choices and using alternative methods. The Wood Dragon offers open-minded ideas capable of revolutionizing the world, bringing greater continuity to those willing to share a unified platform.

As we enter the Year of the Wood Dragon, we have to learn to get along, work through our differences, and to choose peace over divisiveness. Fingers crossed.....

木 龍
Wood Dragon

TALKING 'TASTY' TRADITION

Chinese New Year is a time for families to come together and celebrate, and food plays a central role in the festivities. Many different desserts are traditionally eaten during this holiday, depending on the region and the specific customs of each family. Almond cookies are a type of cookie that is often eaten during the Chinese New Year and other special occasions. They are often served as a dessert or a snack and may be garnished with ingredients such as chopped almonds or sesame seeds.

Chinese New Year Almond Cookies

Adapted from My Secret Recipe Series: New Year Cookies by Alan Ooi

Makes approximately 50-60 cookies, depending on size

- 100g ground almonds
- 150g plain flour
- 75g caster sugar
- 3/4tsp baking powder
- 3/4tsp baking soda
- pinch salt
- 100ml cooking oil



1. Sieve the flour, caster sugar, baking powder, baking soda and salt into bowl of your stand mixer.
2. Add the ground almonds to the flour/sugar mixture.
3. Add oil to the flour/sugar/almonds mixture and using a spatula, fold until a cohesive dough forms. *You may need more or less oil depending on the humidity/moisture levels – the aim is to reach a dough which is just able to hold its shape (and doesn't crumble) when you attempt to roll it into a ball.*
4. Heat the oven to 180C.
5. Divide the dough into 2.5 cm balls, and place on a lined baking tray. Repeat until all the dough is used up.
6. Using a pastry brush, lightly glaze the tops of the cookie balls with the beaten egg yolk.
7. Bake for 15-20 minutes, or until the cookies become slightly golden.
8. Leave to cool on a wire rack.