



# 'Tugg Talks' Weekly Bulletin Friday 1 March 2024



## MEMBERSHIP RENEWALS

As the weeks are passing quickly, this is a courteous reminder that all memberships (does not include members who have joined this year) are now due for renewal by cut-off date of **31 March 2024**.

The renewal fee remains at **\$15.00** for 2024 and renewal payments by 31 March 2024, will now carry your membership through until Sept 2025. Club office hours are 9.30 am to 2.30 pm Monday to Friday or if you would prefer to use Internet Banking, the Club's Direct Credit details are:

**BSB 633 000      Acc No: 159575455**

***Please 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!

Please note that any member who has not renewed by 31 March, will have to reapply for membership.

*Janelle Burns, Treasurer*

## EMERGENCY CONTACT CARDS

The Club has produced its own version of the AFP Next of Kin Cards – an Emergency Contact Card.

They are available from the Club office. We ask that all members complete and carry one of these cards when attending activities including after Club office hours and at activities held 'outside' the Club.

 be active, feel great
<b>EMERGENCY CONTACT CARD</b>
Tuggeranong Seniors Centre 101 Cowlishaw Street Greenway 02 6293 4004    tugg55plusclub@gmail.com 55plusclub.org.au

<b>MY NAME:</b> _____ <b>DOB:</b> _____ <b>BLOOD GRP</b> _____ <b>IN CASE OF EMERGENCY CONTACT</b> <b>NAME:</b> _____ <b>PHONE:</b> _____
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# CLUB CLIPBOARD!

## **SUNDAY SOCIAL BINGO**

**Sunday – 3 March – 2.00 pm**



Social Sunday Bingo is on again this weekend at 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.

Bingo 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!

## **GARDEN GOSSIP**

### **'Good & Bad Neighbours' – Companion Planting**



**Tues – 5 March – 10.00 am**

We all have, or know of a someone with, a bad neighbour garden wise. You know the sort – they have a wild garden of weeds that spreads uninvited into your garden. But there is another sort of bad neighbours, these are plants that should not be placed together as they impede each other's growth/cropping.

But the good news is there are also good neighbours, these are plants we should put next to each other to help deter bad insects, attract the good insects, keep the weeds down and in general promote the healthy growth of our plants.

This month we will talk about our experiences with companion planting. Most information readily available seems to be for vegetables and fruits, but the principal would apply to ornamental plantings whether of exotic or native plants. And this is where our group's collective experience and knowledge comes in, and yes, it's time to share your wisdom once again!

To start the ball rolling there will be a handout on some tips for companion planting gleaned from the internet, but I am sure by the end of the session we will have even more tips and tricks. See you Tuesday!

*Mandy & Jill*

## **INTRO TO BIRDWATCHING**

**Wednesday – 6 March – 8.30 am**



On 6 March we will go to Honeysuckle Creek former tracking station and do the loop walk. If we're lucky we will see a Pilotbird. Meet at the Sea Scouts Hall for carpooling at 8:30 am.

Wear sturdy shoes and bring a hat, water, binoculars and sunscreen. Please let me know if you will be attending by emailing: [liabattison@outlook.com](mailto:liabattison@outlook.com).

*Lia Battison*

# CLUB CLIPBOARD!

## TIMETABLE

Sunday 4 March – Sunday 25 Feb

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 2 Mar	10.00 am	Acrylic Art W/S - TSC
Sun 3 Mar	8.50 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC
Mon 4 Mar	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
	8.00 am	Active Ex – Men - TSC
Tues 5 Mar	9.10 am	Active Ex – W – TSC
	9.00 am	LL Cycling Group
Wed 6 Mar	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
	8.30 am	Intro to Bird Watching
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
Thurs 7 Mar	10.00 am	Ten Pin Bowling
	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
	9.30 am	500 Cards- GC
Fri 8 Mar	10.00 am	Social Pool - GC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
Sun 3 Mar	9.30 am	Pitch n Putt
	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
	3.00 pm	Uke 55 – Uke Gp - GC



## 'TAKE 55' MOVIE/ COFFEE GROUP



### Wed – 28 Feb – 10.00 am

We all enjoyed a coffee and conversation followed by lunch for several of us last Wednesday.

Once again, we will get together at Vikings Tuggeranong at 10.00 am on Wednesday 6 March as the new movies don't start until the next day. Everyone is welcome to come and join us for a lively morning!

Pam Hall

## UKE 55 - UKULELE GROUP

### Friday – 8 March – 3.00 pm

Uke 55, the Club's Ukulele Group returns on next Friday under the leadership of Ukemeister Garry Owen. The group meets at Gumnut Cottage with music projected on to a large screen.

Once seen as the poor cousin of the guitar and only played by vaudeville performers, the ukulele has fast become a popular instrument. Being light in weight, it is ideal for all ages to carry around and learn and they can be bought at most music shops. There is a warning however, once you get the bug it is hard to stop, and collecting ukuleles can also become a permanent pastime!

But if you are looking for an easy musical instrument to play (other than a tin whistle) and an opportunity to meet a lot of enthusiastic people who love to play the ukulele and sing along, why not give it a try. You never know this little instrument may just change your day from ordinary to fantastic!

Garry is also holding another series of Uke lessons – details below.



## **Beginner Ukulele Lessons**

**Our Next Series of Beginner Uke Lessons is scheduled to commence 8 April!**

Ukemeister Garry Owen is conducting another five-week series of **Beginner Ukulele Lessons**, commencing 8 April and concluding 12 May.

No prior skills or abilities required - we start "from scratch".

**These sessions are not only for "local folk", but also for "remote students", such as our Youtube Subscribers!**

Core teaching is via ONLINE teaching videos augmented with ZOOM sessions/workshops as required. These Zoom sessions have been shown to be very effective and work quite well.

**Note: These are timed to lead into the regular Club Meetup Sessions, should you wish to remain and join-in.**

- 12 April - 1:45 PM - Tuggeranong Seniors Centre
- 14 April - 11:00 am - Eastlake Football Club
- 26 April- 1:45 PM - Tuggeranong Seniors Centre
- 28 April - 11:00 am - Eastlake Football Club
- 10 May - 1:45 PM - Tuggeranong Seniors Centre
- 12 May - 11:00 am - Eastlake Football Club

**Note** - the above groups of sessions are essentially identical - just gives you two attendance options

**NOTE: For any folk in Batemans Bay or Braidwood area, we will schedule these suitable to your needs.**

So - if local OR remote, these lessons and sessions will be quite sufficient to get you up and playing in no time (well, 5 weeks :)

The sessions are easy paced, designed to have FUN whilst learning.

**[Click for more Info and "Sign Up"](#)**

# TALKING TRIVIA!

## **ANOTHER YEAR OF SUNDAY TRIVIA QUIZZES STARTS WITH A BANG!**

Over forty members and their friends attended our first Sunday trivia quiz for the year. Club member Rob Peresan was our quiz master with our club president, Phil, rounding up the answer sheets and adding the team scores on the board.



Rob challenged us with questions on a variety of subjects with each of the eight rounds having a set theme including history, food, geography, and Australiana just to mention a few. Teams had the option of playing a “joker” by nominating a round where they could double their points. The team I was on chose the history round which proved to be the right choice as we did rather well. There were also several “who am I” bonus questions with several clues given, one at a time, and whoever was first to answer correctly won a prize for themselves. If all that wasn’t enough, there was a table quiz sheet to work on in between rounds. We had to match a list of twenty “big things” with the places they were located.

After we refuelled with a cuppa and a cake, the door prize draw took place with Bronwyn Williamson and Laraine Starkey taking home the prizes.

The overall winning team was the “white team”, who scored 80 points out of the possible 110 points up for grabs. Each white team member received one of our ‘Smartie Pants’ Certificates and bragging rights for the next couple of months.



I noticed that no team scored a perfect ten for any of the rounds.

Despite the fact that I am a very modest type of guy, I must mention that the “purple team” which I was on, came in second, not that I contributed much to our score! Many thanks to Rob, Phil and everyone who came along to show their support and also to those who contributed to sumptuous afternoon tea. A great start to our Sunday trivia quiz activity for the year.

Our next trivia will take place around 28 April when club member Ronda Jolley will return to pose the questions. Further details will appear in the Bulletin once we get closer to the date. Cheers for now.

*Norm Swanwick for the Trivia Crew*

**TRIVIA**  
**WHAT RANK DID SNOOPY**  
**HOLD BEFORE HE WAS A**  
**BEAGLE SCOUT LEADER?**  
**ANSWER SOMEWHERE IN THE BULLETIN**





## 'HIDDEN TALENTS' – Congratulations Lorraine!

The Club's lovely volunteer office ladies have many hidden talents, and 'Tuesday' Lorraine is no exception.



Coming home from last weekend's Royal Canberra Show with two Second Prizes and a Craft Reserve Champion award, her Pool Room is becoming a little crowded!

Her Eco printing exhibit drew many a question about its construction and was a product of a workshop conducted at the Club by Catherine Alexander.

Catherine is delighted and intends to run a repeat Eco Printing

Workshop in coming months, so watch this space!



## JAFFA FRIANDS

The recipe belongs to Vaughan Wilson who is a keeper at the Monarto Zoo. Vaughan is also a prize-winning cook. He won his first blue ribbon at the Strathalbyn Agricultural Show.

A simple recipe: no mess, no fuss, no need for electric mixers and super easy to make. The friands are light and moist. with good texture and taste. Chocolate and orange is a delicious flavour combination.

### Ingredients

- 75g (1/2 cup) plain flour \*
- 1/2 teaspoon baking powder
- 180g (1 1/2 cups) pure icing sugar
- 100g (1 cup) ground almonds
- finely grated zest of 1 orange
- 3 tablespoons cocoa powder
- 4 tablespoons hot water
- 3 eggs, lightly beaten
- 2 tablespoons orange liqueur \*\*
- 100g reduced-salt butter, melted
- 1-2 teaspoons pure icing sugar (extra), (sifted, for dusting)

\* can be substituted with gluten free plain flour.

\*\* you can substitute orange juice for the liqueur

### Method

- 1) Preheat the oven to hot (200C).
- 2) Grease a 12-cup friand pan, and line the base of each mould with greaseproof paper.
- 3) Sift the flour, baking powder and sugar together into a medium-sized bowl, then stir in the ground almonds and orange zest.
- 4) Dissolve the cocoa in the hot water in a small bowl.
- 5) Stir the eggs into the dry ingredients, then add the cocoa mixture, orange liqueur and melted butter. Stir until smooth.
- 6) Let the mixture sit for about 10 minutes and then spoon into the prepared pan.
- 7) Bake in the oven for 5 minutes, then reduce the temperature to 180C and bake for another 15 minutes or until they spring back when touched lightly.
- 8) Allow the friands to cool in the pan for about 5 minutes before turning out on to a clean tea towel.
- 9) Dust with the extra icing sugar prior to serving.

# **KNOW YOUR NEIGHBOURHOOD!**



## **Why is there a blue tree near Hindmarsh Drive?**

Drive along Hindmarsh Drive in Lyons and you'd be forgiven for thinking you had entered a Dr Seuss book.

A large dead tree along the arterial road in Canberra's south has been painted a vibrant blue as

part of the 'Blue Tree Project'.

One of three trees painted blue so far, the ACT Government has partnered with the Blue Tree Project to help reduce the stigma around mental health and spark important conversations about mental health and suicide prevention.

Painting a tree blue is a reminder to the community 'it's OK to not be OK', and to talk about it and seek help.

Canberra's trees join over 1,000 other registered blue trees across Australia and internationally. Any tree that has been painted is not living and does not contain significant habitat elements. The paint is non-toxic, and an ecological survey of the trees is undertaken to ensure wildlife and any nesting birds are not disturbed.

Acting as a source of conversation, the blue trees are visual reminders to check in on loved ones and mates who might be struggling.

The other blue trees are at the University of Canberra, and outside Pegasus Riding for the Disabled in Holt, giving the ACT three vibrant and powerful reminders across Canberra.



## **Behind each blue tree lies a story**

**Blue Tree Project was founded with a mission to help spark difficult conversations and encourage people to speak up when experiencing mental health concerns. We believe help is never as far away as it feels.**

**Blue trees dotted across every continent of the world (minus Antarctica) are both beacons of hope, and conversation starters.**

**Something that began out of tragedy now offers a positive way for people to connect and help change the way we talk about mental health.**

# COMMUNITY NOTICES

## communities atWORK **MarchMingle**

Canberra's newest  
intercultural community walk!

Heaps of  
fun!

Prizes!

Support a  
great  
cause!



**23-24 March 2024**

Find out more: [marchmingle.au](http://marchmingle.au)

Join the **MarchMingle** - Canberra's exciting new 7 km intercultural community walk that brings together people from different cultures.

It's a great opportunity to celebrate our diversity and support the multicultural community in Canberra. Dress up in your national colours! Enjoy coffee, gelato and a BBQ in Lennox Gardens after your walk. Or just enjoy a family-friendly day out!

Form a team with your family, friends or workmates and have fun walking together for a great cause:

**raising money for the Communities at Work food pantries  
to help Canberra families who are hurting  
from the increased cost of living**

**Saturday 23 and Sunday 24 March 2024**

If you don't want to walk, you can still help by donating, fundraising or volunteering.

Find out more at <https://www.commsatwork.org/marchmingle/>

**MarchMingle** is part of the 2024 Aussie Peace Walk

### ANSWER TO SNOOPY 'TRIVIA'

Snoopy joined the Beagle Scouts in May 1974 as a 'tenderpaw' and quickly rose to the rank of a fully vested Beagle Scout leader. He later admits when he got lost his first time exploring the wilderness, he thought the letter 'N' on the compass meant 'Nowhere'.



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