



Weekly Bulletin

Friday 10 March 2023



CLUB CLIPBOARD!



A WORD FROM THE OFFICE

The Club supplies tea, sugar, milk and biscuits and both buildings have dishwashers for your convenience. But please remember that these supplies are not **'takeaways'** and for members use while at activities, not to add to your personal pantry.

And please **RETURN MILK TO REFRIGERATORS** after you use it; milk well within its expiry date is having to be thrown away due to being left out and tops being left off at the end of activities.

Thank you!

MEMBERSHIP RENEWALS



All memberships renewals are now due by **CUT-OFF DATE** of **31 March 2023**.

The renewal fee remains at **\$15.00**, and time is running out 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

EMERGENCY CONTACT CARDS

Inspired by the AFP Next of Kin cards, the Club has now produced its own version – Emergency Contact Card.

They are available in the foyer and Club office in the main building. We ask that all members complete and carry one of these cards when they are attending activities held under the Club's banner including the 'outside' ones.

A big thank you to Shirley Sholte who has been responsible providing the Next of Kin Cards.



EMERGENCY CONTACT CARD

Tuggeranong Seniors Centre
101 Cowlshaw Street Greenway
02 6293 4004 tugg55plusclub@gmail.com
55plusclub.org.au

MY NAME: _____

DOB: _____ BLOOD GRP _____

IN CASE OF EMERGENCY CONTACT

NAME: _____

PHONE: _____

CLUB CLIPBOARD!

LAST MINUTE REMINDER **THE DIGITAL DARKROOM** **THIS SATURDAY 11 MARCH 10.00 AM**



The final session in our current “Saturday Morning Photography” series will be held tomorrow morning 11 March when Shutterbug’s Camera Group member, Steve Walmsley will be presenting a session on “The Digital Darkroom”. Steve will be showing us how to best go about moving, storing, enhancing and sharing our smartphone photos. Doesn’t matter if you are an Android or Apple phone user as Steve’s presentation will be applicable to both phone systems.

The session will commence at 10.00 am and should go for around two hours. There will be plenty of time for both general discussion and any questions you may have about the session or photography in general. The cost of the session is \$5.00 and all club members and friends are welcome to attend and morning tea will be available. There is no need to book, just come along on the morning. Don’t forget to bring a USB memory stick with you if you would like a copy of Steve’s session and/or any of his previous sessions.

We are hoping to conduct further sessions during the year and if there is any aspect of photography you would like covered or if you have any suggestions, then please let Steve or myself know.



Finally, these sessions are being held on behalf of our Shutterbug’s Camera Group. Our Shutterbug’s meetings are currently in recess but we are hoping to get them back onto the Club’s calendar of events in the near future.

Norm

SHUTTERBUGS CAMERA GROUP **RETURNING – THURSDAY - 23 APRIL – 10 am!**



Photography has always been a focus of our Club since its inception. In the first few years, it comprised of providing photographic courses at regular intervals which were well attended. I had the pleasure of providing these courses. The Shutterbug’s Camera Group commenced regular meetings circa 2016 under the calm hands of Norm Swanwick.

This group was suspended early last year but I am pleased to advise that the Shutterbug Group will return on Thursday 23 April. We will initially meet to work together to create a style that would suit all group members. Issues such as how often we meet: how long the meetings last: how we run our group i.e., free running format, areas we cover, permanent and once-off issues, etc: and selecting someone to “lead” or “guide” and run the group. So, if you are interested in all things photography (camera, smartphone or tablet) and improving your photographic skills in all areas, why not come along!

Steve Walmsley



CLUB CLIPBOARD!



TIMETABLE

Saturday 11 March – Saturday 18 March

*GC Gumnut Cottage *TSC Tugg Seniors Centre

| Day / Date | Time | Activity |
|--------------|----------|---|
| Sat 11 Mar | 10.00 am | The Digital Darkroom – Shutterbugs W/Shop |
| Mon 13 Mar | | CANBERRA DAY |
| Tues 14 Mar | 8.00 am | Active Ex – Men - TSC |
| | 9.10 am | Active Ex – W – TSC |
| | 9.30 am | LL Cycling Group |
| | 10.00 am | Pool – Beginners - GC |
| | 10.30 am | Heart & Soul -TSC |
| | 1.00 pm | Mah-jong – GC |
| | 1.15 pm | Seated Yoga – TSC |
| Wed 15 Mar | 9.30 am | Cribbage – GC |
| | 10.00 am | 'Take 55' Movie Group |
| | 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 |
| Thurs 16 Mar | 9.30 am | 500 (cards)- GC |
| | 10.00 am | Family History Working Group - TSC |
| | 1.00 pm | Reading Group - TSC |
| | 1.00 pm | Mah-jong – GC |
| | 3.30 pm | Social Bridge – GC |
| | 3.45 pm | Yoga – TSC |
| Fri 17 Mar | 8.30 am | Cycling Group |
| | 9.15 am | Tai Chi – TSC |
| | 9.30 am | Pitch n Putt |
| | 11.45 am | Sit n Be Fit – TSC |
| | 12.00 pm | Learning Circle – TSC |
| | 2.00 pm | Carpet Bowls – TSC |
| Sat 18 Mar | 1.30 pm | Games Afternoon & Social Pool - GC |

WED – 15 MAR– 10.00 am 'TAKE 55' Movie/Coffee Group

Another lovely coffee meet up at Vikings Tuggeranong on Wednesday morning. On Wednesday 15 March we will see "Champion" at 10.40 am at Limelight Cinema, meeting at Cherry Bean at 10.00 am. Come and join us for a chat over coffee and a movie. *Pam Hall*



Woody Harrelson stars in the hilarious and heart-warming story of a former minor-league basketball coach who, after a series of missteps, is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

THURSDAY – 16 MAR – 10.00 am FAMILY HISTORY WORKING GROUP

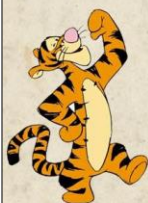


This is a get together to discuss family history queries raised by those who attend. It is combining the DNA and the Family Tree Maker Groups, but discussion is not limited to these topics.

Whether you are an experienced family historian, a beginner or just interested, please feel welcome! *Liz Dean*

4 Stages of Ancestor Research

TWISTED TWIGS



I'll find them!



Maybe I won't



Why aren't they where they should be?



I knew I'd find them!
On to the next ancestor!

DATES FOR YOUR DIARY!

SATURDAY – 18 MAR – 1.30 pm

GAMES AFTERNOON



The monthly Games Afternoon is on again on Saturday 18 March at Gumnut Cottage commencing at 1.30 till 4.00 pm. For board game enthusiasts and those who are looking for a fun afternoon, it is a chance to learn a new game while socialising with fellow members. Afternoon tea is part of the socialising, and any contributions of food are always welcome.

SOCIAL POOL!

Social Pool is moving from 1st & 3rd Thursday mornings to the same afternoon each month (3rd Saturday) as the Games Afternoon starting on 18th March. John Williamson and Norm Swanwick will be only too happy to explain the game and give you some tips on how to get those balls into the pockets, as long as it's not the white ball.

So why not come along and have a go. It's a great social game and a great way to get to know your fellow club members in a friendly atmosphere.



SUNDAY FUN TRIVIA COUNTDOWN **TWO WEEKS TO GO – 26 MARCH**



The leaves of brown are tumbling down (well almost) and only a couple of weeks to go for our Autumn trivia challenge which will be our usual general knowledge quiz. So, get out your encyclopedias and study up on all those interesting but unimportant facts that we tend to store away somewhere in our brain cells. Most of the questions are reasonably easy with a few toughies thrown in to add interest and get team members consulting to work out the best possible answer. Usually with the toughies there will be a choice of three possible correct answers to choose from. There will also be a number of prize questions where an individual team member may win a prize.

To make the afternoon entertaining, our quiz questions will include a couple of movie trailers, a classic TV comedy sketch and picture quizzes, all projected onto our big screen and there will be some fun tunes to get the feet tapping and the brain cells turning over. We will open up the prize cupboard with plenty of goodies to give away, chocolates for everyone and a fine afternoon tea when you can have a sugar hit to help you recover and get ready for the next few rounds. Maybe you are not a trivia fan and think that it is a nice idea but a nap on the sofa might appeal more. Why not come along anyway as it's a fun way to spend an afternoon and get to know some of your fellow Club members and you could go home with a prize and maybe get hooked.

You can form a team with your family or friends or just come along and join a team with your fellow club members. Don't forget that the public car park is free on a Sunday so there is no need to worry about parking. So why not join us at 2.00 pm on Sunday 26 March for a fun and friendly afternoon activity? We usually go for about two hours and our normal \$5.00 activity fee applies. Bookings are not necessary just come along on the day. I hope you can join us.

Norm Swanwick.

TALKING TRAVEL – DATES FOR YOUR DIARY!

We have been invited to join the Probus Club of Tuggeranong on this exciting 4 days / 3 nights sojourn to our big city neighbour, Sydney – details are below!

Tina Turner Musical & Sydney Highlights

With Tuggeranong Probus Club

4 Days / 3 Nights - Fully Escorted

Tour Departs: Monday 31 July - Thursday 03 August, 2023.



Tour Highlights: Bondi Beach & Lunch; Guided Tour of ANZAC Memorial; Historic Parramatta Highlights Tour; Old Government House; Parramatta River Cat Ferry Cruise; Sydney Tower Restaurant Dining; Sydney Opera House Behind the Scenes Tour; Tina Turner Musical; St Mary's Cathedral; Queen Victoria Building & more!



Tour Price Includes:

- Luxury coach travel
- 3 Nights quality accommodation - View Sydney - Harbour View Rooms
- Breakfast, lunch & dinner as per itinerary (8 Meals)
- All entry fees, attractions, cruises & guides as per itinerary

Tour Price Exclude:

- River Cat Ferry Ticket - own purchase by passengers on the day.

Tour Price: \$1998.00 per person Twin Share (Single Supplement \$390.00)

A minimum of 20 pax is required for this tour to proceed.

The tour prices valid for travel in 2023. Please note that the itinerary is subject to change without notice.

Deposit of \$200.00 per person is required when booking to secure your place on this tour, along with completed & signed Booking Form (available from office)

For more information & bookings

Contact the Club office in person / 62934004 / tugg55plusclub@gmail.com

Final Payment is due no later than Friday 28 April 2023

Crazy Italian Chocolate Cake (egg-free chocolate cake)

This amazing egg-free chocolate cake is also dairy free and takes 5 minutes to make. Members who came to Bingo last Sunday enjoyed Margaret Lester's contribution and now you can too! Add a dollop of natural yogurt – heaven!

Ingredients

Cake

- 1 1/2 cups standard flour
- 1 cup caster sugar
- 1/2 cup dark, good-quality baking cocoa (look for 'dark' on the label for best results)
- 1 tsp baking soda
- 1/2 tsp salt
- 1/3 cup extra-virgin olive oil
- 1 tbsp balsamic vinegar
- 3 tsp pure vanilla essence
- 1 1/4 cups water (or cooled coffee)

Chocolate Icing

- 150g chopped dark chocolate (50-60% cocoa solids, use dairy free if needed)
- 125g butter (or dairy-free olive spread, or 150ml coconut cream)
- 2 tbsp oil (olive, grape seed or rice bran)

Place the chopped chocolate and butter (or spread or coconut cream) in a heatproof bowl, then set over a saucepan of simmering water (don't let the water touch the bowl). Stir until melted, then remove the bowl from the saucepan and stir in the oil.

Leave to cool at room temperature until it's thick enough to spread on the cake. If you try and speed it up by putting it in the fridge, keep an eye on it as it will need stirring often.

Method

Preheat oven to 160°C conventional bake. Grease a 20cm ring cake tin and dust all over with cocoa (make sure the tin isn't too big or the cake will be a little flat).

Sift the flour, sugar, cocoa, baking soda and salt into a large mixing bowl. Stir with a whisk to combine evenly. Make a large well in the centre.

Pour the olive oil, vinegar, vanilla and water into the well. Using the whisk, start in the middle and stir the mixture in a circular motion until combined to a smooth batter – don't worry if there are a few small lumps, these will disappear in the oven.

Bake just below the centre of the oven for about 40 minutes, or until a toothpick inserted in the middle of the cake comes out clean. Remove the cake from the oven.

If you're going to serve this as a cake, let it cool in the tin for 10 minutes before turning it out onto a rack. You can then either dust with icing sugar to serve or ice it (see over).

For a delicious pudding, dust with icing sugar and serve hot, straight from the tin, with ice cream.

The cake keeps in an airtight container for about 4 days (but if it actually lasts that long, I'll be surprised).



COMMUNITY BILLBOARD!



WHEN: Sunday, 2 April, 2023, 2.00 – 4.00 pm

WHERE: Cuppacumbalong, Naas Rd, Tharwa

COST: **\$35** (plus \$0.88 booking fee).
includes Sparkling Wine or Water/Juice on arrival, then a
Concert featuring a variety of songs including *Blue Moon*, *Come
Fly with Me*, *How High the Moon*, and lots more,
followed by Devonshire Tea/Coffee.

BOOK: [TryBooking](#)

BOOKINGS CLOSE: MONDAY 27 MARCH, 2023

INFORMATION: Rhythm Syndicate www.rhythmsyndicate.com.au
Cuppacumbalong <https://cuppacumbalong.com.au>

HAPPINESS IS



**...singing
in a choir.**

TALKING TEASERS!

PLAY WITH WORDS

First complete the 7-letter word at the top.

Then use the last two letters of the first word as the first two letters of the second word.

Zig Zag Word Puzzle

| | | | | | | |
|---|---|---|---|---|--|--|
| G | E | N | E | R | | |
| | | M | A | N | | |
| | | Q | U | I | | |
| | | S | E | R | | |
| | | R | A | N | | |
| | | Y | T | I | | |
| | | R | C | U | | |

Solution in next week's Bulletin