



'Tugg Talks' Weekly Bulletin Friday 22 March 2024



DON'T FORGET.....

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 September 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**

PREPAID VOUCHERS REMINDER

As previously advised, from **1 APRIL**, the following changes will take place:

Volunteer Leader

- Fees for our volunteer-led activities will remain at \$5.00. However, the free activity will be discontinued.
- Members will still be able to purchase \$40.00 vouchers, which will entitle them to eight \$5.00 sessions.
- Members do not need to surrender their current vouchers. They can still be used with the free component no longer applying after **31 March**.

Paid Instructor

- Fees will Increase from **\$8.00** to **\$10.00**
- \$80 vouchers will still be available but will now cover eight \$10.00 sessions.

**ALL CURRENT
\$80.00
VOUCHERS WILL NEED
TO BE EITHER
USED, REFUNDED OR
REPLACED
BY **31 MARCH****



CLUB CLIPBOARD!



TIMETABLE

Monday 25 March – Friday 29 March

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 25 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
Tues 26 Mar	2.00 pm	Casual Bridge - GC
	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
Wed 27 Mar	1.00 pm	Mah-jong – GC
	9.00 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Ten Pin Bowling
	10.00 am	Carpet Bowls – TSC
	10.00 am	Graphites DG - TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 28 Mar	9.30 am	500 Cards- GC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
Fri 29 Mar	3.45 pm	Yoga - TSC
		EASTER FRIDAY

'TAKE 55' MOVIE/ COFFEE GROUP

Wed – 27 March – 9.00 am

On Wednesday a small group enjoyed coffee and a chat before going to Limelight to see *The Nut Farm*, we all found the movie disappointing. It had a great Australian cast, but the rest of the movie left us expecting something better.

Next Wednesday, 27 March, we will meet at Cherry Bean at 9.00 am before going to see "Wicked Little Letters" at 10.00 am.

Everyone is welcome to join us, for hopefully, a better movie! *Pam Hall*



Starring Academy Award winner, Olivia Coleman, **Wicked Little Letters**, is based on a true scandal that stunned 1920s England. When people in the Sussex seaside town of Littlehampton begin to receive letters full of hilarious profanities, the town's women suspect that there is something amiss and investigate.



SPOTLIGHT ON: Carpet Bowls

**Wednesday - 10.00 am to 12 noon &
Fridays - 2.00 pm to 4.00 pm**



Carpet Bowls is played in the Parkview Hall at the Tuggeranong Seniors Centre twice a week.

This activity is a social one and provides a fun time for players, with lots of laughter. The game needs limited skill, does not take long to learn to play, and coaching is provided. And it is another form of 'active' exercise!

The group always welcomes new players and as they enjoy a break for morning or afternoon tea, it is a good time to meet new people.

You do need to come about ten minutes before the starting time as this gives time to sort out the teams.

Why not come along and give it a go!

John Dahl – Coordinator



SWEET SIXTEEN 'BIRTHDAY BASH' MORNING TEA

**Thursday
11 April - 10.30 am**

The Club turns 'sweet sixteen' this year and to celebrate, there will be a morning tea on the actual birthday date, Thursday 11 April from 10.30 am.

This free event will be suitably festive – party food, birthday cake, party poppers and more...

If you would like to help us celebrate this milestone – please register your attendance at the Club office by Monday 13 April.

And why not bring your party hat!



A LITTLE BIT OF 'BIRTHDAY' TRIVIA

- The song 'Happy Birthday to You' has been named in the Guinness Book of Records as one of the three most sung songs in the English language, along with 'For He's a Jolly Good Fellow' and 'Auld Lang Syne'.
- The song reportedly earns millions in royalties every year, with the money going, in part, to an early childhood foundation established in honour of the Hill sisters who are credited with writing the song in Louisville, Kentucky in 1893.
- In 2002, under the leadership of Mayor Dave Armstrong, the city of Louisville named a city parking lot, the "Happy Birthday Lot" in honour of the Hill sisters. Located just southwest of Main and Ninth Streets, it has a commemorative plaque telling the story of the local sisters who composed the famous song.





DATES FOR YOUR DIARY!

As Tunde has not been well for the past two weeks, these sessions will start two weeks later – see amended date.

QIGONG / TAI CHI - 8 WEEK SESSION - \$80.00

Tuesdays starting 9 April – 28 May

1.00 pm – 2.00 pm



This class does not require any previous experience and can be done seated if required.

The focus is on what you can do with the sessions helping to:

- * Harmonize mind and body
- * Improve balance and posture
- * Increase your energy
- * Reduce stress & tension

The training builds up with three general systems. The mixed Tai chi and Qigong movements focusing on group body problems; include Knee Activation, Kidney/Internal Organs Activation and some block opening Qigong movements.

For information form and what to wear, please click on this [link](#).

MEDITATION – 8 WEEK SESSION - \$80.00

Tuesdays starting 9 April – 28 May

2.15 pm – 2.55 pm



Meditation is an active training of the mind to increase awareness, and can benefit the body, mind and spirit.

Meditation helps to lower the heart rate and blood pressure by slowing down the breathing which lowers the amount of oxygen needed for the body. Our mental processes are also slowed down, muscles relax, and the body begins to function at a calmer and more natural level. This assists in relieving muscle pain, improving the function of the immune system and returning the entire body to its natural perfect balance.

The weekly sessions cover guided healing and relaxation meditation for beginners. You will need to bring a yoga mat, pillow and blanket for the sessions. Please click on this [link](#) for more information.

Both eight week sessions are capped at 15 people.

Please book with payment at the Club office.



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



Wandering Witches & Willow Twigs welcome Finnish Easter

Finnish Easter traditions mix religious references with customs related to the long-awaited arrival of spring.

If you answer the door on the Sunday before Easter, you may be confronted by endearing little witches offering to bless your home in return for treats.

In the most popular family tradition, young children (especially girls) dress up as Easter witches, donning colourful old clothes and painting freckles on their faces. The little witches then go from door to door, bringing willow twigs decorated with colourful feathers and crepe paper as blessings to drive away evil spirits in return for treats.



Finnish householders keep a basket of small chocolate Easter eggs ready by the door to pay off the marauding witches. Other families reward them with sweets or small change – or keep their front doors resolutely closed.

The witches recite a traditional rhyme at the door: *Virvon, varvon, tuoreeks terveeks, tulevaks vuodeks; vitsa sulle, palkka mulle!* (In translation: I wave a twig for a fresh and healthy year ahead; a twig for you, a treat for me!)

This Finnish children's custom interestingly mixes two older traditions – a Russian Orthodox ritual where birch twigs originally represented the palms laid down when Jesus entered Jerusalem on Palm Sunday, and a Swedish and Western Finnish tradition in which children made fun of earlier fears that evil witches could be about on Easter Saturday.

To this day, the little witches are more likely to roam on Easter Saturday in western Finland, but on Palm Sunday in other regions.



As Easter approaches, Finnish children also plant grass seeds in shallow dishes of soil and place birch twigs in vases of water and watch eagerly for green shoots and “mouse-ear” buds to appear symbolising the springtime reawakening of life.

Easter eggs and Easter bunnies – both pre-Christian symbols of fertility – also abound in Finland, though these are more recent cultural imports.





CUISINE GETS 'CUTE' FOR EASTER IN FINLAND

When Easter approaches, a major culinary tradition appears in every grocery store in Finland: Mignon chocolate eggs.

For anyone who likes to decorate, dye or paint Easter eggs, Mignon chocolate eggs offer a practical, Finnish solution: they don't need to be cooked or emptied, and they taste better than regular eggs.

The Mignon Eggs are Fazer's second oldest product and Karl Fazer imported the recipe from Germany. Since 1896, this Easter sweet has been part of the Holy Weeks in Finland. Although many people nonchalantly refer to them as chocolate eggs, their filling is technically not chocolate – it's a smooth, milk-free, chocolatey blend of cocoa, almonds, and hazelnuts.

Fazer likes to say that its Mignon eggs (the word means "cute" in French) are handmade. The company uses real eggshells, filling them with the liquefied cocoa mixture that later solidifies. That's the part that they do by hand, holding one eggshell at a time under a faucet, a little bit like something you'd see in a movie about Willy Wonka. They also have to pack the eggs manually to avoid cracking them.

Legend has it that Tsar Nicholas II was one of the first famous fans of Mignon eggs and made them an Easter tradition at his court in Saint Petersburg. Nowadays Fazer produces more than 1.5 million of them each year, enough to fill 23 transport trucks. For the



employees who fill and stack the eggs, the season lasts from November through March.

To eat a Mignon, it has to be peeled like a hard-boiled egg, revealing a round, solid, chocolatey confection.

This tasty Finnish treat puts all other eggs to shame!

