



Weekly Bulletin

Friday 25 March 2022

PRESIDENT'S UPDATE

Canberra has three other senior groups and yesterday I attended a meeting designed to encourage collaboration between the groups. It was disappointing that only two of the four groups took part.

For me, it was an opportunity to hear how other senior groups are faring – i.e. activities provided, day to day management issues, support availability and the benefits or opportunities forthcoming from Club cooperation.

While there are major differences between the clubs, I believe we have many other issues in common. I agreed that pooling advertising resources for example could even out costs. Speaking with a combined senior voice to government should also prove advantageous for all clubs and the government.

It was unfortunate that this could not be explored further as all parties were not present, but we have decided to continue with a collaborative endeavor and have scheduled another meeting on Thursday 30 June I will contact the other Presidents to encourage them to attend in future.

Phil Burns, President

TIMETABLE

Monday 28 Mar - Sunday 3 Apr

*GC Gumnut Cottage

*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 28 Mar	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	10.30 am	Graphites DG - TSC
	10.30 am	M 4 M - TSC
	1.00 am	Table Tennis - TSC
	2.00 pm	Social Bridge - GC
	4.30 pm	Yoga - TSC
Tues 29 Mar	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 30 Mar	9.30 am	Cribbage - GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	10.00 am	Ten Pin Bowling
	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 31 Mar	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
	7.30 pm	Online Trivia
Fri 1 Apr	9.00 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
Sun 3 Apr	8.50 am	Walking Group
	2.00 am	Social Bingo - TSC

FINAL REMINDER!

**RENEWALS NEED TO BE
PAID BY 31 MARCH!**

CLUB CLIPBOARD

WHAT'S ON THIS WEEK!

Wednesday – 30 Mar - 10.00 am

'TAKE 55'

Movie/Coffee Group



A lovely group of 15 joined us for coffee this week, before going to see "Dog" at Limelight. A great movie; lots of laughs and a few tears at the end.

As there is not a suitable movie next Wednesday, we will meet for coffee at Vikings Club Tuggeranong at 10.00am.

Everyone is welcome to join us!

Pam Hall



Thursday – 31 Mar – 7.30 pm

TRIVIA WITH FRIENDS

Our on-line trivia nights are becoming popular, and numbers have increased. Joining forces with Tuggeranong Probus members, they are held on the second Thursday of the month (and fifth when that occurs) commencing at 7.30 pm.

We have 5 sets of 10 questions in each, covering a wide range of topics. There are sure to be questions you can easily answer. There are no prizes, just the satisfaction or realising how much general knowledge you have, or in my case haven't!!

New competitors are always welcome so why not contact me at ameade@pcug.org.au and join us this month?

Anne Meade



ACTIVITIES RETURNING!

Monday - 28 March - 1.00 pm

TABLE TENNIS



Table tennis has been included in the Club program since July 2013 but has been 'on hold' since the first lockdown. We are delighted to advise that it is re-starting from **Monday 28 March at 1.00pm** in the Hall at TSC.

A popular sport played throughout the world; (second only to soccer as a participant sport) it offers many advantages as a lifelong sport. Available year-round as a social outlet, it is one of the few sports in which size, age, and sex are irrelevant competitive factors.

Whether you are experienced or not, why not come along and join us. Beginner's welcome!

Anne Meade

Sunday – 3 April - 2.00 pm

SUNDAY SOCIAL BINGO



Bingo is returning on **Sunday 3 April at 2.00 pm**. This game has proved popular with our members since it began in 2016; games prizes are in keeping with the flavour of the day, with a special prize for the last game thrown in for good measure. Bingo sheets and pens are available on entry.

Please let us know if you are coming – phone: 6293 4004 or email:

tugg55plusclub@gmail.com

So why not come along and discover why this game is so popular. Not only a social get together but a brain workout at the same time!

John Williamson

DISCOVERING CANBERRA!

WALKING GROUP'S 4WD TRIP INTO THE BRINDABELLAS

On Tuesday 15 March, 16 members of the Club's walking group, plus three friends who owned 4WD vehicles, enjoyed a day in the Brindabellas. Five 4WD vehicles travelled in convoy, each with a CB radio to maintain contact throughout the day.

In just under an hour, we reached Piccadilly Circus and then on to Blue Range Hut for our morning tea stop. Thanks to Magda for her homemade fruit loaf and Kay for her yummy homemade rocky road. A few of us took the opportunity to 'stretch our legs' here, with a short stroll along the banks of the stream.

Another 90 minutes and we were at our lunch spot by the Goodradigby River. This beautiful area lent itself to being captured on cameras or mobile phones, or simply standing and enjoying the peaceful scene.

Colin provided lunch time entertainment with a display of 'gymnastics' when he toppled backwards off his chair, which was on a gentle slope. Fortunately, Colin did not suffer any injury nor the chair any damage!!

Our final stop was the summit of Mt Coree, at 1421 metres it provided spectacular 360° views. Mt Coree is located within the Brindabella NP in NSW and Namadgi NP in the ACT. From here the state/territory border forms a straight line to One Tree Hill in Gungahlin.

The scenery at various places along the way was spectacular: valleys, mountains, rivers, the Cotter Dam, and Canberra in the far distance.

We all agreed it had been a great day out in perfect weather. Our thanks to Ken who organises our out-of-town day trips. We are so lucky to have someone who knows every back road between here and the New South Wales and Victorian borders. *Anne Meade*

PHOTOS OF THE DAY – (left to right)

Walking Group at Blue Range Hut

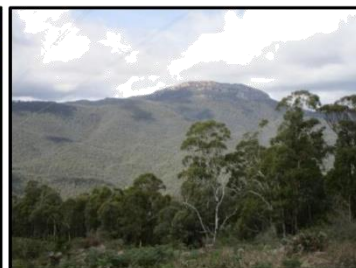
Descending Gentle Annie Trail

Lunch at Goodradigby River x2

Along the track

Final Destination - Mt Coree

Cotter Dam



TALKING TASTY!

IMPRESSIVE HEALTH BENEFITS OF ZUCCHINI

Zucchini, or *zucca* in Italian, has a long history of more than 7,000 years ago. From its origin in the northern parts of South America to Europe where its cultivation began, it is now used in various dishes and is good for our health, thanks to its nutritional benefits.

This ubiquitous summer squash contains zero fat but has a good amount of potassium—even more than the banana. It is full of antioxidant that are found in the skin and seed, and contains a significant amounts of vitamins B6, riboflavin, folate, vitamin C, vitamin K, and manganese. This makes zucchini, also known as courgette, a nutrient-dense food that you should include in your diet.

ZUCCHINI BENEFITS

Anti-aging - Rich in antioxidants and anti-inflammatory nutrients, zucchini helps get rid of the body of free radicals and excess inflammation.

Lower blood sugar level - By incorporating zucchini in your diet, you increase your fibre intake.

Supports healthy heart - The fibre and potassium properties in zucchini help to maintain healthy blood circulation.

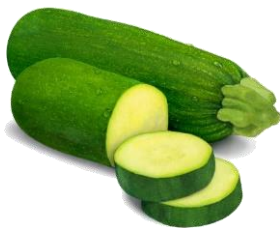
Protects against inflammation - Anti-inflammatory compounds such as vitamins A and C, are found in zucchini skin. Consuming zucchini regularly reduces oxidation and inflammation within the body, boost the body's immunity and protects against disease associated with inflammation.

Improves digestion - Regular consumption of zucchini can help to improve digestion, reducing constipation and other digestive issues.

Helps protect the eye-sight - Zucchini is a good source of vitamin C, beta-carotene, manganese, zeaxanthin and lutein. The latter two, fight free radicals which help reduce the risk of developing age-related eye conditions like glaucoma, cataracts, and macular degeneration.

Reduces fatigue and improves mood - A good source of vitamin B, especially folate, riboflavin and B6, zucchini can help to boost energy production in the body. These vitamins also help in various brain cognitive functions.

Helps weight loss - Because zucchini is high in water and fibre and low in calories, it is a good substitute of carbohydrate and sugary food. By incorporating zucchini in your diet, in the long term it can help weight loss.



DID YOU KNOW?

One zucchini is a 'zucchina.'

The largest zucchini ever grown is taller than Michael Jordan, 8ft 3 inches is the height of the tallest zucchini documented. This record is from farmer, Giovanni Scozzofavin in 2014 in Niagara Falls, Ontario.

1 medium zucchini has more potassium than 1 medium banana

Zucchini shares parents with the watermelon. As members of the Cucurbitaceae family, the zucchini (a.k.a. summer squash) is closely related to watermelon, as well as cucumber, pumpkin, and gourds of all types.

TALKING TASTY!

Now you know how good zucchinis are for you, here are a couple of recipes to try when you have more zucchinis than you know what to do with!



Zucchini Relish

Sweet zucchini, corn, and capsicum relish, perfect with ham or cold corned beef sandwiches.

Ingredients

700 g zucchini diced
1 red capsicum diced
1 cup corn cob kernels
1 onion diced
1 1/2 cups white vinegar
1 cup white sugar
1 tbs salt
4 tsp ground turmeric
4 tsp mustard powder
1/4 tsp curry powder
1 tsp allspice
2 garlic cloves crushed
1 tbs vegetable oil
2 tbs cornflour
1 tbs water

Method

1. Combine all ingredients, except cornflour and water, in a pot and simmer for 1 hour, stirring often.
2. Combine cornflour and water, stir into zucchini relish and simmer for a further 5 minutes.
3. Transfer hot relish to sterilised jars with sealed lids.

Notes

Makes approximately 1 litre (24 servings)
Store in pantry for at least 1 week to allow flavours to mature. This should keep for 6-12 months, if sterilised and sealed properly.



Zucchini Cobbler

This cobbler is a surprise dessert! No one ever guesses that the secret ingredient is zucchini as it tastes like apples.

Ingredients

8 cups chopped seeded peeled zucchini
2/3 cup lemon juice
1 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Crust:

4 cups all-purpose (plain) flour
2 cups sugar
1-1/2 cups cold butter, cubed
1 teaspoon ground cinnamon

Method

1. Preheat oven to 375°F (190°C). In a large saucepan over medium-low heat, cook and stir zucchini and lemon juice until zucchini is tender, about 15-20 minutes. Stir in sugar, cinnamon, and nutmeg; cook 1 minute longer. Remove from the heat; set aside.
2. In a large bowl, combine flour and sugar; cut in butter until mixture resembles coarse crumbs. Stir 1/2 cup into zucchini mixture. Press half the remaining crust mixture into a greased 15x10x1-in. baking pan. Spread zucchini mixture over the top; crumble remaining crust mixture over zucchini. Sprinkle with cinnamon.
3. Bake until golden and bubbly, 35-40 minutes. Cool in pan on a wire rack.

TALKING TEASERS!



RIDDLE ME THIS

Get that blood and brain moving with these riddles!

1. Can you find something which has keys that open no locks, with space but no room and allows you to enter but not go in?
2. What has two hands and a face, but no arms and legs?
3. I smash scissors and paper covers me, what am I?
4. The more I dry the wetter I become, what am I?
5. I'm bigger than a flea, I'm bigger than a bee. You can unlock a door with me.
6. Cows swallow this blade, but it's not sharp or metal.
7. I can't be used until I'm broken, what am I?
8. I am full of holes, but I can hold water. What am I?
9. I have no life, but I can die, what am I?
10. When the water comes down, when it rains - I go up. What am I?
11. I have a single eye but cannot see. What am I?
12. I am tall when young and short when I am old, what am I?
13. I get smaller every time I take a bath, what am I?
14. I start with an E, end with an E, and have a letter in me. What am I?
15. I sit in a corner while travelling around the world. What am I?
16. I cannot be burned in fire or drowned in water, what am I?
17. I can fall off a building and live, but put me in water and I will die. What am I?
18. I am constantly overlooked by everyone, but everyone has me. What am I?
19. I have a head and a tail, but no arms and legs. What am I?



Answers in next week's Bulletin

COMMUNITY BILLBOARD!



***GRAB YOUR NEXT
GREAT READ
AT WODEN SENIORS'
BIG BOOK FAIR!
25 TO 27 MARCH 2022***

Woden Seniors' Big Book Fair has become the place to go for quality books at very reasonable prices.

With over 25,000 pre-loved books for sale there will be something for all book lovers including good-quality fiction, non-fiction, and children's books. For collectors, the President's table will feature a wide selection of old and collectable books.

In addition to books, you will find, jigsaws, games, postcards, vinyl records, DVDs, CDs, and recent magazines.

The vast majority of fiction and non-fiction books will be priced at \$2.50 each and children's books, DVDs, and CDs at \$1.00 each.

Are you looking for a painting for a bare wall? If so, there will be many beautiful watercolours to choose from, painted by members of the talented Woden Seniors' Art group.

Parking - There is limited parking within the Club grounds

Payment - EFTPOS or cash

Entry - Entry is by a gold coin donation

A COVID-19 safe event

The Book Fair will be conducted in accordance with current Public Health Directions concerning COVID -19.

Please do not attend if you have any symptoms of COVID-19, or are feeling unwell, or if you have been identified as a household contact of a positive COVID-19 case, or you are awaiting a PCR test result.

[Price List](#)

[Floor Plan](#)



COMMUNITY BILLBOARD!



EARTH HOUR – 8.30 am - SATURDAY 26 MARCH

Switching off the lights for an hour every year - “How’s that meant to help fight climate change?” you might be wondering.

Earth Hour is about more than just switching off for sixty minutes. Millions of people around the world in over 190 countries and territories take part in Earth Hour as a pledge to help fight for our planet and demand stronger climate action.

93% of Australians who take part in Earth Hour believe that it’s a great symbol which inspires more action on climate change and to help protect the planet - not just for one hour but all year and always.

And it’s not just people either.

While Earth Hour may have started in Australia back in 2007, it’s now become the largest global grassroots movement for the environment.

The world’s biggest landmarks like the Empire State Building, London Bridge and Australia’s very own Sydney Opera House and Harbour Bridge, switch off each year as a symbolic display of their commitment to the planet.

How Earth Hour Helps

Your support for Earth Hour has helped and continues to help us find solutions for our planet’s biggest environmental challenges.

Every year, Earth Hour brings together individuals, communities, and businesses to help restore our Earth. It gives them power to take action and conserve our planet - not only through the symbolic gesture of switching off the lights, but also through tangible actions.

Across the globe, Earth Hour has inspired tree-planting events, beach clean-ups, community gatherings, mass candlelit vigils and more. It highlights the environmental issues our Earth is facing and gives us motivation to find solutions. For some, it is the start of a very important conversation on what they can do to protect the planet and it is the perfect time to ensure people are empowered to be part of climate solutions.

Will you join millions across the globe in turning off the lights at 8:30 pm local time on Saturday 26 March 2022? It’s more than just switching off your lights, it’s about signing up to #ShapeOurFuture!