



'Tugg Talks' Weekly Bulletin

Thursday 28 March 2024



CLUB CLIPBOARD!

FROM THE FRONT OFFICE



**THE CLUB WILL BE CLOSED
ON EASTER MONDAY -
THEREFORE, NO ACTIVITIES
WILL BE HELD**

MEMBERSHIP RENEWALS & \$80 VOUCHER RETURNS

Today is the final day for Membership Renewals and Voucher returns with the Club Office closing at 2.30 pm this afternoon.

FREE COMPONENT \$5 VOUCHERS

Today is the final day for the Free portion of \$5 vouchers being used.

Current vouchers can continue to be used but the Free voucher will no longer apply from 1 April.

While this decision is drawing criticism from some members, there needs to be a cutoff date.

Free vouchers have been offered since July 2020, and as over 700 members have been issued a voucher number, the distribution of free vouchers has been more than fairly equitable over the past four years.

TIMETABLE

Monday 1 April – Sunday 7 April

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 1 Apr		EASTER MONDAY
Tues 2 Apr	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	9.00 am	LL Cycling Group
	10.00 am	Garden Gossip - GC
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart n Soul - TSC
Wed 3 Apr	1.00 pm	Mah-jong – GC
	8.30 am	Intro to Birdwatching
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
Thurs 4 Apr	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit 'n' K-natter – GC
	9.30 am	500 Cards- GC
	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
Fri 5 Apr	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	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
Sun 7 Apr	2.00 pm	Carpet Bowls - TSC
	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC



GARDEN GOSSIP **'Shady' Locations**



Tues – 2 April – 10.00 am

This month we are discussing plants for shady locations. If you have had success with certain plants in both part and full shade, please prepare to share your successes and of course failures, either native or exotic' large or small plants.

I will try and prepare a list of plants that are recommended for our region.

Also, something for consideration; South Fest is on again this year in November, and the Club will be holding a 'Market Day' as part of this day. So, we need to discuss if we are going to contribute with a plant sale table. I suggest that we just start small and try to grow a few plants each that we can sell on the day. So please give this some thought, any ideas, suggestions very welcome.

As an article of interest, some years back I saw a garden show from the UK on the number of Australian tree ferns growing in the UK – fascinating story - for more information click on this link [Visit Caerhays](#)

And if anyone would like to have an "open garden" at any time, (just for our members) please don't hesitate to let me know. it can of course be at a time and day of your choosing.

Mandy will be away this month, so I look forward to your company next Tuesday from 10.00 am.
Jill Pietzker



INTRO TO **BIRDWATCHING**



Wed – 3 April – 8.30 am

Last month we had a lovely, relaxed walk along the loop track at Honeysuckle Creek (former) Tracking Station. We saw a total of 23 species, including a few of very cute **Varied Sitellas** and a couple of **Fan-tailed Cuckoos** and very good looks at a family of four **Eastern Yellow Robins**.

This month we will go to Bluett's Block in the Molonglo Valley, where **Chestnut - rumped Heathwrens** have been seen in the past.

Meet at the Sea Scouts Hall at 8:30am for carpooling and please email Lia Battisson on liabattisson@outlook.com to let her know that you will be attending.



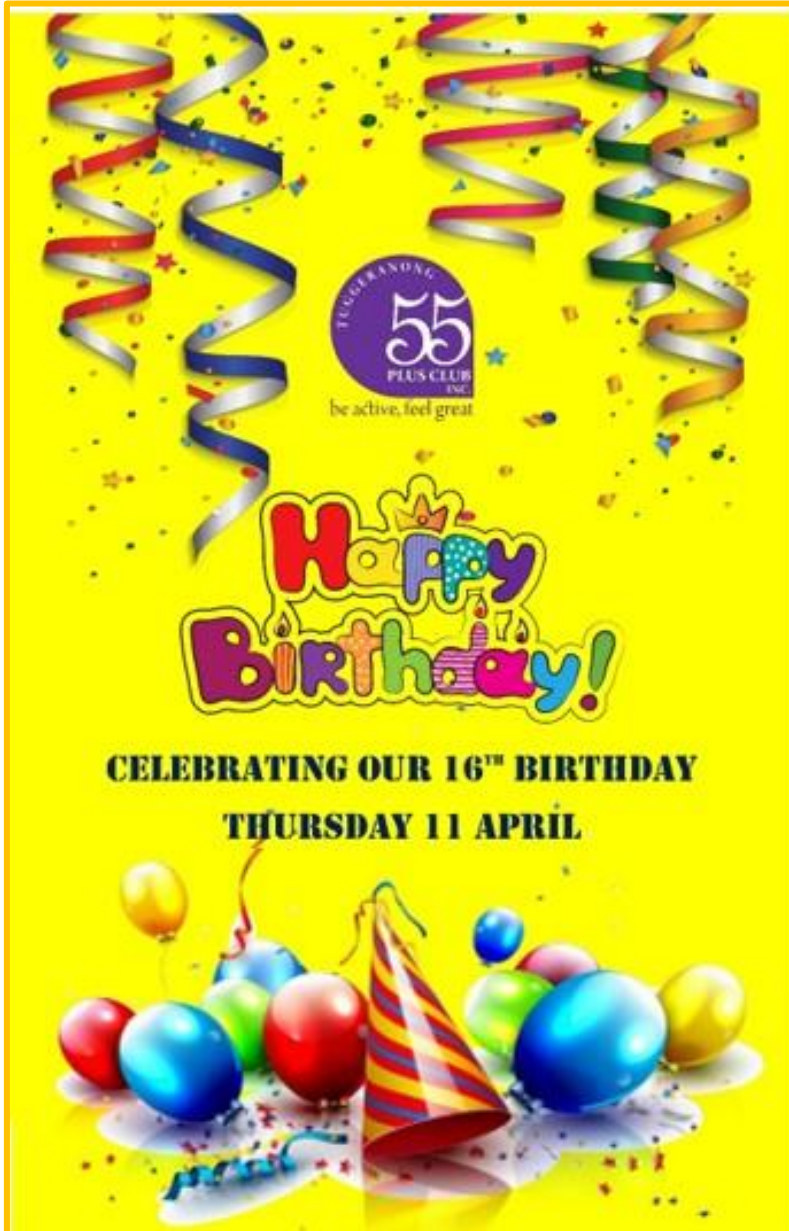
'TAKE 55' **MOVIE/COFFEE GROUP** **Wed – 3 April – 10.00 am**

We had a very nice coffee meetup this morning before going to see "Wicked Little Letters". We enjoyed the movie, great cast and very good plot set in England in the early 1900s.

We are not interested in the movies for next week so we will catch up for coffee and conversation at the Vikings Club, Tuggeranong at 10.00 am.

Pam Hall

DATES FOR YOUR DIARY!



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 8 April.

And why not bring your party hat!



About Beginner Bridge Lessons

Beginner lessons for students commence again in **April in Gumnut Cottage**. The classes are held once a week and are of two hour's duration, with "cards on the table" teaching. The course lasts for six months then students graduate to Improver classes where they learn finer details of bidding and card play.

We don't move on until current topics are well understood. The emphasis is on repetition and consolidation. There are pre-set hands for every lesson. No prior knowledge of cards is necessary (although an advantage) and a partner is not required at this stage.

There will be many occasions for relaxed bridge throughout the course, where "shuffle and deal" social play and chat relieves the heavy burden of constantly learning new concepts.

Come along and be part of a unique and mind-expanding experience.

Register interest:

with the Club or Margaret Kennedy marbken6@gmail.com





DATES FOR YOUR DIARY!

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.



thankyou!

To both Margaret (Wednesday Office Whizz,) & Ken from



for the organisation, delivery, and quick repair of
one of the Club's grey chairs
from the Waterview Lounge.

The Chair Guys Office Chair Shop & Repairs Phillip
Unit 1 64 Dundas Court, Phillip ACT 2606

Phone: 0409 900 605 **Email:** info@thechairguys.com.au

Hours: Thursday and Friday 12pm to 4 pm / Saturdays 10 am to 2 pm



Midweek Matters

All about
Dementia

Wednesday 17 April, 1pm

Join COTA in April for Midweek Matters - All about Dementia

Book your spot now to attend April's Midweek Matter on the complexities and aspects of Dementia with knowledgeable experts and researchers from the University of Canberra.

Afternoon tea will be provided, and you'll have the opportunity to socialise and ask questions to our range of panellists at the end of the session.

When: Wednesday 17 April, 1.00 pm

Where: Hughes Community Centre Hall, 2 Wisdom Street, Hughes

Cost: Free

[Register for Midweek Matters](#)



GÆKKEBREVE – a Danish Easter tradition

Surprise someone with a “gækkebreve”

A gækkebreve, or snowdrop letter, is an old Danish Easter tradition. The verb Gække means to tease or deceive.

You cleverly fold and cut a piece of coloured paper, write an amusing rhyme on it and insert a snowdrop (‘vintergæk’, the first flower of spring). The letters are sent anonymously, signed only with a dot for each letter of the sender’s name. The recipient must guess who the letter is from and if they don’t succeed, they owe the sender a Chocolate Easter egg. If they guess correctly, the sender gives them an egg! Since the senders are almost invariably children and the recipients are adults, it is traditional in effect for the recipients never to correctly guess the “teaser” behind the gækkebreve!



GÆKKEBREVE – SNOWDROP LETTERS

All You Need

white paper a rhyme/poem scissors your favourite pen

Step By Step

1. Fold a square of paper in half (corner to corner) 3 times and begin cutting your pattern. Keep it simple, drawing your design first.
2. Remember to leave the centre free for your rhyme.
3. If you open the square, you can check how your pattern is looking.
4. Open out the letter, write your rhyme, and remember to add a picture of a snowdrop!
5. Send it off to a loved one!



*A winter sparrow, a summer jester,
a bird without wings,
a little friend who loves you,
a loving greeting brings.*





TALKING TASTY TRADITION!

Skidne Æg “Dirty Eggs” - Eggs in Mustard Sauce

Skidne Æg (dirty eggs) is an old-fashioned dish and today in Denmark this easy and delicious dish can still be found on the Danish Easter lunch table, but it can be served anytime.

It used to be served on the Saturday before Easter which was known as Skiden Lørdag (dirty Saturday). In Denmark this Saturday is flanked by two holidays on either side; Skærtorsdag (Maundy Thursday) and Langfredag (Good Friday) on one side and Påske (Easter) and Anden Påskedag (Easter Monday) on the other side. So, the Saturday in-between the holidays was the day when you were busy cleaning house from having company and needed something easy for dinner.

Skidne Æg (serves 2)

Ingredients:

- 4 eggs
- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups of milk
- 3 tablespoons of your favourite mustard
- salt to taste

Serving suggestions:

toasted dark rye bread (Rugbrød), fresh fried chopped bacon, top with chives

Directions:

Bring a small pot of water to a boil. Add eggs and boil until soft boiled (cooking time varies depending on egg size, I used a size large egg and boiled for 7 minutes). When done boiling, pour out boiling water, add cold water and let sit for 1 minute. Peel eggs and set aside.

Meanwhile in a small pan, melt butter. Once butter is melted add flour and whisk vigorously while cooking for 1-2 minutes. Add milk in increments while stirring until you have a slightly thick Bechamel sauce. Add mustard, stir and let simmer for another two minutes. Season with salt to taste. Add halved boiled eggs to sauce and allow to heat through. Serve with toasted dark rye bread, bacon and chives. Enjoy!



Happy Easter!

TALKING TRIVIA!



E A S T E R Q U I Z



ANSWERS NEXT WEEK

Question

Answer

- 1 Who is always late in Alice in Wonderland? :
- 2 Judy Garland and Fred Astaire starred in which 1948 Springtime film? :
- 3 Which classical composer wrote St. Matthew's Passion? :
- 4 Who owns the factory in Roald Dahl's "Charlie and the Chocolate Factory"?:
- 5 Famous Andrew Lloyd Webber musical: Jesus Christ _____ :
- 6 What is the name of the rabbit in Winnie the Pooh? :
- 7 Who do children think delivers their Easter eggs? :
- 8 Name the 1979 satirically biblical film by Monthy Python? :
- 9 "He's Alive" was an Easter hit for which country music star? :
- 10 What dried fruit do you find in Hot Cross Buns? :
- 11 Finish this famous saying "Don't put all your eggs in one _____"?:
- 12 Easter Island is part of which country? :
- 13 What is the name of a male rabbit? :
- 14 From which country did the Easter bunny originate? :
- 15 On what street in New York does the City's traditional Easter Parade take place? :
- 16 Egg rolling, an Easter game of rolling hard-boiled eggs down a hill, is an annual event at which famous house? :
- 17 What is the equivalent of Shrove Tuesday known as in France? :
- 18 What is the Easter bilby? :
- 19 What item does the rabbit in Lewis Carol's "Alice in Wonderland" always carry with him? :
- 20 Where is the most popular Easter Parade held each year? :

