



Weekly Bulletin

Thursday 15 April 2022

TIMETABLE

Friday 8 April - Monday 16 Apr

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 17 April	9.20 am	DC Walking Group
Mon 18 April		EASTER MONDAY
Tues 19 April	8.00 am	Active Ex – Men - TSC
	9.00 am	LL Cycling Group
	9.10 am	Active Ex – W - TSC
	1.00 pm	Mah-jong - GC
Wed 20 April	9.30 am	Cribbage - GC
	10.00 am	'Take 55' Movie Group
	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 21April	9.30 am	500 (cards)- GC
	10.00 am	Shutterbugs - TSC
	1.00 pm	Mah-jong - GC
	1.30 pm	Reading Group - TSC
	3.30 pm	Improvers Bridge - GC
Fri 22 April	9.00 am	Cycling Group
	9.15 am	Tai Chi - 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 - GC
Sat 23 April	1.30 pm	Games Afternoon

WHAT'S ON THIS WEEK!

Thursday – 21 April – 10.00 am SHUTTERBUGS CAMERA GROUP

Our April meeting will be held next Thursday 21 April starting at 10.00am. We are a small self-help group where members can bring along their cameras and any questions they may have on any aspect of photography and one of our group members will be only too pleased to assist.

We also have a monthly themed project and for this month it is "Close Up". Members can bring along their prints for comment and display.

A full list of our monthly projects for this year can be found on our [Shutterbug's page](#) on the club's web site. There are also slide shows of our prints from past projects as well as a selection of our favourites. You will find us under Activities – Special Interest Groups or click on the link above.

Our meetings usually end with a cuppa which is a great opportunity for discussions on all things photographic. It doesn't matter if you are a beginner or experienced shutterbug, as everyone is welcome to join us!



HOLIDAY TIMETABLE



**Zumba Gold &
Movement 4 Memory**



Recommences - **Mon 16 May**



Yoga

Recommences - from **Tues 26 April**

Ten Pin Bowling



Recommences - **Wed 27 April**

WHAT'S ON THIS WEEK!

Wednesday – 20 April - 10.00 am

'TAKE 55'

Movie/Coffee Group



A lovely group of ladies enjoyed coffee and a chat at the Vikings Club on Wednesday morning.

Due the school holidays at the moment, and a lack of good movies available, we have decided to meet again at the Tuggeranong Vikings Club at 10.00am next Wednesday 20th April.

Anyone is welcome to join us for coffee and conversation!
Pam Hall



Friday 22 April - 3.00 pm

'UKE 55'

UKULELE GROUP

The Club's Ukulele group, Uke 55 is on again on Friday 22 April and has relocated at the earlier time of 3.00 pm to the Wattle Room in Gumnut Cottage.

Garry Owen, Ukemeister extraordinaire, will lead the group again on, **Friday, 22 April**. All music and words are projected onto the big screen so If you have not been for a while, why not dust off your uke and come along and join the fun!



ZUMBA & MOVEMENT 4 MEMORY UPDATE



Susan has advised that she is scheduled for surgery on the 26 April, so will not be able to start classes until **May 16th**.

As they are two public holidays (30 May and 13 June) in Term 2, it will therefore be only a 5-week term.

Susan is hoping that this surgery sets her up for a much better rest of the year! And we hope so too!

TERM 2 BOOKING LINKS:

Zumba Gold

<https://Dance4FitnessFun4FitnessSchedule.as.me/55plusGold>

Movement 4 Memory

<https://Dance4FitnessFun4FitnessSchedule.as.me/55plusM4M>

*We can't always
choose the music
life plays for us,
but we can choose
how we dance to it*



DATES FOR YOUR DIARY!



SUNDAY TRIVIA

8 MAY – 2.00 PM

ONLY THREE WEEKS AWAY!

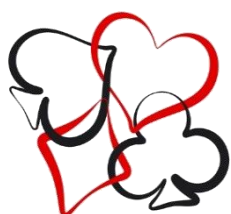


Due to COVID we have had to cancel our last two Sunday trivia quizzes. However, we are now back in business and our first Sunday Trivia quiz for the year will be held on Sunday 8 May (fingers crossed). We haven't had a general knowledge quiz for some time so I've decided that our May quiz will be general knowledge. So, get out your encyclopedias and study up on all things worldly. There will also be two mystery themed rounds and our usual "quiz sheet" for your team to work on in between rounds. Our May quiz sheet will be popular sayings.

If you are not a trivia fan, why not come along anyway as it is a great way to meet some of your fellow club members. There are plenty of prizes to be won, chocolates for everyone, afternoon tea and a fun time to be had. You can organise a team with friends or family or just come along and join a team with other club members. The public car park is free on a Sunday so there is no need to worry about parking.

Our normal \$5.00 activity fee will apply. So, pop the date **"8 May starting at 2.00pm"** into your diary and come along for a friendly and entertaining afternoons activity. I hope you can join us.

Norm Swanwick.



BEGINNER BRIDGE LESSONS



COMMENCING SOON!

Register interest at the office or contact Margaret Kennedy

Email: marbken6@gmail.com

Mobile: 0414 446 484

Prior knowledge of cards an advantage
but not a necessity



WHAT'S BEEN HAPPENING!



DONATIONS TO THE ACT HERITAGE LIBRARY

Our guest speaker at the Family History Group at this month's meeting, Suzy Nunes from the ACT Heritage Library, gave us an excellent overview of the Library's Collection.

However, she also talked about the type of material the Library would like to see as donations to the Collection. Perhaps you have ACT school year books, local club newsletters and magazines, invitations to events or other material related to Canberra residents stored away from when you or your children grew up in Canberra. This may be important to be preserved for future historians.

The Library website explains how to donate material, but you can also phone the Library to see if there is interest in your material. It is worth a phone call before you put those old newsletters in the recycling!

The website: <https://www.library.act.gov.au/find/history>

Phone number: (02) 6207 5163

Liz Dean



INTRO TO BIRD WATCHING - WED 6 APRIL

We only had four persons, so we went in one car. I suspect that the early start may have influenced attendance decisions, but it was necessary because we were travelling to Bungendore and intended to make many stops.



Our first stop was at the farm dam on Lake Road, where we saw several species of ducks, **Black-fronted Dotterels** and other water birds. We saw the honeyeater migration in full swing, with several flocks of up to 30 flying overhead in a south-easterly direction.

We made more stops along Lake Road. Highlights were large flocks of **Crimson Rosellas**, which had segregated themselves into either adults or juveniles, and a pair of **Scarlet Robins**.

Our next stop was the Bungendore Common, where we had our morning tea and walked around the ponds. It was overcast and starting to get a little cool, so we headed for home, stopping at the dam on Trucking Yard Lane. This venue is renowned for species of duck which are not often seen elsewhere in this region. Unfortunately, the beautiful Plumed Whistling Ducks were not there. The rain held off until we got back into the car and we managed to get back to Tuggeranong before it became too heavy.

Lia Battisson & Sandra Henderson



TALKING TRADITION!

EASTER TRADITIONS IN BERMUDA

Good Friday in Bermuda

For most Bermudians and residents, Good Friday is a time for tradition. They build and fly their Bermuda kites, make codfish, and English style hot cross buns and spend time with family and friends.



Fun kite fact: Flying kites originated in Indonesia 3,000 years ago. Much later, it reached Bermuda when British Army troops used them to plan telegraph poles!

Originally, kites were not flown until after 3 pm in Bermuda, however these days if you can get your kite up, it stays up all day and only comes down if it rains. Bermuda kites have long cloth tails and are in different colours of paper tissue, wood, and string. Some are huge, in exquisite patterns and require several men to get them airborne. Some are deliberately made to emit a humming or buzzing sound, with a hummer made from glued paper. Another variation of the Bermuda kite is the traditional Somerset brown paper kite. It is made of brown paper, cross sticks with a hummer behind the head stick.

Bermudians take their kites very seriously and the sky is transformed into a dancing mosaic of brilliant and beautiful shapes, colours, and sounds.

No one is certain how this long-established Bermuda tradition started, but one story often repeated is that it began with a Sunday school teacher's creative lesson on Jesus Christ's ascension to heaven. It is said that the teacher made a cross kite, took it to a hilltop, and set it flying, then cut the string and the students watched it sail upward towards heaven.

However the tradition started, kite flying on Good Friday is now an avidly awaited ritual in Bermuda.

Bermuda Codfish Cakes

While these by themselves are not uniquely Bermudian, their development as a uniquely Bermudian dish, is worthy of special note. The dish was once only found seasonally but nowadays, Bermuda codfish cakes are not just a tradition on Good Friday and Easter Sunday, but an island inspired dish found on local menus all year round. When made with care from imported salted codfish and given special local treatment, the dish is absolutely delicious!

Bermuda Easter Lilies

Many Bermudians and others associate Easter lilies with Bermuda, and at one time the unique Bermuda variety was world famous.

It is not generally known that the Easter Lilly did not come to Bermuda until the 1870s, by accident instead of design. A ship, with a supply of bulbs, limped into Bermuda for emergency repairs and in the process, the bulbs arrived here too.

The Bermuda grown variety usually open around Easter, but it is not uncommon for many to bloom before Easter. Some plants have a flower, which lasts about 10 days, while some stems may have as many as six separate flowers.

A local tradition is that a finest selection is always sent each year to Her Majesty Queen Elizabeth II in time for the Good Friday celebrations.



TALKING TASTY!

THE BEST COD FISH CAKES ARE MADE IN BERMUDA

Bermudians ALL love cod fish cakes and now you have the chance to see what all the fuss is about and make your own! The delicious patties are served all year round with peas and rice or between a bun, with mayo, tomato sauce or homemade tartare sauce.

However, the most popular time of year for cod fish cakes is Good Friday when they are usually eaten with freshly made hot cross buns. Not sure about that combination!



Ingredients

2 Large potatoes cubed	2 pack of skinless boneless saltfish (250g)
2 tbsp butter	1 small onion finely chopped
2 tsp Fresh thyme	½ cup fresh parsley
½ tsp cumin	1 tsp curry powder (or to taste)
½ tsp paprika	1 tsp onion powder
1 tsp all-purpose seasoning	1 tsp Pepper
1 egg	
½ cup all-purpose flour	2 tsp Seasoning salt

Preparing the Fishcake Mixture

Boil salt fish, until soft. Allow to cool completely then if needed pick away any bones or skin.

Peel and cut potatoes into cubes then boil until soft. Drain and mash well.

Cook the onions and fresh thyme in butter in a small pan until onions have become translucent. Remove from the heat and allow to cool.

Combine all the cooled cooked items into one large bowl and add the seasonings. Taste to see if it is to your liking, then add the egg and mix well. Place the mixture into a sealed container and refrigerate for 1 hour or overnight.

Cooking the Fishcakes

Once your fish cake mix has set, form into patties, and roll them into the seasoned flour.

Heat a large pan on medium high and fry in shallow oil until both sides are golden brown.

Remove fishcakes from hot oil and place on paper towel or a draining rack.

Serve between a bun or with peas and rice.





TALKING TEASERS!

EASTER – UNSCRAMBLE WORD SEARCH

To solve this puzzle, first unscramble each work and write the word on the blanks provided. Then look for the words you made in the puzzle.

The words can be found in any direction in the puzzle.



Y	A	D	I	L	O	H	X	T	N	U	H	G	G	E
A	N	C	A	N	D	Y	L	I	M	A	F	C	O	E
D	B	N	V	Y	M	I	E	W	P	L	E	C	Q	T
I	Y	H	U	N	T	A	N	V	C	L	E	H	T	A
R	R	E	H	B	J	R	C	N	E	K	A	I	P	L
F	L	O	W	E	R	S	A	B	E	M	S	C	I	O
D	S	I	I	S	U	G	R	D	A	R	T	K	L	C
O	N	O	P	S	S	A	I	R	I	N	E	E	U	O
O	A	E	E	B	T	H	C	V	Y	T	R	N	T	H
G	E	J	F	E	K	H	Q	A	G	Y	I	T	C	C
P	B	A	S	K	E	T	H	O	A	N	B	O	Y	T
O	Y	U	P	P	A	R	A	D	E	E	I	G	N	X
H	L	X	T	R	B	O	N	N	E	T	U	R	V	G
I	L	G	T	N	I	U	G	R	W	K	I	U	P	A
B	E	E	G	G	S	L	H	C	R	U	H	C	B	S
O	J	M	R	D	E	C	O	R	A	T	E	T	W	P

OCOECHATL _____

NUDSAY _____

EDETCARO _____

MIFYAL _____

GGES _____

YANCD _____

KASBTE _____

NUNYB _____

PIGRSN _____

KICENHC _____

EATESR _____

SJBYNELEAL _____

NUHT _____

BECETELRA _____

YDE _____

SPEPE _____

TIDTOPNIRA _____

ARAPDE _____

OWERLSF _____

DOGO IDARYF _____

LAIPR _____

SESUJ _____

RCHAM _____

HEDI _____

NENIRD _____

POH _____

CHCHRU _____

GEG TUHN _____

DILAOHY _____

NOENBT _____

PITLU _____

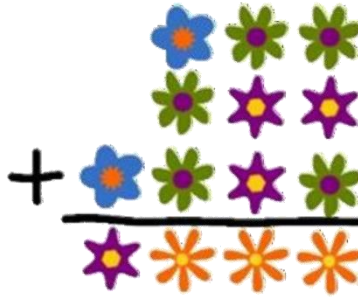
HINT - each word is related to a EASTER



TALKING TEASERS!

SYMBOL ADDITIONS SOLUTION

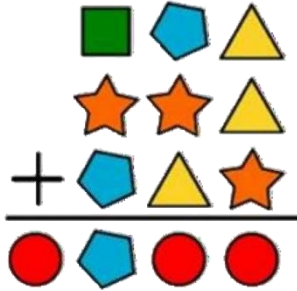
Did you work out which each symbol corresponds to in these addition problems?



$$\begin{array}{r}
 2 \quad 4 \quad 4 \\
 4 \quad 3 \quad 3 \\
 + \quad 2 \quad 4 \quad 3 \quad 4 \\
 \hline
 3 \quad 1 \quad 1 \quad 1
 \end{array}$$

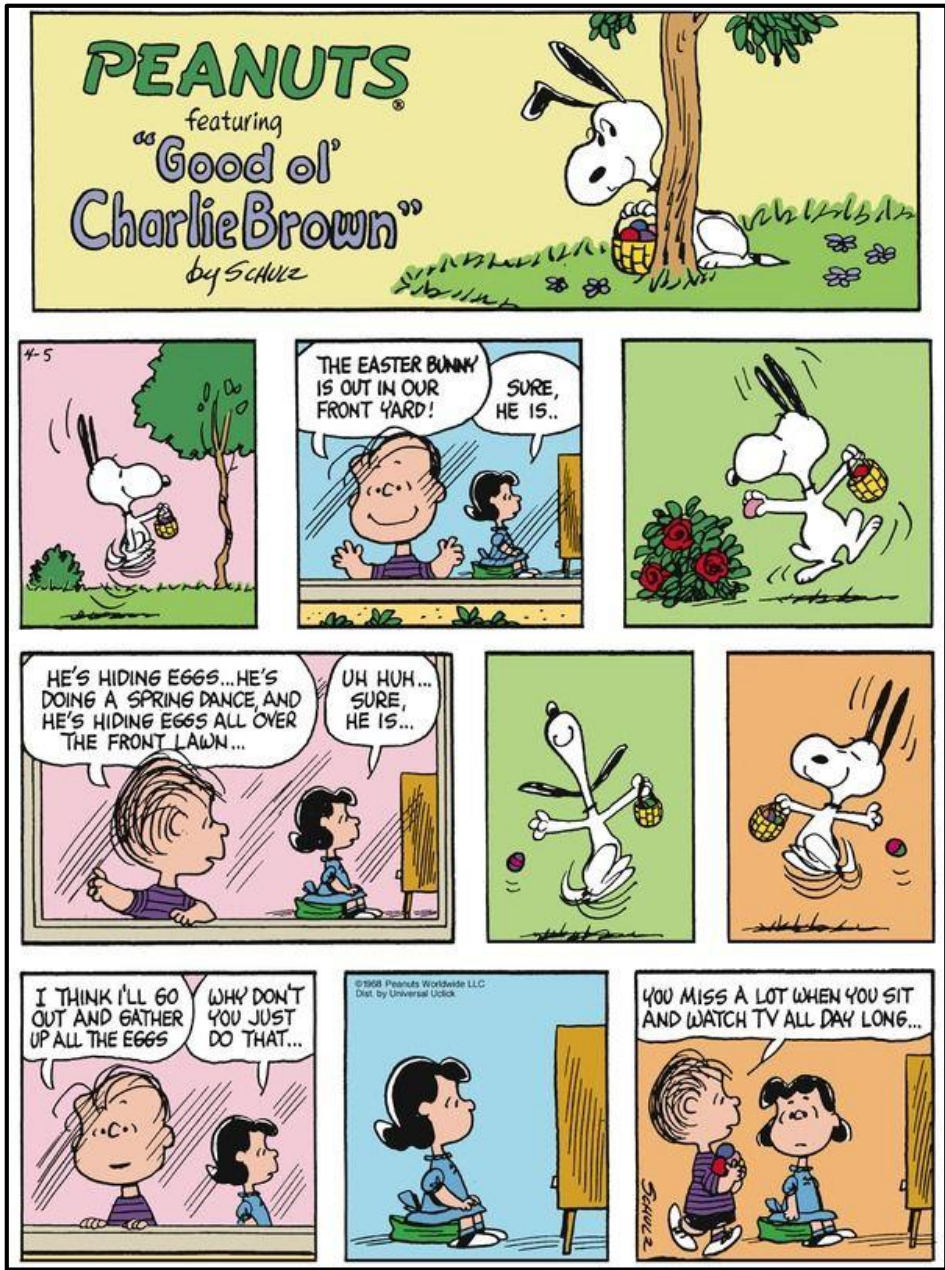
In the first problem, each flower corresponded to one of the numbers from 1 to 4.

In the second problem, each shape corresponded to one of the numbers from 1 to 5.



$$\begin{array}{r}
 4 \quad 2 \quad 3 \\
 5 \quad 5 \quad 3 \\
 + \quad 2 \quad 3 \quad 5 \\
 \hline
 1 \quad 2 \quad 1 \quad 1
 \end{array}$$

happy easter



happy easter