



# 'Tugg Talks' Weekly Bulletin

Friday 19 April 2024



## SCHOOL HOLIDAY DATES

### Zumba & Movement 4 Memory

*Finishes:* Mon 8 April

*Returns:* Mon 29 April

### 10 Pin Bowling

*Finishes:* Wed 10 April

*Returns:* Wed 1 May

### Tai Chi

**NOW BREAKING FOR THE  
SCHOOL HOLIDAYS**

*Finishes:* Fri 12 April

*Returns:* Fri 3 May

### PLEASE NOTE:

As the Tai Chi Instructor will be away for six weeks, there will NOT be a new intake of new members this term



## TIMETABLE

Saturday 20 April – Sunday 28 April

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sat 20 Apr	1.30 pm	Games Afternoon - GC
Sun 21 Apr	9.20 am	Discover Canberra WG
Mon 22 Apr	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Casual Bridge - GC
Tues 23 Apr	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart n Soul - TSC
	1.00 pm	Mah-jong – GC
	1.00 pm	Qigong
	2.00 pm	Meditation
Wed 24 Apr	9.15 am	'Take 55' Movie Group
	9.30 am	Cribbage – GC
	10.00 am	Carpet Bowls – TSC
	1.00 pm	K-nit 'n' K-natter – GC
Thurs 25 Apr		<b>ANZAC DAY</b>
Fri 26 Apr	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
	10.30 am	Seated Yoga - 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 Ukulele Gp - GC
Sun 28 Apr	2.00 pm	Sunday Trivia - TSC

**THE CLUB WILL BE CLOSED FOR**

**ANZAC DAY**

**THURSDAY**

**25 APRIL**



# CLUB CLIPBOARD!



## GAMES AFTERNOON



**Sat – 20 April – 1.30 pm**

The next Games Afternoon will be held on Saturday 20 April at Gumnut Cottage. Starting at 1.30 pm, this relaxed afternoon is a chance to socialise with fellow members as well as exercising a few brain cells! And if you have a favourite game why not bring it along – it may be a game that others have not previously played and would enjoy learning!

There is always a delicious afternoon with contributions always appreciated.

Anne Meade

## 'TAKE 55' MOVIE/COFFEE GROUP



**Wed – 24 April – 9.15 am**

A small group enjoyed a coffee and chat at Erindale Vikings Club on Wednesday and some of us stayed for lunch. The menu is much the same as Tuggeranong Vikings but the chairs are more comfortable!

On Wednesday 24 April we will go to Limelight Cinema to see "The Fall Guy" at 10.15am. We will meet at Cherry Bean at 9.15 am for coffee before going to the movies. All welcome to join us!

Pam Hall



*The Fall Guy is an action-comedy film loosely based on the 1980s TV series about stunt performers. Starring Ryan Gosling as a stuntman who gets blown up, shot, crashed, thrown*

*through windows and dropped from the highest of heights, all for our entertainment. And now, fresh off an almost career-ending accident, this working-class hero has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?*

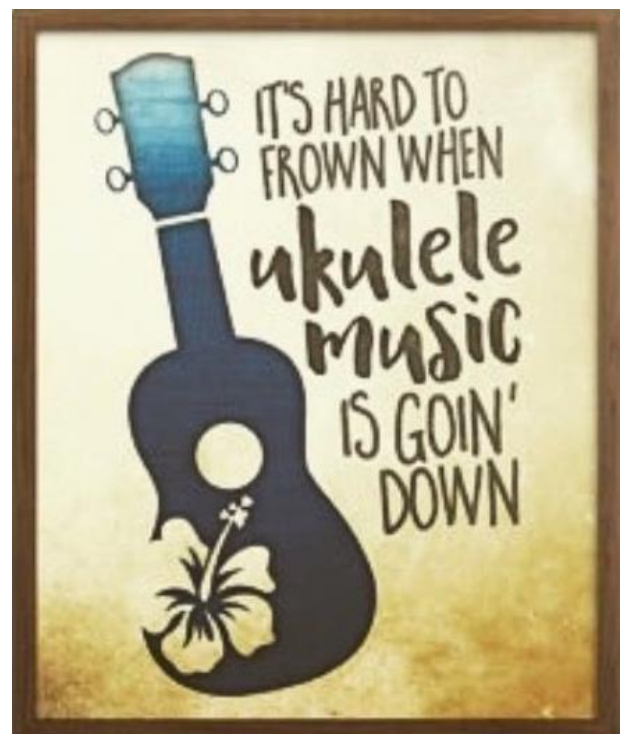
## UKE 55 - UKULELE GROUP

**Friday – 26 April – 3.00 pm**

Ukulele group, Uke 55 is back happily strumming at Gumnut Cottage next Friday under the leadership of Ukemeister Garry Owen.

From 3.00pm, the room will be rocking to the sounds of our misspent youth!

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!



# CLUB CLIPBOARD!



## SUNDAY TRIVIA QUIZ

ONE WEEK TO GO!

**Sun – 28 April – 2.00 pm**

Rhonda Jolley will return as our quiz master for our next trivia quiz to be held on Sunday 28 April. Why not get a team together with your family or friends or just come along on the day and join a team with your fellow club members.

If you have not been to one of our trivia quizzes before, you will be most welcome to join us. We have eight rounds each of ten

questions, a table quiz sheet for your team to work on between rounds while the scores go up on the board.

There will be chocolates for everyone, a couple of door prizes and some free activity vouchers to give away. If that is not enough, there will be a great afternoon tea to enjoy while we have a break to recharge the brain cells. All this for our normal \$5.00 activity fee.

So why not join us at 2.00 pm on Sunday 28 April and we normally finish around 4.00 pm. There is no need to book, just come along on the day and remember that the public car park opposite the club is free on a Sunday. On behalf of "Team Trivia" I hope you can join us for a fun afternoon's activity.

*Norm Swanwick.*

## SWEET SIXTEEN

### BIRTHDAY BASH - 11 April

While the attending numbers were disappointing, the Club's Sweet Sixteen' Birthday Bash was a light, bright and colourful celebration.

Strains of the Melbourne Philharmonic Orchestra, fireworks and Neil Sedaka's Happy Birthday Sweet Sixteen, heralded the festivities with the candles appropriately blown out by President Phil Burns.

There was party fare (including fairy bread) and an age-appropriate soundtrack supplied by 89.5 Valley FM radio presenter Mike Kennedy. Faith and Mike's 'smooth' moves on the dance floor showed that having fun is not only for the young alone!

Big thank you to the merry band who organised: Norm and Faith for the room and table set up and decorations, Jill for the delicious birthday cakes and Margaret for the door prize (won by (Office) Shirley) and making sure there was plenty for all!

Also thank you to Christine for the lovely Birthday flowers! *Here's to the next 16!*



# GETTING MOTIVATED IN MAY!

## DATES FOR YOUR DIARY



## DAY ONE

### **ZEST: DANCE FOR WELLBEING**

#### **Wednesdays – 1.30pm – 2.30pm**

#### **STARTING 1st MAY!**

Dance is a unique vehicle, naturally combining multiple approaches to movement and exercise, building confidence and an improved quality of life.

And the Club is delighted to welcome

**ZEST: Dance for Wellbeing**  
as part of its activity calendar  
starting on Wednesday 1 May, 1.30pm – 2.30pm

The Dance for Wellbeing program began in 2021 and has become recognised nationally as an exemplar in the field of dance for health and wellbeing and continues to grow delivering regular dance classes across the ACT, in arts centres, community centres and retirement villages.

### **BACKGROUND**

*ZEST* classes are designed specifically for adults who want to experience the joy of dancing and keep their body and brain as active and healthy as possible, regardless of their mobility, skill, or age. It involves seated and standing options throughout, and no previous dance experience is necessary.

Research increasingly validates the unique role that dance provides, in integrating exercise for the body and the brain, all within a supportive social environment. It ticks all the boxes for health and wellbeing!

The class will be taught by Debora Di Centa, a highly experienced and dedicated dance artist who will guide you through a carefully planned program of physical activities.

Cost is \$10 per session with booking online through EventBrite link below:

<https://www.eventbrite.com.au/e/zest-dance-for-wellbeing-tickets-882822394547>

Come and feed your body and spirit with music and movement, be physically and mentally inspired and stimulated, have fun, meet new friends and feel good!



# GETTING MOTIVATED IN MAY!

## DATES FOR YOUR DIARY

### DAY TWO



## **'BANKING SAFELY ONLINE' INFORMATION SESSION**

**Courtesy of Bendigo Bank**

**Thursday – 2 May – 10.00 am**



Online banking is an integral part of what all banks offer, providing convenience and flexibility.

While the digital age provides many wonderful benefits, it's also essential to be aware of the potential risks and take necessary precautions to ensure the protection of your personal and financial information.

With this in mind, the Club has organised representatives from the local Bendigo Bank to present an information session for Club members providing tips, guidance, and suggestions on how to minimise risks when banking online.

The session is called **'BANKING SAFELY ONLINE'**. It will run for 30 minutes and includes information on :

- The benefits and importance of engaging with online services.
- Identifying and avoiding common online scams and fraud (such as phishing), and tips on protecting personal and financial data from identity theft.
- How to use banking features to help protect yourself from and/or respond to fraud and scam events.

Designed specifically for community groups, the session will be free and there will be plenty of time for any questions to be answered.

With lots of handy hints provided, members will gain valuable insights into the best practices for banking safely online. By being well informed, collectively we can build a more secure digital future for everyone.

**Please register your intention to attend:**

- the Club office
- phone 6293 4004
- email [tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)



**GETTING MOTIVATED IN MAY!**  
**DATES FOR YOUR DIARY**

**DAY TWO**

**Paint Misbehavin'**  
**Art Group**

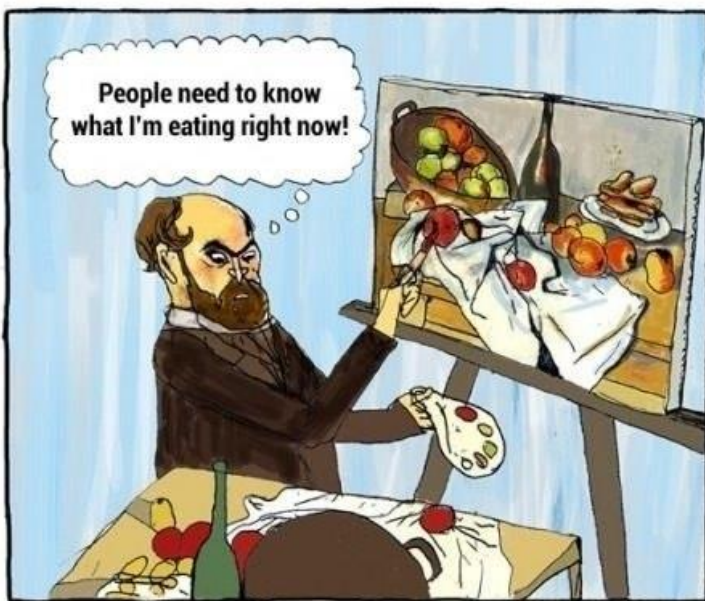


**1<sup>st</sup> and 3<sup>rd</sup> Thursdays – 12.30pm – 3.00pm**

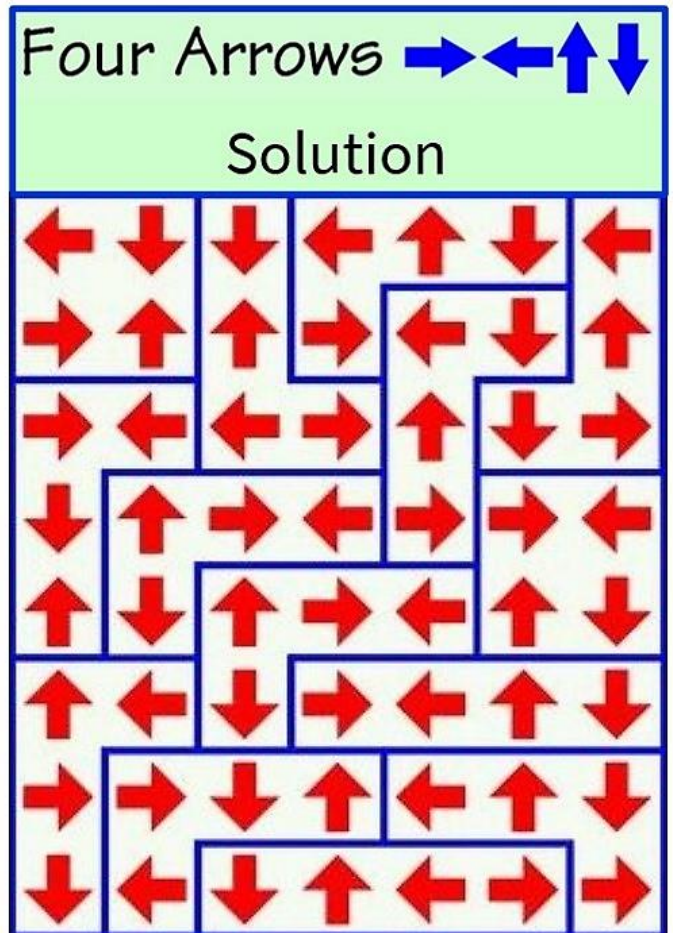
**STARTING 2 MAY!**

Designed as a casual 'drop-in' opportunity to create, have fun and chat over coffee, this group is open to anyone who wishes to continue with their art projects in a friendly group environment. It will not be teacher directed but will provide a space where you can progress your passion through practice, sharing ideas and learning from each other.

Starting from Thursday 2 May, these twice a month gatherings, will allow you to explore your artistic endeavors at your own pace, providing a dedicated time with like-minded people!



Before Instagram





## TALKING TRADITION!

### **Two-up, the 'fair go': why illegal gambling is at the heart of the Anzac myth**



*Two original 1915 Australian pennies in a kip from which they are tossed.*

Two-up is an Australian gambling game in which two coins are placed on a small piece of wood called a “kip” and tossed into the air. Bets are laid as to whether both coins will fall with heads or tails uppermost. It is one of the core activities of Anzac Day commemorations - and a beloved tradition.

Two-up was always illegal, but in spite of this, it was widely regarded as the fairest of gambling games. At the time of the First World War the verbal command for the coins to be spun was not “come in spinner” (as it is now) but “fair go”. Indeed, the important Australian concept of the “fair go” was in part cemented by its role in the game.

#### **Two-up and wartime life**

From the very early period of the First World War, two-up assumed great importance among the Australian troops. Soldiers reported that two-up was played on the battlefield during the Gallipoli campaign, even when under shellfire. As the war dragged on, numerous stories were told about Australian soldiers’ obsession with playing it.

Two-up was important not just in taking soldiers’ minds off the realities of the war, but also in creating a strong sense of community. Photographs from the war that show the men playing two-up reveal how it brought them together physically in a communal activity. This helps explain why men, who in civilian life may have had little or no interest in gambling, joined in the camaraderie and fun of the two-up fair, and by so doing blotted out the boredom, isolation, and loneliness of much wartime experience.



*Australian soldiers playing two-up during World War I at the front near Ypres, 23 December 1917.*

#### **Anzac Day and tradition**

Playing two-up became an integral part of the diggers’ memories of the experience of war, especially when commemorated on Anzac Day. By the 1930s the playing of two-up outdoors after the Anzac Day march had become an entrenched tradition.

As the ranks of diggers from the two world wars declined, so the structure of Anzac Day changed in emphasis. The Dawn Service has increased greatly in popularity, while the Anzac Day march has suffered from dwindling numbers of veterans. The two-up games have shifted to pubs and clubs, and they are largely played by people with no experience of war.

People play two-up on this day because it has become part of the meaning of Anzac Day. In the past, returned soldiers reminisced, told war yarns, drank, and played two-up. The soldiers have passed on, but their larrikinism survives in the tradition of the game they have bequeathed to their descendants.

We should not underestimate the significance of rituals of this kind—the playing of two-up is a way in which Australians can become not just observers of, but participants in, their history and their myths. Two-up is a ritual that links the present with the past on this one day of the year.



## Golden Syrup Cheesecake with Anzac Crust

### Ingredients for Cake

- 4 x Anzac Biscuits, Crushed
- 50g Butter
- 500g cream cheese, softened
- 1 teaspoon vanilla essence
- 2/3 cup caster sugar
- 3 eggs

### Ingredients for Golden Syrup Caramel

- 60g Butter
- 1/4 cup brown sugar
- 1/3 cup golden syrup
- 2 tablespoons thickened cream



### Method

- Preheat oven to 150 degrees (fan forced). Grease and line the base of a 24cm cake tin.
- Crush Anzac biscuits and stir through butter, press firmly in base of cake tin.
- In a cake stand mixer, combine cream cheese, vanilla, sugar and eggs. Mix to a condensed milk consistency. Pour mixture slowly into pan, levelling with a gentle tap on the bench. Bake for 35 minutes.
- Meanwhile, make Golden Syrup Caramel:
- Place butter, brown sugar, and golden syrup in a small saucepan over medium heat. Cook, stirring for 5 minutes or until smooth. Stir in cream. Bring to the boil. Simmer for 2 minutes. Remove from heat.
- Glaze golden syrup caramel over the cheesecake with pastry brush. Lightly spread the Anzac biscuit crumbs over the glaze.



### Sea of Red

Thin threads sway in the calm breeze  
Where once a sinister war took place  
Where soldiers fought and fell for us  
Where no joy could be found  
The blood red sea will always grow  
In flanders field row by row  
Lest we forget

By Kaitlyn Oliver  
Age 9

