



# Weekly Bulletin

Friday 23 April 2021



## CLUB CLIPBOARD

### A WORD FROM THE PRESIDENT

As the Club celebrates its 13<sup>th</sup> Birthday, it is interesting to reflect on where we find ourselves nine months since the return from COVID lockdown.

Members were initially hesitant to come back to activities, but numbers have continued to increase since the Christmas break. The lack of consistency between organisations and direction from government in relation to senior clubs has not helped, making it difficult at times to maintain a safe but sensible environment for members.

What is apparent though, is that members are not yet ready, nor feel comfortable to engage in events outside the regularly held activities. Numbers have been low for the social functions that have been held, at times not even reaching the restricted room number. And the two 'travel' trips – locally to Federation Square and a one-night trip to Tumut have had to be cancelled due to lack of interest. All these extra activities take time and effort to organise and it is disappointing when they are not supported enough to be viable. The travel side of what the Club offers will now be 'retired' for the time being and the social side will continue to be evaluated. Unfortunately, a sign of the times in which we live.

As always, I am at the Club throughout the week and welcome any comments or suggestions that you may have.

*Phil Burns President*

### TIMETABLE

Monday 26 April – Sunday 2 May

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 25 April	2.00 pm	'Drop-In' Games - GC
Mon 26 April		<b>PUBLIC HOLIDAY</b>
Tues 27 April	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.00am	LL Cycling Group
	9.30 am	Euchre - GC
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 28 April	9.00 am	Take 55–Coffee/Movie
	9.30 am	Cribbage - GC
	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
	3.30 pm	Beginners Bridge - CG
Thurs 29 April	9.30 am	500 (cards)- GC
	1.00 pm	Mah-jong - GC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 30 April	9.15 am	Tai Chi - TSC
	10.00 am	Cycling Group
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
Sun 2 May	9.20 am	Walking Group
	2.00 pm	<b>Sunday Bingo - TSC</b>



## ON THIS COMING WEEK!

### Sunday - 25 April - 2.00 pm – 4.00 pm 'DROP-IN' GAMES AFTERNOON

Our bi-monthly games afternoon is on again on Sunday 25 April. This is an informal, social get together to enjoy a fun game of Uno or something more serious such Bolivia (cards) or Mahjong.

If you have a favourite board or card game why not bring it along to share your enthusiasm with others.



VARIOUS  
CARD GAMES



MAHJONG



RUMMIKUB



UNO

**This will take place in Gumnut Cottage.**

Afternoon tea is provided though contributions are always welcome.

*Anne Meade*

### Wednesday–28 April–9.00 am TAKE 55 – COFFEE / MOVIE

Our next movie at Limelight Cinema is

#### **“6 Minutes to Midnight”**

The movie starts at 10 am and we will have coffee at 9.00 am at Cherry Beans. We would love you to join us but please remember to wear your badge! *Pam Hall*



*Summer, 1939 and Thomas Miller (Eddie Izzard) is teaching English to the daughters of high-ranking Nazis at the Augusta-Victoria College, Bexhill-on-Sea – a finishing school on the south coast of England. Under the watchful eye of their headmistress Miss Rocholl (Judi Dench), and her devout assistant Ilse Keller (Carla Juri), the girls practice their English and learn how to represent the ideal of German womanhood.*



### Sunday – 2 May - 2.00 pm SOCIAL SUNDAY BINGO!



Bingo returns on the first Sunday in May with our favourite 'Bingo caller', Warren, back in action. Now we know that Bingo is a fun game – but as it turns out, this good old-fashioned game packs major mental and physical health benefits. Playing increases mental flexibility and alertness, exercises hand-eye coordination and there is also a lot of laughter involved (the best medicine of all).

So why not come and discover why this game is so popular and give your brain a workout at the same time! Games prizes are in keeping with the flavour of the day with bingo sheets and pens will be available on entry.

Please register your intention to attend by ringing the office: 6293 4004 or email:

[tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)

*John Williamson*



# CELEBRATION CAKE

If you enjoyed a piece of Jill Pietsker's Key Lime Cake at the recent 'High Tea', you can now make it yourself! See the recipe below with a picture of President, Phil Burns, doing the honours.

## **KEY LIME CAKE**

Florida is famous for 'Key Lime Pie', a deliciously tart pie, not too different from lemon meringue but with much more flavour. This adapted cake recipe keeps well and can be made with other varieties of lime. It is a lovely cake to serve when you want something refreshing and satisfying, all at once.



### **Ingredients:**

#### **For the Cake:**

100g pecan nuts, toasted & ground  
250g butter (1 cup) softened  
2 cups of caster sugar  
Zest of 4 limes  
5 large eggs  
3 cups of self-raising flour  
100g ground almonds  
1 cup milk

2 tablespoons chopped  
macadamia nuts, toasted  
2 tablespoons sugar

#### **For the Glaze:**

Juice of 4 limes (about ½ cup)  
¼ cup of caster sugar  
2 key limes  
2 tablespoons coconut threads

### **Method:**

Preheat the oven to 180 degrees C and generously butter a babka or fluted cake tin. Sprinkle the ground nuts over the buttered tin and set aside.

Cream together the butter, sugar and lime zest until light and fluffy. Add the eggs, one at a time and beat well after each addition.

Remove the bowl from the mixer and add the self-raising flour, ground almonds and milk, and mix gently but thoroughly.

Mix together the macadamia nuts and sugar and sprinkle over the cake.

Bake the cake for 70 minutes or until golden and cooked through.

To make the glaze, whisk the lime juice and sugar together and heat gently until the sugar has dissolved. Slice the limes thinly and soak the limes in the lime syrup. Once the cake has finished baking, remove the cake from the oven and brush/pour the lime syrup all over the cake, continuing until it has all been absorbed. Allow the cake to cool in the tin.

When the cake has cooled and the syrup has been absorbed, decorate the cake with the lime slices and sprinkle with the coconut, then serve at room temperature.



# ANZAC 'TILES'

## **BEFORE THE ANZAC BISCUIT, SOLDIERS ATE A TILE SO HARD YOU COULD WRITE ON IT**

Before Anzac biscuits found the sticky sweet form we bake and eat today, Anzac soldiers ate durable but bland "Anzac tiles", a new name for an ancient ration.

Anzac tiles are also known as army biscuits, ship's biscuits, or hard tack. A variety of homemade sweet biscuits sent to soldiers during the first world war may have been referred to as "Anzac biscuits" to distinguish them from "Anzac tiles" on the battlefield.

Rations and care package treats alike can be found in museum collections, often classified as 'heraldry' alongside medals and uniforms.

They sometimes served novel purposes: Sergeant Cecil Robert Christmas wrote a Christmas card from Gallipoli on a hard tack biscuit in 1915.



The back of the biscuit reads 'M[erry] Christ[mas] [Illegible] / Prosperous New Y[ear] / from Old friends / Anzac / Gallipoli 1915 /

[P]te C.R. Christmas MM / 3903 / [illegible] / AIF AAMC'.

More than a Christmas card, biscuits like these gave family at home a taste of foods soldiers carried and ate in battle. Archives around the world hold dozens of similar edible letters home.

### **Biscuit as stationery**

This Anzac tile was made in Melbourne. In pencil, an anonymous soldier has



documented his location directly on the biscuit's surface: 'Engineers Camp, Seymour. April 2nd to 25th 1917'.

In her history of the [Anzac biscuit](#), culinary historian Allison Reynolds observes that "soldiers creatively made use of hardtack biscuits as a way of solving the shortage of stationery".



Army biscuits also became art materials on the battlefield. This Boer War era "Christmas hardtack biscuit", artist unknown, serves as an elaborate picture frame. Incorporating embroidery that uses the biscuit's perforations as a guide, it also includes artillery shells, which form a metallic border for the photograph mounted on the biscuit.

During World War I, any care package biscuit that was sweetly superior to an Anzac tile might have been called "Anzac biscuit". By 1966, the name "Anzac biscuit" was given to a specific recipe containing golden syrup, desiccated coconut, oats, but never eggs. Anzac biscuits held in AWM archives evoke everyday experiences of baking and eating. Although the sweet Anzac biscuits are far more enjoyable to eat than their hardtack counterparts it is safe to say that, with the creativity of the First World War soldiers, the Anzac tile biscuits had far greater uses than just for eating!



*Eat like an Anzac*

# ANZAC 'TILES'

Hard tack, also known as "Anzac Wafer", or "Anzac Tile", has a very long shelf life, unlike bread. Hard tack or biscuits continued to be eaten during the Second World War. At its most basic, hard tack biscuits consist of flour, water and salt. Arnott's was one of the companies that made hard tack, and they have provided their recipe below.



## **HARD TACK RECIPE**

**Caution:** Hard tack is really hard! There are stories of soldiers breaking their teeth on it, so be careful!

Makes six biscuits.

### **Ingredients**

1½ cups self-raising white flour  
5 tablespoons sugar  
pinch salt

3 cups self-raising wholemeal flour  
3 tablespoons milk powder  
1 cup water

### **Method**

1. Preheat the oven to 180C.
2. Place dry ingredients in a large bowl and mix together.
3. Make a well in the centre, add the water and mix together until an even dough is formed.
4. Turn the dough onto a floured board and knead for a few minutes. Shape the dough into a ball and let rest for half an hour.
5. Divide the dough into three and then roll each ball into thick 1cm sheets.
6. Cut the rolled sheet of dough into 9 cm squares, using the edge of a steel ruler, rather than a knife. This pressing action helps to join the top and bottom surfaces of the biscuit and will improve the "lift" in baking.
7. Now make a regular pattern of holes in each biscuit, five holes across by five holes down (25 holes in all). The ideal tool to use to make these holes is a cotton bud with the cotton wool cut off or the thick end of a bamboo skewer. Push it through to the bench, twist slightly and withdraw.
8. Place on a slightly greased baking tray, being careful that the biscuits are not touching. Form a wall around the outside edge with scrap dough. This will stop the outside edges of the biscuits from burning.
9. Bake on the centre shelf for 30-40 minutes or until golden brown. Be careful not to burn them!
10. Leave the biscuits on a cooling rack until they harden. Or switch off the oven and return the biscuits to the oven until it becomes cool.



