



'Tugg Talks' Weekly Bulletin

Friday 6 May 2023



CLUB CLIPBOARD!

CLUB CLOSURE

**A reminder that the
Club will closed from
Monday 8 May to
Friday 19 May
Outside activities will
be held as normal**

TIMETABLE

Sunday 7 May – Friday 12 May

'Outside' Activities Only

Day / Date	Time	Activity
Sun 7 May	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC
Tues 9 May	8.00 am	'Going to Goulburn'
	10.00 am	LL Cycling Group
Wed 10 May	9.30 am	'Take 55' Movie Group
Thurs 11 May	10.00 am	Tugg Chukkers
	7.30 pm	Trivia with Friends
Fri 12 May	9.30 am	Pitch n Putt
	10.00 am	Cycling Group

SUNDAY SOCIAL BINGO

Sunday – 7 May – 2.00 pm

Sunday Social Bingo will be the last activity held at the Centre for two weeks with John and Phil as your 'hosts' for this weekend get together. All materials are provided including a delicious afternoon tea.

This popular game is played widely across the country and is well known for its fun, laughter level and socialisation. Prizes are in keeping with the flavour of the day so why not come along and join in the fun!



TEN PIN BOWLING – Bowling balls taking a break!

Alternate Wednesdays – 10.00 am

Zone Bowling Tuggeranong



We wish to advise that Ten Pin Bowling will not be held from 8th May to 27th due to the Bowling Centre being closed for repairs. The next bowling date will be 7th June.

Kathy Johnson & Kathy Sawicki

CLUB CLIPBOARD!

'TAKE 55' MOVIE/COFFEE GROUP

Wed – 10 May – 9.30 am



A group of 14 had coffee at Cherry Bean before going to Limelight to see **"80 for Brady"**. We all enjoyed the movie, a mixture of a fantastic cast and a great story line. It is lovely to see a group of older actors whom we all know, making really good movies.

There is no suitable movie to see on Wednesday 10th, so we will meet at Vikings Town Centre Club Tuggeranong at 10.00 am for coffee and friendly conversation. Everyone is welcome to come and join us.

Pam Hall

'TUGG CHUKKERS' PETANQUE GROUP

Thursday 11 May – 10.00 am

(2nd and 4th Thursdays)



'PISTE' DE RÉSISTANCE

Thursday the 27 April dawned fine and clear, auguring well for a great morning on the piste!

Mary, Mike, Gary and Andrew partook of the conditions with some great games: constant lead changes and great grouping.

Half time was called to regroup and have some home-made Anzac biscuits.

Tactics abounded with great setups split asunder by the wrecking boule.



Photos courtesy – Mary Argall

If you are at all intrigued by such nonsensical description, come along and find out.

Our next Tugg Chukkers will be held on the **second Thursday - 11 May**, weather permitting, even if the clubrooms are closed.

Andrew Rankine

CLUB CLIPBOARD!



TRIVIA WITH FRIENDS

Thursday – 11 May – 7.30 pm

Are you a Trivia tragic? Why not join fellow members and Tuggeranong Probus members for trivia on-line? This is held on the second Thursday of each month, commencing at 7.30 pm. It is a different format to that of 'Quiz Master' Norm, but nonetheless interesting and fun. 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!

To join, you will need to download Zoom.com on your computer, iPad or tablet. Between 6.00-6.30 pm on the night Anne sends the link you require to join the session.

If you would like more information, email Anne ameade@pcug.org.au by Wednesday so she can add you to the list to receive the link.

Teams or individuals are welcome, and a glass of wine helps the brain cells. Why not gather the family together or invite a friend or two to join you – the more the merrier!!

AUSTRALIAN NATIONAL BOTANIC GARDENS

Garden Gossipers 'branched out' during Canberra Tree Week

A small band of members braved the cool morning when the Garden Gossip group branched out to visit the Australian National Botanic Gardens last Tuesday morning.

Dressed for the occasion, they were taken on a walk with one of the Gardens volunteer guides, through the tree canopy, grown to provide protection for the rain forest gully. As the Gardens were celebrating Canberra Tree Week, the guide's talk was interesting and focused on the wonderful Australian trees.

The group stayed and enjoyed lunch together; a successful morning to be repeated in the future!



Photos courtesy of Jill Pietzker



FANS & FUN!

Returning from school holiday break on Monday, the Zumba ladies upped the tempo with a luxurious fan or two!



SECRET CYCLIST'S BUSINESS...

Last Friday the intrepid Friday Cycling group, under the lead of Neil, (standing in for Norm), rode from Lake Tuggeranong BBQ south bound for the Chisholm shops for coffee at the Public Place. The outbound trip was just over 13 kms and by the photo taken by Neil, they look ready to ride!



Whether you are a Monarchist or Republican, tomorrow we are about to witness a ceremony that has not taken place for 70 years. While 'tradition' may not be fashionable these days, it is often what holds us together as a community. So, why not don a two-dollar shop tiara or crown, break open the bubbly and cheer on Charles – with a slice of quiche and some Coronation Chicken!

CORONATION QUICHE

(King Charles 111 – 2023)

A deep quiche with a crisp, light pastry case and delicate flavours of spinach, broad beans and fresh tarragon.

Eat hot or cold with a green salad and boiled new potatoes - perfect for a coronation celebration!



Ingredients

For pastry:

125g (1 cup) plain flour	pinch of salt	25g (2 tbsp) lard
25g (2 tbsp) cold butter, diced	2 tbsp milk	
or 1 x 250g (9oz) block of ready-made shortcrust pastry		

For filling:

125ml (½ cup) milk	175ml (¾ cup) double cream	2 medium eggs
1 tbsp chopped fresh tarragon	salt and pepper	
100g (3½oz) grated cheddar cheese	180g (about 6oz) cooked spinach, lightly chopped	
60g (2oz) cooked broad beans or soya beans		

Method

1. To make the pastry, sieve the flour and salt into a bowl; add the fats and rub the mixture together using your fingertips until you get a sandy, breadcrumb like texture.
2. Add the milk a little at a time, bringing the ingredients together into a dough. Cover and allow to rest in the fridge for 30-45 minutes.
3. Have ready one 20cm (8in) flan tin. Lightly flour the work surface and roll out the pastry to a circle a little larger than the top of the tin and approximately 5mm (½in) thick. Line the tin with the pastry, taking care not to have any holes or the mixture could leak. Cover and rest for a further 30 minutes in the fridge.
4. Preheat the oven to 190C/375F. Line the pastry case with greaseproof paper, add baking beans. Bake blind for 15 minutes, before removing the greaseproof paper and baking beans. Reduce the oven temperature to 160C/320F.
5. To make the filling, beat together the milk, cream, eggs, herbs and seasoning. Scatter ½ of the grated cheese in the blind-baked base, top with the chopped spinach and beans, then pour over the liquid mixture. If required, gently give the mixture a delicate stir to ensure the filling is evenly dispersed but be careful not to damage the pastry case. Sprinkle over the remaining cheese. Place into the oven and bake for 20-25 minutes until set and lightly golden.



THE ORIGINAL CORONATION CHICKEN

(‘Poulet Reine Elizabeth’ – 1953)

The original dish is basically cooked chicken meat with a simple curried mayonnaise dressing, and uses curry powder, because fresh curry spices were almost impossible to find in post-war Britain.



Ingredients (Serves 8):

cooked chicken

1 tbsp vegetable oil

1 tbsp curry powder

100 ml red wine

1/2 lemon juice

300 ml mayonnaise

pinch of sugar

watercress to garnish

1 small, finely chopped onion

1 tbsp tomato purée

1 bay leaf

4 finely chopped apricot halves

100 ml whipping cream

salt and pepper

Instructions:

1. In a small saucepan, heat the oil, add the onion, and cook for about three minutes, until softened. Add the curry powder, tomato purée, wine, bay leaf, sugar and lemon juice and simmer, uncovered, for about 10 minutes until well reduced. Strain and leave to cool.
2. Purée the chopped apricot halves in a blender or food processor. Combine with mayonnaise and the cooled sauce.
3. Whip the cream to stiff peaks and fold into the mixture. Season, adding a little extra lemon juice if necessary.
4. Fold in the chicken pieces, garnish with watercress and serve.

Serve the coronation chicken with a salad, rice or as a filling for jacket potatoes and sandwiches.

Note: For a lighter version, substitute the whipped cream for crème fraîche or Greek yogurt.





RICE SALAD DE LA REINE

(accompaniment to 'Poulet Reine Elizabeth' – 1953)

The original Coronation Chicken was accompanied by a well-seasoned salad of rice, green peas, and pimentos.



Ingredients:

Makes 4 to 6 side servings

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|--|------------------------------|
| 3 cups cooked long grain white rice (1 cup uncooked) | |
| 1 teaspoon olive oil | 1 package (250g) frozen peas |
| 2 green onions, thinly sliced, white & green parts | 1 red capsicum |
| 1/4 cup French vinaigrette dressing | 1/3 cup mayonnaise |
| Salt and pepper to taste (about 1/2 teaspoon each) | |

Instructions:

Mix rice thoroughly with rest of ingredients, chill for a few more hours so flavours can blend. Serve with Coronation Chicken!

CHOCOLATE BISCUIT CAKE

(Recipe by Royal Chef Darren McGrady)

Queen Elizabeth II's favourite cake ~ she would take a small slice every day with her tea, until the cake was finished, and then she would start on a fresh one!



Ingredients

- | | |
|--|--------------------------------------|
| 225g rich tea biscuits (milk arrowroot biscuits) | |
| 110g unsalted butter, softened | 110g granulated sugar (white sugar) |
| 110g dark chocolate | 1/2 tsp butter, for greasing the pan |

Icing:

- | | |
|---------------------------------|------------------------------|
| 225g dark chocolate for coating | 25g chocolate for decoration |
|---------------------------------|------------------------------|

Method

Lightly grease a 15 cm x 6 cm cake ring with butter.

Break each of the biscuits into almond-size pieces and set aside.

Combine the butter and sugar in a large bowl until the mixture starts to lighten. Melt dark chocolate and add to the butter mixture, stirring constantly. Fold in the biscuit pieces until they are all coated with the chocolate mixture.

Spoon mixture into the prepared cake ring, filling all the gaps on the bottom of the ring because this will be the top, when it is unmoulded.

Chill the cake in the refrigerator for at least 3 hours.

Meanwhile, melt the dark chocolate for coating in a double boiler, or saucepan on the stovetop over a low heat.

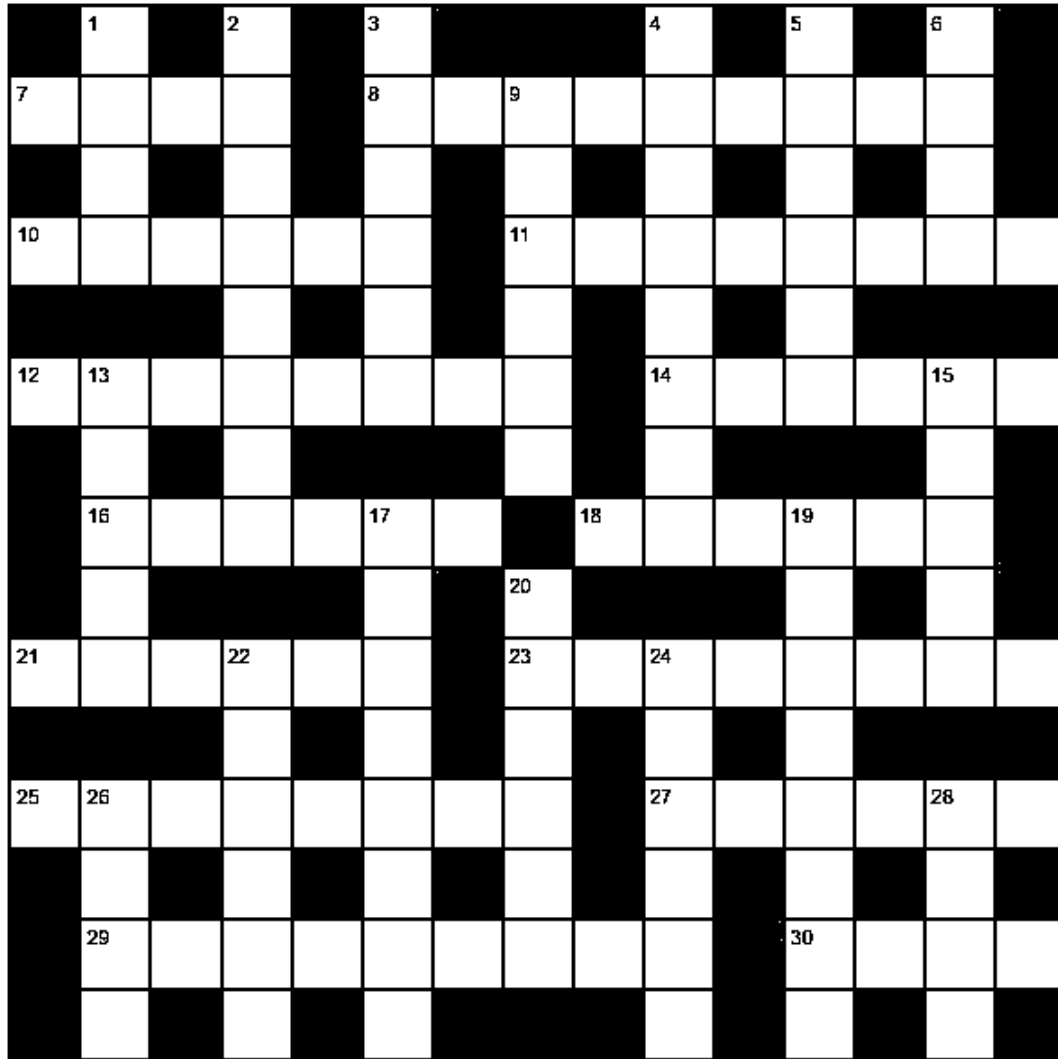
Slide the ring from the cake and turn it upside down onto a cake wire. Pour melted chocolate over the cake and smooth the top and sides using a palette knife. Allow the chocolate to set at room temperature. Melt the remaining chocolate and use to decorate the top of the cake.

TALKING TEASERS!

ANAGRAM PUZZLE

An anagram is the result of rearranging the letters of a word to produce a new word. The objective is to complete the puzzle by rearranging the clues into their anagrams.

Solution in next week's Bulletin



Across

- 7. COIF (4)
- 8. GRENADINE (9)
- 10. BORATE (6)
- 11. RECLINES (8)
- 12. STEAMIER (8)
- 14. INLETS (6)
- 16. TAILED (6)
- 18. VASTER (6)
- 21. MARBLE (6)
- 23. STINGRAY (8)
- 25. REPEATER (8)
- 27. LONGED (6)
- 29. RESIDENTS (9)
- 30. CASK (4)

Down

- 1. LOOP (4)
- 2. TORTILLA (8)
- 3. ANTLER (6)
- 4. AILMENTS (8)
- 5. ALIGNS (6)
- 6. GORE (4)
- 9. ISSUED (6)
- 13. AIMED (5)
- 15. RENTS (5)
- 17. ITERATES (8)
- 19. SOLITARY (8)
- 20. STARES (6)
- 22. SERBIA (6)
- 24. GRADER (6)
- 26. DYED (4)
- 28. ACHE (4)