



# Weekly Bulletin

Friday 7 May 2021

## CLUB CLIPBOARD

### TIMETABLE

Monday 10 May – Sunday 16 May

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 10 May	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba - TSC
	10.00 am	iPad SIG - TSC
	10.30 am	'Graphites' - GC
	10.30 am	Movt & Memory - TSC
	2.00 pm	Social Bridge - GC
	5.15 pm	Yoga - TSC
Tues 11 May	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	9.30 am	LL Cycling Group
	9.30 am	Euchre - GC
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 12 May	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 13 May	9.30 am	500 (cards)- GC
	<b>*will be held</b> 10.00 am	Android SIG – TSC *
	12.45 pm	Lakeside Art Gp - TSC
	1.00 pm	Mah-jong - GC
	1.15 pm	Lawn Bowls
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
Fri 14 May	9.15 am	Tai Chi - TSC
	10.00 am	Cycling Group
	10.30 am	'Drop in'– IT Hub, TSC
	11.45 am	Sit n Be Fit - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
Sun 16 May	9.20 am	Walking Group

**Monday – 10 May – 10.30 am**  
**'GRAPHITES' – Drawing Group**



The Drawing Group was formed from members who enjoyed the first Drawing Workshop late last year with Catherine Alexander.

They decided to continue to meet at the end of the course and now get together on 2<sup>nd</sup> and 4<sup>th</sup> Mondays each month in the Grevillia Room in Gumnut Cottage.

The group have also decided to call themselves the 'Graphites'!

**Friday – 14 May – 10.30 am**  
**IT HUB – 'Drop In' Session**



We are holding a morning **'Drop In' Session** on **Friday 14 May** from 10.30 am – 11.30 am where you can bring in your device problem and together, we will work on finding a solution!

These sessions are informal. If you need help with anything, i.e., downloading the CBR App, establishing emails, we will endeavour to help you.

The Hub is now open for use as well, hours 9.30 am – 2.30 pm with hourly bookings made via the Club Office. For your information, operational instruction notices are mounted above each terminal.

If you have any thoughts on topics for Information Sessions for the future, please email the office.

*Robert Peresan*

## CLUB CLIPBOARD

### 'TAKE 55' –Coffee, Movie & Theatre Group



#### • **Review - Mamma Mia**

Several members saw *Mamma Mia* on Saturday afternoon at the Q Theatre in Queanbeyan. A Free-Rain Theatre production, it was a fantastic show, woven around songs from ABBA. The large cast had everyone singing the familiar songs along with them and I certainly sang Abba songs on the drive home. A great afternoon!

#### • **Next Meetup – 'June Again' – Wednesday 12 May – 9.00 am**

I have selected *June Again* for next Wednesday's movie at 10.00 am. Once again coffee will be at Cherry Beans, Tuggeranong at 9.00 am. All are welcome to join us for friendly conversation and a great movie.

Pam Hall



In the heartfelt comedy '**June Again**', a twist of fate gives family matriarch June (Noni Hazlehurst) a reprieve from a debilitating illness. Much to their amazement, June re-enters the lives of her adult children, Ginny (Claudia Karvan) and Devon (Stephen Curry) and learns that 'things haven't gone according to plan'. With limited time but plenty of pluck, she sets about trying to put everything, and everyone, back on track. When her meddling backfires, June sets out on a romantic journey of her own and discovers she needs help from the very people she was trying to rescue.

*I have a dream, a song to sing*

TYPICAL ISN'T IT? YOU WAIT 20 YEARS FOR A DAD AND THEN THREE COME ALONG AT ONCE

*Mamma mia, here I go again*

IT'S VERY GREEK

*Somebody up there has got it in for me. I bet it's my mother*

YOU CAN DANCE, YOU CAN JIVE, HAVING THE TIME OF YOUR LIFE  
SEE THAT GIRL, WATCH THAT SCENE, DIGGIN' THE DANCING QUEEN

*Super Trouper lights are gonna find me*

WE DANCED ON THE BEACH, AND WE KISSED ON THE BEACH, AND... DOT, DOT, DOT

*Gimme gimme gimme a man after midnight*

YOU ALWAYS KNEW HOW TO MAKE AN ENTRANCE

*Sing a new song, chiquitita*

SO I SAY THANK YOU FOR THE MUSIC

FOR GIVING IT TO ME

### LITTLE TIPPLE TRIVIA ANSWERS

- Q.1 Shiraz
- Q.2 Grenache Shiraz Mourvedre
- Q.3 Riesling
- Q.4 Hunter Valley Semillon
- Q.5 A famous strip of soil in Coonawarra, which produces fantastic Cabernet Sauvignon
- Q.6 Tasmania
- Q.7 Margaret River
- Q.8 Yarra Valley
- Q.9 d'Arenberg
- Q.10 Goulburn Valley



## **DATES FOR YOUR DIARY!**



### **ACRYLIC ART WORKSHOP**

**Saturday – 29 May – 10.00 am**

The next workshop with Maria Polmeer is called

#### **THE STUFF OF DREAMS**

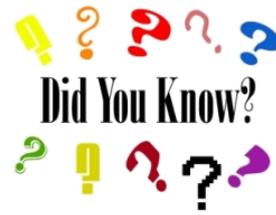
This time we will venture into **GOLD** and produce a work that you will want to hang on your bedroom wall!!

It will be held on **Saturday 29 May 2021** commencing at 10.00 am to 1.00 pm.

Numbers are limited so register your interest by **Friday 21 May** at the Club's office with payment of **\$50.00** (which covers materials used).

See noticeboards for full details.

*Anne Meade*



### **SUNDAY TRIVIA**

**Sunday – 30 May – 2.00 pm**

It's time to put on your thinking caps again. Our Sunday fun trivia will return on Sunday 30 May starting at 2.00pm.

Our special theme for the occasion will be *Pastimes* - something most of us would have had experience with during those early days of COVID. Questions will cover a wide range of pastime activities including hobbies, games, crafts, arts, TV, music, movies and hopefully, your favourite pastime. Questions may include picture quizzes, music and movie grabs all projected on our big screen.

There will be plenty of prizes to be won and each member of the winning team will receive our special "Smarty Pants" certificate. Afternoon tea will be provided, and the occasion will also see the return of our chocolate prize wheel.

Why not organise a team with friends and/or family or just come along and join your fellow club members for a fun afternoon's activity? Why not add a bit of fun and bring along your favourite game or hobby and decorate your team table?

Our normal \$4.00 fee will apply and remember that the public car park is free on Sunday so there is no need to worry about parking.

I hope you will be able to join us for a fun and friendly afternoon's club activity.

*Norm Swanwick*

### ***DID YOU KNOW?***

Around 5,000 years ago, gold played an important role in ancient Egyptian mythology, and was prized by pharaohs and temple priests alike.

In time, artists started using gold in their creations, initially as the base metal itself, but then using minute amounts, which when mixed with other elements or glass, created a vivid range of colours. The bright reds visible in stained glass windows in many early European churches and cathedrals used gold nanoparticles.

Another great example of the early use of gold nanoparticles was in the creation of the Lycurgus Cup in the 4th century, which changes colour depending on the direction from which light shines on the vessel.

# CELEBRATING MOTHER'S DAY

## MOTHER'S DAY TRADITIONS AROUND THE WORLD

Almost every country around the world has a day specifically dedicated to mothers. They are scattered throughout the year and although they can be similar, most Mother's Day holidays were born out of different historical events and each has its own cultural significance.

### **United Kingdom: A Church Custom**

Mothering Sunday (commercially Mother's Day) is celebrated on the fourth Sunday of Lent. This tradition started back in the 16<sup>th</sup> century when poor children were given a day off work to go home and honour the Virgin Mary at their "mother church". The children would often pick flowers to give to their mothers and bake special cakes called Mothering Cakes or Simnel Cakes.



### **India: 10-Day Festival**

Each October, Hindus honour Durga, the goddess of mothers, during the 10-day festival known as Durga Puja. The celebration is thought to date back to the 16<sup>th</sup> century and is considered both a religious ceremony and a time for family reunions.



One story tells of Durga returning to her parents' home to show off her own children. Families spend weeks preparing food, gathering gifts, and decorating their homes for the festival.

### **Ethiopia: Sing Along!**

The Antrosht festival, observed at the end of the rainy season in early fall, is dedicated to mothers. After the weather clears, family members from all over the country flock to their homes for a large meal and



celebration. Daughters traditionally bring vegetables and cheese, while sons supply meat. Together, they prepare a meat hash and sing and perform dances that tell stories of family heroes.

### **Peru – Honouring the Dead**

In Peru, the week leading up to Mother's Day, known as **Día de la Madre**, involves many large meals, celebrations and performances to honour the mothers in each community. Then, on the second Sunday in May, families spend the day at the cemetery, gathering around the graves of female relatives and spend the day cleaning and decorating to honour them.



### **France: Medals for Mothers**

The French Mother's Day, also known as **Fête des mères** originates from the Napoleon era. In 1806, the French emperor decided to establish a special day dedicated to the mothers of large families. This tradition was revitalised during the First World War, when mothers of four or five children were given medals. Mother's Day was officially recognised by the French government in 1929. In 1941, the French Vichy government chose the last Sunday of May as the official Mother's Day date when the holiday is celebrated unless Pentecost falls on that day—in that case, it is celebrated the following Sunday. Traditionally, the day is celebrated with a large meal and small gifts.



The Mother's Day traditions may vary; no matter how or when it is celebrated, it simply serves as a reminder of what all mums do for their families every single day and the honour, they deserve because of it!

