



# ‘Tugg Talks’ Weekly Bulletin Friday 19 May 2023



## CLUB CLIPBOARD!

### TIMETABLE

Sunday 21 May – Friday 26 May

\*GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 21 May	9.20 am	Discover Canberra WG
Mon 22 May	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 23 May	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	9.45 am	Garden Gossip Bot Gdn
	10.00 am	Pool – Beginners - GC
	10.30 am	Heart & Soul -TSC
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
Wed 24 May	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 25 May	9.30 am	500 Cards- GC
	10.00 am	Shutterbugs - TSC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	1.00 pm	Reading Group - TSC
	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga - TSC
Fri 26 May	9.15 am	Tai Chi – TSC
	9.30 am	Pitch n Putt
	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
	3.00 pm	Uke 55 - GC

### READING GROUP

**3<sup>rd</sup> Thurs – 1.00 pm**

The Reading Group  
will be meeting on

**Thurs - 25 May**

this month due to Club closure.



### ‘TAKE 55’

### MOVIE/COFFEE GROUP

**Wed – 24 May – 10.00 am**

We had a lovely time at Cherry Bean on Wednesday, with 24 people joining us.

The Book Club movie was a really good movie, everyone really enjoyed it.

As there is not a movie on Wednesday 24<sup>th</sup>, we will meet at the Vikings Club for coffee at 10.00 am.

Everyone is welcome for good company, coffee, and conversation! *Pam Hall*



## **CLUB CLIPBOARD!**

### **'TUGG CHUKKERS' PETANQUE GROUP**

**Thursday – 25 May – 10.00 am**

Tugg Chukkers on 11th May was again visited by great weather.

I'd like to think that the PR is finally working but it may be down to the club being closed and people casting about for an activity, that fifteen players turned up on this great morning.

We had four games going simultaneously with much excitement and banter and of course chocolate cake (cook was in a good mood that day). Some new players came on board and enjoyed themselves.

Our next Tugg Chukkers will be held on Thursday 25 May commencing on the piste near the Club at 10.00 am, weather permitting. Spare boules will be available for those without.

*Andrew Rankine*

*Photos courtesy of Mary Argall*



*A 'piste' with a view*



*Eating cake (this time chocolate)!*

### **SHUTTERBUGS – CAMERA GROUP**

**Thursday - 25 May – 10.00 am**



Our next meeting will be held this coming Thursday 25 May starting at 10.00 am. We are a small self-help group where club members have the opportunity to bring along their smartphones or digital cameras and any questions they may have about their camera's operation or any other aspect of photography. One or more of our group will be only too pleased to assist. It's a form of help desk and is also a great forum for the exchange of ideas, experiences and knowledge on all matters relating to this fun hobby.

We don't have a formal agenda for our meetings as we just take each meeting as it comes and discuss whatever members would like to know more about. We may take a look at some informative basic photography videos, maybe a more formal but brief talk on some aspect of camera operation or photography in general, discuss a recent project or maybe plan a future outing or club exhibition. There is also the opportunity to bring along any photos you may like to show us and if you wish, invite comments on them. These can be either on a USB memory stick or normal hard copy prints.

It doesn't matter if you are a beginner or an experienced smartphone/digital camera user as everyone is welcome to join us. So why not come along to one or more of our meetings every fourth Thursday of the month, grab a cuppa and join us in some friendly and informative discussions on all things about this popular pastime?

*Norm Swanwick for Shutterbugs - "the best ever camera group".*

## **CLUB & COMMUNITY CLIPBOARD!**



### **UKE 55 – UKULELE GROUP**

**Friday – 26 May – 3.00 pm**

The Club's Ukulele group, Uke 55 is meets again this week at 3.00 pm at Gumnut Cottage.

Under the leadership of Garry Owen, Ukemeister extraordinaire, all music and words are projected onto the big screen.

If you have not been for a while, why not dust off your uke and come along and join the fun!

And if you have been wondering what all the fuss is about, why not come and give it a try – you will be made very welcome!







## **The Leaf Collective**

Canberra's street trees provide many important benefits for residents and visitors. Trees planted in our streets and parks help beautify and cool our urban spaces and are a fundamental component of our city-in the landscape character.

However, fallen leaves which enter our waterways are also linked to blue-green algal blooms in Canberra's lakes.

We can all help prevent this happening by picking them up and...

-  putting them in our compost bin
-  placing them in a green waste bin
-  taking them to a local drop off point

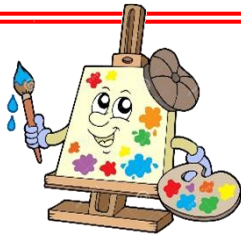
 **The Leaf Collective** has been created by Canberrans and offers community leaf clean-up activities, leaf recycling products and services, how-to composting videos and scientific focused blogs to help you prevent leaf litter from polluting ACT waterways.

They also offer a free leaf bag; these heavy-duty bags are a great solution for keeping fallen leaves and grass trimmings out of gutters and waterways. Plus, they can also be used to store brown matter for composting.

Click on the link for more information and to see if you are eligible to order a free bag: <https://bit.ly/3FBCOlS>



## DATES FOR YOUR DIARY – JAMPACKED JUNE!



### **ACRYLIC ART WORKSHOP**

**Saturday – 3 June  
10.00 am – 1.30 pm**

Our resident acrylic art instructor

Maria Polmeer

has prepared our next workshop

**‘20<sup>th</sup> Century Portrait’**

**Cost - \$55.00**

(includes canvas, brushes and paints)

Numbers are limited  
so book early at the office  
by **Tuesday 30 May 2023**

Payment is required  
at the time of booking

See the poster  
on Club noticeboards  
for further details



### **QIGONG WORKSHOP**



**Saturday – 10 June  
11.00 am – 2.00 pm**

Presented by Tunde, from Tunde-World, this workshop is an introduction to the ancient healing practice of Qigong.

Qigong (or chi kung). Translated as "breath work" or "energy work," this consists of a few minutes of gentle breathing sometimes combined with movement. The idea is to help relax the mind and mobilize the body's energy. Qigong may be practiced standing, sitting, or lying down.

**The Health Qigong' program can help you:**

***Enhance strength and physical balance***

***Increase joint flexibility and repair carpal tunnel syndrome***

***Improve circulation, blood oxygen levels, digestion, and eyesight***

***Support more restful sleep and decrease anxiety***

***Empower yourself to better cope with stress***

**Cost - \$50.00**

**Bookings with payment  
at Club Office  
by Wednesday 7 June**



## CELEBRATING WORLD BEE DAY

Did you know that Australian Native Bees are vital for our food supply and are responsible for the pollination of approximately 80% of the food we eat! Not only that, but they also pollinate one third of the world's flowers. That's why World Bee Day buzzes with excitement to help spread the word about how important bees are!

### What is World Bee Day?

In 2018 the United Nations nominated 20 May as World Bee Day because they wanted to highlight what an important role our bees have in keeping us all fed. They are an essential part of our ecosystem and play a key role in agriculture. Without bees, there would be no fruit, vegetables, nuts, seeds, grains, beans, legumes, herbs, spices, flowers, or, dare I say it, chocolate!

### Fun Facts about Bees

Here are some fun facts about bees that you might not know!

- Bees pollinate one third of the world's flowering plants
- Their 'buzzing' sound comes from them beating their wings 11,400 times per minute
- Worker bees communicate through a series of dance moves, known as the 'waggle dance'
- Only female bees can sting and once they have stung, will die
- Bees have a total of 5 eyes – Two large ones on each side of their head and three very small ones, located between the two larger eyes
- Each bee produces approximately half a teaspoon of honey in their lifetime
- A queen bee can lay twice its bodyweight in eggs each day

As you can see, bees are amazing, and our world would not be the same without them.

On World Bee Day, we can celebrate them by learning about their importance and supporting bee keeping practices.



# TALKING TRASH – BECOME A WASTE WARRIOR!



## Zero Waste Warriors Tub

Supported by



All items must be **CLEAN & DRY** and smaller than a credit card.



### Aluminium (alfoil)

Crush scraps of foil into a ball (minimum golf ball size).



### Batteries

Any type of small single-use or rechargeable household battery (AA, AAA, C, D, button etc) Tape over 6v/9v terminals to prevent fire.



### Corks

Any size/type from glass bottles



### E-waste items

Small electrical items including coiled cables, accessories and devices (reset to factory settings).



### Medicine Blister packs

100% aluminium or 50% aluminium/50% plastic. No Webster packs. Ensure medicine is removed.



### Metal Fasteners &

### Scrap Pieces

Small metal items including nails, screws, nuts, bolts, washers, keys, brackets, off-cuts etc



### Metal Lids

Any size/type from small glass jars and small/large bottles including beer, wine, champagne.



### Office Supplies

Magnetic small items such as paperclips, staples, clips



### Metal ring pulls

Any size/type from aluminium & steel cans



### Metal Twist-Ties & Wire

Paper or plastic coated metal twist-ties and small volumes of coiled metal wire

### Moisture Absorbers

Small desiccant or silica packs. (Repackage if original pack is split.)



### Plastic bread tags

Tag test: cardboard bread tags can be folded or torn in half and can be composted or discarded



### Plastic bottle Lids

Milk, soft-drink and water bottles only. Remove and discard foam inserts.



### Yoghurt pouch lids

Larger kid-safe lids from squeezey pouches not smaller toothpaste tube type lids.



### Rubber bands

Clean and in reusable condition eg flexible elastic, not dried, cut or snapped.

[Lids 4 Kids](#) now collect more than just recyclable plastic lids - they can recycle lids numbered to In fact, the founder, Tim Miller, will find a way to recycle almost anything as the poster above shows.

Plastic bottle tops are shredded and re-purposed to make bench seats, among many other items. So, let's help Canberra become a ZERO WASTE city and bring along your clean, smaller than a credit card, recyclable items to the TSC office.

**There will be a container in the office** for you to deposit any of the detailed items and they will be delivered to the Lids 4 Kids warehouse in Fyshwick. *Anne Meade*





# Wholesome & Extra Crunchy Honey Joys with Nuts

*This healthier version of honey joys still includes classic cornflakes, but with added slivered nuts for extra protein and crunchiness, and no added caster sugar. Using just 7 ingredients, they're easy to prepare and make for a delicious snack.*

### Ingredients:

- 60 g butter
- 3 tbsp runny clear honey
- 2 cup cornflakes
- 1 cup flaked almonds
- ½ cup cashews (chopped)
- 4 tbsp sesame seeds
- Pinch of salt

### Method:

1. Heat oven to 150 degree Celsius. Line a 12-case muffin tray with muffin cases.
2. Add to a large mixing bowl the chopped cashews, flaked almonds, sesame seeds, corn flakes and salt.
3. In a saucepan over a low heat, melt together the butter and honey. Pour over the dry ingredients mix, using a spatula to mix well to evenly coat.
4. Evenly distribute the mixture into the muffin cases. Pat down and compact the mixture with the back of a tablespoon as you go. Ensure good pressure when you do this!
5. Bake in the preheated oven for 10-12 minutes or until lightly golden.
6. Remove from oven and stand for 10 minutes. Carefully lift out each muffin case and place on a plate or tray. Put into the fridge for 1 hour for butter-mix to solidify and harden. Transfer into an airtight container and store in the fridge.

### FUN FACT FRIDAY!

To make one kilogram of honey, bees need to make approximately 150,000 flights, covering between 150,000 and 450,000 kilometres (that's up to 4 times the earth's circumference!), and visit more than ONE MILLION FLOWERS!



# TALKING TEASERS!



## 'SAVE THE BEES' WORD SEARCH

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

NATIVE BEE  
 FLOWER  
 WAGGLE DANCE  
 SMOKER  
 QUEEN  
 BEE KEEPER  
 SWARM  
 STINGER  
 HONEY BEE  
 NECTAR  
 WAX  
 VARROA  
 DRONE  
 POLLEN  
 HIVE  
 BROOD  
 WORKER

Solution in  
 next week's  
 Bulletin

## Pyramid Addition

SOLUTIONS

