



Weekly Bulletin

Friday 17 June 2022

TIMETABLE

Monday 20 June – Friday 24 June

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 20 June	9.30 am	Bolivia - GC
	9.30 am	Zumba - TSC
	9.30 am	Crafty Corner - GC
	10.30 am	M 4 M - TSC
	1.30 pm	Table Tennis - TSC
Tues 21 June	2.00 pm	Improvers Bridge - GC
	4.30 pm	Yoga - TSC
	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Beginners Pool - GC
Wed 22 June	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
	1.15 pm	Seated Yoga – TSC
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Ten Pin Bowling
	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
Thurs 23 June	2.45 pm	Line Dancing-Imp – TSC
	9.30 am	500 (cards)- GC
	10.00 am	Social Pool - GC
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
Fri 24 June	3.30 pm	Social Bridge – GC
	3.45 pm	Yoga – TSC
	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



WHAT'S ON THIS WEEK!

Wednesday – 22 June – 10.00 am
'TAKE 55' Movie/Coffee Group



I am sorry I missed this morning's Coffee get together everyone, but a small group had a lovely time chatting over coffee.

As we are still waiting for a movie worth seeing, and "Elvis" doesn't start until Thursday 23, we will meet for coffee at Vikings Club Tuggeranong again on Wednesday 22 at 10am. A couple of us have lunch at the Club after the coffee meetup, and they have good specials on Wednesdays. Everyone is welcome to join us for coffee and lunch afterwards if you would like to.

Pam Hall

A GAME OF POOL – BEGINNERS & EXPERIENCED

Our "Pool" activity is now up and running with "Come & Try Beginners" sessions held **each Tuesday morning** and our more experienced players meet on **Thursday mornings** with both sessions commencing at **10.00 am at the Cottage**.

If you are a beginner and never played before, John Williamson will be only too happy to explain the game and give you some tips or maybe you are a bit rusty and need a refresher before joining the more regular players. It's a great social game, so why not come along and have a go!

The Pool Team

WHAT HAS BEEN HAPPENING!



FOLLOW UP – NORDIC WALKING INFORMATION SESSION

Andrea and I would like to extend a big thank you to everyone for coming out on a seriously 'Nordic' Canberra day last week to hear about Nordic Walking!

As promised, we are very excited to offer you a discounted course rate to celebrate the launch of us finally kicking off our Nordic Walking courses in beautiful Tuggeranong.

The link below will take you to a private web page created especially for the Tuggeranong Plus 55 Club with a range of courses that have the 15% discount applied – just for Tuggeranong Plus 55 Club members for courses in June and July. *(We kindly ask that you don't share this link/page with others who are not members of Tuggeranong 55 Plus Club).*

On your private booking page, you will find the following course options:

- 4 small group courses which will all be held on Tuesday 21st, Thursday 23rd and Tuesday 28th June
- Your own ready-made group of between 3 and 5 people (dates and times to be arranged)
- A couples or mates course of 2 people only (dates and times to be arranged)
- Private course – one on one (dates and times to be arranged)

Fitness level for the general courses

Please note that the 4 small group courses are for people who are moderately active and don't have any major health or mobility problems. Our Nordic Walking for Fitness courses are not strenuous – if you are fit enough to walk around a shopping centre for 30 minutes, you are fit enough for our Nordic Walking for Fitness courses.

Link to Tuggeranong 55 Plus Club private booking page:

<https://www.capitalnordicwalking.com.au/collections/tuggeranong-plus-55-club>

Nordic Walking for balance and mobility

If you do have significant balance or mobility challenges, or other health conditions that make it difficult for you to walk easily or far, or you are at risk of falling, then we strongly recommend that you consider doing our Nordic Walking for Balance and Mobility course – Assessment and Initial Lesson – one on one. You can apply to do this course here and we will get back in touch to sort out dates and times.

<https://www.capitalnordicwalking.com.au/collections/nordic-walking-for-balance-mobility/products/nw-for-balance-mobility-initial-assessment-lesson>

We will ensure that the 15% discount is applied at the time of booking

What happens after you book the course?

Once you have booked and confirmed your course you will receive a welcome email with details about the course including links to handouts about logistics – what to wear and bring, where the course will be held, etc, and importantly a link to a health questionnaire that we need you to complete before you start to course, please.

We are looking forward to introducing you to the many wonders of Nordic Walking very soon!

Kristen and Andrea

Email: kristen@capitalnordicwalking.com.au Website: www.capitalnordicwalking.com.au

WHAT'S COMING UP – BE CREATIVE!

BANISH THE WINTER BLUES!

Come to a Fibre Workshop!

Catherine Alexander has been sharing her artistic knowledge since 2017 through her Lakeside Watercolour group and her ten week Drawing Technique Workshops. But Catherine is a woman of many talents and interests, and she has offered to hold two workshops for Club members involving paper and fabric dyeing.

Both weekend workshops will be held at Gumnut Cottage and are limited to **10 attendees per workshop**.

**The cost per workshop is \$80 and all materials will be provided.
Booking with payment through the Club Office.**



Eco Printing

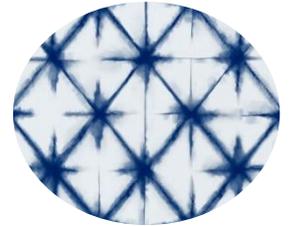
Saturday July 2 – 1.00 pm – 4.00 pm

Sunday July 3 – 10.00 am – 12.00 pm

What is Eco Printing?

It is a form of natural dyeing where the colours from leaves, flowers and other plant material are transferred to paper or fabric via steaming or boiling. Versions of this print technique have been around for centuries, perhaps longer. Eco Printing as we know it, was created by Australian textile designer, artist, and author India Flint. She lives on a farm in rural South Australia, researching plant dyes, making artworks and planting trees.

Catherine's technique is simple and effective, with the process spanning over two half days to allow the time for your works of art to cool. And you will take home individual pieces good enough to frame!



Shibori

Saturday Aug 20 – 10.30 am – 3.30 pm

What is Shibori?

Shibori is a Japanese dyeing technique that typically involves folding, twisting or bunching cloth and binding it, then dyeing it in indigo. Whatever is used to bind the fabric will resist the dye, resulting in areas of the cloth that take the distinctive blue dye in patterns created by the resistance, and other areas of the cloth that remain white.

The simple folding technique has individual stunning results, and you will take home two pieces large enough to make cushion covers as well as a lovely soft cotton scarf.



WHAT'S COMING UP – BE SOCIAL!

A CHARMING RURAL ESCAPE! THURSDAY – 28 JULY

On Thursday 28 July, we are going to enjoy a slice of country tranquillity when we escape to the picturesque village of Bungendore. A cosy lunch at The George at the Lake George Hotel will await us and the menu selection below is designed for 'inner' warmth, complimenting the dining room's feature fireplace.



Please choose from the following:

- 1 - Beef Sausages, three country-style beef sausages, mash, vegetables, onion jam and gravy (GF)
- 2 – Grass fed Black Angus, Black Ale and Mushroom Pie with mash potato and seasonal vegetables
- 3 - Traditional Spaghetti Bolognese beef mince ragu, Bolognese sauce, parsley and parmesan
- 4 - Beer Battered Fish and Chips, double hake fillet with house chips, salad, lemon and tartare sauce (GFA) (DF) *May contain bones*.
- 5 - Beetroot and Goats Cheese Salad, cous-cous, sundried tomato, pecan, rocket, raisins, balsamic (N)

There will be time before and after lunch for a stroll around Bungendore's many heritage-listed buildings and we will provide you with a town map as a guide.

Leaving from the car park near the Burn's Club in Kett Street, Kambah at 10.00 am, we will be travelling again with Horizon Coaches. The day will not be too long as we will return around 3.00 pm.

Cost is \$55.00 which includes lunch.

Bookings with payment and menu choice by Thursday 14 July.



DISCOVER CANBERRA WALKS!

TUMBARUMBA & TUMUT

In early May, 22 members of the Club's walking group went to Tumbarumba and Tumut for 5 days. And there was much to see in these two towns which were affected by the 2019-20 bushfires.

Monday - our first stop was the Long Track Pantry in Jugiong for morning tea before continuing on to Tumbarumba. After a quick lunch in town, we visited the Paddys River Falls which, due to the recent rain, had plenty of water cascading over the rocks. Back into town to our motels. Chinese dinner that night at the Bowling Club.

Tuesday - the Pioneer Women's Hut Museum is one of the best and most unusual small museums in Australia. It has several wonderful display areas such as the Heritage Quilt Room, a machinery shed of old farming implements used by the pioneers of the district, the Button Hut housing one woman's collection of buttons acquired over a number of years, as well as a magnificent display of cottage crafts.



The views of the surrounding area were spectacular. AND they serve the most delicious Devonshire teas!!!



Next stop was Braymont Gardens, a private garden created from a bare cow paddock. It now contains a large dam complete with ducks, an island and bridges; there is a bridal walk, bar and barbeque fire area; various garden rooms, and numerous seats to rest on and enjoy all the gardens have to offer.

Miniature South African Meatmaster Sheep, Miniature Dunn Cattle and crested Indian Runner Ducks roam through the gardens. Ringneck Doves are bred to be released for wedding ceremonies in the tree church.



*Percy the Peacock
- made of blue bottles*

The Garden Cafe served delicious light lunches and surprisingly, we still had room for a pub meal that night!!

Wednesday dawned cold and wet as we drove to Batlow with a stop at Wilgro Apple Orchard for morning 'sustenance'. Many of us purchased apples and/or cider before continuing on to Tumut. A quick change of plan due to the continuing rain – we had a talk on boutique breweries and a tour of the Tumut River Brewery, followed by delicious pizzas. A few 6-packs of various beers and ciders were also purchased.

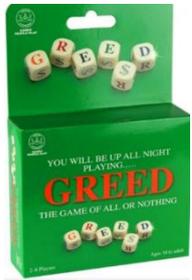
Leaving the brewery we drove to Thomas Boyd Track Head, (part of the Hume and Hovell Track) on the Goobragandra River. As the track was very soggy, we walked round Flat Rock Campground then went back to town and checked into the Ashton Motel. The restaurant at the motel looked a little 'too classy' for us so went to the Woolpack Hotel. The group had lunch there in April 2021 on one of our many pub lunch days out and knew the food was good.

DISCOVER CANBERRA WALKS!

Thursday saw us walking round town and along the Tumut River, with morning tea at the Harvest Café before continuing to the Peace Labyrinth and back to the motel. The more adventurous of us returned to the Goobragandra River, crossed the swing bridge and walked to the track head to waiting transport. The remainder drove to Blowering Dam, famous as the site of the world water speed record set by Ken Warby in October 1978, when he drove his motorboat racer, *Spirit of Australia*, at 511.10 kms per hour. We had a picnic lunch on the shores of the dam then walked across the wall of the dam. Dinner that night was in another pub which specialised in Thai food – it also received the ‘thumbs up’!! We have always found that country pubs and clubs offer good, reasonably priced meals.



Friday and it was time to pack up and head back to Canberra, but not before we strolled through Alex Stockwell Gardens. This natural water course has been developed into a thriving garden next to the bowling club.



Each day during ‘free time’ prior to dinner, the games came out. Carmel introduced us to *Greed* which four of us played. I bought it for myself as soon as we returned to Canberra! Come along to the monthly Saturday afternoon games and see why we became addicted to it.

Ken led us on a scenic drive on back roads from Tumut to Jugiong where we stopped for lunch before being back in Canberra just before the 5.00 pm ‘rush hour traffic’.

The name ‘**DISCOVER CANBERRA WALKS**’ came about because on most of our twice-monthly Sunday walks the route/destination is new to one or more of the members. However, as you can see from the above, we do not limit ourselves just to Canberra. We have had eight trips of 2, 3 or 4 nights away, ranging from the Snowy Mountains, the NSW South Coast and inland to Forbes, Dubbo and Bathurst.

Now for something a little closer to home – a Sunday walk from the picnic area at Cotter Dam. We followed the Cotter River and then Paddys River (not the same one as in Tumbarumba!!). Both rivers were flowing rather swiftly and there was no way we could walk across Paddys River Crossing.



Paddys River Crossing

We saw, very clearly, the confluence of the two rivers – not as spectacular as that of the Darling and Murray Rivers!



On the track beside the Paddys River

On the return we detoured on a cleared, well-made stepped track to the Cotter Caves. In the 1930s and 40s the Margules family conducted tours of the caves.

However, the entrance is locked now as vandals caused damage to the formations, making the caves unsafe and drove a colony of bent-wing bats away. In recent years the bats have returned to the caves and are no longer disturbed.

While marble is the most common geological feature, there are some 83 different minerals in the area but none in any quantity sufficient to warrant mining them.



THE GROUP

On returning to the Cotter Reserve carpark, we enjoyed a picnic lunch. It was a calm, mostly sunny day, ideal for walking and a picnic and a ‘jolly good time was had by all’.

Anne Meade

A LITTLE 'COOL' HUMOUR!

Cold is Relative

- 10 degC - Melbournians turn on the heat. People in Canberra plant gardens.
- 4 degC - Sydney residents shiver uncontrollably. People in Canberra sunbathe.
- 2 degC - Italian cars won't start. People in Canberra drive with the windows down.
- 0 degC - Distilled water freezes. Canberra water gets thicker.
- -7 degC - Sydney people wear coats, gloves, and wool hats. People in Canberra throw on a T-shirt.
- -9 degC - Queenslanders begin to evacuate the state. People in Canberra go swimming.
- -18 degC - Melbourne landlords finally turn up the heat. People in Canberra have a last barbeque before it gets cold.
- -23 degC - People in Perth cease to exist. People in Canberra lick flagpoles.
- -29 degC - Sydney people fly away to South Pacific islands. People in Canberra throw on a light jacket.
- -40 degC - Darwin disintegrates. People in Canberra rent videos.
- -51 degC - Mt. Hotham freezes. Canberra Girl Guides begin selling Guide biscuits door to door.
- -62 degC - Polar bears begin to evacuate the Arctic. Penguins leave Antarctica. Canberra Scouts postpone "Winter Survival" classes until it gets cold enough.
- -73 degC - Santa Claus abandons the North Pole. People in Canberra put on a coat.
- -114 degC - Ethyl alcohol freezes. People in Canberra get frustrated when they can't thaw their kegs.
- -183 degC - Microbial life start to disappear. Canberra cows complain of farmers with cold hands.
- -273 degC - ALL atomic motion stops. People in Canberra start saying "Cold 'nuff for ya?"
- -296 degC - Hell freezes over. Canberra wins the soccer.





Bean & Bacon Soup

serves 4

A very wintery,
warming soup!

Ingredients

- 2 bacon rashers, rind removed and diced
- 1 brown onion chopped
- 1 carrot diced
- 1 stick celery diced
- 500ml chicken stock
- 1 1/2 cups water
- 1 tsp tomato paste
- 1/2 cup soup mix (mixture of lentils, dried peas, barley)
- 1 400g tin Cannelini beans



#welovesharingfood

Method

- Melt a knob of butter in a heavy bottomed saucepan or casserole dish and gently fry bacon and onion together until soft and golden.
- Add carrot and celery and saute for a few more minutes.
- Add stock, water, tomato paste and soup mix, bring to the boil and simmer gently for 1 hour until the lentils are tender.
- Drain and rinse the cannellini beans and add to the soup.
- Cook for a further 10 minutes.
- Taste, season and serve with fresh parsley.