



# ‘Tugg Talks’ Weekly Bulletin Friday 4 August 2023



## FROM THE FRONT DESK



### • ‘Haircut’ for Photinias

The large Photinias that surround two sides of Gumnut Cottage were given a severe ‘haircut’ recently by local company ‘Prune and Proper’. The shrubs had grown to tree proportions and towered over the outside area of the Cottage blocking much of the sunlight. Now cut to the height of the surrounding fence, the shrubs will become an attractive hedge.



### • Farewell to the large Tub Chairs – Waterview Lounge

Regular users of the Waterview Lounge will have noticed that the large six tub chairs have been removed. The deterioration of the vinyl promoted repair which has not proved satisfactory over time and with the resurfacing of the wooden floor, it was time to bid them farewell. Six chairs from Gumnut Cottage have been brought down to take their place and some smart grey and white cushions have helped to make them a more comfortable ‘sit’. Lighter and much easier to move, they also take up less space.

And the wooden table that has been moved from the entry into the lounge, now has a jigsaw just waiting to be worked on!

The lounge is a warm and welcoming space during these cold winter months often bathed in sunlight. It is used as an activity space on some days, but often is not, so please feel free to make a cuppa and stay awhile.



### • Mission Statement

The Management Committee has endorsed the following as the Club’s Mission Statement:

#### **Our Purpose / Mission**

To deliver meaningful and enjoyable activities for senior members of the community

#### **Our Vision**

To promote physical and mental wellbeing within a safe and friendly environment

#### **Our Values**

Respect, collaboration, integrity, and compassion



Committee member, Steve Walmsley, has produced a printed copy, which is currently placed in the main building’s foyer.

# CLUB CLIPBOARD!

## TIMETABLE

**Sunday 6 Aug – Sunday 6 Aug**

\*GC Gumnut Cottage    \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 6 Aug	9.20 am	Discover Canberra WG
	2.00 pm	Sunday Bingo - TSC
Mon 7 Aug	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	9.30 am	Zumba - TSC
	10.30 am	Mov 4 Mem - TSC
	1.30 pm	Table Tennis - TSC
Tues 8 Aug	2.00 pm	Improvers Bridge - GC
	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	LL Cycling Group
	10.00 am	Garden Gossip - GC
	10.00 am	Pool – Beginners - GC
	10.00 am	Bridge – Beginners - GC
	10.30 am	Heart & Soul - TSC
	1.00 pm	Mah-jong – GC
	9.30 am	Cribbage – GC
Wed 9 Aug	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	10.00 am	10 Pin Bowling
	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 10 Aug	9.30 am	500 Cards- GC
	10.00 am	Android SIG -TSC
	10.00 am	Tugg Chukkers
	1.00 pm	Mah-jong – GC
	1.15 pm	Lawn Bowls
	3.30 pm	Social Bridge – GC
Fri 11 Aug	3.45 pm	Yoga - TSC
	7.30 pm	Online Trivia
	9.15 am	Tai Chi – TSC
	9.30 am	Pitch n Putt
	10.00 am	Cycling Group
	10.30 am	Seated Yoga - TSC
	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 Ukulele Gp - GC



## **SOCIAL SUNDAY BINGO**

**Sun – 6 August – 2.00 pm**

These Sundays roll around and social bingo is on again this coming Sunday 6 Aug. John and Phil are your hosts for the afternoon with the bingo numbers projected on the big screen.

Social by name and nature, there are lots of groans when just missing out on that elusive last number! The prizes are modest, but the entertainment is priceless! Pens and pads are provided and there is always a delicious afternoon tea on offer - so why not come along and join the frivolity!



**'TAKE 55'**

**MOVIE/COFFEE GROUP**

**Wed – 9 August – 10.00 am**

We had another very nice coffee/ lunch meetup on Wednesday and moving meeting behind the fish tank proved to be a great idea as it was very quiet and comfortable.

On Wednesday 9 August we will again meet at Vikings Club Tuggeranong at 10.00 am (behind the fish tank) as there is not a good movie on the horizon.

Why not come and join us for an enjoyable time!

Pam Hall

## **CLUB CLIPBOARD!**



### **OUR AUGUST SUNDAY TRIVIA QUIZ COUNTDOWN COMMENCES!**

Our next trivia quiz is only a few weeks away and our guest presenters for our August quiz will be club President, Phil Burns and club member, Rob Peresan.

Phil and Rob will be testing our knowledge on a wide range of general knowledge subjects to get our brains ticking over. The format for their quiz will be similar to what we have had in the past with maybe a few tunes and a video clip or two.

There will be eight rounds each of ten questions plus a couple of prize questions where you can win a prize for yourself. There will also be a table quiz sheet your team can work on between rounds while the scores go up on the board. Rob informs me that part of the quiz will also include something new he calls 'The Joker.'

Once again, we will have a couple of door prizes, chocolates for everyone and a great afternoon tea. Why not start organising your team now or just come along on the day and join a team with your fellow club members? Friends and family are always welcome to join us.

So, mark the date in your diary:

**Sunday 27 August starting at 2.00 pm**

The trivia team hopes you will join us for a fun and friendly afternoon Club activity.

*Norm Swanwick on behalf of the Trivia Crew*



### **SHUTTERBUGS CAMERA GROUP TO END MONTHLY MEETINGS**



An end of an era has arrived with the holding of the last Shutterbugs camera club meeting on Thursday, 27 July 2023.

Over the years many members have gathered together to learn and share our skills in photography. In recent years the group has been focusing on providing all club members sessions on all things photographic including creating Photobooks and camera settings, to using your smartphones.

Occasionally these sessions will still be provided under the auspices of members of Shutterbugs when and if there is interest.

Anyway, thanks to all the members of the club who have joined us at times to share our fondness for photography.

*Norm Swanwick and Steve Walmsley*

## **CLUB CLIPBOARD!**

### **Taking a STEP into gardens!**

On Tuesday 1 August, 20 Garden Gossipers were treated to an informative talk about the Southern Tablelands Eco Park (STEP) which is a hidden delight at the Arboretum.



David Shorthouse and Jenny Widdowson, volunteers (STEPPERS) who are key to the garden's success, talked about the establishment of the gardens, the types of plants featured in them and the frog pond/mini wetland that is now a home to several species of native frog.

From bare paddock to a true ecosystem that attracts over 60 species of birds and showcases endemic plants of the region, the gardens have a lovely spot to visit and to learn about what grows and can be grown in our area.

With Wattle Day approaching, it was interesting to learn that the gardens have a "wattle walk" that features 31 of the 34 species that grow in the region. (I was pleased to learn that one of the self-sown wattles outside Gumnut Cottage was a true local, so has been saved from the pruning shears. I also learned the difference between sedge and reeds - something that may come in handy one day at a trivia.)



David and Jenny were generous with their time and were happy to field questions from the audience including what to plant to beat out the evil African love grass and spent time chatting with the group over refreshments (included a fabulous rhubarb and banana cake made by Jill Pietzker).

STEP is a solely volunteer program which relies on donations and small grants. Garden Gossipers generously added their support to STEP by putting donations into dish appropriately decorated with a wattle image.

### **Key Facts:**

STEP, also known as Forest 20, is at the Arboretum, downhill from the carpark <https://step.asn.au/>

STEP volunteers will be hosting wattle walks during September. Details about these walks will be in a future newsletter. David and Jenny advise that the best time to see the gardens in bloom will be mid-Sept and October. The GG'ers are planning a visit to the gardens during this time.

*Mandy Cox*



# TALKING TASTY

## A LITTLE FRIDAY FRIVOLITY!

### **BARBIE BALLS**

What better way to celebrate Barbie-mania sweeping the globe right now than with bright pink, no-bake dessert balls. This recipe is super-easy, combining retro Iced Vovo biscuits with just two more ingredients (yes, one of them is condensed milk!) to create sweet jammy-centred truffles. And of course, they have to be coated in pink chocolate and pink sprinkles - they can be made up to 2 weeks in advance and stored in an airtight container in the fridge.

On trend and a sweet surprise treat for your next gathering!!

#### **Ingredients**

210g pkt Arnott's Iced Vovo biscuits

2 tbsp sweetened condensed milk

2 tbsp raspberry jam

290g pkt white choc melts

Pink food colouring, to tint

Pink sprinkles / Sweetheart sprinkles, to decorate



#### **Method**

- Place the biscuits in a food processor and process until finely crushed. Add the sweetened condensed milk and jam and process until well combined. Transfer to a bowl.
- Line a baking tray with baking paper. Roll heaped teaspoonfuls of the biscuit mixture into balls and place on the prepared tray. Place in the fridge for 30 minutes to chill.
- Place the choc melts in a microwave-safe bowl. Microwave, on medium, stirring every minute with a metal spoon, for 2-3 minutes or until melted and smooth. Add pink food colouring to tint.
- Use a fork to dip the balls into the melted chocolate to coat, allowing excess chocolate to drip off. Return to the tray. Sprinkle with sprinkles to decorate. Set aside for 5 minutes to set. Serve.



## **COMMUNITY BILLBOARD!**



*Save time by booking your visit to Access Canberra in advance*

## **Book in your next visit to Access Canberra**

If a visit to Access Canberra is on your to-do list, you're in luck. Bookable appointments are now available at all Service Centres.

You can book in a visit up to two weeks in advance. Bookings can be made by:

**VISITING THE [ACCESS CANBERRA WEBSITE](#) OR  
BY CALLING 13 22 81**

Bookable appointments were first introduced at the Dickson Specialised Centre in 2022 and after positive feedback from community members, the program has been introduced at the Belconnen, Gungahlin, Woden, and Tuggeranong Service Centres.

By booking an appointment in advance, you can save time and streamline your visit to Access Canberra.

Once you've booked your appointment, you'll receive confirmation via text and email. If you need to reschedule or cancel your appointment, you can use the confirmation text or email to do this.

If you prefer to visit Access Canberra on short notice whenever the mood takes you, don't stress. You can continue to visit Service Centres at Belconnen, Gungahlin, Woden and Tuggeranong without an appointment, you may just have to join a queue.

Remember you can do most Access Canberra transactions online, including car rego renewal, paying parking fines, applying for a birth or marriage certificate and much more.

The only transactions that need to be done in person are registrations that require a photo – driver's licence, proof of identity, or working with vulnerable people card – or for vehicle related transactions such as new or transfer of registration.

