



# Weekly Bulletin

Friday 29 Oct 2021

## CLUB CLIPBOARD

### FROM THE OFFICE

#### **Activities Update**

All activities are returning from Monday 1 November with the following exceptions:

- Zumba & Movement & Memory – returns from Monday 8 Nov
- Euchre – will not be returning
- Family History – returning on Thurs 2 Dec
- Shutterbugs Camera Group – returning early 2022
- Uke 55 Ukulele Group – returning early 2022
- Bunnings Garden Club – uncertain as to reopening - online Garden Corner is the replacement
- Bridge – remains online except Thursday Improvers who are back to face-to-face meetings
- Bingo & Trivia – to be notified

#### **Our COVID Safety Plan remains in place which includes:**

- Check in CBR App
- Hand hygiene and 1.5 social distancing requirements
- **NOT ATTENDING** the Club at any time if you are experiencing any COVID-like symptoms Get tested immediately and do not return without a negative result and undergoing the required quarantine period

#### **The following additions reflect government direction and member duty of care:**

- Face Masks are **COMPULSORY** within the Club premises and please wear it properly. They are required at all times unless engaging in vigorous activity.
- Refreshments are no longer being provided. You will need to bring your own if required (thermos / a cold drink).
- While in the ACT there is no direction regarding attending and vaccination, please respect your Activity Leader or Instructors position regarding this.

We firmly encourage all attending Club members to be FULLY vaccinated, therefore providing a safe environment for us all.

Welcome back!



# CLUB CLIPBOARD!

## ON THIS COMING WEEK!

### **Wednesday – 3 November – 8.30 am INTRODUCTION TO BIRDWATCHING**

Spring is well underway and with all of the rain it is a good season for everything in nature. Birds are no exception, so we can expect to see lots of examples of breeding, as we walk around the foothills of Tuggeranong Hill on Wednesday 3 November. We will meet at 8:30am at the entrance to the nature reserve on the high side of Colquhoun Street, Kambah, on the right just before Bolden Place.

By then we should not need to wear a mask outdoors, but some may wish to do so. Please maintain 1.5 metres physical distance from other participants and don't come along if you are unwell.

It is recommended that you have a pair of binoculars, sturdy walking shoes, bottle of water, hat and sunscreen.

Please contact Lia or Sandra if you intend to come along. Details for Lia:

[liabattisson@grapevine.com.au](mailto:liabattisson@grapevine.com.au),

and Sandra: [shirmax2931@gmail.com](mailto:shirmax2931@gmail.com).

### **Wednesday – 3 November – 9.15 am TAKE 55 – Coffee & Movie Morning**

I have really missed our movie group and getting together for coffee, so I would like to suggest we see "Respect" on Wednesday 3 November at 10.00 am at Limelight. Once again, we will meet for coffee at Cherry Bean at 9.15. am. I am looking forward to seeing everyone.

*Pam Hall*



*Respect is a 2021 American biographical musical drama, based on the life of American singer Aretha Franklin. Starring Jennifer Hudson in the main role, the film follows the first two decades of Aretha Franklin's life,*

*from being born as a musical prodigy to the recording of her influential live album Amazing Grace (1971).*

## TIMETABLE

Monday 1 Nov – Sunday 7 Nov

GC Gumnut Cottage \*TSC Tugg Seniors Centre

Day / Date	Time	Activity
Mon 1 Nov	9.30 am	Bolivia - GC
	10.30 am	Crafty Corner - GC
	5.15 pm	Yoga - TSC
Tues 2 Nov	8.00 am	Active Ex – Men - TSC
	<b>Club Office</b> 9.10 am	Active Ex – W - TSC
	<b>Closed</b> 10.00 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
	Wed 3 Nov	8.30 am
	9.15 am	Take 55–Coffee C'up
	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Ten 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 4 Nov	9.30 am
	10.15 am	Pool Group
	1.00 pm	Mah-jong - GC
	2.00 pm	Book Club - TSC
	3.30 pm	Improvers Bridge - GC
	3.45 pm	Yoga - TSC
	Fri 5 Nov	9.15 am
	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
	Sun 7 Nov	9.20 am



## **DATES FOR YOUR DIARY!**



### **LAKESIDE WATERCOLOUR GROUP**

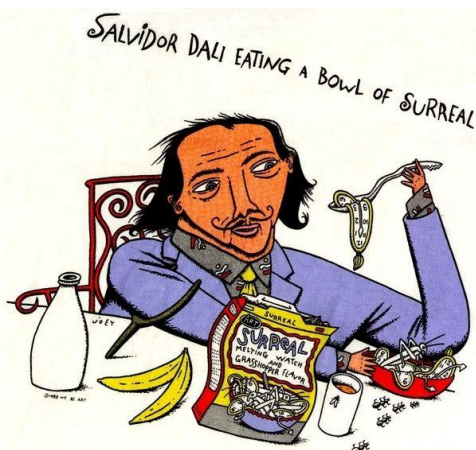
**2<sup>nd</sup> and 4<sup>th</sup> Thursday  
12.45 pm – 3.15 pm**

Art teacher Catherine Alexander  
Watercolour classes are returning from  
Thursday 11 November.

As there will only be three sessions before  
the Christmas break, these weeks will be  
'tasters' and this time have an \$8 session  
fee rather than the normal ten-week term  
fee. These 'taster' sessions will give an  
opportunity to see what happens in  
Catherine's classes

Materials are not provided, so you will  
need a pad of watercolour paper,  
watercolour paints and some brushes (all  
available from Savers Bazaar in Mawson)  
as well as jar for water, paper towel and a  
plate for palate.

There are only 15 places available; please  
register your attendance with the Club  
office (phone 6293 4004 or email  
[tugg55plusclub@gmail.com](mailto:tugg55plusclub@gmail.com)) from Monday  
1 November.



## **ACRYLIC ART WORKSHOP No. 9 with Maria Polmeer**

### **THE COLOURS OF OUR COUNTRY**

**BEGINNERS & CONTINUING  
BEGINNERS**

**SATURDAY**

**27 November 2021**

**10.00 am to 1.30 pm**

**Cost \$55.00**

Bookings and payment at  
the office by

**Monday 22 November 2021**

**Book early to avoid  
disappointment**

**CANVAS & PAINTS SUPPLIED**

**BYO:** jar for water, apron/old shirt,  
towelling rag, paper palettes or  
China plate



## **TALKING TURNIPS?**



### **WHY ARE PUMPKINS CARVED AT HALLOWEEN?**

The jack-o'-lantern has a long history with Halloween, although demonic faces haven't always been carved out of pumpkins.

Their origin comes from an Irish myth about Stingy Jack, who tricked the Devil for his own monetary gain. When Jack died, God didn't allow him into heaven, and the Devil didn't let him into hell, so Jack was sentenced to roam the earth for eternity. In Ireland, people started to carve demonic faces out of turnips to frighten away Jack's wandering soul. When Irish immigrants moved to the U.S. in the 1800s, they began carving jack-o'-lanterns from pumpkins, as these were native to the region.

### **But how did jack-o'-lanterns become associated with Halloween?**

Halloween is based on the Celtic festival Samhain, a celebration in ancient Britain and Ireland that marked the end of summer and the beginning of the new year on November 1. It was believed that during Samhain the souls of those who had died that year travelled to the otherworld and that other souls would return to visit their homes.

In the 8<sup>th</sup> century CE, the Roman Catholic Church moved All Saints' Day, a day celebrating the church's saints, to 1 November. This meant that All Hallows' Eve (or Halloween) fell on 31 October. Traditions from Samhain remained, such as wearing disguises to hide yourself from the souls wandering around your home. The folklore about Stingy Jack was quickly incorporated into Halloween, and pumpkins (or turnips) have been carved ever since.



### **RECYCLING HALLOWEEN PUMPKINS**

So, you have carved a pumpkin. But what can you do with pumpkin after Halloween is over?

#### **You Can Eat It!**

Make a Pumpkin Pie (see below) or turn pumpkin seeds into a delicious and nutritious snack by scooping the seeds from the pumpkin, separating as much of the stringy pulp as possible from the seeds. Place the seeds in a bowl with water and whisk quickly. The seeds will separate from the remaining pulp, and float to the top. Press the seeds with a tea towel to dry them, then place them on a baking tray. Drizzle with olive oil, sprinkle with salt and pepper, and toss to coat. Bake at 170°C (338°F) for 10–15 minutes, or until crunchy.

#### **Feed the Birds**

Attract feathered friends to your yard by turning your Halloween pumpkin into a bird feeder. Just cut a pumpkin in half horizontally, empty the cavity, and fill it with birdseed. Either leave it out as is or hang it from a tree with several lengths of thick twine or rope wrapped under the base.

You can add the pumpkin's seeds to your regular birdseed, too! Rinse and dry the seeds before mixing them in. Don't flavour or salt the seeds; the birds will eat them as is.

#### **Create Compost**

Pumpkins make a great addition to your compost pile! Because they're mostly water, they decompose quickly, but it'll go even faster if you break them apart first. Remember to remove the seeds first so your pumpkins don't root in the pile. If you'd like, you can save them to try your hand at growing your own pumpkins next year. Just rinse the pulp away from the seeds and allow the seeds to dry. Store them in an envelope in a cool, dry place until you're ready to plant.



# TALKING TASTY!

## **CARVING A PUMPKIN PIE FOR HALLOWEEN**



Instead of carving pumpkins for Halloween this year, why not bake them into a pie instead. In America, sweet pumpkin pie is a classic end to a meal, but in Australia it's more common to spot a pumpkin in your roast, not in a dessert of smooth, orange custard and aromatic spices. Try this one and serve with maple cream – it'll be a hit!

### ***For the pastry***

125g chilled unsalted butter  
1/4 cup icing sugar  
1 1/2 cups plain flour  
1-2 tablespoons iced water

### ***For the maple cream***

250ml thickened cream  
1 1/2 tablespoon maple syrup

### ***For the pumpkin filling***

3/4 cup caster sugar  
1/4 cup soft brown sugar  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ginger  
1/4 teaspoon ground cloves  
1/4 teaspoon grated nutmeg  
2 large eggs  
430g butternut pumpkin  
350ml evaporated milk



### ***Method:***

#### ***Prepare the pumpkin:***

Set the oven for 180 degrees. Chop the pumpkin into pieces and roast it for about 30 minutes, or until it's soft and the knife goes through easily. Discard the skins and put the pumpkin flesh in a food processor. Whizz until smooth.

#### ***Make the pastry:***

To make the pastry, cut butter into cubes and pop in the freezer for fifteen minutes to chill. Put the flour, icing sugar and chilled butter in the food processor and pulse a few times until it resembles breadcrumbs. Add 1-2 tablespoons of chilled water and pulse until it's just clumping together, and then tip into a bowl. Press mixture together gently into a disc then pop into the fridge for 30 minutes. Once chilled, roll out mixture between two sheets of baking paper, then place into a lined pie dish. Push the dough against the sides of the dish, trim the excess and crimp the edges. Put in the freezer for 15 minutes. Preheat oven to 220 degrees.

#### ***Make the filling:***

Mix together sugar, salt and spices. Whisk eggs, then add to pumpkin puree with the mixed sugar and spice. Once combined, gradually pour in the evaporated milk and mix until smooth.

Pour filling into chilled pie shell, then place pie on middle oven rack and bake for 15 minutes. Reduce oven temperature to 170 degrees, then rotate pie 180 degrees, so that the part that was facing the back of the oven is facing the front. Bake for another 20 minutes, or until a knife inserted near the centre comes out clean. If the crusts start to get too brown, cover the edges with tin foil.

Transfer pie to a wire rack and let cool for two hours, and then serve with maple cream.

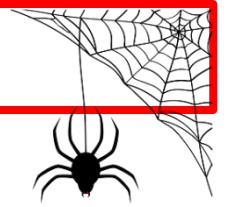
#### ***To make maple cream:***

Whip together the cream and maple syrup until soft peaks form.





# TALKING TEASERS!



## HALLOWEEN WORD GAME

The answers to the following clues can all be found in the letters of **HALLOWEEN**.

	Questions	Answers
1	A circle of light around the head of a holy person	
2	To permit	
3	A female sheep	
4	Solitary - by oneself	
5	A building or large room used for meetings, or other events	
6	A snake like fish	
7	To make holy or consecrate	
8	A narrow street or alley	
9	Not old - of recent origin	
10	A single unit only	
11	A very large marine mammal	
12	The back part of the human foot below the ankle	
13	Be in or move into a sloping position	
14	In an unbroken or undamaged state; in one piece	
15	An area of short, regularly mown grass in the garden	
16	Absent from where one should be but without intent to desert	
17	Any beer other than lager, stout, or porter	
18	Withdraw gradually from a mother's milk	
19	Nocturnal bird of prey	
20	'Hello' in Spanish	

Double, double, toil and trouble;  
Fire burn, and cauldron bubble.  
Cool it with a baboon's blood  
Then the charm is firm and good.  
By the pricking of my thumbs  
Something wicked this way comes.

This is an excerpt from  
'Songs of the Witches'  
Which famous play  
is it from?



**Answers – next week**

# COMMUNITY BILLBOARD!

## FOUND AN INJURED NATIVE ANIMAL?

- Dead female possums, gliders, kangaroos, wallabies & wombats: check the pouch for a joey.
- Orphaned joeys should be kept warm and wrapped, do not give milk.
- Contain injured birds in a box, keep orphaned birds warm.
- If possible, take to a wildlife carer.
- Do not put yourself in danger.
- In all cases, if you are unsure, call for advice:

ACT Wildlife **0432 300 033** all species except kangaroos

Environment ACT via Canberra Connect 132 281 for kangaroos / snakes

RSPCA Wildlife (02) 6287 8100



### Wildlife Stress

All wildlife can die from stress, sometimes without showing any

signs.

It is important when you find an injured, sick or orphaned native animal that you swiftly pick it up and put it somewhere that is safe (where it cannot escape) and away from human noises, smells and pets.

Please keep the animal warm, but not hot. This will reduce stress and shock. All orphans require heat – as long as they feel warm to you. (Echidnas and wombats do not require as much heat.)

Do not feed it, **call ACT Wildlife on 0432 300 033 for advice**, or if seriously injured take it to a vet.



### Baby Birds

Spring is when baby birds leave their nests and can be 'kidnapped' by well-meaning people.

**BUT** healthy baby birds have a much better chance of survival when left in their natural environment with their parents.

Only rescue them if they are injured or sick.

**Read more about baby birds**



### Wildcare Queanbeyan

- operated by volunteers who rescue native wildlife. If you have found an injured, sick or orphaned native animal that needs rescuing please call **24/7 Helpline 6299 1966**



### NARG (National Animal Rescue Group)

is a community org located in the Southern Tablelands of NSW. To report wild animals in need of assistance - rescue hotline 24/7 – **02 4846 1900**



### WIRES

provide rescue and care for Australian wildlife. If you need emergency native animal rescue, call 1300 094 737 immediately.



### Wildlife Rescue South Coast

is a 100% volunteer-run organisation dedicated to the rescue of Aust Native Fauna. For wildlife needing help please hotline numbers to request help or advice. 0418 427 214 (Kiama-Batemans Bay) 0417 238 921 (South of Batemans Bay)



### LAOKO (Looking after our Kosciuszko Orphans)

based in the Snowy Mountains region of NSW. If an injured animal is found, please contact us as soon as possible on (02) 6456 1313.

# TALKING TRIVIA!



## FLOWERS QUIZ ANSWERS

1. Roses	16. Shamrock
2. White flowers	17. 38 (thirty-eight)
3. Tulips	18. The anther
4. The petals	19. Purple
5. Orchids	20. Yellow.
6. Red Poppy	21. Tulips, Iris Lilies
7. Lady Bird Johnson	22. Orchids
8. Marigolds	23. Poppies
9. Rafflesia, found in the rainforests of Indonesia it grows to be 3 feet across and weighs up to 15 pounds!	24. Banana plant
10. They are all climbers	25. Narcissus
11. Nasturtiums	26. 'Smell as sweet'
12. An orchid	27. Button
13. East - they track the sun over the course of a day. Once they reach maturity they only face east.	28. Edelweiss
14. Forget Me Not	29. Sunflowers and Irises
15. Daffodil	30. Roses are red
	violets are blue
	sugar is sweet
	and so are you.

