



'Tugg Talks' Weekly Bulletin Friday 15 Dec 2023



CLUB CLIPBOARD!

LAST MINUTE REMINDER – FOR OUR SUMMER CHRISTMAS TRIVIA QUIZ – THIS SUNDAY 17 DECEMBER



The final activity for our club's month of Christmas celebrations will be our traditional end-of-year trivia quiz to be held this Sunday 17 December starting at 2.00 pm. Our quiz will be a general knowledge quiz about all those things we like to do over Christmas and during the summer months. There will be eight rounds each of ten questions as well as a themed quiz sheet that your team can work on between rounds while the scores go up on the board. There will also be a couple of bonus questions where you can score some extra points for your team. Our quiz questions will include a couple of video grabs, a few tunes to get the feet tapping and some picture quizzes all projected onto our big screen.

Santa has restocked the prize cupboard, and all our winners will have the opportunity to "pick a present" and take home a gift card or maybe a pack of goodies, but be careful you don't pick the present containing the booby prize. There will be several door prize draws and a number of prize questions when you can win a prize for yourself. Our overall team winners will each receive one of our coveted "Smartie Pants" certificates and more importantly, "bragging rights" for the next few weeks. Even if you don't win a quiz prize there will be some free activity vouchers to give away, chocolates for everyone and a great afternoon tea of Christmas fare. All this for our normal activity fee of \$5.00.

Don't forget that the public car park is free on a Sunday so there is no need to worry about parking. You can form a team with your friends or family or just come along on the day and join a team with some of your fellow club members. So why not put on your Santa thinking caps and come along this Sunday 17 December and join us for a fun and friendly afternoon's activity. Bookings are not necessary, just come along on the day. The Christmas lights are on, the tree is decorated and the tinsel is all a glitter. I hope you can join us,

Norm Swanwick.

CLUB CLIPBOARD!

FESTIVE SEASON TIMETABLE

The year has gone very quickly with the holiday season fast approaching.

The Club will close on

FRIDAY 15 DECEMBER 2022

and re-open on

MONDAY 15 JANUARY 2023

While some activity groups are continuing to meet during the break, please note that both Club premises will be closed from

MONDAY 25 DEC TO
MONDAY 1 JAN

Recommencement date Calendar
at the end of Bulletin

TIMETABLE

Sunday 17 Dec - Friday 22 Dec

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 17 Dec	2.00 pm	Sunday Trivia - TSC
Mon 18 Dec	9.30 am	Bolivia - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 19 Dec	9.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
Wed 20 Dec	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
Thurs 21 Dec	9.30 am	500 Cards- GC
	1.00 pm	Mah-jong – GC
	3.30 pm	Social Bridge – GC
Fri 22 Dec	9.00 am	Cycling Group
	9.30 am	Pitch n Putt



'TAKE 55'

MOVIE/COFFEE GROUP

Wed – 20 Dec – 10.00 am

A small group met for the movie last Wednesday which we all enjoyed.

On Wednesday 20 December, we will meet for coffee and conversation at Tuggeranong Vikings at 10.00 am.

Until the Club opens again on 15 January, we will continue to have coffee every Wednesday morning at Tuggeranong Vikings at 10.00 am.

Everyone is welcome to join us.

Pam Hall



THE LITTLE PANTRY CHRISTMAS APPEAL

Thank you to all members who generously donated items to the Little Pantry Christmas Appeal.

It is much appreciated and will go to helping those in need have a happier Christmas!

 **Woden Community Service**



CLUB CLIPBOARD!

CHRISTMAS SOIREE - 8 DECEMBER 2023

The 'joint was jumping' on Friday evening as Garry Owen, Uke meister extrodinaire, and his merry gang of uksters lead us in a round or two of Christmas melodies. With not a carol in sight, the variety of songs were upbeat and toetapping tunes.



Designed to be a relaxed and casual get together, the light supper was in the form of a grazing box, a glass of bubbly along with a piece of Christmas cake or Stollen.



A big thank you to Garry and members of the uke group for contributing greatly to a fun evening; the Crafty Corner group for donating items to the raffle; Margaret for wrapping all the raffle presents; Norm for decorating the hall; and last but no least, Faith, Jill, Lorraine and Phil for their collective efforts on the day!

Lia did a short video – click on the link [Christmas Soiree – 8 Dec](#) (it's unlisted, so only folk with the link can view it).

Art of the Christmas Tree

© John Atkinson, Wrong Hands



MONET



HARING



O'KEEFE



MATISSE



WARHOL



MOORE



FRANKENTHALER



VAN GOGH



POLLOCK



DUCHAMP



BANKSY



MONDRIAN



CASSATT



DALI



GIACOMETTI



BASQUIAT

CLUB CLIPBOARD!

AND NOT LONG AFTER.....

The 'joint was jumping' again a few hours later as the wild weather blew through the area, taking with it two of the three beautiful trees along the edge of the Centre's outside paving.



December 2023

Planted by early Club member, Alan Noake in 2012, they had grown over time to become a feature of the Club's garden area.



September 2012

Clearing the broken branches and debris will take place over the next few days and while two trees cannot be saved, we are hoping that middle one can be.

Photos: 2023 Norm Swanwick / 2012 Club archives

CLUB CLIPBOARD!



2023 Tenpin Bowling Wrap up



Cheers!

Things people get up to at the Bowling Alley!

It's been a busy year for the group with our numbers steadily increasing up to 46 and by popular demand we now bowl every Wednesday during school terms instead of fortnightly.

This change has meant more organisation for the co-ordinators and they would like to take this opportunity to thank those members who lend a hand with the admin and also to everyone who comes along to participate in our activity to create the great social atmosphere we all enjoy.



Xmas Fun

Our annual Christmas lunch was held on Wednesday 13 December when we celebrated the year and presented our memorial trophies as a tribute to the founding members of 55 Plus Club and the Tenpin Group, Alan and Maureen Nock and Bill Lawrie. The recipients were Vivienne O'Brien, Stephanie Askew & Adrienne Batts.



*Recipient of the Nock Memorial Trophy
Vivienne O'Brien with Lanyon Vikings Manager Lane Neeson*



Recipients of the Bill Lawrie Encouragement Awards presented to Stephanie Askew & Adrienne Batts by Linda Lawrie

We resume bowling again on Wednesday 7 February 2024.

Please contact the Co-ordinators:

Kathy Johnson kathy.johnson01@bigpond.com

or Viv O'Brien vivienneobrien6@gmail.com

for details if you'd like to join us then.

In the meantime, we wish our Group and all Club members

A Very Happy Christmas season! Cheers!



Reiki Level 1 Full Day Workshop



WELLNESS TOOLBOX

While the Club is closed for the Christmas break, Tunde from Tundeworld is running a full day workshop – Reiki Level 1 - which you might be interested in. Please click on the link at the end of the article for more information and booking.



Reiki Level 1 - Full Day Workshop
Wednesday - 10 January
10.00am – 6.00pm
Tuggeranong Seniors Centre



☀ Discover the Power Within: Join Our Self-Healing Reiki Course!

One day and 3 healing treatments for you. Learn to heal yourself.

Are you ready to tap into the ancient art of Reiki and unleash the potential for self-healing and spiritual growth?

We invite you to embark on a transformative journey with our upcoming Self-Healing Reiki Course, where you'll learn the profound techniques and principles of Reiki to harmonize your mind, body, and spirit.

Why Take a Reiki Course? Become your own Healer

As a complementary therapy it can help speed up healing from surgical procedures, cancers, and injuries. It balances our bodies and creates harmony as well as creating a sense of deep relaxation. Reiki is suitable for everyone of all ages and backgrounds.

Reiki is much more than a therapeutic tool, it is a path of self-empowerment, a spiritual journey inviting us to be deeply centred in the heart. Your body and mind more easily remember how to come into balance. And in this state of balance, a deep inner restoration takes place. Learn how to balance your chakras. Enjoy a happier outlook, bathe in deep relaxation and release of pain and stress.

For more information and booking:

<https://tundeworld.com/Reiki-Level-1-workshop>



The sweet history of GINGERBREAD

Sugar and spice and everything nice – in the enchanting realm of comfort, the warmth and nostalgia of the festive season quite like gingerbread in its many forms. With a rich history that spans centuries and continents, just how did gingerbread weave its spicy magic into the fabric of Christmas traditions around the world



GINGERBREAD'S HUMBLE BEGINNINGS

Believed to originate in Southeast Asia, ginger's ancient use in Chinese and Indian diets back to 500 BC. In medieval Europe, ginger underwent a delightful transformation into beloved gingerbread, featured in both sweet and savoury dishes. Monks are credited with the earliest gingerbread recipes, in particular an Armenian monk, Saint Gregory of Nicopolis, who is claimed to have brought gingerbread to Europe in 992. Early gingerbread recipes often combined ginger with breadcrumbs, honey, and other spices, sometimes known as honey cakes. These early gingerbreads were usually shaped into figures, symbols, or religious motifs. As gingerbread started to become associated with special occasions - feasts, and religious celebrations like Christmas - its popularity spread across Europe, adapting to local flavours and traditions.

During the reign of Queen Elizabeth I in the 16th-century, gingerbread became a notable delicacy at the royal court. It is believed that the Queen appreciated the artistry of shaping gingerbread into humanoid forms, so she commissioned her bakers to create gingerbread figures in the likeness of important guests and dignitaries visiting her court. Adorned with colourful icing and gold leaf, these edible creations were highlights at banquets. The trend spread among the aristocracy, and the tradition of shaping gingerbread evolved over the centuries, becoming associated with festive celebrations and Christmas.

gingerbread into a delightful edible canvas for spreading Christmas cheer.

THE RISE OF GINGERBREAD HOUSES: A SWEET TRADITION TAKES SHAPE

Originating in 19th-century Germany, gingerbread houses, known as lebkuchenhausle, are often linked to the 'Hansel and Gretel' fairy tale. However, the tale as collected by the Grimm Brothers and published in their collection in 1812, lacked the iconic gingerbread house, featuring instead a dwelling made of bread with a café roof and sugar windows. The introduction of gingerbread into the narrative came later, so it is uncertain whether gingerbread houses were a result of the popular fairy tale, or vice versa. Regardless, the tradition of families building gingerbread houses and decorating them with colourful icing and sweets as part of their Christmas festivities spread across Europe. Today, these edible creations remain iconic symbols of the festive season, enjoyed globally.

As we indulge in the comforting aroma and delectable taste of gingerbread during the festive season, we are not just savouring a sweet treat but immersing ourselves in a centuries-old tradition that has transcended borders and time. From ancient spice routes to Victorian feasts, fairy tales and modern family gatherings, gingerbread remains a cherished symbol of warmth, creativity, and the joyous spirit of Christmas. So, this festive season, let the spicy allure of gingerbread transport you to a world where the sweetest traditions come to life!

A Norwegian take on **GINGERBREAD COOKIES**

Pepperkake, the Norwegian version of gingerbread cookies, are arguably the most popular cookies in Norway holding a cherished place in the country's holiday traditions. Originating in Norway in the 16th-century, these spiced treats were initially introduced by German merchants. Pepperkake features a delightful blend of ginger, cinnamon, cloves and/or cardamom, providing a warm and aromatic flavour.

The dough is shaped into various forms, from traditional hearts to intricate figures, making Pepperkake not just a delicious yuletide snack but also an edible expression of Norwegian festive creativity that can also make pretty Christmas decorations when tied with ribbon. These festive cookies are often enjoyed during Christmas celebrations, reflecting Norway's rich culinary heritage.

INGREDIENTS

For the cookies:

2 oz (55g) butter
2¾ oz (75g) soft
Light brown sugar
2 tsp. ground cinnamon
2 tsp. ground ginger
½ tsp. ground cardamom
1 tsp. finely grated orange zest
0.7 fl oz (20ml) of clear honey
2-4 tbsp. milk
8oz (225g) plain flour
½ tsp. bicarbonate of soda

For the icing:

1 egg white
About 10½ oz (300g)
sifted confectioners' (icing) sugar
Squeeze of lemon

METHOD

1. Cream the butter and sugar until light and fluffy. Add the spices, orange zest and honey and beat again, then add 2 tbsp of milk. Gradually add the flour and bicarbonate of soda and bring the dough together in a ball, adding more milk if necessary so it's not sticky. Wrap in plastic wrap and place in the fridge for an hour.

2. Lightly flour your surface and roll out the dough ⅛ in (3 mm) thick. Use a cookie cutter to cut out hearts - if you want to hang them up, make a hole in the top. Gather the remaining dough into a ball, roll it out again and keep cutting until it has all been used. Place in the fridge for 45 minutes and heat the oven to 350°F (175°C). Cook the biscuits for 12 minutes and allow to cool until hard.

3. Make the icing and decorate. For a Scandi feel try writing 'God Jul' – 'Merry Christmas' in Norwegian.



TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

**Returning
2024**

***SIG (SPECIAL INTEREST GROUP)**

***WB - WEEKLY BULLETIN**

***ACTIVITIES HELD ELSEWHERE**

MONDAY	MONDAY	TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY
TUGG SENIORS CENTRE	GUMNUT COTTAGE	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*
ZUMBA GOLD 9.30am - 10.15am 5 FEB 24	MORNING CARDS 9.30am – 12.30pm 8 JAN 24	ACTIVE EXERCISE MEN 8.00am – 8.45am 9 JAN 24	* 'LADIES' CYCLING GROUP 9.00am CONTINUING		*1 st Wednesday BIRD WATCHING GROUP 7 FEB 24
MOVEMENT 4 MEMORY 10.30am - 11.15am 5 FEB 24	CRAFT CORNER 9.30am – 1.30pm 15 JAN 24	ACTIVE EXERCISE WOMEN 9.10am - 9.55am 9 JAN 24		CARPET BOWLS 10.00am – Noon 17 JAN 24	CRIBBAGE 9.30am – 11.30am 10 JAN 24
<i>2nd Monday</i> iPAD SIG* 10.00am–Noon 12 FEB 24		THE HEART & SOUL SINGERS 10.30am-12.30pm 23 JAN 24	POOL GROUP BEGINNERS 10.00am-Noon 16 JAN 24	<i>2nd & 4th Wednesday</i> 'GRAPHITES' DRAWING GROUP 10.00am – 12.00pm 24 JAN 24	* 'TAKE 55' COFFEE & MOVIE GROUP 10.00am <i>Continuing – coffee at Sthn Cross Club Tuggeranong</i>
			<i>1st Tuesday</i> GARDEN GOSSIP 10.00am-Noon 6 FEB 24		10 PIN BOWLING 10.00am <i>Zone Bowling Alley</i> 7 FEB 24
TABLE TENNIS 1.30pm –3.30pm 15 JAN 24	BRIDGE IMPROVERS 2.00pm –4.00pm 8 JAN 24	QIGONG / TAI CHI 1.00pm – 2.00pm WB FOR DETAILS	MAHJONG 1.00pm – 3.30pm 2 JAN 24	LINE DANCING ABS BEGINNERS 12.15pm – 1.15pm 7 FEB 24	KNIT N KNATTER 1.00pm – 3.00 pm 17 JAN 24
		MEDITATION W/SHOP 2.15pm – 3.00pm WB FOR DETAILS	ONLINE - ZOOM BRIDGE BEGINNERS 2.00pm-4.00pm 16 JAN 24	LINE DANCING BEGINNERS 1.30pm – 2.30pm 7 FEB 24	ONLINE - ZOOM BRIDGE CONTINUERS 1.00pm-3.00pm 17 JAN 24
				LINE DANCING IMPROVERS 2.45pm – 3.45pm 7 FEB 24	

TUGGERANONG 55 PLUS CLUB ACTIVITIES CALENDAR

**Returning
2024**

***SIG (SPECIAL INTEREST GROUP)**

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***ACTIVITIES HELD ELSEWHERE**

THURSDAY	THURSDAY	FRIDAY	FRIDAY	SATURDAY / SUNDAY	SATURDAY / SUNDAY
TUGG SENIORS CENTRE	GUMNUT COTTAGE	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*	TUGG SENIORS CENTRE	GUMNUT COTTAGE/OA*
<i>1st Thursday</i> FAMILY HISTORY GROUP 10.00am – Noon 1 FEB 24	500 CARDS 9.30am – Noon 4 JAN 24	TAI CHI 9.15am – 10.15am 19 JAN 24	* CYCLING GROUP 9.00am CONTINUING		* <i>1st & 3rd Sunday</i> 'DISCOVER CANBERRA' WG 9.20am 21 JAN 24
<i>2nd Thursday</i> ANDROID SIG* 10.00am – Noon 8 FEB 24	<i>1st & 3rd Thursday</i> POOL GROUP SOCIAL 10.00am-Noon 18 JAN 24	SEATED YOGA 10.30am – 11.30am 2 FEB 24	* PITCH N PUTT 9.30am <i>Capital Golf Course</i> <i>Narrabundah</i> 5 JAN 24		<i>3rd Saturday</i> GAMES AFTERNOON 1.30pm – 4.00pm 20 JAN 24
<i>3rd Thursday</i> FAMILY HISTORY WORKING GP 10.00am – Noon 18 JAN 24	<i>*2nd & 4th Thursday</i> 'TUGG CHUKKERS' PETANQUE 10.00am-Noon 25 JAN 24	SIT N BE FIT 11.45am – 12.30pm 19 JAN 24	ONLINE - ZOOM BRIDGE INTERMEDIATE 10.30am-12.30pm 19 JAN 24		
<i>1st Thursday</i> BOOK CLUB 2.00pm – 4.00pm 1 FEB 24	MAHJONG 1.00pm – 3.30pm 4 JAN 24	LEARNING CIRCLE Noon - 2.00pm 19 JAN 24		<i>1st Sunday</i> SOCIAL BINGO 2.00pm – 4.00pm 4 FEB 24	
<i>3rd Thursday</i> READING GROUP 1.00pm – 3.00pm 18 JAN 24	<i>*2nd & 4th Thursday</i> LAWN BOWLS 1.15pm TBA	CARPET BOWLS 2.00pm – 4.00pm 19 JAN 24		<i>4th Sunday</i> <i>(alt months)</i> TRIVIA 2.00pm – 4.00pm TBA	
YOGA 3.45pm – 5.00pm 1 FEB 24	BRIDGE - SOCIAL 3.30pm – 5.30pm 4 JAN 24		<i>2nd & 4th Friday</i> UKE 55 – UKE GROUP 3.00pm – 4.30pm 22 MAR 24		
	<i>*2nd Thursday</i> ONLINE - ZOOM TRIVIA WITH FRIENDS 7.30 pm 11 JAN 24				