



Weekly Bulletin

Friday 5 June 2020

WHEN BEING A 'SENIOR' AIN'T TOO BAD!

Some words of wisdom from a recent Resident's Committees newsletter at Goodwin in Monash which I thought was worth sharing.

'While it could be easy to feel a bit sorry for ourselves being 'confined to barracks' I hope you are all keeping cheerful as we have much to be thankful about.

- *We live in a country where our Governments have dealt swiftly to contain the virus*
- *We can stay in touch with our friends and family by chatting on the phone and/or contact through the internet*
- *We come from a generation where we learnt to entertain ourselves with simple things so we can be satisfied with reading, gardening, doing jigsaws, walking and watching TV without 'needing' electronic gadgetry and events to entertain us*
- *Being retired with a secure income, we do not have the worries of younger people. We can't lose our jobs, forfeit on our mortgage, lose assets under time payment of lease, or have the worry of providing for and entertaining our family.*

So...let us wear a smile, stay in touch with friends, stay healthy, observe new lifestyle rules and count our blessing as we weather the storm and wait for it all to come to an end.'



GLASS HALF FULL !!

The simple act of drinking water can help us lift our mood and think more clearly. Water is therapeutic. People flock to bathe in thermal springs, embark on ocean swims and treat themselves to hot baths. But how often do we pay attention to our need to actually drink the stuff?

We know we need to hydrate for healthier skin and to aid digestion, but what many of us may not know is that our brains get thirsty, too. The brain actually shrinks when we're dehydrated, making it harder to concentrate and fend off irritability. Dehydration can affect alertness, calmness and bring on fatigue. The good news, however, is that rehydration reverses the shrinkage without any ill-effects.

Many health experts have long urged us to drink eight glasses of water each day for good health, but we can top up with other fluids like herbal teas and other noncaffeinated drinks. We can also stay hydrated from foods such as soup, as well as fruit and vegetables with a high-water content like cucumber, watercress, tomatoes, broccoli, celery, strawberries, watermelon and citrus fruit.

So, eat, drink and be merry – your brain will thank you for it!



CLUB UPDATES

FROM THE PRESIDENT

Due to the restrictions being eased, the Club's Management Committee will be meeting next week.

As you can see by the following items, some of the outside groups have begun to meet under the new physical distancing requirements, albeit in a social capacity and the committee, with the engagement of activity leaders, will be working towards a plan of how and when the Club will reopen.

I will give a full report of the meeting in the next Bulletin. If you have any comments or suggestions that may be of assistance, please email: tugg55plusclub@gmail.com by midday Monday.

Thank you for your ongoing support and patience.

*Phil Burns
President*

PITCH N PUTT

We had a lovely game of social pitch and putt golf on Friday with 11 club members attending. The weather was beautiful, and we all kept our social distancing.

The golf club has made changes to the holes so that you cannot remove the flags and there is foam inside the hole, so the ball doesn't drop down too far.

Besides the normal 'birdies', we had 4 birdies where a crow scooped up 4 of our balls; 3 orange and 1 pink. The crow wasn't interested in the ordinary white balls and we didn't see them again.

The next pitch and putt is 12 June at 10 am. All are welcome but please note it is a social game not a club activity. *Barbara Dromgool*



DISCOVER CANBERRA WALKS

With the lifting of numbers who are permitted to meet together, the walking group met on Sunday 17 May for a walk around the reserve in Calwell. It was a clear day and we had fantastic views over the suburbs and rural properties to the mountains beyond.

The following week we had a walk from the yacht club, through Lennox Gardens and Nara Park to the base of Commonwealth Avenue bridge and back to the yacht club for lunch of fish and chips at Snapper.

Last Sunday, 24 members enjoyed a walk through Norgrove Park to the Jerrabomberra Wetlands and the new lagoon. We were not the only ones to be enjoying a beautiful autumn day as we saw many water birds, including a purple swamphen with several chicks which were being encouraged to take to the water, a pied cormorant doing an impression of 'a shag on a rock'! and a few black swans.



Our regular walks will now resume on 1st and 3rd Sundays of the month. New walkers always welcome – meet at the TSC at 9.20 am or contact Anne on 0400 772 424 for more information.

Anne Meade

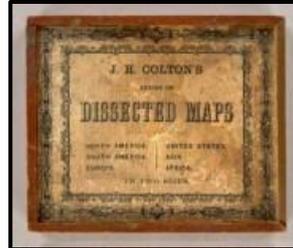
PIECING TOGETHER JIGSAW PUZZLES

During troubled times, such as we are currently experiencing, puzzles for adults enjoy a resurgence of popularity. This proved the case during the Great Depression when sales of puzzles reached ten million per week. During the early days of our current coronavirus pandemic, jigsaw puzzles were in short supply with many retailers having sold out.

There are some interesting history and facts about jigsaw puzzles:

An English cartographer and engraver named John Spilsbury, created the very first jigsaw puzzles in 1767 when he chopped up a wooden map and challenged people to reassemble it. Early jigsaw puzzles were made from wood and as they had to be cut one piece at a time, they were very expensive.

Up until 1880, jigsaw puzzles were known as Dissections and were actually cut by a fretsaw.



Die cut cardboard puzzles came into being in the early 1900's. This made jigsaw puzzles more accessible to the general public although many manufacturers and retailers still preferred the wooden variety.



The largest commercially available jigsaw is produced by the Martin Puzzle company and consists of 52,110 pieces. The subject is a collection of animals in an abstract art form.

The popular jigsaw manufacturer Ravensburger comes in fifth with a 40,320-piece titled "Making Mickey Magic".

According to the Guinness Book of Records, the jigsaw puzzle (non-commercial) containing the most pieces 551,232 was assembled by a group of 1600 students from the University of Ho Chi Minh City in 2011. It took them 17 hours to complete. It is estimated that if a single person attempted to complete this puzzle, they would have to work for 8 hours each day for 9 years.

A young girl from East Hampton in England is credited with having completed a 1000-piece Hasbro Puzzle in a record time of just over 13 minutes.

On average it takes four times as long to complete a 1000-piece puzzle compared to a 500 piece and a 4,000-piece jigsaw would take sixty-four times longer to finish than it would to complete a 500-piece.

The most expensive jigsaw puzzle was a 467-piece puzzle sold at a charity auction in 2005 for \$27,000. Rachel Page Elliott (1913-2009), took up cutting wooden jigsaw puzzles when she was in her seventies and the sale of her hand-crafted puzzle raised funds for the non-profit organisation, The Golden Retrievers Foundation in Pennsylvania, USA. The sale of the wooden puzzle, 'The Outing' is recorded in the 2005 Guinness Book of Records.

A LITTLE PIECE AND QUIET

What is the best way to approach a puzzle once you have opened the plastic bag and emptied the pieces onto the coffee table?

Most jigsaw enthusiasts will basically follow the same procedure:

1. Sort the pieces according to their various colours.
2. Find all the edge pieces and separate the four corner pieces. Good luck with finding all the edges first time.
3. Using the edge pieces, assemble the outside frame of the puzzle.
4. Start on the inside by assembling the largest single coloured part of the picture.
5. Lose track of time.

Some people believe that standing up can be helpful especially with larger puzzles. Also, make sure there is plenty of good lighting either natural or artificial.

According to the experts there are considerable health benefits to be obtained in doing jigsaw puzzles including:

1. Jigsaw puzzles make your entire brain work. The left side, or the analytical portion of our brain, works with logic and helps us sort the pieces. The right part, or the creative side of our brain, guides us to see the finished product and work intuitively.
2. Doing puzzles helps develop dexterity, hand-eye coordination, and tune our motor skills.
3. Completing a puzzle encourages our brain to produce a chemical called dopamine which is a neurotransmitter that regulates mood and feelings of optimism. It also affects memory, concentration and motivation.
4. According to recent studies, solving puzzles keeps our brain active and can help delay the symptoms of dementia and Alzheimer's disease. It is also good for improving our short-term memory.
5. When solving a jigsaw puzzle, we have to look at different pieces and figure out where they fit within the larger picture. Doing this regularly helps improve our visual-spatial reasoning.

Be warned, they can become addictive.

Norm Swanwick



**Look, I finished it in 6 months and the box
says 3 to 5 years!**



SPOTLIGHT ON JIGSAW PUZZLES



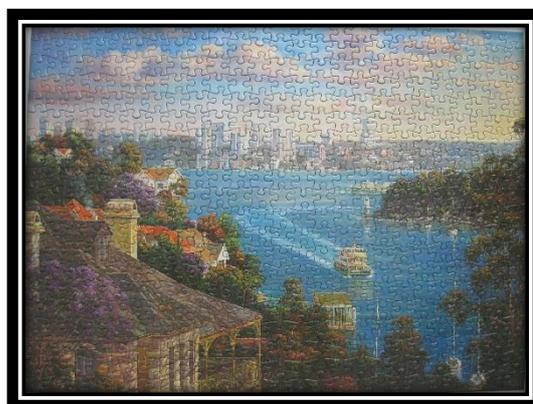
Jigsaw Puzzles are available at the Club both to work on or borrow. When time permits, a club member can be found working away on the current puzzle, sorting through the various pieces looking for that elusive piece that will fit in the right place, helping to complete the puzzle's picture. Once the club reopens, all members will be welcomed to contribute, and the current jigsaw projects can be found in the Jigsaw room located in Gumnut Cottage and the Founders Library in the Seniors Centre.

During this 'down time', one of our members has been systematically going through the Club's jigsaws, documenting any missing pieces and taking photos of the ones that don't have a picture. So, in the future if you come across a jigsaw with a yellow explanatory label, you have Jenny to thank!

FLASHBACK FRIDAY – JIGSAW GALLERY (completed jigsaws)



***Venice
November 2013***



***Afternoon Light Sydney Harbour
February 2015***



***Flowers by Van Dael
November 2014***



***Rainbow Lorikeets
October 2016***

Photos: Anne Meade

CHOCOLATE CUSTARD BREAD CRUST TARTS – a little sweet treat

Ingredients

2 bread crusts
1 tbs butter, softened
1 cup milk
½ cup caster sugar
1 egg
1 tbs cocoa powder
Icing sugar



Method

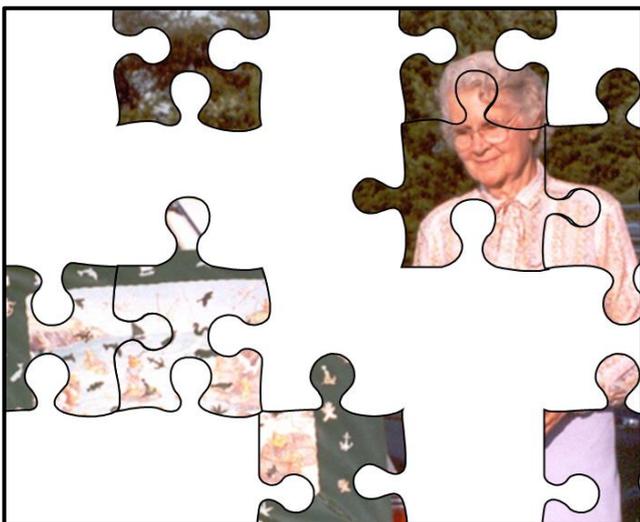
1. Preheat oven to 180°C and grease two muffin tin holes with butter.
 2. Push crusts into muffin tin holes.
 3. Whisk together milk, sugar, egg and cocoa powder. Fill the crusts with mixture.
 4. Bake for 20 minutes or until the crusts are just browned and the custard has only a slight wobble. Cool completely in the tray before removing carefully. Dust with icing sugar to serve.
- (Recipe courtesy of Woolworths)

WHO AM I?

*Who in the world am I?
Ah, that's the great puzzle.
~ Lewis Carroll*

I am a:

- dissectologist
- 'late bloomer' in my craft
- a passionate dog lover



Answer in next week's Bulletin

FIGURE OF SPEECH ANSWERS

Here are a few more 'Figures of Speech' answers, courtesy of Sandra Hyde!

1. The icing on the cake.
2. Shadow dancing
3. A shady character
4. Put your best foot forward.
5. He was down at the heel.
6. Going around bare-footed.
7. Start off on the right foot.
8. He wore tattered and torn trousers.
9. You can't make an omelette without breaking an egg.
10. Your fingers tied up in knots.
11. A shaky serving.
12. Tied down to (your mother's apron) string(s).
13. In one ear and out the other.
14. Bird brain.
15. The meat of the nut.
16. A kernel of truth.
17. A hard or tough nut to crack.
18. Having your head screwed on.
19. Hit the nail on the head.
20. Being "dish-levelled" (dishevelled).
21. Something smells fishy.
22. More holes than Swiss cheese.
23. Hard cheese!
24. (Revenge is) a dish served cold (on a tray).
25. Hanging by a thread.
26. A balanced meal?



REBUS PUZZLE SOLUTION

1. Stick in the mud
2. Peak of Fitness
3. Outer space
4. Breakfast in Bed
5. Walk on water
6. Boxing Ring