

23 August 2010

### Share the news!

Please pass this information on to any members of your groups who are not on email. Copies of this newsflash are left at the Tuggeranong Community Centre's Reception, and one will be put on the notice board.

Rusty Woodward, President

### Social Sunday venue has moved

From 29<sup>th</sup> August, *Social Sunday* will be held at the Youth Centre (opposite the main entrance of the Southern Cross Club in Greenway) from 2.00-5.00 pm. The cost of this activity has been increased to \$4.00 to cover venue hire, tea, coffee, etc. The new location will allow us to participate in more activities, so that one group could play cards or board games, another group could play pool or quoits or you can just drop in for a chat. This is a much larger venue with a full kitchen and BBQ area and the opportunity to vary our activities is endless. The sub-committee for *Social Sundays* includes Lynne Signor, Carlene Lockyer and Margaret Pakulat, so if you have any ideas for activities just have a chat to one of these three ladies.

As instructors become available, we intend having a *Hobby Corner* with the first one scheduled for September. Pat Dahl has offered to come along and show anyone who is interested how to make those superb cards she produces. All materials to make a card will be supplied with a charge of \$5.00 to cover the cost of materials. Please enter your name on the form provided on the notice board to ensure that Pat has sufficient materials with her. Remember this will take place on September 26<sup>th</sup>. All the other activities will still be available for those not wanting to participate in the card making.

New members are encouraged to come along and join this friendly group and find out about all the other activities that are available. Our next *Social Sunday* get-together is 29<sup>th</sup> August at 2.00 pm.

### Christmas Cabaret Party

Saturday 20<sup>th</sup> November

7.00 - 10.00 pm - Lake View Ballroom

Tuggeranong Community and Function Centre

I can almost hear the groans about "why so early", however the group of ladies who are organising this event have great plans for the night with music, dancing and prizes, so you need to book the date to make sure you don't miss it. This will be a BYO event so there will be no charge to members. The committee encourages members to discuss car pooling to ensure that anyway who wants to attend will be assured of a lift. The sub-committee for the *Christmas Cabaret Party* is Pat Dahl, Sandy Andresen, Lynne Signor and Margaret Pakulat. If you would like to assist, either in the early preparations or setting up on the day, please contact any member of the sub-committee. This promises to be a lot of fun, so make sure you don't miss out.

### Monthly Movie

DON'T FORGET, if you want to go to the movies, there is a small group who meet in the food hall at the front of the Limelight Cinema Complex at 10.00 am on the first Tuesday of the month. Our next movie day is Tuesday 7<sup>th</sup> September, so go along and join them - only \$6.50 entrance fee to the Limelight Cinema. At least one of the group will be wearing their Tuggeranong 55 Plus Club name badge, so they can be identified.

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## Book Club Reminder

At our next meeting on 2nd September at 2.00 pm we will be discussing books on the theme of "Growing Up/Moving On".

## Trips

Upcoming trips organized by the Trips sub-committee, which meets on a Monday morning at 10.30, are as follows:

Mon 13<sup>th</sup> September: Visit and tour of the Galong Monastery – bookings are being taken now. Cost for members is \$50.00 per person and this includes transport, morning tea and lunch. To book, or for more details call Avril Brotherton on 6293 4115.

A trip is being organized to Bathurst and Orange for the 18<sup>th</sup> – 20<sup>th</sup> October. You can register your interest in this trip by ringing Avril Brotherton on 6293 4115. Details re costs will be announced as soon as we can establish how many people are interested.

## Looking Ahead

Next year will be an exciting and busy one for both the committee and the members when hopefully our new building will start to become a reality. Every member can have a part to play, just let us know what you would like to do. We would welcome suggestions about how to increase our membership and ideas for new activities. Maybe you would be prepared to get a few friends together and organise a fundraising event for the Club or be prepared to offer to share your skills with others at our Social Sunday! It doesn't have to be a regular commitment, just get involved. IT'S YOUR CLUB.

## Annual General Meeting

This is scheduled for December and we would like you to give some thought to nominating for a position on the committee. To give you an idea of what is involved, we have compiled a list of the positions and the duties involved ([see separate attachment to this Newsflash](#)).

For ease of speedy communication between Committee Members, access to the internet on a daily basis would be helpful. If you are interested or have any questions, please call or speak to any of the committee.

Your current committee members are:

Rusty Woodward – President  
Lorraine Litster - Vice President  
John Dahl – Treasurer  
Frances Meren - Secretary/Public Officer

General Committee members: Marlene Keltie; Vern Signor; Andy Andresen; Maggie Watts; Joan de Kieffe and Pat Dahl.

## The Jetty Café

The following recipe is a contribution from Deb, our very own Master Chef from *The Jetty Café*. With the last days of winter upon us, this soup has been a Café favourite over the last couple of months, so drop in a give it a try. Stop by next time you are in the Centre and try out some of the other delicious food available. From experience, I guarantee that if you have the pasta with salad, you will not need to have dinner – absolutely delicious and very affordable. By the way, Deb grows many of her own vegetables, so freshness is a given.

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## **Chicken and Sweet Corn Soup**

Ingredients (serves 4)

- 1Ltr (4 cups) chicken stock
- 2 x single chicken breast fillets (about 200g each)
- 1 tbsp light Soy Sauce
- 2 tsp finely grated fresh ginger
- 1 tbsp cornflour
- 60ml (1/4 cup) water
- 1 x 420g can creamed corn
- 1 x 300g can corn kernels, rinsed, drained (or two cobs of fresh corn niblets)
- 100g shaved ham, thinly sliced
- 2 egg whites
- 1 tsp Sesame Oil
- 6 green shallots, ends trimmed, thinly sliced diagonally
- Salt & freshly ground black pepper

Method:

1. Place the stock and chicken in a large saucepan and bring to the boil over high heat. Reduce heat to low and simmer for 5 minutes or until chicken is cooked through. Transfer chicken to a heatproof bowl. Set aside for 5 minutes to cool slightly. Finely shred.
2. Add the soy sauce and ginger to the stock mixture. Place the cornflour in a small bowl and gradually stir in the water until smooth and combined. Gradually stir the cornflour mixture into the stock mixture. Cook, stirring occasionally, for 2 minutes or until stock thickens slightly. Add the chicken, creamed corn, corn and ham and cook, stirring occasionally, for 2 minutes or until hot.
3. Use a fork to whisk the egg whites in a small bowl. Gradually pour the egg whites into the soup, stirring constantly with a wooden spoon.

4. Cook for 2 minutes or until white ribbons swirl through the soup. Remove from heat.

5. Add the sesame oil and half the green shallot and stir to combine. Taste and season with salt and pepper. Ladle the soup among serving bowls and sprinkle with the remaining green shallot. Serve immediately.

*NB: This soup is suitable to freeze*

## **Would you like to be part of the Communities@Work SuperGrands Program?**

*SuperGrands* are dedicated volunteers who offer one-on-one mentoring and/or group coaching to help families develop practical household management skills.

*SuperGrands* share their knowledge of a lifetime to coach families in skills such as budgeting, menu planning and establishing routines.

*SuperGrands* receive training and peer support through Communities@Work.

If you think you could be a *SuperGrand* or would like further information about the program, please contact Lisa Padzensky at Communities@Work on 6293-6520 or email [lisa.padzensky@commsatwork.org](mailto:lisa.padzensky@commsatwork.org) or visit [www.commsatwork.org](http://www.commsatwork.org)

If you have a couple of hours to spare a week and would like to get involved, please ring or email Lisa.

**Don't forget to tell those Members of your group not on email that they can get a copy of "Guess What?" from the Notice Board of the Community Centre.**