



Weekly Bulletin

Friday 31 July 2020

CLUB CLIPBOARD

FIRST WEEK DOWN!

It has been 'sanitize, sign in and stay your distance' this week as the Club doors re-opened for the first time in just over four months. While working together to stop the spread of this relentless virus, it has been shown this week that we can still enjoy each other's company and comply with the restrictions that must be applied.

Some of the activities have been modified slightly to encourage social distancing but the mood among members has been positive with everyone being pleased to be back. President Phil Burns has been a constant presence as well this week to answer questions and allay concerns.

So, the new 'normal' way of operating has passed the test and a big thank you to all activity leaders and instructors who helped make the return to activities run smoothly. Although there will no doubt be some hiccups as we continue, so far so good!



RETURNING NEXT WEEK

Monday – 3 August – 10.00 am – 2.00 pm
CRAFTY CORNER

Crafty Corner meets on the 1st and 3rd Monday of each month and is a group for people who want a place to meet and share their crafting, enjoy a cuppa, good conversation and meet like-minded people. Meetings have an informal format where you can drop in anytime and stay as long as you want. So, if you're an experienced crafter or want to learn a new skill come along, bring your current project, UFOs, or materials to start a new project, whether its card-making, quilting, scrapbooking, appliqué, embroidery, rubber stamping, jewellery-making or any other craft activity. We hope to see you there! *Lois Good*



Thursday – 6 August – 10.00 am
FAMILY HISTORY GROUP

The Family History Group meets once a month, for members with a common interest in researching their family history. There is a specific topic each month and internet sites are used to locate information required. The group often has a guest speaker whose expertise can help us with our research. Everyone is invited to join whether an expert researcher (your assistance would welcome!) or a beginner. For more information: contact Liz or Norm on 62931403.

Liz Dean & Norm Collings



Thursday – 6 August – 10.30 am

POOL GROUP - Burns Club, Kambah

This 'outside' activity is held on 1st and 3rd Thursday mornings of the month at the Burns Club in Kambah – normal table fees apply. Why not join your fellow Club members, both men and women, as they enjoy this low impact activity which gets you walking and stretching around the pool tables, making social connections and enjoying the mathematical challenge?



And if you are tempted to take up a cue for the first time, there will be someone to show you how!

John Williamson

55 PLUS CLUB

TENPIN BOWLING RETURNS

Our friendly group have returned to the Bowl to resume our quest to knock down those pesky pins!

Zone Bowling are doing a good job of sanitising and social distancing on the lanes, so we feel confident to continue.

The cost for 2 games, shoe hire and a cuppa is \$16 and we often meet for lunch afterwards as well.

New members are always welcome - come and try it out - no experience necessary!

We play every fortnight on Wednesdays at 10.00 am - except during school holidays.

Our next meet up is next Wednesday 5 August at Zone Bowling, 76 Cowlshaw Street, Greenway.

If you would like to come, could you please let us know by Tuesday 4 August so we can book the appropriate number of lanes.

Please contact either:



Kathy Johnson
- kathy.johnson01@bigpond.com
or
Kathy Sawicki
- kathysawicki@icloud.com

TIMETABLE

Sunday 2 August – Friday 7 August

***GC Gumnut Cottage *TSC Tugg Seniors Centre**

| Day / Date | Time | Activity |
|-------------|----------|-------------------------|
| Sun 2 Aug | 9.20 am | Walking Group |
| Mon 3 Aug | 9.30 am | Bolivia (cards) - GC |
| | 9.30 am | Zumba Gold - TSC |
| | 10.00 am | Craft Corner - GC |
| | 5.15 pm | Yoga - TSC |
| Tues 4 Aug | 8.00 am | Active Ex – Men - TSC |
| | 9.10 am | Active Ex – W - TSC |
| | 10.00 am | LL Cycling Group |
| | 1.00 pm | Mah-jong - GC |
| | 1.15 pm | Seated Yoga - TSC |
| Wed 5 Aug | 9.30 am | Cribbage - GC |
| | 10.00 am | Carpet Bowls - TSC |
| | 12.10 pm | Seated Stretch - TSC |
| | 1.00 pm | K-nit 'n' K-natter - GC |
| | 1.30 pm | Line Dancing - TSC |
| Thurs 6 Aug | 9.30 am | 500 (cards)- GC |
| | 10.00 am | Family History Gp - TSC |
| | 10.30 am | Pool Group |
| | 1.00 pm | Mah-jong - GC |
| | 2.00 pm | Book Club - TSC |
| | 3.45 pm | Yoga – TSC |
| Fri 7 Aug | 10.00 am | Cycling Group |
| | 12.00 pm | Learning Circle - TSC |
| | 2.00 pm | Carpet Bowls- TSC |



On the last day of Plastic Free July, these two items caught my eye.

Considering we humans throw out over a billion plastic toothbrushes a year, it's important we brush up on the facts about the humble 'chomper' cleaner.



THE TOOTHBRUSH PROJECT

GOOD FOR YOU - GOOD FOR OTHERS
GOOD FOR THE ENVIRONMENT

[The Toothbrush Project](#) is an Australia-based organisation that sells biodegradable toothbrushes with 100% of profits going towards the dental care of those in need. They work collaboratively with their partners to provide holistic dental solutions.

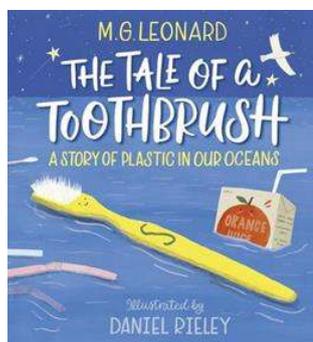
The toothbrushes are made of bamboo, have soft/medium bristles and are good for your teeth. They are compostable and environmentally friendly,

The profits from every purchase supports dental hygiene in a community in Kampot, Cambodia. The Toothbrush Project provides toothbrushes and toothpaste every three months, access to safe drinking water and a sink to brush teeth safely.

They provide hygiene classes covering topics across all areas and employ locals, pay for their training to teach children, ensuring the education is sustainable. All of those involved are provided access to a dentist for regular check-ups and dental services as required.

What happens to your toothbrush when you throw it away?

This brilliantly topical and delightfully funny picture book from internationally bestselling author M. G. Leonard, shows children what happens to their plastic toothbrushes after they're thrown away.



THE TALE OF A TOOTHBRUSH: A Story of Plastic in Our Oceans

Children use their toothbrush each morning and evening, and get new ones every few months. That's billions of toothbrushes! What happens to them all when they're no longer needed? And if toothbrushes take thousands of years to break down, what does that mean for our planet?

With a fun cast of plastic characters, from pirate-ship bottles to dancing shampoos, and even an inquisitive albatross, *Sofia's Toothbrush* is a positive and heart-warming story to help children explore the impact their choices have on our planet. A simple tale of a favourite toothbrush, told responsibly, empathetically and informatively.

B M G. Leonard Illustrated by Daniel Rieley

LEMON YOGHURT CAKE



This delicious, fragrant, lemon yoghurt cake is so simple to make, and with no butter, it's a little healthier than your average dessert. This recipe is so versatile – you can experiment with different flavours of yoghurt, or even different citrus fruits for flavour combinations.

Ingredients:

1 cup sugar ½ teaspoon salt 2 eggs
3 teaspoons lemon juice Zest of two lemons ¾ cup olive oil
1 cup natural yoghurt 2 cups self-raising flour

Method:

1. Preheat your oven to 180°C.
2. In a bowl, mix the zest, oil, eggs and sugar with a fork.
3. Add the remaining ingredients and mix until well combined.
4. Pour the batter into a greased ring tin and bake for 30 minutes.
5. Remove the cake from the oven and allow to cool before turning out onto a serving plate.

RECIPE FOR WEIGHT REDUCTION

A great way to lose weight is to eat naked and standing in front of a mirror.

Restaurants will almost always throw you out before you can eat too much.

A MATHEMATICAL PUZZLE SOLUTION

1 shoe = 5
1 man = 5
2 ties = 4
2 shoes = 10
1 tie = 2
Therefore the answer is 43
 $5 + (5 + 4 + 10) \times 2 = 43$

WORD JUMBLE

| | | |
|---|---|---|
| Y | U | E |
| I | E | L |
| L | V | S |

TARGET: GOOD 12; VERY GOOD 15; EXCELLENT 18; GENIUS 21

How many words of four letters or more can you make from these nine letters? Each letter may be used only once. The centre letter must be included. No slang, foreign or capitalised words, hyphens, apostrophes, or plurals ending in 's'. Only one form of a verb can be used, e.g. 'ring', but not 'rings' or 'ringing'.

Solution in next week's Bulletin