



Weekly Bulletin

Friday 4 December 2020

CLUB CLIPBOARD

TIMETABLE

Monday 5 December – Friday 10 December

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 6 Dec	9.20 am	Walking Group
Mon 7 Dec	9.30 am	Bolivia (cards) - GC
	9.30 am	Zumba - TSC
	10.00 am	Crafty Corner - GC
	2.00 pm	Social Bridge - GC
Tues 8 Dec	5.15 pm	Yoga - TSC
	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W - TSC
	8.30 am	LL Cycling Group
	1.00 pm	Mah-jong - GC
	1.15 pm	Seated Yoga - TSC
Wed 9 Dec	9.30 am	Cribbage - GC
	10.00 am	Carpet Bowls - TSC
	10.00 am	Ten Pin Bowling
	12.10 pm	Seated Stretch - TSC
	1.00 pm	K-nit 'n' K-natter - GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp - TSC
	3.30 pm	Beginners Bridge - CG
Thurs 10 Dec	9.30 am	500 (cards)- GC
	10.00 am	Android SIG - TSC
	1.00 pm	Mah-jong - GC
	1.15 pm	Lawn Bowls
	3.30 pm	Improvers Bridge - GC
Fri 11 Dec	3.45 pm	Yoga - TSC
	9.00 am	Cycling Group
	9.15 am	Tai Chi - TSC
	12.00 pm	Learning Circle - TSC
	2.00 pm	Carpet Bowls- TSC
	4.15 pm	Uke 55 - TSC

FIRST SOCIAL EVENT - 2021

AUSTRALIA DAY BRUNCH

Tuesday 26 January – 9.00 am

To start the new Club year, we are holding the annual Australia Day celebration but with a different twist. This social catch up will be a Brunch starting from 9.00am. The Barbecue menu consists of eggs, bacon, sausages, mushrooms, tomato, onions and bread rolls followed by lamingtons and fresh fruit. A feast worthy of the morning lake view!

It will be a true Aussie affair with an impromptu Poetry Slam (following the success of last year); why not bring along your favourite Australian poem. And for the energetic amongst us, there will be darts, quoits and Pitch and

Putt golf. Cost \$15.00 – Bookings with payment by 22nd January 2021



ACTIVITY UPDATES

- **Leisurely Ladies Cycling Group**

Revised Summer time start – this group is now meeting at Scout Hall at Greenway at **8.30 am**



- **Lawn Bowls**

Please note that Thursday's meeting for Lawn Bowls will be the last for this year.



PROBUS TRIP – HUNTER VALLEY

Members of 55 Plus club and Probus went on a bus tour to the Hunter Valley for 5 very packed days. The main highlight was the Hunter Valley gardens and Christmas Light show which were unbelievable. However, there were many other interesting tours including a heritage house, 63 murals painted on buildings around Kurri Kurri, Maitland jail a tour around Newcastle Harbour and the RAAF museum to name a few.

Of course we were constantly eating and they played games and trivia to keep us entertained. A great time was had by everyone.

Barbara Droomgool



PEANUT BUTTER AND BANANA ENERGY BITES



Bananas are often referred to as nature's energy bar – they're high in carbohydrates, in two

different types. The glucose and fructose they contain are quickly absorbed, whilst sucrose acts slowly and keeps energy levels stable. This recipe adds in peanut butter for a protein punch and slow release carbs via oats.

Ingredients:

- ½ cup peanut butter
- 1 banana, chopped
- 1½ cups old fashioned oats
- ⅔ cup coconut flakes
- ¼ cup ground flax seed
- ½ cup mini chocolate chips
- 1 tablespoon honey

Method:

Combine all ingredients in a bowl using a fork. If you find your mix is very sticky, add some extra oats – you'll probably find you fine-tune your own preferred consistency over time. Place the bowl in the fridge for 30 minutes, then roll the mixture into balls ready to wrap up and pop in your jersey pocket!

ON THIS DAY – 4th December

- **1619** The first Thanksgiving is celebrated in America, before the Pilgrims ever arrived.
- **1791** The first edition of *The Observer*, the world's first Sunday newspaper, is published in London.
- **1872** The US *Mary Celeste* is found, in good condition, but with no one aboard, in the Atlantic Ocean.
- **1917** 'Shell Shock' is coined to describe psychological trauma in war veterans
- **1933** *Tobacco Road* premieres in NYC, becoming the longest-running play of its time.
- **1952** Killer fogs begin in London, England; the term 'Smog' is coined.
- **1954** #1 Hit: The Chordettes – *Mr Sandman*
- **1954** The first Burger King opens in Miami, Florida.
- **1965** #1 Hit: The Byrds – Turn! Turn! Turn!



JAPANESE FUROSHIKI: An Eco-Friendly Alternative To Paper Gift Wrapping

Every holiday season millions of tons of gift wrap and decorations end up in landfills. Wrapping paper and gift bags aren't just hard on the environment, but they can be expensive as well. There is another option that is a simple, beautiful, and eco-friendly way to wrap gifts.

Furoshiki (also sometimes called tsutsumi) is the ancient Japanese art of wrapping fabric and tying it different ways to present and carry a gift: no paper, no sticky tape, no ribbon and no waste. A piece of fabric is simply folded around the package and can be adapted for just about any wrapping purpose. Not only does the giver have the joy of presenting an eco-friendly cloth wrap, the recipient has the pleasure of untying, reusing and on-gifting the fabric with a present of their own. Consider it the ultimate everlasting pay-it-forward wrapper.

History of Furoshiki Wrapping Cloths

A furoshiki wrapping cloth is a single rectangular or square piece of fabric that has gone through several different transformations over the centuries. The wrap was originally referred to as *tsutsumi* and was used as early as 710 in Japan. By 1336 bathhouses used the cloths to bundle bathers' clothes, and also to stand on while drying off. During this time, they gained the name furoshiki, meaning "bath spread."

What Fabric to choose?

Choosing the right fabric for furoshiki is important; it must be light enough to tie easily but strong enough to take the weight of the gift. Silks and light cottons work well. To keep in the eco spirit, support local charity shops and scout for silk and polyester scarves, bandanas or handkerchiefs. Or look for fabric remnants and offcuts. Two-sided reversible fabric can also be stunning. As a general rule, the fabric should be at least two-thirds bigger than the item to be wrapped. If it's excessively larger, consider doubling it over. Be aware, though, that the overall thickness affects the ease of knot tying. For example, fabric measuring 70 x 70cm would be suitable for both a single- or double-bottle wrap (the methods differ but work equally well).

Items such as scarves, where the hems are tidy and the fabric is in good condition, are perfect for furoshiki but if you're creating cloth squares from offcuts, you'll need to machine-hem the edges, paying careful attention to the corners as they feature prominently in the finished work of art.



HOW TO WRAP GIFTS THE FUROSHIKI WAY

There are many ways to fold a traditional cloth wrap and some can be quite beautiful. Here are a few practical options for wrapping common gift shapes:

Wrapping Books, Boxes, or Flat Items

1. Place the object diagonally in the centre of the cloth.
2. If the object is rectangular, then draw up the corners of the fabric on either side of the longest edges of the item. Make sure the fabric is tight and tie the two opposite corners together once.
3. Next, do the same with the other two corners but tie it twice so it knots. If the object being wrapped is square, then it doesn't matter which opposite corners are tied together first.



Wrapping Round Items (Like One Bottle)

1. Lay the cloth out in a diamond shape on a flat surface and place the object upright in the middle.
2. Gather the top and bottom corners together and tie them securely in a knot on top of the object.
3. Take the two remaining corners and wrap them around the bottle so that they cross over the back and end at the front. Make sure the fabric stays tight while wrapping. Tie the two ends in a knot.
4. If a handle is desired, then tie another knot with the loose ends at the top of the bottle. To do this, twist the ends a little and tie a small knot with the very ends of the fabric.



Wrapping Two Bottles

1. Lay the cloth out in a diamond shape on a flat surface and position the bottles horizontally in the centre with their bottoms facing each other, and the tops pointed towards the left and right corners of the cloth.
2. Fold the bottom corner up and over the bottles as far as it will go without moving the bottles. Place both hands on the bottles and carefully roll them towards the top corner, wrapping the fabric tightly around them as you roll.
3. Once all of the fabric is rolled around the bottles, set them so they're standing up and tie the ends of the cloth together.



Make a Water Drop Bag

This cloth bag is perfect for carrying around items like bread, apples, or other items at the grocery store or farmer's market.

1. Lay the cloth out diagonally, right side down, on a flat surface and draw the top and bottom corners together. This will fold the fabric in half to create a triangle shape.
2. Tie the bottom two corners of the triangle into knots about 1/4 of the way into the fabric.
3. Take the top of the triangle, separate, and pull the fabric to opposite ends of each other. Flip the fabric over and tuck the knots into the sides.
4. Tie a knot with the two loose ends to create a carrying strap.

