

# Robbeburg Newsletter

Robbeburg International Playgroup

## Editorial

Well, this is our second newsletter since inception. I'm sorry to say that Henry didn't feel up to it this time, so I volunteered to have a go. Therefore, excuse the general unprofessional-ism and we hope to have Henry back on board by September's issue!

As you all know, August is an extremely quiet month for most. We had our little heat wave back in July, so for those of you left in the Netherlands now, try not to think of all of those away in hotter climes. Hopefully you took Henry's advice from the last newsletter!

So, on to Robbeburg news. It's all been fairly quiet this month. We decided not to have a committee meeting as most of the committee were, deservedly away on holiday! The next meeting is 4th September at 8pm at Robbeburg. We look forward to seeing anybody there who can make it.

The highlight of the month was the drinks evening that we had at Diva's on 3rd August. We had 15 or so mothers show up and it was great to

see everyone without kids and looking like civilised adults again! It was a really good evening that I thoroughly enjoyed as, I hope, did everyone who was there.

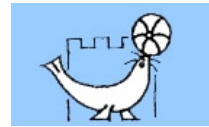
We have made our application for funds to KPMG and that is in process. Financially, things are still looking positive.

Sadly, we heard that Playday has closed down and we sympathise with Sue-Lane, as we all know how difficult it is to run this sort of service. We wish her luck in the future and hope to welcome some Playday members to Robbeburg of course, as well!

You will all have hopefully noticed how clean and tidy Robbeburg is starting to look. We really have to thank Kate Hay, Jo Young and Ileana Uriarte for that, who gave up a Sunday to come in and sort out the toys and generally tidy things up. Please try and keep Robbeburg tidy now!

I'm sure I've missed more vital information, but, oh well, it's holiday! Have a good rest of the month and see you soon!

Meriel



August

Volume 1, Issue 2

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## Birthdays & Hellos!

We had all the following birthdays this month. Congratulations to all the mums on their 1, 2 or 3 year olds! I never think mums get enough credit on birthdays! Anyway, wishing you all a very happy day.

Freya White	02/08/05
Amelie Watkins	09/08/04
Nora van Mierlo	11/08/04
Oscar Payton	17/08/05
Lucas Overloop	21/08/03
Sander Overloop	23/08/05
Ege Nazlicicek	28/08/04

Also we're delighted to have the following mothers and babies join Robbeburg. Welcome!

Stanley & Rebecca Hitchman  
Maya & Lucy Harvey  
Aadi & Mrunal Patwardhan  
Timothy & Rachel Merien

## Kids' Crafts - Pasta Jewellery

Beading can be fun for 2-year olds. But most beads are too difficult for



small hands to manage. Dry pasta in a variety of shapes and colours is a good alternative. Use a length of string on which to thread the beads. Dip the ends of the string in a little glue and let them dry - this will make the ends needle-like and easier for your child to slip through the pasta hole. You can make an original set of pasta jewellery - bracelets, necklaces and belts, using all kinds of pasta. Pasta tubes are good, as are wagon wheels, dinosaurs or teddy bear shapes. Children can paint the pasta first with tempera paint

or you can combine food colouring with a little water to dye the pasta beforehand. Dip each piece of pasta into the dye for 10 seconds and place them on a paper towel to dry. Prepare your beads the day before you plan to use them. Your child's pasta originals will be fun to wear at home and to give as presents. A fun alternative to this is to substitute any kind of O-cereal, biscuit or pretzel. This make a snacklace which your child can carry around and nibble on!

## Cooking with Kids - White Chocolate Button Biscuits

Makes 20 cookies

Ingredients:

100g unsalted butter or margarine at room temperature  
100g caster sugar  
100g brown sugar  
1 egg  
1 tsp vanilla essence  
175g plain flour  
½ tsp baking powder  
¼ tsp salt  
175g white chocolate buttons

Beat the butter or margarine together with the sugars. With a fork, beat the egg together with the



vanilla and add this to the butter mixture. In a bowl, mix together

the flour, baking powder and salt. Add this to the butter and egg mixture and blend well. Break the chocolate buttons into smaller pieces with a rolling pin or in a food processor and stir them into the mixture. Line several baking sheets with non-stick baking paper and roll the dough into walnut-sized balls. Put these on to the sheets, spaced well apart, and bake in an oven, pre-heated to 190 degrees C for 12 minutes. Take carefully off the baking paper and let them cool.

## Family Recipes - Tuna Bake with Potato Crisps

Makes 6 adult portions

Ingredients:

200g penne  
2 tbsp olive oil  
1 red onion, chopped  
1 garlic clove, chopped  
½ red pepper, seeded and finely sliced  
100g button mushrooms, sliced  
1 tin chopped tomatoes  
1 ½ tbsp tomato ketchup  
1 tsp red wine vinegar  
1 tsp mixed dried herbs  
400g canned tuna in oil, drained

150g Cheddar cheese, grated  
2 small bags ready salted crisps

Cook the penne according to the instructions on the packet. Heat the oil in the saucepan and saute the onion and garlic for 5 minutes. Add the pepper and mushrooms and saute for a further 5 minutes. Stir in the chopped tomatoes, tomato ketchup, red wine vinegar and herbs. Bring to a simmer and cook for 5 minutes. Flake the tuna, add to the sauce and cook for a further 5 minutes before stirring in the drained, cooked pasta. Transfer to an

ovenproof dish. Sprinkle with the grated cheese and crush the crisps over the top. Bake in oven preheated to 200 degrees C for 15 minutes.



# Safety First– Children and Falls

Falls are common in young children who are learning to walk, run and climb. Although most result in mild bumps and bruising, some falls can cause more serious injuries.

## What To Do if Your Child Falls

Call emergency services (112) and do not move your child if he/she:

- May have seriously injured the head, neck, back, hipbones or thighs
- Is unconscious or was briefly unconscious
- Is having difficulty breathing
- Isn't breathing (start CPR)
- Has a seizure
- Has clear fluid or blood coming from the nose, ears or mouth.

Call a doctor or seek medical attention if your child:

- Won't stop crying
- Becomes very sleepy and is difficult to wake up
- Becomes irritable and difficult to console
- Vomits more than two times
- Complains of neck or back pain
- Complains of increasing pain
- Isn't walking normally

Doesn't seem to be focusing his or her eyes normally

Has any behaviour or symptoms that worry you.

If you think it's safe to move your child:

- Hold your child and comfort him or her until the crying stops
- Place a cold compress or ice pack on any bumps or bruises
- Give child pain relief medication to relieve the pain
- Let your child rest as needed for the next few hours
- Watch your child closely for the next 24 hours for any unusual symptoms or behaviour.

## Think Prevention!

Never leave young children on any bed or other furniture unsupervised. Childproof against falls & avoid using walkers. Always strap children into high chairs, changing tables, shopping carts & strollers. Always buckle kids into safety seats when riding in motor vehicles. Make sure they always wear helmets when biking or skating.

# Charity Focus - Cunina

As I am writing the newsletter, I thought I would mention Cunina, a Belgian charity that my husband and I have been involved in. We helped them set up their projects in South Africa, so it is something very close to our hearts. Cunina is similar to Plan International in that it supports orphaned and disadvantaged children in developing countries, such as Nepal, Brazil, Haiti, the Philippines, South Africa and the Congo. You support a sponsored child with 25 euro per month. The main differences to Plan however are very important:

- It's a small charity (although now an NGO) run by volunteers
- Everything you pay goes to your sponsored child and nothing for admin
- You sponsor a particular child, whom you can visit whenever you like, with Cunina's help.



They have organised group trips to, for example, Nepal.

- It focuses primarily on education
- They keep an expenditure record on your child which you can have access to should you wish.
- The founder goes personally to check on the children and projects that she is supporting - there are now more than 6,000 of them!

If you are interested in a foster child, please do let me know ([jmoverloop@hotmail.com](mailto:jmoverloop@hotmail.com)) or you can contact

# Autumn Fair!! Events!! Get involved!!

We are trying to arrange some sort of get-together or fund-raising activity every month for Robbeburg members. In August we had the drinks night, in September we are supposed to have a quiz night and in October we will have our Autumn Fair.

Unfortunately we won't be able to arrange the quiz night in time, but we will arrange another drinks night instead (it was so good last time!) - more details after the next committee meeting.

The Autumn Fair is also all set to go ahead - you will have noticed how the toilet is full of things to be sold! This is primarily a fund-raising activity for Robbeburg, although maybe you'll pick up some goodies, meet others, get your children together and hopefully have fun too! If you would like a stand to sell anything, please let us know. If you can also help make cakes, crafts and anything we can sell that would be great. Finally if you would like to get involved in organising and/or publicising the Autumn Fair, please drop a note to Sigrid or Meriel on [co-chair@robbeburg.com](mailto:co-chair@robbeburg.com) or [chair@robbeburg.com](mailto:chair@robbeburg.com).

One final note, if there is any particular event that you would like to organise to get us all together and to meet new people, such as a cinema trip or talks, a night out, please let us know!

## Positions Vacant

### Health and Safety Manager

We still need someone to fill this vital role, (although we may have someone interested!) If you are keen, have a look at the job description on the wall at Robbeburg and let someone from the committee know.

## Website Manager

When Celsi leaves to have a baby, we will have the position of Website Manager vacant. If you have experience in setting up and managing websites and are interested in helping, please let someone from the committee know.

We will be very sad to see Celsi go - she has done a fantastic job so far. Many, many thanks, Celsi and good luck with the baby!

And finally

### *If I had my child to raise over again...*

*If I had my child to raise over again  
I'd build self esteem and the house later.  
I'd finger paint more and point the finger less.  
I would do less correcting and more connecting.  
I'd take my eyes off my watch and watch more with my eyes.  
I would care to know less and know to care more.  
I'd take more hikes and fly more kites.  
I'd stop playing serious and seriously play.  
I would run through more fields and gaze at more stars.  
I'd do more hugging and less tugging.  
I'd see oak trees in the acorn more often.  
I'd model less about the love of power and more about the  
power of love.*

*Anonymous*