

# Robbeburg Newsletter



Robbeburg International Playgroup

[www.robbeburg.com](http://www.robbeburg.com)

## Editorial

Happy Christmas to everyone!! Well, we reached the end of 2006 without having to close Robbeburg down and I think that's a really good achievement. We now have people waiting to join every group and are starting up a group on Friday mornings in January. Financially we're breaking even and we've got a great Christmas Party to look forward to - what could be better news than all that!

Seriously though, it's been a good few months for Robbeburg. I hope that you're all still enjoying going and that you're continuing to get lots out of it for you and your children. The committee have been fantastic this year and I'm sure you would all like to thank them for all their hard work and energy.

What's more, even more mums are joining in on a "now and then" basis, which is great and exactly what Robbeburg needs. We had a fantastic cleaning committee in November, who overhauled and cleaned everything for us - thank you very much for that and also to Kerry for organising it all. Kerry painted the cubby house for us as well and I know that lots of you are

involved in organising the Christmas Party. Also, the Halloween Party was a great success and raised more than €300. We're grateful to everyone who does a bit for Robbeburg - as the old cliché goes, every little counts!

A final thanks should also go to the group leaders who have the miserable job of nagging people, passing on messages, taking the blame when something goes wrong etc etc!! We really need you there as the committee can't make it to each group - your work is really appreciated.

Talking about nasty group leader tasks, a gentle reminder: if you haven't paid your Robbeburg invoice, please do so!! We need the cash! We don't have profits or reserves that we can rely on in Robbeburg (as we are a not-for-profit organisation), so if you don't pay us there is less money to do the things we would like. Please double check that you have paid. Most of the time people make a mistake in the transfer or forget.

Well all that remains is to wish you all a wonderful Christmas and New Year and we look forward to seeing you all again in January!

Meriel




## December

Volume 1, Issue 4

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Thanks to The British School, who are now sponsoring our newsletter.



### THINK BABY

#### ROBBEBURG PUBLICITY DRIVE

We are focussing on promoting Robbeburg at places where there might be babies unborn or otherwise!

*Please take some Robbeburg posters from the basket on the yellow shelves.*

Hang them or leave them in your consultatie bureau, yoga classes, pregnancy groups, crèches, playgroups or schools - anywhere babies and their mothers might hang out.

Thank you for supporting Robbeburg!



Offering a quality education to the international community for children between 2-16 years.

For admissions and enquiries,  
Anthonie van Dijkstraat 1  
1077 ME  
Amsterdam  
00 31 (0) 20 6797840

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# Birthdays & hellos!

*Happy Birthday to the following for November and December and apologies if anyone has been missed. To my shame, I don't have details of those who have joined us over the last two months - however, we're delighted to have you!!*

|           |                 |            |          |           |            |
|-----------|-----------------|------------|----------|-----------|------------|
| Huw       | Jenner          | 06/11/2002 | SyMatteo | Vissotto  | 14/12/2004 |
| Alice     | Palmquist-Whyte | 29/11/2002 | Isabella | Adney     | 19/12/2004 |
| Joanne    | Heidstra        | 23/11/2003 | Luke     | Irwin     | 20/12/2004 |
| Eli       | Zyto            | 09/12/2003 | Rinji    | Kishikawa | 21/12/2004 |
| Nishita   | Nagwekar        | 13/12/2003 | Sophie   | Smit      | 25/12/2004 |
| Evie      | Burrows White   | 16/12/2003 | Robert   | Hay       | 29/12/2004 |
| Yusuh     | Ullah           | 05/11/2004 | William  | Heidstra  | 10/12/2005 |
| Sebastian | Blacker         | 05/12/2004 | Oscar    | Fry       | 15/12/2005 |

## Stuck for what to say at Christmas parties ... try these!



Mafia small talk

No piece of paper can be folded more than 7 times

Earth is the only planet not named after a pagan God.

Venus is the only planet that rotates clockwise.

The Himalayan gogi berry contains, weight for weight, more iron than steak, more beta carotene than carrots, more vitamin C than oranges

Apples, not caffeine, are more efficient at waking you up in the morning.

The Mona Lisa has no eyebrows

Right-handed people live, on average, nine years longer than left-handed people do.

2,500 lefties die each year using products designed for rightists

Every drop of seawater contains approximately 1 billion gold atoms

The total combined weight of the worlds ant population is heavier than the weight of the human population.

Honey is the only food that does not spoil.

The plastic things on the end of shoelaces are called aglets

Napoleon made his battle plans in a sandbox.

"Jaws" is the most common name for a goldfish.

On an average work day, a typist's fingers travel 12.6 miles

On average, a 4-year-old child asks 437 questions a day.

The number of people alive on earth right now is higher than the number of all the people that have died. Ever.

The largest living thing on the face of the Earth is a mushroom underground in O regon, it measures three and a half miles in diameter

If you put a raisin in a glass of champagne, it will keep floating to the top and sinking to the bottom.

Sucking on a copper penny will cause a breathalyzer to read 0 (maybe).

The ship, the Queen Elizabeth 2, should always be written as QE2. QEII is the actual queen.

The correct response to the Irish greeting, "Top of the morning to you," is "and the rest of the day to yourself."

A newborn expels its own body weight in waste every 60 hours

Just about 3 people are born every second, and about 13333 people die every second. The result is about a 2 and 2/3 net increase of people every second. Almost 10 people more live on this Earth now, than before you finished reading this.

In deep space most lubricants will disappear.

During the time of Peter the Great, any Russian man who had a beard was required to pay a special tax.

The average person can live 11 days without water.

(With thanks to Heleen Hayes for this contribution!)

# Is your baby STILL waking up at night ?

You are not alone! Of course we all expect that our newborns will wake several times at night to be fed. But once that newborn stage is over some of us have babies who continue to wake at night. Some children keep this going for months and some even years!

I was at the end of my tether when my 18 month old was still waking me up every night. I have two other school age children and the night waking and the early rising for school was wearing me down. He also had diarrhea fairly regularly but not enough to take him to the doctor, it usually went away after one or two days. I wondered if these things might be related and started keeping track of everything he ate. I thought maybe he was allergic to something in his diet or got diarrhea and woke at night because of something he ate that day. But I saw no relationship between what he ate and his diarrhea nor any correlation to his waking.

When he woke he would often seem a bit freaked out. I wondered if he had nightmares or was in some kind of pain. He would usually calm down when I held him but as soon as I put him back to bed he would start crying again. He would sometimes keep this up for hours. He also seemed to be a very light sleeper and wake up with any kind of noise.

I tried everything, or so I thought. I was about to take drastic action and just let him scream it out although I hated to do that. Then coincidentally I was talking to the mother of a friend of my oldest son. She is a Chinese acupuncturist and she checked him and determined that his digestion was indeed not functioning optimally. She suggested that I rub his belly at night before he goes to sleep and also rub with my thumb a couple of “pressure points” on his wrists and ankles. I tried it immediately that night

and it worked! He slept through the night!! Hooray! I was thrilled. I started doing that every night before bed and amazingly it kept on working! It has now been over two months and he has not woken once. It did the trick and it was such a gentle solution. Much nicer than letting him scream or continuing to be woken up!



That’s why I wanted to write this article for any of you who may be experiencing the same thing. Simply rub your child’s tummy clockwise around his belly button approximately 10 – 20 times and rub with you thumb in a circular motion the following ‘pressure points’: On the wrists you can find the right spot by following the line of the pinky, it is just under the palm; and the other point is the inside of both ankles. To find the right spot on the ankles, hold your middle finger

and index finger together, touch the ankle bone that sticks out with the middle finger. The width created by holding your fingers together will indicate the spot on the inside of the ankle, under the bone -it’ll be the soft sensitive area.

If you recognize the pattern I described above, try the rubbing, it just might help you and your child sleep soundly. If you are having other problems and would like to check with this wonderful lady for possible solutions, her contact details are:

Honglin Liu  
Stadionweg 222-1  
Amsterdam  
Tel: (020) 646 1074  
[h.liu@tiscali.nl](mailto:h.liu@tiscali.nl)  
[www.chineseacupuncture.nl](http://www.chineseacupuncture.nl)

*Amie de Jeu  
Tuesday am*

## Need a bouncy Castle?



**Bouncy castle for hire!!  
(from Robbeburg and at own risk)  
Fantastic for parties!  
Only €35 per time.**

## Positions (still) Vacant

### Publicity

If you're creative, artistic and full of energy and enthusiasm then this is the job for you! We desperately need someone to help us publicise Robbeburg on a regular basis. It's completely up to you how you do the job - all that's required is that as many people as possible in Amsterdam get to hear about us!

### Purchaser

We would love to have a volunteer to help us buy all the things we need to keep Robbeburg going. It really just involves a few trips to Makro or Albert Heijn and checking every now and then that we have enough supplies. Obviously you get fully reimbursed!

### Newsletter Editor

Finally, we would love to have someone help us put the newsletter together on a regular basis.

Please contact Meriel or Sigrid on chair@ or co-chair@robbeburg.com if you are interested in any of the above positions.

Thank you to the following sponsors  
of our Christmas Party Raffle!

