



Weekly Bulletin

Friday 3 July 2020

PLASTIC FREE JULY

Join the challenge and 'Choose to Refuse' single-use plastic during July

Plastic Free July aims to raise awareness of the problems with single-use disposable plastic and challenges people to do something about it. You'll be joining millions of people world-wide from 130 countries in making a difference.

A problem.

The plastic bottles bags and takeaway containers that we use just for a few minutes use a material that is designed to last forever.

These plastics:

- break up not break down - becoming permanent pollution
- are mostly downcycled (made into low grade product for just one more use) or sent to landfill
- 'escape' from bins, trucks, events, etc. to become 'accidental litter'
- end up in waterways and the ocean - where scientists predict there will be more tonnes of plastic than tonnes of fish by 2050
- transfer to the food chain - carrying pollutants with them
- increase our eco-footprint - plastic manufacturing consumes 6% of the world's fossil fuels.

Every bit of plastic ever made still exists and in the first 10 years of this century the world economy produced more plastic than the entire 1900's!

With solutions.

More than 6 out of 10 of us are already refusing plastic shopping bags avoiding pre-packed fruit and veg picking up other people's litter and avoiding buying bottled water.

Choosing to be part of the solution you can act by:

- avoiding products in plastic packaging (choose alternatives)
- reducing where possible (opt for refills remember your reusable shopping bags)
- refusing plastics that escape as litter (e.g. straws, takeaway cups, utensils balloons)
- recycling what cannot be avoided.

Are you in for the Plastic Free July #choosetorefuse challenge? Ctrl+Click on the [link Plastic Free July](#) for more information!

MAKE YOUR OWN BEESWAX WRAP!

For a simple switch this Plastic Free July, consider beeswax wraps. You can use them in the place of cling-wrap to cover food and keep it fresh, plus they're reusable and can easily be refreshed if the wax starts to wear.

You'll need:

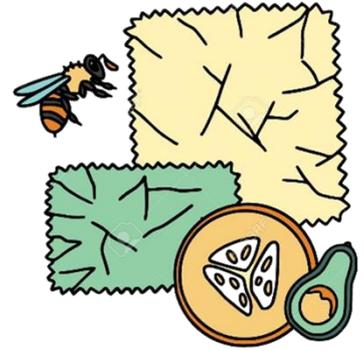
100% cotton fabric squares (clothing or sheets can be reused as the base material - cut a few different sizes)

About a cup of grated beeswax

An iron

An old towel or blanket that you don't mind getting waxy

A few sheets of grease proof paper



Method:

Step 1: Lay down your towel and turn on the iron to heat it up.

Step 2: Place a few sheets of greaseproof paper onto the towel then lay one of your cotton squares on top of this.

Step 3: Evenly sprinkle your beeswax over the cotton square, ensuring that you go to the edges.

Step 4: Place a few more sheets of greaseproof paper back on top of the wax and cotton square and then iron over it.

Step 5: Peel back the paper to check that the wax is evenly melted. You may need to sprinkle more on for an even coverage and then replace the paper and iron again.

Step 6: Peel the wax infused cotton square of the greaseproof paper and let it cool and set on a wire rack or peg it onto a line of string to dry.

What can I use them on?

Use as you would cling-wrap! The wraps can be used on most bowls and containers, fruits, vegetables and cheese. The wax protects the fabric from absorbing liquid and smells and can be used in both the fridge and freezer. It is recommended that they are not used on dairy or meat products as they may leave harmful bacteria on the wrap.

How do you clean them?

The wraps should be rinsed in cold water and air dry. You can use a little detergent without stripping the wax, but it's best to avoid hot water because this melts the wax and can reduce their useable life.

How long with they last?

The wax coating can last up to a year. If the wrap is losing wax or stickiness, you can always add more wax and put them back in the oven for a few minutes to bring them back to life!



REDcycle

RED Group is a Melbourne-based consulting and recycling organisation which has developed and implemented the REDcycle Program; a recovery initiative for post-consumer soft plastic. They have teamed up with Coles, Woolworths and some of Australia's most-loved brands to make it easy for you to keep your plastic bags and soft plastic packaging out of landfill.

What to Redcycle

DO THE SCRUNCH TEST!

If it's soft plastic and **CAN** be scrunched into a ball, it can be placed in a REDcycle drop off bin

If it's not plastic, or it's plastic that **CAN'T** be scrunched into a ball. It cannot be recycled via REDcycle.

Please make sure your plastic is dry and as empty as possible. For a full list of items acceptable items Ctrl+Click on link [REDcycle](#)

you collect

- Collect all the soft plastics that you can't recycle at home.
- Please ensure they are dry and as empty as possible.

you drop

- Drop your soft plastics into your nearest REDcycle collection bin and RED Group will do the rest.
- There are participating supermarkets all around Australia. [Find the REDcycle drop off point nearest to you.](#)
- REDcycle bins are typically located near the checkout. There are currently a few different types of REDcycle bins in use depending on the store so please ask at the customer service desk if you can't locate the bin

they recycle

- The collected plastic is returned to RED Group's facility for initial processing, then delivered to Victorian manufacturer [Replas](#) where it undergoes an incredible transformation.

The REDcycle Program is true product stewardship model where manufacturers, retailers and consumers are sharing responsibility in creating a sustainable future.

REPLAS uses the material as the resource to produce a huge range of recycled-plastic products.

As Australia's leading mixed recycled plastic manufacturer, it aims to provide a solution for plastic waste by delivering quality cost effective sustainable [products](#).

The company produces over 200 recycled plastic products in Australia, using state-of-the-art machinery and robotics together with a focus on energy and efficiency. The product range includes bollards, decking, fencing, fitness trails and furniture, as well as products suitable for traffic control, parks, gardens and the utilities industry.

These products offer a sustainable alternative to the unnecessary use of virgin materials and provide long-lasting solutions to customers.

Recycled plastic furniture from Replas can be purchased at any time. View the vast product range at www.replas.com.au





CLUB COMMUNITY BILLBOARD!



PITCH N PUTT

The Pitch and Putt group met for a social game last Friday. There were 8 players who enjoyed a lovely morning of golf. The weather was cold initially, but lovely after the sun came out at 10.20.

Skip had a hole in one on the 12th hole - congratulations Skip.

We had less trouble with the crows, they were around but no balls were pinched. A sideline to this - I was playing bowls at Tuggeranong and a crow was hanging around. I told my friend about the crow pinching the golf balls and said one thing for sure is he won't be pinching the bowling balls. The next thing the crow swooped in and stole the jack, he didn't take it far as it was too heavy!

The next game of golf is Friday the 10 July at 10.00 am at the International Golf Club weather permitting. *Barbara Dromgool*

CALLING ALL CARPET BOWLERS

We have a table reserved at the Southern Cross Club Tuggeranong for 11.00 am on Wednesday 8 July.

Come and enjoy a catch-up with your bowling friends. The snack bar will be open for you to have a cuppa and something to eat. We will of course abide by all rules and regulations re Coronavirus.

Please phone Carlene on 0407 264 926 to confirm your attendance if I haven't already spoken to you. Numbers are needed for Southern Cross Club by Monday 6 July.

Carlene Lockyer



STREET ART PROJECT – TUGGERANONG SENIORS CENTRE

Thank you to all members who took the time to respond to our request for design ideas for the Street Art Project.

The themes were very similar with thoughtful reasoning given for the ideas suggested: reflecting the lakeside vista, honouring local wildlife, (some who are a constant presence!) but especially after the recent bushfires and recording the area's history both original owner and early settler. Visual images of Club activities and beautiful bubbles were also suggested, and all will give the project designer plenty to work with.

For members who expressed an interest in becoming a 'sprayer' we will be in touch with further details as soon as we have them.

This mural is painted on the wall of a house in Ainslie by artist, Small. It is a Spotted Pardalote (Pardalotus punctatus) sitting on Grevillea. The Spotted Pardalote is one of the smallest native Australian birds, also known as a diamond bird due to its colouring.



TAKE TIME TO 'KNOW YOUR NEIGHBOUR'

Know Your Neighbour is a new campaign supporting Canberrans to connect with their neighbours to help build and maintain community connections. Part of the ACT Government's Community Recovery Plan, the program encourages the community to build stronger relationships which helps make the community healthier and neighbourhoods safer.

According to the ACT Government, getting to know your neighbours is important for many reasons including: social connection; increased quality of life, healthier and happier neighbourhoods; feeling safe, engaged and an overall sense of belonging; a readiness to co-operate, mutual respect and common aspirations; increased security with neighbours looking out for each other; and localised assistance during a natural disaster and/or health crisis like COVID-19.

[Know Your Neighbour card](#) is a great way to take the first step in reaching out & breaking the ice. You can print & fill in the card (click on the link) or you can write your own message and drop it in your neighbour's letterbox.

A few things to consider before you get started:

Consider how you approach people: You may not have met these people before, or you maybe just know them from across the street. Consider the best way to make contact and respect your neighbour's privacy.

Protect your health and the safety of others: Follow government guidelines at all times and don't offer assistance if you are sick.

Visit the [Connect in Canberra website](#): [act.gov.au/connectincanberra](#) an information hub to help you stay in the loop, keep connected, be part of your community and get assistance and support if you need it.

LOVE THY NEIGHBOURHOOD!

Thanks to coronavirus, life has changed and turned upside down. We are now staying close to home which gives us a chance to connect with and learn to appreciate the places where we live.

Here are five more ways of connecting with your neighbourhood:

- 1. Go for walks/bike rides in your neighbourhood** - your neighbourhood/local area has its own special features; connect with your local area, and the best way to do that is to be familiar with its streets and special features.
- 2. Support your local shops** - local shops are the hidden gems of Canberra's suburbs and these small businesses rely on their local community to support them.
- 3. Go on a bear hunt in your neighbourhood** - teddy bears are still hanging around in windows, balconies and front gardens, so head out and do some bear hunting!
- 4. Learn about the history of your community** - Connect with and learn more about the place you live in. Many of Canberra's suburbs are named after prominent Australians. Who is your suburb named after? Also, what are the significant places and landmarks in your neighbourhood?
- 5. Appreciate the beauty of your local community/neighbourhood** - Choose features of your local area (a particular street, local trees, nearby hill, creek, local shops, local school, bus stops, someone's garden, your house, local birdlife, etc.) and represent them in art such as painting, drawing, sketching, or a collage. Write about them in a journal. Take photos of your local area and create a photobook.



DID YOU KNOW THESE THINGS HAD NAMES?

- The space between your eyebrows is called a glabella.
- The way it smells after rain is called petrichor.
- The plastic or metallic coating at the end of your shoelace is called an aglet.
- The rumbling of stomach is actually called a wamble.
- The cry of a new born baby is called vagitus.
- The prongs of a fork are called tines.
- The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
- The tiny plastic table placed in the middle of a pizza box is called a box tent.
- The day after tomorrow is called overmorrow.
- Your tiny toe or finger is called minimus.

BEATLES SONG SEARCH ANSWERS



1. Here Comes the Sun	2. Norwegian Wood
3. The Fool on the Hill	4. Think for yourself
5. Her Majesty	6. I'll Follow the Sun
7. The Long and Winding Road	8. Drive my Car
9. Black Bird	10. She came in through the Bathroom Window
11. Revolution	12. Back in the USSR
13. Strawberry Fields Forever	14. Taxman
15. Doctor Robert	16. Glass Onion
17. Lovely Rita	18. Baby's in Black
19. Baby You're a Rich man	20. While my Guitar gently weeps
21. Let it be	22. Ticket to Ride
23. Maxwell's Silver Hammer	24. Mean Mr Mustard
25. Yellow Submarine	25. Help
26. Octopus's Garden	27. Twist and Shout
28. Hello, Goodbye	29. Come together
30. I am the Walrus	31. Birthday
32. She's Leaving home	33. Here there and everywhere
34. Penny Lane	35. Carry that weight
36. I'm so tired	37. I'm only sleeping
38. Fixing a hole	39. Dig it