



DECEMBER 2008



THE PETERSHAM CURVETTE

Curves Peterhsam
82-86 New Canterbury Rd
Petersham 2049

Ph: 9569 5592

Mondays & Wednesdays
6.30am-11am: 3.30pm-7.30pm
Tuesdays, Thursdays & Fridays
6.30am-11am: 3.30pm-7pm
Saturday - 7.30am-11.30am

LAST WORKOUTS TO COMMENCE 30 MINUTES BEFORE CLOSING PLEASE

DECEMBER B'DAYS!

Suzie Haddock	1 Dec
Anna Scaturro	2 Dec
Kelly Stone	5 Dec
Jane Mathery	6 Dec
Caroline Chesher	8 Dec
Clarissa Chaloner	14 Dec
Jennifer Coakley	14 Dec
Sonia Colombet	14 Dec
Margaret Wright	16 Dec
Kerri-Ann Thompson	17 Dec
Ley Wighton	17 Dec
Kathy Tilbury	19 Dec
Diane Wright	21 Dec
Louise Williams-Meyrick	22 Dec
Karen Robinson	24 Dec
Patricia Lukins	25 Dec
Lisa Kalisperis	26 Dec
Denise Touchard	27 Dec
Angela D'Amico	28 Dec
Kristine Highet	28 Dec
Zeliha Sekman	29 Dec
Brodie Curnow	30 Dec
Carmel McAuliffe	30 Dec

HO HO HO !!!!! CHRISTMAS IS HERE!!!

Christmas—New Year Opening Hours



Mon 22nd	6.30am to 11am	3.30pm to 7pm
Tues 23rd	6.30am to 11am	3.30pm to 7pm
Wed 24th	6.30am to 11am	Closed afternoon
Thurs 25th	Christmas Day	Closed
Fri 26th	Boxing Day	Closed
Sat 27th	Closed	
Mon 29th	6.30am to 11am	3.30pm to 6pm
Tues 30th	6.30am to 11am	3.30pm to 6pm
Wed 31st	6.30am to 11am	Closed afternoon
Thurs 1st	New Years Day	Closed
Friday 2nd	6.30am to 11am	3.30pm to 6pm
Sat 3rd	7.30am to 11.30am	

CURVETTE OF THE MONTH

NOVEMBER 08

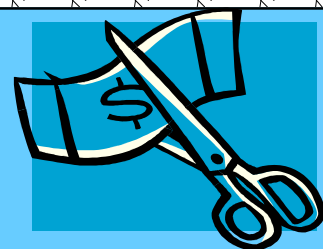
Winner is:

JULIE SAVAGE
Julie lost 2.3kgs and 10cm!

Runner Up:

SANDY COUSINS
Sandy lost 1.9kgs and 15cm!
Congratulations!

CURVES DOLLARS ARE BEING PHASED OUT!!



Curvettes.... We are environmentally aware here at Curves and we want to save trees! We are going to have a big raffle!!! Please bring in all your Curves dollars to purchase raffle tickets to go into the draw to win prizes. We have 10 prizes to give away. 10 Curves Dollars buys you 1 raffle ticket. Don't worry Curvettes, Curves Dollars will be defunct by 31 December 2008 but the New Year brings us lots of new and exciting things!!! holl

RAFFLE TO BE DRAWN ON 12 JAN 09

A wreath with holly, red berries and other decorations began from at least the 17th century. Holly, with its sharply pointed leaves, symbolized the thorns in Christ's crown-of-thorns. Red berries symbolized the drops of Christ's blood. A wreath at Christmas signified a home that celebrated the birth of Christ.



Christmas caroling began as an old English custom called Wassailing - toasting neighbours to a long and healthy life!!!



CURVES CHRISTMAS TREE

We are creating our very own Christmas tree with the intention of helping dis-advantaged children as well as celebrating this special time of year. **We will be donating small pressies to the Salvos to be distributed by Santa.** Any members who would like to do to add to the collection, please feel free to add to the collection. Please speak with staff for more information. Please have all presents in by 10 Dec 08.





Origins of Santa Claus

It is believed that Santa Claus originated with the birth of St. Nicholas approximately 270 A.D., along the Mediterranean coast of northern Turkey.

Nicholas was born to a wealthy, childless couple after thirty years of marriage and was orphaned at the age of nine. Reared by guardians thereafter, he developed a strong sympathy for the poor and needy and devoted a great deal of his time to providing food, clothing and often money to the underprivileged. Much of his gift giving was accomplished in secret and, invariably, at night.

A story often told of the young St. Nicholas involves the three daughters of an impoverished nobleman who was not able to provide them with dowries. Without dowries they had no hope of suitors. Out of desperation one of the girls volunteered to sell herself into slavery in order to provide marriage portions for her two sisters. Informed of their difficulties, Nicholas came by one night and tossed a small bag of gold down the chimney or through the open window of the eldest girl's bedroom where, according to the legends, it fell into a stocking hanging up to dry. Shortly thereafter the eldest daughter was married. This same act of generosity was repeated for the other two daughters with equally happy results.

While still in his teens, Nicholas became the Bishop of Myra, subsequently to be identified in early manuscripts as a saint and miracle worker. Destined to become patron saint of children, Russia, bankers, sailors, pawnbrokers, vagabonds and thieves, when Nicholas died, probably on the sixth day of December around the year 340 A.D., he was well on his way to becoming universally revered as St. Nicholas of Myra.

The practice of bringing gifts in the name of St. Nicholas probably began in France at the start of the twelfth century. The fifth of December, proclaimed the Eve of St.

Nicholas, was the time when nuns would leave gifts at the doorstep for the small children of poor families.

The custom spread rapidly into other parts of Europe and was soon being celebrated by both rich and poor alike. But it was not until 1626 that St. Nicholas made his way across the Atlantic to North America. He came in the form of a figurehead on the prow of a Dutch ship, The Good Housewife, filled with settlers from Holland. Their destination was New Amsterdam at the southern tip of Manhattan Island.

It was here that St. Nicholas's foothold in the New World was firmly established. Even after New Amsterdam fell to the British in 1664, the Dutch persisted in the custom of celebrating St. Nicholas Eve. Popular pronunciation over the years managed to contract Saint Nicholas into Sinterklaas, which was eventually corrupted to Sancte Claus. With Sancte Claus now on the scene, could Santa Claus be far behind?



MOIST FRUIT CAKE

Makes 16 slices

3 cups (500g) mixed dried fruit

1 teaspoon mixed spice

1 cup water

1 teaspoon bicarb soda

1 cup mashed pumpkin (250g raw)

3 egg whites

2 cups self-raising flour

Cooking spray

Directions: Preheat oven 180 degrees fan forced. Place fruit, spice and water in saucepan, boil for 3 minutes. Stir in bicarb soda, leave to cool. Boil or microwave pumpkin, drain and mash, leave to cool. Mix pumpkin and fruit mix together, stir in egg whites well.

Fold in flour. Pour mixture into 19cm (8") round tin coated with cooking spray and bake approx 1 hour. (variation: replace pumpkin with sweet potato).

This cake is high in fibre, vitamins and minerals.

Per slice:

Fat total	0.6g
Fat saturated	0.2g
Fibre	2.6g
Protein	3.3g
Carbs	33.8g
Sugar	20.5g
Sodium	191mg



Season's Greetings

**FROM ALL THE STAFF AT CURVES
PETERSHAM, WE WISH YOU ALL
A VERY MERRY CHRISTMAS AND
HAPPY NEW YEAR. HAVE A SAFE
AND RELAXING CHRISTMAS!!!
WE WOULD ALSO LIKE TO THANK
YOU FOR ALL YOUR HARD WORK
THIS YEAR.**

CONGRATULATIONS TO YOU ALL!

JOKE OF THE MONTH!

A pirate walked into a bar and the bartender said, "Hey, I haven't seen you in a while. What happened? You look terrible."

"What do you mean?" said the pirate, "I feel fine."

What about the wooden leg? You didn't have that before."

"Well, we were in a battle and I got hit with a cannon ball, but I'm fine now."

"Well ok, but what about that hook? What happened to your hand?"

"We were in another battle. I boarded a ship and got into a sword fight. My hand got fitted with a hook. I'm fine, really."

"What about the eye patch?"

"Oh, one day we were at sea and a flock of birds flew over. I looked up and one pooped in my eye."

"You're kidding", said the bartender. "You couldn't lose an eye just from some bird poop."

"It was my first day with the hook."

