

National Seniors Australia ~ Centenary Branch

MARCH 2021 - Newsletter

PRESIDENT'S MESSAGE

It was nice to welcome back to our last meeting Norma Suttie, Monica Chester and to see Marjorie Green sitting at her desk out the front, and to see David Port fit and healthy. Hopefully it was just the rain that kept some members away.

23 of us had a nice day out the Redcliffe – just something different and out of our local area. Looking forward to Sunday Market day at Cleveland in a few months – perhaps in June when it is cooler to walk around.

Please send an email to Cheryl – it's easier for you to send 1 than for Cheryl to type in 80, and then newsletters can be forwarded. This is since the funeral of her dear departed late computer.

I think the time has come that if we cannot get 31 or more passengers on our coach trips we will have to cancel, as the cost has risen fairly steeply, and even at \$60.00 the club is subsidising quite a bit – depending on the distance. Please invite somebody – usually the trips are a nice day out and enjoyed by most. I have asked the 3 local Probus clubs but, of course, they have their own trips. The other option is to look at cheaper bus lines and provide your own meals, this would be a last resort as Cross Country has looked after us very well.

We have 32 booked for Lightning Ridge, some from Forest Lake, 1 from Probus and some from Rosemount – do make them welcome. Also bring your swimmers – the fountain of youth (hot springs) awaits us.

Please remember “Bring and Buy” for April meeting – anything you'd like to part with – craft items etc will happily be accepted. Also remember October meeting for our plant sale.

I'm looking for more recipes – especially if someone has a sausage roll recipe that I can't mess up.

Guest Speaker – Public Trustee

BIRTHDAYS: Best wishes are extended to all our valued members celebrating birthdays during March. We hope you have a wonderful day.

MANY HAPPY RETURNS



UPCOMING EVENTS:

Lightning Ridge Trip - 11th April – 17th April - PAYMENTS IN FULL NO LATER THAN WEDNESDAY 10TH MARCH. Bank details are:-
NAB - BSB 084259 Account No.821660559 – Centenary National Seniors Aust.

Evening Dinner – Wed. 10th March 6pm – Thai Restaurant Curragundi Rd J'lee. (ARRIVE AT 6PM – NOT BEFORE). Names to Jenny today.

CONTACTS

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SECRETARY/NEWSLETTER (INCLUDES MEMBERS WISHING TO HAVE THEIR NEWSLETTER EMAILED, OR PUT IN AN APOLOGY FOR GENERAL MEETING)	CHERYL	0407597812 cherubu@bigpond.com
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COACH TRIPS	ANN	3376 3760
DINNERS, FUNCTIONS	JENNY	3376 3616
MAHJONG	JUDY HUNOLD/JO MURRAY	3378 4935/ 0406413836
STEADY STEPS /CHANGES TO ADDRESS/PH NOS	HUGH	3376 1371
HEART FOUNDATION WALKING MT OMMANEY	SEE DOREEN FLYNN	
MUSIC AT THE HUB	MARJORIE	3376 2030

CENTENARY WEBPAGE <https://nationalseniors.com.au/get-involved/branches/centenary> .

Do you know of any Centenary Seniors members who are unwell? Often we do not know of anyone who has been unwell or in hospital. If you know of any members please call Carol Uren on 0415 722 940. Meetings are first Tuesday each month, February to October, except November (second Tuesday) at the Jindalee Bowls Club at 9.30am. Secretary: Cheryl Williams. P.O. Box 470 Mt Ommaney.

Advice from a Singer Sewing Machine Manual from 1949.

Prepare yourself mentally for sewing.

Think about what you are going to do. Never approach sewing with a sigh or lackadaisically. Good results are difficult when indifference dominates. Never try to sew with a sink full of dirty dishes or beds unmade.

When there are urgent housekeeping chores, do these first so that your mind is free to enjoy your sewing.

When you sew make yourself as attractive as possible. Put on a clean dress. Have your hair in order, powder and lipstick put on. If you are occasionally fearful that a visitor might drop in or your husband come home, and you will not look neatly put together, you will not enjoy your sewing.

(contributed by Beryl Johnson)

Oh how times have changed!!

The life of Georges Bertrand

Born in 1948, I was living in a stable with my sister and 2 brothers in 1953. We were hungry all the time. After a neighbour reported the situation, the authorities took the 4 children as wards of the state.

I was dispatched to a farm in the village of Bellecombe-Tarendol in the South of France. Those farmers were less poor than my parents and more responsible than my parents. In my years there I never left the dining table saying "I am hungry", and I never woke up any more freezing in winter as there was a chimney and a large cooking stove.

In that farm there were 5 children who were wards of the state. The farmhouse had only 4 lights and no electric motors and the highest technology on the farm was the wheelbarrow. The agricultural methods were from the Middle Ages. The village of 90 inhabitants was small enough for everybody to know everybody and their social standing relative to the others. Little is known by urbanites about farmers as individuals or as a social group. Visitors saw an idyllic countryside but life wasn't easy and was full of contrasts. The arrival of the first tractor in 1959 on a farm in the village was the first big step into the modern world. Before tractors, the farms were little mechanised and not particularly productive as most of work was done by hand.

The nation is responsible for the part it played in not protecting us from violence and exploitation.

We experienced things children should not experience. Whenever a child is placed 'in care' there are potentially dangerous adults around them. Madame Mathilde Bonnet, our carer, was very violent, and she lived with her husband Joseph and lover Aime Girard in a menage a trois. Aime Girard was extremely violent with us. The adults were listened to but the children had no voice. Georges couldn't rely on anyone but Georges. Imagine never feeling safe in the world. Our lives were governed by fear and my alarm was triggered and re-triggered every day, even by non-threatening events and I felt constantly at risk of invisible physical and/or psychological attacks.

From the age of 7, I was working long hours on the land. Fortunately school attendance was compulsory and I could rest while at school. During my 9 years there, I never came down from the hills back to the farmhouse after hard day's work to make a revolution, but simply for a dinner and to bed afterwards. I was reduced to a state of brutal stupidity and sullenness for part of my life. A pervading darkness and sadness had crept into my life. I was bed-wetting and was beaten and humiliated for it. When beaten we could not escape nor counter-attack, so the solution was to play dead. For some people, especially children like me, the power difference between them and their attacker means they become trapped: unable to fight or run away. I was limping into despair.

That was my France. I was not in control of my arms and hands: the farmers were. With our whole bodies we worked in the hard agricultural life: picking potatoes on Sunday afternoons and cleaning the barn the following day, and doing other tasks all

the days of the week. I was repeatedly bending and standing at work, working in isolation with long hours of exposure to the sun and other climatic conditions. We were not seen as children but as future ploughmen.

Child labour is detrimental to children's education, health and acquisition of higher skills. It decreases their chances of accessing decent employment as youths and adults. Wards of the state are often damaged before they get to the system. Sometimes the system takes them and it damages them even more. Children are resilient in the face of adversity, but after a while resilience fades and is replaced by trauma. *All children want to survive*, but in front of us there was an ever-receding future.

At school, we were told about the unique qualities which romanticised the countryside and made it seem like a wonderful place. We were told that the French Republic could not make mistakes. French citizens did not want a public enquiry into the treatment of child wards of the state, because we French like to be perceived as having a wonderful, just and well functioning society.

I was lucky that the priest chose me to be an altar boy. Thanks to that I participated in religious ceremonies in various villages around. Those religious services were the start of my career as a waiter later in life!

From Tarendol a talented writer Rene Barjavel (1911-1985) is buried in the cemetery of Tarandol, a hamlet of a few houses, just outside Bellecombe. Out of his many novels one is called Tarendol (1946), and from this novel a movie called Tarendol was made.

At the age of 15, after leaving the village, I worked in bars and restaurants, going from washing dishes to the job of waiter and in 1967 I volunteered for the army. I was not a good infantryman, however, I was sent to the West Indies for 2 ½ years. That was a great time: the best time I ever had in my youth!

Returned to metropolitan France after military service, I disliked the cold and applied to migrate to Australia. That was the best decision I ever made! Once arrived in Australia, all the migrants were well looked after. Three weeks later I was working at the Toyota factory in Melbourne. Later I worked as waiter at the Cafe Florentino and served many famous people including Bob Hawke.

I also worked as a waiter in Caracas, Venezuela, in 1975.

I was back in France in 1976; was assistant food and beverage at the Royal Horseguards Hotel in London in 1978, then back in Australia in 1980. By this time I had married Frances, whom I had met in Australia and who had joined me in my travels.

I opened my restaurant in Perth 1982 -1984, but the clients did not share my dream and I decided to study and work in various restaurants and hotels. We did not like Western Australia and decided to take a 6 months tour around Northern Australia. By this time we had two young children, so of course, they came with us. We stopped in Brisbane and spent around 8 years there before going to work to the United Arab Emirates in 1998.

After that and a couple of years back in Brisbane, I worked in Sydney for 14 years. Thanks mostly to Australia, I had the opportunity to get an education and over the course of my life I obtained the following:

Year 10 certificate 1962 (France)

Waiter certificate 1971 Hotel school of Martinique 1971 (France)

Bachelor of Arts (Language Studies) Western Australian College of Advanced Education 1989 number 890673

Postgraduate Diploma in Education. University of Queensland 1991 No 13-92.

To come back to what happened after our time in Sydney, we finally came back to Brisbane for our retirement, the city that we love and where our son, his wife, and 3 grandchildren live. Our daughter lives in New-York, so we catch up mostly thanks to the Internet's wonderful modern technology.

RECIPES

FAT FREE DATE LOAF (Stan Moore)

1 cup Dried Dates

2 tablespoons Golden Syrup

250ml Boiling Water

½ cup Brown Sugar

¾ cup Oat Bran

1 ¼ cups Plain Flour

1 teaspoon Bicarb Soda

Combine dates and golden syrup in a bowl

Add boiling water and allow to stand for 15 minutes

Add sugar, oat bran, flour and bicarb soda

Stir until well combined

Spoon into paper lined tin (2 thicknesses of paper)

Bake in a 180 degree oven for approximately 50 minutes

Allow to stand for 5 to 10 minutes before turning onto wire tray to cool.

BROWNIE (Sue Drummond)

2 tablespoons marg

¾ cup sugar

½ teaspoon spice

½ teaspoon ginger

½ teaspoon cinnamon

¾ cup sultanas

¾ cup currants

1 cup boiling water

Place all of the above in a saucepan & boil until the margarine has melted, then add 1 teaspoon carb soda. Let cool a little then add 2 cups plain flour & 1 teaspoon baking powder.

Mix well in the saucepan & pour into a greased loaf pan. Bake for ¾ hour in a moderate oven.

Slice when cool & spread with butter to serve.

CALENDAR 2021

MARCH 2021

Monday 1 st	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 2 nd	General Meeting	9.30am	Jindalee Bowls Club	\$5
Thursday 4 th	MahJong	9-12noon	The Hub	
Monday 8 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Wednesday 10 th	Evening Dinner	6PM	Thai Rest. Curragundi Rd.	
Thursday 11 th	MahJong	9-12noon	The Hub	
Monday 15 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 16 th	Coach Trip	8am.	Jindalee Bowls Club	\$60
Thursday 18 th	Lunch	12noon	Monier Hotel Darra	
Monday 22 nd	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Monday 29 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 30 th	Committee Meeting	1pm	President's home	

APRIL 2021

Thursday 1 st	MahJong	9-12noon		
Monday 5 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 6 th	General Meeting	9.30am	Jindalee Bowls Club	\$5
Tuesday 8 th	MahJong	9-12noon	The Hub	
SUNDAY 11TH – SATURDAY 17TH	TRIP TO LIGHTNING RIDGE	7AM	JINDALEE BOWLS CLUB.	
Monday 12 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Monday 19 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Thursday 22 nd	Lunch	12noon	Monier Hotel Darra	
Monday 26 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 27 th	Committee Meeting	1pm	President's home	

MAY 2021

Monday 3 rd	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 4 th	General Meeting	9.30am	Jindalee Bowls Club	\$5
Thursday 6 th	MahJong	9-12noon	The Hub	
Monday 10 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Thursday 13 th	MahJong	9-12noon	The Hub	
Monday 17 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 18 th	Coach Trip		Jindalee Bowls Club	\$60
Thursday 20 th	Lunch	12noon	Monier Hotel Darra	
Monday 24 th	Steady Steps	9am for 9.15am	Cent.Uniting Church Hall	\$7
Tuesday 25 th	Committee Meeting	1pm	President's home	