



National Seniors Australia Corinda Branch December 2021 Newsletter

National Seniors Australia provides information regarding topics of interest to seniors and a collective voice to ensure matters concerning seniors are heard. Corinda Branch provides a local face to this National Organisation to enable information to be disseminated and Seniors to join together to socialise and meet friends and to have a bit of fun.

Meetings

- Branch Meetings are held on the 2nd Tuesday of each month **February to December**.
- We meet at The Croll Memorial Precinct, Sherwood/Indooroopilly RSL Sub-Branch, 2 Clewley St, Corinda. (opposite the Services Club)
- Registration at 9.30am for 10.00am start.
- Meeting fee of \$3.00 includes morning tea



November Meeting Presentation *Bob Walker - Office of Fair Trading*

The presentation in November was by Bob Walker from the Office of Fair Trading on Consumer Rights. As Christmas is nearly here and with many people about to undertake their largest shopping adventure for the year, it was a perfect time to hear about Consumer Right.

The role of the Office of Fair Trading in protecting consumers is that it aims to improve the market place through improving the safety and fairness for Queensland Businesses and consumers in the marketplace through

- Product safety
- Information and advice
- Investigations and enforcement (compliance with legislation)
- Complaint resolution
- Licensing and registration

The legislation under which the OFT works is the Competition and Consumer Act 2010 that came into effect on 1 January 2021. This Act states that a consumer is a person who buys goods or services up to \$100,000 normally used for personal, domestic or household purposes. It sets minimum standards and established consumer guarantees.

Bob went on to speak on the ways in which we now buy goods including online shopping, buying at auction and when buying from a private seller and the consumers rights and responsibilities in these situations.

Bob has previously spoken to our Branch on scams and this presentation was as informative and enjoyable as his last. He also provided us with a booklet Buysmart - a Pocket Guide to Buying Products and Services in Queensland and a brochure on Unfair Business Practices.

Branch Calendar December 2021 to March 2022

Tuesday 14 December Christmas Party and last meeting for 2021

2022

Tuesday 8 February First meeting for 2022
Transit Care

Tuesday 8 March Speaker TBA
(While the program is correct at time of printing changes may occur due to unforeseen circumstances)

Merry Christmas *and a Happy and Healthy 2022*





Keeping Healthy

8 tips for staying healthy over the Christmas holidays

1. Celebrate the seasonal flavours

Unlike our northern hemisphere friends, an Australia Christmas falls in the midst of our summer, when a smorgasbord of fresh seasonal produce is available to all. Instead of turning to mince pies, chocolates and fudge, opt for fruit skewers, frozen mango bars and icy poles as the treats you turn to.

- [Mango Mousse](#)
- [Frozen Strawberry Yoghurt Blocks](#)

2. Pick your indulgences

There's no end of indulgences during the silly season, from decadent cocktail parties to a fridge full of homemade sweets, and no one should have to go without. However, instead of indulging in everything choose what you most enjoy and give the rest a miss. If baking is something you love, try to prevent over catering, or opt to give away most of what you make to ensure that you aren't over-indulging throughout the holiday season.

- [Merry Mango Trifle](#)
- [Pavlova](#)



3. Get a good breakfast

The surest way to fill up on sugary snacks midmorning, or overindulge at that office potluck lunch, is to skip breakfast. Instead, make sure you make your first meal of the day your most nutritionally balanced. Opt for sugar-free muesli, Greek yoghurt, smoothies or eggs to get your day off to the best start.

- [Gut-Loving Green Breakfast Bowl](#)
- [Tunisian Breakfast](#)
- [Egg Muffins](#)



4. Swap your favourite dishes

Some of our favourite Christmas dishes aren't the healthiest choices, so why not try swapping them for healthier incarnations with some of these recipes. Choose chilli prawns over a classic prawn cocktail, go for a zingy pesto rather than a cheese dip, or make muesli balls instead of the usual truffles. Not only do these dishes feel indulgent, they are absolutely delicious as well.

- [Chilli Prawns](#)
- [Hummus](#)
- [Apricot muesli balls \(recipe of the month\)](#)

5. Choose a lighter salad

Christmas is full of picnics and barbecues, where calorie-packed pasta salads, creamy potato salads and cheesy dips abound. If you're attending somewhere that requires bringing a salad, make sure you choose one that isn't as heavy in the cloying dressings, favouring vinaigrette-based potato salads, nutrient-rich bean salads and green veggie-packed garden salads instead.

- [Brown Rice Salad](#)
- [Couscous Salad](#)
- [Noodle Salad](#)
- [Coleslaw](#)

6. Don't skip meals

With all the snacking and treats, it's easy to fill up on calorie-filled treats and go without the more nutritious meals you'd usually enjoy. Not surprisingly, this is a recipe for disaster. To avoid a sugar crash, and lessen the temptation to fill up on treats, make sure you're eating properly throughout the day.



7. Stay hydrated

With the temperature rising, and an abundance of sugary treats on offer, it's easy to mistake thirst for hunger, and to reach for just another truffle or piece of shortbread. Instead, keep a jug with sliced lemon, lime and mint sprigs on the bench, or your desk, and keep it topped up with water. This will encourage you to top up your glass throughout the day, and ensures you're staying well hydrated.

8. Out of sight, out of mind

Instead of displaying your Christmas cooking where it's easy to grab, try putting it away in the pantry, or fridge, so that you're not continually tempted. Even better, when choosing what to make this Christmas, opt for a treat that can be added to the freezer. These sweets have a longer shelf-life and are tucked away from view, allowing you to forgo temptation every time you're in the kitchen.



What is water?

Water is a colourless liquid composed of hydrogen and oxygen (H₂O). It is vital for life, although it supplies no calories. Drinking adequate amounts of water, or staying hydrated, is the first rule of health and nutrition. Our bodies can supposedly last weeks without food, yet just a few days without water. This makes sense when you realise our bodies are made up of about 60% water and that being dehydrated can affect us both physically and mentally.

What are the 5 top health benefits of drinking water?

1. May improve memory and mood

Research has shown that even mild dehydration may impair memory and mood in everyone from children to the elderly. Hydration impacts the brain, as well as the body, and research has shown that even mild dehydration may have a negative impact on moods and may heighten anxiety.

A lack of water may also increase the risk of a headache or migraines in some individuals.

2. May aid weight maintenance

The brain can't actually tell the difference between hunger and thirst, so often we mistake thirst as a 'sugar craving'. The next time you feel the need for something sweet, try a glass of water first.

3. May improve exercise performance

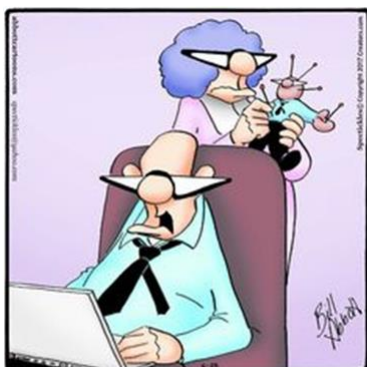
There has been a lot of research into the effects of hydration or dehydration in athletes, and the results all pretty much conclude that dehydration not only affects sports performance but also physiological function too.

4. May prevent constipation

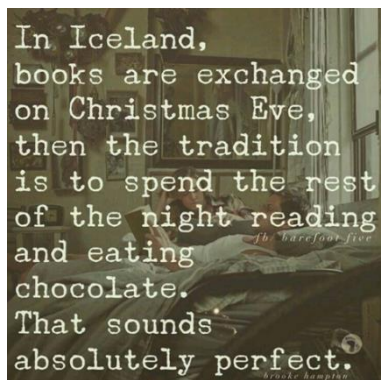
Water helps to 'keep things moving' in the digestive system, so staying hydrated may help prevent constipation in children, adults and the elderly. There is some evidence that fizzy water may be of particular benefit too.

5. May support the health of the urinary system

Poor hydration may increase the risk of developing, or the recurrence of kidney stones, in some individuals. Studies have also shown that drinking adequate amounts of water may reduce the risk of bladder infections and urinary tract infections, including cystitis, in women.



"For the tenth time, I feel fine. Why do you keep asking?"



"I'll double check, but I'm pretty sure that hole shouldn't be there."

Recipe of the Month - Apricot muesli balls

Packed with the goodness of dried apricots, these delicious muesli snacks make a fabulous mid morning treat. By Kirrily La Rosa

5 Ingredients makes 22

- 2 cups toasted muesli
- 1 cup dried apricots
- 1/4 cup honey
- 60g butter, melted
- 3/4 cup shredded coconut

2 Method Steps

- **Step 1**
Place muesli, apricots, honey and warm, melted butter in a food processor. Process for 2 to 3 minutes or until well combined.
- **Step 2**
Place coconut in a shallow dish. Roll tablespoons of muesli mixture into balls. Coat balls in coconut. Set aside to cool for 15 minutes before serving.



That great jam recipe

Rhubarb & Strawberry Jam

Ingredients:

250g rhubarb, stalks trimmed, cut into 2cm pieces

500g strawberries, hulled, chopped

2 ½ cups caster sugar

2 tbsps. lemon juice

Method

1. Place rhubarb, strawberries and sugar into a deep saucepan and macerate for several hours. Add lemon juice and place over medium heat. Stir with a wooden spoon until sugar dissolves and mixture comes to the boil. Reduce heat to medium-low and simmer for 30 minutes or until mixture thickens. Place a saucer into the freezer.
2. To test if jam is cooked, place a teaspoon of jam onto the cold saucer. Run your finger through the centre of jam. If mixture stays se[arated], the jam is ready. If not, cook for a further 2-3 minutes and retest.
3. Cool a little and spoon jam into jars as per usual.



Elected Branch Committee

13 October 2021 - August 2022

President: Wendy Ostrofski

Vice President: Norma Spinetti

Secretary: Bronwyn Quinn

Treasurer: Maria Gariola

Assistant Treasurer: Heather Hallam

Catering Organiser: Lorna Norris

Committee Members

Margaret Maynard

Judy Christy

Branch Contacts:

Postal Address: NSA Corinda Branch,
153 Ardoyne Rd, Oxley Qld 4075

Email: corindabrand.nsa@outlook.com

Secretary: Bronwyn Quinn 07 3379 8737

"Some Christmas tree ornaments do more than glitter and glow, they represent a gift of love given a long time ago." Tom Baker