



# National Seniors Australia Corinda Branch



## February 2022 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 2<sup>nd</sup> 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

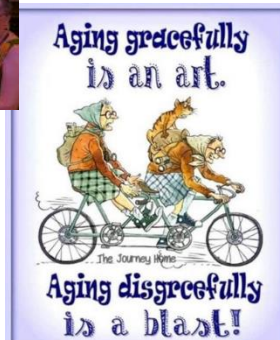
### December Meeting

*Cr Nicole Johnston again provided tickets to the Lord Mayor's Seniors Christmas Party and it was a glittering affair with a high tea followed by a delightful concert.*

*The year for our branch finished on a high note with our last meeting for 2021 and a wonderful Christmas Party. The welcoming atmosphere of friendship that is so much a part of our Branch made the Christmas celebrations even more joyful.*

*Our guests were Cr Nicole Johnston, Jess Pugh MP and Senior Constable Lisa Easton and it was great to have them with us for the celebrations.*

*With great company and good food what more could you ask for to end the year. We all look forward to another great year in 2022.*



### Branch Calendar February 2022 to December 2022

Tuesday 8 February Meeting Cancelled

Tuesday 8 March Branch Birthday and Sausage sizzle guest presenter Niki from Transit Care

Tuesday 12 April Easter fun Speaker TBA

Tuesday 10 May High Tea and HOY

Tuesday 14 June Speaker TBA

Tuesday 12 July Winter Warmer Lunch - Speaker TBA

Tuesday 9 August AGM with Committee Elections and Light Lunch

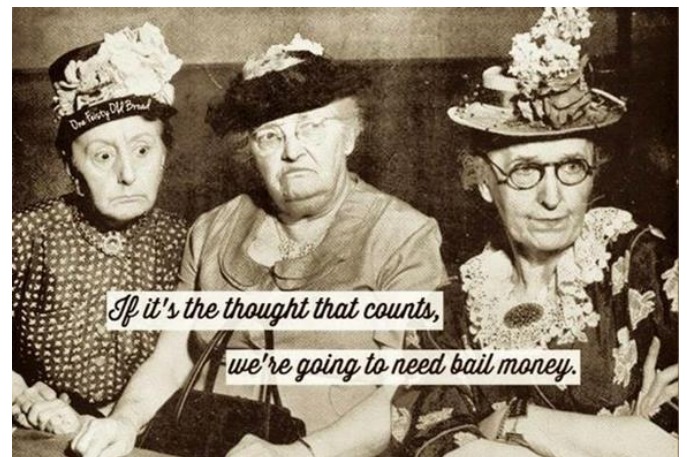
Tuesday 13 September Sausage Sizzle – Speaker TBA

Tuesday 11 October Bring and Buy - Speaker TBA

Tuesday 8 November - Speaker TBA

Tuesday 13 December Last meeting for 2022 and Christmas Party

(While the program is correct at time of printing changes may occur due to unforeseen circumstances)



# Keeping Healthy

## MILK

### 5 Ways That Drinking Milk Can Improve Your Health

Milk has been enjoyed throughout the world for thousands of years.

By definition, it's a nutrient-rich fluid that female mammals produce to feed their young.

The most commonly consumed types come from cows, sheep and goats.

Western countries drink cow's milk most frequently.

Milk consumption is a hotly debated topic in the nutrition world, so you might wonder if it's healthy or harmful.

### Milk Is Packed With Nutrients

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The nutritional profile of milk is impressive.

After all, it's designed to fully nourish newborn animals.

Just one cup (244 grams) of whole cow's milk contains (2):

- **Calories:** 146
- **Protein:** 8 grams
- **Fat:** 8 grams
- **Calcium:** 28% of the RDA
- **Vitamin D:** 24% of the RDA
- **Riboflavin (B2):** 26% of the RDA
- **Vitamin B12:** 18% of the RDA
- **Potassium:** 10% of the RDA
- **Phosphorus:** 22% of the RDA
- **Selenium:** 13% of the RDA

Milk is an excellent source of vitamins and minerals, including "nutrients of concern," which are under-consumed by many populations. It provides potassium, B12, calcium and vitamin D, which are lacking in many diets.

Milk is also a good source of vitamin A, magnesium, zinc and thiamine (B1).

Additionally, it's an excellent source of protein and contains hundreds of different fatty acids, including conjugated linoleic acid (CLA) and omega-3s.

Conjugated linoleic acid and omega-3 fatty acids are linked to many health benefits, including a reduced risk of diabetes and heart disease.

The nutritional content of milk varies, depending on factors like its fat content and the diet and treatment of the cow it came from. For example, milk from cows that eat mostly grass contains significantly higher amounts of conjugated linoleic acid and omega-3 fatty acids.

Also, organic and grass-fed cow's milk contains higher amounts of beneficial antioxidants, such as vitamin E and beta-carotene, which help reduce inflammation and fight oxidative stress.

Milk is considered a "complete protein," meaning it contains all nine of the essential amino acids necessary for your body to function at an optimal level. Drinking milk is associated with a lower risk of age-related muscle loss in several studies. In fact, higher consumption of milk and milk products has been linked to greater whole-body muscle mass and better physical performance in older adults

Drinking milk and dairy products may prevent osteoporosis and bone fractures and even help you maintain a healthy weight.

Although milk may be a good choice for some, others can't digest it or choose not to consume it. Many people can't tolerate milk because they're unable to digest lactose, a sugar found in milk and dairy products. This has led to a wide variety of nondairy milk alternatives, including: Almond milk, Coconut milk, Cashew milk, Soy milk, Hemp milk, Oat milk and, Rice milk.

# **New Year's Resolutions**

## **How did New Year's resolutions start?**

The first New Year's resolutions date back over 4,000 years ago to ancient Babylon. The Babylonians are said to have started the tradition during Akitu, a 12-day New Year celebration. During the Akitu festival, the ancient Babylonians would plant crops, crown a new king (or pledge their loyalty to the reigning king), and make promises to the gods to pay their debts and return any borrowed items. They believed that if they kept their word, the gods would look favourably on them for the year ahead. If the Babylonians broke their promises, they would fall on the bad side of their gods.

The history of New Year's resolutions continued in ancient Rome. Emperor Julius Caesar introduced a new calendar in 46 B.C. which declared January 1st as the start of the new year. This new date honoured Janus, a two-faced god who symbolically looked back into the previous year and forwards into the new year. The Romans would offer sacrifices to Janus and make promises of good behaviour for the year ahead.

New Year's resolutions were also made in the Middle Ages. Knights would renew their vow to chivalry by placing their hands on a live or roasted peacock. The annual "Peacock Vow" would take place at the end of the year, as a resolution to maintain their knighthood values.

## **Why do people make New Year's resolutions?**

Modern New Year's resolutions are a largely secular practice, with most people making resolutions to themselves rather than promising gods. The focus of the tradition is on self-improvement, with people taking time to reflect on their goals.

Today's resolutions are often health focused, driven by the indulgence of the Christmas period. The symbology of the New Year also makes it a great time to wipe the slate clean and start fresh after December 31st.

At least 40% of people in the United States set New Year's resolutions, while 22% of people in the UK aim for self-improvement with a resolution.

Yet, research shows that 80% of people break their resolutions by the first week of February and only 8% are successful in achieving their goals at all.

Despite having over 4,000 years of practice, these figures aren't likely to improve any time soon. Experts say we're doomed to fail when making New Year's resolutions thanks to unrealistic expectations.

## **The most popular resolutions**

Are you looking for inspiration for your New Year's resolutions in 2020? Here are some of the most common resolutions made on January 1st each year.

- Eat healthier
- Exercise more
- Lose weight
- Save more money and pay off debt
- Learn a new skill or hobby
- Travel more
- Watch less TV
- Read more
- Find a new job
- Volunteer with a charity
- Start your own business
- Quit smoking
- Drink less alcohol
- Spend more time with family and friends



## **Recipe of the Month – French onion savoury mince** by Greer Worsley

A packet of French onion soup mix gives this savoury mince some extra flavour, and baked with a cheesy topping in the oven, it'll be a hit with the whole family.

### **Ingredients**

- 150g macaroni (or whatever pasta preferred)
- 1 tbsp olive oil
- 1 brown onion, diced
- 500g beef mince (or any mince you prefer)
- 2 carrots, peeled and diced
- 40g sachet French onion soup mix
- 1/4 cup tomato sauce
- 1 cup frozen peas
- 1 cup grated tasty cheese

### **Method**

1. Preheat oven to 180C. Grease an oven-proof baking dish.
2. Cook macaroni in salted boiling water until just al dente. Drain and set aside.
3. In a large frypan, heat oil over medium heat. Cook onion for 4 minutes until soft. Add mince and cook until well-browned, breaking apart with a wooden spoon. Add carrots and French onion soup mix and stir well. Pour in 2 cups water, bring to the boil, then reduce heat and simmer for 15 minutes. Stir through tomato sauce, peas and drained macaroni.
4. Transfer mixture to prepared baking dish. Top with cheese and bake for 15 minutes until golden and melted.



### **NOTES**

- Be sure to taste for seasoning - packet soup mixes can be salty so only add
- To make it more creamy a tablespoon or two of cream can be added prior to putting in the baking dish
- Some bacon bits can be added to the mince.

**This recipe has become my family's favourite, I use light coconut milk instead of cream and spaghetti pasta.**

[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:](#)

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Secretary: Bronwyn Quinn 07 3379 8737

Did you know that ants are the only animals that don't get sick? It's true! It's because they have little antibodies.

### **Joke**

A man walks into a bar and it's empty - it's just him and the bartender. He sits down and orders a drink.

He hears someone whisper, "Pssst...I like your tie." The man looks around but doesn't see anyone.

"Pssst...that color looks nice on you."

He asks the bartender, "Excuse me, but...are you speaking to me?"

The bartender rolls his eyes and says, "No, sorry about that. It's the peanuts... they're complimentary."