



CORINDA BRANCH NEWSLETTER

National Seniors
AUSTRALIA



June 2020

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

COVID-19 Information

National Seniors - Older Persons COVID-19 Support Line provides information and support to older Australians, their families, friends and carers.

Ring **FREECALL 1800 171 866** if they:

- would like to talk with someone about the COVID-19 restrictions and its impact on them
- are feeling lonely or are worried about a loved one
- are caring for someone and need some information or a listening ear
- need help or advice about changing the aged care services they are receiving
- need help to access new care services or essential supplies such as shopping
- are concerned about a friend or family member living with Dementia.

We know there is a lot of fear and confusion within the community. Older people are especially vulnerable to COVID-19, but may be less connected to the internet, and needing another way to access information for their circumstances.



Branch Calendar June to December 2020

Tuesday 9 June	Meeting cancelled
Tuesday 14 July	Meeting Cancelled
Tuesday 11 August	TBA
Tuesday 8 September	Hearing Health, Michelle Wu.
Tuesday 13 October	Bring and Buy Speaker TBA
Tuesday 10 November	Speaker TBA Donations for the Christmas Hamper
Tuesday 8 December	Last meeting for 2020 Christmas Party

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

We do not know when we will be holding our **Annual General Meeting**. The Office of Fair Trading requires that it be held within 6 months of the end of the financial year. Therefore, it is all dependent on when we can meet again.

Party, Party, Party!!!!

If just having an end to the restrictions is not enough to make us jump for joy, our dear President, Norma, has decided that the **first meeting back** will be a time for celebration and that meeting **will be party time**.

In order to make up for missed events we will be having our 30th Birthday celebrations, a sausage sizzle, games of hoy and to top it off a cent auction.

Norma has also decided that your \$3.00 meeting fee will cover all this great partying.

Remembering Good Times



Our first Christmas in July
at the RSL meeting room



Heather at Wolston House



Our first Christmas
at the RSL meeting room



Conference hosted by
Calamvale Branch



High Tea at Parliament House



Hard work in the kitchen for the
Annual General Meeting



Bus trip to Archerfield Airport



Christmas at the RSL meeting room



What have you been up to during the Pandemic?

Keeping busy during the stay at home restrictions is benefiting some of us. My husband, Seamus, made me this beautiful hanging basket stand for our front garden. I think he is working with the old saying "Happy Wife Happy Life".

If you have a story to tell or a creative endeavour to share, we would love to hear about it.

News from Jess Pugh MP, State Member for Mount Ommaney

SUMNERS ROAD INTERCHANGE UPGRADE

I wanted to share with you an exciting update about the Sumners Road Overpass! After ten years of hard work from our local community the first bridge of the Sumner Road bridge will open to traffic this Friday night (May 15th)!

I am so excited about seeing the first part of this critical project come to fruition and open to traffic. I remember this being raised with me when I started doorknocking back in 2014, with local residents, community groups and businesses alike. Together, we lobbied the Government and in 2017, Premier Palaszczuk committed to fully funding the upgrade for our community. This was due to the strong and consistent community support the project received, and your group played a key role in that.

I can't wait to drive over the bridge for the first time on Saturday morning and I hope when you have the opportunity to drive over it for the first time you feel the same sense of pride I do in our community achievement.

If you'd like any additional information, please call my office or see the Facebook post which you may want to share amongst your networks. <https://www.facebook.com/jesspughMP/posts/3176268822392790>

Finally please do not hesitate to contact my office if you need assistance with anything, or know if anyone who does.

Thank you again
Jess

Health Focus this Month

Red Apple Day

A highlight of Bowel Cancer Awareness Month is **Red Apple Day (Wednesday, 17 June 2020)**, when Australians are encouraged to support the vital work of Bowel Cancer Australia through organising apple themed fundraising activities.

Bowel cancer is the second most common cancer in the world after breast cancer.
It is the second highest cause of cancer deaths in Australia after lung cancer.
It is the most common internal cancer affecting male and female Australians.
It affects one in 18 males and one in 26 females in Australia.
Without annual testing, one in 12 adults will be affected by age 85.

Bowel cancer is a disease of the large bowel (colon) that usually develops from small growths inside the colon, known as polyps. Not all polyps are cancerous, however if detected early, they can be removed to significantly reduce the chance of bowel cancer developing.

The prevalence and severity of bowel cancer is due to the fact that usually there are no symptoms during the early stages of the disease when polyps are small. With no obvious symptoms, the cancer is given the chance to develop and spread to other vital organs including the liver, kidneys and lungs completely undetected.

More Advanced symptoms of the disease include:

- Blood mixed with mucus, either combined or separate from the bowel motion
- Changes in normal bowel habits
- Unexplained loss of weight
- Persistent cramping or abdominal pain
- Feeling of incomplete emptying of the bowel
- General weakness, tiredness and breathlessness

Annual testing for bowel cancer is recommended for all men and women over the age of 40 years to ensure no cancerous polyps are left undetected.

Recipes from Members

A recipe from Lorraine

COUNTRY CORN BAKE

Ingredients

1 onion finely chopped
½ cup grated carrot
½ cup grated zucchini
½ cup chopped red peppers
½ cup diced celery
½ cup finely chopped shallots
4 rashers of bacon finely chopped
425 gram tin corn kernels (drained)
½ cup grated cheese
½ cup S.R. Flour (Can use gluten free flour)
30 grams melted butter or margarine
4 eggs
salt and pepper.



Combine all ingredients, season with salt and pepper, mix well to combine. You will need a rather big bowl to mix in all in. Spoon mixture into a casserole or oven proof dish which has been lightly greased.

Bake in a moderate oven 35 – 40 minutes or until set when poking a knife into the middle.

Serves 6 (Could easily serve more than 6 by serving with a side salad of some sort.)

Optional: To make vegetarian leave out the bacon

Optional: Could leave out the bacon and add tinned tuna or salmon

Optional: Can also be poured into individual ramekins

Note: This freezes very well. Just let thaw and then reheat in microwave. This is where the individual serves are handy.

Another note: You can also put in any other vegetables and can make extra by putting in more vegetables. Doing this you may need to add another egg if the mixture seems too thick.

NOW A RECIPE FROM THE PAST –
The Sunday Mail August 6 1967



A recipe from Heather

APPLE SLICE

Ingredients

Vanilla cake mix
1 cup coconut
½ cup melted butter
1 can pie apples (or peaches etc)
1 carton sour cream
1 egg



Method

Mix together cake mix, coconut and melted butter.

Use the mixture to cover the base of a slice tray.

Cook for 10 minutes at 180 degrees.

When partially cool cover with apple.

Mix sour cream and egg together and pour over the fruit.

Cook for 20 minutes at 180 degrees.

Remove from oven and sprinkle with cinnamon.



If any of you are as addicted to Fay's Ripe Tomato Relish as I am, you will be happy to know that Fay has given permission for us to give it to you. While deceptively simple it is equally delicious.

Fay's Ripe Tomato Relish

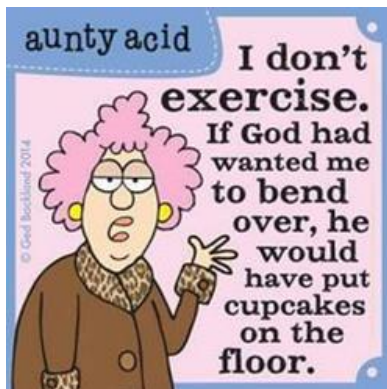
Ingredients

500gm ripe tomatoes peeled and diced
250 gm onions diced
1 cup sugar
1 cup vinegar
1 tablespoon curry powder
1 tablespoon mustard
1 tablespoon salt

Method

Boil ingredients together for 20 minutes then thicken with 2 heaped tablespoons of cornflour mixed with a small amount of vinegar.

Stand to cool before pouring into sterilised bottles.



**Remember, if you
lose a sock in the
dryer, it comes
back as a
Tupperware lid
that doesn't fit any
of your containers.**

The Dog's Diary

8:00 am - Dog food! My favorite thing!
9:30 am - A car ride! My favorite thing!
9:40 am - A walk in the park! My favorite thing!
10:30 am - Got rubbed and petted! My favorite thing!
12:00 pm - Milk bones! My favorite thing!
1:00 pm - Played in the yard! My favorite thing!
3:00 pm - Wagged my tail! My favorite thing!
5:00 pm - Dinner! My favorite thing!
7:00 pm - Got to play ball! My favorite thing!
8:00 pm - Wow! Watched TV with the people! My favorite thing!
11:00 pm - Sleeping on the bed! My favorite thing!



The Cat's Diary

Day 983 of My Captivity

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a "good little hunter" I am. Bastards!



There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now ...

June 2020 Quiz

1. Who discovered penicillin?
2. What is meteorology the study of?
3. Which planet is the hottest in the solar system?
4. Which natural disaster is measured with a Richter scale?
5. What is the symbol for potassium?
6. What animals are pearls found in?
7. Who was the first woman to win a Nobel Prize (in 1903)?
8. What is the common name for dried plums?
9. Which country invented tea?
10. What name does deer meat go by?
11. What other name does "corn" go by?
12. What's the primary ingredient in hummus?

An Irishman's Philosophy

There are only two things to worry about:

Either you are well or you are sick.
If you are sick,

Then there are only two things to worry about:

Either you will get well or you will die.
If you die,

Then there are only two things to worry about:

Either you will go to heaven or hell.
If you go to heaven, there is nothing to worry about.

But if you go to hell,
You'll be so damn busy shaking hands with friends

You won't have time to worry.

-Author Unknown-





Quiz Answers

1. Alexander Fleming
2. The weather
3. Venus
4. Earthquakes
5. K
6. Oysters
7. Marie Curie
8. Prunes
9. China
10. Venison
11. Maize
12. Chickpeas

The Lost Hat

Murphy showed up at Mass one Sunday and the priest almost fell down when he saw him. He'd never been to church in his life.

After Mass, the priest caught up with him and said, "Murphy, I am so glad ya decided to come to Mass. What made ya come?"

Murphy said, "I got to be honest with you Father, a while back, I misplaced me hat and I really, really love that hat. I know that McGlynn had a hat just like mine and I knew he came to church every Sunday. I also knew that he had to take off his hat during Mass and figured he would leave it in the back of the church. So, I was going to leave after Communion and steal McGlynn's hat."

The priest said, "Well, Murphy, I notice that ya didn't steal McGlynn's hat. What changed your mind?"

Murphy replied, "Well, after I heard your sermon on the 10 Commandments I decided that I didn't need to steal McGlynn's hat after all."

With a tear in his eye the priest gave Murphy a big smile and said, "After I talked about 'Thou Shalt Not Steal' ya decided you would rather do without your hat than burn in hell, hey?"

Murphy slowly shook his head. "No, Father, after ya talked about 'Thou Shalt Not Commit Adultery' I remembered where I left me hat."

Committee Members

[Elected Branch Committee](#)
[July 2019- August 2020](#)

President: Norma Spinetti
Vice President: Val Spinetti
Secretary: Bronwyn Quinn
Treasurer: Heather Hallam
Publicity Officer: Lorna Norris

[Committee Members](#)

Margaret Maynard
Wendy Ostrofski
Ruby McFarlane

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