



CORINDA BRANCH NEWSLETTER

National Seniors
AUSTRALIA



March 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

Pancake Tuesday

Last week was Pancake Day or Shrove Tuesday when we all had the opportunity to eat as many pancakes as we liked even for breakfast!!!! My grandchildren wanted to know what this day was all about so I thought it was a good time to remember the origin of this day that is also celebrated in other countries as the end of Mardi Gras.

Pancake Day, or Shrove Tuesday, is the traditional feast **day** before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on **Shrove Tuesday,** Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins).

Mardi Gras or **Fat Tuesday,** refers to events of the Carnival celebration, beginning on or after the Christian feasts of the Epiphany (Three Kings Day) and culminating on the day before Ash Wednesday (known as **Shrove Tuesday**).

Shrove Tuesday is the last day before Lent, which is a time when people traditionally fasted and avoided food containing eggs and dairy products. Families would have a feast on Shrove Tuesday. It was a time for them to eat food that contained these ingredients so that meals would not be wasted.

Pancakes became associated with Shrove Tuesday because they were a dish that could use up perishable foodstuffs such as eggs, fats and milk.

<https://www.timeanddate.com/holidays/australia/shrove-tuesday>

Branch Calendar March to December 2020

Tuesday 10 March	Meeting to be held at Regis Chelmer including Lunch. Speaker TBA
Tuesday 14 April	Arthritis Queensland Branch's 30 th Birthday and Sausage Sizzle
Tuesday 12 May	Estate Planning Loan Chow, YHC Lawyers and Ms Jennie McIntosh, KM Smith Funeral Directors.
Tuesday 9 June	Australian Wildlife Conservancy
Tuesday 14 July	Hoy Morning Winter Warmer Lunch Cost \$10.00
Tuesday 11 August	Annual General Meeting & Lunch
Tuesday 8 September	Hearing Health, Michelle Wu. Sausage Sizzle
Tuesday 13 October	Bring and Buy Speaker TBA
Tuesday 10 November	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)

World Glaucoma Week

March 8-14, 2020

Glaucoma is the leading cause of irreversible blindness worldwide, affecting over 300,000 Australians, yet it is estimated that 50% of those living with glaucoma are undiagnosed.

While nine out of 10 Australians say that sight is their most valued sense, as many as one in three Australians cannot recall having an eye test in the past two years.

Known as the 'silent thief of sight' glaucoma develops slowly and often without any symptoms, leaving people undetected until the disease reaches an advanced stage. Left untreated, it can cause vision loss and may even lead to blindness.

While vision loss can't be restored, early diagnosis and treatment can delay or halt the progression of the disease. That is why it's so important to detect the problem as early as possible.

Who is at risk?

While people over the age of 50 and those with a family history of glaucoma have a higher risk, anyone can be blindsided by this insidious disease. Known risk factors include:

- a family history of glaucoma
- high eye pressure
- being aged over 50
- being of African or Asian descent
- diabetes
- myopia (nearsighted)
- prolonged use of cortisone (steroid) medication
- migraines
- an eye operation or eye injury
- a history of high or low blood pressure

Glaucoma Australia recommends all Australians 50 years or older visit an optometrist every 2 years for a comprehensive eye exam, and if you have a family history of glaucoma or are of Asian or African descent we recommend you get your eyes checked every 2 years from the age of 40.

Election News

Invitation from

Walter Taylor South Action Group

Meet our ward candidates for Brisbane City Council Tuesday 10th March 7:30pm

The Walter Taylor South Action Group are conducting a community meeting so you can meet and ask questions of your local Brisbane City Council Tennyson ward candidates for the upcoming election.

Hear candidate views on the future of our local community

Let those who seek election understand your views

We are inviting all residents and invited local community groups the opportunity to ask questions of all candidates. After a welcome and introduction, the meeting will provide time for:

- 1) Candidate self-introduction
- 2) Questions collected from residents on our website
- 3) Additional questions from the floor

You are invited to come along to listen or participate in discussions to be held at the Corinda Bowls Club on Tuesday 10th March at 7:30pm. You can find Corinda Bowls club on the Corner of Hall Avenue and Nelson Street, Corinda adjacent to Nosworthy Park, Corinda. The bowls club will have facilities available to purchase refreshments.

We have opened a topic on our website so that you can submit questions at <https://wtsag.mycommunity.org.au> or alternatively you can ask questions from the floor at the meeting. Simply register an account on our website and add your question.

We look forward to your participation
The WTSAG Committee

An Obituary printed in the London Times.....Absolutely Dead Brilliant!!

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years.

No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair;
- And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot.

She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,
-by his parents, Truth and Trust,
-by his wife, Discretion,
-by his daughter, Responsibility,
-and by his son, Reason.

He is survived by his 5 stepchildren;

- I Know My Rights
- I Want It Now
- Someone Else Is To Blame
- I'm A Victim
- Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone.

If you still remember him, pass this on. If not, join the majority and do nothing

**AS YOU GET OLDER YOU'VE
GOT TO STAY POSITIVE.
FOR EXAMPLE, THE OTHER DAY
I FELL DOWN THE STAIRS...
INSTEAD OF GETTING UPSET
I JUST THOUGHT,
"WOW, THAT'S THE FASTEST
I'VE MOVED IN YEARS"**

St Luke's Theatre Society Presents

"The Importance of Being Earnest"

Two young gents have taken to bending the truth in order to put some excitement into their lives. Worthing has invented a brother, Ernest, whom he uses as an excuse to leave his dull life behind to visit Gwendolyn. Moncrieff decides to take the name Earnest when visiting Worthing's young and beautiful ward, Cecily. Things start to go awry when they end up together in the country and their deceptions are discovered.

New Venue: Yeronga Christ Church Hall,
10 Cork Street, Yeronga

March 2020 7.30pm – 20, 21, 27, 28

March 2020 2.00pm – 21, 28

Bookings: Purchase tickets online at

www.stluketheatre.asn.au or Phone: 0490 371 885

Adults \$25, Concessions \$20 (Refreshments & Program included)

What's on at Corinda Library

641 Oxley Road, Corinda - Bookings required. Phone Corinda Library on [07 3407 7701](tel:0734077701) to reserve your place.

Meet Mark Delaney

Date & time Tue 24 Mar 2020 10:30am to 11:30am

Cost Free

Low-Carbon and Loving It is an ordinary person's, easy-to-read guide to climate change as well as the story of the Delaney's, an ordinary Australian family who have made extraordinary choices. Mark and his wife have lived much of their working lives in the slums of India, befriending neighbours who struggled to survive day to day.

Join Mark Delaney, co-author of *Low-Carbon and Loving It* as he discusses the writing of the book, and his experience living in the slums of India (with his family) that led to the project. Books will be available for purchase on the day (cash only sales), or bring your copy from home for Mark to sign.

Library e-books and downloads

Date & time Wed 25 Mar 2020 11:00am to 12:30pm

Cost Free

Discover the wonderful range of free online resources available through Brisbane libraries. This session includes tips on how to read, listen to or watch your favourite online library content including books, magazines, newspapers and music. Bring your own device, library card and email account details.



GETTING OLDER IS SUCH AN ADVENTURE.



Like, is this indigestion, chest pain or a heart attack? Guess I'll drink some beer and wait and see if I'm alive in an hour.

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

Branch Contact Details

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