



National Seniors Australia Corinda Branch

March 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

February Guest Speaker Australian Wildlife Conservancy

We had a wonderful speaker in February. Kate from Australian Wildlife Conservancy (AWC) spoke on the work this, the world's largest private conservation organisation, is doing to save Australia's wildlife from extinction.

The AWC manages 28 properties around Australia, protecting endangered wildlife across 4.65 million hectares in regions such as the Kimberley, Cape York and the top end. It has also helped with recovery efforts following the extensive bush fires we have seen in Australia in recent years and works with other agencies such as Kangaroo Island Land for Wildlife and the Doube family in protecting endangered mammals such as the Dunnart.

These little mammals hold the tragic title of being the most endangered mammals in the country.



Kate also spoke on the efforts to help other endangered animals including the Spotted Tail Quoll and the Gouldian Finch. It was alarming to hear that Australia's extinction rate was the world's highest, with more than 10 percent of species wiped out since Europeans settled the country two centuries ago. The main causes of species decline that have been identified include habitat loss and feral cats and foxes.

Branch Calendar March 2021 to July 2021

Meeting Dates **2021**

- Tuesday 9 March Arthritis Queensland
Branch 31st Birthday
- Tuesday 13 April Chris Grice, General Manager
NSA, Services provided by NSA-
including Travel & Insurance
- Tuesday 11 May Estate Planning
Loan Chow, YHC Lawyers
and Ms Jennie McIntosh,
KM Smith Funeral Directors.
Mother's Day
- Tuesday 8 June Office of Fair Trading
- Tuesday 13 July Hoy Morning
Christmas in July Lunch

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



To all the days
here and after -
May they be filled
with fond memories,
happiness, and laughter.

~Irish toast

Happy St Patrick's Day

Coeliac Awareness Week 13 – 20 March 2021

Coeliac disease is caused by dietary gluten, a protein found in wheat, rye, barley and oats, with symptoms often including abdominal pain, bloating, flatulence, diarrhoea or constipation, nausea, fatigue and rashes.

Targeted screening is the best way to detect coeliac disease, and once diagnosed, strict removal of gluten from the diet can arrest the damaging inflammatory immune response caused by gluten. However, currently only 20% of affected Australians are being tested, despite an increase in screening in recent years.

Coeliac Awareness Week is an annual event held by Coeliac Australia between the 13 and 20 March. Its aim is to increase public awareness of the disease and to improve the rates of testing and diagnosis by medical professionals.

5 people are in a plane

The president of the USA. The pilot, the worlds smartest man, a grandfather and his grandson

There is a malfunction in the plane and everyone has to get out but, there are 4 parachutes and 5 people.

The pilot says, " I'm the pilot, I should get to go." So he takes a parachute and jumps out. The worlds smartest man declares, " I'm that smartest man, I need to teach others my knowledge." He takes a parachute and jumps out of the plane. The president of the USA says, " I'm the US president I deserve to live." So he takes a parachute and jumps.

The grandfather tells his grandson, " it's ok, I've lived a long life now you go live yours." The grandson then quickly replies, "it's ok grandpa, the smartest man took my school backpack!"

International Day of Happiness 20 March 2021

What is the International Day of Happiness? It's a day to be happy, of course!

Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world.

5 Ways to Celebrate International Day of Happiness - Treat Yourself!

1. Read a Book. When was the last time you really immersed yourself in a book?
2. Treat Yourself to a Coffee Upgrade.
3. Make a Date with a Friend.
4. Get Your Body Moving.
5. Choose a **Happiness** Impact Area from the 10 keys to happier living.

GREAT DREAM
Ten keys to happier living

- GIVING** Do things for others
- RELATING** Connect with people
- EXERCISING** Take care of your body
- AWARENESS** Live life mindfully
- TRYING OUT** Keep learning new things
- DIRECTION** Have goals to look forward to
- RESILIENCE** Find ways to bounce back
- EMOTIONS** Look for what's good
- ACCEPTANCE** Be comfortable with who you are
- MEANING** Be part of something bigger

ACTION FOR HAPPINESS www.actionforhappiness.org



Food in Australia

The list below brought back memories of childhood before the wonderful influence of other cuisines impacted the Australian eating habits. The Australian diet really began to change in the '50s when the influx of Italians and Greeks introduced us to foods such as zucchinis, capsicums, eggplants, globe artichokes and the previously maligned garlic. The Women's Weekly published it's first Spaghetti Bolognese recipe in 1952.



In the late 1950's I remember the first Chinese Takeaway opening in this area however customers had to bring their own containers. We just loved it.

The list below brought a smile to my face realising how far we have come from that time.

Remembering 1950's Australia

Pasta was not eaten in Australia.

Curry was a surname.

A takeaway was a mathematical problem.

A pizza was something to do with a leaning tower.

All potato chips were plain: the only choice we had was whether to put salt on or not.

Rice was only eaten as a rice pudding.

Calamari was called squid and we used it for fish bait.

A Big Mac was what we wore when it was raining.

Brown bread was something only poor people ate.

Oil was for lubricating, fat was for cooking.

Tea was made in a teapot using tea leaves and never green.

Sugar enjoyed a good press in those days, and was regarded as being white gold. Cubed sugar was regarded as posh.

Fish didn't have fingers in those days.

Eating raw fish was called poverty, not sushi.

None of us had ever heard of yogurt.

Healthy food was consisted of anything edible.

People who didn't peel potatoes were regarded as lazy.

Cooking outside was called camping.

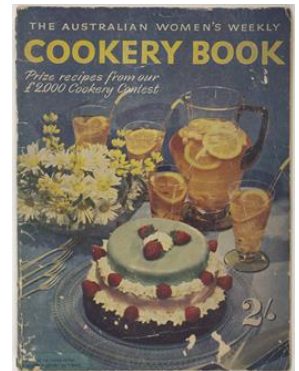
Seaweed was not a recognized food.

"Kebab" was not even a word, never mind a food.

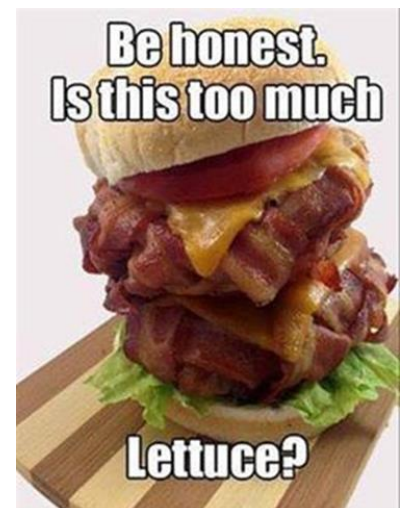
Prunes were medicinal.

Surprisingly, muesli was readily available, it was called cattle feed.

Water came out of a tap. If someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock.



I miss the 90s
when bread was
still good for you,
and no one knew
what kale was.



Recipe of the Month
Mexican Style Chicken Bake Recipe

prep 10 mins **cook** 40 mins **total** 50 mins **yield** 8 servings

INGREDIENTS

- 3-4 Boneless skinless chicken breasts, trimmed
- 250gm package cream cheese, softened
- 125gm can chopped green chilis or capsicum (depending on how hot you like the dish to be)
- 1 cup Monterey jack, mild cheddar or gouda cheese, shredded
- 1/2 tsp garlic powder
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/4 tsp pepper

INSTRUCTIONS

1. Heat the oven to 375F / 190C.
2. In a medium bowl, mix the cream cheese, garlic powder, cumin, salt and pepper until combined. Then stir in the green chilis and stir until evenly mixed.
3. Lay the chicken breasts flat in a baking dish. Cover the chicken breasts with the green chili mixture. Then top with the shredded cheese.
4. Bake on the middle rack for 35-45 minutes or until chicken is cooked through and the juices run clear.
5. Serve hot over spanish rice, greens, tortillas, or mashed potatoes. Enjoy!

Notes

- You can cut the chicken in half, chunks, or use chicken tenderloins in lieu of full chicken breasts to make serving easier. Cooking time may be reduced.
- Leftovers can be stored in an airtight container for 3-4 days in the refrigerator or in the freezer for up to a month.



Dietary Considerations:

This recipe is naturally gluten free, low carb, and friendly for low carb and keto diets.

I hate when people accuse me of lolly gagging
when I'm quite clearly dilly dallying!!!

[Elected Branch Committee](#)

[13 October 2020 - August 2021](#)

President: Norma Spinetti

Vice President: Wendy Ostrofski

Secretary: Bronwyn Quinn

Treasurer: Heather Hallam

Publicity Officer: Lorna Norris

[Committee Members](#)

Margaret Maynard

Wendy Ostrofski

Maria Giarola

Judy Christy

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