



National Seniors Australia Corinda Branch May 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 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

MOTHER'S DAY IN AUSTRALIA

Australia celebrated Mother's Day for the first time in 1910 with special church services, however, it was not popularly observed until the 1920s.

The tradition of giving gifts on Mother's Day in Australia started in 1924. Australia first officially celebrated Mother's Day in 1924. Sydney woman Janet Heyden began the tradition because she wanted to help the lonely, elderly mothers at a hospital she visited. Ms Heyden asked schools and businesses to donate gifts to the women at the hospital, many of whom had lost their husbands and sons in World War I or had never been wives or mothers because of the war.

Mother's Day in Australia is the second Sunday of May. It's not an official holiday but many families have their own traditions of visiting or calling their mothers, giving gifts or going out for lunch together.

AROUND THE WORLD

There are many different dates for modern mother's days around the world. Most Arab countries celebrate on March 21, an equinox*. Russia celebrates mothers on International Women's Day on March 8. In Thailand the day is celebrated in August on Queen Sirikit's birthday.

In Australia, **chrysanthemums** are the most popular Mother's Day flowers, not only because the flower has the word "mum" in it but also because it is abundantly available in May. Symbolically, chrysanthemums are **associated with friendship and support from one's family**,. chrysanthemums are believed to represent **happiness, love, longevity and joy**.



Derek cutting the Branch 32nd Birthday Cake

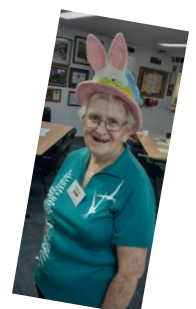


Branch Calendar February 2022 to December 2022

- Tuesday 10 May High Tea
Speaker Valentine Akem, Corinda
Physiotherapy and Exercise Centre
- 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)

Maureen added to the Easter festivities with her wonderful Easter Bunny Bonnet.



The Keeping Healthy

May is Macular Month

Macular degeneration is the leading cause of blindness and severe vision loss in Australia. Macula Month is an annual event designed to raise awareness of the disease and to encourage those most at risk, people over 50, to have their eyes tested and macula checked.

www.mdfoundation.com.au

There are four major risk factors for AMD: age, family history, smoking, and a lack of regular eye exams.

What is macular disease?

Macular disease covers a range of painless conditions affecting the central retina (the macula), which is at the back of the eye.

Macular disease is the leading cause of blindness and severe vision loss in Australia.

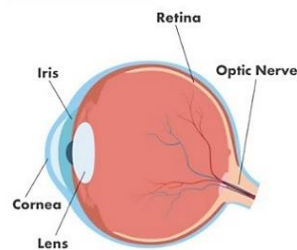
An estimated 1.7 million Australians have some evidence of macular disease.

So what is the macula?

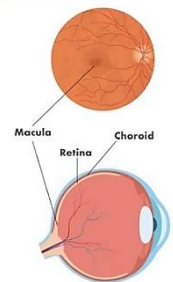
It might first help to understand how your eye works.

Your eye is very much like an old-style film camera. The front of your eye is made up of the cornea, iris, pupil and lens. These work together to focus an image onto the retina, which lines the back of your eye. The retina is a light-sensitive tissue that acts like the film in a camera. It captures images and sends them to the brain via the optic nerve. Our brain then interprets the images for us.

How the eye works



What is the macula?



The macula is the name given to the area at the centre of the retina, at the back of your eye. This region is only about 5.5mm in diameter. The macula is responsible for detailed central vision. That means you use it for activities such as reading, driving and recognising faces. It's also responsible for most of your colour vision.

The rest of the retina is called the peripheral retina.

Peripheral vision (or side vision) isn't as clear as central vision. It's used to see general shapes and surroundings.

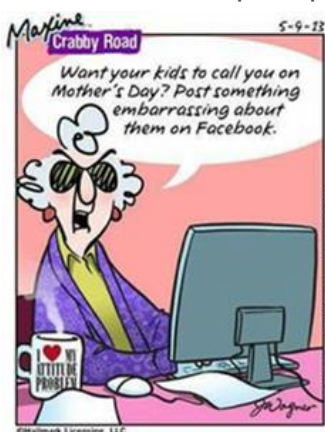
Symptoms of macular disease

Conditions only affecting the macula don't lead to total ('black') blindness. Instead, they impact central vision, leaving peripheral vision intact.

You can have early signs of macular disease without knowing it. However, when symptoms do appear, they can include:

- difficulty with reading or any other activity which requires detailed central vision (despite wearing appropriate glasses)
- distortion, where straight lines may appear wavy or bent
- problems distinguishing faces
- dark patches in the central vision.

If you notice any of these symptoms, you should [consult an eye health professional](#). Early detection and prompt intervention are crucial to saving sight.



Spotlight on Mushrooms

Delicious, low in fat and packed with nutrients, mushrooms come in many varieties and are a highly versatile ingredient.

Sensitive to light and temperature, mushrooms grow on decaying matter or in harmony with living plants and trees. The first cultivated mushrooms were the champignons of Paris, which were grown in caves filled with horse manure around the city. Mushrooms have long been prized in history by high society as a delicacy. Today there are still a few varieties in Europe and Asia, such as the morel and matsutake, which remain an indulgence on any menu par excellence. Even so, most introduced varieties cultivated in Australia are affordable, accessible and fast becoming more than just 'meat for vegetarians'. Of the 120,000 species of mushrooms recorded in history only 1,841 have been recognised as being edible.

Varieties

From the common button mushroom to the more exotic-looking white cloud ear and yellow oyster, mushrooms add great nutritional value and taste to meals.

Pink oyster - Pink oyster, also known as the flamingo oyster, has the same taste and texture as the **oyster mushroom**.

Button - The **button** or **white mushroom** is the most commonly available mushroom. It is picked before the cap opens to expose its grey gills.

Cup - **Cup mushrooms** are the product of a mature button mushroom. Similar to the button, their caps remain closed and their flavour is slightly stronger.

Enoki - The delicate **enoki** is grown as a cluster of small white-capped, long-stemmed mushrooms. Also called enokitake, they can be eaten raw or lightly cooked in soups and stir-fries.

Shimeji - Also known as beech mushrooms, the **shimeji** is a Japanese variety grown in clumps with short, thick stems. Colour ranges from whitish grey to pale brown.

Portobello - The large **portobello mushroom** is ideal for grilling or baking due to their size and meaty flavour.

Swiss brown - Similar to the button mushroom, yet with a firmer texture, the **Swiss brown** has a light brown cap, which is sometimes slightly mottled.

Black wood ear - The **black wood ear mushroom** has a delicate flavour and is prized more for its slippery, yet crunchy texture when cooked.

White cloud ear - Named after its cloud-like appearance, it is also called white jelly fungus, which denotes its jelly-like texture.

Oyster - **Oyster mushrooms** are named for their white shell-like appearance. They have soft delicate flesh and are available in pink and yellow varieties.

Shiitake - Native to Asia, **shiitake mushrooms** have dark umbrella-shaped caps and a spongy texture. They are used extensively in Chinese and Japanese cuisine.

Yellow oyster - **Yellow oyster mushrooms**, like the pink variety, have a shorter shelf-life than other mushrooms and lose their colour and taste through cooking, so are best eaten raw.

Chestnut - So called because of their nutty flavour, they are firm in texture and hold their shape when cooked.



Buying and storing

Some varieties of mushroom are sold pre-packaged, so it can be difficult to determine freshness when buying. Look for any signs of mould, sliminess or shrivelling due to dehydration. When buying closed cap mushrooms, such as button or cup, check to see the cap is still closed and firm, as it will open with age. All fresh mushrooms should have good shape and bright, unblemished colour. Older mushrooms tend to shrivel and have a greyer tinge. All mushrooms bought packaged can be left in their packaging for up to three days in the crisper section of the refrigerator. Loose mushrooms should be stored similarly in paper bags.

Preparation and cooking

- Most packaged mushrooms do not require cleaning before cooking, although it is advisable to check for any signs of dirt or grit.
- Use a damp cloth to clean mushrooms. Due to their porous flesh, mushrooms should never be washed, as they absorb liquid and become saturated.
- Before cooking, trim the base of the stems where the individual mushroom or cluster joins, as this area is often chewy in texture, then choose the right cooking technique for the variety of mushroom. As a rule of thumb, the more delicate the mushroom, the less cooking time is required. Most mushrooms however, will not hold up well to lengthy cooking.

Recipe of the Month – Cheesy Hash Brown Puffs

by **Greer Worsley**

They're just like hash browns... just better! They're baked, not fried, and finished with oozy cheese and ham.- **Greer Worsley**

Ingredients

- 700g potatoes, peeled
- 40g butter, melted
- 1 egg, beaten
- 1 cup grated tasty cheese
- 100g ham, finely diced
- 1 tbs self-raising flour
- A pinch salt and pepper *to taste

Method

1. Preheat oven to 210C. Grease two 12-hole patty pans.
2. Grate potatoes, then use your hands to squeeze out excess liquid and drain. Place the drained potatoes in large bowl. Season well. Add butter and egg and stir combine. Stir through cheese and ham and fold through flour. Spoon mixture into prepared tins and bake for 20 - 25 minutes until crispy and golden. Use a knife to loosen around the edges and release puffs. Serve hot with tomato sauce and mayonnaise.
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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

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