



## National Seniors Australia Corinda Branch



### September 2019 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

#### **Annual General Meeting**

Our Annual General Meeting was held in August together with the election of the Management Committee for the 2019/2020 financial year. The elected Committee for the current year is listed at the end of the Newsletter.

The President gave her annual report summarising the activities held during the past year and she was very pleased to report that, over the past year, the Branch has given donations of over \$700 to a number of charities including Mercy Ships, QIMR and RACQ Careflight as well as other ad hoc charities.

We have to acknowledge the wonderful contribution of two of our Committee Members who did not stand for re-election.

Rita Hibbard who has been the organiser of our monthly and special raffles for a number of years is unable to continue in the role due to ill health. Rita has always been a guiding voice in Committee meetings and her contribution to the success of the Branch in recent years was substantial.

Fay Heers has had a number of roles including the assistant Treasurer over the years. She has always been willing to give her time and effort to Branch activities. Of particular note is the preserves she has made for the Bring and Buy that will be missed. Although Fay will still be attending meetings her contribution to the Committee will be sadly missed.

Both Rita and Fay have been active and valuable members of the Committee over a considerable period and we wish to acknowledge their support and hard work during that time to make the Branch a welcoming and enjoyable place for members.

#### **Wolston Farmhouse Morning Tea**



On Thursday 22 August 2019 at 10.00am Heather Hallam and Bronwyn Quinn from Corinda Branch joined a happy group at the heritage listed Wolston Farmhouse for Devonshire tea on the verandah overlooking the six-acre property. This was an event held by National Seniors to celebrate Seniors Week.

The day was beautiful and sunny, and sitting in the grounds sipping tea and eating delicious scones while listening to the music of harpist, Janita Billingham, was delightful. This was followed by a guided tour through the historic homestead featuring interesting information about the past owners of the Farmhouse and the changes to the property over the years.



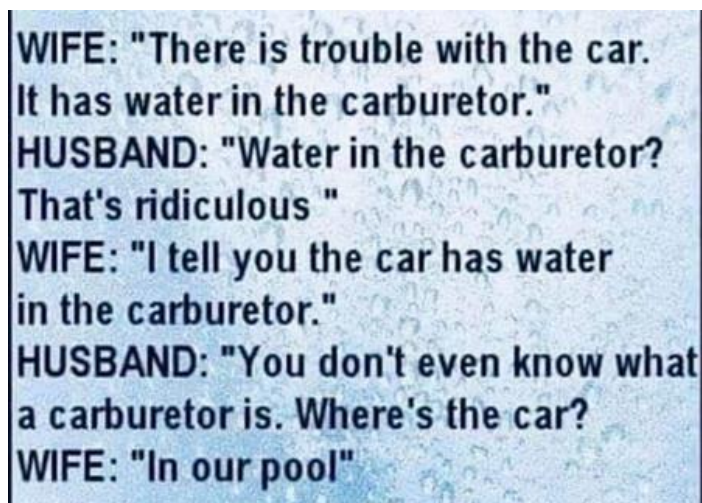
*Heather enjoying a rest on the verandah following the tour.*

## Annual General Meeting Cont.

**Our guest Chair for the AGM was Ms Vera Somerwil, Chair, Queensland Policy Advisory Group.** Each State has a Policy Advisory Group to provide important perspectives and advice on policy issues to National Seniors Board who are the decision making body for the organisation. Vera, as the Chair, is a hard-working member of this group and she was able to give an overview of the current issues under consideration and discussion by the Group.

Topics the Group are currently working on include:

- Assisted dying
- Deeming
- The need for an independent body to determine the pension rate and other related issues.
- Elder Abuse – a recent conference was held regarding this important issue and looked at all forms of elder abuse – physical, social and psychological.
- Ageism – of particular interest in this area is the targeting of older persons by scammers.



**WIFE: "There is trouble with the car. It has water in the carburetor."  
HUSBAND: "Water in the carburetor? That's ridiculous "  
WIFE: "I tell you the car has water in the carburetor."  
HUSBAND: "You don't even know what a carburetor is. Where's the car?"  
WIFE: "In our pool"**

**Our special guest was Councillor Nicole Johnston.** Nicole is a welcome and regular visitor to the Branch meetings and she is always able to provide members with a comprehensive overview of interesting topics of interest within our area.

- ✚ Of considerable interest to most was the future planning in relation to the Corinda Rail Bridge over Oxley Road. This is a project that requires co-operation between Brisbane City Council and the State Government. Nicole explained that the State Government is responsible for the changes required to the bridge itself and the Council is then responsible for changes to the road. To date Council has written to the State Government re the bridge however there has been no response as yet.
- ✚ The Oxley Creek Transformation Project is a 20-year plan to transform the Oxley Creek environs. The Master Plan proposes the creation of a 20-kilometre recreation trail from the Brisbane River at Tennyson to a new Nature-based Adventure Parkland in Larapinta, creating a world-renowned birdwatching destination at Oxley Creek Common, progressively improving habitats, vegetation, waterway stability and water quality and building a regional parkland and visitor centre at Archerfield Wetlands.
- ✚ The introduction of the free off-peak buses and ferries for seniors commencing in October.

Nicole also spoke on the services and activities provided for seniors by Council many of which are found in the "What's on at the Library" and the "Seniors Activity Booklet".

While Jess Pugh MP was unable to attend the AGM she sent a beautiful hamper for our raffle and she will be at our September meeting.

## Health Tips



### Potato

The versatile potato is an excellent source of fibre, energy and nutrients and a favourite of children. Potatoes can be baked, mashed and fried. They are a good source of vitamin C and B-group vitamins and contain minerals such as calcium, iron and magnesium.

The potato graced the tables of the Incas in 8000 BC and was introduced to Europe in 1536 by the Spanish Conquistadors. Sir Francis Drake and Sir Walter Raleigh introduced the potato to Ireland in 1589, but it took a couple of centuries before potatoes became popular. Eventually, people realised that potatoes were easier to grow than other crops and that they were high in nutrients.

Potatoes arrived in Australia on the First Fleet and were planted in New South Wales. The variety of climates found in Australia means that potatoes can be harvested all year round.

#### **Why potatoes are good to eat**

Potatoes are a good source of vitamins C, B3 and B6 (niacin).

They contain dietary fibre and carbohydrates (provide energy for physical activity).

Potatoes also contain minerals such as potassium (which helps to regulate blood pressure) and manganese (involved in the regulation of brain and nerve function).

100 g of potatoes supplies about 265 kJ of energy.

#### **Potatoes can be enjoyed in many ways – here are some suggestions**

- Toss hot potatoes with cream that is infused with chives or your favourite herb – delicious as a side dish to go with meat, chicken or fish.
- Serve garlicky mashed potatoes – puree garlic, add to cream and mix into mashed potatoes.
- Make a potato frittata – cook potato with garlic and spinach, add chopped herbs, pour lightly beaten eggs on top, then cook until the bottom is golden brown.
- Prepare a simple potato salad – boil chunky potato pieces, cool, then add olive oil, a squeeze of lemon and freshly chopped herbs.



### Sweet Potatoes

Sweet potatoes are **some of the oldest foods known to humanity**. They are native to Central and South America. We have fossil evidence that sweet potatoes were growing in the Americas 35 million years ago. But very recently, scientists discovered 57-million-year-old leaf fossils in India that appear to be ancient morning glory leaves. This could beat the American claim as the point of origin of the sweet potato family by about 22 million years.

Sweet potatoes (*Ipomoea batatas*) are large, starchy, sweet-tasting vegetables. They actually belong to the morning glory family.

Despite the shared name, *sweet potatoes are only distantly related to the potatoes used to make French fries or potato chips*. Non-sweet potatoes (including red, white, and Yukon gold varieties) are part of the edible nightshade family. Other members include tomatoes, tomatillos, eggplants, peppers, pimentos, and Goji berries.

- ✚ Sweet potatoes are an excellent source of beta-carotene, which can be converted to vitamin A and help support your immune system and gut health.
- ✚ Animal studies have shown that sweet potatoes may improve brain health by reducing inflammation and preventing mental decline.
- ✚ Sweet potatoes are rich in beta-carotene and anthocyanins, antioxidants that may help prevent vision loss and improve eye health.

#### **Some popular ways to enjoy sweet potatoes include:**

- Sweet potato chips: Peeled, thinly sliced, and baked or fried.
- Sweet potato fries: Peeled, cut into wedges or matchsticks, and baked or fried.
- Sweet potato toast: Cut into thin slices, toasted, and topped with ingredients like nut butter or avocado.
- Mashed sweet potatoes: Peeled, boiled, and mashed with milk and seasoning.
- Baked sweet potatoes: Baked whole in the oven until fork-tender.
- Sweet potato hash: Peeled, diced, and cooked with onion in a pan.



## NSA Connect News National Stroke Week

This year National Stroke Week was held between Monday 2 and Sunday 9 September. Stroke Week is an opportunity to increase awareness of stroke and the Stroke Foundation in Australia.

### **Recognise the signs of stroke**

According to the Stroke Foundation, stroke impacts more than 50,000 Australians each year.

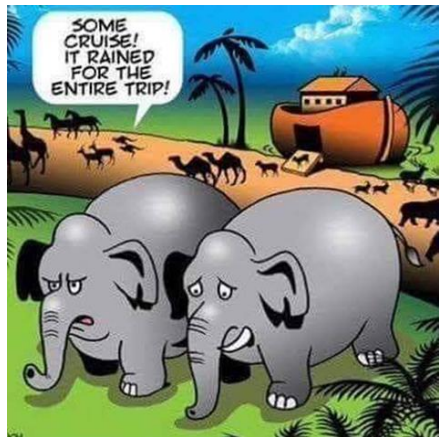
Here is the foundation's FAST guide to recognising the signs of stroke.

**F** - Has their **FACE** drooped?

**A** - Can they lift both their **ARMS**?

**S** - Is their **SPEECH** slurred and do they understand you?

**T** - Call 000, **TIME** is critical!



### Day Trips

**Herman's Tours and Travel**, Corinda have a great selection of day trips if you are looking for an interesting outing.

- Saturday 14 September – Laidley Spring Festival
- Sunday 29 September – Toowoomba Carnival of Flowers
- Wednesday 16 October – Practically Perfect, the music of Julie Andrews

For details and prices Phone **3379 6255**

Brochure available at the meeting.

### Lord Mayor's Christmas Concert

We have been allocated 10 tickets to the Lord Mayor's Christmas Concert for the 4<sup>th</sup> December 9.15am for morning tea. Please advise the Committee if you would like a ticket.

### Branch Calendar September 2019 to March 2020

Tuesday 10 September	Presenter - Dementia Australia Sausage Sizzle
Tuesday 8 October	Financial Advice Matters - Managing your money in retirement. Bring and Buy
Tuesday 12 November	Oxley Nursery – Choosing and caring for your potted plants.
Tuesday 10 December	Christmas Party
Tuesday 11 February 2020	First Meeting for 2020. Speaker TBA
Tuesday 10 March	Branch's 30 <sup>th</sup> Birthday and Sausage Sizzle Speaker TBA

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

#### 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 Contacts:

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