



# CORINDA BRANCH NEWSLETTER

National Seniors  
AUSTRALIA



September 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 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



## First Meeting back 8 September

A big welcome back to our meetings. It has been a very difficult year for the whole world but Queensland has been very fortunate so far and we hope it continues with everyone working together.

Those of you who have had the interesting experience of being tested for Covid-19 will be with me in hoping it is not a thing that needs to be undertaken again soon!!!!!!

## Why I Like Retirement!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.

OLDTIMERS

## Branch Calendar September to July 2021

- Tuesday 8 September **Hearing Health**, Julie Cawdell.  
*Sausage Sizzle, 30<sup>th</sup> Birthday Celebrations and Cent Auction*
- Tuesday 13 October Annual General Meeting followed by a light lunch  
Bring and Buy
- 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)

## 2021

Tuesday 9 February

Tuesday 9 March

Tuesday 13 April

Tuesday 11 May

Tuesday 8 June

Tuesday 13 July

I am a person who wants  
to do a lot of things  
trapped in a body  
that doesn't.





## **World Heart Day**

**Celebrated every year on 29 September**

Created by the World Heart Federation, World Heart Day informs people around the globe that CVD, including heart disease and stroke, is the world's leading cause of death claiming 17.9 million lives each year.

Cardiovascular disease (CVD) is accountable for nearly half of all non-communicable diseases deaths making it the world's number one killer. World Heart Day is, therefore, the perfect platform for the CVD community to unite in the fight against CVD and reduce the global disease burden.

World Heart Day aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80% of premature deaths from heart disease and stroke could be avoided.

In the time of COVID-19, CVD patients are faced with a double-edged threat. Not only are they more at risk of developing severe forms of the virus, but they may also be afraid to seek ongoing care for their hearts. If you have an underlying health condition, such as heart disease, heart failure, diabetes, high blood pressure or obesity, don't let COVID-19 stop you attending your regular check-ups. And never avoid calling the emergency services if you need to – it's safe and medical professionals are there for you.

**After an 80 year old man in England moved into a retirement home, his 98 year old mother moved into the same home so she could help take care of him. She said "you never stop being a mum!"**



**IRISH POST**

## **Keeping your heart healthy is something you can work on every day.**

### **Tips for eating a heart healthy diet**

Healthy eating for a healthy heart is a pattern. It doesn't focus on one type of food or nutrient, but rather on what you eat over days, weeks and months.

This style of eating is naturally low in saturated and trans fats, salt and added sugar. It's rich in wholegrains, fibre, antioxidants and unsaturated fats.

### **Eat more fruit and vegetables**

A diet full of a variety of fruit and vegetables is linked to healthier hearts and a lower risk of heart disease.

### **Swap to wholegrain**

Wholegrain cereals include more of the natural grain. This means they have more nutrients like dietary fibre, B vitamins, vitamin E, and healthy fats.

### **Make healthy fat choices**

The best fats to include in your diet are monounsaturated and polyunsaturated (omega-3 and omega-6) fats. You can find these healthier fats in avocados, nuts, fish and sunflower seeds.

### **Use herbs and spices instead of salt**

Eating too much salt is bad for your heart. The sodium in salt can increase your risk of developing high blood pressure, a major risk factor for heart disease.

### **Tips for being more active**

Doing regular physical activity reduces your risk of having a heart attack or developing heart disease. Keeping active helps to control common heart disease risk factors, including:

High blood pressure,  
High cholesterol, and  
Being overweight.

Regular physical activity can also help strengthen your bones and muscles. It can help you feel more energetic, happier and relaxed.

### **Move more**

Any physical activity is better than none.

### **Set realistic goals**

Start with small, realistic goals and work your way up to the recommended 30-60 minutes of moderate-intensity physical activity (such as brisk walking) on most days of the week.

### **Choose activities you enjoy**

When you enjoy being active, you're more likely to do it more often.

### **Get social**

Stay motivated by doing physical activity together with a group of friends or family, or even with your dog.

### **Sit less**

Adults who sit less throughout the day have a lower risk of early death, particularly from heart disease.

## Trivia Questions

1. What food is the leading source of salmonella poisoning?
2. What is the national animal of Canada?
3. Finish the next line of the Beatles' song "Hey Jude": "Hey jude, don't make it bad..."
4. What is the most commonly transplanted organ from living donors?
5. "Alcohol" is a word derived from which language?
6. In Greek mythology who is the god of wine?
7. In the 40's and 50's what was tested at "Bikini Atoll"?
8. How many keys are on a standard piano?
9. Where did karaoke originate?
10. What did Wilhelm Roentgen accidentally discover in 1895?
11. What is the roman numeral for 500?
12. Who was the first Western explorer to reach China?

## Find Six Words in the Picture



## Potato

The potato is an unusual little tuber that has played an important role in the history of the world and was, in fact, the primary food crop for an entire nation. For a time, Ireland was so reliant on the potato as a food crop that a potato plague managed to starve the entire country. Make no mistake, there was plenty of food being grown in Ireland at the time, 5 ships full a day were being sailed out of the country, but the people of Ireland were being drained dry by the English who ruled them, that potatoes and cabbage were all they had to live on. The potato produces more food on less land faster than any other major food crop. One hectare of potatoes can yield a crop with a food value of more than four hectares of grain.

## Recipe Time

### Cheesy Mushroom Stroganoff Pasta Bake

6 Servings

This delicious cheesy mushroom stroganoff pasta bake is rich, creamy and warming. It has all of the heartiness of a stroganoff, minus the beef, with the added bonus of that melty, cheesy ooze on top. - Greer Worsley

#### Ingredients

- 300g pasta
- 1 tbsp olive oil
- 1 brown onion, sliced
- 30g butter
- 500g button mushrooms, sliced
- 1 clove garlic, crushed
- 1 tbsp sweet paprika
- 1 tbsp tomato paste
- 1/2 cup cream
- 300g sour cream
- 1 tbsp tomato sauce
- 1 tbsp Worcestershire sauce
- 1 cup grated tasty cheese

#### Method

Preheat the oven to 180C. Cook pasta according to packet instructions.

Place olive oil in a large frypan. Add onions and cook for 3 minutes until starting to soften. Add mushrooms and cook for 4-5 minutes until lightly brown. Season well with salt and pepper. Add garlic and cook, stirring, for a minute. Add paprika and tomato paste, and cook for a further minute. Pour in cream and sour cream, and stir to combine. Bring to a simmer and allow to bubble for 2-3 minutes to reduce slightly. Stir through tomato sauce and Worcestershire sauce.

Drain pasta and add to the pan with mushroom cream sauce. Stir to coat well. Pour into an oven-proof casserole dish. Top with cheese and bake for 10-15 minutes until cheese is golden and bubbly. Serve immediately with steamed green vegetables or a salad.

I made this last week for my family and it was delicious, however, I added some leftover roast meat as well.

### Quick and Crispy Vegetable Fritters



Shred zucchini and carrots (or whatever veges you have in the fridge) then toss them together with eggs, garlic, scallions and a touch of flour. Scoop the mixture into a hot

pan with some oil and wait for the crackling to cue you to flip.

The veggies soften lightly in the centres of the fritters, while the exteriors get nice and crunchy. Once you remove them from the pan, give them a quick sprinkling of salt while they're still hot to ensure the seasoning sticks.

I made these with carrot, cabbage and corn. I only made a small amount so used 1 egg and 1/4 cup of flour. They were very yummy!!!!





## Some Interesting Facts

- Margaret Mitchell wrote *Gone with the Wind* between 1926 and 1929. In her early drafts, the main character was named "Pansy O'Hara" and the O'Hara plantation we know as Tara was called "Fountenoy Hall."
- Some biblical scholars believe that Aramaic (the language of the ancient Bible) did not contain an easy way to say 'many things' and used a term which has come down to us as 40. This means that when the bible -in many places -refers to '40 days,' they many days.
- First-cousin marriages are legal in Utah, USA, so long as both parties are 65 or older!
- During World War II, bakers in the United States were ordered to stop selling sliced bread for the duration of the war on January 18, 1943. Only whole loaves were made available to the public. It was never explained how this action helped the war effort.

**I've been to a lot of places,  
but I've never been in  
Cahoots. Apparently you  
can't go alone, you have to  
be in Cahoots with someone.  
I've also never been in  
Cognito, either. I hear no one  
recognizes you there. I have,  
however been in Sane. They  
don't have an airport, you  
have to be driven there. I  
have made several trips.**

fb / Gotta Love It

**How old were you  
when you realized that  
"DAMMIT I'M MAD"  
spelled backwards is  
"DAMMIT I'M MAD"**



One thing no one ever  
talks about when it  
comes to being an adult,  
is how much time we  
debate keeping a  
cardboard box because  
it's, you know.....  
a really good box.

**Six Words Puzzle:** the words you are looking for are - Book, Novel, Story, Word, Page and Read.

### 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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**Secretary:** Bronwyn Quinn 07 3379 8737  
**Publicity Officer:**  
Lorna Norris 07 32883348

### Trivia Answers

1. Chicken
2. Beaver
3. "Take a sad song and make it better"
4. Kidney
5. Arabic
6. Bacchus
7. The hydrogen bomb
8. 88
9. Japan
10. X-rays
11. D
12. Marco Polo