

# Centenary Branch Newsletter - MARCH 2024

<https://nationalseniors.com.au/get-involved/branches/centenary>

We now have a Facebook Page. Go to National Seniors Australia Centenary Branch

NB: Meeting is to be held at Westside HQ Corinda (Formerly Sherwood Services Club

NB: Morning Tea food is not to be taken from the premises for health & safety reasons.

## **FROM THE FRONT DESK**

Good morning once again, doesn't time fly. Thank heavens the worst of the heat seems to have past, now we just have humidity and mould.

This month we give thanks to Ann Tupicoff for her hours spent on the phone re-organizing our "Naughty Little Kids" day trip. We will be using a different bus company and the clubs payment system will be a bit more complicated – none of which effects the members – but the trip is now back to \$70.00. Please check out the board at the back of the room. As you all know each and every little thing has increased in price and we hold no ill feeling to Cross Country who have catered so well to us over the years, it's simply that they come from Sandgate and that's extra fuel and time. Please let us know how this trip is for you and we'll look forward.

Anne Munro has also spent a lot of time following up on future explorer trips – also boards for these at the back of the room, thank you Anne.

Your committee puts a lot of time and effort into trying to keep you happily engaged – if you are not interested, please tell us. If you enjoy these outings, please tell us.

MORNING TEA: There is a gluten free option,

9.30am Entry for 10am meeting start.

**GUEST SPEAKER:** Councillor Sarah Hutton.

**NOTE FOR DIARY. TUESDAY 2/4**  
**GENERAL MEETING. Craft Day.**

This is our chance to raise funds for the branch. 50% of sales go to the branch. Baked goods must be sealed and not consumed on premises.

## **ACTIVITIES**

May 21 st – Day trip to “Naughty Kids”

\$70. Names to Ann today.

July 24<sup>th</sup> – 25<sup>th</sup> - 1 night 2 day Xmas in July Stanthorpe. (Full payment due June Meeting.)

\$355 double \$420 single. Contact Bev.

September 8<sup>th</sup> – 14<sup>th</sup> - 7 day trip to Charleville.

Names to Jenny today

## **REMINDERS**

**Centenary Community Connections – The Hub**

can be contacted to see upcoming events by email for info at [bookings@ccconnectasn.au](mailto:bookings@ccconnectasn.au).

**Music at the Hub** – Contact Marjorie Green  
3376 2030.

**Westside HQ Free Morning Melodies**  
Every Thursday 10.30am – 1.30pm.

## **MANY HAPPY RETURNS**

Best wishes are extended to all our valued members celebrating birthdays during March. We hope you have a wonderful day.



## **JOKE:**

During the service, the pastor asked if anyone in the congregation would like to express praise for prayers that had been answered.

A lady stood up and came forward.

She said “I have reason to thank the Lord”

Two months ago, my husband, Jim, had a terrible bicycle accident and his scrotum was completely crushed.

You could hear an audible gasp from all the men in the congregation as they imagined the pain that poor Jim had experienced.

She continued “Jim was unable to hold me or the children and every move caused him terrible pain.”

“We prayed as the doctors performed a very delicate operation”.

“They were able to piece together the crushed remnants of Jim’s scrotum and wrap wire around it to keep it in place.”

Again, the men in the congregation squirmed as they imagined the horrible surgery performed on Jim.

She continued “Now he is out of hospital and the doctor’s say that, with time, his scrotum should make a complete recovery.

All the men sighed with relief.

The pastor rose and tentatively asked if anyone else had anything to say.

A man rose and slowly walked to the podium.

He said “Hi, I’m Jim, and I would like to tell my beautiful wife the word is “sternum”.

## **IMPORTANT NOTICE FOR COACH TRIPS.**

**PLEASE NOTE:** Full payment for bus trips is to be made at the monthly meeting before trip. Name badges are compulsory for all bus trips. All payments with correct money are to be put in envelopes. Put your name, full amount, ph no, trip details special dietary requirements on the outside of the envelope, seal your payment and hand to the Trips table.

### **COACH WILL NOT WAIT FOR LATECOMERS.**

**BRANCH REFUND AND PUNCTUALITY POLICY FOR ALL TRIPS:** As our coach trips are confirmed the Wednesday (one week) before we travel, NO REFUND will be given unless Ann Tupicoff is advised prior to this time. The Committee may consider refunds under special circumstances or medical emergencies (with documentation).

### **FOR DIRECT DEPOSIT OR BANK TFR.**

#### **BANKING DETAILS:**

**NAB MT OMMANEY**

**BSB 084259 ACC. NO. 821660559**

**PLEASE PUT NAME AND EVENT ON TFR FOR IDENTIFICATION AND RECEIPT.**

\*\*\*\*\*

Meetings are the first Tuesday each month, February to October, except November (second Tuesday).

**Newsletters, Newspapers and documents are available on Table at entry after check in.**

**Do you know of any Centenary Seniors members who are unwell? Please contact Bev Hocker.**

# St. Patrick's Day



(Thanks to Bronwyn Quinn)

St Patrick's Day is celebrated on 17 March each year and is believed to be the day on which St Patrick, one of the patron saints of Ireland, died around the year 473 AD. St Patrick's Day is celebrated around the world. It is estimated that over 100 million people can claim Irish ancestry and is probably the reason why St Patrick's Day is so popular.

The Irish were among the first Europeans to settle in Australia. More than 300,000 Irish settlers (not convicts) migrated to Australia between 1840 and 1914. Today, about 30 percent of Australians are believed to have some Irish ancestry. One way of preserving Irish traditions and customs in Australia is celebrating St Patrick's Day each year.

## Who was St Patrick?

St Patrick wasn't actually Irish – he was born in Roman Britain and his name was originally Maewyn Succat, but he changed his name to Patricius after becoming a priest. At the age of sixteen he was captured by a group of Irish pirates. They took him to Ireland where he was enslaved and held captive for six years. He tended sheep before escaping home, where he had a vision that told him to go back to Ireland to spread the word of Christianity.

Many stories and legends have been told about St Patrick during his time in Ireland.

- In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Modern scientists suggest that the job might not have been too hard – according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders ever since. Modern scholars think the “snakes” Saint Patrick drove away were likely metaphorical and referred to the pagans and druids.
- According to Irish legend, the saint used the shamrock's three-leaved stem as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland which has led to its popularity as a symbol of Ireland.

Whatever the truth of the legends, people around the world love to celebrate St Patrick's Day and everything Irish on the 17 March.



## 2 Irish Recipes

### Irish Soda Bread

Irish Soda Bread is a traditional product of a poor country, it was made with only the most basic of ingredients: flour, baking soda, soured milk to moisten and activate the soda, and salt.

### Ingredients

- 170g/6oz self-raising **wholemeal flour**
- 170g/6oz **plain flour**
- ½ tsp **salt**
- ½ tsp **bicarbonate of soda**
- 290ml/½ pint **buttermilk**

### Method

1. Preheat the oven to 400F/200C/Gas 6.
2. Tip the flours, salt and bicarbonate of soda into a large mixing bowl and stir.
3. Make a well in the centre and pour in the buttermilk, mixing quickly with a large fork to form a soft dough. (Depending upon the absorbency of the flour, you may need to add a little milk if the dough seems too stiff but it should not be too wet or sticky.)
4. Turn onto a lightly floured surface and knead briefly.
5. Form into a round and flatten the dough slightly before placing on a lightly floured baking sheet.
6. Cut a cross on the top and bake for about 30 minutes or until the loaf sounds hollow when tapped. Cool on a wire rack.

## Irish Boxty

"Boxty is a traditional Irish dish made of potatoes. An old Irish rhyme goes: '*Boxty on the griddle, boxty on the pan; if you can't make boxty, you'll never get a man*'."



## Ingredients

- 1 1/2 cups **grated raw potatoes**
- 1 cup **all-purpose flour**
- 1 cup **leftover mashed potatoes**
- 1 **egg**
- 1 **tablespoon skim milk**
- **salt and pepper to taste**
- 1/4 cup **olive oil**

## Method

Toss the grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined. In a separate bowl, whisk together the egg and skim milk; mix into the potatoes. Season to taste with salt and pepper.

Heat the olive oil in a large skillet over medium-high heat. Drop in the potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.

## **KITCHEN HINTS**

(thanks to Geoff Harvey)

### How to microwave cob of corn easily.

Buy cob of corn with the husk on. Microwave on high for 4 mins. Remove carefully. Husk will come off easily. Cut off stem. Enjoy.

Youtube link for newsletter

<https://www.youtube.com/watch?v=AJ75-64Gm5w>

Our thanks to Sarah Hutton, Councillor for the Jamboree Ward for the provision of photocopying facilities

## **CONTACTS**

### **President / Cards**

Bev Hocker

0424 525 230

[bevhocker@bigpond.com](mailto:bevhocker@bigpond.com)

### **Vice-President**

Marjorie Green

33762030 - 1450601463

[m.k.green@bigpond.com.au](mailto:m.k.green@bigpond.com.au)

### **Secretary/Membership/Correspondence**

Anne Munro

0411 564 267

[secretary.nsacb@gmail.com](mailto:secretary.nsacb@gmail.com)

PO Box 470 Mt Ommaney. Q4074

### **Treasurer**

Steven Haycock

0412 623 191

[centenarybranch.national.seniors@gmail.com](mailto:centenarybranch.national.seniors@gmail.com)

### **Newsletter Editor/Raffles**

Cheryl Williams

0407597812

[cherubu@bigpond.com](mailto:cherubu@bigpond.com)

### **Dinners & Functions**

Jenny Olive

3376 3616 (answering machine)

[jenniferolive1950@gmail.com](mailto:jenniferolive1950@gmail.com)

### **Coach Trips/Check In (A-L)**

Ann Tupicoff

0432630721

[anntup29@hotmail.com](mailto:anntup29@hotmail.com)

### **Check In (A - L)**

Doreen Flynn

0448281726

### **Meet & Greet/ Check In - (M - Z)**

Bronwyn Quinn

0412014939

[chateauquinn@hotmail.com](mailto:chateauquinn@hotmail.com)

### **Check In (M-Z)**

Robyn Kennewell

0431175259

[robynalive@gmail.com](mailto:robynalive@gmail.com)

### **Mahjong**

Judy Hunold - 3378 4935

Jo Murray - M 0406 413 836

### **Steady Steps**

David Port

0419787197

[drlgp@bigpond.com](mailto:drlgp@bigpond.com)

### **Theatre Outings**

Geoff Harvey

0407141201

[Gharvey3@bigpond.net.au](mailto:Gharvey3@bigpond.net.au)

## **CALENDAR 2024**

### **MARCH 2024**

Monday 4 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 5 <sup>th</sup>	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Thursday 7 <sup>th</sup>	Mahjong	9-12noon	Mt Ommaney Library	
Monday 11 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 14 <sup>th</sup>	Mahjong	9-12noon	Mt Ommaney Library	
Monday 18 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 21 <sup>st</sup>	Mahjong	9-12noon	Monier Hotel	
Thursday 21 <sup>st</sup>	Lunch	11.30am	Monier Hotel	
Monday 25 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 26 <sup>th</sup>	Coffee & Conversation	10.00am	Mt Ommaney Food Court	
Tuesday 26 <sup>th</sup>	Committee Meeting	1.00pm	Mt Ommaney Library	
Wednesday 27 <sup>th</sup>	Evening Dinner	6.00pm	Nyna's Fish & Chips Opp Bowls Club Jindalee	
Thursday 28 <sup>th</sup>	Mahjong	9-12noon	Monier Hotel	

### **APRIL 2024**

Monday 1 <sup>st</sup>	Steady Steps (Easter Monday)	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 2 <sup>nd</sup>	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Monday 8 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 11 <sup>th</sup>	Mahjong	9-12noon	Mt Ommaney Library	
Monday 15 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 18 <sup>th</sup>	Lunch	11.30am	Monier Hotel	
Thursday 18 <sup>th</sup>	Mahjong	9-12noon	Monier Hotel	
Monday 22 <sup>nd</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Wednesday 24 <sup>th</sup>	Evening Dinner	6.00pm	Perfect Pizza Jindalee	
Monday 29 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 30 <sup>th</sup>	Coffee & Conversation	10.00am	Mt Ommaney Food Court	
Tuesday 30 <sup>th</sup>	Committee Meeting	1.00pm	Mt Ommaney Library	

### **MAY 2024**

Thursday 2 <sup>nd</sup>	Mahjong	9-12noon	Mt. Ommaney Library	
Monday 6 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 7 <sup>th</sup>	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Thursday 9 <sup>th</sup>	Mahjong	9-12noon	Mt Ommaney Library	
Monday 13 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 16 <sup>th</sup>	Mahjong	9-12noon	Monier Hotel	
Thursday 16 <sup>th</sup>	Lunch	11.30am	Monier Hotel	
Monday 20 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 21 <sup>st</sup>	Coach Trip to Naughty Kids (Goats)	8.30am	Jindalee Bowls Club	\$70
Thursday 23 <sup>rd</sup>	Mahjong	9-12noon	Monier Hotel	
Monday 27 <sup>th</sup>	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 28 <sup>th</sup>	Coffee & Conversation	10.00am	Mt Ommaney Food Court	
Tuesday 28 <sup>th</sup>	Committee Meeting	1.00pm	Mt Ommaney Library	
Wednesday 29 <sup>th</sup>	Evening Dinner	6.00pm	TBA	
Thursday 30 <sup>th</sup>	Mahjong	9-12noon	Monier Hotel	