

Centenary Branch Newsletter - MAY 2024

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

FROM THE FRONT DESK

Good morning all

Thank you to all our crafty people for our first annual craft sale proceeds – I believe \$200 into club funds, thank you to Sue and Cheryl for stall management and thank you to the purchasers. We have had a suggestion to hold it again but to have it closer to Christmas time – which means November because the Hugh Colebatch Garden Corner is in October.

As a follow on from last months speakers, Emily Jones from Advance Care Planning has been able to reserve space at Centenary Community Hub from July (date to be confirmed) so that those of us who haven't completed the forms can do so locally. Please let your friends know so we can keep them busy and local.

Today, we have Transit Care back so we can apply for those necessary transport numbers, to do this you need to register with My Aged Care, (phone 1800 200 422) and ask for an emergency transport referral code. (If you already have a My Aged Care package, just ring and ask for a transport code.) After some questions you will probably need to be assessed but they will issue a temporary number. Please be aware that those of us who use Home Care Assist must ask My Aged Care for a code for "minor home maintenance". At that point you have to contact Home Care Assist – give them that code number, and you can then use both services. This is a whole lot of messing around for us, but evidently some is a state funded senior assistance package and some is a federally funded package. (You know, the right department) I spent some time on the phone to sort this out but that's how it is.

Also following on from my spiel in last month's newsletter it is time for you to have your say on the direction our club is heading: please speak up, committee has put such a lot of work into organizing activities/speakers etc and if it's a waste of time, we need to know. After Milton Dick speaks today, it's your turn – you may wish to elect 1 person from your table to be the speaker.

As I mentioned above Milton Dick is our speaker today, and he has recently had a meeting with Transit Care (at the request of Ruth, from Meals on Wheels and myself) so he may be able to update us on the funding.

MORNING TEA: All morning tea is gluten free.

9.30am Entry for 10am meeting start.

GUEST SPEAKERS:

- Milton Dick
- Transit Care

ACTIVITIES

May 21st – Day trip to “Naughty Little Kids”
\$70. Names to Ann today.

July 24th – 25th - 1 night 2 day Xmas in July Stanthorpe 3 seats left. (Full payment due June Meeting or prior.) \$355 each double - \$420 single. Contact Bev.

September 8th – 14th - 7 day trip to Charleville. Deposit payable at July Meeting or prior. Deposit \$610 each if sharing - \$1060 if single. Names to Jenny today.

MAHJONG

Centenary Seniors Mah Jong Group meets every Thursday during the month. If you are a new player and would like to learn or an experienced player who would like to play socially come along. We meet in the Mt Ommaney Library 1st & 2nd Thurs of the month, the Monier Hotel on 3rd Thurs (staying for lunch afterwards) and 4th Thurs of the month. Inquiries – Judy Hunold 3378 4935 or Jo Murray 0406 413 836

REMINDERS

Centenary Community Connections – The Hub can be contacted to see upcoming events by email for info at bookings@ccconnectasn.au.

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 May. We hope you have a wonderful day.



IMPORTANT NOTICE FOR COACH TRIPS.

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, phone 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, Feb -Oct, except Nov (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.

JOKE:

A preacher said, "Anyone with 'special needs' who wants to be prayed over, please come forward to the front by the altar."

With that, Jim got in line, and when it was his turn, the Preacher asked, "Jim what do you want me to pray about for you?"

Jim replied, "Preacher, I need you to pray for help with my hearing."

The preacher put one finger of one hand in Jim's ear, placed his other hand on top of Jim's head, and then prayed and prayed.

He prayed to the 'Almighty' for Jim, and the whole congregation joined in with great enthusiasm.

After a few minutes, the preacher removed his hands, stood back and asked,

"Jim, how is your hearing now?"

Jim answered, "I don't know. It ain't till next week!"

Interesting facts about Australia that may surprise you

- Australia is the driest of any continent on earth other than Antarctica.
 - The Great Barrier Reef is regarded as the world's largest living organism, and is often listed as one of the Seven Wonders of the Natural World.
 - Australia is the only continent covered by a single country.
 - Australia is the only continent in the world without an active volcano.
- Australia has a larger population of camels than Egypt



NSA 25 Year pins presented by Councillor Sarah Hutton at the General Meeting 5/3/24

Mary Colebatch, Stan Moore, Teena Oost, Joan Walker and Cr Sarah Hutton.

Trevor, Teena and Rob Oost cutting Teena's 90th birthday cake at the the General Meeting 5/3/24.



EXPLORER TRIP TO GOMA – FRIDAY 19/4/24

On Friday 7 members went to see Fairy Tales at GOMA. We caught the 460 bus from Mt Ommaney, changed to the 444 at Indooroopilly, got off at the Cultural Centre and did the short walk to GOMA. After buying our tickets, having a coffee at the Bistro overlooking the Brisbane River we then went to see the exhibition where we ran into another member who had just seen it but unbeknown to them had missed half of the exhibits. We were all fortunate to be allowed to join the sold out 11am tour and entered the exhibition through the “Twisted Woodland of the Forest”, and the mystical mirrors of “The Looking Glass” finally ending up in “Happily Ever After”. What a magical ride through the enchanted world and sometimes strange mind of the writers.

3 of us then walked into town to have a look at the Brisbane Arcade’s 100th Birthday Celebrations. We had lunch at Kerry Craig Emporium where Channel 9 were filming a segment for the news later that day. I did just happen to see a glimpse of us for a millisecond in the background. We then caught the bus back to Mt Ommaney. I had a great day out and I hope the others who came did as well.

Anne Munro – Secretary
NSA Centenary Branch



Aveo Visit to Cleveland Gardens Retirement Living
Wednesday 24/4/24 with Transit Care



It was a fine sunny day when 18 of our members were picked up at 9am from Mt Ommaney by Transit Care by Brian our bus driver and Maisie our hostess from Transit Care for the day.

Because of time constraints the itinerary had to be changed to visit only Cleveland Gardens that day. Hopefully we will do Redlands by the Bay Retirement Resort when it can be organised with Aveo & Transit Care.

The trip took approx 1 hour to Cleveland Gardens where we sat down with some of the residents and enjoyed a lovely morning tea of freshly baked scones with jam and cream and Anzac biscuits.

When the chef came out to give us more scones and biscuits I asked what she put in the biscuits to make them so tasty. Her reply was that she doesn't measure quantities.....what good cook does?

After joining in singing Happy Birthday to one of the residents we had time for one more Anzac biscuit before we were taken on a tour of the independent living, assisted living units and community facilities.

Back on the bus for a scenic tour, stopping at Wellington Point for a walk around before having lunch at The Grand View Hotel Cleveland. After lunch a quick bus trip to Cleveland Point then home.



We arrived back at Mt Ommaney around 3.30pm. I enjoyed the day and I hope all the other members on the trip did also.

Anne Munro – Secretary
NSA Centenary Branch

Dear Member

You may be aware of our "Keep Cash" advocacy campaign. Many of our members have expressed concern towards the rapid move to a cashless society. More and more businesses are not accepting cash as a form of payment or adding substantial fees on top for the use of a card. Add to this bank branches closing and removing cheque books from accounts.

To help promote the campaign, we are looking to have a photoshoot with branch members in Brisbane city (near King George Square) at 11am on Wednesday 8 May. Members would be holding signs about Keeping Cash as an available form of payment. The photos would be used to promote the campaign on our website, on social media and may also be provided to media outlets as well. We'd love to have members of your branch involved.

Here is further information on the campaign:

In response to the growing shift towards a cashless society, National Seniors Australia (NSA) has initiated a crucial campaign to ensure seniors are not disproportionately affected by the removal of cash. Our "Keep Cash" campaign aims to ensure that cash remains accessible, circulated, and accessible for all Australians.

When retailers refuse cash payments, it not only inconveniences customers but can also lead to genuine hardship and digital exclusion for those who rely solely on cash. As advocates for seniors' rights, NSA will continue to champion this important message on behalf of older Australians.

There are four ways you can help:

1. Encourage your branch members to become involved in the campaign by following NSA on Facebook and LinkedIn and sharing our 'Keep Cash' posts.
2. Write to your local member of parliament expressing your concerns about the transition to a fully digital economy. Please email policy@nationalseniors.com.au if you need help with this.
3. Visit your local retailers and ask them to display our 'We accept CASH' stickers and posters to demonstrate their commitment to this important issue.
4. Use cash at every opportunity.

While we acknowledge the inevitability of a mostly digital society, it's important to consider the needs of those who remain reliant on cash, particularly seniors. Amidst the convenience of digital transactions, cash continues to play a vital role, offering security and stability, especially in times of outages and technological failures.

Your support of this campaign is invaluable. It not only reinforces the importance of cash but also promotes inclusivity and accessibility for all Australians.

Thank you for your dedication to this important cause.

I look forward to hearing from you.

Kind regards
Karen Furnivall
NSA Community Engagement Manager

INTERESTING FACTS ABOUT THE 1% ERS:

99% of people born between 1930 and 1946 (GLOBALLY) are now dead. If you were born in this time span, your ages range between 77 and 93 years old (a 16-year age span) and you are one of the rare surviving one-percenters.

You are the smallest group of children born since the early 1900's.

You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.

You are the last to remember ration books for everything from tea to sugar to shoes. You saved tin foil and poured fried meat fat into cans.

You can remember milk being delivered to your house early in the morning and placed in the "milk box" at the front door. Discipline was enforced by parents and teachers.

You are the last generation who spent childhood without television and instead, you "imagined" what you heard on the radio.

With no TV, you spent your childhood "playing outside". There was no city playground for kids. The lack of television in your early years meant that you had little real understanding of what the world was like.

We got "black-and-white" TV in the late 50s that had 3 stations and no remote.

Telephones (if you had one) were one to a house and hung on the wall in the kitchen (who cares about privacy).

Computers were called calculators; they were hand-cranked.

Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon. INTERNET and GOOGLE were words that did not exist.

Newspapers and magazines were written for adults and your dad would give you the comic pages after he read the news. The news was broadcast on your radio in the evening. The radio network gradually expanded from 3 stations to thousands.

New highways would bring jobs and mobility. Most highways were 2 lanes and there were no Motorways. You went downtown to shop. You walked to school.

Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families.

You weren't neglected, but you weren't today's all-consuming family focus. They were glad you played by yourselves. They were busy discovering the postwar world.

You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves.

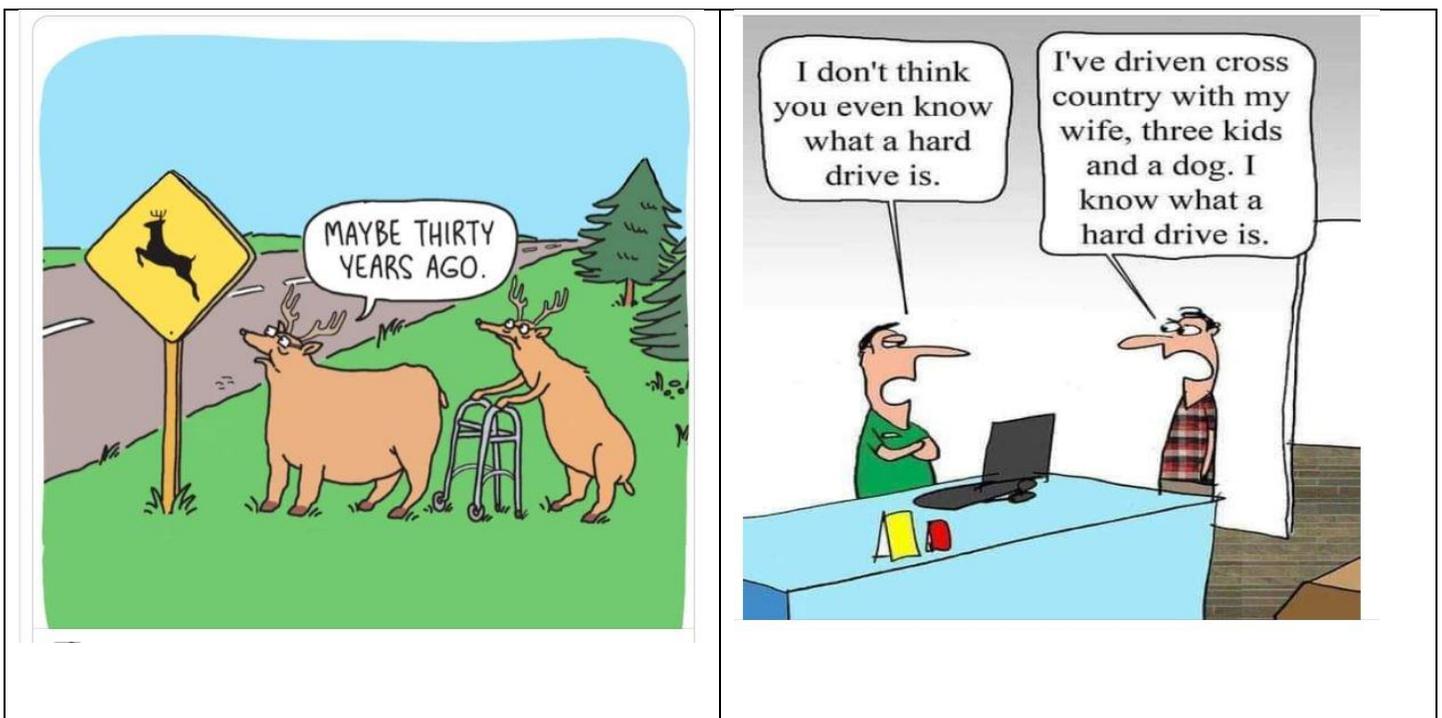
You felt secure in your future, although the depression and poverty were deeply remembered. Polio was still acrippler. Everyone knew someone who had it.

You are the last generation to experience an interlude when there were no threats to our country. World War 2 was over and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life.

Only your generation can remember a time after WW2 when our world was secure and full of bright promise and plenty.

You grew up at the best possible time, a time when the world was getting better.

More than 99% of you are retired now, and you should feel privileged to have "lived in the best of times!" If you have already reached the age of 77 years old, you have outlived 99% of all the other people on this planet. **You are a 1% 'er!**



FROM VONNIE'S KITCHEN HER FAVOURITE RECIPIES

PEANUT BISCUITS

125g butter or margarine

1 cup sugar

1 cup ordinary rolled oats

1 cup SALTED peanuts

1 cup cornflakes

1 beaten egg

Preheat oven 175-180 (fan force 160)

Melt butter and sugar in microwave or on the stove, add beaten egg.

Add mixture to dry ingredients

Place small spoonful's on greased tray or baking paper

Bake 15mins or until brown

Remove from oven and leave on baking tray until cold. Store in airtight container.

Enjoy

HELLO DOLLY BARS

Melt ½ cup butter in microwave or on stove top

Crush 1 packet shorbread biscuits in a bowl and add melted butter.

Pour into 13*9 inch biscuit tray and pat down

Sprinkle mixture with 1 cup of:

Choc Bits (can be a mixture of white / milk / dark)

Shredded coconut – not desiccated

Drizzle with 1 can condensed milk

Bake in 175 oven for 20 mins until topping turns brown.

Remove, cool slightly and slice before it gets cold. Store in airtight container

Enjoy

BANANA CAKE

4oz butter or margarine

1 cup castor sugar

2 eggs

3 medium over ripe bananas mashed

1 ½ cups SR Flour

3 Tab milk

1 teas baking powder / 1 teas bi-carb soda

Beat butter and sugar until sugar is dissolved. Add eggs one at a time, beat until creamy. Beat or stir in mashed banana until combined.

Add flour sifted with baking powder.

Dissolve bi carb soda in milk and pour into bowl and mix.

Pour into loaf tin and bake at 180 for approx 1hr.

Remove and leave in tin until cool and then place on baking rack.

Ice with Cream Cheese Icing for a decadent treat.

**IF YOU WOULD LIKE TO SHARE YOUR FAVOURITE RECIPE/S WITH OTHER MEMBERS
PLEASE EMAIL THE RECIPE/S TO secretary.nsacb@gmail.com SO IT CAN BE PUBLISHED IN
THE MONTHLY NEWSLETTER.**

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CALENDAR 2024

MAY 2024

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

JUNE 2024

Monday 3rd	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 4th	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Thursday 6th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 10th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 13th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 17th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 20th	Mahjong	9-12noon	Monier Hotel	
Thursday 20th	Lunch	11.30am	Monier Hotel	
Monday 24 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 25 th	Coffee & Conversation	10.00am	Jamacia Blue Mt Ommaney	
Tuesday 25th	Committee Meeting	1.00pm	Mt Ommaney Library	
Wednesday 26 th	Evening Dinner	6.00pm	TBA	
Thursday 27 th	Mahjong	9-12noon	Monier Hotel	

JULY 2024

Monday 1 st	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 2nd	GENERAL MEETING	9.30am	Westside HQ Corinda	\$6
Thursday 4 th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 8th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 11th	Mahjong	9-12noon	Mt Ommaney Library	
Monday 15 th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Thursday 18th	Lunch	11.30am	Monier Hotel	
Thursday 18th	Mahjong	9-12noon	Monier Hotel	
Monday 22nd	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Wednesday 24 th	Xmas in July – Stanthorpe)			
Thursday 25 th	Xmas in July – Stanthorpe)			
Thursday 25 th	Mahjong	9-12noon	Monier Hotel	
Monday 29th	Steady Steps	9.15am	Centenary Uniting Church Hall	\$8
Tuesday 30th	Coffee & Conversation	10.00am	Jamacia Blue Mt Ommaney	
Tuesday 30th	Committee Meeting	1.00pm	Mt Ommaney Library	

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