



Albany Creek  
National Seniors

National Seniors  
Australia

FUN AND FRIENDSHIP FOR THE OVER 50'S

## Welcome to your newsletter

by Gloria Swenson

*July in our neck of the woods- The month of colder nights with crisp heading to warm and beautiful days*

*At our June meeting we heard from the Bush Foods man who was very knowledgeable about his subject. Some of the feedback I heard related to the fact that perhaps we really don't remember the Latin names of plants and generally like to call them by their common names.*

*Well done to all our members who took only their fair share of the supper and our President was then able to invite people to partake if they wanted more.*

*Congratulations again to our fantastic catering and support team and our wonderful members who set up and put away the furniture.*

*'Twill be a Trivial time at our next meeting. Make sure you have your thinking caps on. It looks like it will be a lot of fun. Unfortunately, no sheep stations are on offer for prizes. We are hoping that our members will organize themselves into six to a table to help the occasion flow smoothly.*

*But wait... there's more. Dress up in your Christmas colours/outfits for our Christmas in July and*

*Bastille Day themed meeting. Maybe you have some table decorations you could bring to make it even brighter.*

### President's Comments

June has been a busy month with a range of activities. Our guest speaker, John Wrench, talked about the availability of different food groups across the continent, and how aboriginal tribes made the best of seasonal and local food supplies.

Our July branch meeting catering will include wine, and we will be holding a fun trivia session with prizes. There will also be prizes for the best dressed members for Christmas in July and Bastille Day styles. One prize for each style.

Our AGM is in September, and we ask that you give consideration to assist with the running of the branch during next year. The constitution requires all committee positions to be vacated, and we are aware of some retiring committee members who have been in roles for several terms.

Regards. John Bayne

# Newsletter

July 2017

[www.nsaalbanycreek.org.au](http://www.nsaalbanycreek.org.au)

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14<sup>th</sup> July 2017

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### Cruise on July 28

Have you booked your berth on the July cruise? – It departs from Newstead Park Pontoon/Jetty. Then we have a 6.5 hour cruise Moreton Bay Marine Park fee paid. It includes morning tea (fresh hot muffins), BBQ lunch and afternoon tea as well as return from the Coast by bus to Newstead Park. All this for a special price of \$79.

Contact Brisbane Cruises on 3630 2666 for bookings and all the details. Don't forget to mention that you are from Albany Creek National Seniors. We hope that the day will be one of the gorgeous winter days that we are now enjoying.

### Gadabouts

Our next outing will be to Eden Gardens on the corner of Gympie and Beams Rds on July 20 at 10am.

# Interest Groups

## Gadabouts

18 intrepid NSA members were outside at the Riverstop Cafe, where we woke up the poor Koala sleeping in a gum tree above us. It was a great spot overlooking the Pine River. The staff were very friendly and looked after us very well. Their gingerbread cake and ginger and date scones were very popular, closely followed by blueberry pikelets and fresh sandwiches.

Helen, Sandra, Jeanne and Roger joined Val and I at our table where we discussed some of our overseas trips, and we discovered that we all went to many of the same places, such as Seattle, U.S.A which was a great place.

Trevor and Sandra, Trevor and Mary and Ray and Gloria were at one of the other tables where I must admit a lot of laughter came from while Bob and Marie, Ernie and Gail were having very interesting chats with Pauline.

All in all it was another great outing, with a wonderful group of people who enjoy their coffee and a good natter. Come along



and join us, it is a good way to meet others and join in the fun. I do hope you do come along and join the group and put a big smile on your face.

*Trevor Lewis*

Our next outing will be to Eden Gardens on the corner of Gympie and Beams Rds on July 20 at 10am. This is a lovely location in the garden centre.

## Golf

Hello everyone, it is with some regret that I have stepped aside as Captain and Convener of our Golf Club. Trevor Hudson will take my place from 03/07/17.

I wish him well and hope to be back playing in the near future. The last six years have been a pleasure however I have to move on.

We have just started our Championships for 2017. Good golfing boys and girls,  
*David McLeod.*

See you on the course.



Monthly winner

Contact Trevor Hudson  
32646643  
[golf@nsaalbanycreek.org.au](mailto:golf@nsaalbanycreek.org.au)

## Happy Snappers

We had a field trip to Roma Street gardens on Saturday 24<sup>th</sup> June. The weather was superb, and the gardens have been developed in many areas compared to trips a few years ago. Six happy snappers enjoyed the morning, and we produced some very interesting and good quality photographs.

Photos will be added to the website under happy snappers.

For July we are looking at another field trip which will be emailed to regulars once we confirm the details.

Here are a couple of photos from the day.



Don't forget that the Happy Snappers meetings are open to all members who may have an interest in practicing or learning about your camera and practicing photography techniques. Come and participate and get assistance from your helpful friends.

*John Bayne*

### Let's Make It

Winter is an even better time to discuss the world's problems and we did. If we ruled the world all would be solved.

### The Eager Readers

The Eager Readers book group meets on the first Friday of the month at 10.00am at the Albany Creek Library. Come along and join in the discussion and a coffee afterwards.

Contact Sandra 33250966

### Riotous Readers

Our latest read was an easy one. Set in Australia, the characters were easy to like or dislike. Perhaps a little too formulaic but still interesting reading. Then we enjoyed some yummy little quiches that Margaret had made and noise and laughter rang out.



### New Groups

Like to join a group and there's no room? Start your own. It's really easy. Contact [president@nsaalbanycreek.org.au](mailto:president@nsaalbanycreek.org.au)

## Outings & Trips

### Lunch at the Sofitel

Twenty-two of us had a delightful lunch today at the Sofitel Hotel in the city. The food was good and beautifully presented, and the company was – as ever – great. The hotel is conveniently placed above Central Station, so there

was no problem with transport for us.

I just have a couple of points I think are worth making. Wednesdays are "Seniors Day" and the price of the buffet is \$42.00 instead of \$60.00. If you are an Accor member (a member of the Sofitel hotel group), food is half-price; but that is half the **full price**, not half the Seniors' price. Drinks are full price. They also charge 1.5% surcharge for the use of a credit or debit card.

Now, a couple of us were wondering "Is the food any better on a non-Seniors Day?" It would be worth trying to find out, as the cost for Accor members would be the same as on Seniors Day. I can't think of a better or more enjoyable experiment.

*Dr. Di Lewis*

### Trips Organisers

Let's Have Fun.

Do you like going for short holidays? Do you like friends to join in the fun – seeing new things, eating new food, having drinks at happy hour?

You could be the next person to do the Independent Tours. Easy to organize. Indeed – some tours are already organized – it's just a matter of getting people together.

Travel? Yes. Fun? yes. Friendship? Yes. Lots of laughs? Yes. Can't wait to do more? You bet.

We are looking for a small group of interested members to recommend trips away, and assist with the organisation. Please come and talk with us if you have an interest in this.

### NSA Membership Renewals

If you renew your membership through our club, we get a small commission – just bring along your renewal slip and your payment – cash or cheque and the treasurer will organise the rest.

You can also pay your renewal money into the NSA bank account which will be passed along to NSA head office

To assist with your renewals, we will email a reminder prior to the expiry date, and provide details of Branch payment options.

### Update

If you are unable to make it to the monthly meeting, please contact John on 0418277813

If you know of anyone who is unwell please contact Mary on 3264 6643 or a member of the committee.

If you have a special celebration, please send your information to the editor.



Jeepers creepers. Jumping Jupiter. It's a big happy birthday to our July people. Wrap up in your jumpers and enjoy.

# What's On & Recent Events

## National Seniors

Australia

NSA have a number of Brisbane based events on this month. They include:



EXCLUSIVE OFFERS\* FREE INFO BAG + LIGHT REFRESHMENTS (weather permitting)

**Date:** Wednesday 19 July 2017

**Time:** 1.30 - 3.30pm

**Pick up point:** Aspley Hypermarket Bus Station, Albany Creek Road (Aldi end of shopping centre)

To book - call **1300 88 37 50**



Come along and learn about what's new with our Europe, Canada and Alaska touring and cruising programs from the experts first hand. You will also hear all about National Seniors Travel's upcoming group departure to Canada and Alaska in 2018!

### SESSION DETAILS

**Date:** Friday 21 July 2017

**Time:** 10am

**Venue:** Level 18, 215 Adelaide Street, Brisbane

**RSVP:** By Tuesday 18 July via the link below or call us on 1300 88 37 50

### . Financial implications of transitioning to retirement

We're hosting a series of breakfast seminars to provide an essential forum for our members to discuss issues of relevance and network with other over 50s.

Join us for our Brisbane seminar:

#### Financial implications of transitioning to retirement

presented by Basil La Brooy, Senior Officer National Seniors Financial Information Desk.

**Date:** Friday 28 July 2017

**Time:** 8:00 am to 10:00 am

**Venue:** The Inchcolm, 73 Wickham Terrace Brisbane QLD 4000

**Cost:** \$5 for National Seniors members, \$20 for non-members.

**Breakfast included.**

[Book now](#)

for further information, email [events@nationalseniors.com.au](mailto:events@nationalseniors.com.au) or call Kristie on (07) 3233 9141.

### The Wizard of Oz

QPAC will be staging the Wizard of Oz from the 4<sup>th</sup> November 2017 for 4 weeks. There are sessions on Tuesday and Wednesday at 1pm, with special rates for seniors in groups of 12 or more.

If you are interested in attending this show, please add your name to the registration list and indicate your preference for Tuesday or Wednesday.

Further information at

[WIZARDOFOZTHEMUSICAL.COM](http://WIZARDOFOZTHEMUSICAL.COM)

### Mamma Mia - The Musical

QPAC will be staging Mamma Mia from late December to early February 2018. There are sessions on Wednesday at 1pm, with special rates for seniors in groups of 20 or more.

### Your health and your longevity

Updated studies by various organisations, including the Mayo Clinic, identify that friendship and a sense of community are two behaviours that can also increase your health and your longevity.

The Mayo report states that having friends boosts happiness, reduces stress, improves self-confidence and helps you remain resilient in the face of life's hurdles such as divorce, unemployment, serious illness and bereavement. They also say that "adults with strong social support have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index."

The importance of group social activities is underlined by research from the University of Queensland that found these kinds of activities provided benefits that were additional to those obtained from maintaining friendship and community ties.

"There is evidence that the number of groups that a person is a member of is a unique predictor of self-esteem, resilience and mental health," Tegan Cruwys, one of the researchers from the university's School of Psychology, said.

"Group based interactions have a distinctive role to play in health and well-being over and above social interaction and social contact."

At Albany Creek Branch, our interest groups and social meetings contribute to the friendship and community links. We would like to encourage participation and suggestions for developing additional activities. Please let a member of the committee know if you have any ideas, or email [president@nsaalbanycreek.org.au](mailto:president@nsaalbanycreek.org.au).

If you are interested in attending this show, please add your name to the registration list.

Further information at

[MAMMAMIATHEMUSICAL.COM.AU](http://MAMMAMIATHEMUSICAL.COM.AU)

### Parliamentary Concert

The next Parliamentary Concert is on Tuesday 29 August and I invite you to come along. We have some very talented local school ensembles due to perform from schools across Brisbane.

Here are the Details:

Date: Tuesday 29th August

Venue: Premier's Hall, Parliament House

Time: 10:00am – 12:00pm (doors open at 9:30am)

Cost: \$14

Tickets are available for purchase from my office and you are welcome to bring your friends and family. Please call my office on 3535 1100 if you have any questions. Hope to see you there, Tim Mander MP

### The Glenn Miller Orchestra

QPAC will be staging the Glenn Miller orchestra on Wed 11<sup>th</sup> October. **The Glenn Miller Orchestra** will perform all their great classic hits, "Chattanooga Choo Choo", "In the Mood", "Tuxedo Junction", "A String of Pearls", "Moonlight Serenade" and songs from the repertoire from the **Andrews Sisters**.

Further information at:

[https://www.qpac.com.au/event/glenn\\_miller\\_17/](https://www.qpac.com.au/event/glenn_miller_17/)

Photos from recent activities



# Trivia & and General Interest

## Trivia Questions

1	If you had Lafite-Rothschild on your dinner table, what would it be?
2	In publishing, what does POD mean?
3	Name the author of On Her Majesty's Secret Service, Dr No and Thunderball, among others?
4	Which famous battle between the British Royal Navy and the combined fleets of the French Navy and Spanish Navy took place on 21st October 1805?
5	Who wrote the novel Death in Venice, which was later made into a film of the same name?
6	Who wrote the Vampire Chronicles, which include the novels Armand, Blood and Gold and Interview with the Vampire?
7	Who wrote America's "The Star Spangled Banner"?
8	Lord Greystoke is more usually known by which name?
9	What was the first name shared by France's kings nicknamed the Bald, the Fat and the Simple?
10	Which country does the sport of pelota come from?

### Answers

<http://nsaalbanycreek.org.au/newsletter-answers.htm>

## Laughter

We've seen this one before – true or not, we don't know.

RETARDED GRANDPARENTS -as reported by a teacher)

After Christmas, a teacher asked her young pupils how they spent their holiday away from school. One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa. They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore. They go to a building called a wreck centre, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on. At their gate, there is a dolls house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts! Nobody there cooks, they just eat out. And, they eat the same thing every night - early birds. Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked centre for pot luck. My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too. When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

## Your 2016-17 Committee

President	John Bayne
Vice-President	Ray Swenson
Secretary	Helen Thomas
Treasurer	Elizabeth Hoffmann
Editor	Gloria Swenson
Committee	Margaret Armitage
Committee	Jeanne Chapman
Committee	Joan O'Connor
Committee	Linda Sullivan

## Members Suggestions

If you have any suggestions that you would like to present to the committee, please email your suggestion. Any suggestions received will be tabled at the committee meeting, and the committee will review and respond to your ideas. Email to [secretary@nsaalbanycreek.org.au](mailto:secretary@nsaalbanycreek.org.au) The suggestion box will still be available at the monthly branch meeting.

## Links

Each issue of the newsletter contains links to online content which offer an enhanced reading experience.

When you see a section underlined in your pdf version, this usually indicates that it has a link. A simple click on the link will open it in your internet browser, leaving the pdf available for you to return to it.

## Visit our Facebook site

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Closing Date for Next issue is

**31<sup>st</sup> July 2017**

Please submit articles and photos to  
[editor@nsaalbanycreek.org.au](mailto:editor@nsaalbanycreek.org.au)