



**Albany Creek
National Seniors**

National Seniors
Australia

FUN AND FRIENDSHIP FOR THE OVER 50'S

Newsletter

July 2018

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Welcome to your newsletter

by Gloria Swenson

Crikey mate. It's cold. We're Queenslanders. We're not used to the cold. Good luck to those folk who have gone to the snowfields – must be the best in years. But we wouldn't mind if the wind weren't so ch ch ch chilly.

Our next meeting is on.... Yes, you noticed.... Friday the 13th. Come along, dress up in your blacks, your costumes, have fun. We enjoy black Friday meetings.

Many thanks to Helen for organizing our speaker and the enjoyable food.

AGM is fast approaching. We need a President, Secretary and Treasurer. Also other committee members to help run the club. Think about it and see if you can make the time to volunteer.

We have morning tea at a new venue in Albany Creek.

And then we have Christmas in July at Redcliffe. We do like to be beside the seaside.

President's Comments

The June guest speaker was Cliff Pollard who provided an interesting talk on 'Caring for the Sick and Wounded': the Queenslanders who went to the Great War. His research and knowledge is extensive, and he merged the military information with the local history of families and hospital services.

In July there will be an entertainer with a lively performance.

We distributed a list of tasks that are undertaken by our volunteers to maintain the services that have traditionally been provided, and of course the clubs administration.

Please consider how you can contribute to any task, even for a short period. Everyone is a volunteer and we cannot sustain the branch activities if it only relies on a small number of volunteers.

The winter holiday period is on, and we will join the exodus north for a little while. For those staying in the area, we hope you enjoy some of the Christmas in July offerings.

Regards. John Bayne

Next Meeting

13th July 2018

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Key Dates

Morning Tea

10am Tuesday 3rd July

Café Connexio

Old Northern Road, Albany Creek

Dining Out

Christmas in July

Friday 20th July

The Pavilion, Suttons Beach

Next Meeting

June 13 – Ghosts, Witches, Ghoulies or just dress in black. There will be some prizes for the best dressed.

We will have great entertainment at our next meeting with Cheshire Cat. She has performed for us before and everyone enjoyed her act.

Interest Groups

Morning Tea

Our **May Morning Tea** will be on **Tuesday 3rd July** at 10am at the **Café Connexio, 57 Old Northern Road, Albany Creek.**

Put your name down at the meeting or ring Ray on 0419241942

Dining Out

Winter Warmers at Warner

A cold winter's evening drew 23 National Seniors to dine at the Warner Tavern last Monday 25th June.

Lamb shanks were a very popular comfort food choice for many and we enjoyed our dinner choices in the warmth and laughter that usually accompanies our dining get togethers.

We lingered and chatted, over drinks and coffee until we were forced to face the freezing wind and go home.



Thanks everyone for your great company and we look forward to the next dining out.

Riotous Readers

What an interesting selection of books we have read. It was worked out that at 10 books a year and going for over 15 years we have read a heck of a lot of books.

We have discussed them, sometimes briefly and sometimes at length but we have still found time eat and solve nearly all the

world's problems (Okay, not quite)

Golf

We are always looking for new members and play at North Pine Golf club at Warner 6.00am each Monday.

Each Wednesday we also meet at The Big Easy driving range at Beams Road Taigum. It opens at 9.00am. 25 balls is \$5.00 and 50 balls \$9.00. No need to book just be there at 9.00am.

Why not join us and try your hand? If you are interested we can supply clubs. After we go to Eden Gardens for coffee.

Contact David McLeod 33556960
golf@nsaalbanycreek.org.au

Let's Make it.

Lots of discussion about the Quilters Retreat that some of our group were attending. Hope they survived the chilly temperatures at Highvale. Last year they brought home some lovely work to show. The rest of us look forward to our weekly get together, coffee and problem solving.

Reading?

Do you enjoy reading? Our library has so many interesting and enjoyable book sets and our reading groups take advantage of these. Ring Sandra or contact the Editor for further info.

Dining Out

Christmas in July. Whoo hoo. Make sure to put your name down. We are going to The Pavilion at Suttons Beach on **Friday 20th July.**

Lunch is at 11am. Cost is \$29 for two courses and \$39 for three courses. Dress up for Christmas. Ho ho ho.

Make sure you put your name down as this is sure to be a popular event.

Ray Swenson 0419241942

Web Master Role

The position of webmaster will be vacant from September, and we need to engage with a member or members who would like to learn this skill. Training will be available in August and September for any members who would like to learn how to manage a web site.

NSA Updates

2018 Zone 102 Members Forum

Geoff Walsh provided a feedback talk on the recent Zone 102 Forum. He has kindly added his notes for distribution to members who need further information. The link is attached with the distribution email.

NSA Connect & PAM

NSA has a very active program for email communication. These include regular updates on news and topics of interest to the 50+ age groups. PAM (Policy Advocacy Media) and Connect are the format headers used.

If you are not receiving these emails, please discuss with the committee, and we can show you how to receive these updates.

NSA Member Benefits

New and exciting offers are constantly being added to the NSA benefits program and the best way to keep up to date with them all is through the dedicated Member Benefits website.

Enjoy discounted dining, entertainment, automotive, leisure, shopping, accommodation, tickets and more

at thousands of businesses with the Member Benefits program.

Visit the site

<https://nationalseniors.com.au/be-rewarded/members-benefits>

Here are some examples:

53% off

Two Fathoms Shiraz & Sav Blanc!



Cellarmasters

Read more >

Save 10%

on best rates + FREE breakfast for 2 adults



Rydges Hotels

Read more >

Save 10%*

on animal adoptions



RSPCA QLD

Read more >

Up to 15%

off tours & attraction tickets



Discounted tickets

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Up to 33%

off pre-purchased cinema tickets



Discount Cinema Tickets

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2 for 1

offer on Festival tickets*



Australian Festival of Chamber Music

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COMMUNITY

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Our supporters and sponsors are listed on our web site. Click here to see what's on offer.

<http://nsaalbanycreek.org.au/sponsors.htm>



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Audit & Tax Accountants



Slow-cooked beef with tortellini



Courtesy of www.taste.com.au

Ingredients

1 tablespoon olive oil
 900g beef chuck (casserole) steak, cut into 2cm pieces
 1 brown onion, halved, finely chopped
 2 garlic cloves, crushed
 1 x 800g can diced tomatoes
 125ml (1/2 cup) water
 2 tablespoons tomato paste
 1 teaspoon caster sugar
 2 tablespoons finely chopped fresh continental parsley
 2 tablespoons finely chopped fresh basil
 Salt & freshly ground black pepper
 1 x 625g pkt veal tortellini
 20g (1/4 cup) finely grated parmesan

Method

Step 1 - Heat the oil in a large saucepan over medium heat. Add one-third of the beef and cook, stirring occasionally, for 5 minutes or until brown all over. Transfer to a heatproof bowl. Repeat, in 2 more batches, with the remaining beef, reheating pan between batches.

Step 2 - Add the onion and garlic to the pan and cook, stirring, for 3 minutes or until onion softens. Add the beef, tomato, water, tomato paste and sugar. Bring to the boil. Reduce heat to low and simmer, covered, stirring occasionally, for 1 1/2 hours or until beef is tender. Cook, uncovered, for 15-20 minutes or until sauce thickens slightly. Remove from heat. Add the parsley and basil, and stir to combine. Taste and season with salt and pepper.

Step 3 - Meanwhile, cook the tortellini in a large saucepan of salted boiling water following packet directions. Drain well.

Step 4 - Add the tortellini to the beef mixture and stir to combine. Sprinkle with parmesan and serve immediately.

Dietary Requirements

If you are planning on attending a monthly meeting and have special dietary requirements, please notify us at least 4 days beforehand.

Your contact details

If you change your contact details please email the changes to admin@nsaalbanycreek.org.au

Or advise the Secretary so that our records can be updated.

Visitor Attendance

Please note that visitors will not incur any Branch meeting fee for their first visit. Please encourage your friends to attend and ensure that they meet our visitor guides to receive a visitor information pack. Visitor guides are identified by the colourful sashes.

Communication

If you are unable to make it to the monthly meeting, please contact Helen on 0439 039 008

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.

Member Talks

We encourage members to give a 5-minute talk on any subject. If you are interested, please contact a member of the committee.



Jolly July people. May you have enjoyable birthdays.

Trivia & General Interest

Trivia Questions

1	Alfred, an ancient King of Wessex, is famous for burning what?
2	Don Alfonso is the lead role in which opera?
3	What is another word for lexicon?
4	Bray Studios, near Windsor in Berkshire, was home to which famous brand of horror films?
5	How old is the world's oldest dictionary?
6	Which ocean surrounds the Maldives?
7	Which two metals is pewter made from?
8	What was Louis Armstrong's chosen form of music?
9	Name the port of Rome?
10	Paul Newman ate fifty eggs in which film?

Answers

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

Laughter is the best medicine

A famous scientist was on his way to yet another lecture when his chauffeur offered his employer an unusual proposition. "I've heard your speech so many times, I bet I could deliver it and give you the night off" he said. "That sounds great" the scientist said. When they got to the auditorium, the scientist put on the chauffeur's cap and sat in the back row. The chauffeur walked up to the lectern, delivered the speech and asked if there were any questions. "Yes" said a man in the audience and launched into a highly technical question. The chauffeur was panic stricken for a moment but quickly recovered. "That's an easy one" he replied. "It is so easy in fact, that I am going to get my chauffeur to stand up and answer it".

I was staying overnight at a hotel away from home and didn't feel like sitting in my room watching TV, so I took my laptop down to the bar to catch up with work. I went to the bar and asked the bartender:

"Excuse me, what's the WIFI password?"
Bartender: "You need to buy a drink first." **Me:** "Do I? Okay, I'll have a beer."
Bartender: "We have James squire 150 Lashes on tap." **Me:** "Sounds good. How much is a schooner?" **Bartender** "\$8.00."
Me: "Now, what's the WIFI password?"
Bartender: "youneedtobuyadrinkfirst....no spaces and all lowercase."

Your 2017-18 Committee

President	John Bayne
Vice-President	Ray Swenson
Secretary	Helen Thomas
Treasurer	David McLeod
Editor	Gloria Swenson
Committee	Joan O'Connor

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 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.

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www.nsaalbanycreek.org.au

Closing Date for Next issue is

31st July 2018

Please submit articles and photos to
editor@nsaalbanycreek.org.au