

# National Seniors

Australia

**NEW FARM BRANCH INC.**  
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<https://nationalseniors.com.au/get-involved/branches/new-farm>

## MAY 2024 NEWSLETTER

### GENERAL MEETING

**Wednesday 1st MAY at Brunswick Hotel, 569 Brunswick St, New Farm.**  
**Morning tea will be from 9:15am to 10:00am, meeting follows.**  
**SPEAKER - Dr Helen Nahrung - Entomologist**



### A MESSAGE FROM THE PRESIDENT



Hello everyone,

I must say how much I enjoyed the visit from our last speaker, **the Lady Mayoress, Nina Schrinner**. She came in like a breath of fresh air and spoke with thoughtfulness and passion about the volunteer work that she does, supporting many charities in Brisbane. Generous with her time, she stayed behind for questions and conversation, and, judging by the many people gathering around to talk with her, she was a very popular guest.

Nina also connected with a survey I heard about on a breakfast show recently about the importance of personal interaction. Apparently, we need at least 60 minutes a day of quality, face to face communication, be it talking, listening, smiling, laughing or sharing a joke. And I guess that makes sense. We know that endorphins are released during such pleasurable activities, helping to relieve pain, reduce stress and improve our sense of well-being. It could include anything from saying hello to a stranger you pass in the street, having a chat with someone in the supermarket, to, even better, having a coffee with a friend at Francs.

According to the survey, about 70% of the population get less than an hour a day. That, of course, would apply in particular to people living alone. Surprisingly though, the age group that has the lowest level of quality communication is the 20 -24 age-group! Wouldn't you think they would be the ones with the most to say and the most to talk about? How sad is that? Well, they do communicate but I suppose they do most of it on their phones, by text and social media but that's not the same, is it? And according to this survey, those forms of communication didn't count.

Nothing is as good as proper human contact, or as good as a proper chat. Which we are very good at! It's the quality stuff that counts, such as the conversations that I hope you enjoy over our Brunswick morning teas. Meaningful, personal, funny and caring. Make sure you keep coming to our meetings, and all the activities that our team plans for you.

And the next big thing is our Christmas in July event to be held after our General Meeting on the **3rd July**. It will be heavily subsidized by branch funds. Look at this fabulous menu:

**Anne Stubbington, President.**



### CHRISTMAS IN JULY LUNCH AT THE BRUNSWICK

Includes drink on arrival and tea/coffee with dessert  
Complimentary Crusty Bread rolls and Butter on each table

#### Entree

Spice Pumpkin Soup  
Whole Cooked Tiger Prawns with Cocktail Sauce  
Pistachio and White Bean Dip with Crackers

#### Main

Roast Turkey, Honey Glazed Ham and Carrots, Gravy, Green Beans and Medley of Roasted Vegetables  
(Potato, Sweet Potato, Pumpkin)

Lemon and Dill Baked Salmon, Burnt Butter Beurre Blanc, Saffron and Prosciutto Potato salad, toasted almonds and Broccolini

Whole Stuffed Field Mushrooms, Vegetable Gratin, Cheese and Thyme Potato Stacks

**Dessert**

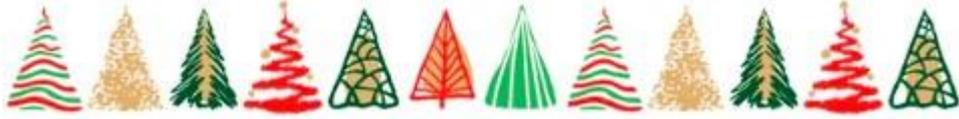
Christmas Pudding

Brandy custard and Ice Cream with Mini Pavlovas, Seasonal Fruits, Berry Compote and whipped cream

Chocolate Brownie with Hazelnuts, Honeycomb and Chocolate ganache

**\$39**

**Please have your choice of dishes to give to Di & Trish at our next meeting, and we will ask you to pay at this meeting as well.**



We are very excited about our guest speaker next month on the 1st May. For those of you who have a scientific bent and an interest on our natural world, this event is not to be missed. **Dr Helen Nahrung** is an entomologist who has over twenty years' experience in insect biology and ecology towards sustainable pest management methods in plantation forestry. She has been at the University of the Sunshine Coast since early 2012, where she specialises in invasive forest pest prevention and management and also works in the EcoSciences Precinct in Brisbane. I look forward to introducing her to you.

**Anne Stubbington.  
President.**

**NSA MY GENERATION MAGAZINE**

To access, you need to log into the NSA website with your membership number and password, then click on the link: <https://nationalseniors.com.au/members/our-generation/our-generation-read-online>  
Online articles can be accessed via the link: <https://nationalseniors.com.au/news/>

**APRIL DINNER**

**Dinner at the Klay Oven – with 16 members enjoying the delicious Indian food.**

James, Gordon, Elly, Aldo, Michele, Jann and David



Eileen, Margaret, Paul



<- Francesca and "the boss", Garima

Elly, Aldo and Michele ->



### APRIL MEETING RAFFLE PRIZE WINNERS

The Bakeologists \$50 voucher (Grace Grace MP): David Sharman  
Brunswick Hotel \$30 Food & Drink Voucher: Judy Williams  
Savour \$50 Voucher (Cr Vicki Howard): Drina Oldroyd  
Lucky Door Prize (NF Cinema tickets): Jackie Wall



### MAY BIRTHDAYS

Splint Fox Rob Greer Heather Hartfiel Jan Hickey  
Vicki Howard-Smith Joe Humphries Matthew Murphy

### WELFARE

Please notify Graeme Kidd of any member that you know who is ill or injured, so that we can give our support where needed. **PHONE 0418 735 266**

### ACTIVITIES & DATE CLAIMERS for NSA NEW FARM Branch



### THE BRUNSWICK STREET BOOK CLUB

Tuesday 14<sup>th</sup> MAY at 2pm at the Brunswick Hotel.

The book for **MAY** is LIMBERLOST by Robbie Arnott

If you are interested, give Dani a call on 33585908 or email her at [danielledevalera@gmail.com](mailto:danielledevalera@gmail.com)

Members are welcome to purchase a delicious lunch in the bistro beforehand to set themselves up for the meeting. Coffee is also available.



### LUNCH

Thursday 16<sup>th</sup> MAY at 12md

2BThai, 92 Merthyr Rd, New Farm (opposite Merthyr Village)

<https://2bthai.com.au/>

Please advise Frances Munro on **0422489406** if attending or cancelling.



### LOLA DAYS – DIFFERENT DAYS FOR DIFFERENT PEOPLE

Friday 21 May – DFO (Sky Gate)

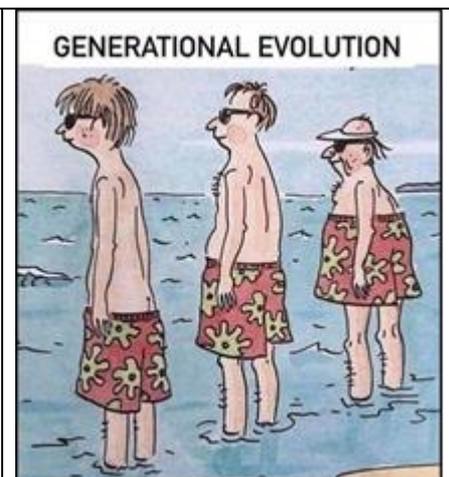
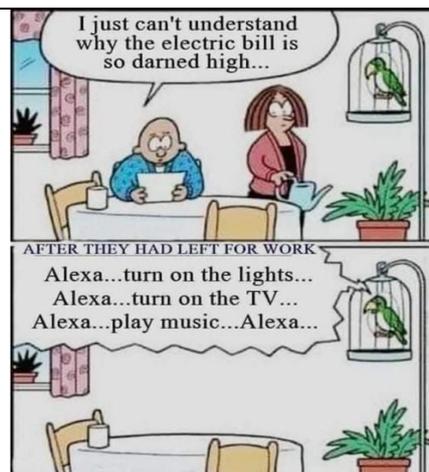
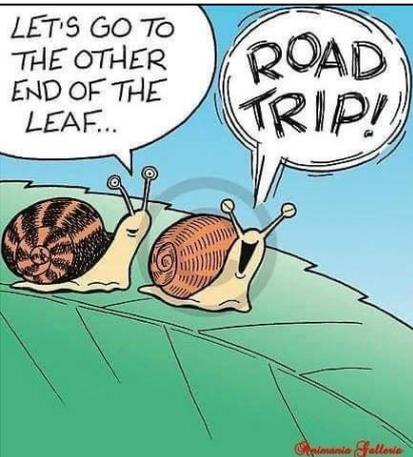
Meet at Bus Stop 23, Adelaide St (Outside Ted's Cameras)

### OUT AND ABOUT IN THE COMMUNITY

### NEW FARM LIBRARY

FIRST FRIDAY BOOK CLUB Fri 5<sup>th</sup> APRIL 10:00am

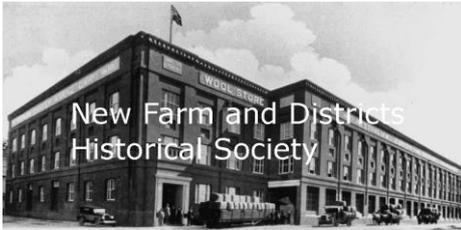
Please contact the library for monthly reading selection.  
New members welcome. Bookings NOT required. Free.



## NEW FARM AND DISTRICT HISTORICAL SOCIETY

SAT 25th MAY – 2.30pm

Merthyr Uniting Church Centre, 52 Merthyr Road, New Farm



New Farm and Districts  
Historical Society

### THE RIVER CITY AND ITS BRIDGES by Mark (Brizzypix) Coleman

Mark Coleman is a freelance photographer specialising in low light and night photography and is founder of Brizzypix. He will showcase his work focussing on the city's bridges, as he explains here:

Brisbane, colloquially and fondly referred to by visitors and locals as

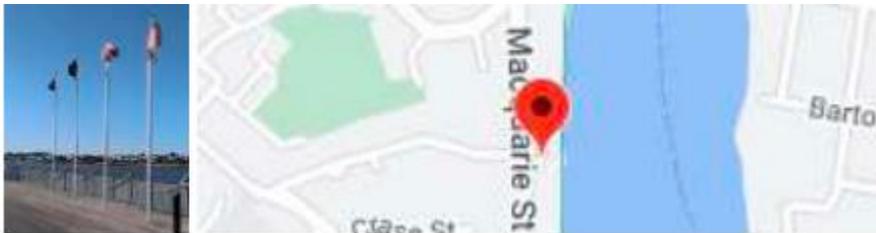
the River City, has enjoyed a period in recent years of new river crossings being built. ....

“My presentation will in some part briefly describe the timeline and history of the city's bridges; however, it will focus primarily on the bridges that have been built in more recent years, and how they have improved the liveability and beauty of our wonderful city.”

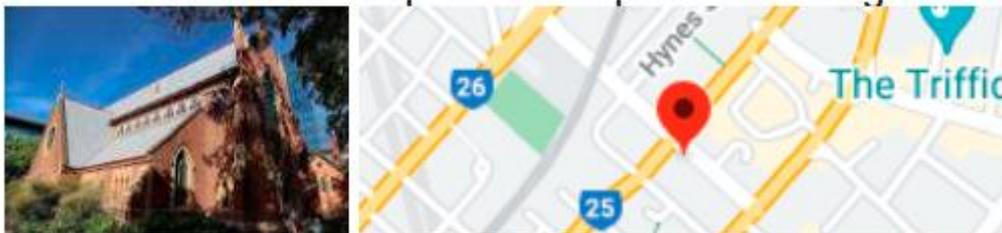
**CONTACT** – [info@newfarmhistorical.org.au](mailto:info@newfarmhistorical.org.au) [www.newfarmhistorical.org.au](http://www.newfarmhistorical.org.au)

## ANZAC DAY, THURSDAY, 25 APRIL

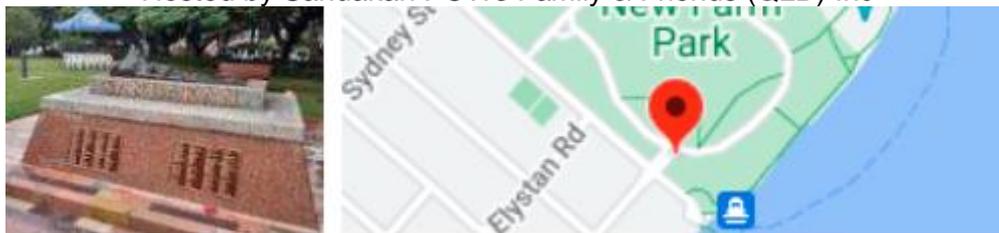
Three local services are scheduled. Everyone is welcome. **5.30am Dawn Service, Submariners' Walk Heritage Trail**, 71 Macquarie Street, Teneriffe, Hosted by Submariners Association Australia



**8.00am** Commemoration with **Last Post and Rouse Holy Trinity Anglican Church** 141 Brookes Street, Fortitude Valley The war memorial chapel will be open for viewing.



**9.00am Sandakan-Ranau Memorial Commemoration, Sandakan Memorial**, New Farm Park  
Hosted by Sandakan POWs Family & Friends (QLD) Inc



### MR BAILEY'S MINDER

Directed by Phil Carney

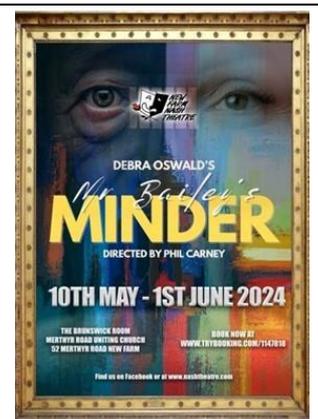
**Preview** – 10 May 2024

**Opening Night** – 11 May 2024

**Performance dates** – Friday and Saturday nights  
17, 18, 24, 25, 31 May and 1 June 2024

**Matinee** – 18 May 2024

Leo Bailey is one of Australia's greatest living artists, whose genius battles to survive the effects of alcohol, cynicism and self-loathing. Only one of his many children, his daughter Margo, is prepared to help, but she does so at arm's length. Margo finds a live-in-minder, Therese who is fresh out of prison and desperate for a home. Then along comes Karl, a handyman who has the job of removing a valuable mural but who keeps returning with offers of practical friendship. A funny and deeply moving play about friendship, ego, art and the secret longing for a better life.

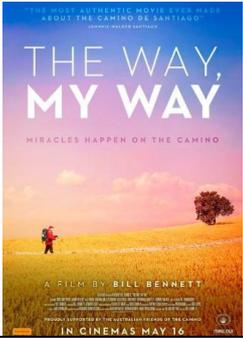




### THE TASTE OF THINGS

Opening 2 May 2024

Eugenie (Juliette Binoche), an esteemed cook, has been working for over the last 20 years for Dodin (Benoît Magimel), a fine gourmet. Growing fonder of one another, their bond turns into a romance and gives rise to delicious dishes that impress even the world's most illustrious chefs. When Dodin is faced with Eugenie's reluctance to commit to him, he decides to do something he has never done before: cook for her.



### THE WAY, MY WAY

**EVENT, Q&A, PREVIEW Sat 11 MAY - New Farm Cinemas 2pm screening and Q&A Bill Bennett.**

THE WAY, MY WAY is the charming and captivating true story of a stubborn, self-centred Australian man who decides to walk the 800-kilometre-long Camino de Santiago pilgrimage route through Spain. He doesn't know why he's doing it... but one step at a time, it will change him and his outlook on life forever.

**Based on Bill Bennett's best-selling memoir of the same name.**



### LORD MAYOR'S CITY HALL CONCERTS:

**Tue 7th MAY 12:00pm to 1:00pm - QUEENSLAND POLICE PIPES & DRUMS.**

Originally formed in 1958 by a keen and committed group of police officers wishing to both represent the QPS and compete in pipe band competitions.

Today, the QPP&D's professional musicians perform at official engagements such as Police and Corrective Services graduations, Government House events, Anzac Day and National Police Remembrance Day, enhancing formal proceedings.

QPP&D serves the Queensland community by regularly performing at charity and community events. QPP&D perform at Retirement Living and Aged Care facilities providing crime prevention information to residents as well as performing their Kops in Kilts program at primary schools, featuring old favourites such as 'The Black Bear' and 'Scotland the Brave,' and surprising many with their energetic take on 'The Mexican Hat Dance'.

**Tues 14th MAY 12:00pm to 1:00pm – GUITARRA E CUARTETO.**

In collaboration with the Black Square Quartet, Spanish guitarist Andrew Veivers presents a program of new music inspired by his life, relationships and connection to community. One of Australia's finest Spanish guitarists, Andrew Veivers has established himself as a director, producer, concert artist and composer of the highest calibre. He is joined on stage by the Black Square Quartet featuring Camille Barry (Violin), Sarah Curro (Violin), Michael Patterson (Viola) and Dan Curro (Cello).

**Tues 21st MAY 12:00pm to 1:00pm - A CELEBRATION OF GREAT PIANO MUSIC**

The Lev Vlassenko Piano Academy presents a special piano celebration concert, featuring selected Piano Academy participants including the upcoming 2024 Lev Vlassenko and Young Lev Vlassenko Piano Competitions, with well-known and loved piano works.

The 2024 competitions feature the finest young pianists aged between 6 and 30, from across Australia and New Zealand, competing at an international level. The Grand Finals will feature six Finalists - three from each competition - performing with the acclaimed Queensland Symphony Orchestra on 13 July 2024.

**Tue 28th MAY 12:00pm to 1:00pm – CLASSIC BRASS AND MAJESTIC ORGAN.**

Experience timeless elegance with the power of classic brass and pipe organ music and join the Queensland Conservatorium of Music Brass Ensemble through musical history, featuring well-known classics and iconic movie themes, including the beautiful Saint Saens Symphony No. 3 in C Minor. Conducted by Howard Taylor, the ensemble returns along with Churchill Fellowship recipient and organist for St. Stephens Cathedral, Dominic Perissinotto, performing on the famous Father Henry Willis Organ.

Nothing spoils a good story more than the arrival of an eyewitness. (Mark Twain)

## NEW FARM BRANCH COMMITTEE AND ASSISTANTS FROM SEPTEMBER 2023

**PRESIDENT** Anne Stubbington 0427 749 272 [president.nsa.newfarmbranch@gmail.com](mailto:president.nsa.newfarmbranch@gmail.com)  
**VICE-PRESIDENT (MEMBERSHIP)** Jenny Milner 0411 292 453 [membershipsanewfarm@gmail.com](mailto:membershipsanewfarm@gmail.com)  
**SECRETARY/ WELL-BEING** Graeme Kidd 0418 735 266 [secretarynsanewfarm@gmail.com](mailto:secretarynsanewfarm@gmail.com)  
**TREASURER** Greg Gaffney 0411 424 219 [treasurer.nsa.newfarm@gmail.com](mailto:treasurer.nsa.newfarm@gmail.com)  
**ACTIVITIES CO-ORDINATOR** Diane Gage 0438 596 798  
**GENERAL MEMBER/RAFFLES** Dell Marshall 0432283314

### VOLUNTEERS 2023-24

**NEWSLETTER EDITOR/MONTHLY DINNERS** - Francesca Munro 0422489406 [jacknfranny@hotmail.com](mailto:jacknfranny@hotmail.com)  
**TECHNOLOGY ADVISER** Greg Gaffney  
**ACTIVITIES ASSISTANT** Trish Ferguson 0410404528  
**SPECIAL EVENTS ORGANISERS** Pat & Margaret Pacey and Graeme & Carolina Kidd  
**TREASURY ASSISTANT** Eileen Martin  
**MORNING TEA ORGANISER** Val Murphy **MORNING TEA ASSISTANT** Helen Mura  
**MEMBERSHIP ASSISTANT** Greg Russell  
**GENERAL MEETING HOSTS** Matthew Murphy, Beryl Watson, Margaret Morrissey, Danielle Ellis

### **CAB SAV HEALTH INFORMATION**

- \* **Do you have feelings of inadequacy?**
- \* **Do you suffer from shyness?**
- \* **Do you sometimes wish you were more assertive?**

**If you answered yes to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.**



Cabernet Sauvignon is the safe, natural way to feel better and more confident about yourself and your actions.

It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living.

Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

### **Side effects**

Side effects may include:

Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth or Dare, and Naked Twister.

### **Warnings:**

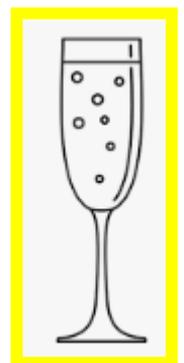
The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.

The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.

The consumption of Cabernet Sauvignon may cause you to think you can sing.

The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.

**Now just imagine what you could achieve with a good Shiraz .....  
(or Prosecco ... you know who you are!)**



I like to make lists. I also like to leave them laying on the kitchen counter, and then guess what's on the list when I am at the store.

Never trust an electrician with no eyebrows.