



NEWSLETTER

Vol. 6 No.4 MAY 2011

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From the President's Desk

At our **April Meeting**, Donna and her assistant Pamela from 'Sudden Arrhythmic Death Syndrome (SADS)' gave a very interesting and informative talk on this heart condition, its symptoms and consequences. SADS mainly affects young people, and is a condition I'm sure some of our members were not aware of. I know I was one. Donna and Pamela invited those present to take brochures and we have some spares if other members would like to know more.

The month of May will be a busy one for our Branch. **Heart Week** is from the 1 to 7 May, and we will be involved with displays as shown.

Tuesday 3 May Bribie Island Shopping Centre, 9 am – 5 pm
(chance for Bribie Island members to assist)

Wednesday 4 May Deception Bay Shopping Centre, 9 am – 5 pm

Thursday 5 May Morayfield Shopping Centre 9 am – 5 pm.

Friday 6 May Morayfield Shopping Centre

There are still some spaces on the rosters for these days, so ring me 5499 1907 if you can assist. The Branch will also have some information at the Caboolture Hospital as part of their displays.

Mother's Day Pamper Hamper Raffle is in full swing. Members have received or will receive tickets to sell, and any further donations can be dropped off at the Nielson's home (30 Lynfield Drive, Caboolture). This Hamper will be drawn at our May Meeting – and so will actually be a post-Mother's Day Hamper.

The **May Meeting, Saturday 14**, will be held at the *Caboolture Historical Village*, 10 am for 10.30 am. At this meeting we will draw the raffle, so members are requested to bring tickets and money in time for the draw. For morning tea, members can buy their drinks at the Village. A *barbeque*, provided by the Branch, will be held after the meeting. The Historical Village has kindly allowed our Branch to enter for the meeting and barbeque *free*, but this does not include touring the village. Any member who wishes to tour the village **MUST** pay at the entrance. A concession rate may apply.

On **Saturday 28 May**, Kilcoy Hospital will be holding their **Annual Fete**. Last year we had a display, and the Hospital Auxiliary have invited the Branch to participate again. More information will be sent to us. However, any members who want a day out in the country, please come along anytime and be part of the display and also support the local hospital. Let me know if you are coming.

Get out your diaries or calendars. Our Branch has been successful in its application to **Bunnings**, and we have been given a day to raise funds with a '**Sausage Sizzle**'. Our day will be **SUNDAY 21 AUGUST 2011, 9 am to 3 pm**. This will be a full-on day, organising and operating the day. We will need all the help we can get from members, family and friends. A roster will be arranged and we would like to have at least 4 on each shift. Please make a note of this date, and consider assisting. It's a good fund raiser and we thank Bunnings for this opportunity.

Cheers, Gilbert.

Thought for the Month: **Chinese Proverb**

If you want happiness for an hour, take a nap.

If you want happiness for a day, go fishing.

If you want happiness for a year, inherit a fortune.

If you want happiness for a lifetime, help somebody.

BIRTHDAYS

Happy Birthday to Jennie Fooks 13 May
Happy Birthday to Isabel King 22 May

Important Dates for May

| | |
|------------------------|---|
| Monday 2 May | Volunteer Visiting Day, Caboolture Hospital, 3-5 pm |
| Tuesday 3 May | Heart Week Stall, Bribie Island Shopping Centre |
| Wednesday 4 May | Heart Week Stall, Deception Bay Shopping Centre |
| Thursday 5 May | Heart Week Stall, Morayfield Shopping Centre |
| Friday 6 May | Heart Week Stall, Morayfield Shopping Centre |
| Saturday 7 May | Committee Meeting, Nielson's Place |
| Saturday 14 May | General Meeting, Caboolture Historical Village, 10 am for 10.30 am Raffle Draw, Barbeque after meeting |
| Thursday 19 May | Volunteer Visiting Day, Caboolture Hospital, 3-5 pm |
| Saturday 28 May | Kilcoy Hospital Annual Fete |

HEALTHY HINTS**Eggplant**

Also called aubergines, eggplants are at their best from January to July. The most common are pear-shaped with glossy dark purple skin and spongy white flesh. Choose eggplants that feel heavy for their size. Eggplants are a good source of dietary fibre, Vitamin B6 with antioxidants in the skin. Dice and add to casseroles and pasta sauces.

Green Beans

Choose slender crisp pods that are bright in colour and blemish free. Good quality beans will snap readily when broken. Beans can be stringed or stringless. Stringed beans have a long 'string' long the length of the pod which can easily be removed. Beans are a good source of Vitamin C, dietary fibre and folate.

LET'S COOK**Easy Moussaka**

| | |
|-------------------------|------------------------------|
| 1 eggplant, sliced | 2 teaspoons allspice |
| 1 onion, chopped | 2 tomatoes, sliced |
| 500g lamb mince | 100g fetta, crumbled |
| 2 cloves crushed garlic | ¼ cup grated parmesan cheese |
| 400g can diced tomatoes | |

Preheat oven to 180 degrees C (160 degrees C fan forced).

Place eggplant slices on tray, and spray with olive oil. Bake for 15-20 minutes until soft.

Heat a non-stick frying pan over medium heat and spray with oil, and cook onion in pan.

Add mince and garlic, cook until brown, then pour in tomatoes and allspice, simmer for 6-8 minutes.

Layer an 8 cup baking dish with 1/3 mince, ½ the eggplant. Repeat, finishing with remaining mince.

Top the final layer with tomato and cheeses. Bake for 25-30 minutes.

NOTE: Gilbert has cooked this recipe and it was tasty.

Prawn and Bean Curry

| | |
|----------------------------------|-----------------------------------|
| 1 red onion, sliced | 2 teaspoons fish sauce |
| 2 tablespoons yellow curry paste | 1 tablespoon lime juice |
| 400g raw peeled prawns | 4 cups chopped beans and capsicum |
| 1 teaspoon brown sugar | 1/3 cup water or vegetable stock |

Heat vegetable oil in a pan over medium heat.

Add onions, stir fry for 1 minute. Add curry paste, stir fry 2 minutes.

Add prawns and cook, stir for another 2 minutes.

Sprinkle sugar over prawn mixture, add 1/3 cup water or vegetable stock, fish sauce, lime juice, and beans and capsicum.

Cook, stirring, until vegies are tender. Serve with rice.

NOTE: Gilbert and Cecil had this for dinner recently. It was a delicious curry.

KEEPING HEALTHY**More on Beans**

Eating legumes and all kinds of beans (green beans, chick peas, kidney beans, etc.) can greatly reduce your risk of developing colon cancer. Legumes produce *butyrate* in the colon and this reduces proliferation of cancer cells, strengthens immune function and has anti-inflammatory properties. Legumes are packed with health promoting nutrients, antioxidants, protein and fibre.

(Liz Graham, Sunday Mail 24 April 2011)

Laughter – the Best Medicine!

When a Stranger Came

A few years after I was born, my Dad met a stranger who was new to our small Texas town. From the beginning, Dad was fascinated with this enchanting newcomer, and soon invited him to live with our family. The stranger was quickly accepted and was around from then on.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mum taught me good from evil, and Dad taught me to obey. But the stranger...he was our storyteller. He would keep us spellbound for hours on end with adventures and mysteries, and make us laugh with his funny stories. If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes, Mum would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honour them. Profanity, for example, was not allowed in our home...not from us, our friends or any visitors. Our longtime visitor, however, got away with four-letter words that burned my ears and made my Dad squirm and my Mother blush. My Dad didn't permit the liberal use of alcohol, but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars mainly, and pipes distinguished. He talked freely about (much too freely) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing.

I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked....and NEVER asked to leave.

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

His name? We just call him 'TV'.
He has a wife now.....we call her 'Computer'.

A church bulletin blunder: 'Morning sermon: Jesus Walks on Water. "Evening sermon: Searching for Jesus.'

Two cannibals were eating a clown. One said to the other, 'Does this taste funny to you?'

A policewoman stopped a car and found that the driver had been drinking. She told him to get out of the vehicle. 'You're staggering,' she said when he did. 'You're not so bad yourself,' replied the driver.

Employee: I went to church and prayed for a raise.
Boss: Don't ever let me catch you going over my head again.

A large lion and a small lamb strolled into a café. The lamb ordered a cup of tea and a plate of spaghetti. 'What about your friend?' asked the waitress, indicating the lion. 'Isn't he hungry?' 'If he was hungry.' Said the lamb curtly, 'do you think I'd be sitting next to him?'

What do you call a deer with no eyes? No idea.
What do you call a deer with no eyes and no legs? Still no idea.

What do you call two elephants on a bicycle? Optimistic.

Celebrate the 25th Anniversary of HS-A nationally.

Proposed Get Together with Sunshine Coast Branch (Date to be advised)

QUESTIONNAIRE: (Circle your response)

Are you willing to attend a special lunch? Yes No
Which day would be most suitable for you?

Mon Tues Wed Thurs Fri Sat Sun

(Please bring your response to our May Meeting, or post to Secretary, Heather Grebert, PO Box 977 Morayfield 4506)