



DONALD SIMPSON COMMUNITY CENTRE

April 2018 Autumn Edition



Harmony Day



March 21 is Australia's Harmony Day, which celebrates the country's cultural diversity. It coincides with the *United Nations' International Day for the Elimination of Racial*. The day can be signified by wearing an orange ribbon as shown above.

Most communities in Australia consist of people who either were born overseas or are not too far down the generations from relatives from other cultures.

We owe our current diversity of culture to this world heritage and the majority of us enjoy some aspects such as food, dress, technology etc.

This year, the Donald Simpson Centre received a grant from the State Government to organise Harmony Day activities and a Redland City Council grant to help with publicity. These have been well advertised to most of our 2300 members in various ways.

The initial celebration was on Harmony Day 21 March and was memorable for the 73 Cleveland Primary School pupils who sang magnificently for us. The children sang in perfect unison which is remarkable for a choir of that size and mixture of age groups.

In the spirit of multiculturalism, a DSC online Recipe Book was launched as was an art collection representative of many cultures produced by our own art group.

A children's Harmony Day, on Monday 9 April, was a resounding success with over 70 children and their parents and/or grandparents attending. Children put finger marks on trees, decorated paper dolls, drew hands on Australia, made medallions and potted plants thanks to Bunnings hardware.

They were entertained by a magician, a balloon twister and had faces and arms painted. It was great to see so many young

ones in the Centre.

Other functions which have been advertised are a purely Donald Simpson event, a Whisky Tasting night, on 12 April for a limited number who would be interested in tasting some Scottish single malts; a Taste of the World Dinner on 19 April featuring a 3 course meal for a cost of \$35 a head. There is a children's day on Monday 9 April, Dance and Wellness with a Difference (demonstrations) on Wednesday 11 April and, on Saturday 21 April, a FREE Multicultural Festival of Song and Dance.

These are all part of a festival aimed at providing entertainment for our members and the general public in a context of appreciation of the multicultural nature our community. It is to be hoped sufficient numbers in our community will support these events which are also aimed at enlivening our Centre and making it a venue of diverse features for the benefit of our community.

Wanted: Cabaret Volunteers

The Centre needs three or four volunteers to help with kitchen duties for our Cabarets. These events are run from 6.00pm to 9.00pm on up to five Saturday nights a year.

If you can help, please contact the

Manager on 3821 1089 or at

manager@donaldsimpsoncentre.com

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[From the Chairman](#)

If you happen to be reading this, you are probably in the minority of DSC members who do.

I make this assumption on the basis of responses we receive, some anecdotal knowledge from speaking to members and my experience of writing similar newsletters.

Social media has emerged as the principle means of obtaining information from the majority of us. While there are still those who prefer the printed page, their scope of interest is probably fairly narrow with most reading the trips pages in our newsletters.

If I am deluged with protests about these statements, I will readily admit I am wrong.

In the unlikely event that this will happen, I intend to cease the newsletter in its current form. It is a fairly constant task writing and seeking articles for a newsletter and, when even the commercial print media readership is declining, nearly impossible in a small publication to cover a wide enough diversity of topics to make it readable.

I propose to reduce our publication to the Out With a Difference and Away With a Difference pages and a news brief conveying anything of importance to members.

Most of our activities are transmitted by email, on our webpage and on Facebook and Twitter. These are too short and cryptic to inform members of emerging issues at the Centre.

The news brief will be used to convey items of importance to members which need more explanation than can be included in the social media. There will still be a relatively small number printed for those who prefer to read on paper.



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ELDER ABUSE PRESENTATION

The Donald Simpson Centre will

conduct a presentation on :

ELDER ABUSE IS DOMESTIC AND FAMILY VIOLENCE

On

Tuesday 11 September 2018

From 9.30am till 12.30pm

**This is similar to the presentation at the
Centre in 2016 and speakers will include
representatives from:**

- **Elder Abuse Prevention Unit**
- **Seniors Legal and Support Service**
- **Aged and Disability Advocacy
Australia**
- **Domestic and Family Violence Unit,
North Brisbane District,
Queensland Police Service**

**The Queensland Government has initiated
a program with a brochure entitled:**

"There's no Excuse for elder Abuse"

***which is available on the Department of
Communities homepage.***

**No booking is required but, as we provide
morning tea, it would help with catering if
we could be notified of those attending to
come by phone on 3821 1089 or by email at**

contact@donaldsimpsoncentre.com



DSC WALKING GROUP

A VOLUNTEER'S STORY

TREVOR SCHEIWE (Donald Simpson member and Joint Convener of the Walking Group)

The volunteering journey started over 12 months ago in February 2017 when I submitted my name to be considered as a volunteer for the Gold Coast 2018 Commonwealth Games.

The volunteer selection started in May 2017 requiring a volunteer workforce of 15,000 from 48,000 applicants.

In August 2017 I was offered a role of Spectator Services at Carrara Stadium. In September 2017 the invitation arrived to attend with 5,000 other volunteers one of three sessions at the Gold Coast Convention and Exhibition Centre in November where we were given details of the upcoming Games volunteering journey and launching of the volunteer's uniform.



Trevor in his Games Uniform

Subsequent training involved both online and face to face sessions on the Gold Coast. Volunteers were referred to as "Games

Shapers".

When volunteering rosters were provided in January it became obvious that it was impossible for me to return home each night via public transport, which was a Games requirement, with rosters finishing at 11.45pm at Carrara. I subsequently asked for, and was granted transfer of my volunteering to Belmont requiring me to leave home by 3.30am each day which again caused public transport problems from the Redlands but eventually with a combination of private transport, public transport and shuttle bus was able to arrive at Belmont Shooting Centre for 5.00am briefing and getting ready for arrival of spectators.

Overall the volunteering experience was positive except for the getting to venue transport.

What dementia sufferers reveal in their walk



If your walking speed – or your partner's – has slowed in recent times, you might want to get out the whip. No joke.

As researchers worldwide race to uncover a treatment to combat Alzheimer's, studies investigating what causes the condition continue to roll in.

Science Daily reports that in 2015, nearly 47 million people around the world had dementia, with the most common cause, though not the only

(continued on page 4)

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one, being Alzheimer's disease.

As there is no cure for dementia, and with an ageing population boosting the number of sufferers annually, risk factors are of enormous interest.

Researchers say they have learnt that older adults with slower walking speeds show a greater likelihood of developing dementia than those with faster walking speeds.

A research group from the United Kingdom studied changes in walking speed in relation to the ability to think and make decisions as well as dementia, and has published its findings in the *Journal of the American Geriatrics Society*.

The [research paper](#), Walking Speed, Cognitive Function, and Dementia Risk in the English Longitudinal Study of Ageing, followed about 4000 adults aged 60 and older who lived in England and analysed information collected between 2002 and 2015.

"They assessed participants' walking speed on two occasions in 2002-2003 and in 2004-2005, and whether or not the participants developed dementia after the tests from 2006-2015," *Science Daily* website reports. "Then they compared the people who had developed dementia with those who had not."

Researchers discovered that those with a slower walking speed had a greater risk of developing dementia. And those who experienced a faster decline in walking speed over a two-year period were also at higher risk of dementia.

People who had a poorer ability to think and make decisions when they entered the study – and those whose cognitive (thinking) abilities declined more quickly during the study – were also more likely to be diagnosed with dementia.

The researchers concluded that older adults with slower walking speeds and those who experienced a greater decline in their walking speed over time were at increased risk of dementia.

Dementia Australia reports that the symptoms of Alzheimer's can be very subtle in the early stages. These symptoms often begin with lapses in memory and difficulty in finding the right words for everyday objects.

Other symptoms may include:



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- persistent and frequent memory difficulties, especially of recent events
- vagueness in everyday conversation
- apparent loss of enthusiasm for previously enjoyed activities
- taking longer to do routine tasks
- forgetting well-known people or places
- inability to process questions and instructions
- deterioration of social skills
- emotional unpredictability.

CABARET

SATURDAY 26 MAY

From 6.00pm to 9.00pm

You know that special feeling ... when you are watching and listening to a great performance of a song you love. When Craig Shaw takes the stage, his audience knows they are in the presence of a real professional – someone who has taken the time to really learn his craft and knows how to deliver, giving his audience a “feel good”

experience every time. You want to dance? Craig has a big selection of “crowd pleasers”, covering a huge range of styles and eras. You want to listen?

Craig is well known for his exceptional skills as both a top shelf keyboard player and singer. Again, his huge repertoire is in place to cover almost any situation ... from entertaining in a club lounge, a piano bar, a wedding reception or a major corporate event. Whatever the situation, Craig is there to make the audience happy and most importantly, to make them want to come back for more...soon!

A light meal will be served and there will be a CASH BAR. Tickets available now



Visit us at 9 Salford Street, Victoria Point Point.
For enquiries phone 1800 72 71 70

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FUTURE EXPANSION OF THE DSC

Increasingly, the lack of usable space in the Donald Simpson Centre is providing problems. It has become difficult to find space to initiate new activities or to store much of the equipment that is used for the various activities of the Centre.

Our auditorium is used for many activities, such as table tennis, bowls, yoga and dancing, which would more appropriately be located in a purpose-built room. This would restore to us the capability of using the auditorium for audience oriented functions.

The Board, realising that we cannot speculate about expansion and renovations without a plan, has commissioned a concept plan to illustrate how the Centre could be developed.

After further deliberation, it may be necessary to expand on this plan but, to illustrate our current thinking, the plan is reproduced below.

It shows a reorganisation of current facilities with some occupation of new space all of which will require Council approval and currently is very much a future development.



Steps to Living Well

This group has been set up following our Information Session on “What Do You Know About Depression”.

All are welcome to attend and discuss, in group session, anything related to good living, from how to enjoy visits to the Centre more and whatever else is appropriate to your health.



The group will meet at the Centre
on the second and fourth Tuesdays of the month

Retired Psychologist
Sue Garnett, will support the group.

Hailed by many as "The Noble", Omar Sharif would have been 86-years-old on Tuesday, April 10.

Described as "The Noble", Omar Sharif would have been 86-year-old on Tuesday, April 10, 2018. In his honour, Google is changing its logo in 48 countries to an illustration of him. This is a snapshot his story:

Early steps

Born in 1932 to Syrian-Lebanese parents in Alexandria, Egypt, Sharif's birth name was Michel Demitri Shalhoub.

Before becoming an actor, he graduated with a degree in mathematics and physics from Cairo University and worked for several years at his father's lumber company.

He later left the family business and went on to study acting at the Royal Academy of Dramatic Art in London, Britain's capital.

In 1954, he began his acting career and starred in films with one of Egypt's leading actresses, Faten Hamama.

In 1955, he converted to Islam, changed his name to Omar Sharif, and married Faten soon after. They had a son, Tarek, before separating in 1966 and divorcing in 1974.

International fame

Sharif appeared in a number of Egyptian films before the British director David Lean added him to the cast of Lawrence of Arabia.

Sharif played the role of an Arab warrior. The scene showing his arrival is considered a classic piece of cinema.

He first appears as a tiny dot in the desert horizon, growing larger as his camel gallops into the frame with Peter O'Toole.

His performance brought him an Oscar nomination as best supporting actor, propelling him to international fame.

But the international recognition came at hefty personal price, as Sharif intimated in an interview with The Associated Press news agency in 2003.

"It separated me from my wife, from my family ... We didn't see each other anymore and that was it, the end of our wedding," he said. "I might have been happier having stayed



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as an Egyptian film star."

Career struggles

After winning a third [Golden Globe award](#) for acting in [Doctor Zhivago](#), Sharif's career went downhill.

He attributed his change of film fortune to what he called "the cultural revolution" at the end of the 1960s, as new directors focused on "making films about their own societies. There was no more room for a foreigner, so suddenly there were no more parts [for him to act]," Sharif said.

He began appearing in films such as "The Pink Panther Strikes Again", and others he dismissed as "rubbish".

"I lost my self-respect and dignity," he told a reporter in 2004. "Even my grandchildren were making fun of me. 'Grandpa, that was really bad. And this one? It's worse.'"

I lost my self-respect and dignity.

Health problems

Sharif had a triple heart bypass in 1992 and suffered a mild heart attack in 1994. At the time, he was declining film offers.

Away from his cinema career, Sharif was a world-class bridge player and also wrote on bridge for the Chicago Tribune newspaper. He quit the game in later years.

In May 2015, Sharif was suffering from Alzheimer's disease and was struggling to remember the biggest films of his career, according to his son, Tarek.

Sharif died in Cairo after suffering a heart attack on July 10, 2015, less than six months after his ex-wife's death.

Accolades

- ♦ Sharif won two Golden Globes and an Oscar nomination.
- ♦ He also received a Cesar for the 2003 film, Monsieur Ibrahim.
- ♦ Acknowledging his contributions to cultural diversity, UNESCO awarded him the Einstein medal in 2005.

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COMING EVENTS

- | | |
|-----------------|--|
| April 19 | Taste of the World Dinner |
| April 21 | Multicultural Festival of Song and Dance |
| April 26 | Board Meeting |
| May 26 | Cabaret—MATRIX MUSIC featuring Craig Shaw |
| Ma 24 | Board Meeting |

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Donald Simpson Centre's

Harmony Celebration Dinner



Local and well-known chef Jim Luthy and DSC chef Ann Mason are going to delight us with their specially designed cuisine to celebrate Multiculturalism and Harmony Day.

This event is open to all with tickets priced at only \$35.00. Bring your family and friends for a fun-filled evening where there will be prizes for the best dressed male and female.

To make the event more exciting we will also be holding a culinary trivia competition.

Menu

Welcome drink and appetisers

Soup – Alternate drops of minestrone or leek and potato soup

Main – Chicken Lyonnaise with Pomme Marquis and fresh seasonal vegetables (from the kitchens of the Titanic)

Dessert – Strawberry Bavaois served with Chantilly cream

This menu reflects traditional local Redlands produce

Tickets available for Sale now from DSC office - \$35 per head. No BYO

Dress Code: Traditional Attire/Smart Casual

Gluten Free or Vegetarian meals can be catered for, please mention at booking.

Tickets will be limited, so must RSVP prior to the event.

Call 07 38211089 or visit us at office for more information



This project is supported by the Queensland Government

Funded under the Redland City Council Councilors' Small Grants Program



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Out With a Difference



Tuesday, 24th April - Ipswich Heritage Guided Tour - We start this trip with a delicious Devonshire morning tea on the verandah of the Ipswich Information Centre. Our guide will meet us here and, as we tour around Ipswich, will give us an informative and accurate commentary on the history of the beautiful parks, homes, churches, art gallery, and top of the town heritage precinct of Ipswich. Lunch today will be at Brothers Leagues Club. Bookings close 3rd April, 2018. Members cost \$64.00.

Sunday, 29th April - Old Petrie Town Markets - This colourful village with its historical village as a backdrop, is a pleasant way to spend a Sunday morning. This pedestrian friendly township with stalls selling a variety of goods is a relaxing place to wander. There are plenty of outlets for you to purchase morning tea with hawkers selling everything from German sausages to waffles and pancakes. After our morning shopping we will go into Redcliffe where you can relax and purchase lunch by the bay. Only a few seats left. Bookings close 16th April, 2018. Members cost \$35.00



Wednesday, 2nd May - The Workshops Rail Museum - Ipswich - At this museum you will discover more than 15 larger than life exhibits, hands on activities and interactive encounters that detail more than 150 years of Queensland Rail history located at Australia's oldest railway workshop still in operation. Morning tea will be at Queen's Park and lunch at the Railway Museum. Enclosed footwear required for this trip. Bookings close 11th April, 2018. Members cost \$66.00

Sunday, 6th May - Danny's Seafood Smorgasbord Lunch - Tweed Heads - a Pre-Mothers Day Trip - This early Mothers Day outing lets you celebrate this special day twice. The Sunday seafood selection at this restaurant at the Coolangatta - Tweed Heads Golf Club is not to be missed with enough variety to suit every taste. Morning tea will be at Nerang. We will stop at Yatala Pies on the way home so bring along your eskies. Bookings close 13th April, 2018. Members cost \$64.00



Out With a Difference reserves the right to alter or omit any part of the itinerary or change the reservation, features and/or means of conveyance without notice. OWAD reserves the right to cancel the tour should it not reach minimum numbers and clients will be notified prior to departure should this occur.

Out With a Difference



Wednesday, 9th May - Law Dogs Australia - "The Dog Show with a Bite" - Stanthorpe. This trip to Stanthorpe will be a longer day than usual but it will be worth it to visit Australia's first original Law Enforcement Dog show. You will see personal protection dogs, security patrol dogs and truffle detection dogs. This facility helps create balanced dogs as they progress during their training. We will be on site for approximately 90 minutes after which we will then go into Stanthorpe where you may have a wander and purchase your lunch. Bookings close 10th April, 2018. Members cost \$70.00

Sunday, 20th May - Hampton Food & Arts Festival - One of the underlying aims of the Hampton Festival is to foster a thriving farming culture in the high country north of Toowoomba. There will be a great mix of fresh farm produce, live music and art available. A wide range of food vendors, winery displays, and café and artisan producers will be available. There will also be a celebrity chef cooking up a gastronomic storm. Bring along your trolleys and eskies as there is plenty of room under the coach. Morning tea will be at Marburg and lunch byo at the festival. Bookings close 1st May, 2018. Members cost \$45.00



Wednesday, 30th May - Ilnam estate Winery - Carool Valley, Northern NSW. This winery gets its name from the initials of the family members who run the business. The Ilnam Estate boasts of being the most easterly winery with amazing hinterland and ocean views. Their wines include a variety of reds and whites as well as a tawny port. Wines will be available for purchase. There will be a tasting at the tables with a commentary about the estate and wines. Bookings close 9th May, 2018. Members cost \$68.00

BOOK NOW FOR

Wednesday, 18th July - Christmas in July, featuring Tommy Memphis at Caloundra RSL.

Wednesday, 15th August, 2018 - "Beautiful" - The Carole King Musical

Saturday, 20th October - Qld Pops Orchestra presents - Amigos Para Siempre

Check www.donaldsimpsoncentre.com/trips calendar for further details

Away With A Difference



***Montana Glacier Park is listed as one of 16 places in the world you must visit before they disappear. In 1900 there were 150 glaciers in the park, now there are only 26.**

Spectacular Canada & Alaska - 24 days/23 nights - August 4th - 27th - Tour highlights include Butchart Gardens, Jasper, Banff and we travel on the "Going to the Sun" Road in Glacier National Park in Montana*. Visit a silver mine in Idaho then on to Washington State where we spend a night in Spokane. We then journey on to take in the sights of Seattle. After an overnight here we travel back to Vancouver via the Capilano Suspension Bridge to board the "Star Princess" for our cruise to Alaska. Ports of call include Juneau, Skagway, and Anchorage where we visit the Wildlife Cultural Centre. Cost \$13,480.00 per person twin share. Includes meals, accommodation, tours, transport and gratuities as per itinerary.

Few seats still available.

Air and Land only option available.

.Norfolk Island Experience - 8 days/7nights - September 18th - September 25th, 2018 - Highlights include orientation tour, Cyclorama, Kingston convict tour, breakfast bush walk, Progressive dinner to island homes, Island fish feast, Commandant's dinner, Glass bottom boat including cheese and wine, scenic BBQ with entertainment, Pitcairn Settlers village, and much more.

Cost is \$2,598.00 per person twin share. Includes return economy airfare with Air New Zealand, 7 night's accommodation, 7 dinners, 7 full breakfasts, all bus touring and attractions as per itinerary.



Exploring Yamba & the Clarence - 5 days/4 nights - November 19th - 23rd - We travel to Yamba taking the scenic coastal route via Cabarita and Pottsville. There will be a stop at Bangalow with time for a stroll and byo lunch. Tour highlights include Yamba Golf Club, Ross McLeod Bell Collection, Aranyani Bison Adventure Tourist Park, New Italy Museum, Clarence River Cruise, Schaeffer House, Lanbruk, Gunyah. We also enjoy luxury coach travel whilst touring, 4 nights accommodation at the Yamba Motor Inn, all meals and entry to attractions as per itinerary.

Cost \$1385.00 per person twin share.



Bookings open for all tours; Brochures available.