



Donald Simpson Community Centre Ltd

NEWSLETTER

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March 2016

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Meet our new kitchen manager

Members of the Centre will have noticed changes in the kitchen this year. Let's meet Ann Mason, our new Kitchen Manager, who brings a wealth of experience to the job. Hailing originally from Ireland, Ann's first job when she came to Australia 26 years ago was in a carvery in Logan Central.

Ann took time out from her busy afternoon to talk to me about working as a cook at places such as the Ansett Airlines staff cafeteria at Brisbane airport, and the BP refinery at Bulwer Island.

New Menu

Under her guidance, our kitchen has been revitalised. There is a new menu, and now everything is cooked in-house, even the biscuits and cakes for morning teas, which used to be brought in. Ann's most popular dish is Quiche Lorraine, or alternatively the vegetarian quiche, with salad or chips. Hamburgers and chicken burgers cooked to order are also popular. Home-made soups such as Pumpkin, Sweet Potato and Bacon, or Minestrone are now on the everyday menu. She also plans to introduce a Special of the Week in the near future. There is a new commercial-grade coffee machine which produces excellent coffee.

Ann is enjoying working at the DSC. She says the kitchen space is good and the equipment is fine, although it has been very hot during the summer. There will usually be 6 to 8 volunteers working each day, comprising 3 helpers for preparation, and "the men" who set up, clean up, and do the dishes. Ann has found everyone to be accommodating and welcoming.

Pre-order

Members can place their orders before classes and pick them up when they get out, and this is the busiest time for the staff.

Centre Manager Thomas Jithin says that the new menu has prompted much good feedback from members. The Centre aims to provide consistency and a variety of offerings, which may have been lacking in the past. The kitchen does not try to compete with the many other eateries in Cleveland, but rather hopes to give members options for eating while keeping prices reasonable.

The kitchen hours are from 8am until 2.30pm. It all sounds delightful. If you haven't had a chance to taste the fruits of Ann's labour yet, what are you waiting for?



Welcome to the first DSCC newsletter for 2016. We sure hope that you find it readable and informative.

The newsletter committee of Thomas, Tony, Noni, and Chris aims to produce the newsletter bimonthly throughout this year. Besides notice of changes to activities and events, we hope to bring you reports from the Centre; feature articles on health, recipes and so on; the odd satirical or comedy piece; and news and items of interest from the wonderful wide Redlands, space permitting.

We hope that you will all treat this publication as your instrument, and we would love to receive your feedback and ideas.

You can of course leave suggestions and criticism in the Suggestion Box in the foyer! You can even leave news items or tips there, or drop them into Thomas' office. Photographs too, especially if they tell a story.

Our next issue will be out in the first week of May. Our deadline (a term I use loosely) is Friday April 22, but please don't leave it til the last minute! If you have something to communicate, this is the place.



The DSC newsletter committee hard at work. Noni was there in spirit. Don't forget to submit your articles and pictures for the May issue.

At the Pointy End

For many visitors to the Donald Simpson Centre, their first point of contact will be the dedicated volunteers on the front desk. If you have ever wondered what sort of enquiries they deal with every day, read on.

Reception is staffed Monday to Friday from 8.30am until 4.30pm by highly experienced members who answer phone enquiries and meet and greet walk-ins.

They frequently field enquiries about what activities the centre has scheduled. Visitors may be steered to pamphlets which are available in the foyer, and the list of routine activities is on prominent display. The Centre's website is also a convenient place to look up activities and events such as seminars and information sessions.

<http://www.donaldsimpsoncentre.com.au/>

There is an information pack available to new visitors, which includes a handsome colour brochure, lists of activities, events and trips away; and perhaps most importantly, a membership application form!

Reception staff will also solicit feedback from members, which can be lodged in the suggestions box. This has been pretty busy recently, due to changes in the kitchen and to scheduled activities. Publications for seniors are available in the foyer and are popular.

On a more serious note, people who are experiencing problems often see the Centre as a place where they may receive assistance. Reception staff are able to show them options such as charities, churches, support groups, Council, or Centrelink. Such queries are always handled sensitively and capably.

If you ask them what they enjoy most, they will say that it is the sense of community at the centre; that everyone wants to be there and pulls together to make the Centre a happy and welcoming place. Certainly the front counter staff does a great job on that front!

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Local Government Election

It's that time again, when roadside signs from politicians and would-be politicians sprout everywhere like mushrooms after a rainstorm.

On Saturday March 19th, Queenslanders will be attending the polling booths to elect new councils. Voting is compulsory for all enrolled, eligible electors; which generally means all those over 18 years of age. You will be able to enrol or to update your enrolment details up to 6pm on Friday March 18th.

If you are unable to attend a polling booth on election day, pre-polling will be available from March 7th. Locations and hours of pre-polling booths will be notified by the Electoral Commission of Qld (ECQ) closer to the day.

The ECQ has a web page devoted to election information.

<http://www.ecq.qld.gov.au/elections/current-elections/local-government-quadrennial-elections>

Redlands Indigiscapes Centre

Most wildlife and plant lovers will already be familiar with "Indiges", one of the jewels in the crown of Redland City.

Sited off Runnymede Road Capalaba, Indiges is Redland City Council's environmental education centre. Its gardens feature only plants locally native to the Redlands area. They have many different themes and provide living examples of how you can use native plants in landscaping your garden.

There is an impressive information centre with displays, fact sheets, and knowledgeable staff who will be able to answer just about any question you might have. They also have a café and gift shop.

Native plant sales are held on the first Saturday of every month between 9am and 12pm. The next sales will be on March 5th and April 2nd.

There is a comprehensive website including a calendar of scheduled events. Indiges is always worth the visit.

www.indigiscapes.com.au

Easter Closing Dates

The Donald Simpson Centre will be closed on Friday 25th March and will reopen Tuesday 29th March.

Referendum

As well as electing new councillors and Mayor, there will be a referendum asking whether the State government should have four year fixed terms, instead of three years.

The Labor and LNP parties are in agreement (a somewhat unusual state, it must be said) that the government should have four year fixed terms. They argue that this will mean fewer elections and therefore save money in the long run. There is also a view that longer terms will mean government will be able to "get more done" without having to seek frequent approval from voters.

Opponents of the change, including the Greens and KAP, point out that when the Upper House of Queensland was abolished in 1922, three year terms were intended to provide a check on government power; and that a reversion to four year terms would reduce accountability. They are also concerned that this referendum has been rushed, and that they have not been able to contribute information to the voters for the No case.

Whichever way you vote, keep Saturday March 19th free in your diary.



A Home Among the Trees

AGE-FRIENDLY CITY FOCUS GROUPS

Volunteers are needed for focus groups to consider aspects of Redland City which contribute to or detract from its being an age-friendly city. These initial Focus groups will seek opinions on Outdoor Spaces and Buildings, Transportation and Housing. Groups will consist of around ten people and sessions will be of about one hour's duration. Participants will be sent a list of features which will form the basis of discussions if they are applicable to Redland City in the view of the group.

While this is principally a seniors' initiative, all are welcome and participants are invited from any of the organisations which receive this notice or from those who see it on Facebook. To participate, contact the Donald Simpson Community Centre on chairman@donaldsimpsoncentre.com or 3821 1089. Dates of groups will be determined as soon as groups of ten can be formed. Tony Christinson, Chair, DSC

New Donald Simpson Centre Polo Shirts

Members can now order handsome new polo shirts featuring the DSCC logo. These green sleeved polo-style shirts are made of a lightweight material which makes them ideal summer or winter wear.

They cost \$25 and are guaranteed to make you look thinner. See the front desk or the office to place your order.



Hello and happy new year from Theatricals!

Our next show "The Fabulous Fifties", is up and running and in rehearsal. The show was first performed in 2008 but our latest production is much changed with new script, songs and of course, brand new costumes. Set in the 1950s, this fast moving comedy tells the story of a couple raising teenage daughters in what seems to them to be a fast changing world.

I am so delighted to welcome back 4 of our men and this, added to our already fantastic line up of male voices, brings a depth and quality of sound to our show that will be the envy of many other theatre companies.



The show features songs such as "3 Coins in the Fountain", "Unforgettable" and "Little Things Mean a Lot" and is

much more than a rock n' roll production. Wonderfully, our last show "England Swings" sold out so we have decided to add a 4th show to this year's production. We will also have pre-sell of show tickets available from the office as well as tickets at the door, giving everyone a chance to attend this exciting production.

Show dates are: Saturday 13th, Sunday 14th, Saturday 20th and Sunday 21st of August at 2.00pm. Admission is \$12. *Janette Sheehan*

Roundabout Roulette *by Stingray*

There's a game on our roads which I've been observing for some time called Roundabout Roulette. It's played by an element of our community which spreads across all age groups in possession of a driver's licence and, on some occasions, some who don't.

There are various versions of this game some more dangerous and adventurous than others. These versions are so numerous, sometimes played with great ingenuity, that it would be impossible to name them all. I can but illustrate with a few examples how many of our drivers use the common roundabout to amaze and confuse fellow drivers with the sheer diversity of their moves.

A simple and safe variant of the game is to approach a roundabout on a single lane road and, regardless of whether or not there is oncoming traffic, completely stop to see how long a queue can be formed while scanning all approach roads ostensibly looking for vehicles. This variation is most frustrating for those drivers stuck in the queue.

For the more adventurous, there is the drive through at speed with the aim of avoiding all collisions. Some players add additional complexity to this manoeuvre by performing it with no indicators to give clues to when they might exit the roundabout.

Indicators can play an important role in variants of the game. A common trick is to signal continuation on the roundabout while exiting left. Of course no indicators at all can create much opportunity for guesses as to which exit, if any, will be taken. With a little ingenuity, it is not difficult to develop your own exciting variations to try when you next use a roundabout.

While roundabouts were developed to expedite the flow of traffic through road intersections and to avoid costly traffic light installations, normal, appropriately signalled progress through a roundabout can be quite an uninteresting affair. Roundabout Roulette brings the thrill of adventure into your journey as you risk swerves and collisions

Out With a Difference

Friday, April 15 - The Towri homestead's dairy, with specialist milking equipment and 350 sheep, sits on 121 hectares of picturesque scenic rim land and has been a fixture of the food bowl for 10 years. What started as a hobby soon became a business.

A morning visit consists of a milking demonstration, substantial cheese tasting, tea and coffee, and access to the Cheese Room to learn about the basics of sheep cheese making from cheese maker Carolyn Davidson, and to discuss the differences between sheep, cow and goat cheese. Bring a small Eskie for purchases if required. While you are at the farm, take the opportunity to feed the much loved lambs and pet sheep. Lunch today will be at a new venue for us, Jimboomba Tavern. Balance due 28th March, 2016.



Thursday, 28 April - Ian and Dot Roy, the owners of Coolana Olive Grove will be our hosts this morning. There will be an informative talk given about the various types of olives they grow and the oils they make. We are having a morning tea of homemade cakes and slices during this time. There are approximately 1,000 trees on the property. The varieties are mainly Manzillo, Frantonio and Nevadillo Blanco. There will be plenty of taste testing of the various olives and oils. You will also get the opportunity to purchase from their shop. Lunch today will be serve yourself roasts, fish, vegetables and salads at Lowood Tavern.



Everyone was very impressed with this trip and enjoyed being able to purchase local products last time we visited. Balance due 11th April, 2016.

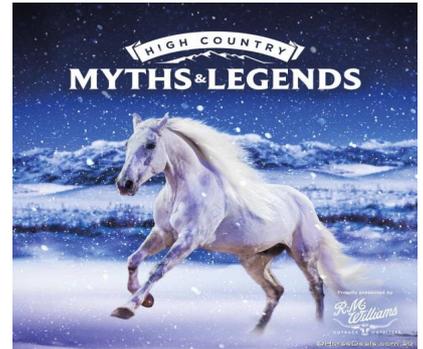
Wednesday, 18th May - Many of you will know James Herbst from last year's Food, Farm, Factories trip. James's new adventure is History, Mystery and Pastry Tours. We will meet up with James at Yatala and travel to Logan City's first town, Logan Village, part of the overall development of the region. We will stop for morning tea before starting a guided tour of the region's historical village and museum and browse through the craft shop with its homemade gifts for sale. Leaving Logan Village we travel through Yarrabilla and Tamborine Village, hearing about the aborigines, Irish migrants, and WW 2 history. Travelling through to Albert Valley, we stop for lunch at Ormeau before tasting Danish Delights, filled pastries, and the chance to purchase direct from the factory. We will finish the day at the farmhouse where local products and strawberries are available for purchase. Balance due 28th March, 2016.



Enjoy this insight into the Logan area.

Sunday, 29th May - "Myths and Legends" is a stunning new show at the Australian Outback Venue. Join the captivating journey to the high country where legendary yarns come alive with inspiring stories of Australian characters. Witness the bravery, beauty and courage of the big top performers. Be dazzled by amazing animal tricks and the story of Red Dog. This performance has the biggest display of special effects as you travel the "Road to Omeo" with Australia Yesteryear Ghosts. Whilst watching the show you will be served a three course meal and complimentary wine, beer, & soft drinks . Balance due 12th May, 2016.

"Australiana At Its Best" .



Wednesday, 20th July - "We Will Rock You" is a world-wide smash hit musical by Ben Elton and Queen which showcases Queen's music. This show reflects the scale and spectacle that marked Queen's live performances and earned the band its pinnacle position in rock history. This production includes 24 of Queen's biggest hits.i.e. "We are the Champions", "Bohemian Rhapsody", "Another Bites the Dust", and of course, "We Will Rock You" to name a few. Balance due 2nd May, 2016.

Queen's Music Is A Kind Of Magic



Saturday, 13th August - Let the Queensland Pops Orchestra take you to the cities like Manhattan and New York to relive the music of Broadway. Rhonda Burchmore, one of the "First Ladies", of Musical Theatre in Australia, is delighted to be joining the ultimate Broadway Pops Show. 100 students from the Griffith University Conservatorium will join Rhonda on stage running the gamut of emotions in what promises to be an eye-glistening journey through magical moments of Broadway music. Balance due 6th June 2016.

Sit back and enjoy this wonderful performance



Wednesday, 9th November - "The Graduate", adapted from Charles Webb's novel and the Oscar winning film, is both a poignant coming of age story and riotous dark comedy set against a soundtrack of some of the most memorable songs of the sixties, including the Beach Boys, Harry Nilsson and, of course, Simon and Garfunkel's Mrs. Robinson. After seasons on the West End and Broadway, Jerry Hall reprises her role for the very last time as legendary seductress, the sexy, sultry Mrs. Robinson, along side a stellar Australian cast. Balance due 20th June, 2016.

There is a limit of 30 people for this trip so

Book Early



Check <http://www.donaldsimpsoncentre.com.au/> for further information.

Away With A Difference

Great Singapore Shopover 2016 - 8th - 14th July 2016 - Includes Return Economy Flights Brisbane to Singapore with Singapore Airlines. Transfers to Hotel, 5 nights luxury accommodation at the Orchard Parade Hotel. Buffet breakfast daily and 4 dinners in the hotel restaurants. Optional touring for non-shoppers can be arranged.



Singapore City Skyline Photo: Chenisyuan

Exotic Mauritius - 23rd August - 4th September 2016 - Highlights include Chamarel - Grand Bassin Temple & Sacred Lake, Black River Gorge, Waterfalls & Coloured Earth, Catamaran 1/2 Day Scenic Lunch Cruise: Casela Wildlife Park " Interaction with Lions and Cheetahs", Saint Aubin Estate Mansion & Rum Distillery Tour and Taste: Mahébourg Seaside Markets, Creole Style Luncheon at Falaise Rouge, Shopping Villages of Curepipe & Floreal, Trou aux Cerfs Volcanic Crater: Afternoon tea and tour of 150 year old Eureka Mansion and much more.



Exploring Townsville - 14th - 19th October - Highlights include - The Spirit of Queensland revolutionary railbed, Scenic town tour, Castle Hill Lookout: Reef HQ Aquarium : Charters Towers, Texas Longhorn Cattle: Venus Gold Battery Magnetic Island Great Barrier Reef Park Lucinda sugar loading jetty, Hervey's Range Heritage tearooms. 4 nights accommodation at Holiday Inn, flight Townsville/Brisbane, all meals and attractions as per itinerary.



Rockpool on The Strand, Townsville. Photo: H. Garcia

PNG Cruise Sunday 18th December -28th December 2016 – 11 days – 10 nights. Enjoy an exotic ocean cruise to Papua-New Guinea on the "Sea Princess" this Christmas. Includes on board all meals. Ports of call are Alotau, Papua New Guinea, Kitava, Trobriand Islands, Rabaul. Kiriwina Island. Four sea days. Doini Island & Kawanasausau Strait and Milne Bay on Christmas Day.



"Sea Princess"

Bookings open for all tours; Brochures available.

[Download full itineraries and prices from our website.](#)

DSCC Bits and Pieces

Did you know?

The Australian Cervical Cancer Foundation (ACCF) has been promoting the availability of an SMS reminder when your pap smear test is due. "Get the Pap Text" aims to reduce the number of women who miss out on their 2 yearly test.

You may already receive a letter from your GP or your State/Territory Cervical Screening Register reminding you that your Pap test is due. The ACCF say that if you change address, then you may not get the reminder that could save your life.

By visiting <https://accf.org.au/getthepaptext> you can register online to receive the reminder, for women aged 18-69 whose last Pap test result was normal. If your doctor recommends you have a Pap test more often than every 2 years, then please follow your doctor's advice rather than using this reminder service.

Information Sessions—Free Event

March 16th (Wed) - 10am to 11.30am - STAR COMMUNITY SERVICES will be presenting topics & discussions around My Aged Care Services, Star's Care packages, Transport etc.

April 20th (Wed) - 10am to 11.30am—McCarthy Durie Lawyers will present a free session on Estate Planning at the Centre. This session will include wills, enduring power of attorney and advance health directives along with other items for discussion.

Both sessions, Morning Tea will be sponsored by Bendigo Community bank, Victoria Point. Please book at reception or ring 3821 1089 if you wish to attend.

Community Hub

Discussions are continuing with the participating organisations on the development of a community hub as part of our premises. Extensions will be limited to those which allow other community organisations access with some related commercial access which add to available services and assist with funds to operate the Hub. Current completion projections suggest that the project may be completed somewhere around 2019.

Domestic Violence Seminar

As soon as suitable arrangements can be made with a partner organisation, the Donald Simpson Centre will host a presentation on Domestic Violence. Elder Abuse is a related issue and will be a part of this presentation.

This event will be open to all ages. It will be advertised widely when arrangements are complete.

New Membership Cards are Coming

Members are issued with cardboard membership cards upon joining or renewing their membership. This year, cards were laminated to make them last longer.

The process of preparing these cards manually is time-consuming for our hard-working volunteers.

At the Manager's suggestion, the Board has authorised the purchase of a card machine which will produce a card similar to a credit card in 8 seconds. These will be available in March.



Kitchen Manager Ann Mason has the new coffee machine under control



You can easily find out what activities are scheduled online at

<http://www.donaldsimpsoncentre.com.au/activities/>

On Facebook? Find us at

www.facebook.com/DSCCentre

Or click the Facebook icon on our website.