



Donald Simpson Community Centre Ltd

# NEWSLETTER

ACN 010 723 421 ABN 35 010 723 421

Autumn Issue July 2015

## GET READY FOR SENIORS WEEK 2015

August 16<sup>th</sup> – 23<sup>rd</sup> 2015

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***It's just another week and many seniors don't register its coming or going; but, though it does require an admission to being a senior, there are some benefits in having a week where we can draw attention to the fact that there are many opportunities for seniors, whether retired or still working, in Redland City.***

The Donald Simpson Centre will be much more active this year during Seniors Week. On the first Sunday, August 16th, the Centre will be the venue for breakfast at the conclusion of the 2015 Seniors Walk. That afternoon will see the first performance of the Donald Simpson Centre Theatricals production, "England Swings" featuring many songs from England in the 1960s, including numbers performed by The Seekers; Gerry and the Pacemakers; The Beatles; Petula Clark; Cilla Black and Dusty Springfield. There will also be a Line Dancing performance on August 17th at 2.30pm at the Donald Simpson Centre as part of Seniors Week.

On the following weekend, August 22nd and 23rd, the Donald Simpson Community Centre Art Show will feature art works in acrylic, oils and watercolours. There will be displays of quality wood carving leatherwork and parchment craft. On both days, the DSCC Theatricals will again perform "England Swings".

Other events and activities around the Redlands include three performances at the Cleveland High School Performing Arts Area, on

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PO Box 977 Cleveland  
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Web: [www.donaldsimpsoncentre.com](http://www.donaldsimpsoncentre.com)

*continues page 2*

Wednesday August 19th by the Senior Jazz and Vocal Ensembles, on Thursday by the full Jazz Orchestra and, on Friday, by the flutes, clarinets and string ensembles. These young performers always present a great free listening experience and are well worth a visit.

There is also a chance to try canoeing in Tingalpa Creek, the University of the Third Age Redlands Breakfast on Monday morning, August 17<sup>th</sup> with guest speaker, Everald Compton, the always terrific Redland City Bands Concert on August 23<sup>rd</sup> at the Smith Street Community Hall.

Another popular activity is the Seniors Walk on August 16th. This struck wet weather last year but attracts 200 or more seniors to enjoy an early morning walk of up to 10 kilometres, depending on how far they choose to walk, followed by breakfast and a prize draw.

The Southern Moreton Bay Islands are heavily involved in Seniors Week, thanks principally to Bay Island Community Services. In extended Seniors Week activities, the second Seniors Week Walk will be held as well as tennis, bowls, table tennis and golf.

All of these events and activities and many more will be included in the Seniors Week Program which will be distributed with the Redland City Bulletin on Wednesday August 5<sup>th</sup>.

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## ***From your Manager***

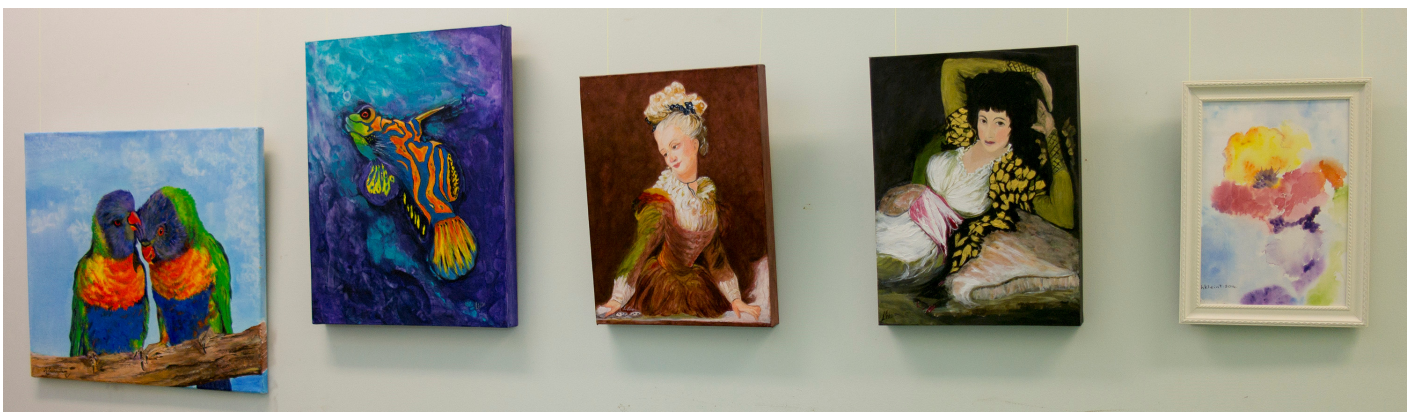
*Dear Members,*

It has been an exciting journey so far, and I am still meeting members and stake holders of the Centre. It's great to be part of such a lovely and vibrant community.

The Donald Simpson Centre is leading up to a busy time especially in the next two months. We are starting off with the celebration of 'Christmas in July'. We have a group of 30 people from Star Community Services coming in for luncheon, and various other activity groups in the Centre have booked their 'Christmas in July' function. If your group doesn't want to miss out, please contact myself or Mary Garsden (Kitchen Convenor). In August



we are all set to celebrate Seniors Week, and this kicks off with the Seniors Walk on August 15<sup>th</sup> (detailed information see page 8) This is followed by 3 Theatrical performances of "England Swings". To conclude the Seniors Week we are planning our biggest yet "Art Exhibition" which will run over 2 days on August 22<sup>nd</sup> and 23<sup>rd</sup>. The exhibitors in-



cludes Art Work, Water Colors, Parchment Craft, Quilters, Handicraft, Wood Carving, Leather Work etc. This is a free event and open to all.

I also take this opportunity to congratulate our very own Matilda Quilters, who celebrated their 20<sup>th</sup> Anniversary this year in May.

I hope each one of you are enjoying the new look in our passage way, where our Arts and Parchment groups have displayed their work. Also the current buzz around the Centre is our new

Barista coffee machine. If you haven't tried one yet, stop by our café and order your Flat White, or Cappuccino to beat the winter chills.

July is a new year in terms of membership renewals. Come into our office to renew your membership and to get your new orange membership card. We now have EFTPOS facilities in the centre to make transactions easier.

*Thomas Jithin*  
*Manager*

## ***From your Chairman***

I've written in earlier articles of the need to modernise and upgrade many aspects of our Centre. The need to have new members using the Centre to maintain our ability to service the needs of current, new and younger members must be evident to anyone who gives some thought to our future.

It is easy enough to define some of the changes which need to be made and with a bit of work to attempt to discover what might attract the next generation to become members. The really difficult task in all of this is the perennial one of finding the funds to achieve our goals.

The Donald Simpson Centre Ltd has over 2000 members. If members could be persuaded to contribute an amount according to their means, it would probably mean that we could use those funds towards some part of our development. We will still have to write grant applications, conduct functions, attempt to find sponsors and try any of the other ways in which funds can be acquired but it would be a start.

The developments we need are many. We have already commissioned a study of the café area and as much of our reserves as we believe we can spare have been set aside towards that project. It will not be enough and we will need to write a grant application to make up the difference which,



the Board believes, will give members an attractive dining area and entrance to the Centre.

Work is needed in the kitchen, on and behind the stage and in other activity rooms to enable our many activities, events and functions to be effectively conducted.

Our Board, in consultation with other organisations and Redland City Council, our landlord, is considering how we can extend the Centre to enable co-location of a number of organisations to provide better and more coordinated services to our respective members. As you can imagine, this will take much work and funding.

I ask you, as members or parties interested in the future of the Donald Simpson Centre, to consider how you may be able to assist in this necessary development of the facility which I hope you enjoy using.

*Tony Christinson, Board Chairman*



## ***PARCHMENT CRAFT***

Because of its popularity Flor is starting an extra parchment craft class for both beginners and advanced participants. The classes will be at the Donald Simpson Community Centre on a Friday morning from 8.30 am to 12 pm.

If you are keen to learn a new craft, this delicate and beautiful work will be the one for you. For more information contact the Donald Simpson Centre on 3821 1089.

## ***MEMBERSHIP IS NOW DUE***

It's an inexpensive way to make new friends, spend time with old friends, and just have fun. We always have lots of laughter around our building. There is no need to "have nothing to do" once you are member of the Donald Simpson Community Centre.

Please note: We are updating our database this year, so it would be appreciated if you would take the time to fill out the form available at reception, office and bookings office to help us with this.

Orange is the colour for 2015—2016. If you still have a blue card after 30th June 2015 you are not a financial member.



## News Notes

Donald Simpson Centre is now WIFI ready for our members. With 2 hours free access you can do a lot of browsing. Details for logging on are available at the Centre.



We now have EFTPOS for day trips and subscriptions which is already a very popular addition to the Centre.



Our new coffee machine is making great cappuccinos, flat whites, hot chocolate

etc. at a very reasonable price. Visit us for one of our "Specials on the Day", of coffee and a cake or muffin.

## Key Board Music Club

We meet every month, mostly on the third Sunday afternoon, at 1.45 pm in the Donald Simpson Community Centre Main Activity Room. We have been performing regularly for over 25 years. Regulars perform either vocally or instrumentally, however, we often have guest artists which provides an enjoyable afternoon at the very low cost of \$5.00 This includes a cup of tea or coffee. Many bring a small plate of snacks to add to the enjoyment.

We present popular music from shows – by Cole Porter, George Gershwin, Henry Mancini, Andrew Lloyd Webber etc., as well as jazz by Duke Ellington, Burt Bacharach, and occasionally light Classical by Strauss and Chopin. Many don't perform at all. They come along just to listen. However, we do present a better show when we have an appreciative audience. If you have any queries, contact John Wickham on 3821 3585 Or myself on 3820.7343. We need your support.

*John Ellis, Convenor*

## Theatricals



### Seniors Week Concerts

2pm August 16, 22, 23

Tickets \$12.00 available  
at Centre

Contact DSC for further  
information on 3821 1089



## Men's Shed/DSC Cricket

Alexandra Hills Men's Shed vs DSCC. Played at Muddies Cricket Ground, Judy Holt Park, 9.30am to 11.30 am. Players required to represent DSCC.

Contact Tony Christinson on 0497177633

or Thomas at

*manager@donaldsimpsoncentre.com*

# Out With a Difference

**DONALD SIMPSON COMMUNITY CENTRE**

**OUT WITH A DIFFERENCE**

**SENIORS WEEK 15TH TO 23RD AUGUST, 2015**

**COMMUNITY EVENTS**

**NON MEMBERS' RATE DOES NOT APPLY**

## *Bay Breezes Day Trip*

**Morning tea - Toorbul Point,  
Lunch - Caboolture RSL  
Wednesday, August 12th, 2015  
Departs Centre 8.30 am -  
Cost \$ 49.00**



## *Back to the Tivoli - a Musical Variety Show*

**Twin Towns  
Wednesday, August 19th, 2015  
Departs Centre 8.00 am -  
Cost \$ 42.00**



## *Pohlman's Nursery*

**Includes train ride,  
morning tea and lunch  
Friday, August 21st, 2015  
Departs Centre 8.45 am - Cost \$49.00**





## Father's Day Trip Lockyer Valley Cultural Centre

With a guided tour of the Queensland Transport Museum which features a magnificent display of transport history. Displays include a collection of over 200 models and the history of western transport.

Lunch at the Staging Post Cafe

Thursday, September 3rd, 2015

## Whale Watching

### MV Spirit of the Gold Coast

Saturday, September 5th, 2015

We travel out to the deeper waters of the Gold Coast to hopefully see the magnificent humpback whales on their trip south.

Lunch will be at the Southport RSL



## Tribute to Bee Gees and Friends

### at Twin Towns Showroom

Wednesday, September 9th, 2015

Featuring Australia's popular family group Audio Vixen

With music from the Everly Brothers, The Carpenters and many more



## O'Reilly's Rainforest

with Birds of Prey Show (optional)

Four options available.

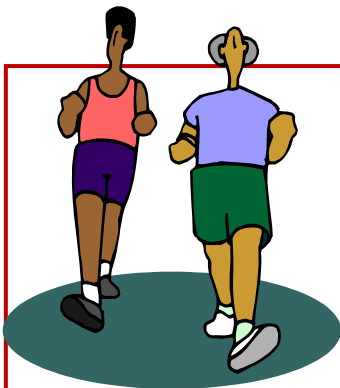
Coach Birds and lunch, Coach and Lunch, Coach and Birds,

**FOR FURTHER INFORMATION CONTACT**

**BOOKINGS OFFICE, DONALD SIMPSON COMMUNITY CENTRE 3821 1089**

**OR**

**EMAIL: [owad@donaldsimpsoncentre.com](mailto:owad@donaldsimpsoncentre.com) WEB: [www.donaldsimpsoncentre.com](http://www.donaldsimpsoncentre.com)**



**Redland City**

## SENIORS WEEK WALK 2015

**PROMOTING PHYSICAL ACTIVITY AMONGST SENIORS**

**Sunday 16 August 2015**  
**Start time: 7.00 am**  
**Registration: \$5**  
**Register from Monday July**

***There will be a prize draw during breakfast at the conclusion of the walk. The prize draw will be conducted at around 9.00am and winners contacted if not present.***

**Organised by:**

**STAR Community Services Ltd**  
**Redland District Committee on the Ageing**  
**Donald Simpson Community Centre Ltd**  
**University of the Third Age Redlands**

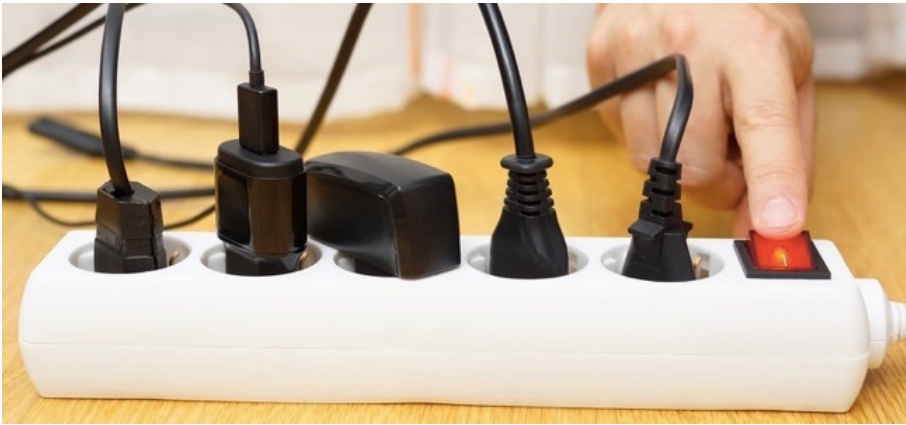
***PROUDLY SPONSORED BY***  
***STAR COMMUNITY SERVICES &***  
***THE GREAT SOUTHERN MEMORIAL PARK***

- Commencing and finishing at Donald Simpson Park between Bloomfield and Wynyard Streets, Cleveland
- 3, 5, 7.5 or 10 km circuit
- Walk at your own pace, turn around at any time
- Marshalls will be located along the route and water stations will be located at 3, 5, 7.5 and 10 kilometre marks
- Water, tea, coffee and refreshments (including muffins and fruit) will be available at the finish
- Registration at RDCOTA office and Donald Simpson Centre from Monday 6 July — only \$5—provides tee-shirt, map, refreshments and entry in prize draw (draw for walkers only)
- 2 portaloos at 5 and 7.5 km marks
- Contact Redland District Committee on the Ageing on 3488 0680 for further information



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1000 joule hit, it's done for. But it is also done for if it takes ten 100 joule hits – or if it takes a thousand one joule hits.

It is practically impossible to tell exactly when a surge protector stops functioning as intended. Some have built-in lights that are designed to alert you to this problem

and inform you when it needs to be replaced. However, this is not a fool proof system. Don't assume your decade old surge protector is still working properly because the warning light hasn't come on.

When is it time to replace your surge protector? The longer you have had it, the more at risk you are. If you know your surge protector has absorbed a serious power surge, you should probably replace it immediately.

There is no exact lifespan we can give you, and it varies from area to area – it depends how many surges occur in your area as well as how many joules your protector can absorb. Many people recommend replacing a surge protector every two years or so, but any recommendation like this one can only be rule of thumb.

## ***A Warning from a Computer Guy***

Did you know that surge protectors aren't forever? It is difficult to tell exactly when a surge protector loses those protective powers and just functions as a power strip. These devices sit between the electrical socket and your gadgets, protecting them from power surges and ensuring they receive a consistent voltage of electricity. However, if your surge protector is ten years old, it's probably long past time to replace it.

Surge protector lifespans are not measured in years – they are measured in joules. This tells you how much protection they are designed to provide. For example, a 1000 joule surge protector will only absorb this amount before protection wears out and it stops absorbing any extra voltage.

Every power surge your surge protector absorbs decreases the amount of future joules it is able to absorb. If that 1000 joule surge protector takes a

## **Just for Laughs... How Facebook works...**

Presently I'm trying to make friends outside of Facebook while applying the same principles.

Therefore every day, I go down the street and tell passers-by what I've eaten, how I feel, what I've done the night before, and what I will do after.

I give them pictures of my family, my dog and me gardening and spending time in my pool.

I also listen to their conversations and tell them I love them.

**AND IT WORKS! I ALREADY HAVE 3 PERSONS FOLLOWING ME ....**

**2 POLICE OFFICERS AND A PSYCHIATRIST**





## **Member Profile - Thursday Receptionist**

# **Audrey Griffin**

The first people visitors and prospective members see when they enter the Donald Simpson Community Centre are our bright, friendly and helpful receptionists. As first impressions are important, our receptionists can make or break the Centre. A prime example of an excellent receptionist is Audrey Griffin. Audrey has been greeting people for 20 years at the front desk of the Centre. She could probably tell some stories about our popular Centre. However, she just smiles and gives nothing away. Following is Audrey's story and how she arrived here in the Redlands.

"I was born in Shipley Yorkshire, England. I had three sisters and attended the usual Brownies and Girl Guides. I sat the 11 plus exam and went to Bingley Grammar School. After I left school, my family moved to Morecambe on the west coast in Lancashire.

I worked in an office until I joined the W.R.A.F. at eighteen where I trained as a photographer BP. After I left the W.R.A.F. to get married, we went to live in Morecambe where my family still lived.

In 1968 my children, husband and I emigrated to Australia on the "Fairsea". We lived in Cabramatta Hostel for 12 months whilst our house was built. Two of my two sisters and their families followed us out to Australia and we all lived in Liverpool. NSW. Work was hard to get but I got a job at English Electric, Regents Park. My youngest daughter was born in Liverpool.

In 1972 we returned to England. Here I worked in an acute admission Psychiatric Unit on night duty as a nursing assistant for 5 years.

Six years later, in 1978, we returned to Australia and I worked in nursing homes on nights for the next seven years.

We came to Queensland in 1986. After my husband died in the same year, my two daughters and their families came to live in Queensland, and the army transferred my son to Brisbane. We lived in Victoria Point, and I volunteered at the Day Respite which was then held in the Donald Simpson Centre. About 20 years ago ( Ray Despot was Manager), I started

volunteering at the Donald Simpson Centre on Thursday mornings on the Reception, where I still volunteer.

I consider myself lucky that my three daughters, my grandchildren and my two sisters all live in the Redlands."

*Footnote: Audrey is one of the fifty people who have been members for 20 years or more.*



## **IMPROVE YOUR WELLBEING - BE A VOLUNTEER**

In the National Survey of Volunteering Issues in 2010 found that 36% of the adult population volunteer, with the number almost doubling in fifteen years. In Australia we have a culture of giving, with our nation ranked in the top three giving nations in the World Giving Index 2011 measured by someone donating money, volunteering time to an organisation, and helping someone they didn't know who needed help. According to demographer Bernard Salt, Australia's newest status symbol is to be a volunteer. He says, "there's a generosity gene - and this nation has it in spades."

There has been a growing spirit of giving spreading across all age groups. However, there are differences in how they do it. Those from 35 to 44 are most likely to help a stranger, the 44 to 55 age group were most likely

to help out family members, and those over 55 did most by volunteering their time.

Survey findings have shown that volunteers in Australian mostly do so because of the difference they make to the community and the sense of purpose their volunteering gives them. Some use volunteering as a way to gain new skills. Others use it as a way to meet new people, make new friends or try something new. More than 6 million Australian volunteers give happiness each year, and in doing so, are happier themselves. The happiest group of people are said to be women over 55 who volunteer. Volunteers bring a wealth of personal qualities, experience, knowledge and skill to their voluntary effort.

Volunteers said that being accepted as a valuable team member was the thing that made them feel most valued, while a personal thank you was the form of recognition most organisations reported giving to volunteers. The majority of volunteers reported being aware of policies and protections their organisations had in place to ensure their well-being and safety and experiencing positive relationships between employees and volunteers.

The Donald Simpson Centre has over 100 volunteers coming and going during the week. They may be organising trips, serving meals, teaching languages, tai chi, yoga, greeting visitors or running computer classes. Perhaps they are playing cards or enjoying line and/or ballroom dancing. Your Board Members are also volunteers. Our volunteers are worth thousands of dollars a year to the Centre. Contact our manager, Thomas, if you are interested in volunteering at the Donald Simpson Community Centre.

## **Just for Laughs**

A man went to his lawyer and told him, "My neighbour owes me \$500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the lawyer. "Nope," replied the man. "OK, then write him a letter asking him for the \$5,000 he owed you," said the lawyer. "But it's only \$500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"



# Away With A Difference

With Val Henry

## 2015 Touring Programme

Donald Simpson Community Centre

A Redland City based NOT FOR PROFIT Organisation

Brochures available at the Centre

Coming soon in 2016

Lightning Ridge to Dubbo

Townsville including new railbeds

Singapore@ Sale time

Outback Queensland

Exotic Mauritius



### *Spring into Tasmania*

Tour Duration 13 days - 24th September – 6th October 2015

Includes highlights of Hobart, Dove Lake of Cradle Mountain, Emu Valley Tulip Farm, Railton the town of topiary, Beaconsfield Mine & Heritage Centre, historic town of Richmond and lots more.

Price \$3899.00 pp twin share

Price based on minimum number of 20 passengers.



### *Legends of the Seas Christmas Cruise*

Tour Duration 10 days 20th — 30th December 2015

Ex Brisbane Cruise around Mare, New Caledonia , Lifou, Loyalty Island, Mystery Island, Vanuatu, Vila, Champagne Bay

Prices available at Donald Simpson Community Centre

### *Christmas on the South East Coast & High Country of Victoria*

Tour Duration 10 Days - 23rd December - 1st January 2016

Highlights include smorgasbord Christmas Lunch at Lakes Entrance Bowls Club, Omeo Historic Park & Museum, Bright, Mt Buffalo , Sassafras and Orlinda, Yarra River Highlights and Cruise and much more.



Includes return economy flights, luxury coach travel, quality accommodation, 21 meals.

Price \$3145.00 pp twin share - Price based on minimum number of 20 passengers

All bookings and arrangements are organised through Trade Travel

Free Call:1800 645 103 or email [groups@tradetravel.com](mailto:groups@tradetravel.com)

For further information contact Val Henry at Donald Simpson Centre: 3821 1089