

March - April 2017



Nederland Australia



Official Publication of the Dutch Society

CONCORDIA Newcastle Region NSW

Concordia is a Dutch - Australian Social Club - established in 1957

Times have certainly changed since we left
The Netherlands



*Een nieuwe
Bruynzeel
Keuken
in de 50er jaren*

Concordia Information Corner

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MARMONG POINT INSTUIF GROUP

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Any of the above information, wrong or out of date, please contact the editor at your earliest convenience, we will be able to change or make an immediate alteration in the general interest of our members.

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Concordia geeft onpartijdig nieuws, zonder gebonden te zijn aan enige staatkundige partij, kerkelijke richting of belangen en gemeenschap, wij werken uitsluitend in dienst van Concordia's eigen social belang.

From the Editors Desk - Joop de Wit



When Concordia started officially as a registered Dutch club in this region during September 1957, there was no thought about how long it might last; it was assumed it would endure. Most members in those early day's were in their thirties, twenties, even in their teens, their youthful enthusiasm ensured an enormous degree of participation in all or most of the club's activities. It has built enduring friendships and numerous happy marriages because you really get to know your fellow members when you are involved. One can even solve the world's problems in any of our events. Whatever the case, it needs to be said, this sharing has been influenced by commitment of many, that's why Concordia has endured for 60 Years.

It is encouraging to see that, even though the average age of our members is now very much higher since we started, the spirit of helpfulness and participation is very much the same. We are trying to improve that spirit if possible. I'll say again what I have often said before about Concordia: "The more you put into it, the more you get out of it!" Your attendances at nearly every function is a beautiful sign we are doing so well in this region. *(Eendracht maakt macht)*

Celebrating Concordia's 60th Anniversary during 2017 is an incredible trip for everyone who's been involved with Concordia - especially those who have been here from the start. We've seen and experienced massive changes in our community during that time, some of which we couldn't have imagined when Concordia started. But what hasn't changed is what has always been inspiring is the great company we enjoyed together. An important part of our club was surviving our home sickness which we all experienced from time to time. These are unique achievements worth celebrating this year, but this is not just about the past, it is a unique opportunity to better understand the present and to look towards the future. Our **60th anniversary** deserves more than a single day. A wide variety of events have been organised throughout the year. We hope you enjoy them! Personally I had the good fortune of sharing with a large number of wonderful people more than **34** years of involvement in our club, the many years of volunteering and my assistance in the organising of so many social activities as an important part of our hardworking Committee. Last but not least, the many years of friendship with everyone in the Concordia family. All is very much appreciated and hope we still have many more years in store of looking after all those in our **'MOST GEZELLIGE'** Concordia family. **My very best wishes for a great 60th Anniversary Year, Joop**

From the Presidents Desk - Toni Somerville

Dear readers, the Festive season is behind us, Easter is still a couple of months away as I write my piece for the newsletter. Hopefully you have enjoyed Christmas and New Year with loved ones and in good health. May **2017** be a good, happy and healthy year for our Concordia family and all your loved ones.

It sure has been hot so far this year. In the 40 degree Celsius here and in the Netherland below zero. **SBS**, Dutch news showed people skating, even a marathon. Not on canals though, but on frozen water over grassland. It's been a few years since the 'Elfsteden' contest has been run, I think. That reminds me, **SBS** transmits the Dutch news now at **10 am** instead of 12.30 every day.

A few months ago I was eating my rolled oats for breakfast and thought about what we used to eat for breakfast in the Netherlands. **Griesmeelpap** of course! When we first arrived in Australia it was called **Breakfast Delight**. Haven't seen it for years, so I bought a packet of semolina and every morning I made it, adding a little brown sugar and some butter. **Yum!!!**

I recently read an article in a magazine. If you sometimes have this problem, like me, please read on. Next time you walk in a room and wonder what on earth you are doing there, you can relax. It's not early stage dementia but a perfectly normal reaction to passing through a doorway. Psychologists have just discovered these incredibly common "senior moments" are caused by the way we process information as we leave one room and enter another. Researchers in the US found our memory performance naturally dips, whatever our age, as we pass through a doorway. This is very likely to be because moving into a new environment clutters the brain's working memory, forcing it to clear a little space for any new thoughts and experiences that might crop up. Isn't that knowledge reassuring?

Our first function this year is 18th of March. We hope to have Herman playing his accordion at our first function. Something different and I'm sure we will enjoy it. Our club will be 60 years young in September so please come and celebrate with us at every function this year. Hoping to see many on the **18th**, same place, same time, same **gezellige** afternoon. Have a happy Easter with your loved ones. Until next time, **take care and stay well. Toni**

*When I look around, pondering the problems of the world,
I realise that, at my age, I don't really give a darn anymore.*

You know you're Australian when:

You believe that stubbies can either be drunk or worn. You pronounce Melbourne as '*Mel-bin*'. You believe that the letter '*T*' in Australia is optional, and it's perfectly OK to call it '*Straya*'. You think '*Woolloomooloo*' is a perfectly reasonable name for a place. You're secretly proud of our killer wildlife. You believe it makes perfect sense for a country to have a....\$1 *coin* that's twice as big as a \$2 *coin*. You understand that '*Wagga Wagga*' can be abbreviated to '*Wagga*' but '*Woy Woy*' cannot be just '*Woy*'. Beetroot with your hamburger...of course! You wear '*ugg boots*' outside the house. You believe that the more you shorten someone's name, the more you like them. You understand that '*excuse me*' can sound rude, but '*scuse me*' is always polite. You know what it is like to swallow a fly, on occasions via your nose. You know it's not summer until the steering wheel is too hot to handle and a seatbelt buckle becomes a pretty good branding iron. You know how to abbreviate every word, all of which usually ends in '*o*': *arvo, convo, garbo, metho, milko, muso, servo, smoko, rego, speedo, righto* etc. You know that there is a universal place called '*Woop Woop*' located in the middle of nowhere, no matter where you actually are! And you can understand all of this, had a giggle, and tell all your Aussie and International friends.

I love the Netherlands, but also love Australia!

Have no fear....the Dutch are here!

**WELKOM IN DE 21E EEUW,
WAAR EEN PIZZA ER
SNELLER IS DAN DE
POLITIE.**



Came all the way down the rainbow!



To wish you...
A speedy recovery!

*Beterschap voor al diegenen die
in de lappenmand zijn beland...*

***If God wanted me to touch my toes,
he'd have put them on my knees***

Senior Holidays 2017 18-22nd September - at Stanwell Tops

Sk kom juist terug van de Senior Holiday in Stanwell Tops. Wat een fantastische tijd heb ik daar gehad. Vanaf het moment dat je binnenstapt word je omgeven door de echte Hollandse gezelligheid. Er word gelachen er worden grappen gemaakt er word voor elkaar gezorgd. We spelen rummikub, we doen legpuzzels, we klaverjassen, we wandelen we breien, lezen en kletsen of we doen gewoon niks. Ik deed een middagdutje en werd op tijd wakker voor "afternoon tea" met Limburgse vlaai, oliebollen of amandelbroodjes. Er was een **magician** die ons verستeld deed staan. Het eten is ouderwets Hollands, ik heb weer hutspot gegeten en boerenkool met worst. Ik ga weer eens hachee koken omdat ik die zo lekker vond. Het maakt niet uit naast wie je zit, je praat en hoort elkaars levensverhaal. We werden in de watten gelegd door vrijwilligers voor wie niets teveel was. Ik dacht er over; wat deze vakantie zo bijzonder maakt is het gevoel van saamhorigheid, "**voor elkaar met elkaar**". Ik zou zo graag willen dat er meer mensen van deze vakantie gebruik maken. Doe het. Als je een keer geweest bent, ben je verkocht.

Laat Jan of Mia Joosten even weten. Dan krijgt u een nieuwsbrief

This year the Senior Holiday's at Stanwell Tops will be held from 18-22nd September 2017.

**St Marys Dutch Festival 2017. Last full WEEKEND in March (24-25-26) Friday March 24
SENIOR DAY FLOORSHOW DURING THE DAY. Further information is available from John
and Mia Joosten. For bookings please call 96 23 25 69 and speak to Leny, Gerda or Mia.**

Congratulations

*Wij gaan ons
60 jarig
Jubileum Vieren*

In 2017



happy anniversary!

EATING FRUIT

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and ***when*** to eat the fruits.

What is the correct way of eating fruits?

**IT MEANS NOT EATING FRUITS AFTER YOUR MEALS!
FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH**

If you eat fruits on empty stomach, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS ONE OF THE MOST IMPORTANT FOODS.

Let's say you eat two slices of bread and then a slice of fruit.

The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so due to the bread taken before the fruit. In the meantime the whole meal of bread & fruit rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil. So please eat your fruits on an ***empty stomach*** or before your meals !

At my age 'Happy Hour' is a nap...!!

**Voor iedereen die mij
niet mag....
In 2017 gaat er
niets veranderen**

"Schat, ik ben al drie kilo
afgevallen, kun je dat zien?"

Ik antwoordde met een tegen
vraag.

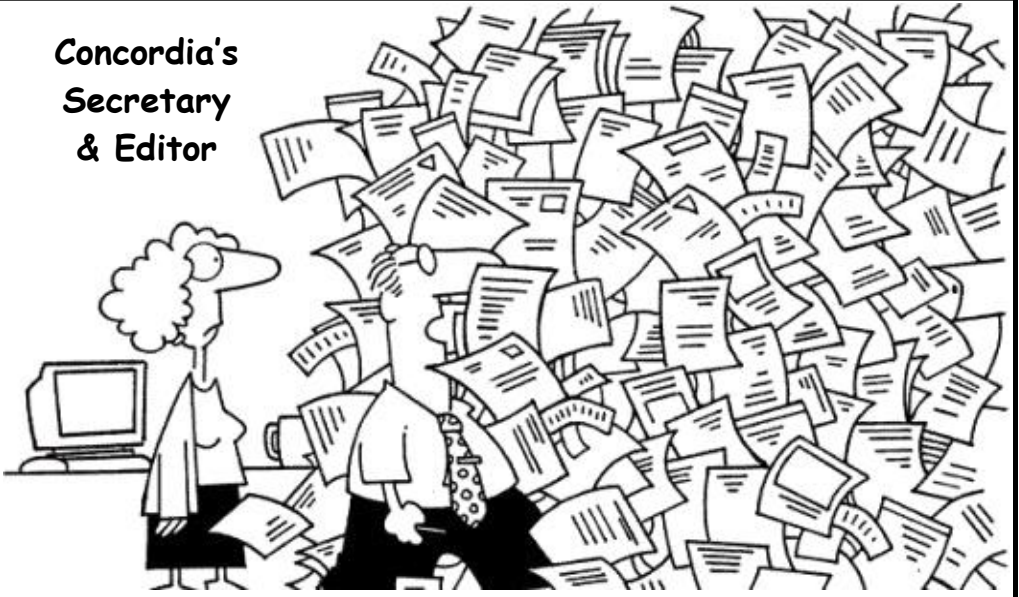
"Als je een blaadje uit het
telefoonboek scheurt, kan jij
dat dan ook zien?"

En wat er daarna gebeurde,
weet ik niet meer.

Seat belts are not as confining as wheelchairs.

*If you find any mistakes in this Concordia Newsletter,
Congratulations, you have been reading it.*

**Concordia's
Secretary
& Editor**



*"I have some paperwork to catch up. If I am not back
In two day's, organise a search and rescue team!"*

The Committee of Concordia
wishing all the Members & Readers
a Wonderful & Blessed Easter.

Enjoy a special family day.



Family

*Like branches on a tree,
we all grow in different directions
yet our roots remain as one!*

SPECIAL Events

Anyone celebrating a special event like an Anniversary, Birthday or some other special day during the next few months.



We wish you a very special good time with all your family and friends.

Our sincere Congratulations to you all.

"Moge zij leve lang.....hoera"

*Open your arms to change,
But don't let go of your values*

Iedereen keert uiteindelijk terug in zijn eigen thuishaven. De dood gaat niet over de dood, maar over wat je met je leven hebt gedaan. Heden is zacht en kalm ingeslapen onze Moeder, schoonmoeder, grootmoeder, overgrootmoeder en vriend,

Janny Pypers,

Aged 87 Years - Late of Tinonee Gardens, Newcastle and the Netherlands.

JANNY peacefully passed away on Wednesday 3rd August, 2016

JANNY will be very much missed by her Children and all in the FAMILY
Janny was a loyal friend and a long time member of the Dutch Society 'Concordia'

Relatives and Friends attended a funeral service to farewell Janny
which was followed by a private Cremation.

On behalf of the Committee and Members of Concordia we convey our sincere condolences to Janny's family in the passing of their loved one.

May Janny rest in Peace

When someone is not treating you right, no matter how much you love them, you have got to love yourself more and walk away.

Het laatste Nederlandse Nieuws - Jan van der Lugt

Toen de eerste sneeuwvlokken hier omlaag dwarrelden was ook de redding nabij, namelijk ons zout. Zo werd in de nacht van donderdag 5 op vrijdag januari 2017, door de Rijkswaterstaat maar liefst vijf miljoen kilo zout op onze wegen gestrooid om de gladheid van de sneeuw en de ijzel te bestrijden. Maar pech komt zelden alleen, ook dit keer dus niet. We kregen uitgerekend tijdens die dagen en nachten ook nog eens te maken met een zware storm en met een springtij waardoor er hier en daar gevaarlijk hoog water begon te ontstaan. In Rotterdam, Schiedam, Maassluis en in nog veel andere havensteden, liepen de kades over door het regenwater, gepaard gaande met een zware storm en bovendien ook nog met een springtij! Holland kneep hem toen toch wel een beetje, de omstandigheden deden even teveel denken aan februari 1953, de nacht van de watersnoodramp. We zijn die watersnoodramp van 1 februari 1953 dan ook nooit meer vergeten. We hebben inmiddels dan ook al onze rivier- en zeedijken tot het noodzakelijk geachte veel hogere niveau opgehoogd en we hebben zelfs in de dijken, ingenieuze speciale waterkeringen laten inbouwen. Dit alles natuurlijk om een herhaling van die watersnoodramp van 1953 te voorkomen. Er kwamen toen bijna 2.000 mensen om het leven in het toen alsmaar stijgende zeewater, waarvan alleen al in Zeeland 865 bewoners en 677 inwoners van Zuid-Holland hun leven verloren. Het liep dit keer gelukkig allemaal goed af.

Nederland is nu hard op weg naar het einde van de winter, nu we de derde maand van de winter, namelijk de maand februari, bereikt hebben. Die koude is overigens ook al weer even terug in ons land en lijkt niet zo snel meer volledig te gaan verdwijnen. Ook werd er door de weerman voor de komende week, weer wat nieuwe nachtvorst en ook nog meer sneeuw voorspeld, maar echt dramatisch koud zal het ook dan niet meer worden. Gelukkig maar! We willen de Lente! Het werd echter op 2 februari 2017 hier en daar zelfs een paar dagen 14 graden Celsius alsof de Lente er toen al was. Maar iedereen weet natuurlijk wel, dat we hier eerst ook nog door die derde wintermaand heen moeten, namelijk februari, en in Februari kan het hier soms nog bitterkoud worden, zo leert ons de weergeschiedenis. De echte Hollandse Lente is hier nog wel ver weg, maar hij komt er de volgende maand in ieder geval zeker aan. Alleen al bij gedachte er aan, voelen we ons gelijk al een stuk beter, na al die winterkou, de ijzel, de sneeuw en de keiharde Noordelijke en Oostelijke winden met ook nog die regen er bij.

bbbrrrr!

Groetjes vanuit een koud en winterig Nederland. Op naar de lente, tot de volgende keer;

Jan van der Lugt

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**Hoe ouder we worden hoe meer we gaan beseffen dat:
Het niet belangrijk is om veel vrienden te hebben....
Maar om echte vrienden te hebben.**

VERLOREN MOMENTEN

Er waren mensen die ik wilde zeggen
Dat ik om ze gaf, maar ik deed het niet.

Er waren vrienden die ik wilde bellen
Om te vragen hoe het ging, maar ik deed het niet.

Er waren kansen die ik kon benutten
Om te vertellen wat ik voel, maar ik deed het niet.

Verloren momenten het kan nog altijd
Als ik het nu niet doe, blijft alleen de spijt.

*Think Positive - It keeps you young.... For example,
I fell down the stairs today and I thought WOW....
That's the fastest I've moved in years.*



Nederlands

Seven Billion Stories and counting...

New SBS Radio Schedule Dutch Broadcasts for 2015

Day	Program	Time	Analogue	Digital	Online	Mobile	Digital
Wednesday	Dutch	11:00 - 12:00	1413am		✓	✓	✓
Saturday	Dutch	11:00 - 12:00			✓	✓	✓

Dagelijkse Hollands TV Nieuws van BVN op SBS 2

7 dagen per week van 10.00 - 10.30 uur

*Don't be impressed by money, degrees and titles.
Be impressed by kindness, integrity, humility and generosity*



Special Day's during March and April

Ash Wednesday on March 1st

Good Friday on April 14th

Easter on April 16th

Easter Monday April 17th

Anzac Day Tuesday 25th April



*Guess who's hop, hop, hopping your way?
To wish you a hap, hap, happy Holiday.
Loaded with goodies made just for you.
It's the Easter Bunny - That's who!*

*You can close your eyes to the things you don't want to see,
but you can't close your heart to the things you don't want to feel.*



Vrouwen zijn om liefde te hebben, niet om te begrijpen

Without Communication there is no relationship.

Without respect, there is no love.

Without trust, there is no reason to continue.

Don't let a little dispute injure a great friendship.

SOME SPECIAL CLEANING TIPS

Even if cleaning is the bane of your existence, you'll love these cleaning tips that will make your home sparkle. I've said it before, and I'll say it again, cleaning is a necessary evil. It has to be done, so I make it my mission to find any tip or trick that I can to make it easier. The following will take your cleaning routine to the next level and help you be on your way to relaxing even faster! I bet you never in 1 million years thought that rice can be a helpful cleaning tool. But it can! Cleaning glassware with a narrow mouth is nearly impossible. Uncooked rice, a little dish soap and water can solve that problem forever! When your shower curtain gets Grammy and full of soap scum, don't worry about buying a new one, just wash the old one! You can put it in the washing machine with white vinegar and a few towels and it will come out looking as good as new. Most people know that you're not supposed to wash a cast-iron pan, but they don't know what to do to get it clean. A sponge and coarse salt will get them in tiptop shape! Vinegar is one of the miracles of the cleaning world, one of the only things that can get that unsightly build up from the shower head. These is really fantastic tips to get your home sparkle in no time without the use of harsh chemicals!

***IMMATURE people always want to win an argument,
even at the cost of a relationship.***

***MATURE people understand that it's always better to lose an
argument, and win a relationship.***

*Na een leven dat gekenmerkt werd door eenvoud, hartelijkheid, bezorgdheid en liefde,
is van ons rustig heengegaan onze lieve moeder, schoonmoeder en trotse oma*

Geertje Weyland (Geeri)

Aged 94 Years - Late of Redhead Gardens, formerly of the Netherlands.

Geeri peacefully passed away on Monday 6th February, 2017

**Geeri will be very much missed by her Children and all in the FAMILY
Geeri was a loyal friend and a long time member of the Dutch Society 'Concordia'**

**Relatives and Friends attended a funeral service on Monday 13th February to
farewell Geeri, this service was followed by a private Burial at Palmdale.**

***On behalf of the Committee and Members of Concordia we convey our
sincere condolences to Geeri's family in the passing of their loved one.***

May Geeri rest in Peace

***De waarde van een mens ligt in twee
van zijn organen: Zijn hart en zijn tong.***



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THE DUTCH NATIONAL ANTHEM

When I first heard the Dutch national anthem sung, I made it clear a number of times that if I were Dutch I would spend the rest of my life endlessly trying to compose a Dutch national anthem with words highlighting the spirit of the Dutch people and expressing the Dutch engineering feats which for over seventy years earned admiration and respect throughout the world. I must emphasize that the Dutch national anthem does not include mention of the real Dutch history and their achievements, if anything I, as an outsider having been with Dutch people much longer than I have with my native Austrians, feel that the Dutch national anthem is rather more of an insult to the Dutch people for which I have so much affection, respect and admiration.

*It was put to me on a number occasions that most Dutch people would agree that the Dutch national anthem does not represent the **Dutch peoples' feelings**, but it has been and always will be the way it is. If I would be Dutch I would give my all to change the national anthem and highlight the true spirit of the Dutch people. I would never, never give in. I would never, never give up the idea of changing the peoples' attitude towards the wording of the anthem. I would go from town to town and rekindle the spirit of the Dutch people and in each town find strong willed and positive thinking people who would also with conviction spread the idea that the Dutch people have the rights that their true feelings and spirituality to be represented in the **Dutch national anthem**.*

And if ANYONE feels he or she is not from Dutch descent and may feel not to have the right to contribute to change the Dutch national anthem to mirror the real Dutch mentality, I would announce in a strong powerful and thundering voice, **'HELLO, HELLO YOU ARE THE RECIEPIENTS OF THE WELL KNOWN AND MUCH PRAISED DUTCH TOLLERANCE** and if you don't think that it is not important, then I advise you to go to a country where the tolerance is nil. Hopefully you will then give your all to have the Dutch anthem the well deserved character.

I would also go to schools and do my best to awaken their feelings and rekindle their national pride. And when I have done my part I would start all over again and again until every child and every grandparent would express their desire to want a Dutch national anthem which would express and honour their Dutch spirit. And if anyone would want to stop me, I would transfer that energy into that wonderful forever strength inspiring glorious feeling which is often accompanied with defiance. **I WOULD NEVER EVER GIVE UP NEVER, NEVER, NEVER, NEVER EVER.** If there is a person or persons who would like to prove me wrong with my assessment, I am willing to listen to them. Tony Kirchner.

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please consult them first.*

Late election fun

Obama, Hillary and Trump are standing at the throne of heaven.

God looks at them and says, *"before granting you a place at my side I must ask you what have you learned, what you believe in."* God asks Obama first: *"What do you believe?"* He thinks long and hard, looks God in the eye, and says, *"I believe in hard work, and in staying true to family and friends. I believe in giving. I was lucky, but I always tried to do right by my countrymen".*

God can't help but see the essential goodness of *Obama*, and offers him a seat to his left. Then God turns to Hillary and says, *"What do you believe?"* Hillary says, *"I believe passion, discipline, courage and honour are the fundamentals of life. Like Obama I believe in hard work. I, too, have been lucky, but win or lose, I've always tried to be a true patriot and a loyal American."*

God is greatly moved by Hillary's high-pitched eloquence, and he offers her a seat to his right. Finally, God turns to Trump and says, *"And you, Donald, what do you believe?"* Trump replies, *"I believe you're in my seat."*

To all our members and readers who are loving and kind.

Thank you for the sunshine you bring into our Concordia lives

CARNIVAL 2017 in The Netherlands

In Holland, carnival is a holiday mainly celebrated in the south of the country. The provinces Limburg and Noord-Brabant are the predominantly Catholic provinces of the Netherlands, where most inhabitants celebrate Carnival. Though some people take the Carnival traditions very seriously, most people keep it simple and just drink, sing and dance wearing a colourful outfit.

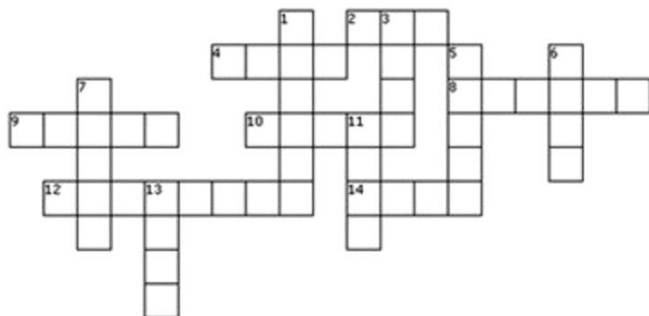
The Carnival celebrations start after the mayor symbolically hands over the key to the city to Prince Carnival. For three days, the Carnival Prince has control of the city and, together with his subjects, celebrates the temporary establishment of their Kingdom of Fools. Merrymakers make their way from pub to pub and greet Prince Carnival with three cheers of *"Alaaf"*.

If you can drink, sing and dance wearing a colourful outfit you're more than welcome to celebrate Carnival in Holland! Make sure you wear a crazy Carnival costume and you'll blend in perfectly.

Start where you are. Use what you have. Do what you can.

He is not here. He has risen!

Words taken from John 20:1-18 (NIV)



ACROSS

2. To shed tears
4. The opposite of alive
8. A heavenly being
9. The thing that covered the entrance to Jesus'tomb
10. The color that is the opposite of black
12. A person who takes care of plants and flowers
14. The name of the woman who discovered Jesus' empty tomb

DOWN

1. The male parent
3. Return to an upright position after lying down; to return from the dead
5. The opposite of late
6. A period of seven days
7. An adult female person
11. A place where someone is buried; another name for grave
13. The opposite of light

Words Used

early	angels	gardener	rise
week	white	Mary	dead
dark	woman	tomb	
stone	cry	father	



Happy Easter



We don't pick on Blondes, we just like to have some fun!!!

Two blondes were going to Disneyland. They were driving on the Interstate when they saw the sign that said *"Disneyland LEFT"* They started crying and turned around and went home.

Two blondes living in Oklahoma were sitting on a bench talking, and one blonde says to the other, *'Which do you think is farther away...Florida or the moon?'* The other blonde turns and says *'Helloooooo, can you see Florida?'*

A blonde pushes her BMW into a car dealership. She tells the mechanic it died. After he works on it for a few minutes, it is idling smoothly. She says, *'What's the story?'* He replies, *'Just crap in the carburettor'* She asks, *'How often do I have to do that?'*

A police officer stops a blonde for speeding and asks her very nicely if he could see her license. She replied in a huff, *'I wish you guys would get your act together. Just yesterday you take my license away, and now today you expect me to show it to you?'*

A gorgeous young redhead goes into the doctor's office and said that her body hurt wherever she touched it. *'Impossible!'* says the doctor. *'Show me.'* The redhead took her finger, pushed on her left shoulder and screamed, then she pushed her elbow and screamed even more. She pushed her knee and screamed; likewise she pushed her ankle and screamed. Everywhere she touched made her scream. The doctor said, *'You're not really a redhead, are you?'* *'Well, no' she said, 'I'm actually a blonde. I thought so,'* the doctor said, *'Your finger is broken.'*

A highway patrolman pulled alongside a speeding car on the freeway. Glancing at the car, he was astounded to see that the blonde behind the wheel was knitting! Realizing that she was oblivious to his flashing lights and siren, the trooper cranked down his window, turned on his bullhorn and yelled, *'PULL OVER!'* *'NO!'* the blonde yelled back, *'IT'S A SCARF!'*

A girl was visiting her blonde friend, who had acquired two new dogs, and asked her what their names were. The blonde responded by saying that one was named Rolex and one was named Timex. Her friend said, *'Whoever heard of someone naming dogs like that?'* *'Hellooooo. . . ,'* answered the blonde. *'They're watch dogs'*

A blonde was playing Trivial Pursuit one night. It was her turn. She rolled the dice and she landed on Science & Nature. Her question was, *'If you are in a vacuum and someone calls your name, can you hear it?'* She thought for a while and then asked, *'Is it on or off?'*

After a blond came in last when competing in the breast-stroke section, she complained to the judges that *"all the other girls were using their arms"*.

A laugh a day keeps the Doctor away, I hope you enjoy to see another laughing day!

PARAPROSDOKIANS

is a derivative of a Greek word, which means beyond expectation.
A figure of speech in which the latter part of a sentence is unexpected.
Winston Churchill loved them. Some examples:

1. Where there's a will, I want to be in it.
 2. *Since light travels faster than sound,
some people appear bright until you hear them speak..*
 3. If I agreed with you, we'd both be wrong.
 4. *War does not determine who is right - only who is left.*
 - 5 Knowledge is knowing a tomato is a fruit.
Wisdom is not putting it in a fruit salad.
 6. *They begin the evening news with 'Good Evening,'
then proceed to tell you why it isn't.*
 7. To steal ideas from someone is plagiarism.
To steal from many is called research.
 8. *In filling in an application, where it says, 'In case of emergency' notify:
I put 'DOCTOR.'*
 9. I didn't say it was your fault, I said I was blaming you.
 10. *Women will never be equal to men until they can walk down the street with a bald
head and a beer gut, and still think they look sexy.*
 11. Behind every successful man is his woman.
Behind the fall of a successful man is usually another woman.
 12. *A clear conscience is the sign of a bad memory.*
 13. I used to be indecisive. Now I'm not so sure.
 14. *Nostalgia isn't what it used to be. Nor is there any future in it.*
 15. Change is inevitable, except from a vending machine.
 16. *Going to church doesn't make you a Christian
any more than standing in your garage makes you a car.*
 17. Finally: I'm supposed to respect my elders,
but it's getting harder and harder for me to find one now.
- And my personal favourite: *I am not arguing with you, I am explaining why you are wrong.*

My wild oats are mostly enjoyed with prunes and all-bran

Australia Day: a new beginning

Every **Australia day** I usually start the new Concordia year by preparing the next Concordia issue. (*March-April*) For many, Australia Day is about the beach and BBQ's and a fun day off work. For others, it's one of the most significant days in their lives. Australia Day is the special day that many migrants and refugees choose to formally pledge their allegiance to their new country and stand proud as true Australian citizens.

The act of attaining Australian citizenship is more than a simple ceremony. It forms a central part of Australia Day celebrations across the country, and this simple pledge of allegiance reaffirms our country's identity as the one of the most successful multicultural nations in the world.

The first Australian citizenship ceremony took place in the *Albert Hall* in Canberra on 3 February 1949. Seven men, one representing each state of Australia and the Australian Capital Territory, became Australian citizens. The men were from Greece, Denmark, Yugoslavia, Spain, Czechoslovakia, France and Norway.

Most people look forward to a fresh start at life as an Australian. Just after becoming an Australian by receiving citizenship certificate they love to take time to make something constructive for the community and the people in Australia. During the citizenship ceremony, new Australians take a pledge of commitment, a moving part of the citizenship ceremony.

The pledge reads: *"From this time forward, under God, I pledge my loyalty to Australia and its people, whose democratic beliefs I share, whose rights and liberties I respect, and whose laws I will uphold and obey."* The last formal step to becoming an Australian citizen is to make the Australian Citizenship pledge at an Australian citizenship ceremony. Australia Day each year sees the largest number of new citizens pledge their loyalty to Australia and its people at ceremonies all around the nation," Those who were lucky enough to be born as Australian citizens are encouraged to follow the example of their new compatriots by reaffirming the same pledge. "Australia Day is also an opportunity for existing Australians to affirm their loyalty and commitment to Australia by making the Australian citizenship affirmation. The words of the affirmation are based on the pledge made by new citizens at their citizenship ceremony. It allows existing citizens to express their national pride and spirit and celebrate the values that we share as Australians, Since the first citizenship ceremony, more than 4.5 million people have chosen to become Australian citizens. Despite many viewpoints on this subject, we must respect those that have misgivings about Naturalisation in general. It's an option for those who, perhaps personal reasons, cannot part with their former background. **Joop**

PAASOVERDENKING

Een paasoverdenking is geen gemakkelijke opdracht. Een geestelijke hoorde ik zeggen: *"Ik begin mijn paaspreek altijd met te zeggen dat ik eigenlijke niets zinnigs over Pasen kan zeggen."*

Vervolgens preekt hij er dan toch lang genoeg over. Een andere geestelijke zei mij vorige week: *"Pasen is iets dat ons overkomt."* Het valt je toe. Die gedachte heeft mij niet losgelaten. Wat valt mij en u toe met Pasen? Wat kun je daar dan over zeggen? In de evangeliieverhalen vinden we nergens een verslag over de verrijzenis van Jezus. Nergens lezen we hoe en wat er precies gebeurd is. Jezus is dood en plots is **Hij** verrezen. **Hij IS** verrezen, punt uit. Uit de Handelingen van de Apostelen kennen we de eerste verwoordingen van de leerlingen van Jezus van dit geheimzinnig gebeuren: **"God heeft Jezus op de derde dag uit de dood doen opstaan!"** Voor hen was duidelijk dat iemand niet zelf uit de dood kon opstaan. Leven na de dood en zelfs door de dood heen valt je toe en wel omdat God een mens tot leven roept. Je brengt jezelf niet tot leven. Je wordt ten leven gewekt, zij het tijdelijk zij het voor eeuwig.

Pasen valt ons dus toe maar hoe of wat? Wanneer God de mens tot leven wekt bij de schepping dan gebeurt dat in prachtige intimiteit, vol van liefde. De bijbel gebruikt er de vergelijking voor van een kunstenaar die vol liefde en aandacht schept. Die intimiteit mogen we ook veronderstellen op het moment dat God Jezus uit de dood ten leven wekt. In een geweldige intimiteit ziet God om naar zijn Zoon. Intimiteit schept nieuw leven! Hoe is die intimiteit dan te rijmen met Goede Vrijdag, met lijden en dood? Juist dán! Want in het lijden en de afschuwelijke afwijzing en vernedering troost God, en zelfs als de troost niet gevonden en ervaren wordt is de intimiteit nog aanwezig, zij het als afwezige intimiteit. God is precies dit: hij wekt mensen tot leven in intimiteit. Waar dat ervaren wordt, daar is het Pasen!

En dat is heel dichtbij en doodgewoon. In de zorg die mensen aan elkaar besteden in tijden van ziekte, eenzaamheid. In het wassen van de voeten van jonge gevangenen. In het doen van boodschappen voor hulpbehoevenden. In een vriendelijk woord en gebaar. Er is een wereldberoemde foto van een jonge Chinese student die in opstand kwam tegen het Chinese leger. Hij stond in zijn eentje op dat geweldig grote plein van de Hemelse Vrede en met zijn hand probeerde hij een tank tegen te houden. De manier waarop die hand de tank aanraakte getuigde van zo'n intimiteit dat het 't beeld van de schepping van Michelangelo opriep uit de Sixtijnse kapel. God raakt de mens aan in intimiteit en wekt hem tot leven. Dat is allemaal Pasen. Als je wilt kun je er veel over zeggen maar het belangrijkste is dat het ons toevalt.

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Dat wij zoveel moeite hebben om Pasen echt te begrijpen, heeft er misschien mee te maken dat wij zoveel moeite hebben met intimiteit. In onze over-geseksualiseerde maatschappij weten wij niet meer wat intimiteit betekent. Het heeft te maken met een respectvolle nabijheid waarin de ander, de ander mag zijn en daardoor tot leven kan komen. Echte nabijheid ervaren is angstaanjagend want je moet er iets mee. Je kunt dan niet achter je eigen muurtje blijven zitten. Echte intimiteit dwingt een mens naar de ander toe te gaan en dat is angstig want kan ik die ander wel vertrouwen, kan ik mezelf wel blijven? Precies dat is geloof: je overgeven in vertrouwen aan de intimiteit van de ander.

Pasen is het feest van Gods intimiteit met ons. Hij wil niet onze dood maar dat wij leven. Tussen die twee staat bekering, omkeer. Jezus riep Maria bij haar naam - ik wil dat je leeft - zij keerde zich om en zag de Heer van het leven. In de intimiteit ontstaat nieuw leven! Zalig Pasen!

If all is not lost, then where the hell is it?



***If you don't have a sense of humour
you probably don't have any sense at all. (Leve de lol)***

Now, where I come from, when you get a prescription for antibiotics or other medication, you don't say, 'Will it work? Will there be any side effects?'

No, it's 'Will I be able to drink with these tablets?'

The new age of bad foods - Carbohydrates

Carbohydrate is a dirty word these days. Some even consider carbs to be the big, bad wolf of the nutritional world. But why is this the case?

Just in case you need it, here's a refresher: Carbohydrates are found in highly nutritious food such as bread, cereal, fruit, starchy vegetables, milk, yoghurt, legumes and beans. But they're also found in less-nutritious food such as lollies, chocolate, cakes and pastries, and drinks like soft drinks, cordial and fruit juice.

So, what happens in your body when you eat a bowl of pasta, a sandwich, an apple or even a chocolate milkshake? Well, the carbs in these foods undergo a series of metabolic processes beginning in the mouth and ending in the small intestine where they finally produce glucose (*a form of sugar*). These glucose molecules cross the small intestine and eventually find their way into the muscles and brain cells, where they are used as energy with the aid of insulin (*a hormone that is released by the pancreas*). Any excess glucose can be stored in the liver, but the liver has a limited capacity to house it, about 150 grams all up.

So, why is there a common belief that eating carbs makes you fat? Sure, eating too much of anything will likely lead to weight gain. That simple equation of 'energy in versus energy out' rings true. But why are carbs so often made the scapegoat in this debate? Perhaps there is a misunderstanding of the biochemical processes that occur when we consume food.

When we eat foods we generally don't just eat one nutrient in isolation. My lunchtime sandwich is a case in point; it typically contains cheese, tuna and avocado, a combination of carbs, fat and protein. The protein component is involved in muscle recovery and building, but it can be used as an energy source if needed. Meanwhile, the fat and carbohydrates will be broken down for energy or stored in the body to be used as fuel at a later stage when there is a need to rely on energy reserves. Keep in mind that we have an endless capacity to store fat, whereas carbohydrate storage is greatly limited. Nevertheless, carbs are the body's preferred fuel source and the body would rather use them to keep it running effectively and efficiently.

So the carbs from my sanga will be predominately burnt for fuel, whereas only a small percentage of fat from the cheese and avocado will be broken down during this time. However, once the carbs are metabolised the body will predominately turn to the fat from the meal to fuel it. Therefore, if you

(Continued on page 27)

(Continued from page 26)

over-consume carbs in the presence of fat, your body will preferentially break down more carbs and less fat. Subsequently, if your body doesn't churn through all that fuel, it will likely store the excess as fat. That cycle can be repeated over and over again resulting in lots of excess fat being stored. That probably goes some way to explaining Santa Clause's portly belly -- too much milk and too many cookies.

So should we avoid carbs altogether so our bodies burn the fat and therefore end the obesity epidemic? Well, no. It isn't that cut and dry. If only. It is important to note that the process of fat metabolism is dependent on a by-product of carbohydrate metabolism. And more than that, carbohydrate foods such as wholegrains, fruit and starchy vegetables as well as beans and legumes contain these wonderful things called vitamins, minerals, phytonutrients and fibre, which are brilliant for promoting optimal health. Good luck meeting your fibre requirements if you totally exclude these foods.

But then what is to blame for the obesity epidemic and the high rates of diabetes and heart disease currently crippling so many Australians? Well, it would seem that we can't simply blame one particular nutrient or food group.

However, one issue is clear: we are eating far too much.

Carbs, fat, protein and grog -- we are simply eating too much of all these things. The 2011-12 Australian Health Survey revealed that the average adult man consumed 9,655 kilojoules from food and drink each day while the average woman consumed 7,402 kilojoules everyday. And, based on the statistics of obesity, these findings would indicate that we are, by and large, taking in more energy than we need and we're not exercising enough.

So, with that knowledge, what are we to do? You could start by keeping your portions in check, eating more fruit and veggies as well as lean meat and dairy, eating less processed foods and going easy on the discretionary foods including booze. And get moving. It isn't rocket science.

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AGE IS CATCHING UP!

When I was in my younger day's, I weighed a few pounds less
I needn't hold my tummy in to wear a belted dress.

But now *that I am older, I have set my body free
There is the comfort of elastic where once my waist would be.*

Inventor of those high heeled shoes my feet have not forgiven
I have to wear a nine now, but used to wear a seven.

And how about *those pantyhose, they are sized by weight, you see,
So how come when I put them on, the crotch is at my knee?*

I need to wear those glasses as the print's been getting smaller;
And it wasn't very long ago, I know that I was taller.

Though my hair has turned to grey and my skin no longer fits
On the inside, I am the same old me, its only the outside
that my life has changed for me.

*A seafood diet is the best:
whenever you see food, eat it.*

Pork versus Celibacy

A priest and a rabbi were sitting next to each other on an airplane. The priest turned to the rabbi and asked, "*Is it still a requirement of your faith that you not eat pork?*" The rabbi responded, "*Yes, that is still one of our laws.*" The priest then asked, "*Have you ever eaten pork?*" To which the rabbi replied, "*Yes, on one occasion I did succumb to temptation and tasted a ham sandwich.*" The priest nodded in understanding and went on with his reading.

A while later, the rabbi spoke up and asked the priest, "*Father, is it still a requirement of your church that you remain celibate?*" The priest replied, "*Yes, that is still very much a part of our faith*" The rabbi then asked him, "*Father, have you ever fallen to the temptations of the flesh?*" The priest replied, "*Yes, rabbi, on one occasion I was weak and broke my Faith.*" The rabbi nodded understandingly and remained silent, and sat thinking, for about five minutes. Finally, the rabbi said, "*Beats a ham sandwich, doesn't it?*"

D E A D L I N E next issue - 15th April 2017

Copy for the next issue must be in the Editors hands by the above mentioned date.

Copy received after this date will be included in the **July-August 2017** issue.



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SATURDAY 18TH MARCH - 2017 - CARDIFF RSL

Renowned Dutch piano/accordionist "Herman" will delight us with his wonderful music. **Herman** was a regular guest artist at the Holland Festival held at Fairfield Showground and many other Dutch functions. Come along, listen, sing and clap, **you will not be disappointed. Please book early!**

It was a whole lot easier to get older than it was to get wiser.

2017 is another year

St's a chance that we don't take for granted for most of us. Yet, many people were left behind during 2016. It is our duty to laugh, sing, dance and even cry during 2017. We owe it to all those who have died and will never be seen.

Happy new year to all the living.

Courage to all the survivors. Those who have not heard the fireworks. Those who will suffer the curfews, interventions, fear and the explosions.

2017 Let us seize this chance to do better and do good. We will soon meet again!

Concordia can only look after you as long as you are a willing participant.

If you like to pay a membership or a Financial Gift to Concordia online, our Westpac details are as follows:

Dutch Society of Concordia - Westpac Bank - Charlestown.

BSB: 032-512 Account No: 340048

Please mention your personal details for obvious reasons & treasurers purposes.

Children: *You spend the first 2 years of their life teaching them to walk and talk.
Then you spend the next 16 years telling them to sit down and shut-up.*

**Why do Americans choose from just two people to run for president
and 50 for Miss America? *Beats me!***

CONCORDIA's Social Calendar 2017

SATURDAY 18TH MARCH - 2017 - CARDIFF RSL

Our very first *“Gezellige”* get-together for 2017. Time to meet your friends again after a long spell....A special afternoon of *fine music, laughter & memories.*

SATURDAY 20TH MAY - 2017 - CARDIFF RSL

Koningsdag - Herdenkingsdag - Bevrijdingsdag - Moederdag
Another special commemoration and celebration woven into one.

SATURDAY 15TH JULY - 2017 - CARDIFF RSL

Concordia celebrates a very special mid-winter show.
Kom eens gezellig naar een bijzondere middag.
“Nederlandse gezelligheid op zijn best”

SATURDAY 16TH SEPTEMBER - 2017 - CARDIFF RSL

Concordia celebrates her 60th Birthday, including Fathers Day

SATURDAY 28TH OCTOBER - 2017 - PLACE TO BE ADVISED

Concordia's 60th Annual General Meeting - commencing at 2pm

SATURDAY 2ND DECEMBER - 2017

Concordia celebrates the arrival of *St. Nicholas at Marmong Park*
Please play your part in the greatest Dutch event of the year in our region. Please help us mentioning this very special day to all those interested in our culture. It's a typical Dutch Day in the park.

SUNDAY 3RD DECEMBER - 2017 - SACRED HEART CATHEDRAL

Multicultural Christmas Carols Concert - Not to be missed.
Commencing at 7pm

SATURDAY 16TH DECEMBER - 2017 - CARDIFF RSL

Our very traditional Dutch Christmas afternoon.

Perhaps one of the busiest functions of the year
You must book early to avoid disappointment.

Australia....Great poem....makes you think

When the shearing sheds are silent and the stock camps fallen quiet
 When the gidgee coals no longer glow across the outback night
 And the bush is forced to hang a sign, *'gone broke and won't be back'*
 And spirits fear to find a way beyond the beaten track
 When harvesters stand derelict upon the wind swept plains
 And brave hearts pin their hopes no more on chance of loving rains
 When a hundred outback settlements are ghost towns overnight
 When we've lost the drive and heart we had to once more see us right
 When **'Pioneer'** means a stereo and **'Digger'** some backhoe
 And the **'Outback'** is behind the house, there's nowhere else to go
 And **'Anzac'** is a biscuit brand and probably foreign owned
 And education really means brainwashed and neatly cloned
 When you have to bake a loaf of bread to make a decent crust
 And our heritage once enshrined in gold is crumbling to dust
 And old folk pay their camping fees on land for which they fought
 And fishing is a great escape; this is until you're caught
 When you see our kids with Yankee caps and resentment in their eyes
 And the soaring crime and hopeless hearts is no longer a surprise
 When the name of **RM Williams** is a yuppie clothing brand
 Not a product of our heritage that grew off the land
 When offering a hand makes people think you'll amputate
 And two dogs meeting in the street is what you call a **'Mate'**
 When **'Political Correctness'** has replaced all common-sense
 When you're forced to see it their way, there's no sitting on the fence
 Yes one day you might find yourself an outcast in this land
 Perhaps your heart will tell you then, **'I should have made a stand'**
 Just go and ask the farmers that should remove all doubt
 Then join the swelling ranks who say, **'don't sell Australia out'**

Author unknown

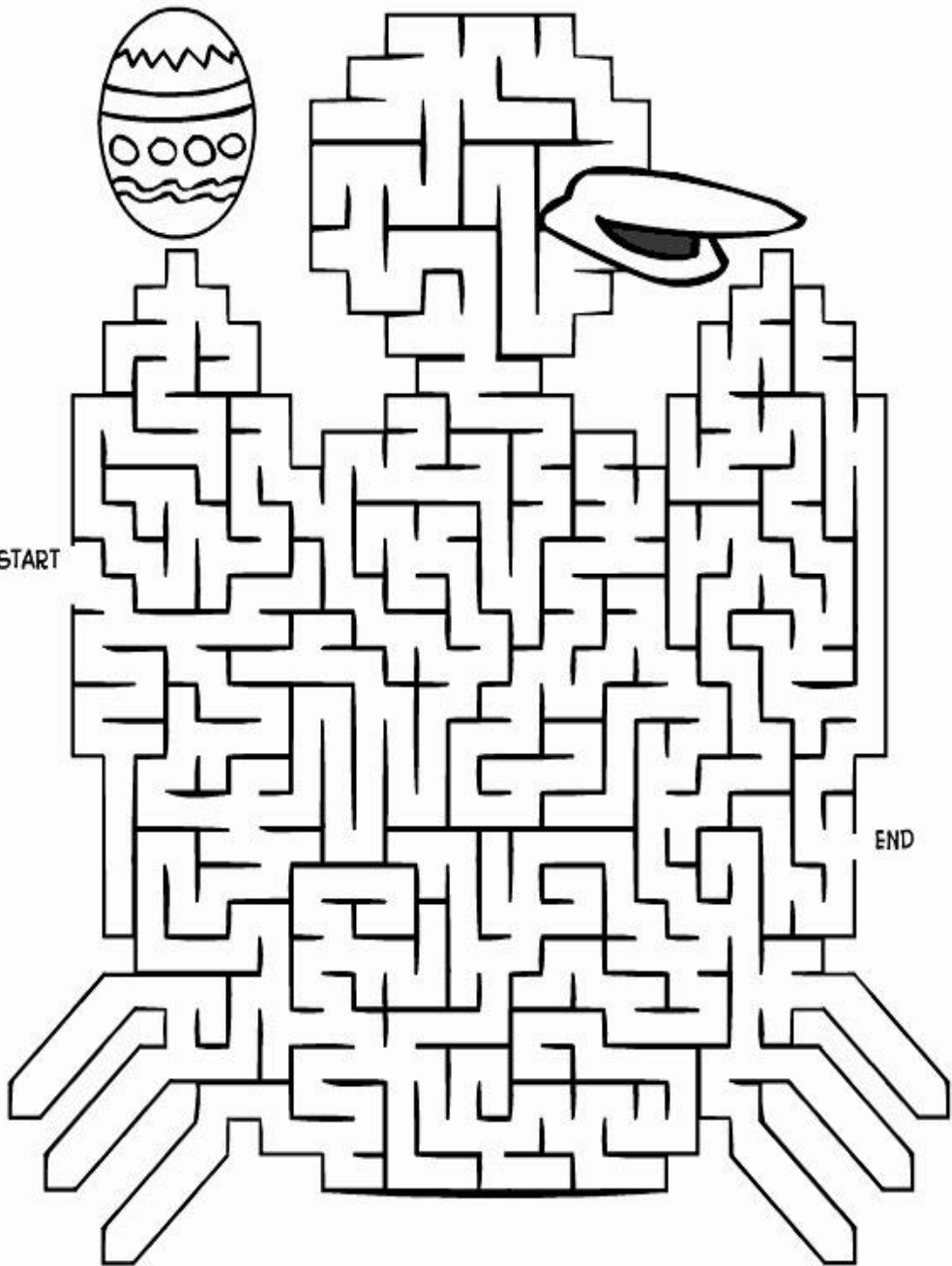
Renown Dutch piano/accordionist "Herman" will delight us with his wonderful music. Herman was a regular guest artist at the Holland Festival held at Fairfield Showground and many other Dutch functions. Come along, listen, sing and clap, you will not be disappointed. Saturday 18th March - Cardiff RSL

EASTER CHICK MAZE



START

END



Pasen Kleurplaat - De Paashaas
Colour me in please!



NEW MEMBERSHIP / RENEWAL APPLICATION

DUTCH SOCIETY CONCORDIA - NEWCASTLE & DISTRICT

Annual Membership Fees are payable between **1st July** and before **31st August** each year
 Membership includes **6 Bi-monthly** magazines plus genuine discounts on all Concordia events.

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Tick if this is a renewal	<input type="checkbox"/>	<i>I wish to renew my Membership</i>
Tick if this is a giftsubscription	<input type="checkbox"/>	<i>I like to give a gift Subscription</i>
Tick if this is a donation	<input type="checkbox"/>	<i>I like to make a donation to Concordia</i>
for the period 2017 / 2018		<i>I agree to accept and abide by its constitution</i>
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