



MAY - JUNE 2018



Nederland Australia

Official Publication of the Dutch Society

CONCORDIA *Newcastle Region NSW*

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



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Concordia Information Corner

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Every Thursday - **commencing at 9.30am**
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Any of the above information, wrong or out of date, please contact the editor at your earliest convenience, we will be able to change or make an immediate alteration in the general interest of our members.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



Today is the **21st April**, I sat behind my computer for the past few weeks to get another **May - June** Concordia issue out on time. Yes, every day, for a number of weeks, I am concentrating on the preparation of another issue to have this in your mailbox around the first week of the start of the month. Some day's it just flows, other day's I lack inspiration, but overall it's a great hobby to make our readers a little happier. I received so many beautiful messages lately, also during and after the show in the **Cardiff RSL**. Many make an effort to thank me for my efforts, it makes it so much more enjoyable, it also gives me encouragement to enjoy looking after you, despite the long hours involved. I also need to let you know that my health got another setback, it was picked up during a PET scan, more info in this issue, page 20, the article on health and superfoods.

But, our Concordia good news continues, we are hard at work to present another great show on **Saturday 19th May**, (*Further info also in this magazine*) Concordia has booked a guest entertainer by the name of **Michael Montgomery** for the first part of our function, starting after lunch. After the interval we will celebrate a number of important events namely our **Dutch King's Day, Liberation Day** and **Mothers Day**. We also anticipate to devote a few minutes to remember all those that gave their lives in all the wars so we could live in freedom. A commemoration, not just alone for the second world war but also about all the wars in the world to date. We should never forget the many millions of people that are trying to live a life like we do. Governments are always responsible for the welfare of its citizens, unfortunately the dirty politics of some Governments' in today's world is having the upper hand and not even some of their own people are spared the ravages of wars and famine. I wish I could have a solution for it all, it only brings me to mention the well known Dutch statement "**Verbeter de wereld, begin bij jezelf**" it means "**Improve the world, start with yourself**"

Dear readers, may we look forward to the future, confident that you will continue to nurture our Dutch club. Thank you for belonging to Concordia, Let's enjoy what we've got left and do so with pride and joy. May I finish in wishing all mothers a **Happy Mothers day** for Sunday the **13th May**. You all deserve to be congratulated and a little spoiling wouldn't go astray. Celebrate Mothers day and much more on the **19th May** at the Cardiff RSL. All mothers will receive a small present, you sure deserve it. Please come along and bring a friend or family member so they too can enjoy our well known hospitality. We all pay the same price as we can no longer discriminate by charging different amounts. For **20 dollars** for a whole afternoon of eating and great entertainment is certainly something no one wants to miss. I hope to see many new faces and of course everyone I know , love and admire. **Your Editor: Joop**

From the Presidents Desk - Toni Somerville

Dear Readers, We enjoyed the Easter function, great to catch up with our Concordia friends again. I hope you all enjoyed Easter with your family and friends. The weather was beautiful, like spring.

Lucia, my sister, Ingrid, and I travelled to St Mary's on Saturday the 24th of March to attend the **Rembrandt Club Festival** by train - 2 trains in fact. At St. Mary's station we found a Rembrandt member waiting in a car to take us to the venue. We enjoyed ourselves very much, there was music inside and outside. Delicious Dutch food to buy and stalls. The yummy '**oliebollen**' made me remember when dad used to make them years ago before he became ill. When we were ready to leave, the driver drove us back to the station. Thanks John. Well done Mia, Jan and all the members who worked tirelessly over the 3 days.

The next day, Ingrid, her daughter Lauren, my daughter-in-law Karen, our niece Kim, and I enjoyed a High Tea which Ingrid won at our last Christmas function. It was a fantastic afternoon at **Iona on Robert**. What a fabulous entertainer **Wayne Rogers** is. We laughed so much during the concert. He not only has a great voice, he also makes his own costumes and is a hairdresser. **Wayne** and his partner own a beautiful heritage home, filled with gorgeous furniture. We had a ball.

At our May 19th function another great singer will entertain us. **Michael Montgomery** is well known, so don't miss the function. Unfortunately he is unable to perform for the whole afternoon. **Joop** will entertain us after interval. As usual at our May function we will remember all the brave men and women who lost their lives in all wars. War is a tragic waste of life and we continue to live in a world where there is conflict and sorrow in countries. We will also celebrate **Liberation Day, Kings Day** and **Mother's Day**. All ladies will receive a small gift. To my special mum and all mums reading this may you enjoy a wonderful Mother's Day with your loved ones.

Our sincere condolences to Rinnie Baas, whose son Robert passed away. Also **Coby Stevens** lost her son **Ron** after a long illness. Both will always be remembered by family, relatives and friends.

Please join us for a pleasant afternoon at the Cardiff RSL on May 19th, enjoyment guaranteed. Please wear something orange on the day. Until next time, take care and stay well. *Toni.*

Don't let opinions of others consume you...

Are you a good detective?

Four relatives on holiday's in Holland toured 4 historic places. Could you detect who the four relatives are? *(Faces are on page 11 to memorize and find)*



Happy Mothers Day to all
 moms, grannies, great
 grannies, step moms,
 foster moms, and those
 who lost their mom. Moms
 are priceless!

*A meaningful life is not being rich, being popular,
 being highly educated or being perfect...*

*It's about being real, being humble, being able to share
 ourselves and touch the lives of others.*

*It's only then that we could have a full, happy and
 contented life.*

**Ik heb mijn weegschaal in de hoek van de badkamer gezet en hem
 gezegd dat hij er pas uit mag komen als hij zijn excuses heeft aangeboden.**

**Ken je dat geweldige gevoel dat je in bed gaat liggen, meteen in slaap
 valt, de hele nacht doorslaapt en uitgerust en vol nieuwe energie wakker
 wordt? Nee? *Ik ook niet!***

**Waarom staat er in Staphorst geen IKEA? Omdat het praktisch
 onmogelijk is om een IKEA-kast in elkaar te zetten zonder te vloeken.**

Lake Haven Castle Cottage

L*ake Haven Castle Cottage* is a fully self contained 3 bedroom cottage adjacent to Lake Haven Castle, home of your hosts **Pieter and Glenda Hofland**. Both are members of **Concordia** and frequent visitors to our functions. The castle and cottage are set high on the hill in a quiet cul-de-sac, built of sandstock bricks with cedar windows taking advantage of the picturesque Budgewoi lake and ocean views beyond.

Just a short stroll away is the nearby Lake Haven shopping centre (the third largest on the Central Coast) or you can leisurely browse through the local antique shops and country style stores or even pick up a few bargains at one of the weekend markets.

Lake Haven Castle Cottage is ideal for a well deserved short break, romantic getaway, relaxing business trip or a fun-filled family holiday.. your home away from home. **Highly recommended!**





1918



2018

*Aan de Amsterdamse Grachten - Heb ik heel mijn hart voor altijd
verpand - Amsterdam vult mijn gedachten als de mooiste stad in ons land.*



*De beroemde Amsterdamse Grachten
The famous Amsterdam canals.*

Wat moeten wij nou met Oranje?

Voetbal is nog steeds de belangrijkste sport van ons land, ons vroegere Vaderland Nederland. Wereldkampioenschap 2010, Oranje wordt 2e en heel Nederland is in de ban van spelers als **Robben**, **Sneijder** en **van der Vaart**. Vier jaar later, Wereld Kampioenschappen 2014, Nederland wordt onder leiding van de eigenwijze, maar zeer ervaren **Louis van Gaal** 3e. Twee jaar later bezwijkt Nederland onder de druk en plaatst zich niet voor het Europees Kampioenschap 2016, maar onze ogen gaan naar 2018, want dan moeten we ons wel plaatsen voor het volgende WK. Dit lukt helaas ook niet en wij als Hollanders maken ons zorgen. Komt het ooit nog goed met Oranje en hoe komt het dat het niet zo heel lang geleden wel goed ging en nu niet?

Ligt het aan de spelers? *Voorheen hadden we een elftal, een goed elftal. Als je in 1988 aan mensen vroeg wie ze de beste speler van het elftal vonden zou ieder-een iets anders zeggen: **Marco van Basten**, **Ruud Gullit**, **Ronald Koeman** enzovoort. Als je het nu zou vragen zouden negen van de tien mensen **Robben** zeggen. En dan heb ik één verassing voor deze mensen: **Robben** heeft een paar maanden geleden afscheid genomen van zijn interlandcarrière. Nu spelers als **Robben**, **Sneijder** en **Kuyt** niet meer meespelen, moeten we het over een andere boeg gooien. Hier komen enkele namen uit de selectie: **Marco Bizot** (AZ), **Hans Hateboer** (Atalanta), **Wout Weghorst** (AZ). Heeft Nederland ooit van deze namen gehoord? Zo ja, het feit dat deze vraag gesteld moet worden zegt al genoeg...*

Ligt het probleem dan bij ons? Hebben wij als Nederlanders te hoge verwachtingen van ons kleine landje? Zo gek is dat toch niet, als je ziet wat ons kikkerlandje presteert op sportgebied is dat zeker niet niks. Nederland deed het fantastisch tijdens de Olympische Spelen in **Pyeong Chang**, we hebben geweldige wielrenners en de Nederlandse voetbalvrouwen zijn nota bene een jaar geleden nog Europees Kampioen geworden! Mogen we dan niet verwachten dat we ons plaatsen voor het WK?

Ondanks het feit dat ik net een beetje heb geprobeerd erachter te komen hoe het komt dat het zo slecht gaat met het Nederlands Elftal, blijft er iets dwars zitten bij ons. We hopen gewoon met z'n allen van harte dat het weer goed komt met Oranje. Gelukkig waren de eerste voortekenen goed, Nederland versloeg Europees Kampioen Portugal vorige maand nog met 3-0, nu hopen dat ze deze lijn kunnen doortrekken...Met dank aan Koen Boshuizen

Never forget 3 types of people: 1/ Who helped you in difficult times.

2/ Who left you in your difficult times 3/ Who put you in difficult times.

De mooiste ruimte in je leven, is de ruimte voor verbetering.

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



Every day is a new beginning.

Take a deep breath, smile, and start again!

Michael Montgomery - First class entertainment

It is not often that a young man emerges in the entertainment industry with such a powerful vocal tone, combining great stage presence and natural charm with his amazing voice. *Michael Montgomery* is winning the hearts of audiences throughout Australia.

Michael came 3rd out of 23 countries in the *Penang Shanghai World Star Quest*. The *Penang Shanghai World Star Quest* is renown as one of the most prestigious competitions in Asia.

It is a privilege to have Michael entertain us at our function.
Some of the comments from various organisations and people:

"This is one very special Talent" - *Alan Jones*.

"What a voice, what a future" - *The Platters*

"Amazing vocals, such ease" - *Opera Australia*

*All this and more at our next function on the 19th May at the Cardiff RSL
Please book early, wear something orange for the Annual Kings Day celebration.*

EXTENDING THE DIMEX PROJECT - *by a Google Survey on-line*

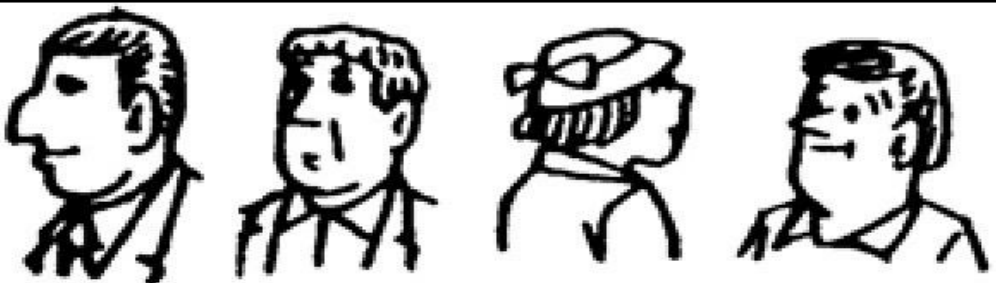
The Dutch Australian Cultural Centre - DACC has started to extend the DIMEX project, originally a questionnaire for post WW II Dutch - Australian immigrants, to more recent newcomers, in order to highlight the different circumstances which lead people to take the step to emigrate. This work is being done by **Klaas Woldring** in co-operation with **Jose van de Akker, Ph. D.** (Doctor of Philosophy) who is doing research about Dutch immigrants who came after 1990.

The original Dutch Immigrants Experiences (DIMEX) project was completed by the DACC some 10 years ago and was an initiative by **Jan Joosten** (Rembrandt Club, St. Marys) en industrialist **Gijs Kommer** who made a special donation for the purpose. The **Royal Australian Historical Society** also made a significant donation. Two thousands copies were distributed in NSW and 307 completed responses were received. A Report was made which is available for the public - and stored in the archive.

The extension has been launched primarily as a Google Survey and is national in character. The URL can be accessed via the DACC website where is found at www.dacc.net (under News). We encourage all who are interested to participate. The "on-line" version is available to all, older and younger Dutch migrants to Australia. Hard copies are also available and are being handed out at the DACC at their venue in Smithfield. (*het Winkeltje*)

Dear Joop, It would be appreciated if the above announcement could be made in your Newsletter. The previous research project was essentially restricted to NSW but the technological advances now make it possible to cover all of Australia. Many thanks for your assistance. **Klaas Woldring**, Secretary DACC.

*If someone sticks by your side through your worst times,
they're the ones who deserve to be with you
through your best times.*



Can you find us on page 5

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"Maybe you could get someone to steal just the parts of your identity that annoy me."



I used to eat a lot of natural foods until I learned that most people die of natural causes

Our Funny Corner - in Dutch

Hier volgt een politiebericht: *"De politie wil uw aandacht vragen voor een schele inbreker. Als u deze man voor uw raam ziet staan, waarschuw dan meteen de bureu."*

Jaap is in de vijver gevallen en wordt gelukkig net op tijd gered door een passerende voorbijganger. Deze man vraagt hem: *"Kun je niet zwemmen?"* **"jawel hoor"** antwoordt Jaapie een beetje geschrokken, *"Maar op dat bordje aan de kant staat 'verboden te zwemmen!'"*

Pietje drinkt achter elkaar zijn glaasje melk op en laat daarna in het bijzijn van zijn moeder een harde boer. Vraagt zijn moeder: *"Pietje, wat is dat nou?"* Zegt Pietje *"De melkboer, ma."*

Komt een jongen in de bar en bestelt 19 biertjes *"Waarom zoveel?"* vraagt de ober verbaasd. *"Ja,"* antwoord de jongen, *"bij het binnenkomen staat er een bord in de gang..... onder de 18 wordt niet getapt."*

4 mei is de dodenherdenking - 5 mei is onze Bevrijdingsdag



Dutch news Broadcast in Australia

Nederlands

Seven Billion Stories and counting...

Dagelijks Hollands Nieuws - vanaf 10am - op SBS 2 - BVN

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

So Very Dutch

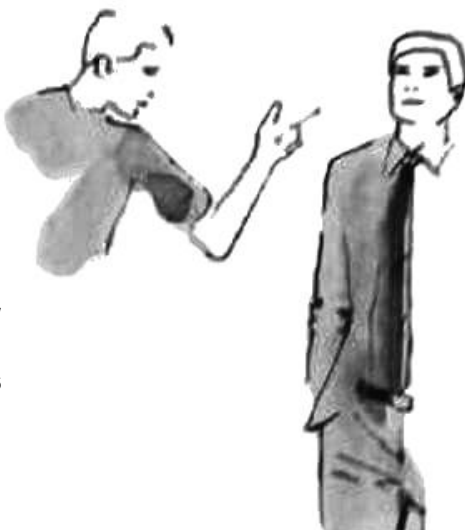
Dutch directness

The Dutch are renowned for speaking their minds: from complete strangers reprimanding you for chatting in the train's quiet zone, to a friend not telling you a white lie about your bad haircut.

Outsiders often see this as being rude or tactless, but for the Dutch it is actually a virtue of sincerity and honesty.

They don't mince their words or beat around the bush, and are often not afraid to discuss hot topics such as religion, politics, immigration or money.

In fact, it is even seen as a cultural remark or action in a social situation that is a mistake and causes embarrassment or offense not to have an opinion.



Some studies trace this directness back to the country's history of Calvinism:

Calvinists are concerned with the essence of things and what is really important in life.

The good thing about this unkind Dutch feeling or openness?

At least you know exactly where you stand with the average Dutch person.

War is organised murder and nothing else!

*Yes, skating was observed
during the winter of 2018*



Stay Strong. Even when it feels like everything is falling apart.



*We thought this was just another
victim of a battery explosion in
some mobile phones that were
sold last year in Australia.*

*This time it wasn't the battery
that didn't explode.....*

*It was the wife who found out
his mobile phone password!!!*

*Forget who hurt you yesterday
But don't forget who loved you yesterday
Forget the past that makes you cry and
Focus on the present that makes you smile!*

Een reis over de toppen en diepe dalen is voltooid, toch zijn wij diep bedroefd. Toch nog geheel onverwacht is rustig en vredig van ons heengegaan

Robert John Baas - Aged 58 Years

Robert passed away peacefully on Monday 2nd April 2018 at the Opal Aged Care facility - Mount Hutton, formerly of Charlestown.

Robert was the son of **Rinnie** and the late **Henk Baas**. A brother and brother-in-law to **Belinda**, **Hank** and **Donna**. **Roberts** nephews and Nieces **Henry**, **Tom**, **Michael**, **Rebecca** and **Matthew**. Including their respective partners and friends.

A Funeral service and celebration of his life was held in the Belmont Chapel of Pettigrew Family Funerals on **Monday 9th April 2018**.

A private cremation followed the service.

*On behalf of the Dutch Society Concordia we convey our deepest sympathy to **Rinnie** and all in the family.*

Rust in Vrede - Rest In Peace

*De dood beëindigt alles,
behalve de herinnering aan wat wij tijdens ons
leven tot stand hebben gebracht.*

It is with deep sadness to announce the passing of **Ron Stevens**, loved husband of **Elaine**. **Ron** was the beloved son of our member **Coby Stevens**. **Ron** passed away after a long illness on the 13th February 2018 at his home in Swansea. On behalf of all our members we wish **Elaine**, **Coby** and all in the family our most profound condolences. Thinking of you all during this difficult time. May **Ron** rest in Peace

D E A D L I N E next issue - **15th JUNE 2018**

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

SEPTEMBER - OCTOBER 2018 issue.



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Did you know getting an annual flu shot is the best protection against influenza? Influenza is more serious than the common cold. Last year more than 650 people died in NSW from influenza related complications. By getting a flu shot you're protecting yourself and the community from serious illness this winter. This year's influenza vaccines have been updated to provide the best possible protection. Don't worry, you can't catch influenza from the flu shot, it doesn't contain a live virus.

Please speak to your GP or pharmacist to get the flu shot.

There's also some other simple ways to stop spreading the flu:

- 1) Sneeze into your elbow**
- 2) Clean your hands frequently**
- 3) Stay at home if not well or feeling sick.**



The Dutch Society 'Concordia'
invites you to a very special
Luncheon and entertainment day

Eastern Tiger Restaurant

**BBQ • Asian • Carvery • Seafood •
Desserts • Coffee • Tea • All you can Eat •**

This is your personal invitation...

*Our special Guest for today: Michael Montgomery
entertainer extraordinaire - Followed by our Joop.*

We will reward you with a cozy and different afternoon

Saturday 17th March, 2018 at the Cardiff RSL Club, 45 Macquarie Road, Cardiff, NSW

We come together from 11.00am & finish at 4-00pm Sharp

**Cost for the afternoon including an all you can eat meal, copious amounts of coffee, tea....
and all the afternoon's entertainment for a very, very low....**

\$ 20.00 for MEMBERS (pp) Non-Member's will also be charged the price of \$ 20-00 (pp)

Our private room at the Cardiff RSL only seats 100 people.

BOOKINGS a MUST - Ring Toni 4958 1552 or Joop 4954 5227

You may make bookings online: concordianewcastle@bigpond.com

Find and circle all of the words that are hidden in the grid.
The remaining 47 letters spell a Mother Theresa quotation.

W R E D E S D E B W S H L P Y R E W O H S A L
L E N E R O U N D S A I R R U E C S S G V T E
R A K E A A S I N S A N D E S Z I O N G R O M
S D N W C E O A N R E N D I S N Z I M A U E L
L I L T N R S B F C U I C E G S T L N F M R H
L N E I M E E N N A O R T A R E E S E O O G D
A G O W A Z V A L I E N L I E I F R R S N R S
F R M H G I O I G X T O T M V E N Y D I O R T
S O O E A R L L E T N E F I R I L G T R E D E
N M O E Z U G C A G E F L B N O T E T E I H V
E O R L I T L L S S A L E L S E E C T S L A A
E O G C N S A I E T P L E S U M N N A E I U H
D R N H E I C P S C T I U V E B U C A L A R S
L H I A S O I P R T H P R S I L T A E B R I S
E T N I S M D E U I P A A I O S B O M A D N B
D A I R C P E R N E L C R V N L I B H T E A U
O B D A E S M S R S E R U T N E D O A S B L R
C M N T S I P A R E H T O I S Y H P N R U I C
T E L E G L U C O S E M E T E R M U S I C L S
O C L L I P G N I P E E L S S G N I T U O S F
R A N S E M A G D R A O B P E T T H E R A P Y
D R E S I D E N T S O H A L L W A Y S E D I A

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WANDERING
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Vrijheid is niet vanzelfsprekend

Sta daar maar eens twee minuten bij stil...

Health and Superfoods

Having experienced first hand the problems associated with my own health during the past 7 years, having beaten aggressive Prostate cancer, I now face a new battle. A one centimetre cancer cell was picked up in my hip bone after a PET scan. I was totally floored but my positive outlook said. ***"Just another challenge in my fascinating life."*** Immediate treatment was started, a **\$1,046.60** hormone injection was applied under my skin. This is a newer type weapon to start shrinking tumours or cancer cells. Being a person that never smoked or drank alcohol means my internal organs were in perfect shape to fight this new invader. Still it was a shock to my system and with my sober lifestyle I never ever expected this to happen to me. But we all know that everyone is a carrier of cancer, not everyone develops cancer. That is the irony of life. Lately I have been investigating and looking at my overall lifestyle habits and what I can do to make me more resistant to a healthier future. Was I ready to step into my fullest power? Our body is meant to live a joyful, radiant, abundant life, providing we take care of it and let the nasties like drinking and smoking not be the cause of self inflicted diseases later in our lives.

What does it really take to reach our peak performance as humans and arrive at an elevated level? *The fact is, within each of us is the unique ability to unlock an inner genius. The foods we eat, the thoughts we think, and the way we move our bodies, all affect our superpowers that have been lying dormant. I was reading not so long ago that only a few centimetres from our eyes are 86 billion of the most efficient transistors known to mankind – the neural network brain known as "you". The fact that your brain is capable of storing nearly 8,000 iPhones worth of info illustrates its impressive capabilities and many divine and unbelievable functions.*

Before we talk about superfood secrets that unleash our inner health, why are our brains hurting so much in such an advanced society? ***"Society is Sick and Tired of Being Sick and Tired"*** Simplicity is key when embarking on any journey. An important way to begin your quest for better health is to ask... why? The why's can serve you as the foundation for this miraculous unfolding. When we go in this health journey, our physical symptoms can prompt investigative questions like, ***"why are the simple things so hard for me to do?"*** The answer to our ***"why"*** could actually lead to a very simple answer: we are what we eat. May this quest to ***"heal thyself"*** lead to a lifelong commitment of bettering our brain health. Gathering the right tools on-board is essential to investing in our inner genius, which brings me to **Max Lugavere's** latest book,

(Continued from page 20)

Genius Foods – a Guide to become smarter, happier, and more productive while protecting your brain for life. Each bite of food we take is an investment in our future brain and makes for a more vibrant life in the present moment too. Here are **6 smart foods** to unlock your best brain ever:

Dark Chocolate. *Decadently rich in cocoa flavanols (a type of polyphenol), dark chocolate has been shown to reverse signs of cognitive aging and improve blood flow to the brain. Not only that, it will instantly boost your mood and increase the neurotransmitter, serotonin. **Pro-tip:** Consume one 85% dark chocolate bar a week (preferably organic and fair trade certified.)*

Avocados. They are a phenomenal superfood go-to and have the highest total fat-protecting capacity of any fruit or veggie. Your brain is the fattiest organ in the body which makes a high dose of healthy monounsaturated fats like avocado's and beautiful pairing for the best brain waves.

Almonds. *This is the ultimate superfood snack (and why not add a few pieces of dark chocolate for the most radiant trail mix?) They are a famously rich source of polyphenols and the fat-soluble antioxidant, Vitamin E, which supports neuroplasticity.*

Blueberries. Blueberries, or as neuroscientist **Dr. Amen** calls them, “brain berries”, are abundant in antioxidants. These blue beauties are simply brimming with flavonoids – a class of polyphenols found throughout other “Genius foods” such as extra virgin olive oil. Which brings us to our next smart food:

Extra-Virgin Olive Oil. *is a must for any genius food lover's pantry. It's the easiest to utilize because you can literally pour it on everything (including yourself, it makes a great body lotion.) Olive oil contains a compound called **oleocanthal**, a type of phenol that has powerful anti-inflammatory properties. Be diligent about finding the highest quality brands and look for darker bottles that protect its delicate compounds.*

Dark Leafy Greens. These veggies are your brain's best bud! Tender greens such as cabbage, kale, and arugula are ripe with folate, magnesium, and fiber which feeds the gut's microbiome.

Genius Foods Are Just the Beginning. *Celebrating our body's innate wisdom means nourishing ourselves, deeply. It's not just what we eat, but how we eat it (and how it was grown.) Stick to what has remained closest to nature, go for organic, and buy local if possible. The most important part is to stay connected*

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to our source and seek out what's purest for our biological tanks. Get outside, drink plenty of water in the sunshine, stay grounded, and play outside barefoot. You are now on the path to unlocking your highest self – the Genius that is **You**. And don't forget to pick up Max's new book, **Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life**, which includes a full Genius Plan, shopping list, and everyday info to fix your fatigue and help you to feel better and great again. *Editor*

*Love is like war,
easy to begin but very hard to stop.*

Het laatste Nederlandse Nieuws - Jan van der Lugt

Het is eindelijk Lente in Nederland. Met temperaturen van 20 graden Celsius en hoger kwam er pas op zaterdag 7 april 2018 een einde aan die lange winter van 2017 op 2018. Die eerste echte warme Lentedag van 2018 wordt in Nederland altijd "**rokjesdag**" genoemd, omdat dit de eerste dag is waarop de dames de zon opzoeken om hun door de winter nog witte benen wat bruiner te laten lijken.

Zoals u weet is het in Nederland sinds 2.008 verboden om in de restaurants en in de Cafés nog te roken. Toen men die anti-rook wet invoerde werd er wel bij bepaald dat er in elke café of restaurant een "**rookkamer**" mag komen om de klanten daar te kunnen laten roken in die "**speciale ruimten**". Maar de Stichting "**Clean Air Nederland**" (CAN) stapte naar de rechter omdat zij vonden dat die "**speciale ruimten**" om te mogen roken maar voor jaar van toepassing waren en dat die tijd allang voorbij was. Zij vrezen nu dat die rook-ruimten na al die jaren voor velen dramatische gevolgen zouden kunnen gaan krijgen. De Rechter gaf hen daarin gelijk en verbiedt nu al die "**speciale rook ruimten**" voor de klanten om daar nog te kunnen gaan roken. De Regering heeft al toegezegd dat die speciale ruimten zo snel mogelijk weer dienen te verdwijnen. Uiterlijk over enige tijd zullen die "**rook ruimten**" dan ook absoluut voor 100 procent volledig "**rook vrij**" moeten zijn gemaakt en worden alle Cafés en Restaurants

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in Holland, na jaar, dan toch alsnog eindelijk volledig 100 procent rookvrij gemaakt. De Cafés vrezen een grote omzetsdaling door het stringentere rookverbod.

Het is maar bij weinigen in Nederland bekend dat Rotterdam in de tweede wereldoorlog twee keer werd getroffen door een zwaar bombardement. De eerste keer was dat op 10 mei 1940, waarmee de hele binnenstad van Rotterdam werd verwoest. Het tweede bombardement vond plaats door het Amerikaanse 305 **Bomb Groups** op 31 maart 1943 om 13.21 uur. Bij dit bombardement werden bommen gegooid in Rotterdam-West en wel op de zuidoever van de Maas en op de havens van de Rotterdamse Droogdok Maatschappij, welke door de Duitsers in bezet Nederland werden gebruikt om Engeland te gaan aanvallen. Hierna kwamen de vliegtuigen van de Engelsen met hun “**303 Bomb Groups**” aan de beurt om met het afwerpen van hun brandbommen op de door de Duitsers bezette haven van Rotterdam. Maar door de stormachtige wind vielen veel brandbommen echter niet op de haven, maar op een dichtbevolkte woonwijk in Rotterdam-West er vlak naast. Onmiddellijk hierna kwamen de brandweermannen uit Den Haag, Leiden Gouda en Utrecht naar dat gebied toe om uitbreiding van de vuurzee te voorkomen. Zo’n 57 slachtoffers kwamen om bij deze brand in Rotterdam-West.

Een vriendelijke Nederlandse lente groet; *Jan van der Lugt*

***I don't live in the Netherlands but
The Netherlands will always live in me!***

The editor of Concordia has done its utmost to identify all holders of our archive material used. If a person or company can prove that its consent was required regarding material used by us, we ask them to contact us within 2 months after publication of this newsletter

De editor van Concordia heeft zijn uiterste best gedaan om alle rechthebbenden van door ons gebruikt archiefmateriaal te achterhalen. Indien een persoon of bedrijf echter kan aantonen dat haar toestemming m.b.t. door ons gebruikt materiaal was vereist, dan verzoeken wij deze om binnen 2 maanden na publicatie contact met ons op te nemen. **Editor**



**For Sale: 4 older style security camera's,
still in good working order. Please make an offer!**

*"I realised when you look at your mother,
you are looking at the purest love you will ever know."*

The hidden message of our Puzzle on page 19 of this issue is:
We shall never know all the good that a simple smile can do

*I maybe wrong, but I highly doubt it
I am Dutch!*

Did you know?

It's safe to drink tap water anywhere in the Netherlands. **You should never walk** on a cycle path. **you can risk** injury from oncoming bikes. **You don't have to tip** in the Netherlands, but a tip of around **10%** is very much appreciated.

Senior Citizens Funnies



The importance of "Walking on the bright side"

Walking can add minutes to your life. This enables you, at 85 years old, to spend an additional 5 months in a nursing home at \$7000 per month

My grandpa started walking five miles a day when he was 60.

Now he's 97 years old and we still have no idea where he is.

I like long walks especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to actually go there.

Every time I hear the dirty word 'exercise',
I wash my mouth out with chocolate.

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise over the last few years,.....
just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Every time I start thinking too much about how I look, I just find a Happy Hour somewhere. Then, by the time I leave, I look just fine.

What do they think of next?



**De fietsenmaker
Anno 1950**

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Welcome to the Netherlands - Joop de Wit

T*he Netherlands is a country very much misunderstood by many outsiders, Holland has been transformed with exemplary diligence into a prosperous and unexpectedly multi-faceted country. One of my visits to the Netherlands in August 1993 was to celebrate my mothers 90th birthday on the 25th August. I kept it as a surprise, she didn't know about it, only some of my immediate family were informed. It was something that made many of us cry in seeing the face of my mum after so many years, it was a sight to behold and very much a never to be forgotten memorable experience. When I was preparing my next trip to celebrate a Dutch Christmas and the traditional old and new with my mum and family in 1997, Mum unfortunately passed away on the 2nd September 1997, age 94, sadly I had to cancel this trip, I was so looking forward to it to see my mum.*

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The next trip was not until 2008. I traveled with my friend **John** who up till that time has never been outside Australia. After **John** was brushing up, including reading on how most outsiders think about us '**Dutchies**' it seem to be a common belief that we are regarded as pretty good and rather versatile people, the Dutchman is also rather informal, interested and candid, as long as you don't ask about his income. They are also pretty tolerant, and are keen to export ideals of freedom and equality. They are barely aware of the fact that they sometimes trample through the global china shop with clogs on. Some are unusual, even obstinate characters, although most think that we're perfectly normal. Unaware that our country is brimming with sights to see and that our culture overflows with unique traditions. He was equally unaware of the fact that visitors from abroad could do with a user manual. Just catch a bus with your '**stripping card**' and call around for a nice raw herring, a Dutch motto.

The Netherlands may be small, but this vibrant country definitely punches above its weight. Witness the windmills, fields of colourful tulips, and a seemingly endless supply of bicycles. It was a great experience for him, I was just so taken by the things we take for granted when visiting our country of birth, after all I lived there for 24 years before deciding to live in OZ. Taking someone as a tourist throws a whole new light on the visit to the Netherlands.

The Netherlands is a small and compact country, so the Dutch go almost everywhere by bicycle. You'll only need a bike and public transport if you plan to stay in a city. You can also reach other European cities easily by train or car – from Amsterdam, you can drive to Paris in just 4-hours, which we did.

The currency in Holland is the euro (EUR). Cash and Maestro debit cards, called '**pin cards**', are the most common form of payment for goods and services. Credit cards are not commonly used in the Netherlands for smaller purchases like car parks and train tickets, so it's a good idea to carry some cash and coins with you. The Netherlands, it seems, is a much more versatile country than most people think - the Dutch most of all.

Questions from my friend were: who is **Rembrandt** and what is the story around **Hans Brinker**? What makes Dutch football so unique? Why do people call the country '**Holland**' and not simply '**the Netherlands**'? What is **Delft Blue**? How can I survive **Dutch** cooking? Why do the Dutch swear by consultation and orderliness? And tulips and windmills? And are the Dutch really born as misers, a person who spends as little money as possible? The answer I gave him was; **YES**. This visit was a great eye opener, I will always remember it. **Joop**



*"Once you're a mom, you're always a mom.
It's like riding a bike, you never forget."*

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Some of the aftermath of the second World War

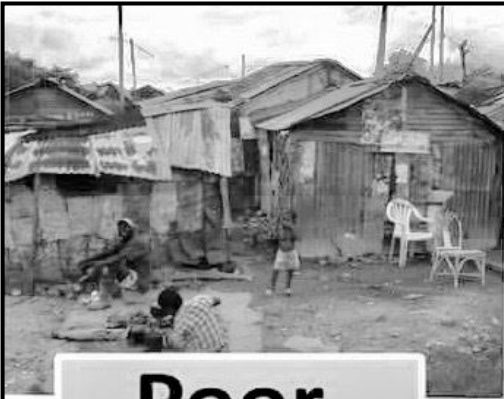
After World War II, the Netherlands was a country in ruins and the major pre-war trade lines with Germany were severed. Because of the importance of trade with Germany, the proposed demand for compensation (*25 billion Guilders - a tenfold of the actual damage*) was dropped. But there was still a lot of resentment. Many people were arrested, most notably collaborators (*NSB*). The 25,000 people living in the Netherlands with German nationality (*who often had Dutch wives and children*) were branded *as hostile subjects*. (*vijandelijke onderdanen*). They were to be evicted in three groups, in reverse order of entry. The first ones who had to leave were those who came after the start of the war (*mostly factory workers*), then those who came after 1932 (*including political refugees, amongst them Jews*) and then the rest, many of whom were economic refugees from the 1920s.

During the war, many of these Germans were drafted for the German army or otherwise enlisted by the invaders against their will and their children were sent to separate German schools. Quite often, neighbours didn't even know until then that they were Germans. When they were to be evicted those neighbours often filed protests, which could lead to their release. Another way the Germans could avoid eviction was to prove that they were essential to the Dutch economy. If they were, any pro-Nazi sentiments they might have had were easily overlooked. Also, it was decided not to evict those who emigrated to the Netherlands before the war and who had proven themselves good Dutch citizens. Of course, if they had helped the Dutch resistance that also changed matters.

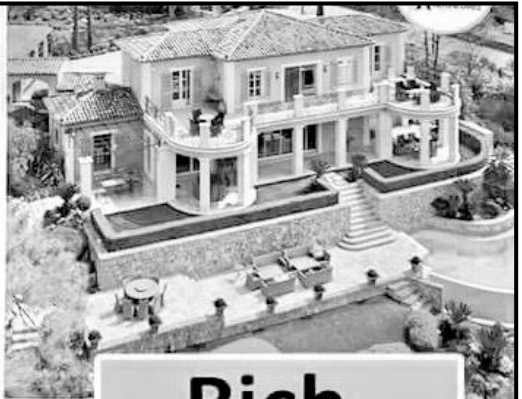
The operation started on 10 September 1946 in Amsterdam, where Germans and their families were taken from their homes in the middle of the night and given one hour to collect 50 kg of luggage. They were allowed to take 100 Guilders. The rest of their possessions went to the state. They were taken to concentration camps near the German border, the biggest of which was *Mariënbosch* near Nijmegen. The allied forces that occupied western Germany didn't like this operation because other countries might follow suit and western Germany was in too bad a state to receive all these newcomers. The British troops in Germany reacted by evicting 100,000 Dutch citizens in Germany to the Netherlands.

This operation ended in 1948 and on 26 July 1951 the state of war with Germany officially ended and the Germans were no longer regarded as state enemies.

***When you are separated from the Country you love,
your feelings are generally even stronger.***

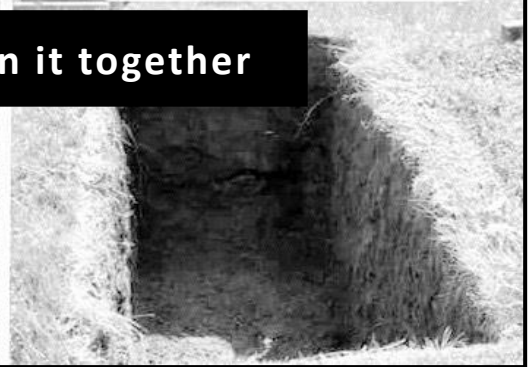


Poor



Rich

We are all in it together



*In the end, only three things matter:
How much you loved, how gently you lived, and how
gracefully you let go of things not meant for you.*

Er is er een jarig

Gefeliciteerd

Hiep Hiep

HOERAAA!!!



Holland, mijn Holland....wat ben je toch mooi!



*I exercise every morning without fail.
One eyelid goes up and the other follows.*



*Everyone
who works till their
67th Birthday or beyond
will be eligible to our
special company car
as a present for reaching
the Age Pension...*

*War, poverty, misery, and nearly one hundred million people
dead came from what essentially was a single wrong turn.*

Passport Check in French

An elderly *Canadian* gentleman of **83** arrived in *Paris* by plane. At the *French* customs desk, the man took a few minutes to locate his passport in his carry-on bag. ***"Have you ever been to France before, monsieur?"*** the customs officer asked, sarcastically. The elderly gentleman admitted he had been to *France* previously. ***"Then you should know by now to have your passport ready."*** The *Canadian* said, ***"The last time I was here, I didn't have to show it."*** ***"Impossible, Canadians always have to show their passports on arrival in France!"*** The *Canadian* senior gave the *Frenchman*, a long hard look, then he quietly explained, ***"Well, when I came ashore at Juno Beach on D - Day in 1944 to help liberate this country, I couldn't find a Frenchmen to show it to".***

Comments made in the year 1955! That's 63 years ago!

I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20.00.'

*'Have you seen the line of new cars coming out next year?
It won't be long before \$2,000.00 will only buy you a used one.'*

'If cigarettes keep going up in price, I'm going to quit - 25c a pack is ridiculous.'

'Did you hear the post office is thinking about charging 10c just to mail a letter?'

'If they raise the minimum wage to \$10.00, nobody will be able to hire outside help at the store.'

'When I first started driving, who would have thought petrol would someday cost 12 cents a liter. Guess we'd be better off leaving the car in the garage.'

'Kids today are impossible. Those duck tail hair cuts make it impossible to stay groomed. Next thing you know, boys will be wearing their hair as long as the girls.'

'I'm afraid to send my kids to the movies any more.'

Ever since they let Clark Gable get by with saying DAMN in GONE WITH THE WIND, it seems every new movie has either HELL or DAMN in it.'

*'I read the other day where some scientist thinks
it's possible to put a man on the moon by the end of the century.
They even have some fellows they call astronauts preparing for it down in Texas.'*

'Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the Prime Minister.'

*'I never thought I'd see the day all our kitchen appliances would be electric.
They are even making electric typewriters now.'*

'It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet.' It won't be long before young couples are going to have to hire someone to watch their kids so they can both work.'

'Marriage doesn't mean a thing any more, those Hollywood stars seem to be getting divorced at the drop of a hat.'

'There is no sense going to Sydney or Melbourne anymore for a weekend, it costs nearly \$15.00 a night to stay in a hotel.'

'If they think I'll pay 50 cents for a hair cut, forget it.'

**Know any friends who would get a kick out of these statements!
Be sure and let also your kids and grandkids read this story too!**

CONCORDIA's official function dates for 2018

Join us at our very special May program in the Cardiff RSL

**It is a privilege to have Michael Montgomery entertain us
during our first part at our May function.**

**In our second part we celebrate our usual
Remembrance, Liberation, King's & Mothers day**

Saturday 19th May. 2018 - Cardiff RSL - Function Room

Don't forget to book your seats early.

We are commencing at 11.30am - Doors open at 11am

Typical Dutch Winterfest - Saturday 21st July, 2018

Cardiff RSL - Function Room with music from Yesteryear

Commencing at 11.30am Doors open at 11am

Concordia's 61st Birthday including Fathers day

Saturday 15th September, 2018 - Cardiff RSL - Function Room

Commencing at 11.30am Doors open at 11am

Saturday 27th October - 2018

Concordia's Annual General Meeting - commencing at 2pm

Venue to be advised - when we get closer to the date of the AGM

Saturday 1st December - 2018 - *commencing at midday.*

Concordia celebrates the annual arrival of *St. Nicholas.*

**You may play your part in the greatest Dutch event of the year in
our region. Please help us to mention this very special day to all
those interested in our culture. It's a typical *Dutch Day* in the park.**

Marmong Park, 31b George Street, Marmong Point.

Sunday 2nd December - 2018 - Sacred Heart Cathedral

Our Annual Multicultural Christmas Carols Concert

Commencing at 7pm

Saturday 22nd December - 2018 - Cardiff RSL

A very traditional Dutch Christmas afternoon.

Please book early to avoid disappointment.

NEW MEMBERSHIP / RENEWAL APPLICATION

DUTCH SOCIETY CONCORDIA - NEWCASTLE & DISTRICT

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Tick if this is a donation	<input type="checkbox"/>	<i>I like to make a donation to Concordia</i>
for the period 2018 / 2019		<i>I agree to accept and abide by its constitution</i>
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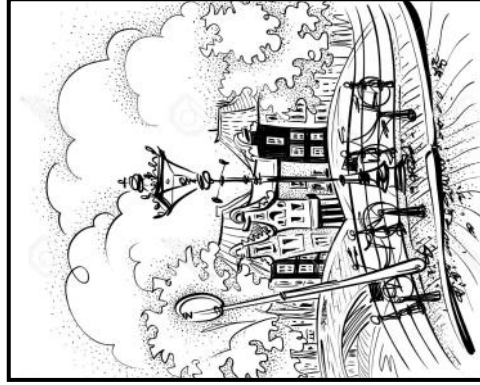
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Happy Mother's Day