



SEPTEMBER - OCTOBER 2021

Issue 218

Nederland

Australia



OFFICIAL PUBLICATION OF THE DUTCH SOCIETY

CONCORDIA Newcastle Region NSW

We have so many beautiful memories of our past.

Holland wat ben je toch mooi

Hand painted in Delfts Blue



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Any of the above information, wrong or out of date, please contact the editor at your earliest convenience, we will be able to change or make an immediate alteration in the general interest of our members.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

Dear readers, I hope this finds you well. Yes, we sure live in a very different world right now, the lockdown was again extended and with more bad news on the Covid front, my question is, when will it all end? I still believe that we cannot come safely together till at least **70% or 80%** of the population is vaccinated. We need to be vigilant as part of our responsibility towards our members, we take this Delta virus very serious. Even the Netherlands is still having lots of Covid issues.

We are also experiencing a rather cold winter. *We have passed the **Winter Solstice**, which is the shortest day of the year (or the longest night of the year depending on how you look at it). I heard someone on the radio talking about this the other day as I was driving home from visiting a few aged care facilities. The person that was interviewed was saying that he loves this day of the year because it signals a turn around. Yes, we reached the **Summit** and are heading back towards the warmer weather, there is light at the end of the tunnel. As yet this might be true, we are still in big trouble to enjoy it because of the never ending Covid pandemic which now includes the latest more virulent Delta strain.*

It was still a pretty busy time for me, tinged with sadness. We lost a number of our members. We were not able to attend because of the Covid restrictions, therefore I was only able to communicate by certain media like Email, Facebook, Messenger, Twitter or Phone. Its so sad that we cannot personally support those that have lost a loved one and by the shackles that have been placed upon us due to the Pandemic. The latest Delta strain is still playing havoc in the world as I am writing this.

While in lockdown *I had a good chance to do some soul searching and to open my eyes to a real world by reading and watching the news on TV and other media outlets. I'm not going to comment about those that are openly rebelling or rejecting the advice of the health experts, not about anyone's faith or believe for not wanting the vaccination. I'm talking about investigating my real life's curiosity, I've discovered lately that there are some issues that are weighing many people down. Personally, as I assess my own situation in this current lock-up period, I sure gained a different outlook in my daily activities by having to stay at home because of Covid, a bonus to me while concentrating on this latest Concordia issue.*

(Continued on page 4)

(Continued from page 3)

Sometimes, when life is particularly awful and we keep being dealt bad hands, the only thing we have left is think, dream and imagine. You can take just about everything away from a person, but you can't take their thoughts away. Their hopes, and dreams, their imagination, they're always very personal and yours for life! (**More on page 22 of this issue**)

"Happiness" is just one of those things. It seems to be the buzz word at the moment. I think it can be a bit misleading though. It sounds kind of egotistical in my mind. The surprising thing is that most people who talk about happiness talk about its causes being not quite what you might expect. Life is not about attaining as much wealth as possible, or living in the nicest house in the fanciest suburb. It seems that it's more about generosity, and kindness and simply taking good care of ourselves so we have more to give others. The cancer scare and the many treatments which I experienced during the last 10 years was certainly a big moment of truth in my personal life, I hope that I am able to share my happiness with my friends and the Dutch community for a very long time to come. Lets stay positive and united, especially during this Covid 19 **'Delta'** lockdown.

We unfortunately cannot proceed with our usual Birthday function in September due to the current crisis and the Cardiff RSL informing us about the upcoming renovations which are starting soon. Regardless what, we still have to comply with distance, the wearing of masks and the hygiene procedures. We still don't know what the future will bring. I was reading that we will not be safe till around December as quoted by a number of health experts. Some were stating that **80%** of the population needs to be vaccinated before major restrictions can be lifted towards some form of normality. So many different viewpoints, but no answers.

Yes dear readers, we do live in difficult times, believe it or not. We do have an obligation to our members in having a very safe environment to meet again. When that will be is the big question that no-one can answer. We shall keep you informed, please stay safe and positive, we must win this Covid war by sticking together. **Your Concordia newsletter** is still being produced to keep you happy and smiling. Take care, *Your Editor*

Waar je ogen niet waren, moet je mond niet praten.

From the Presidents Desk **Toni Somerville**

Dear Readers, our July function, even though less members attended, was great. We did the right thing by sitting apart, wearing our facemasks, staying seated at the tables and not standing around talking. Thank you everyone. **Joop's** entertainment was, as usual, very enjoyable.

Sadly we need to let you know that our **64th birthday function** in September has been cancelled. This is due to renovations happening at the RSL club in September. We usually give our Father's a small gift on the day. We hope to be able to give you the gift at our Christmas function, all being well and depending on Covid. Also then we may treat our members who have paid their **2021-2022 memberships** to a free lunch. Committee will discuss it at a later date. Celebrations for the remainder of the year depends on Covid, even for our St Nicholas this year.

I hope you appreciate that it is so difficult to make decisions ahead now. I write this in particular about St Nicholas this year as it takes a lot of organisation, buying groceries and raffle prizes, lots of baking etc. Fingers crossed so we can give the children and adults another very special **Dutch Day in the Park** early December. The children missed the day very much last year. May I mention that it will be **50 years** that our **St Nicholas** has been, first as a '**Zwarte Piet**,' yes it was allowed then, and already for some years our **St Nicholas**. Thank you very much **Terry**, over the years you have given children and adults so much pleasure and fabulous memories to treasure.

We are not sure if we can have our AGM at the usual Mennonite Church Hall in October. We have thought of postponing it like last year. If more is known we will inform you. Our committee member, **Martin van Laerhoven** has resigned for personal reasons. We will miss **Martin** and we thank him most sincerely for his time in the committee.

Did you watch the Olympic Games? Sadly there were no spectators allowed due to Covid. Even so all athletes were amazing. They were all winners in my eyes as their dedication and determination is amazing. Dad always said, If the Dutch are playing against the Aussies, we can't lose. We are always winners. I thought of his words while watching Australia and Netherland in a canoe race, forgot the proper name.

(Continued from page 5)

Australia just beat the Netherlands. Same in some swimming race. Both countries did very well, so richly deserved.

We are in the second week of a lockdown in Newcastle, Lake Macquarie and other close areas as I write this piece. On the ABC, early one morning recently, there was a very interesting and frightening program about long term health of people who have been severely infected with the Covid Delta strain. In particular the younger population. There is no silver bullet. Prevention is best. Get vaccinated and stay home is what we hear continually. If only everyone did that.

Take care, keep well and stay safe. Until the next edition. *Toni.*

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

LAUGHTER IS THE SOUL'S MEDICINE!!

T **TEACHER:** How old is your father? **CHILD:** He is 6 years. **TEACHER:** What, How is this possible? **Child:** He became father only when I was born. **(Logic!! Children are quick and always speak their minds)**

TEACHER: Maria, go to the map and find North America. **MARIA:** Here it is.

TEACHER: Correct. Now, Class, who discovered America? **CLASS:** Maria.

TEACHER: Glenn, how do you spell 'crocodile?' **GLENN:** K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong **GLENN:** Maybe it is wrong, but you asked me how I spell it. **(I love this child!)**

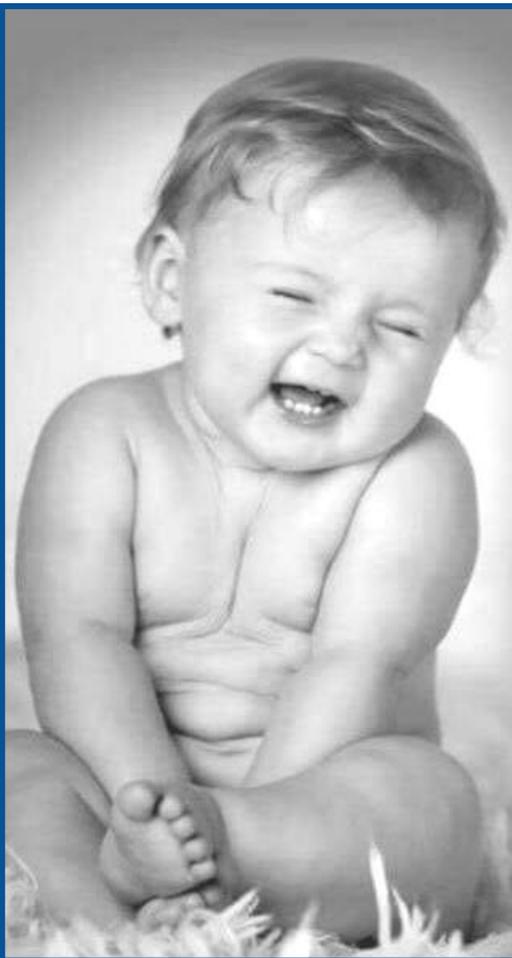
TEACHER: Donald, what is the chemical formula for water? **DONALD:** H I J K

L M N O. **TEACHER:** What are you talking about? **DONALD:** Yesterday you said it's H to O.

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his? **CLYDE:** No, sir; It's the same dog. **(I want to adopt this kid!!!)**

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested? **HAROLD:** A teacher.

Your word is always your most valuable asset!



BENEFITS OF LAUGHING

- Reduces heart disease
- Natural pain killer
- Improves breathing
- Helps you lose weight
- Gives good sleep
- Decreases stress
- Makes you look young

THERE'S NO REASON NOT TO LAUGH!

*A mother can take care of 10 children,
but sometimes 10 children can't take care of one Mother!*

Tea can be an evil substance..

I discovered this last night. I had drunk 14 beers up until 3:00am at a local pub while my wife was just drinking tea at home. You should have seen how angry and violent she was when I got home. I was peaceful, silent and headed to bed as she shouted at me, all night long and even into the next morning. **Please ladies, if you can't handle your tea, just don't drink it....**

*Waarom staat er een haan op de kerk?
Anders komt er geen kip!*

Dagelijks Nederlands nieuws vanaf 10am

Nederlands

Seven Billion Stories and counting...

SBS

Channel 31

*Carrots may be good for your eyes,
but booze will double your vision*

De Nederlandse stampot in ons taalgebruik

Het zou raar zijn als zo'n traditioneel gerecht als stampot niet in de Nederlandse taal zou zijn doorgedrongen. En dat is het dan ook! De hutspot is de linguïstische winnaar op alle andere stampotten als het gaat om het taalgebruik:

"we zullen hutspot van ze maken!" hen in de pan hakken, vernietigen.

"dat boek van hem is een echte hutspot" rommeltje, warwinkel

"hij ontdekt de hele hutspot" hij heeft alles ontdekt.

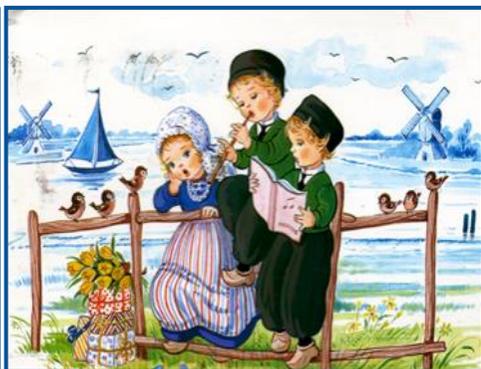
Hij is er achter gekomen

"aangebrande hutspot" een zaakje dat niet in orde is.

"komen als een hond in de hutspot" zeer onwelkom zijn

"De hond in de pot vinden" thuiskomen als het middagmaal afgelopen is, als er niets meer is overgebleven van de hutspot of het eten.

Jongens, wat een (lekkere) hutspot, we gaan weer heerlijk smullen.



YES WE ARE OPEN
6 DAY'S
FOR YOUR
CONVENIENCE

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*One minute you're young and fun.
But the next part of your life
you are turning down the sound in your car to see better...*

SOME FACTS are not always true - Editor

1. **Your shoes** are the first thing people subconsciously notice about you. Wear nice shoes.
2. **If you sit** for more than 11 hours a day, there's a 50% chance you'll die within the next 3 years. **Joop please get out of your chair right now!!**
3. **There are** at least 6 people in the world who look exactly like you. there's a 9% chance that you'll meet one of them in your lifetime.
4. **Sleeping** without a pillow reduces back pain and keeps your spine stronger.
5. **A person's** height is determined by their father, and their weight is determined by their mother.
6. **If a part** of your body "**falls asleep**", You can almost always "**wake it up**" by shaking your head.
7. **There are** three things the human brain cannot resist noticing - food, attractive people and danger.
8. **Right-handed** people tend to chew food on their right side.
9. **Putting** dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.
10. **According to** Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.
11. **There are** so many kinds of apples, that if you ate a new one every day, it would take over 20 years to try them all.
12. **You can** survive without eating for weeks, but you will only live 11 days without sleeping.
13. **People** who laugh a lot are healthier than those who don't.
14. **Laziness** and inactivity kills just as many people as smoking.
15. **A human** brain has a capacity to store 5 times as much information as Wikipedia.
16. **Our brain** uses the same amount of power as a 10-watt light bulb!!
17. **Our body** gives enough heat in 30 minutes to boil 1.5 liters of water!!
18. **The Ovum egg** is the largest cell and the sperm is the smallest cell!!
19. **Stomach acid** is strong enough to dissolve razor blades!!

(Continued on page 11)

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20. **Take** a 10-30 minute walk every day & while you walk, **SMILE**. It is the ultimate antidepressant.
21. **Sit in silence** for at least 10 minutes each day.
22. **When you wake up** in the morning, pray to ask God's guidance for your purpose, today.
23. **Eat more foods** that grow on trees and plants and eat less food that is manufactured in plants.
24. **Drink green tea** and plenty of water. Eat blueberries, broccoli, and almonds.
25. **Try** to make at least three people smile each day.
26. **Don't waste** your precious energy on gossip, energy vampires, issues of the past, negative thoughts and things you cannot control. Instead invest your energy in the positive present moment.
27. **Eat breakfast** like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
28. **Life isn't fair**, but it's still good.
29. **Life is too short** to waste time hating anyone. Forgive them for everything.
30. **Don't** take yourself so seriously. No one else does.
31. **You** don't have to win every argument. Agree to disagree.
32. **Make peace** with your past so it won't spoil the present.
33. **Don't** compare your life to others. You have no idea what their journey is all about.
34. **No one** is in charge of your happiness except you.
35. **Frame** every so-called disaster with these words: **'In five years, will this matter?'**
36. **Help the needy**, Be generous! Be a **'Giver'** not a **'Taker'**
37. **What** other people think of you is none of your business.
38. **Time** heals everything.
39. **However** good or bad a situation is, it will change.
40. **Your job** won't take care of you when you are sick. Your friends will. Stay in touch.
41. **Envy** is a waste of time. You already have all you need.
42. **Each night** before you go to bed, pray to God and be thankful for what you accomplished, today. What if you woke up this morning and only had what you thanked God for yesterday?
43. **Remember** that you are blessed to be too stressed.
42. **I need a holiday** after taking all the above serious, **your editor Joop**

HAPPY
BIRTHDAY

To all those celebrating a special day in the coming months

*I hear people say sometime....“The World is in a Mess”
NO, the World is NOT in a mess, it has NEVER been in a mess
and will NEVER be in a mess, its PEOPLE who are Messed Up!*

RE
M
I
N
D
E
R

MEMBERSHIP FEES

2021 — 2022

ARE now OVERDUE !

Please attend at your earliest convenience

*All those that have paid
their annual membership subscriptions
our grateful ‘Thanks’*

Is Carbohydrate 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 Gouda 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 sausages 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 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.

So with that knowledge, what are we to do? Keep portions in check, more fruit and vegetables, lean meat and dairy, no **BOOZE** and get moving, **it isn't rocket science**.



**Member
 Ships
 2021-2022**

**Now
 overdue**



Special dates for your Australian 2021 - 2022 calendar

5th September 2021	<i>Fathers Day</i>	Sunday
4th October 2021	<i>Labour Day</i>	Monday
25th December 2021	<i>Christmas Day</i>	Saturday
26th December 2021	<i>Boxing Day</i>	Sunday
27th December 2021	<i>Christmas Day Holiday</i>	Monday
28th December 2021	<i>Boxing Day Holiday</i>	Tuesday
1st January 2022	<i>New Years Day</i>	Saturday
3rd January 2022	<i>New Year Holiday</i>	Monday

School Holidays for 2021

Monday 20th September - Friday 1st October	<i>Spring School Holidays</i>
Monday 20th December - Thursday 27th January	<i>Summer School Holidays</i>

*The Corona Virus is teaching us to live without
 all that our world used to revolve around.
 In the end what keeps you safe is our home
 our families and our Concordia.*

Thanks to all our members and readers

Concordia has been an integral part of our Community, this year we have an amazing **64 years** behind us; brought about by the energy, commitment and vision of the many hardworking past and current Committee Members, many individual supporters and members and certainly not least our advertisers. Concordia continues to rely on the voluntary work and commitment of many people. We also thank our many worldwide readers of the well appreciated Concordia newsletter.

It's this dedicated group of people who have shown their appreciation in keeping us financially and morally viable. We appreciate and applaud in what Concordia, including its past sub-groups, has done for you and to thank all those people for their commitment despite our current Covid pandemic situation. Let's be confident so we can meet again very soon.

*The cashier told me "Strip down facing me"
By the time I realised she was referring to my
credit card, it was too late.*

*Please Stay safe during the Covid
Pandemic and follow the
advice of the health experts.*

Van harte beterschap

Sending you our brightest wishes, get well soon!

Thinking of all our readers who are not feeling well.

**ALWAYS
WISH GOOD
&
THINK
POSITIVE**

*A pretty face
gets old.
A nice body
will change.
But a good
heart will
always be good.*

*The Lee family has really
been stressing me out!
Perhaps you know them?
Emotional Lee,
Mental Lee,
Physical Lee and
Lets not forget,
Financial Lee!*



**I THINK YOU NEED
A HEARING TEST**

**WHY THE HECK DO I
NEED A HAIRY CHEST**



*Please do not take life too serious.
You will never get out of it alive....*



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

A 30 year old female patient is told by her doctor that she only has six months to live. The patient becomes quite despondent, goes to the nearest church, falls to her knees, and begins to pray. All of a sudden God speaks to her, "**Don't worry, my child, you will live for at least another 40 years.**" The woman was so happy to find out that she was going to live for another 40 years that she decided to treat herself to some plastic surgery. She had a breast augmentation, rhinoplasty, and a face lift. A week after all the surgery was completed, she was walking across a busy intersection when she got hit by a bus and died on the spot. Up in heaven, she sees God and asks, "**I thought that you told me that I was going to live for another 40 years?**" "**Sorry,**" replied God. "**I didn't recognize you!!**"

Spreuk van de Maand:

Als je gezond bent, heb je duizenden wensen....

Als je ziek bent, slechts één...

BESTUURSNOMINATIE

JAARLIJKSE ALGEMENE VERGADERING 2021

Wij nomineren:

Dhr / Mevr.....

Adres.....

Telefoon.....

Voor de positie van: *(Aankruisen a.u.b.)*

1. **PRESIDENT** ()

2. **PENNINGMEESTER** ()

3. **BESTUURSLID** ()



Handtekening

Voorsteller:.....

Handtekening Ondersteuner:.....

Ik accepteer de

nominatie:.....

**Handtekening Kandidaat*

Stuur naar: *Secretary of Dutch Society "Concordia"*

P.O. Box 16, Cardiff - NSW 2285 - Email: concordianewcastle@bigpond.com

(Before 31st September 2021 or you may hand it to a current Committe Member)

Depending on the Covid situation we might not have an AGM again this year

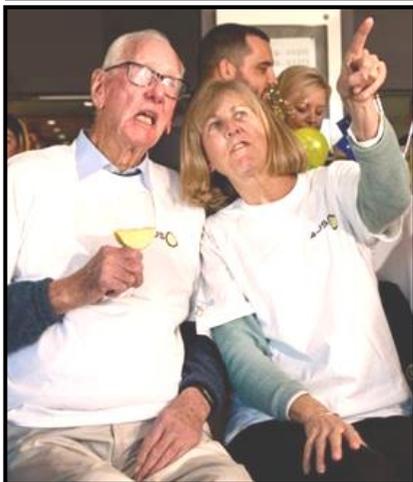
Vooruitlopend op Sinterklaas zonder echte zwarte Pieten

Al mijn nieuwe medewerkers zijn nu allemaal buitenlanders....

Zij werken namelijk ook meestal zwart in Nederland...



Your Concordia's friendship is like a bank account; you cannot continue to draw on it without making a deposit.



***Congratulations** to our life member **John Peschar**. His grandson **Will Ryan** won a well deserved **GOLD MEDAL** in the most precious sport of sailing at the last **Japan Olympic Games**. **John Peschar** was always a fervent sailor. **Concordia** could always rely on **John** for bringing **St. Nicholas** to the shores of **Lake Macquarie**. His grandson **Ryan**, after he was born, was within 6 weeks on board **John's** yacht. It was the first vessel **Will** learned to sail on. The yacht is known as **Blue Moon**. **Will** is a natural sailor said **John**.*

*The best things in life are the people we love,
the places we have visited,
and the memories we've made along the way!*

*The meaning of life is to find your gift
The purpose of life is to give it away!*

*If love could have saved you - you never would have died.
The things we feel so deeply are the hardest things to say,
You will always be remembered in a very special way.
With sadness we report the passing of our life member*

Frances Wilhelmina ZUIDERWYK - Aged 92 years

Dearly loved wife of our late Life Member Henk ZUIDERWYK (Dec.)

Much loved mother and mother-in-law of PHILIP and CHRIS HETTY and HORST, DIANNA, HENRY and JENNY, YVONNE and ROSS, PAUL and BIANCA. Adored OMA to their children.

Cherished sister, sister-in-law and aunt to the ZUIDERWYK, GORDYN and SEESINK families. A private service has taken place.

On behalf of Concordia we convey our condolences to all in the family. *Dance as if no one were watching - Sing as if no one were listening - Live like it's heaven on earth. Rest in Peace Frances.*

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



*Some of the 14 committee members during one of our meetings.
Trying hard to resolve the issue of social events during the current Covid crisis in 2021*

A number of ways to feel happier and more positive

If you feel happy and positive, your life will be more fun. And you know what's nice? You have a lot in hand how you feel. Time to feel happy!

Your thoughts determine your feelings: Exactly, what you think largely determines how you feel. Just think of a nasty event in your life. If you do this well enough, you'll soon feel sad. However, when you think of fine things – things for which you are grateful – you soon feel filled with joy and love. You can't always be super-happy. But there are many times when you don't feel happy, but also certainly not unhappy. By getting started with these tips, those average moments **SHOULD** get **YOU** more shine and positivity.

How do you become happier and more positive?

Below are tips that will help you become happier and more positive. This way you give your life more shine and you experience a lot more fun. You're probably familiar with some of these tips. And if you are like most people then you do not apply the tips or too little. If that goes for you, take a different approach. Take one tip out today and get started. And discover how even small changes make you a lot happier.

Focus your attention on the things that are going well. Everything that gives you attention grows. If you want to be better in your own skin, it is smart to pay attention to things that make you happy.

Feel grateful. Write down what you can be grateful for today. This is one of those tips that we all read, and then don't run. Now do it for a change. Make a list of things you can be grateful for today. This works like a tierelier, **It's a nice Dutch word, translation: something frilly maybe?**

Out of gratitude. Do you regularly tell your children how much you love them? Are you telling your partner how grateful you are to be in your life? Do you ever tell your friends you're grateful for their friendship? Give it a try, it'll make you happy. Yes, it's a little uncomfortable sometimes. But who cares if it makes everyone happy?

Reduce your news consumption. The news is mostly about things that go wrong. If you watch or read a lot of mainstream news, your worldview slowly becomes more negative. Go on a news diet to experience how much lighter life becomes without all that misery in your life.

Get up early. Go to bed earlier so you can get up early. And go outside and pick up the first rays of sunshine. The smell of morning, the rising sun, dew on the grass. It's hard not to get happy!

(Continued from page 22)

- Go play.** *Play tag with kids, play a fun game with friends, play a computer game on your own. Playing makes your life more fun. It'll charge you. There's no need to always take everything so seriously.*
- Rest.** *Stress is a great way to make your life terrible. It makes you enjoy simple things. While those things makes you incredibly happy and creates a calm mood.*
- Make a list of good qualities.** *What are you good at? And what can you be proud of? By making such a list every now and then, you build your confidence- and that makes you happier every day.*
- Enjoy something small.** *From a delicious cup of coffee, from your pet, from the smell of autumn leaves, from a conversation with an old lady on the street. It feels a bit tatty, but it's those little things that keep your happiness up during the day. And it's super simple and totally free.*
- Cherish happy memories.** *By thinking back to moments when you were very happy you can relive a piece of that feeling. View photos or a video, or talk about it with friends or family members. You'd better skip this tip if the past makes you sad or melancholic.*
- Don't take your life so seriously.** *Yes, life is a serious matter. But that doesn't mean it should always be taken seriously. Laugh at yourself, laugh at weird situations, laugh at the mistakes you make. Being nice and light in life makes everything easier.*
- Take care of yourself.** *Unhealthy eating contributes to depression. Healthy food has the opposite effect. Eat more whole grains, vegetables, legumes, fruits. Eat less animal products and oil. Use plant power to take your mood to the next level.*
- Know that everything is temporary.** *yes, that sounds sad sometimes. But you can also think of it as a hopeful thought in times when life is difficult. Everything passes, including your biggest problems.*
- Go through life with a smile.** *If in doubt: smile. It's amazing how much joy can bring a simple smile, to yourself and to the people around you. Pretend you're in a good mood, soon you'll find that you're really in that good mood.*
- Small adjustments** *in your posture often have a big effect on your mood. By applying these – a little cheesy – tips, you develop your positivity and joy on a daily basis. Just try it, **because it's fun!***

The only talent I have is..... that I never give up!

Want de mens gaat naar zijn eeuwig huis - Prediker 12 vers 5

Diep bedroefd geven wij u kennis dat de Heer op Zijn tijd uit ons midden heeft weggenomen onze zorgzame zoon, partner, broer, vader en opa

David John SOMERS (Dave) Aged 57 Years

David was de zoon van ons geliefd Concordia lid; Elizabeth (LIZ) Somers
David passed away on the 12th July 2021, Late of East Maitland

Dearly loved son of **Elizabeth** and **Jack (dec.)**

Loved brother of **Matthew Somers**, dearly loved partner of **Sharon**.
Loved and loving father figure for **Timothy, Tiffany, Nathan** and **Anna**.
Poppy Dave to 5 grandkids.

'A gentle man to the end'

Relatives and Friends attended David's Celebration of life which was held on **Wednesday 21st July 2021 at the Beresfield Crematorium.**

Sincere condolences from Concordia to all in the family, may David rest in Peace.

"Grief is the price we pay for love"

W*ij ontvingen het ontstellende bericht dat een van onze oudste leden van "CONCORDIA" was overleden. Wij wisten dat het onvermijdelijke zou komen, maar niet dat het zo snel zou zijn.*

Hand in hand zijn wij gegaan tot aan de drempel.

Moegestreden maar omringd door haar geliefden is

Elizabeth Johanna Maria van Leeuwen (Lies)

op de gezegende leeftijd van **97** jaar vredig van ons heengegaan.

late of **Chain Valley Bay**. Partner van **Henk van Wezel**.

Bedroefd maar ook dankbaar voor het leven is **Lies** een langer lijden bespaard gebleven. De crematie plechtigheid heeft volgens de Covid situatie in besloten kring plaatsgevonden op vrijdag **2 juli 2021**.

Aan al haar naverwanten en vrienden condoleren wij de familie met dit grote verlies. Moge **Lies** ruste in vrede.

Gone, but not forgotten.

Loneliness can be avoided by taking action

How often do you sit at home and wish someone would ring you and suggest, well anything rather than these 4 walls? How many of you have had a Concordia day out planned or arranged and suddenly "these 4 walls" seem the only safe haven because it's the only place you don't have to pretend you are OK, so you cancel. Right now we are in the middle of a Covid Crisis, already since March 2020. We cannot visit or have a function right now. We need to keep our distance, to sit away from each other having to wear a mask when we start moving around. When you are invited out for coffee with friends you tell them how terribly sorry you are but you're already booked up for that day, when you are actually just really busy holding it together in your own safe environment of home. And so the first problem starts, all by itself, people stop asking you and the isolation, that at first wasn't true, becomes your only truth despite the problems of Covid which is playing a large role in all our lives right now.

Please don't give up on your friends, we can still ring them, only go around when it's safe to do so. Visit one of the **Concordia** day's in the future because they are just so enjoyable, just to be around your friends and people that are in the same situation. Take the first step: **"If you need anything, don't hesitate, someone will be there for you"**. It's the first step to allow yourselves a little more freedom and to enjoy our Dutch 'gezelligheid' together, lets hope one day soon, fingers crossed. **Joop**

The meaning of life is to give life a meaning

The Lord is my Shepherd, I shall not want - Psalm 23:1
*Intens verdrietig delen wij u mede dat onze zorgzame moeder
 en fantastische oma en overgroot oma*

Leonie (Lynne) Johanna Cools - Aged 90 years

is overgegaan in dierbare herinneringen op zaterdag 14 Augustus 2021.

Much loved wife of Henricus (Harry) Lambertus Cools (Dec.)

Dearly loved mother of Elizabeth and Mark. Much loved Oma of Christian, Shelly, Marlena, MJ and Great Oma of Janita and Justus.

On behalf of Concordia our sincere condolences to all in the family.



Its hard to turn the page when you know that someone won't be in the next chapter but is now a star or in Paradise.



Namens al onze Concordia leden en het bestuur...

Concordia Membership are now overdue for the year 2021 - 2022

Your payments were accepted from the 1st July 2021 !!!

You may still make late payments in 2 of the following way's:

1st Choice: Pay directly into our Westpac bank account (*Electronic Bank transfer*)

Our Westpac Bank details: Dutch Society of Concordia. BSB: 032-512 Account No: 340048

Ask your family or grandchildren to help you to make a direct payment, make sure to use the name of the member that is paying the membership, you also have an immediate receipt of your payment.

2nd Choice: fill out page 35 - put Cheque/money order in an envelope and post to:
Treasurer of Concordia, P.O. Box 16, Cardiff NSW 2285 (no cash please)

If you like more details or assistance, please contact the following people:

Treasurer: Matthew Wolthers - President: Toni Somerville or

Secretary/Editor: Joop de Wit. All phone and/or email details are on page 2 of this issue.

Please remember: Membership deadline for payments this year was the 31st August 2021

*Our love for Concordia is a combination of
Respect, Friendship, Understanding,
Communication and Companionship.*

Wilhelmuis van Nassouwe

Ben ik nu thuis voorgoed

De quarantaine getrouwe

Blijf ik vol goede moed

Een leven zonder franje

Leid ik vrij ongedeerd

De anderhalve meter

Heb ik altijd geëerd.

Als Schild ende betrouwen

Hangt Plexiglas terneer

Ik hoest in mijne mouwen

En vrees geen virus meer

Dat ik toch schoon mag blijven

Met kapjes voor den mond

Laat ons de plaag verdrijven

Zo blijven wij gezond.

D E A D L I N E - NOVEMBER — DECEMBER 2021 issue

15th OCTOBER 2021. Copy received after this date to be included in the

MARCH - APRIL 2022 issue.



Find all the words from the word list
(ignore spaces and dashes, if any):

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OWL

CRANE

PARROT

CUCKOO

PEACOCK

DOVE

RAVEN

DUCK

SEAGULL

FLAMINGO

SWALLOW

HERON

SWAN

KINGFISHER

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Changes that have impacted our lives

The so called experts are telling us that we live in a period of unrelenting change due to Covid-19. Sounds to me as very important, but perhaps we must also be careful of some of the statements that are filling our newspapers and on our TV screens! So, what's new? What has this to do with our Concordia? Concordia 64 years young this year changing just like everything else and if you think that what already has occurred in our community in the past few years is breathtaking, then think again! The biggest changes are still ahead. Yes, there are a lot of changes today, but we are still evolving. We are tackling right now a Covid pandemic, many so-called experts are demonstrating and are also talking about the warming of the earth and its consequences for all of us.

May I take you back in time, *let's go back 81 years ago to see real change. World War 2 arrived and that was change enough. Many millions of innocent men and women were conscripted into the services. And then came further change, for certain businesses were themselves conscripted into producing products and services to win the war, they were told what to do, not realising that there are never any winners in wars.*

With the end of the war, most Dutch people had to regroup, re-form and re-establish themselves. But in the intervening years the Dutch population had changed beyond recognition. Looking for a new era and a new beginning, looking to another horizon for new opportunities in order to forget the past and to start a new life. Some looked to **Australia**, others to **America, Canada, New Zealand** and **Africa**. It was the Dutch enterprising spirit that was a strong point in our decision to build a new future for our children and for ourselves, right or wrong we took the step, for some, perhaps the biggest step we ever had to make.

With the flood of migration to Australia, *we met a lot of adversaries, we lived in tents, barracks and homemade sheds and garages. We faced heat and flies, new people and different cultures. No more Dutch food and habits. We were isolated from our past, everyone knows their own personal story in detail. Have we forgotten 'those good old days'? We had mixed feelings and emotions. Some of us wanted to go back.*

(Continued from page 30)

Some missed the things that were important to us, like our families in faraway Holland. We established ourselves in strange areas with new faces from other European countries. We made new friends, mostly from our own background, others got attached to the Australian way of life. Whatever we did, whatever we were, we all faced similar problems in this new country of adoption, Australia. All this resulted in a very strong attachment to our own families. This made some marriages either very strong or they broke down. The many hardships in a totally strange environment took its toll for many migrants.

Australia was faced with an enormous task of ‘**settling**’ so many new citizens. They came by the boatload from England and most European countries. This heavy influx resulted in the emergence of new suburbs, creating new cultures, new foods and eating preferences, new family values, new sporting interests and new education requirements. Yet through it all, we saw the light in our own hardy work. We established our new family ties and worked our fingers to the bone to make our new **Australian** adventure a personal success.

We formed the Dutch ‘Concordia’ in 1957. *We felt the importance of being together to share our feelings on a variety of subjects. Concordia was for many a beacon of light in our lonely life in this new country. We came together to share and listen, to talk, find solace and understanding. We were listening to people that had to endure a similar fate. The many sacrifices we had to make to make ends meet and making do with very little. We created artificial families, our true family was too far away that our children never knew the proper meaning of a real **Oma** and **Opa**.*

Looking back after all these years, *are we still convinced that we made the right choice? Listening to some elderly people, I hear so many stories that are cutting, intriguing and heart rendering. “If we knew before we started..... we wouldn’t do it again” a statement that I hear so often.*

How then to keep in advance of change? Maybe the answer lies best in seeking guidance from the past. Past experience beats predictions any time. There’s another answer that’s even more simple. Don’t talk of

(Continued on page 32)

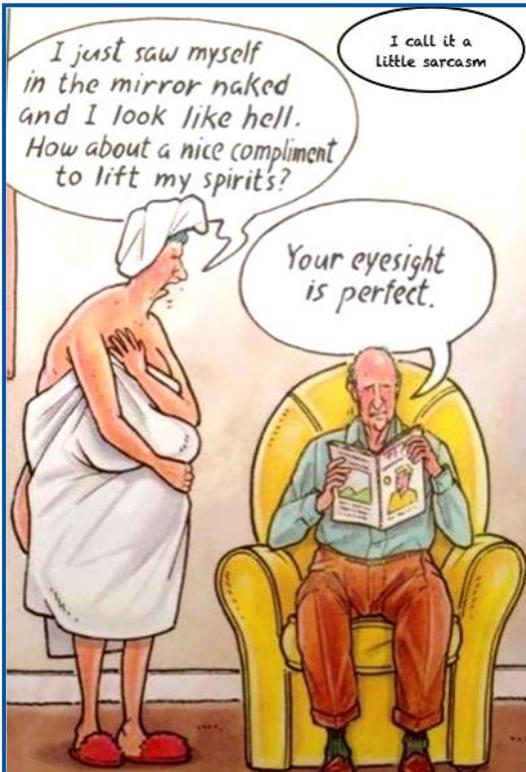
(Continued from page 31)

adjusting to change. Make the changes yourself! It requires vision, innovation and creativity; if you're in step with our Dutch Concordia Community in whatever shape or form, they will be in step with you.

On that basis you will be part of the upcoming new changes. You no longer need to listen to those who talk of unrelenting change. You will already have created it! To everyone in our Dutch community...let's meet the challenges of the changes ahead, just think about the past. We have the adaptability to accept those changes, we know them so well from the beginning of our Australian adventure **64 years ago - Your Editor Joop**

CONGRATULATIONS - CONCORDIA - GEFELICITEERD

*I used to care about people's opinions, but then
I realised that those people don't pay my bills*



To all our Fathers, a very...

*Happy
Father's
Day*

From all of us in Concordia



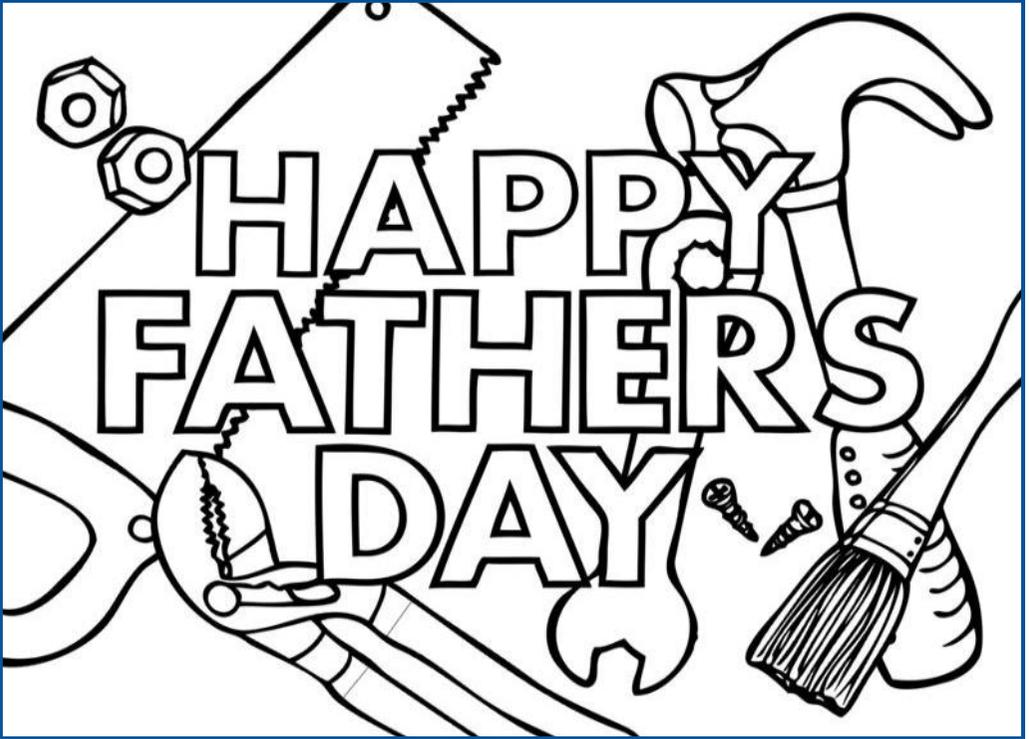
*You can take me out of the Netherlands.
But you can't take the Netherlands out of me.*

Several days ago as I left the Bunnings store to walk to my car and was already reaching into my pocket for my car keys. I got that sick feeling when I didn't find them there. I desperately gave myself a personal pat down, my other pockets, shirt pocket, not there. Turned around real fast and trotted back into Bunnings. I did a quick search in the area where I had been before, but could not find them. I asked a number workers if anyone had handed in my car keys.....but nope. Then it hit me, I must have left them in my car. Frantically, I headed for the parking lot just outside Bunnings, no car in sight.

My wife Faye has scolded me a thousand times for leaving the keys in the ignition. My theory is the ignition is the best place not to lose them. Her theory is that the car will be stolen if I do that. As I burst through the doors of Bunnings and out into the parking lot, I came to a terrifying conclusion. Her theory was right. The parking lot was empty, no car. I immediately call the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then I made the most difficult call of all. "Honey," I stammered. I always call her honey in times like these. **"I left my keys in the car, and it has been stolen."** There was a period of silence. I thought the call had been dropped, but then I heard Faye's voice. **"Peter,"** she barked, **"I dropped you off at Bunnings on my way to the grocery store!"** Now it was my time to be silent. Embarrassed, I said, **"Well, would you come and get me?"** Faye responded, **"I will, as soon as I convince these coppers that I have not stolen your car!"**

You may colour me in - *On behalf of Concordia we wish you..*



This month's slogan: Bring a smile to someone's face...

Remember the saying, money doesn't grow on trees, that is so true for you, but also for CONCORDIA
Concordia is solely a social and cultural club

Membership taken out is valid to 30th June 2022

Cost are shown on the application form on the next page.

*If you like more details, please contact **Matthew, Toni or Joop.***

All contact information is on page 2 of this issue.

We trust you enjoy reading our newsletters.

Thanks to those that have already paid this years membership.

Je bent pas oud als men zegt dat je er nog goed uitziet

NEW MEMBERSHIP / RENEWAL APPLICATION

DUTCH SOCIETY CONCORDIA - NEWCASTLE & DISTRICT

Annual Membership Fees are payable between 1st July but before 31th August each year
Membership includes 5 Newsletters per annum

Tick if this is a new membership <input type="checkbox"/>	<i>I wish to apply for a new Membership \$.....</i>
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 2021 / 2022	<i>I agree to accept and abide by its constitution</i>
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Send to: TREASURER DUTCH SOCIETY CONCORDIA P.O. BOX 16, CARDIFF - NSW 2285 - do not send Cash.

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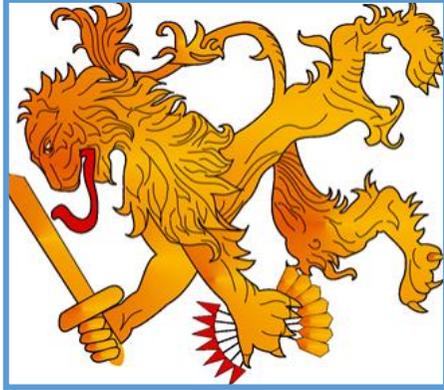
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