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issue 222

Nederland

Australia



**OFFICIAL PUBLICATION OF THE DUTCH
SOCIETY CONCORDIA - HUNTER REGION NSW**

Concordia is proud to display some more of our well known past heritage



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Any of the above information, wrong or out of date, please contact the editor at your earliest convenience, we will be able to change or make an immediate alteration in the general interest of our members.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, sitting behind my computer for the past few weeks to get the latest **May - June** issue out on time, I sometimes feel that my inspiration is not as it should be, at other times it just flows, Overall it's a great hobby to make you, our readers, a little happier. Its also rewarding to receive so many beautiful messages about the new colour issues. Our first show in the **Cardiff RSL** was a big hit. Some making an effort to thank us for all we do for our guests, it feels so good getting your encouragement. Despite the many long hours involved, it sure makes it all worthwhile to continue. **Thanks so much!**

As our Concordia news continues, our committee and self, are hard at work to present another great show on **Saturday 28th May, we are preparing to celebrate a number of very important events namely; **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 so we could live in freedom. A commemoration, not only for the last world war, but also about all the wars in the world to date, even the one right now in **Ukraine**. We should never forget the many millions of people that are trying to live a life like we do as governments need to be responsible for the welfare of its citizens first. Unfortunately the dirty politics of some dictators in today's world is gaining the upper hand, not even their own people are spared the ravages of wars and destruction. I wish I could have a solution for it all, it only brings me to mention a well known Dutch statement "**Verbeter de wereld, begin bij jezelf**" which means "**To improve our world, we must start by setting a personal example**"**

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 our mothers a **Happy Mothers day** for Sunday the **8th May**. You all deserve to be congratulated and a little spoiling wouldn't go astray. Let's celebrate Mothers day and much more on the **28th 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, they too can enjoy our well known hospitality. We all pay the same price for everyone that wants to join us, we cannot discriminate. Only **20 dollars** for a whole afternoon of eating and some great entertainment, certainly no one wants to miss it. We hope to see you all again in the Cardiff RSL on the **28th May**. **Your Editor: Joop**

As a finishing touch God created the Dutch

From the Presidents Desk - Toni Somerville

Dear readers, our first function of the year was very successful. It was the first function since July last year. Our members enjoyed catching up with all their friends. A very warm thank you to all who attended - so good to see you back. Thanks for another enjoyable program **Joop**. We welcomed **Joop's** son, **Ashley** and daughter-in-law, **Jib** who were guests at the function as was **Jenny Ryan**.

Artistic Committee member, **Jopie Ryan**, and her equally artistic daughter, **Jenny**, decorated the tables. They looked beautiful, thank you ladies. Many members commented on how much they admired your Easter decorations. Hopefully everyone has enjoyed Easter with family and friends. A good chance to catch up with family. It will be wonderful to see the Anzac Day March back this year. I like watching part of it on the ABC if I can. So pleasing to see the crowds along the route clapping and waving flags.

Thank you to the members who have paid their membership already. It is due in July though you can pay at our May function, Thanks also to our Committee members for your assistance. Thanks to everyone who has donated money or a raffle prize. It is very much appreciated.

At our May function we will as usual remember all those brave men and women who fought in all wars with many giving their lives. We continue to have conflict in countries and now war in Ukraine. The images we see on television are heartbreaking. We will celebrate **Liberation day, Kings Day** and **Mother's Day**. All mums present will receive a small gift. To all mums our very best wishes for a very happy **Mother's Day**. Enjoy your special day. We will also celebrate the **100th birthday** of our committee member, **Anne Stevens**.

Michael Montgomery is coming in July to entertain us. I'm sure everyone will enjoy listening to **Michael** for the first hour of our show.

Sincere condolences to **Henk Philippa**, family, relatives and friends on the passing of **Anne**, a loving wife and mother. May treasured memories bring you comfort.

Please join us on **Saturday 28th May** for another very enjoyable function at the **Cardiff RSL**. We'd like you to wear something orange if you can. **Until next time, take care and stay well. TONI.**

CONCORDIA

Hunter Region of NSW

**Sure Means
“Gezelligheid”**

**Lets get together
Saturday 28th May**

**We intend to celebrate
and commemorate an
afternoon of all you can
eat food and some great
entertainment.**

**\$20-00pp - Doors open 11am -
Finish 4pm sharp. For BOOKINGS:
Please contact Joop on 4954 5227
or one of the committee members**

Don't throw away coffee grounds

Coffee grounds left over after brewing coffee are very useful for reuse. This applies to coffee grounds from filter coffee, as well as to coffee pads and ground coffee. We list various options with coffee grounds.

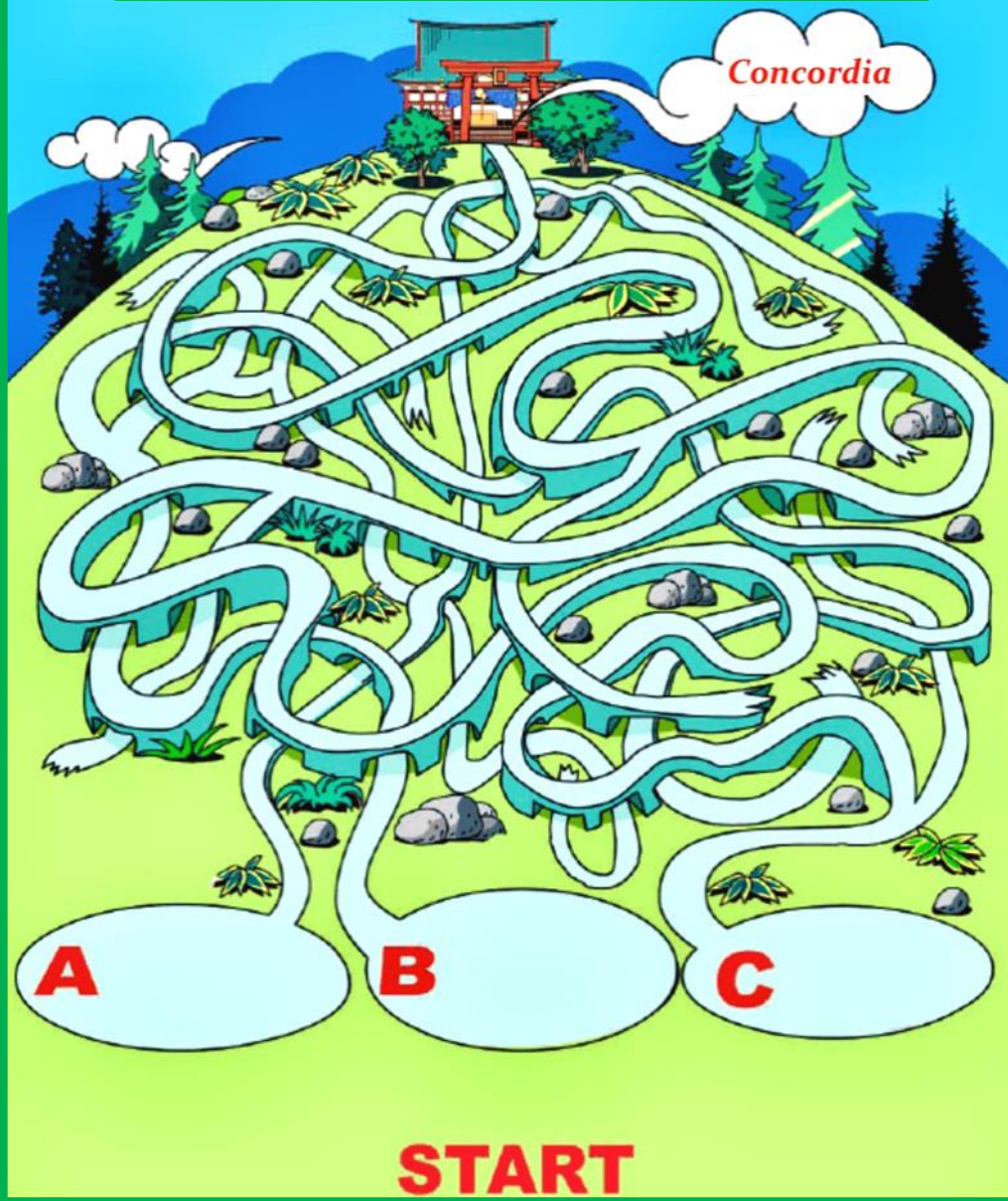
Coffee grounds as plant food in the garden

Coffee grounds contain valuable nutrients and elements for plants such as nitrogen, phosphorus, potassium, magnesium, and copper. Worms also love it and that has a beneficial effect on the airiness of the soil. Coffee grounds are therefore very valuable to fertilize your garden. Because of the slightly acidic properties, acid-loving plants such as rhododendrons, camellias and hydrangeas are extra fond of a dose of coffee. But your vegetable garden plants also benefit from it. Do not give it in too large quantities, so as not to disturb the proportions. Or mix the coffee grounds with eggshells to neutralize the acidity. Coffee grounds mould quickly, so don't keep it too long before scattering it in the garden. *Editor Joop*

*Er is een nieuwe variant opgedoken in
Nederland, na omikron is er nu betaaljekrom*



Not all roads lead to Concordia—Try it!



*Be strong, but not rude. Be kind, but not weak. Be bold,
but not bully. Be humble but not timid. Be proud, but not arrogant*



Dagelijks Nederlands nieuws vanaf 10am
Please Note: Not always Saturday's or Sunday's

Nederlands

Seven Billion Stories and counting...

5th of May 1945 was the official end of World War 2
This day is called Liberation day or Bevrijdingsdag in Dutch



DEADLINE for our JULY - AUGUST 2022 issue is the 10th June 2022.
Copy received after this date will be included in the
SEPTEMBER - OCTOBER 2022 issue.

Traditional Dutch Recipe

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Hoe zijn wij als Nederlanders ingesteld?

Wie zijn wij? De Nederlander voert al eeuwen strijd tegen het water, houdt van gezelligheid, schrobt de stoep, gedooft wat af in zijn poldermodel, kluunt (**is met schaatsen aan over het land lopen**) en sjoelbakt, combineert moeiteloos een vrijzinnige en antiautoritaire instelling met een grote koningsgezindheid, valt graag met de deur in huis, betaalt geen cent te veel en doet maar gewoon, want dan doet hij al gek genoeg. Zo denken we over onszelf, en de reeks van stereotypen is nog lang niet ten einde.

Neem bijvoorbeeld het thema geloof. *Ons land is inmiddels zo ontkerkelijkt dat het in godsdienstige zin geen grote rol meer speelt. Maar in Nederlandse maatschappelijke zin leeft het geloof krachtig voort, en staat dan voor ijver, eenvoud, burgerlijkheid, gelijkheid, soberheid. Nederland ziet zichzelf graag als klasseloze samenleving, waarin iedereen wordt geacht gewoon te doen.*

Neem de thema's gezellig en kunstzinnig. Nederlanders koesteren de misvatting dat er in het buitenland geen equivalent van het begrip '**gezellig**' zou bestaan. Kennelijk voelen de Engelsen en de Duitsers iets heel anders, wanneer het bij hen '**cosy**' en '**gemütlich**' is. Wél typisch Nederlands is dat werkelijk alles en iedereen de kans loopt tot gezellig te worden bestempeld. Een harinkje pakken, een blokje kaas, het Eurovisie Songfestival, een setje bijzettafels, een eierwekker. Producten als margarine en koffie worden door de reclame aangeprezen om hun hoge mate van gezelligheid. Ook ten paleize is het gezellig. **Koningin Juliana** liet haar gezin meestal fotograferen als een warm, knus nest waar spelletjes werden gedaan.

Kunstzinnig: *Ook dat is de Nederlander. Het aantal creatieve hobbyisten in dit land is enorm. Meespelen in de harmonie, zingen in een koor, tekenen, pottenbakken, fotograferen, theezakjes schikken: men doet het veel en graag. Vaak zijn de resultaten fraai en indrukwekkend. Ook de meeste leden van het Koninklijk Huis hebben bijna allemaal een creatieve hobby. Onze vroegere **Koningin Wilhelmina** schilderde, **Koningin Juliana** speelde toneel, **Prins Bernhard** hield van fotograferen en filmen, **Koningin Beatrix** beeldhouwt, **Prinses Christina** zong en **Pieter van Vollenhoven** speelt piano.*

En wij? Zover weg van Nederland? Wat doen wij met onze vrije tijd? Wachten tot er iets gedaan wordt voor ons? Gek hè, je hebt altijd iemand nodig die de koe bij de hoorns neemt, iemand die tot actie overgaat om een ander gelukkig te maken, soms denk ik wel eens aan **Wim Sonnevelds** beroemde uitspraak: '**Er wordt wat afgeroddeld in dit land.**' Natuurlijk zonder op iemands teentjes te trappen, maar ook, zoals een heel oud Nederlands gezegde, "**De beste stuurman staan nog steeds aan de wal**" *Editor Joop*

*Doe het rustig aan, geniet van je aardse reis.
Neem de tijd voor de mensen in je leven.
Ze zullen er niet voor eeuwig zijn.*



*In loving memory
of
Anne
Hubertina
Philippa*

On behalf of our Members we have to inform you of the passing of our esteemed and well known Concordia member

Anne Hubertina Philippa - nee Lambert

To Henk, his family and the many friends of Anne Philippa we convey our deepest sympathy. We are thinking of you in this very sad time and in your great loss. We sure are missing her presence.

May God have her in his keeping, Rest in Peace Anne.

Henk would like you to know that he appreciated the many cards, messages and your attendance at **Anne's** service, which was held at Lake Macquarie memorial park chapel at Ryhope.

“Moge Anne ruste in Vrede in het Hemels Paradijs”

Who betrayed Anne Frank?

The researchers of the Netherlands Institute for War Documentation, do not know. They investigated three theories surrounding the arrest of the Jewish *Frank* family by the Germans in 1944. The family that was in hiding in Amsterdam was deported to Germany. Only father *Otto Frank* survived. Later daughter *Anne* became world-famous posthumously, because of her famous diary. *"I have the strong impression that the perpetrator will never be found."* Researcher *David Barnouw* wonders whether that is so bad. *"Even if we had found something, it wouldn't make much difference to the story. But yes, it is about Anne Frank and then everything is important."*

In August 1944, the Jewish *Frank* family was discovered at their hiding place on the *Prinsengracht* in Amsterdam, the secret annex of an office and storage place. The family stayed there for two years, together with four other

(Continued on page 13)

Some people die at 25. We just bury them much later!

**RE
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MEMBERSHIP FEES

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'gezellige' or cozy club in our region.*

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continue to prosper. We also value your
financial gift. **Very much appreciated!**

(Continued from page 12)

*Jewish people in hiding. The question of who registered them became topical after a biography about father **Otto Frank** was published last year. The English writer **Carol Ann Lee** pointed out an acquaintance of **Frank** as the traitor. A few years earlier, in 1998, the Austrian **Melissa Müller** theorised that the maid was the person responsible. In doing so, they based themselves on the archive material that had already been used. There was no other, simpler solution because the German archives had been destroyed in a British bombardment.*

In her diary, Anne Frank suggests that the warehouse worker, **Willem van Maaren**, is a suspicious person. For years, **Van Maaren** has also been considered the only serious suspect. This '**strange guy**' was suspected of a number of petty thefts. Moreover, he seemed to be looking for the people in hiding. But police interrogations after the war and again in the 1960s never revealed that he was the traitor. According to the Institute for War, Holocaust and Genocide researcher **David Barnouw**, although he was an unpleasant person, his behaviour was '**anti-German**' and he had no reason to report the family.

The second theory refers to the role of the maid, **Lena Hartog-Van Bladeren**, who cleaned the warehouse. The Austrian **Melissa Müller** blames her in her biography about **Anne Frank** (1998). **Lena Hartog** would have been afraid that her husband - who worked as a warehouse worker in the warehouse - would also be taken away if the people in hiding were discovered. In addition, she had a son who served in the German navy. But on the day of the raid, her husband was just working in the warehouse. If she had been the traitor, she would certainly have warned him, which is the general belief of the Institute.

The third theory is the most complicated and gets the most attention from the researchers. From 1941 until his death in 1980, **Otto Frank** is said to have been extorted by **Anton Ahlers**, an acquaintance who was an NSB member and who had contacts with the '**Sicherheits Dienst**' and collaborators. **Frank** was extorted for doing business with Germany during the war. The English writer **Carol Ann Lee** gives at least proof of this in her biography about **Anne's** father from 1941. The same **Ahlers** would have betrayed the family. But **Lee** only bases herself on statements by **Ahlers**, which also come to her through his family. **Ahlers** is also known as a '**great fantasist**'. This is also apparent from investigations. According to the Institute for War, Holocaust and

(Continued on page 14)

To all those readers who are not feeling very well, we wish you a full and speedy recovery, our sincere best wishes. Our thoughts and prayers are with you during your hour of need. *Get well Soon!*

(Continued from page 13)

Genocide, those statements are too flimsy to point to this **'talker'** as the culprit.

The Institute for War, Holocaust and Genocide researchers conclude "that we do not consider any of the three suspects suitable for the role of traitor". But that does not mean that one of these three is not to blame. **Barnouw and Van der Stroom** also state that they were unable to access all the existing archive material. **"There is a possibility that currently unknown material will show up at a later date."**

However, they believe that larger-scale research **"would not lead to a better result in our view"**. Because, they say, it is very difficult to keep 8 people hidden in the centre of Amsterdam. And so it could also simply be a local resident who betrayed the people in hiding. And on the other hand: do all the mysteries surrounding **Anne Frank** need to be clarified? **You be the judge!**

Please note: After just two months and a very critical report, the Dutch publisher of the betrayal of **Anne Frank**: **"A Cold Case investigation"** said that it would recall the book after a critical report on its findings. Based on the conclusions of this report, they have decided that, effective immediately, the book will no longer be available. **"We will call upon all bookstores to return their stock."**

Editor

Special dates for your Australian 2022 calendar

13th June 2022	<i>Queens Birthday</i>	Monday
3rd October 2022	<i>Labour day</i>	Monday
25th December 2022	<i>Christmas Day</i>	Sunday
26th December 2022	<i>Boxing Day</i>	Monday
27th December 2022	<i>Lieu of Christmas day</i>	Tuesday
1st January 2023	<i>New Years Day</i>	Sunday
2nd January 2023	<i>Lieu of New Years Day</i>	Monday

Thinking of all our readers who are not feeling well.



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

School Holidays for 2022-2023

Friday 2nd July — Monday 17th July 2022	<i>Winter Holidays</i>
Friday 23rd September - Monday 9th October 2022	<i>Spring Holidays</i>
Wednesday 21 December 2022 to Thursday 26 January 2023	<i>Summer Holiday's</i>

*So much plastic have gone into our pristine oceans
This picture below tells the true story of plastic bags*



Getting older and its solutions

Getting older is no longer an excuse for health problems & how older people can avoid common health problems. How many times have you heard someone say *'it's just my age'* when they're talking about their poor health? Many of the problems are blamed on getting older, are more to do with the way we live than our actual age.

Putting on weight: *Not an inevitable part of ageing, but is caused by doing less exercise and eating more. Many people become less active as they get older because they think it's the normal thing to do. Yet, you still see people in their 70s and 80s in country areas who have stayed active and are still capable of hard physical work.'* Walk regularly, find a gentle exercise class in your area or try swimming and aquarobics if you have arthritis or back pain. Keep doing things you enjoy that keep you active - dancing, cycling, sport, gardening, or taking care of grandchildren.

Lack of energy: Being more active and eating a healthy, varied diet may be the answer. But low energy may also be a symptom - not of old age - but of other health problems, just see your doctor, don't hold back any information.

Constipation: *Exercise improves the way your whole body works - including your bowels. 'Lying in bed or sitting in a chair for hours doesn't help them at all,' we also suggests drinking six glasses of water each day in addition to any drinks of tea or coffee. Food is important - eating mostly bread, pasta or rice and other grains, plus plenty of different vegetables and fruits will help constipation and keep weight under control.*

Urinary incontinence: Can be prevented and treated by seeing your own GP on a regular basis.

Aches and pains: *When a doctor told his 90 year old patient that the pain in his right knee was 'just due to ageing', the man replied, 'But my left is the same age - why doesn't it hurt too?'* Although pain may be a symptom of problems that are more common with age, it's not a normal part of getting older and shouldn't be ignored. Don't put up with unexplained pain - again you must talk to your doctor.

Changes to the brain: It might take us longer to learn things as we get older, but when we learn them, we learn them just as well as when we were younger. There's also a good reason to keep learning as you get older, staying active mentally may improve brain function. I meet many men and



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- 3 way Fridge Repairs
- Toilets
- Hot water Service
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(Continued from page 16)

women who enjoy an active, fulfilling old age and says they usually have something in common - a positive attitude to life **'They look forward to things to do, rather than spending time mulling over the past. "They get pleasure from the things they do - even just simple things like gardening."** *Editor*

*Some people may destroy your image,
maybe like to stain your personality,
but they can't take away your good deeds.
Because no matter how they like to describe you,
you will still be admired by those who really know you better*

*To all the mothers of our
Concordia Family*

*Dear God,
In Your Heavenly Garden
Is a Beautiful, perfect Rose.
Please give it to
My Mother;
And tell her it is
The one I chose.*

*Wherever you are,
we wish you a happy
Mothers Day*



*Every day no matter what we face in life,
We can still smile and love others.*



Not feeling very well lately?

**Hope you will feel better again very soon
Our wish from all your Concordia friends.**

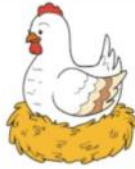
*Don't wait for things to get easier, simpler or
better. Life will always be complicated. Learn
to be happy. Otherwise, you'll run out of time.*



On the 27th April 2022, Dutch King Willem Alexander Celebrated his 55th birthday. Congratulations on behalf of Concordia. Wishing you and your family the very best.



WORD SEARCH PUZZLE



In this life, no matter how wealthy, intelligent, gifted, or strong you are, there will always be someone better than you who will come out sooner or later.

No matter how hard you work, or how lucky you get, someone will always have it easier than you.

Don't stop to compare yourself to others.

Do your best - Do your part - Leave your mark. *Joop*

a Taste
of Dutch



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Mothers Day 2022

Mothers Day is a very special day. Many Dutch migrants left Holland many years ago, it was our wife and mother which made us in many cases survive the new country of adoption while trying to hold on to the many memories of the past. **Concordia** plays a vital role and importance by sharing those special memories, a chance to meet others when we all get together at our special functions in the **Cardiff RSL**.

Mothers in many cases were *the reason we survived at all over the years, she was the rock in our midst, a person that kept the ship together. Our wife's and Mothers hold a special place in our hearts, providing the lessons and care that have enabled generations of children to embrace the culture and opportunities of this great land called Australia.*


They embody the compassion, devotion, and energy that have always defined our Dutch character, and in their daily efforts which anchored our commitment to the fundamental values of respect and tolerance. Mothers impart both the strength that enables us to face our challenges and the love that comforts and sustains us.

As we honour our mothers *for past and present accomplishments, we recognize that mothers' roles have changed significantly in recent years. Today, mothers are CEOs and teachers, physicians and nurses, elected officials, police officers and volunteers, homemakers and heads of our households. Many serve on the front lines of the struggle against violence and poverty. Most women are problem-solvers, caregivers, and teachers who are using their talents in every sector of our society, helping all of us in looking forward with hope and faith for our children's future.*


Mother's Day has long been a welcome opportunity to celebrate motherhood and to remember our mothers, whether biological, foster, or adoptive. I urge all our readers to express their gratitude for the many contributions made by our wife's and mothers and to observe this day with reverence and in an appropriate manner. I still maintain that the many special day's we celebrate should be revered and adhered to every day of the year. **"HAPPY MOTHERSDAY 2022"** *from your Concordia!*

All our Mothers are the Wings to our Dreams

Keep smiling



How often do people die during the procedure?



Just once.

Our love for Concordia is a combination of... Respect, Friendship, Understanding, Communication and Companionship. Therefore your Concordia friendship is like a bank account You cannot continue to draw on it without making a deposit.

*I am thankful for the gift of life and for those
I am blessed to share this life with.*

The special "Let's Smile Page"

A woman awakes during the night to find that her husband is not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a hot cup of coffee in front of him. He appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of his coffee. **"What's the matter, dear"** she whispers as she steps into the room, **"Why are you down here at this time of night"** The husband looks up from his coffee, **"It's the 20th Anniversary of the day we met"** She can't believe he has remembered it and starts to get teary. The husband continues, **"Do you remember 20 years ago when we started dating, I was 18 and you were only 16?"** he says solemnly. Once again, the wife is touched to tears. **"Yes, I do, she replies."** The husband pauses, the words were not coming easily. **"Do you remember when your father caught us in the back seat of my car?"** **"Yes, I remember"** said the wife, lowering herself into the chair beside him. The husband continued. **"Do you remember when he shoved the shotgun in my face and said, "Either you marry my daughter or I will send you to prison for 20 years"** **"I remember that, too"** she replied softly. He wiped another tear from his cheek and said **"I would have been released from prison today!"** (You may smile or laugh of course!)

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



From 1984 till 2014, Joop de Wit was the multicultural Dutch presenter at radio station **2NURFM**. Well known **Henk de Jong** started the Dutch program with **Ankie Dupree** and **Rinus Lagerwaard**. **Joop** took the helm in **1984**. It was after **30** years of dedication that **Joop** was able to reach a milestone as the longest serving volunteer radio presenter at our well known radio station **2NURFM**.

Namens alle Concordia leden van harte proficiat



**HAPPY BIRTHDAY TO ALL THOSE
CELEBRATING ANOTHER MILESTONE**



*Doctors have just identified a food that can cause
grief & suffering years after it has been eaten.
It's called a wedding cake!*

Four-year-old Luna told her kindergarten class that she has a new daddy, referring to her mother's new boyfriend, **"and he's coming to pick me up after school!"** When class was finished, the time had come to show her new daddy off to all her classmates. As they were walking outside to admire the new daddy, Luna said **"Look! There's my new daddy."** To which four-year-old Tim exclaimed enthusiastically:
"Oh, he's really cool! We've had that one not so long ago!"

*Feeling very sorry and much grief for all these Ukrainian people
that are slaughtered by this 'no conscience butcher in Russia.'
We shall fight in the fields and in the streets, we shall fight in the
hills; we shall never surrender to this monster in Russia.
Have we learned something from the past? NO, nothing at all!*



*The day the power of love overrules the love of power,
the world will finally know real peace.*



What is one thing that everyone should eliminate if you want to live longer?

A fascinating statistic came out of the Covid lockdowns which I read on the internet. The average life expectancy in the western world has slightly decreased for the first time in over a century. It's most likely attributed to increased depression and loneliness which was caused by the lockdowns. A dramatic and sad picture of how much your outlook affects your longevity. That if you want to live longer we need to eliminate negativity. But how do you do that? We're all bombarded by negativity every day so how can you possibly stay positive in a negative world?

First, eliminate negative from your thoughts. Instead, of thinking about all your problems, think of all the things you must be thankful for. Those you love, a good night sleep, a new day to enjoy, health, a job, a place to live and everything else you can think of in a positive way.

Second, eliminate negative from your input. Monitor the news you absorb. Instead of watching the news over and over again, selectively read it. And limit that also. Most of it repeats and you really don't need. The media thrives on bad news so let them thrive without you. We can do without doom and gloom in our lives today. It sure won't stop the Pandemic or the many wars in the world, especially the one in Ukraine.

Third, eliminate negative from your output. Guard what you say. Instead of complaining about your problems and the world's issues fill your words with joy. Talk about the positives of your life and what you enjoy. Laugh and love with your words.

Fourth, eliminate negative from your relationships. Be careful of who you hang out with. If you hang out with negative people, they'll drag you down. If you hang out with positive people and become a positive person, you'll lift each other up. Frankly, I've found when I start feeling negative, I'm failing in one or more of those areas. So I change it and my happiness returns.

I enjoy my life and the people I'm with, so I look forward to it continuing for a long time. And who knows, you might find you have a lot more friends and that makes life worth living by attending our functions.

I you want to live a long life, be happy with the life you're living. Joop



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Some of the funniest Dutch expressions (and how to use them)

The Dutch don't wake up in a bad mood...they 'step out of bed with the wrong leg' - (*Met het verkeerde been uit bed gestapt*)

Dutch don't only feel great...they feel 'Chickendelicious' - (*Kiplekker*)

The Dutch don't order a cup of coffee...they order 'a little cup of solace' - (*Een bakkie troost*)

Dutch people don't get goosebumps when they are cold...they get 'chicken skin' - (*Kippenvel*).

The Dutch won't tell someone to get lost...they'll 'glue somebody behind the wallpaper' - (*Iemand achter het behang plakken*)

The Dutch don't walk...they "use the leg-van" (*Met de benenwagen*)

The Dutch are not pale skinned...they are a 'pale fart' - (*Bleekscheet*)

The Dutch don't find things easy...rather it's 'a whistle of a cent!' (*Een fluitje van een cent*)

The Dutch don't have a misfit in a group...they have a small outside leg' (*Buitenbeentje*)

(Continued on page 31)

*Life is suppose to be difficult,
But it doesn't need to be painful.*

Your Personal invitation for the next 28th May function

*Come to visit us in the Cardiff RSL
to commemorate and celebrate a very special function*

Please, don't miss this special get-together in the Cardiff RSL

*You may book your attendance. Concordia has been notified to
adhere to the rules of the Cardiff RSL and NSW health*

The afternoon includes your usual meal & all entertainment.

\$20-00pp - Doors open 11am - Finish 4pm sharp.

Please contact Joop on - 4954 5227 or any of the committee members.

(Continued from page 30)

The Dutch don't have unclarity...they “can't knot any rope to it” (*Er geen touw meer aan vast te knopen*)

The Dutch won't say “It's okay”...they'll assure you “It sits like a Moustache” (*Het zit wel snor*)

The Dutch don't have hindsight...they'll say “after it is easier to look the cow in the ass!” (*Achteraf kijk je een koe in z'n kont!*)

They also don't have clarity...they'll say “the monkey is coming out of the sleeve” (*Nu komt de aap uit de mouw*)

A Dutch person won't comfort you by saying “you are going to be alright”...they'll say “nothing on the hand” (*Niets aan de hand*)

The Dutch won't tell you to own up to consequences...they'll say “when you burn your butt, you need to sit on the blisters” (*Wie zijn billen brandt, moet op de blaren zitten*)

The Dutch don't compliment the chef...they'll say “it's like an angel is peeing on my tongue” (*Alsof er een engeltje over je tong plast*)

A Dutch person won't invite you for a night of romance...they'll invite you “to eat a rusk” (*Een beschuitje met iemand eten*)

A Dutch person won't find something uninteresting...they'll find it “far from my bed show” (*Ver van mijn bed vandaan*)



De z.g. fijne gezellige tijd



You might have had the following experience in the past

A couple of weeks ago a child therapist that I know looked at my kids and said, "You're such a good mum"

Feeling like a total fraud I blurted, "I don't feel like a good mum. The kids are driving me crazy, I'm losing my temper and falling asleep at night wondering where I'm going to get the patience for another day" To which she responded with a statement that I haven't been able to Forget....."Babies cry, it's how they communicate. Toddlers scream, children whinge and teenagers complain."

Then mums say the words 'for heavens sake' under their breath before they respond. It's just how we communicate. But guess what? It's better than complete silence. A house full of screaming kids and some fighting teenagers and a parent who's being thrown every question and request, this seem a healthy one to me.

*It's the silent children, the scared toddlers, the teenagers that don't come home and the parents who aren't in communication with their children that we must worry about. Kids don't always drive you crazy, you were often upset already. That's why kids behave that way. And just like that, I felt like a good parent again. Remember the statement, "Nothing is perfect!" Take a deep breath, you're doing a very good job! **Editor Joop***

*Of course I talk to myself.
Sometimes I need expert advice.*

Concordia's 2022 Commemoration & Celebration

Saturday 28th May is an important day for the Dutch friends. We come together at the **Cardiff RSL**. We commemorate all those killed during the many wars in the world, past and present, especially the war in Ukraine right now. In every war there're no winners whatever the reason. Certainly let's also take in consideration all Dutch military personnel that fought in war situations closer at home. We solemnly remember the Dutch Navy and all military personnel who lost their lives in the Battle of the Java Sea, including the Commander of the Allied Fleet '**Admiral Karel Doorman.**'

We also celebrate our **Freedom, King's Birthday & Mothers Day.**

Please come & join us.



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

Don't forget, wintertime is vitamin C time

Can you eat lemon peel? People love to drink lemon juice, and many people throw away the lemon peel after juicing, which is kind of a shame.

The nutrition of lemon peel is much higher than that of lemon juice. Lemon peel is rich in vitamin A, vitamin C, D-limonene, beta-carotene, citric acid, malic acid, hesperidin, and minerals such as calcium, magnesium, and potassium.

D-Limonene is a compound that gives lemons its characteristic aroma, mainly found in the peel of lemons, which is a very natural flavonoid antioxidant.

D-Limonene has powerful antioxidant and anti-inflammatory properties, it can effectively scavenge free radicals, decrease oxidative damage and inflammation, enhance immunity and resistance, and avoid the risk of various diseases.

In addition, lemon peel is also rich in vitamin C, which can promote the formation of antibodies, improve the vitality of white blood cells, and strengthen the immune system.

Lemon peel as we know tastes a little bitter. You can drink lemon peel tea. Pay attention to keeping the water temperature at 50 to 60 degrees, so as not to destroy the nutrients of the lemon peel. **Editor**

Letters to the Editor

Giddy Joop. *Just a little coincidence that happened recently. Last Sunday I attended the Fennell Bay Markets and purchased two "Dutch Tiles" (photos attached). You can imagine my surprise when I opened your email including the last issue of the Concordia Newsletter to reveal the cover illustration. Feel free to use the story and photos of the tiles. Cheers, **Bill Hepp***

Footnote: *sure very co-incidental, must have been a surprise **Bill**. For the benefit of our readers I will show your purchases you have sent to me, **Joop***



From Alex de Wit we received the following message: *Good afternoon **Joop**, I was pleasantly surprised with the new edition in full colour! It looks beautiful and certainly a move up to the 21st century. Concordia can now last for at least another 60 years... Thanks for all your hard work mate, greetings and houdoe, **Footnote:** That makes me 130 years plus **Alex***

Control your ANGER because it's just one letter from D-ANGER

Never a dull moment with my Doctor!

Let me tell you about my doctor. *He's very good! If you tell him you want a second opinion, He shall go outside and comes back in again.*

While he was talking to me, *his nurse came in and said, "**Doctor, there is a man here who thinks he's invisible.**" The doctor said, "**Tell him I can't see him.**"*

Till next time, Joop

NEW MEMBERSHIP/RENEWAL APPLICATION

DUTCH SOCIETY CONCORDIA - NEWCASTLE & DISTRICT

Annual Membership Fees are payable between 1st July but before 31st August 2022

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 2022 / 2023	<i>I agree to accept and abide by its constitution</i>
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Hereby Cheque/Money order in the amount of: \$.....

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