



JULY - AUGUST 2025

Issue 238

Australia

Nederland



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

*One of the 10 top attractions in NL is 'Giethoorn'
Also called "Venice of the Netherlands" No roads - no cars*



Thousands of people visit this village every year

Concordia is a Dutch - Australian Social Club - Established in 1957
Registered by Australia Post - Publication Number 100001848 - Price \$4.00

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We invite everyone to all our functions. "Gezelligheid kent geen tijd"

NEWSLETTER OF THE DUTCH SOCIETY "CONCORDIA"

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Any of the above information, wrong or out of date, please contact the editor at your earliest convenience, we will be able to change or make an immediate alteration in the general interest of our members.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 Secretary's & Editor's Desk - Joop de Wit

Dear readers, another financial year has come and gone. A timely reminder to all our members in helping us with your support by paying your annual membership fees during **July & August 2025**.

Don't under-estimate the difference you can make to our Society. We have no other income than memberships, our advertisers represents a very small part in our total budget. It's for some of our members to show support, including the current email members. You have been notified.

A nice reminder to our readers, that this is our **24th** year in succession since we experienced an increase in Membership fees, *(last increase was in 2001)* It's great to see our treasurer keeping it all nicely balanced. But, the real credit for all this needs to go to all our members, they continually include extra money with their membership payment as a donation, some big, some small, whatever it is, it's appreciated and helps to keep us in a sound financial position. Just the printing and sending of the Concordia newsletter does no longer cover your membership payments, we even subsidize the members that partake in our social get-togethers. A sincere *'Thank You'* from the bottom of our hearts, especially from your Concordia committee.

You may deposit your membership directly in our bank account. We continue to make it easier for you. Please refer to our Bank info on page 35

On another subject, your Committee is inviting everyone for another **Smorgasbord** of food and a performance by **Norm Bakker** on Saturday **26th July**. Another *'Gezellige'* afternoon with great food, fantastic raffle and a variety of excellent entertainment. The venue will be the **Cardiff RSL Club** the restaurant is called the *"Eastern Tiger"* part of the **RSL**. They offer a variety of food in the *'All you can eat'* restaurant. We like you to share an afternoon with your Dutch-Australian *'Family'* Don't forget to book your seats as soon as possible. Having an artist by the name of **Norm Bakker** in attendance, has always been a big drawcard.

Let's get together as a family to celebrate life itself. We have once again lost another member, our thoughts and prayers will be with those who stay behind to carry the burden of the loss. Give us your support by your attendances and generous membership. Enjoy our fun, friendship and companionship. Please be patient & kind to each other. **Until next time**,
your editor *Joop*

From the Presidents Desk - Toni Somerville

Dear readers, can't believe we are in June already. Won't be long and we may see Christmas items on the supermarket shelves again.

Thank you to the members who attended the May function, it was a cold day and some members were not able to attend. Time of the year for colds and flu.

It was great to catch up with **Mia** and **Jan Joosten** from the **Rembrandt** club in Sydney, both dressed in orange. Thank you so much for making the effort to come all this way, we are always happy to see you.

Evan Louwen brought his dad, **Henri**, former committee member.

Edward, **Evan's** young son, came along also to help with his Opa. **Edward** loves pushing **Henri** in his wheelchair. Thank you very much **Evan** and **Edward**, so kind of you. I became a bit emotional when I spoke to **Henri**, his eyes lit up and he said, **Toni**.

Committee member, **Jopie Ryan**, decorated each table beautifully again featuring a large circle of orange plastic with on top a circle of red, white and blue. In the middle a small Dutch flag, the number 80, for it being 80 years since **WW2** ended in the Netherlands, candles that lit up, for the Kings birthday and rosemary for remembrance. Brilliant! For Mother's Day **Jopie** had chocolate hearts for the ladies. She covered everything. Thank you very much again **Jopie**, you are so generous and clever.

As usual in May, the first part of **Joop's** entertainment afternoon, was emotional, you could have heard a pin drop, it was so quiet. This was followed by **Liberation Day**, **King's Birthday**, **Mother's Day** cuteness and general entertainment. Thanks **Joop**.

Memberships are due in July and August. Our sincere thanks to the members who have already paid. Our grateful thanks also for donations at the May function day and when sending memberships.

Once again we are grateful for the raffle prizes in May. To **Gabby**, daughter of **Irene** and **Tony Kirchner** for her raffle gift, **Nicky** and my sister, **Trix** and husband **Barry** from Glen Innes for 2 raffle gifts, **John van Lie** for his raffle gift and **Christina Kliousis** for her bunches of lovely flowers. Thank you all very much.

At our July 26th function, **Norm Bakker** will entertain us after lunch. It

(Continued from page 4)

will be another enjoyable and fun afternoon.

Please come, catch up with your friends, enjoy a smorgasbord lunch and sing along with **Norm** after lunch. All still for **\$20.00**, what a bargain! Take care, stay safe, well and warm during the winter months. **Toni.**



Membership
2025 – 2026 is now due...

Just a
friendly
reminder...

How many men
did you sleep
with?

I only slept with
you...with the
others I wasn't
sleeping...



These scooters for heavier people
are already for sale in the USA



These semi-truck mobility scooters
aren't just flashy, they are functional



Symptom's of vitamin B12 deficiency **

Vitamin B12 is essential for men in the later phase of life for several key reasons. Firstly, it supports brain health and cognitive function, helping to prevent memory loss and reduce the risk of neurodegenerative conditions such as Alzheimer's disease. Secondly, Vitamin B12 is crucial for red blood cell production and DNA synthesis, which are vital for maintaining energy levels and overall vitality. As men age, their ability to absorb B12 decreases due to changes in digestive health, making supplementation or dietary adjustments more important.

Furthermore, B12 plays a significant role in maintaining cardiovascular health by reducing homocysteine levels, a risk factor for heart disease. It also supports nerve health, preventing neuropathic pain and maintaining mobility and coordination. Ensuring adequate vitamin B12 intake can improve overall quality of life, supporting physical and mental well-being in later years, and helping to maintain independence and an active lifestyle.

Here are eight unusual symptoms of vitamin B12 deficiency in men in their 50s, specifically focussing on legs and feet at night.

Numbness and tingling: Experiencing numbness or a tingling sensation in the legs and feet can be a sign of nerve damage due to Vitamin B12 deficiency. This **"pins and needles"** feeling often occurs at night when at rest and can become more noticeable. This symptom arises because vitamin B12 is crucial for maintaining healthy nerve cells and their proper function.

Balance issues: A lack of coordination and balance, particularly noticeable at night, may indicate nerve damage from prolonged vitamin B12 deficiency. This can make it difficult to walk without stumbling. Vitamin B12 is vital for maintaining the myelin sheath that protects nerves, and its deficiency can lead to impaired signal transmission and balance issues.

Restless Legs Syndrome (RLS): A compelling urge to move the legs, often accompanied by uncomfortable sensations, can worsen at night, interfering with sleep. RLS can be linked to vitamin B12 deficiency, as the vitamin plays a role in nerve health and neurotransmitter function, which are crucial for muscle control and movement.

Burning sensation: A burning feeling in the feet, particularly at night, can be a symptom of peripheral neuropathy caused by low vitamin B12 levels. This sensation results from nerve damage, as vitamin B12 is essential for maintaining healthy nerves. Without adequate B12, nerves can become damaged, leading to pain and burning sensations.

(Continued on page 7)

(Continued from page 6)

Leg pain: Chronic pain or discomfort in the legs, which may intensify during the night, can signal nerve damage from vitamin B12 deficiency. This pain can range from mild to severe and can affect daily activities. Vitamin B12 deficiency can cause degeneration of nerves, leading to persistent pain and discomfort in the legs.

Cold feet: Feeling unusually cold in the feet, even in warm conditions, might indicate poor circulation and nerve issues linked to insufficient B12. Vitamin B12 is crucial for red blood cell production, and its deficiency can lead to anaemia and poor blood circulation, causing the feet to feel cold.

Sleep disturbances: Frequent leg cramps or spasms at night can lead to disrupted sleep patterns, which can be associated with a lack of vitamin B12. This vitamin is important for **muscle function and relaxation**, and its deficiency can cause involuntary muscle contractions, leading to sleep disturbances and fatigue.

**** If any of these symptoms are present, it's important to consult a healthcare provider for proper diagnosis and treatment.**

Disclaimer: This article, including health and fitness advice, only provides generic information. Don't treat it as a substitute for qualified medical opinion. Always consult a specialist for specific health diagnosis.

The best things in life are truly free, Faith, Hope & Love.



*We sure enjoyed last years concert, thanks Norm.
See you again 26th July.*



Dutch News

News And Current Affairs, News - Overseas



Nederlands Nieuws - iedere dag 12:30pm - SBS channel 35

MEMBERSHIP Renewals

You are never too old to set another goal or to dream a new dream



*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.
Please be generous, every amount is very welcome for the
continuation of your Concordia. Bij voorbaat alvast bedankt!*

Traditional Dutch Recipe

WE'RE
COVID
SAFE

T. Winkeltje

Dutchies
SNACK FOOD



Original Dutch Croquettes

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Suteliffe Meats - Erina Fair

Cresthaven Meats - Bateau Bay

It's all Dutch en heel lekker



**Kroketten &
Bitterballen**



Frikandellen

Available at all of the above outlets

**Croquettes Beef 23% - Deluxe Beef 46% - Chicken - Bitterballen
- Beef Goulash - Party/Snack Size - Cheese Chicken / Schnitzel
Sausages - Frikandellen**

CONCORDIA

Personal Invite to the next function

Your special invite for Saturday 26th July 2025

Don't miss it! Bring your family and all your friends

Anyone is welcome - Bookings essential

Doors open 11am - Finish 4pm - **BOOKINGS:** Contact Joop on 4954 5227.

Join us for an all you can eat Banquet, followed by our entertainment

(We don't like to disappoint - please book early - yes, it is essential)

Please pay at the door. Cost \$20.00 pp for an all you can eat Eastern Tiger banquet, followed by a cosy memorable afternoon.

Husband visiting his Lawyer:

"I want a divorce, my wife hasn't spoken to me for 6 months"

Lawyer: "Think about it, wife's like that are hard to find."

*Don't worry about
getting old, worry
about thinking old.*



Get Well Soon!



Gouda, a mealtime special in the town square



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

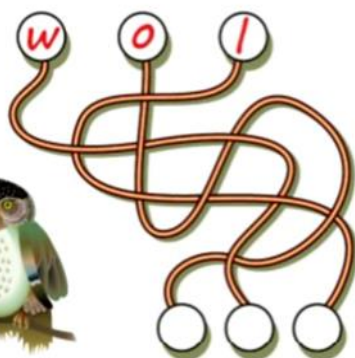
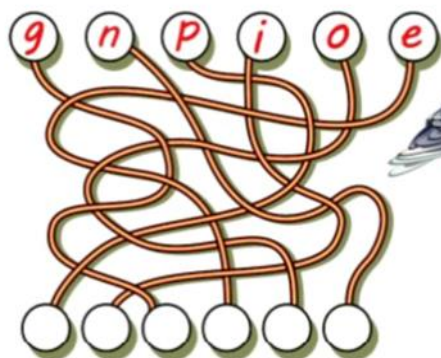
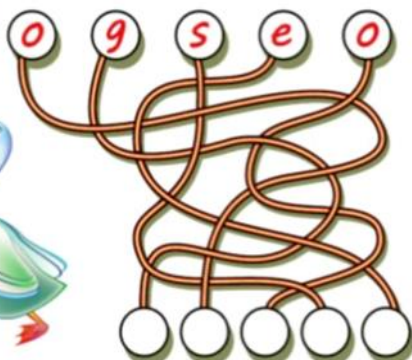
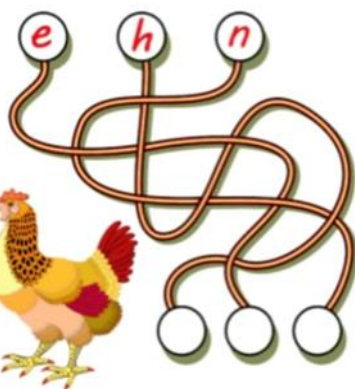
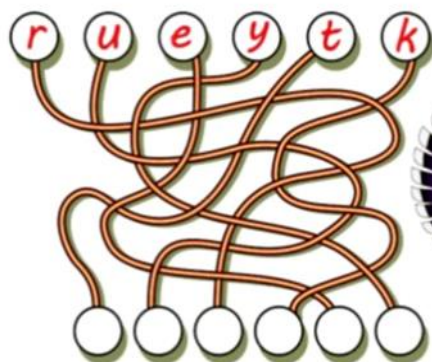


Wishing you a speedy recovery

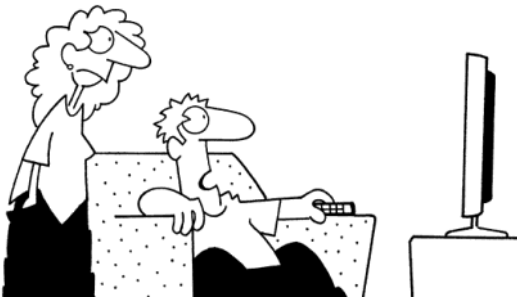


*My goal is not to be better than anyone else,
but to be better than I used to be.*

PUZZLES AND ACTIVITIES



WRITE THE LETTERS



I know we paid a lot for our TV, but there are some celebrities you don't want to see in high definition!



*Come and join us for a special program on Saturday 26th July
Our member **Norm Bakker** will entertain us with his
well known memory lane music. Everyone is welcome for \$20pp*

A diplomatic husband said to his wife, "**How do you expect me to remember your birthday when you never look any older?**"

A fine is a tax for doing wrong. **A tax** is a fine for doing well.

A friend is not someone that won't begin to talk behind your back when you leave the room.

After the government takes enough to balance the budget, the taxpayer has the job of budgeting the balance.

A friend is someone who dances with you in the sunlight and walks beside you in the shadows.

A hug is a great gift, one size fits all, and it's easy to exchange.

Anyone who stops learning is old, whether at twenty or eighty.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

Nature's laws are the invisible government of the earth.

The quickest way to double your money is to fold it in half and put it back in your pocket.

Het wordt weer vanouds 'geweldig gezellig!'

Special dates for your Australian calendar - 2025

*Here are the public holidays
in New South Wales for the rest of 2025*

- Labour Day: Monday, 6 October
- Christmas Day: Thursday, 25 December
- Boxing Day: Friday, 26 December
- New Years Eve: Wednesday 31 December



Public School Holidays NSW 2025

*Saturday 6th July 2025
Monday 21st July 2025
Winter vacation*

*Saturday 20th September 2025
Monday 13th October 2025
Spring vacation*

*Saturday 20th December 2025
Monday 26th January 2026
Summer Vacation*

CONCORDIA

FUNCTIONS 2025

CARDIFF RSL

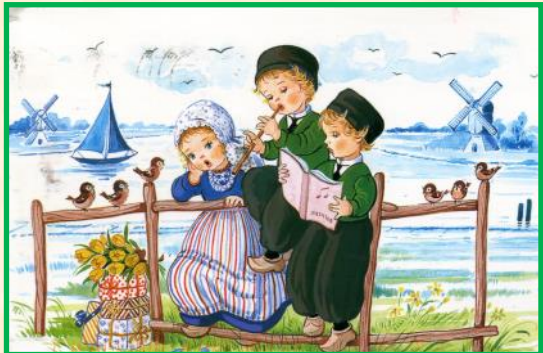
Important Dates:

*Saturday 26th July
Saturday 27th September
Saturday 20th December
AGM to be announced*

Please renew your Membership for the next Financial year 2025 - 2026

A **scammer** called my
grand-mother
and said he had all her
passwords.
She quickly got a pen and
paper and said:

*“Thank God for that,
what are they!*



Volunteer spotlight: Mosaic Multicultural Connections.

Volunteer Week 2025 gives us the perfect opportunity to celebrate the extraordinary individuals whose dedication spans decades! This year we're honouring **Joop de Wit**, who's remarkable **42-year** volunteer journey continues as an **ACVVS** visitor with **Mosaic Multicultural Connections**.

Joop's volunteer path began in **1983**, driven by his commitment to *"create happiness and understanding of the different cultures in our Australian society."* He now focuses on visiting aged care facilities, where his ability to speak with residents in their native language brings immeasurable comfort and joy.

Beyond Mosaic, Joop serves as **Secretary/Editor of the Dutch Society Concordia, President of the Newcastle Multicultural Choral Society, and works as a multicultural funeral celebrant and grief counsellor.** **Joop** was also the weekly presenter of the **Dutch Language** program for **30 years** on radio station **2NURM-103.7**. In addition **Joop** took over the program *'European kaleidoscope'* when the **German** program presenter **Karl Schomburg** decided to retire. All this is reflecting his deep commitment to supporting people from diverse backgrounds.

"The most rewarding aspect of being a volunteer is the connections he has build, *"Because he has no family in Australia, all these special connections have created a very large artificial family to Joop."*

A fun fact? After retiring as a **funeral location manager**, **Joop's** visits to **Dutch** and other various migrant patients sometimes startled staff who recognised him from his previous role-creating moments of surprise that still makes him smile! Thank you, **Joop**, for your extraordinary dedication to building bridges between cultures! **Team MMC Newcastle & Hunter.**



Norm Bakker, presenting the melodies from yesteryear.

The experience started for **Norm Bakker** many years ago when a sound engineer heard **Norm** sing at a major **Sydney** venue and suggested that maybe he should do a show as his onstage antics and looks are so uncanny and surprisingly like a seasoned artist.

So started the birth of a new production show called '**A Solid Rock Salute**'. Even though **Norm** has been singing for a number of years prior, this was one big challenge but nevertheless a dream come true to be able to perform a tribute to one of his idols...the king of rock'n'roll '**Elvis Presley**'.

Come on down Saturday 26th July and enjoy live music from **Norm Bakker**. Whether you're a fan or not, it's going to be a one entertaining afternoon! You could say **Hornsby** is always on **Norm Bakker's** mind, because it's not only where he did his first shows as an **Elvis** tribute artist, but it's also where he married his wife **Michelle**. The ceremony took place in 1990, the week of the anniversary of Elvis's death. In true **Elvis** style it was **Hawaiian**-themed, and 700 people packed in to celebrate it. Its nice to know that **Norm** was born in **Amsterdam** before migrating to Australia. Don't miss this special show in the **Cardiff RSL!**

***Let's get together in harmony, celebrating this special event.
Our guest artist **Norm Bakker** will entertain in good old fashion.
He will deliver the memories of your past music times. **Book early!*****





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AND MARINE APPLIANCE
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Uit de Oude Doos!



Memories of yester year - Bus trip to the vineyards - May 2004

MEMBERSHIP RENEWAL



Als iemand aanbelt
doe ik altijd mijn jas aan,
voor dat ik open doe.

Bij minder leuk
gezelschap zeg ik:
Sorry ga net weg.

**Even
Lachen
A.U.B.**



Bij leuk
gezelschap
zeg ik: wat leuk
ik kom net thuis.



Hoe noem je een man...
die zorgzaam, lief, intelligent
en mooi is...flink meehelpt in
het huishouden en dol is op
koken? **Een FANTASIE !**

Getting used to a different communication world

A senior's version of Facebook. For those of my generation who do not and cannot comprehend that my **Facebook** exists. I am trying to make friends outside of **Facebook** while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of my daily gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them **'thumbs up'** and tell them I like them, yes it works just like **Facebook**.
I already have four people following me.....

Two police officers, a private investigator, and a psychiatrist.

Liefde is gratis, jammer dat sommigen er zo zuinig mee zijn!

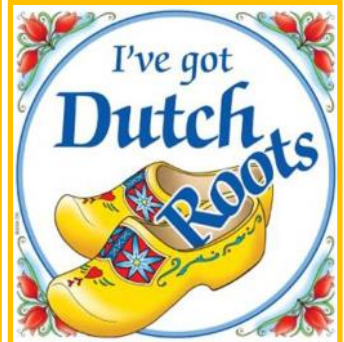


Diarrhea awareness month starts Monday
Runs till Friday



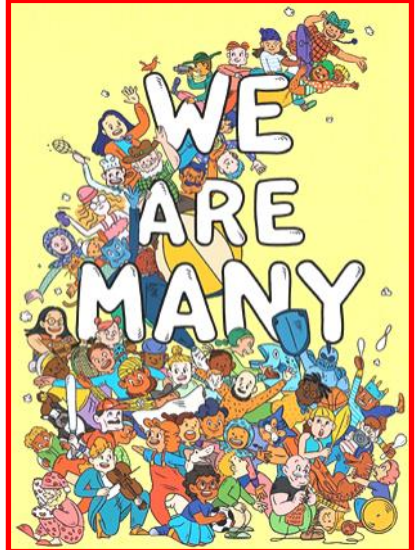
"I don't like to be the one to have to tell you this Sadie, but there's a rumour going around that your husband Max is chasing women. And him over 80 !"

"Yeah! so he's 82, so what? Let him chase girls. Dogs chase cars but when they catch one, can they drive it?!"



It's not your land or my land

*Its our planet we should
be concerned about*



*When you are stressed you eat ice cream,
chocolate and sweets....Why??*

Because STRESSED spelled backwards is DESSERTS.

A real winter meal



Memories are always special.

Sometimes we laugh for remembering
days when we cried and sometimes
we cry for
remembering
days when we
laughed.



Our May function 2025

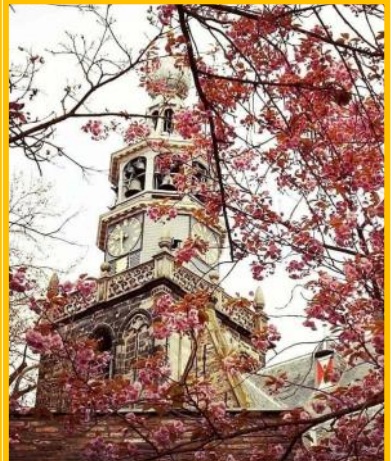
It was another great day to remember and to celebrate.





Some photographic memories of our last May function
This latest May get-together was a very big success,
and by golly, it was a fantastic day for all those attending.

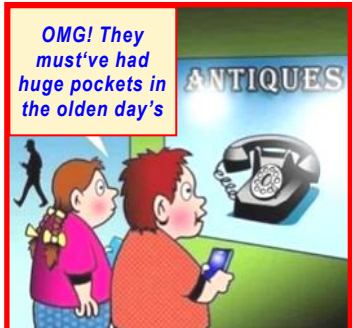
De kunst van te leven is: thuis te zijn alsof men op reis is.



"Some people care too much. I think that could be called love."



OMG! They must've had huge pockets in the olden day's



Another cosy variety afternoon was enjoyed by all



Congratulations Jan and Anita van Altena

Celebrating 60 years of trading as **Holland House** Pty Ltd.

On behalf of all your customers, past and present,
Thank you for bringing a small part of home to us all.
For all the events, festivals, nights, dinners and happy memories.

With an eye on the sails, a firm hand at the wheel,
and success always in sight.

You have navigated six remarkable decades
with belief and determination.

We are so very proud of both of you....

Jeff, Monique and Paula



On behalf of the **"Dutch Society Concordia"** we wish **'t Winkeltje** in Smithfield our most sincere congratulations on reaching a milestone of **60 years** in business. Both created a special atmosphere by selling Dutch **'Heimwee goods.'** For many it was a special treat just visiting. To **Jan** and **Anita**, who are both still very active, it's a very special place for those who still live with the memories of the past. **Gefeliciteerd, Joop**

Two blondes were taking their first train trip to Warsaw on the train. A vendor came down the corridor selling bananas which they'd never seen before. Each bought one. The first one eagerly peeled the banana and bit into it just as the train went into a tunnel. When the train emerged from the tunnel, she looked across at her friend and said, ***"I wouldn't eat that if I were you."*** ***"Why not?"*** ***"I took one bite and went blind for half a minute."***



Boss: ****Shouting**** ***"Little Johnny come to my office right now..."*** Little Johnny: ***"Yes sir!"*** Boss: ***"Little Johnny, I saw you arguing with the customer that just left. I have told you before that the customer is always right. Do you understand me?"*** Little Johnny: ***"Yes sir!"*** The customer is always right". Boss: ***"So what were you arguing about with that customer?"*** Little Johnny: ***"He said my boss is stupid and an idiot sir!"*** Boss: ***"That bustard. What did u say to him?"*** Little Johnny: ***"I told him he's right."***





Please book your seats for the next Concordia Function.
Come to a day full of gezelligheid including food for only \$20pp
Join us on Saturday 26th July at the Cardiff RSL - Everyone is welcome



We are just waiting for the next function



Anyone celebrating a special event like an Anniversary, Birthday or some other special occasion during the next few months, **Concordia** wishes you a pleasant time with family and friends. Our sincere congratulations from your **Concordia** Family.



*a Taste
of Dutch*



BIBINA

Shop Where the
Chefs Shop!



"Eet
smakelijk"



*Plenty of overseas
food available.
It starts at BIBINA*

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If you are undecided about your next big move.
Only for those making an important decision, some sooner, some later.
Attached is an aged care story worthwhile reading.

At the age of 83 I have learned a lot about life, there is one decision that I sometimes regret, moving to a nursing home. At the time, it seemed like the right choice. My family encouraged it with the promise that I would get all the care and love I needed? I believed them, but once I was there, I realized that this reality was not as I had imagined. I know many of you may be thinking about this option, either for yourself or for a loved one. You may think it's the safest decision. Or maybe you've been told that it will make life easier, but before you take that step, I want to share a few things I wish someone had told me before I moved in, because the truth is that living in a nursing home isn't just about convenience. It can also be a blessing for many that have made the move. Please stay with me until the end, because some of these lessons may surprise you. And if you know someone who is thinking about a nursing home, then this story could be just right because they need to hear this before they will make a life-changing decision.

Regret losing my independence. The biggest shock after moving into a nursing home wasn't the small room, the set meals, or even the unfamiliar faces. It was the realisation that I had lost control of my own life. Before I moved, I had my routines. I decided when I woke up, when I ate, and how I spent my day. I could walk whenever I wanted to cook my own meals or just sit quietly in my favourite chair with a book. But within the nursing home, I quickly realized that my time was no longer mine. Everything went according to a schedule that was not mine. Breakfast was at a fixed time. Even if I wasn't hungry. The lights went out at a certain hour whether I was ready to sleep or not. And if I wanted to go for a walk outside, I might need permission and I probably had to wait. Until someone was available to help me. Simple decisions like what to eat or even what to wear began to feel like privileges rather than basic choices. I remember my first week, waking up in a bed that didn't feel like mine. I sat up, stretched out and picked up the book I had read at home. But when I looked around, it came to me. This was not my house, my books, my favourite chair, the little comforts I have accumulated for years were gone. Instead, there were sterile walls, a bed I hadn't chosen, and a feeling I couldn't shake. I was no longer in charge of my own life. The hardest part was realizing that once you give up your

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independence, it's almost impossible to get it back. You adapt because you have to stop arguing when they tell you what to eat. You stop asking if you can take a walk whenever you want. You learn to fit into their system, but in the process you start to lose yourself. If you're considering moving into a nursing home, ask yourself? Are you willing to give up the little freedoms that make life yours? Because once they are gone, you will miss them more than you ever imagined, I was regretting the feeling of being forgotten.

One of the hardest truths about moving into a nursing home is realizing that the world goes on outside without you. When I first arrived, my family assured me that they would visit often. I believed them and in the beginning they did, my daughter came by every week. My grandchildren came over on the weekends and for a while it felt like I still had a connection to my old life. But as the months passed, the visits became less frequent. Started calling my doctor instead of visiting and eventually even the calls started to come less often. My grandchildren grew up and their lives became busier, while my world became smaller and smaller. It was painful to see how life went on outside the walls of the nursing home without me. I started to feel more and more forgotten as a memory of the past that was slowly fading. I know my family loves me, but it's hard to accept that the people closest to you are. Living a different life without you? The isolation in a nursing home is something that no one can prepare you for. It's not just the physical distance, but the emotional distance that makes it difficult. If you're considering how to make sense of a nursing home, ask yourself if you're willing to put up with that loneliness? Because the connections you had with the outside world can quickly fade no matter how much you hope. That they continue to exist.

Losing personal privacy in a nursing home is your privacy, something you quickly learn to sacrifice. At first, I thought I would have my own space where I could relax and have a sense of personal freedom. But the reality was very different. My grandchildren got busy with school and work, holidays were the hardest. Everyone had promised they would come, but somehow the plans always changed at the last minute and suddenly I found myself sitting alone in a common area, while other residents stared at the door in hope that today would be the day that someone would remember them. It wasn't that my family stopped loving my existence. Life just got in the way

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When you're not around every day, it's easy for people to assume that you're okay, that you're adjusting, that you don't need as much attention. But the truth is, the longer you are in a nursing home, the easier it is for people to forget how much you still need them. I remember an evening sitting in my room with my phone in hand, doubting whether I should call my son. I didn't want to be a burden. I didn't want to remind him that I was sitting here waiting for a visit that might never come. So I put the phone down and then I realized. This was my life now, the days will just be a fleeting moment, still hoping someone would remember me. If you're thinking about moving into a nursing home. Then ask yourself if you are prepared for the loneliness, because no matter how much your family loves you once you are out of sight, it is easier than you think to get out of just being a memory of the past.

Losing a sense of purpose. When I moved into the nursing home, I thought I was just changing my home and familiar environment. I hadn't realized that I was also changing my reason for living. At home I had responsibilities. I had routines, hobbies and a reason to get up in the morning. Even the little things, watering the plants. Making my own coffee, cleaning up my space, gave me a sense of purpose. But in the nursing home, those daily rituals disappeared. Meals were made for me. Cleaning was done by someone else. The plants, well, they were no longer mine to take care of. In the beginning, I told myself that it would be nice to finally relax. No more chores, no more responsibilities, just rest. But after a few weeks, I realized that something was missing. The days felt long stretched out without doing anything. Then wait, I also saw it with other residents. People who were once full of energy, now sat through their days staring and waiting for the time to pass. There was a man, 84 years old, who had been a carpenter all his life. At home he was always repairing things. Making small projects in his garage, but here there were no tools. No projects, nothing for him to create. I watched as he slowly withdrew, his hands once strong and skilful now at rest in his lap. I feel useless, he said to me one day and I knew exactly what he meant. When you no longer have something to take care of, something to work towards, life begins to lose its meaning. The mind slows down, the body follows and soon you just start to feel like another inhabitant in a different system, a place where time moves but nothing really changes. If you are considering a nursing home, ask yourself, what gives your life meaning? Because of your

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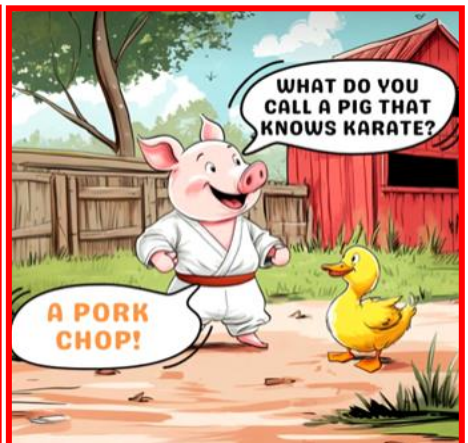
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move in finding purpose is in the simple as filling your time. It's about fighting to hold on to the things that make you feel alive.

Before moving to a nursing home, I was doing well for my age. I didn't run marathons, but I could still take care of myself walking and cook my own meals. I had my little routines that kept me moving, running errands in the morning, even just walking around the house to keep my legs strong. But as soon as I moved into care, it changed everything. In the beginning it seemed like I just had some rest after a life of work and was living with only my memories. Meals were brought to me and I no longer had to stand in the kitchen to cook. If I needed anything, I could just press a button and someone would come and help. But what I didn't realize was that the less I did for myself. The weaker I started to feel, this is something that some people will experience as well.

This story is just to remind everyone to prepare for the twilight years, we all will one day come to the end of the road, some sooner, others later. Keeping our memories is all we have left. My personal admiration goes out to all those that do such great job in all the aged care places I visit and the many others I don't, they are all doing their best to make life for those that need the care they deserve in a very special place, creating the vacuum that everyone needs and deserves. *Editor*

*Everyone you meet always asks if you have a career, are married, or own a home; as if life was some kind of a grocery list.
But nobody ever asks if you are happy.*





In Memoriam:

Helen Lewis - Aged 79 years

Helen passed away 21st April, 2025



Dearly loved wife of the late ***John Lewis.***

Much loved mother and mother-in-law to all her children.

Helen left a legacy behind of her adored ***12*** grandchildren.

A celebration of Helen's life was held on ***Monday 5th May 2025***
Our sincere condolences to all in the family, on behalf of the
 committee and members of Concordia. ***'Greatly missed by all'***

One day we will realise that material things mean nothing. All that matters is the well being of the people in your life.

Grandma says....



**Think Positive because
it keeps you young**

***For example. I fell down the stairs
today and I thought WOW—that's
the fastest I have moved in years.***



**When asked how they
managed to stay together for
65 years, their answer was...**



***"We were born in a time
where if something was
broken, you fixed it."***

At the end of another financial year I remembered the following appropriate joke:
 A cloud full of clergyman arrived at the ***Pearly Gates*** and were gathered around the
 reception desk to book in.....when suddenly a fanfare of trumpets signalled a late
 arrival. ***St. Peter*** called for the clergy to stand aside. The new arrival was the taxman,
 he was ushered straight in on the red carpet. The clergy were amazed and demanded
 to know why the preferred treatment. ***"Because that bloke,"*** said ***Saint Peter,***
"has put the fear of God into more people than the lot of you together."



Joop de Wit - dip. RCS Utrecht
Multicultural Funeral Celebrant



DEADLINE NEXT ISSUE:

For our July-August issue is the 10th August 2025.

*Copy received after this date will be included in the
November-December 2025 and January 2026 issue.*





I was walking along the street the other day when I slipped in some dog poo. A minute later some guy did exactly the same.

I said to him, "I just did that."
So he punched me in the face and called me a dirty bastard.

VOLUNTEER *Spotlight*

Joop de Wit brings nearly 42 years of volunteer experience to his role as an ACVVS visitor with Mosaic, where he provides companionship to residents in aged care.

His ability to connect with people in their native language creates special bonds that transcend cultural barriers.

Joop's diverse background—including roles as Secretary/Editor of the Dutch Society Concordia, President of the Newcastle Multicultural Choral Society—has given him unique insights into the rich tapestry of cultures that form our Australian community.



JOOP DE WIT



Warme mensen... zetten nooit iemand in de kou!



***It doesn't matter where you came from
all that matters is where you are going!***

NEW MEMBERSHIP/RENEWAL APPLICATION

DUTCH SOCIETY CONCORDIA - NEWCASTLE & DISTRICT

*Annual Membership Fees are payable between **1st July** but before **31th August**
Membership includes 5 newsletters per annum, your choice of hard copy or email.*

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 2025 / 2026	<i>I agree to accept and abide by its constitution</i>
Mr Mrs Miss Ms :	
GIVEN NAMES:	
SURNAME:	
DATE(s) OF BIRTH:	
ADDRESS:	
CITY & POSTCODE:	
TELEPHONE Home / Mobile:	
EMAIL address:	
SIGNATURE:	
Annual Fee / Renewal Fee:	<i>\$ 20-00 Couple (inclusive of GST)</i>
Annual Fee / Renewal Fee:	<i>\$ 10-00 Single Person (inclusive of GST)</i>

Hereby Cheque/Money order in the amount of: \$.....

Send to: TREASURER DUTCH SOCIETY CONCORDIA P.O. BOX 16, CARDIFF- NSW 2285 - do not send Cash.

***Our Westpac Bank details are: Dutch Society of Concordia BSB: 032-512 Account No: 340048
Please send us an email to let us know you've paid directly into our account.***

No receipt will be issued, only when officially requested & after the relevant bank statements are received.

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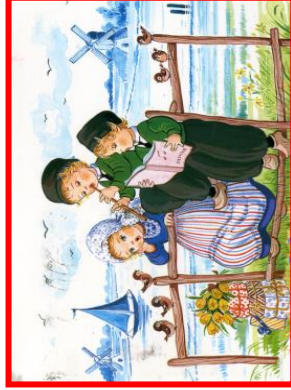
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