



Cooloola Waters Circular

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A Guy and the Frog

A guy is 85 years old and loves to fish. He was sitting in his boat the other day when he heard a voice say, 'Pick me up.'

He looked around and couldn't see any one. He thought he was dreaming when he heard the voice say again, 'Pick me up.'

He looked in the water and there, floating on the top, was a frog. The man said, 'Are you talking to me?'

The frog said, 'Yes, I'm talking to you. Pick me up then, kiss me and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous because I will be your bride!'

The man looked at the frog for a short time, reached over, picked it up carefully, and placed it in his front breast pocket.

Shocked, the frog said, 'What, are you nuts? Didn't you hear what I said? I said kiss me and I will be your beautiful bride.'

He opened his pocket, looked at the frog and said, 'Nah, at my age I'd rather have a talking frog.'

Oats for Health

Eating your oats is great for health in many ways, including helping with weight loss and high cholesterol, according to a recent review of studies on oat consumption.

If you're overweight, losing weight will help reduce your cholesterol level, but the studies show including oats in the diet can improve cholesterol levels even more. A number of studies found consuming oats also helps reduce blood pressure, and because oats are so filling they also help with weight control.

Source: American Journal of Lifestyle Medicine, February 2008



"I figured you should have breakfast in bed on your birthday. Can you reach the stove okay?"

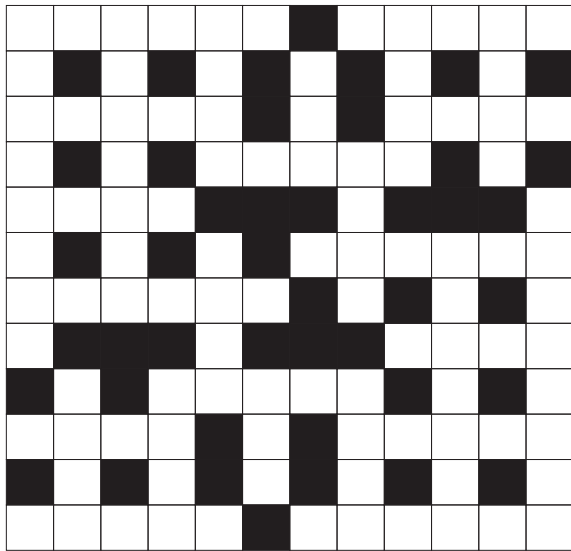
Thought for the Day

It is not just reality television that feeds our narcissism and sentimentality. Even documentaries have to have a journey now: You can't just explore a country, you have to explore yourself as well. You have to arrive somewhere. Self-esteem. Growth. Heartbreak. Hope. Redemption. Faith. Courage. Closure.

And the wise one muses: If you should say, "It is enough, I have reached perfection," all is lost. For it is the function of perfection to make one know one's imperfection.

Did you know?

Did you know Dr. Manek Bejanji Pithawalla was the first Indian to obtain a Doctorate in Geography in India.



Across

- 1 Vietnamese city (6)
- 4 Pile of stones (5)
- 8 Tree and syrup (5)
- 9 Note (abbr.) (4)
- 10 Raves (5)
- 12 Mislaid (4)
- 15 Meat pin (6)
- 17 Muscle that bends (6)
- 18 European (4)
- 20 Slides (5)
- 23 Military hat (4)
- 24 Dog (5)
- 25 Japanese seaport (5)
- 26 Eats away (6)

Down

- 1 Make easy (8)
- 2 Deadlock (7)
- 3 Finished (4)
- 5 Charity (4)
- 6 Sloping walkway (4)
- 7 Spirit (3)
- 11 Accept (4)
- 13 Wins (8)
- 14 Novel (4)
- 16 Man's name (7)
- 19 Wagers (4)
- 20 Kitchen basin (4)
- 21 Very cold (3)
- 22 Wound mark (4)

Better than a Flu Shot!!!

Miss Beatrice, the church organist, was in her eighties and had never been married. She was admired for her sweetness and kindness to all.

One afternoon the pastor came to call on her and she showed him into her quaint sitting room. She invited him to have a seat while she prepared tea.

As he sat facing her old Hammond organ, the young minister noticed a cute glass bowl sitting on top of it. The bowl was filled with water, and in the water floated, of all things, a condom!

When she returned with tea and scones, they began to chat.

The pastor tried to stifle his curiosity about the bowl of water and its strange floater, but soon it got the better of him and he could no longer resist.

'Miss Beatrice', he said, 'I wonder if you would tell me about this?' pointing to the bowl.

'Oh, yes,' she replied, 'Isn't it wonderful? I was walking through the park a few months ago and I found this little package on the ground. The directions said to place it on the organ, keep it wet and that it would prevent the spread of disease. Do you know I haven't had the flu all winter!!'

Fast Fact



It's now illegal in NSW to smoke in a car if children under 16 are present. The penalty is a fine of \$250.

Source www.news.com.au

Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

Trivia

- 🕯 What was the American codename for the development of the atom bomb?
- 🕯 Which western law enforcement agency's motto was, "One riot - One Ranger" ?
- 🕯 What is the Hebrew name of Calvary, where Christ was crucified?
- 🕯 Which number on a roulette wheel is coloured green?
- 🕯 How many cannons are involved in a Royal Salute?
- 🕯 What type of Moscow institution is GUM?

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes

6	9			4			7
		7		3	8		
			1				4
	5	6		3			4
2							5
7				5	9	1	
	7				9		
		5	2			4	
4				7			6 9

Lamb Shanks

2 sprigs rosemary, finely chopped
4 cloves garlic, peeled, sliced
1 tablespoon olive oil
2 large or 4 small lamb shanks
(800g), trimmed
1 x 400g can diced, Italian tomatoes
1 medium red capsicum, sliced
2 large onions cut into wedges
1 cup salt-reduced chicken stock
¼ cup red wine
½ cup chopped flat-leaf parsley

Step 1 Preheat the oven to 180°C. Mix rosemary, garlic and olive oil together in a glass bowl. Spread over lamb shanks.

Step 2 Combine tomatoes, capsicum, onions, stock and wine in an oven-proof roasting dish. Arrange lamb in dish. Cover with foil and bake for 1 hour.

Step 3 Remove foil and bake for a further 45 minutes to 1 hour or until shanks are tender and the meat comes away easily from the bone. Serve shanks with mashed potatoes, roast vegetables and a sprinkling of fresh parsley.

Note: To trim the lamb shanks, cut the meat and fat away from the end of the shank so the bone is exposed. You can also buy lamb shanks "French trimmed" at the butcher's.

Reducing Saturated Fat Intake

Reduce your family's saturated fat intake, the Heart Foundation recommends following these five tips:

1 Swap full-fat dairy products for reduced, low- or no-fat dairy foods for all family members over the age of two years.

2 Swap butter for table spread.

3 Cut the visible fat off any meat and all visible skin from chicken. Try to avoid processed meat, unless it has a Heart Foundation Tick.

4 Eat 2-3 serves (150g per serve) of oily fish each week and add fish oil capsules and omega-3 enriched foods and drinks if you're not eating oily fish regularly.

5 Choose healthier treats such as raisin bread or nut bars. Cakes, pastries and biscuits are one of the main sources of saturated fat in our diets.

I, for one, could take a leaf out of Albert's book!

A woman is in a grocery store and happens upon a grandpa and his poorly behaving 3 year-old grandson at every turn.

It's obvious Gramps has his hands full with the kid screaming for candy in the candy aisle, cookies in the cookie aisle, same for fruit, cereal and soft drink.

Meanwhile, Gramps is working his way around, saying in a controlled voice, 'Easy, Albert, we won't be long - easy, boy.'

Another outburst, and she hears Gramps calmly say, 'It's okay, Albert, just a couple more minutes and we'll be outta here - hang in there.'

At the checkout, the little terror is throwing items out of the cart, and Gramps again in a controlled voice is saying, 'Albert, Albert, relax buddy, don't get upset. We'll be home in five minutes; stay cool, Albert.'

Very impressed, the woman goes outside where Gramps is loading his groceries and the boy into the car. 'You know, sir, it's none of my business, but you were amazing in there. I don't know how you did it.'

That whole time, you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. Albert is very lucky to have you for his grandpa.'

'Thanks, lady,' said Gramps, 'But I'm Albert - the little shit's name is Clifford.'



Ever wondered what is a serve?

Dietician Sarah Ley writes:

"I find the best way to describe serves of fruit and vegetables is also to imagine them held in your own hand. A serve is the amount that fits into the palm of the hand with fingers curled around the food. This means a child's serve would be small, a woman's serve would be larger and a man's serve the largest.

Examples would be a small apple for a child or a large apple for an adult. One serve of mandarins would be two small mandarins for a child or three small mandarins for an adult. The same quantities apply for drained canned, frozen or cooked fruit or vegetables, frozen or cooked fruits and vegetables. If the fruit or vegetables are very watery such as watermelon, strawberries or various leafy vegetables such as lettuce or silver beet, then a serve can be larger than a handful if people feel like eating more.

For dried fruit or vegetables, a good guide is the amount that fits comfortably into half the palm of your hand. Once the fruit or vegetables are rehydrated they will likely be a handful for that person. For fruit and vegetable juices I recommend one child's serve is approximately ½ small glass, whilst an adult serve is one small 150ml glass."



- 1 I hate sex in the movies. Tried it once. The seat folded up, the drink spilled and that ice, well it really chilled the mood.
- 2 It used to be only death and taxes; now, of course, there's shipping and handling too

5+ a day for Bone Health

Osteoporosis, which increases risk of bone fracture and disability, is a public health concern in most Western countries.

Adequate dietary intake of calcium and vitamin D status have been recognised as important factors in maintaining bone health for many years.

There is now growing evidence that higher intakes of vegetables and fruit also have a positive effect on bone health. Recent research in the UK studied three age groups – 16-18 year olds, 23-37 year olds, and 60-83 years old – to assess the relationship between their fruit and vegetable consumption and measures of bone health.

Higher intakes of vegetables and fruit appeared to have a positive effect on the bone mineral status of both adolescents and older women.

How the association works is not known; the researchers stated that vitamin C, other fruit-specific antioxidants, and lifestyle factors associated with higher intakes may play a role.

Source: *American Journal of Clinical Nutrition*, 2006, 83:1420-8

Good news for Vegetarians

Vegetarians may have a lower risk of developing cancer than meat-eaters, according to a 12-year study, which followed the dietary habits and health of 61,566 British men and women (half of whom were vegetarian). In that time, there were 3350 incidents of cancer, including 2204 among the meat-eaters and 829 among the vegetarians. Overall, vegetarians were 12 per cent less likely to develop cancer than meat-eaters — but more studies are needed, the researchers say.

Source: *Br J Cancer*. 2009 Jul 7; 101(1):192-7

A Scotsman paying his first visit to a zoo stopped by one of the cages "An whut animal would that be ?" he asked the keeper.

"Thats a moose from Canada", came the reply.

"A moose !!", exclaimed the Scotsman. "Hoots, mon, if that's a moose then they must ha rats the size of elephants over there !"

From the Armchair

“The Corner”

by Col Brassington

Once again I am ensconced in my armchair enjoying the morning winter sun. The tall green trees in the background gaze down upon the swords of green grass that surrounds my humble abode. Nearby the last white blossoms of my beautiful Snow-flake shrub are wilting and they remind me of the passage of time and my mind languishes in the mists when I was a young lad. My father had passed away the previous year and despite my dear mother's endeavours I viewed my life as my own and thus became a fifteen-year-old loose cannon. The world was vastly different to the one we abide in today. It moved at a leisurely pace, people had time for each other; its values were meaningful and had a permanence which afforded a sense of security.

I grew up around Stones Corner in Brisbane



which, in those days, was a working class area. Its name had derived from that of a Mr Stone who had opened a shop in the late 1800's at the junction of Logan and Old Cleveland Roads. In my time it was a bustling shopping centre which drew a great deal of business from the surrounding districts. Its most famous building was by the nature of its business, the Stone's Corner Hotel, which drew a vibrant working class clientele. The hotel was the hub of the district and for many years it was the unofficial home of Eastern Suburbs Rugby League Club before they acquired Langland's Park; this was just up the road where they built their own club house. Many a friendship was forged with a handshake and the odd drop of blood was

spilt on the floor of the public bar over a disagreement. I must confess as I grew older some of it was mine as I could become ill tempered and aggressive. Some of us just



take quite a time to grow up!

Across the road from the pub was the house of dreams, the Alhambra Theatre which was a very popular venue for the locals, especially with the young people. I spent many a happy



Saturday night with my mates enjoying the movies. We were recognized as the local larrikins. Adjacent with the pub was the old pie cart which was the only functionary of its kind open at that time of night. It did a roaring trade, but there were always some dubious characters about, so we young so called 'hot shots' avoided it like the plague.

We all lived locally; there were no brick edifices in this area as all the homes were wooden workers dwellings.

Life in those days was not complicated, people had time to converse with each other and as a result there was a great deal of interaction within the community. The Second World War had only recently come to an end and a sense of relief permeated through society. Many of the young men of the area had served in the armed forces and had subsequently been touched by the trauma that accompanied it. However, many had returned with a determination to change things, they were adamant that such a disastrous event must never occur again.

Their attitude was like a breath of fresh air!

People thronged the shops in Stones Corner, or by the locals, just referred to it as, 'the Corner'. The old trams rattled down the narrow streets and people alighted at the junction of the two major arteries, many bound for the pub or the shops. Friday nights and Saturdays were the traditional days when people let their hair down. Today when I reminisce about these long forgotten times, I'm overcome with happiness on the one hand, yet I'm saddened this wonderful period has passed into obscurity.

Across the road opposite the pub was the house of dreams, the Alhambra Picture Theatre; it was well patronised by the locals particularly by the younger people. The bunch I knocked around with were regarded as the local hoodlums and there was some merit in this view; however, we all grew up as and married and became parents and were responsible citizens. How one's perceptions change.

Nearly all of us played junior Rugby League for Eastern Suburbs and the cream of the crop went on to play 'A' grade and had long successful careers. I particularly remember Warner Bachelor, known as Ginger for his red hair, he was as cheeky as they came and a delight to be with. He eventually lost a boxing gold medal, in a decision at the Empire Games in the Fly-Weight division. He went on to referee junior Rugby League matches for years. He felt he was making a contribution to the game and society.



May I ask you dear reader, were you Queenslanders in these times; if so how often did you attend Cloudland on a Saturday night and danced the evening away? If you were fortunate you may have acquired a lift to Surfer's Paradise or further

down the Coast to Coolangatta and enjoyed the wonderful feeling of freedom that young people experienced in these circumstances on the weekends.

Life was a ball. No matter where you lived, there was always something occurring even if it was only a visit to the local picture theatre. Our generation was blessed and most of us

avoided the ravages of the war, and were the recipients of the freedom that came after it.

At the age of fifteen I was apprenticed to an Electrician, an occupation I grew to loath, with the passing of every day. After the best part of two years my boss and I parted company and I went to work in the meatworks where I could earn big money for those days. After I'd weighed in at home I was wealthy for a lad of my age and I embarked upon the rainbow of life which I thought would never end; well with the passage of time I was to learn that my expectations were incorrect.

We all grow up eventually and reality becomes an eye-opener and all of us in our turn shoulder the burden of responsibility and follow the track of life. This led all of us to the beautiful Cooloola Waters in this wonderful haven of Tin Can Bay.

Recently I stood outside the new replenished hotel, the winds of time have blown away the past. Everything was pristine and new. Gone were the old buildings and with them their history; the hustle and bustle of people who had no time to converse with each other. Gone was the sense of community and replaced by the cold tentacles of modern existence. The theatre where I spent so many happy hours was replaced by a suite of offices and modern units. There was nothing here that interested me, I turned my back and walked away and with me I took my dreams of a time when it was a pleasure just to walk down the street and be a part of this community.

It is time for my retreat as Margaret requires my presence so if I may I'll dip my hat to you all and as my Irish grandmother was given to say, an old Irish farewell

May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face,
The rains fall soft upon your fields
And until we meet again
May God hold you in the hollow of His hand.

If a man's home
is his castle. . .
HE
can learn
to clean it!





At my age flowers scare me

www.pmcaregivers.com/Humor.htm

Protection from prostate cancer

Guys, reduce your risk of developing prostate cancer by including more vitamin K2 in your diet.

New research, published in the American Journal of Clinical Nutrition, showed that men who consumed higher amounts of vitamin K2 during an eight-year period were 35% less likely to develop prostate cancer. When only advanced cases of prostate cancer were considered, the correlation was even clearer with the risk being reduced by 63%.

To increase your intake of vitamin K2, include cheese, meat and natto (fermented soy beans) in your diet.

Source: Am J Clin Nutr 2008;87(4):985-992

The Definition of Stress

STRESS: The confusion created when one's mind over-rides the body's desire to choke the living shit out of some asshole who really deserved it!

4	1	8	3	7	5	2	6	9
9	6	5	2	8	1	4	7	3
3	7	2	4	6	9	1	5	8
7	3	4	8	5	6	9	1	2
2	8	9	7	1	4	6	3	5
1	5	6	9	3	2	7	8	4
8	2	3	1	9	7	5	4	6
5	4	7	6	2	3	8	9	1
6	9	1	5	4	8	3	2	7

Trivia Answers

- Ⓐ Manhattan Project
- Ⓐ Texas Rangers
- Ⓐ Golgotha
- Ⓐ Zero
- Ⓐ Twenty-one
- Ⓐ The largest department store

A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavoured cat food? Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal?

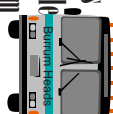

A little Italian grandfather comes up to Customs. The Customs official says, "Have you got anything to declare?" He thinks a second and he says, "Its a nice-a day!"

Weather Watch

Rainfall for the month of August 2009 was 2mm, Daily Average 0.06mm.

Rainfall for August 2008 was 70.5mm, Daily Average 2.27mm.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 ☉ full moon	5
6 Indoor Bowls 2pm	7 Croquet 2pm	8 Resident's Meeting 10am	9  Burrum Heads & Sausage Sizzle Clubhouse 8.30am Happy Hour 5pm	10	11 Scrabble 2pm	12 ☾ 2 nd quarter
13 Indoor Bowls 2pm	14 Croquet 2pm	15 Morning Tea 10am	16 Happy Hour 5pm	17 Pension	18 ● new moon	19  Tin Can Bay Markets
20 Indoor Bowls 2pm	21 Croquet 2pm	22 Morning Tea 10am	23 Happy Hour 5pm	24	25 Scrabble 2pm	26 ☽ 1 st quarter
27 Indoor Bowls 2pm	28 Croquet 2pm	29 Morning Tea 10am	30 Happy Hour 5pm	<h1>September 2009</h1>		