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# Hub Happenings

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Serving the community for 60 years



## S.O.S.

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800km/h at 30,000 feet, when suddenly a Eurofighter with a Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!" He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks, "Well, how was that?"

The Airbus pilot answers; "Very impressive, but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight, at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?" Confused, the jet pilot asks, "What did you do?"

The Airbus pilot laughs and says, "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is: When you're young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important.

This is called S.O.S.: Slower, Older and Smarter.

Dedicated to all my friends who now realise that its time to slow down and enjoy the rest of the trip.



**Booking policy:** *bookings are essential.* All bookings and changes to go to the Office on 3391 8122.

I love spending the weekend either exploring what the city has to offer or take a trip out of the city. Last weekend we explored the Brisbane Valley Rail Trail and stayed the night outside Blackbutt.... Yes it was cold but the fire kept us warm. I love shopping and this includes fruit and vegetable supplies, so I came home with peanuts, lemons, mandarins, pumpkins, strawberries and avocados.

Last year, I asked members for their favourite recipe as the thought was to produce a recipe book. I would like to share with you a recipe from Marian Peters, who found this recipe in the Courier Mail's, 'Recipe of the Week' many years ago

### Chicken and Strawberry Salad

1 cooked chicken  
 4 shallots (chopped)  
 1/2 cup Pecan Nuts (chopped)  
 1 Avocado (chopped)  
 1/3 cup Sour Cream  
 1 Punnet of Strawberries

Combine Chicken, Shallots, Pecan Nuts and Avocado into a bowl. Add sour cream, consistency needs to be firm, not runny but not too dry. More sour cream may be required.

Place in the centre of a flat serving platter. The mixture can also be pressed lightly in a bowl and turn upside down onto platter.

Cover with strawberries and around base.

Can be made the day before eating - I would keep in the bowl and turn it out onto platter when required.

I would love to see your photos if you do decide to make this recipe or send in your favourite recipe to share.

Lynelle

### Reminder

New craft class started on Tuesday 19<sup>th</sup> July at 10am

Align and Revive Class on Saturday's at 1pm

Check out the Monday outings planned for August

Did you know.... We can also assist you to "Design your Day" - Talk to us if you would like to plan a day with your friends, family, groups or other clubs. Recent day trips include Maleny, Bribie Island and Cleveland.





## ACROSS

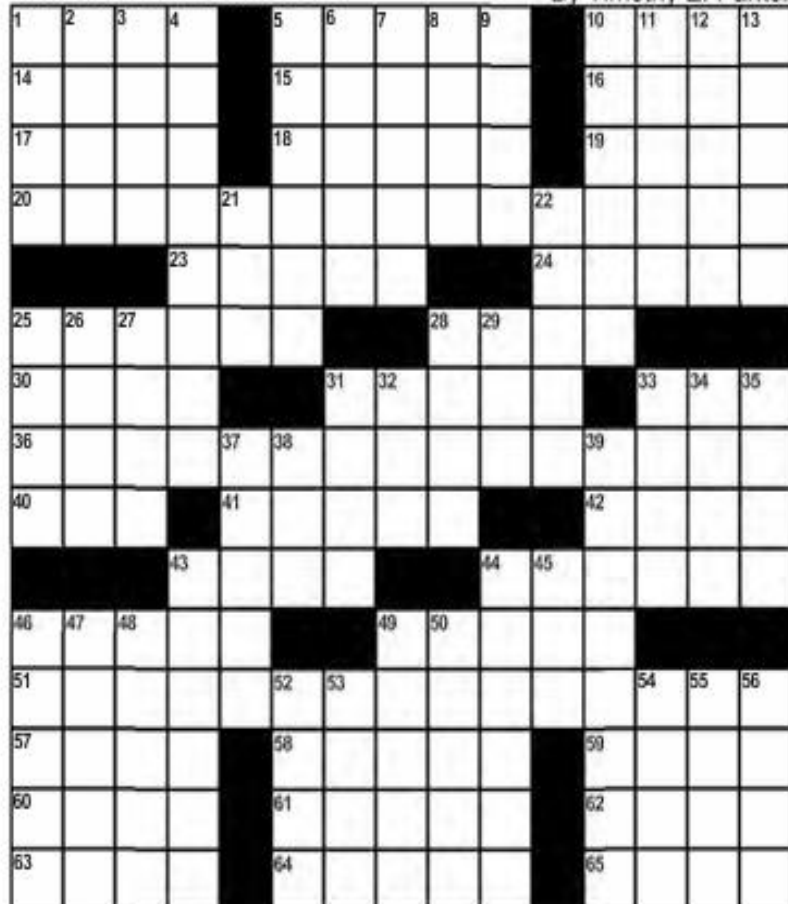
- |  |   |
|--|---|
| 1) Dell competitor                     | 40) Nip in the bud                          |
| 5) Diamond surface                     | 41) Year-end seasons                        |
| 10) Lose an encounter with ice         | 42) One of Napoleon's exile isles           |
| 14) Central part of a church           | 43) It may frequently hit the bottle        |
| 15) Coffee enticement                  | 44) Wake maker                              |
| 16) Disorderly outburst                | 46) Beach spread                            |
| 17) Course with sines                  | 49) Michael Jordan's old position           |
| 18) Different version of a song        | 51) What a good horror film can make one do |
| 19) Change parts, often                | 57) Far from the bottom                     |
| 20) Broadway sign make-up              | 58) Eat away at                             |
| 23) Cantrell, Wood and Turner          | 59) Word after "Let's try something"        |
| 24) Usher's beat                       | 60) Important hotel number                  |
| 25) Country with the most lakes        | 61) X, in math class                        |
| 28) Utilized an elevator               | 62) Strip under a mattress                  |
| 30) Word before "loving" and "lasting" | 63) Tireless toy?                           |
| 31) Places for human development       | 64) Like the best guard dogs                |
| 33) One tying a knot?                  | 65) Temporary fixer                         |
| 36) Couldn't care less                 |   |

## DOWN

- |   |
|---|
| 1) Not for                                      |
| 2) Psychologist Jung                            |
| 3) Like a soap opera twin                       |
| 4) Some men's jacket sizes                      |
| 5) Hot breakfast fare                           |
| 6) Venue for a big-time boxing match            |
| 7) Sleeping episodes that could last years      |
| 8) Send off, as broadcast waves                 |
| 9) Urban vehicle                                |
| 10) Inexpensive cigar                           |
| 11) Step-ups from 4-Down                        |
| 12) Epitome of perfection                       |
| 13) Follower of Western tracks                  |
| 21) Insane                                      |
| 22) Comaneci of the balance beam                |
| 25) Yield, as property                          |
| 26) Stratford's waterway                        |
| 27) On a ___-to-know basis                      |
| 28) Accelerates, as a motor                     |
| 29) It might require refining                   |
| 31) Quite unattractive                          |
| 32) Evening result?                             |
| 33) Shed feathers                               |
| 34) Judicial attire                             |
| 35) Wish recipient                              |
| 37) African antelope with spiral horns          |
| 38) Old, slow ship                              |
| 39) Item that can be raised in a car's interior |
| 43) Emulated a smoke detector                   |
| 44) Most inferior                               |
| 45) Tolkien menace                              |
| 46) Russian monarchs no more                    |
| 47) Eight-related                               |
| 48) Composed, as a text                         |
| 49) Colorful garden figure                      |
| 50) Milk dispenser over a pail                  |
| 52) Prefix with "physical"                      |
| 53) Fleshy seed wrapper                         |
| 54) "Enchanted" film girl                       |
| 55) "... and make it fast!"                     |
| 56) Allocate (with "out")                       |

## OLD-SCHOOL PARTY

By Timothy E. Parker



Happy Birthday to you:

Anne C; Elaine D; Leone D; Narelle E; Margaret Mary H; Leonie K; Marian P; Helene S; Anthea T; Maria T; Ivette V; Barbara W.

August Flower – Gladiolus; Poppy  
Meaning –Strength of Character;  
Imagination

August Birthstone – Peridot  
Meaning – Strength. When set  
Gold protects from  
nightmares.



We have had some wonderful outings in the past few weeks. A visit to the Maleny Cheese Factory was very successful and thoroughly enjoyed by all who attended. The weather has been a little kinder with sunny skies even if a little chilly. Please take a little time to have a look at our facebook page – The Metro Community Hub. You will see snaps from most of our outings and activities and also catch up on what is happening at our Hub. Here are a few photos for those who don't have facebook for you to enjoy.

Maleny Cheese Factory



New Farm Park and City Cat



Cormorant Bay,  
Wivenhoe Dam

