

National Seniors

AUSTRALIA

Melville Branch – June 2022

The June meeting will be the last meeting prior to our AGM on the 26th of July. Please note that **the June meeting has been transferred to the Meg Olive room at RAAFA** and the **July meeting will be in the function room at the Kardinya Tavern**. Details in regard to the AGM at the Kardinya Tavern are included under **OUTINGS** below.

We are coming up to our AGM in July and all committee positions will be vacant, although I hope existing participants are happy to continue in their roles as we do have a good and effective committee. However, if anyone else is interested in becoming more active in the branch in any position you will be most welcome. A nomination form for a committee position is attached to this email.

I would like to thank Lorraine Hawley for stepping up to take John's place on the door during his absence for the June meeting.

The speaker for June is Judy Lane from the Harry Perkins Institute. We did have a speaker from there several years back followed by a visit. It will be interesting to get an update on the current research being undertaken. Since the last visit to the Institute we have had a lot of new members and another outing will be worthwhile.

Containers for Change

After the May Branch Meeting I deposited the containers and we received \$35.70 taking the Y-T-D amount received to \$124.10. This is an excellent result so far, so keep up the good work.

GUEST SPEAKERS

June – Judy Lane – Harry Perkins Medical Research Unit

July - Evadne Spickett on Family history and DNA.

OUTINGS

Friday 1 July – 10am – Woodbridge Homestead, Guildford. Entry \$7. A booking has been made for lunch at Riverside Café which is attached to the Homestead. The cost for lunch is \$25 which includes a main meal, desserts and tea and coffee. A copy of the menu is included in the newsletter. The \$7 entry fee is to be paid to Helen at the June meeting as we are required to pay when we make the booking. Please place the \$7 in an envelope and clearly mark your name and Woodbridge on the front of the envelope.

If you would like to partake in morning tea at the café I would suggest that you arrive no later than 10.00am. The tour will commence at 10.30 followed by lunch at 12.00pm

If you haven't put your name down to attend this outing it is not too late to let Helen know at the June meeting.

Tuesday 28th July - 10am - Kardinya Tavern Function Room – Annual General Meeting followed by Lunch. As previously advised entry to the function Room is on the side of the Tavern facing the ALDI Store. A senior's lunch at the cost of \$20 is available after the meeting and we are hoping that the majority of members stay on for lunch. Helen will be collecting the \$20 at the June meeting or you can transfer this to the Branch's Bank account up to the 20th of July. The Branch's bank account details are at the bottom of the newsletter. Raffle tickets will be sold on the day and there will be more than 1 prize.

Friday 12th August – 9.30am Sikh Temple – Nicholson Road, Canning Vale. The Thornlie Branch has undertaken this visit and I have received good feedback in regard to the tour of the Temple. The following is details provided by the Temple.

The tour will involve

An overall brief

A walk around the complex

A walk around the main prayer hall

A walk around of the dining hall

A walk around of the kitchen.

Please note that all attendees must :

remove footwear before entering the prayer , dining and kitchen are
must cover their head - it is advisable to bring their own scarfs -else they will be
available there

Friday the 25th of November- Bentley Pines Restaurant

For those members who have paid the deposit to attend this function the balance of \$25 is to be paid no later than the August meeting.

THEATRE VISITS, Etc (Lorelie)

Friday 8 July – OLD MILL THEATRE - Signing in the Rain (Junior Choir) - 7.30pm Cost \$20

A musical based on the MGM Film. Remember Gene Kelly?

Friday 12 August -OLD MILL THEATRE - 7.30 p.m. \$20

THEFT, comedy thriller. Imagine returning from a pleasant anniversary celebration to find that your house has been burgled. In this witty comedy thriller the culprit is still in the house and, for a while, he convinces the returning couples that he is a policeman.....

My Mother used to stay

Who can remember back to their youth days when your mother used the following phrases

Crusts will make your hair curly

Carrots will make you see in the dark

Eat your greens or you will get warts

Eat your spinach and you will get strong

Chew it properly

Don't play with your food

How do you know you don't like it if you haven't tried it?

There'll be no pudding on your plate

Waste not, want not

Eat that up, don't you know there are starving children in India who would love that

I wonder if the younger mums of today still use these sayings

Les Davey

President

POSITION	NAME	HOME - Mobile	PHONE - Home	EMAIL
President	Les Davey	0412 709 806		les.davey@bigpond.com
Secretary	Ann Mellish	0438 541 102	94575695	ann.mellish@bigpond.com
Treasurer	Sally McCartney	0405 171 363		sally.mccartney@gmail.com
Social	Helen Richards	0415 454 322		
Speakers	John McCartney	0405 171 363		jamboj@westnet.com.au
Theatre	Lorelie Tacoma		93652277	tlorelie@ymail.com

Associations Registration Number – A1006794T

Branch's Westpac account details BSB 036084 and Account Number 434141

Riverside at Woodbridge

Seniors Lunch Menu @\$25.00/head

Chicken & Mushroom Pot Pie: served with a fresh garden salad and chips or steamed vegetables and roasted potatoes

Steak & Mushroom Pot Pie: served with a fresh garden salad and chips or steamed vegetables and roasted potatoes

Fish & Chips: battered Hoki fish served with chips, salad and mustard mayo

Atlantis: half a Turkish roll buttered with lime-dill aioli topped with lettuce, smoked salmon, grilled capsicum and avocado, served with a fresh garden salad

Salt & Pepper squid: tender and tasty, served on a generous bed of salad, with mustard mayo

Chicken Caesar Salad: chicken breast, parmesan cheese, crispy bacon and lettuce with a yummy Caesar dressing and croutons

Beef Burger: tasty beef patty, topped with melted cheese sliced tomato, beetroot and caramelised onion served in a Turkish roll with your choice of sauce – served with chips or salad

Sweet Potato Frittata (gf, vg): this tasty frittata is made with sweet potato, caramelised onion, parmesan cheese and a hint of dill, served with a fresh garden salad

Spinach Salad (gf, vg): (Pleaser request no bacon for vegetarian) spinach, roasted sweet potato, pine nuts, feta, sun dried tomatoes, red onion and bacon with a yogurt and honey mustard dressing

Lemon and Parmesan Arancini (gf)
tasty balls of lemon and parmesan risotto served on a dressed salad and with aioli

Dessert

Choice of a scone with jam and cream or other desserts of the day
Coffee or Tea by the cup



Dates of Melville NSA Events 2022

Tuesday 28 June - 10.00am – Branch Meeting

Friday 1st July – Woodbridge Homestead/Riverside Cafe 10.00am

Friday 8th July – 7.30pm – Old Mill Theatre

Monday 11th July – Committee Meeting – Sally and John

Tuesday 26 July - 10.00am – Annual General Meeting/Branch Meeting

Friday 12th August 10.00am visit to Sikh Temple – Canning Vale

Friday 12 August – 7.30pm - Old Mill Theatre

Tuesday 23 August - 10.00am – Branch Meeting

Monday 12th September – Committee Meeting – Ken and Margaret

Tuesday 27 September - 10.00am – Branch Meeting

Tuesday 25 October - 10.00am – Branch Meeting

Monday 14th November – Committee Meeting - Ann

Tuesday 22 November - 10.00am – Branch Meeting

Friday 25 November – 12.00pm – Bentley Pines Restaurant

Thursday 8 December – 12.00pm – Branch Christmas Lunch