

**NEXT MEETINGS - AGM & BRANCH: Tuesday 13<sup>th</sup> August 2024 commencing at 10am, at the Kalamunda Church of Christ Multifunction Centre, 22 Milet Road, Lesmurdie.**

### MANAGEMENT COMMITTEE

Richard Arnold: President 0407 945 465	Clare Arnold: Social Planner 0407 945 465
Tony Crowder: Vice President 9257 2520	Maureen Moffett: Speaker Planner 0427 084 422
Chris Milne: Secretary 0475 582 118	Noreen Townsend: Newsletter Editor 0418 952 076
Patricia Skinner: Treasurer 0428 611 835	

Arlene Quinn: Branch Policy Advisor Group (PAG) Representative: 0402 272 868

### **REMINDER – NSA Kalamunda Branch AGM Notice.**

**Tuesday 13<sup>th</sup> August 2024, commencing at 10am.**

**If there are no formal written nominations for any of the current Committee positions, verbal nominations for those vacant positions can be taken from the floor at the AGM.**

*There **will** be changes in the Committee positions at this AGM.*



**ANNUAL  
GENERAL  
MEETING**

**GUEST SPEAKER:** Jacqui Hooper, owner of the beautiful Zanthorrea Nursery will speak on “The History of Zanthorrea Nursery and Plants for today.”

### **ACTIVITIES PLANNED FOR AUGUST, SEPTEMBER & OCTOBER**

#### **Friday 23<sup>rd</sup> August. See the World in the Valley.**

Depart **TOTH at 9.30am** and travel to the Swan Valley and visit France for morning tea at Maison Saint-Honore, we next travel to India and visit the Sacred India Gallery, the hidden jewel of the Swan Valley before continuing to Italy and The Pasta in the Valley for our 2 course lunch, from here we go to ..... before travelling back to Kalamunda by **3.00pm**.

**Cost includes** Coach travel, morning tea, 2 course lunch with choices and entry fees.

Cost per person \$58.00 Min 40 PLEASE BRING \$60.00 WE WILL GIVE YOU \$2.00 CHANGE.

**NOTE: THERE ARE STILL 4 SEATS AVAILABLE.**

#### **Thursday 19<sup>th</sup> September. Special dinner at the Pines Restaurant (Bentley Tafe)**

Depart **TOTH 5.30pm, Return 9.30pm**

Cost includes coach and 3 course dinner.

Cost \$60.00 per person. Names can be wait listed this meeting. MAX 40 places **FULL**

#### **Tuesday 22<sup>nd</sup> to Thursday 24<sup>th</sup> October 2024. 3 day Vines, River and Sea tour.**

We had a great response to this trip and now have 40 booked so far. If you wish to join this trip you will need to pay a deposit of \$100.00pp at the August meeting. Last year’s trip was the Vines Resort with hills and valleys this year it is the Vines with a river cruise, a train ride and the lunches by the sea plus so much more. **Accounts next meeting - payment September meeting.** Cost includes Coach, accommodation, all meals, morning teas, Mini Golf, and all entry fees.

## President's notes August 2024

There are 2 important issues that need to be addressed this month. One in the interest of seniors Australia wide and the other for our branch so I will use these notes to emphasize the two of them. The first is the campaign to retain cash as a legal tender in the future. Apparently as far as the banks are considered and possibly the government It is a done deal that cash will be phased out in the not to distant future. Last Friday was one example of why we need to retain the existence of cash.

Clare and I where shopping in Coles Maida Vale when the announcement came over advising that the system was down and they could only accept cash, by the time we got to the cash register there was a line of loaded trolleys abandoned and the majority of those lining up to pay cash would have been over 50 years old. Among the stories being re-laid while customers waited to be served was the one of a grandmother taking her grandchildren to the Zoo for the day but was refused entry because she only had cash to pay for their entry and the Zoo only accepts cards. It is obvious that the phasing out of cash has already started, but the events of Friday are yet another example of why cash should stay.

If you wish to have cash retained, then you can help spread the word by taking one of the stickers that have been supplied by head office and will be available at the August meeting. Please be aware that though they are called bumper stickers they can only be stuck on to glass, your rear car window is the ideal choice. It is important that people are made aware of the issue, and it becomes a conversation.



The second issue is that we still don't have nominees for the positions of **Treasurer** and **Guest Speaker Planner**. I think we all know the consequences of no treasurer and in many ways the lack of guest speakers would be just as fatal as they are an integral part of our meetings. It has been suggested that we should offer the positions for 3years instead of one. Personally, I don't think there would be any objection if someone were to nominate for either position and insist on it being for 10 years, we would be open to any conditions that a prospective nominee may require. Some NSA branches have 2 people sharing one position which does have its merits. We have a person who may be prepared to act as a back up for the Treasures spot

So please talk to your partners and friends and give serious consideration to taking on one of these most impotent positions, there will be lots of assistance for as long as maybe necessary for you to feel comfortable in the chosen position.

If you feal like a chat give me a call 0407 945 465.

See you on the 13<sup>th</sup>.

Richard

## Falls Happen

Falls can happen to us at any age; however, changes we go through as we get older can put us more at risk of having a fall.

Recently, with an aging husband and a household of potential and active trip hazards e.g. 2 German Shepherds, I have taken more notice of the programs and campaigns that Western Australia Government offers seniors.

The "Stay on your Feet® campaign is a fall prevention program run by Injury Matters and funded by the Department of Health for many years this program aims to provide information and strategies to help older adults, families and health professionals prevent slips, trips and falls. The campaign focuses on three main areas:

1. **Move Your Body:** Encouraging physical activity to maintain strength and balance.
2. **Improve Your Health:** Promoting healthy lifestyle choices that can reduce the risk of falls.
3. **Removing Hazards** which a couple of times a year we see on TV with a catchy tune, it offers training and offers resources to support falls prevention.

In my household these are some of the ways we use the general tips suggested by the "Stay on your Feet® ( 1).website to prevent falls:

We keep the floors clean and dry to prevent slips, when dogs (me or husband) come in wet.

By encouraging each other to put on lights (I'm a light switcher off in the house) Especially important when the nocturnal trip to the toilet occurs, partners do get used to this and sleep on. We look at switching on lights for darker areas to look out for the things on the floor (balls, dog food dishes, and water bowls, dog toys etc). By throwing the favourite dog toys into the basket in the corner of lounge several times a day. The few rugs in the home have non-slip backing so stay put when dogs play with each other, or they are chased around the house as part of their play. Looking at the Handrails and grab bars rails offered when an O.T assessment occurs makes the bathroom safe yet clearly screens "*and old person lives here!*). Negotiate with the installer to have it placed where you more find it useful, or instal yourself is able, we have one grab that is doubles as the place we store the shower squeegee. Our house has the anti-slip mat and a 4-leg stool (found in the Big Green Shed!) We work to keep walkways and corridors free of obstacles. Did I mention my husband's penchant for hobby materials slowly taking over rooms, downside of having lived in the same house for 24 years! Keeping awareness of changing health issues, means we both have our vision checked regularly as husband is an artist and luthier and has already lost one eye vision. Did you know that your pharmacist will offer you a free review of medication or check if a home visit can be arranged. (2)

Using regular **Tai Chi** (3) 3 movements has improved my balance and flexibility. Exercises that focus on improving balance, strength, and flexibility can significantly help in preventing falls are offered in the City of Kalamunda (4) **Strength for Life** is a strength training program aimed at improving fitness and quality of life. **Strength & Tone** is a Pilates based class to help improve your overall fitness, conditioning and toning. **Stretch & Tone** is a Pilates based class to help improve your overall fitness, conditioning and toning. Routines are fun, simple, low impact and designed for all fitness levels. Increasing Balance can be achieved through regular balance exercises. **Yoga Gold** is a class specifically designed to focus on balance and strength exercises to reduce risks of falls in older adults. There are many simple exercises can be done at home with minimal equipment (5). Always consult with a healthcare provider before starting any new exercise routine, especially if you have existing health conditions.

Enjoy staying on your feet.

1. [Stay On Your Feet® Falls Prevention Program WA \(injurymatters.org.au\)](https://www.injurymatters.org.au)
2. [Home Medicines Review | Australian Government Department of Health and Aged Care](https://www.health.gov.au)
3. [Taoist Tai Chi Society | Perth – Bayswater National Centre](https://www.taoisttaichi.com.au)
4. [Active Seniors | City of Kalamunda](https://www.cityofkalamunda.com.au)
5. [Fall-Proof Your Life: 10 Fall Prevention Exercises To Stop The Falls - Senior Fitness](https://www.fallproofyourlife.com)

Written from my own experience and AI co-pilot 24/07/2024 Arlene Quinn – member Policy Advisory Group WA

## My Arrival in Australia 18<sup>th</sup> June 1965

I got off the Ansett coach, at the new Jindabyne, shopping centre I had been sent there by the Snowy Mountain Authority (SMA) Melbourne via Cooma to work on the construction work there as a plant mechanic (my trade) it had been a long Journey to get here I had left England on the Tuesday and it was now Friday morning, picking up my Grip bag the coach driver said, "someone will pick you up mate to go to the camp, they are usually here," I waited a while, I saw a SMA vehicle in the car park and got a lift to the camp. Going into the office, I got my room and mess pass (for 3 meals a day) sorted being an Itinerant mechanic in the UK had taught me always to get your accommodation sorted before going anywhere near the worksite.

After lunch I walked down to the workshop area, met the supervisor a few introductions, and I was working, leading hand, taking me out in a vehicle to a road grader to an engine repair, leaving me to work on the grader going further on to work on another machine, I did the work ,it started snowing I got in the grader cab started the engine to keep warm, probably thinking I should have paid the 10 pounds and gone to "Sunny Australia", like the rest of the Poms or something like that it was cold.

The next fortnight I got to know, a little about Australia, one of the first things, nobody, had any interest in you or where you came from, later I realised that not everybody was, working solely for the money, and there were different reasons for being there the nonpayment of fines the the main one, owner, driver of trucks who had not paid a NSW tax on their vehicle movements were in the majority ,others were family maintenance, traffic offences etc, often you would see the police car in the distance coming down the hill with time enough to hide and the site foreman being shown a photo would deny that person was on he's site men were valuable and as long as they did their Job.

The first morning walking down the hill to the compound where the workshop was located, a small farm tractor towing a trailer loaded with carrots came out of the compound, the driver shouting hello kangaroo's hello rabbits as he went by, the next day the same driver was stood to attention front of the engineers office drivers name was John he was known as 1079 because the carrots were laced, with the poison 1080 he was an alcoholic and if he stood there for 5 minutes he could go to work, a simple test for sobriety, in a previous life he had been a Doctor.

Working outside on the concrete wash bay I noticed these parrots, staggering around unable to fly pointing this out to a work mate, he told me that parrots eat a berry which ferments in their stomach, and makes them drunk, haven't you heard the saying, "As pissed as a parrot" it was not only Doctors that got drunk, in this place. During the week I was put on shift work at the pumping station further up the valley about 30mins by vehicle away from Jindabyne the shift started at 4 am but I had to be there at 3-30 at the latest as I had to get all the machines engines running and ready to go to work no mean feat in cold weather, I had a word with the catering manager "talking nicely" about getting breakfast, as the cook would only just be starting at 3am so I was allowed to get what I wanted from the fridge store room and cook it on a fire on site after the machines were all going which I did using a steel plate to cook the eggs, bacon, steak what ever I could get my hands, on the tea made with a "billy" "on the fire in a milk tin with a green stick, field workers were given a brown paper bag with food for lunch, we called it a "power pack", sandwiches' 4 slices of bread they had 3 variety of filling, bake beans, cheese combined with vegemite, or salami, also a piece of fruit cake, tea bags which we combined to put in the "billy" all packed for us by the "mobile maggot" the cooks offsider.

First day of the shift it was pitch dark, as I drove off the main road on my own down the bush track, and there was a face with redevyes stood up looking at me from behind a bush, (the Australian Yeti?) it scared me, and I got those machines started and lights, on as soon as I could. Discreetly asking at smoko to be told that's a 'Roo', of course this is Australia why did I not read any of the paper work they sent me in the UK, couple of days later going to site on my own a pig on the road with short legs and the next day another pig, at smoko a 'a lot of pigs around here', I said," that's a 'wombat " what's wrong with you? well I was right about the eagle I saw that in broad day light and it was one.

With in the next day or two, back from the shift, I was shown in the compound a really old engine, with 2 big flywheels, boss told me to go with the "remittance man" a Pommy electrician to fit it at a farm to drive a generator, ( I found out later that the remittance man actually got an allowance to stay away from England, I never found out why), the engine was fitted and we left the farmer, with electricity, to be told the next day the engine had jumped off the mounting bed and disappeared on its big flywheels only stopped by the farm gate post, I had more success with the pump on the river that had a platypus stuck in the inlet valve, I liked the farm work for the extra overtime money the work was a different account to the shiftwork and me finishing at 12 solved the Boss's problem of getting someone to do it ,the farms were all in the Jindabyne valley and were going to be underwater along with the old town site the SMA renting out the farms in the meantime, and having to maintain the services, and machinery as a landlord.

Payday was here and I had survived two weeks, I worked at Jindabyne for 6 months before being transferred to the Tumut region, I received a good bonus,500 pounds for the shift work I did good money in those days I made good friends I knew I was accepted when, I overheard, 'see the pommy barstard he knows all about those machines"

Have a great day every one Duncan

## **SECRETARY'S NOTES:**

By paying a \$5 entry fee at the registration table does not constitute membership. It is simply a fee to assist us in our hiring, catering & guest speaker/entertainment costs. You must be a member of National Seniors Australia, to be a member of our Branch.

If you have recently become a member of National Seniors Australia, or renewed your membership, please see Chris at the next meeting and show him your card or receipt, as NSA Head Office doesn't supply that information to the Branch, members privacy policy. Thank you.

**Postage has increased, please consider changing to email, if this is available to you.**

**Printing by courtesy of Matthew Hughes JP, MLA.**