

# National Seniors

## AUSTRALIA

### Melville Branch – September 2024

It is nice that we are now getting a burst of lovely spring weather. It is also good to get out for a drive in the country at this time of the year. On a recent trip to Toodyay we observed many paddocks of Canola in full flower and also water running down the creek at Noble Falls. I share two pictures from this trip.



## **SECRETARY**

The situation in regard to the Secretary position was not resolved at the last Branch meeting. At a committee meeting since, a discussion took place and one suggestion was put forward that we have a minute secretary and a general secretary to look after the other parts of the secretary role. I know there is one of our members out there that could take on the role of secretary.

### **Hilary Van Niekirk**

Hilary has advised me that she won't be able to attend any future Branch Meetings due to the health of her husband. I totally understand what Hilary is going through looking after her husband. Hilary will be sadly missed at our meetings. She hopes to make it to the lunch in December.

## **TREASURER'S REPORT:**

### **PINES RESTAURANT – FRIDAY 18 OCTOBER 11.30**

There are only 6 spots left for this event. Your booking can only be secured once you have paid the full amount of \$35.00, Please pay directly into the bank (preferably as this gives a record for both you and the branch) marked "Pines" or pay by cash in an envelope marked with your name, Pines and amount. Cut off for final numbers will be the September Branch meeting. The menu was detailed in the August newsletter. Please advise if you have any dietary requirements.

### **SPEAKERS:**

24<sup>th</sup> September – Branch Meeting – Simon Allan – Red Cross Support for Aged Care Sector

### **OUTINGS - Geoff Palm**

Friday 20<sup>th</sup> of October - outing to Jadran winery followed by lunch at the Gosnells Hotel. As there were too few interested in going, the bus has not been hired. Instead, we will be car pooling and will leave the car park at Lifestreams Church at 10.00am.

## **THEATRE VISITS, Etc (Report by Norma)**

1. Next one at Old Mill; is **PICNIC at HANGING ROCK in December**  
Selected dates are Friday December 6 and Sunday December 8

I have 9 so far and will take more names at our meeting in September.

## 2. Final one for this year at Melville **THE SOUND OF MUSIC**

selected dates are Sunday November 17 at 6 pm and Friday November 22 at 7.30 pm

Already have 21 expressions of interest. Will take more at next meeting and will check up on those already received. Bookings are not open yet.

Norma will provide an update at the September Branch meeting. Her surgery has been delayed so she should be in attendance.



## **BIRTHDAYS – October**

**Best wishes for a Happy Day to Audrey Hass, Helen Richards, Pat Downes, Ken Quick and Hilary van Niekerk.**

## **Protocol**

1. To attend meetings of the Melville Branch, a person must be a member of National Seniors Australia whose offices are in Brisbane. Application Forms available at Branch Meetings.
2. Visitors are entitled to one free attendance at a Branch meeting. Thereafter, the meeting fee of \$8.00 is payable. Members must bring the correct money as the Treasurer does not carry change.
3. The meeting fee can be paid at each meeting by being placed in an envelope with the attendee's name clearly marked on the front, or by 2 instalments January and July into the Branch's bank account.

## **Current Membership rates to be a member of National Seniors Australia are:**

	
<b>Single Membership</b>	<b>Joint Membership</b>
<input type="radio"/> 1 Year - \$49.50	<input type="radio"/> 1 Year - \$80
<input type="radio"/> 2 Year - \$88	<input type="radio"/> 2 Year - \$143
<input checked="" type="radio"/> 3 Year - \$120 <b>Save \$28.50</b>	<input type="radio"/> 3 Year - \$180
<input type="radio"/> 5 Year - \$220	<input type="radio"/> 5 Year - \$325

Membership payments **cannot be paid via our local branch;** they must be paid directly to the Head Office.



## SENIOR'S ALPHABET

# Alphabet for seniors will make you laugh

**A** is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead  
The alphabet for seniors:

- ⇒ **A's** for **arthritis**,
- ⇒ **B's** for **bad back**,
- ⇒ **C's** for **chest pains**, perhaps **cardiac**?
- ⇒ **D** is for **dental decay** and **decline**,
- ⇒ **E** is for **eyesight**, can't read that top line!
- ⇒ **F** is for **fissures** and **fluid retention**,
- ⇒ **G** is for **gas** which we'd rather not mention,
- ⇒ **H** is for **high blood pressure**;
- ⇒ **I** for **incisions** with scars you can show.
- ⇒ **J** is for **joints**, out of socket, won't mend,
- ⇒ **K** is for **knees** that crack when they bend.



forget what comes next.

- ⇒ **N** is **neuralgia**, in **nerves** way down low;
- ⇒ **O** is for **osteo**, bones that don't grow!
- ⇒ **P's** for **prescriptions**, I have quite a few, just give me a **pill** and I'll be good as new!
- ⇒ **Q** is for **queasy**, is it fatal or flu?
- ⇒ **R** is for **reflux**, one meal turns to two.
- ⇒ **S** is for **sleepless nights**, counting my fears,
- ⇒ **T** is for **Tinnitus**, bells in my ears!
- ⇒ **U** is for **urinary**, troubles with flow,
- ⇒ **V** for **vertigo**, that's 'dizzy,' you know.
- ⇒ **W** for **worry**, now what's going 'round?
- ⇒ **X** is for **X ray** and what might be found.
- ⇒ **Y** for another **year** I'm left here behind.

POSITION	NAME	PHONE- Mobile	PHONE - Home	EMAIL
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Associations Registration Number – A1006794T

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

**Branch Meetings 2024**      24<sup>th</sup> September   22<sup>nd</sup> October   26<sup>th</sup> November

**COMMITTEE MEETINGS      2024**

11<sup>th</sup> November (Sally and John)

**EVENTS**

Friday 20 September – Jadran Winery and lunch at the Gosnells Hotel

Friday 18 October – The Pines Restaurant

Friday 29 November – Committee Lunch at Avocadoes – Brookton Hwy

Tuesday 10 December – Christmas Breakup Lunch – Rossmoyne Bowling Club

