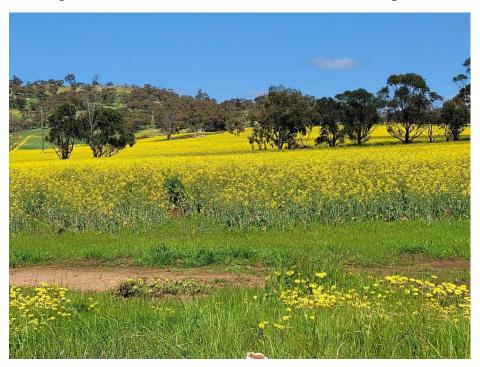


Melville Branch - September 2024

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^{th} September – Branch Meeting – Simon Allan – Red Cross Support for Aged Care Sector

OUTINGS - Geoff Palm

Friday 20th 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.

<u>Current Membership rates to be a member of National Seniors Australia</u> are:



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
President	Les Davey	0412 709 806		les.davey@bigpond.com
Secretary	Ken Quick	0418 926 919	93324335	kquick1@bigpond.com
Support Secretary	Ann Mellish	0438 541 102	94575695	ann.mellish@bigpond.com
Treasurer	Sally McCartney	0405 171 363		sally.mccartney@gmail.com
Social	Geoff Palm	0406 623 594		geoffpalm52@gmail.com
Vice- President and Speakers	John McCartney	0433 141 152		<u>Jambomcc@gmail.com</u>
Theatre	Norma Davis	0402 249 249	94572471	davisnl@iinet.net.au

Associations Registration Number – A1006794T

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

Branch Meetings 2024 24th September 22nd October 26th November

COMMITTEE MEETINGS 2024

11th 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

