

National Seniors Australia ~ Centenary Branch

JUNE 2022 - Newsletter

<https://nationalseniors.com.au/get-involved/branches/centenary>

NB: JUNE MEETING TUESDAY 7th June IS TO BE HELD AT WESTSIDE HQ CORINDA (FORMERLY SHERWOOD SERVICES CLUB) AT 10AM.

*******BRING & BUY – ARTS & CRAFTS TODAY*******

President's Report

Greetings to all as we continue our activities as members or prospective members of Centenary Seniors. I was not able to attend last month's meetings (committee and general), due to being overseas. Now back, I owe a thank you to the committee members who organised our activities and communicated with members and kept 'the show on the road' in my absence. In particular, Bev Hocker who once again assumed the role of President for the interim.

Centenary Seniors Elections coming up

Winter has started, and this means that members are due to nominate new and/or continuing committee members for the next year. A reminder that once nominated, candidates are chosen at the August meeting, however, nominations can be received at that August meeting as well as beforehand. You should hand or send the forms to Anne Munro, the Centenary Seniors Secretary (secretary.nsacb@gmail.com). We have the nomination forms here for you to put yourself forward, or nominate someone else, and a copy of the form was sent out as an attachment to the email I sent to members last week. Needless to say, the nominee must be a paid up member of National Seniors. We are looking in particular for a new Treasurer to handle payments and receipts from our bank account, and to update and present the financial reports. Geoff Harvey and previous Treasurers have done an excellent job, and Geoff would stay on the committee as an informal assistant treasurer to mentor the incoming person in the role. In addition, if anyone is interested in being Branch President, I would like to hear from them, and would be happy to discuss what the role entails, as I am ready to cede the place to a new person who is ready and willing to step up.

General News on activities

Our coach trip to the wildlife saving Twinnies scheduled for Tuesday 10 May, was stymied by exceptionally bad weather, but we will reschedule the trip, so look out for it in the calendar. In contrast to this, the 7 day trip to Emerald was a great success and took members away from the wet Brisbane weather and into the balmy sunshine of normal May in Queensland. Any suggestions for next year's tour would be welcomed by Bev Hocker or Anne Munro.

As always, check the calendar for our usual and less usual social events and excursions: there is something for everyone there.

We will continue to meet at Westside HQ each month up to and including November 2022: Jindalee Bowls Club is not available, and Westside HQ is the most suitable venue available.

BIRTHDAYS: Best wishes are extended to all our valued members celebrating birthdays during June . We hope you have a wonderful day.

MANY HAPPY RETURNS



REPORT ON COACH TRIP (Bev Hocker)

Our short holiday to Emerald saw us enjoy delightful weather after we crossed the Toowoomba range, we all had a great time with great company. We all know what goes on tour, stays on tour, but some people flirt and promise what they shouldn't-no names mentioned, eh, John. Also, just because when you are showering and hear the shower next door running – doesn't mean you can tell people you showered together, does it Carol & David.

COFFEE & CONVERSATION:

On the last Tuesday each month members meet for Coffee and a Chat at the elevated area in the Mt Ommaney Food Court at 10am. New Members are most welcome.

INDOOR BOWLS

On Monday evenings at 6.30pm a group gathers at Westside HQ (Sherwood Services Club) for Indoor Bowls. Its lighthearted, a bit of exercise and costs a princely \$3. See Marie Collins and/or Bev Hocker for further information. Join us to avoid watching nothing on television and for a bit of social activity.

UPCOMING EVENTS:

EXPLORER TRIP – Tuesday June 14th – Bus 454 fr Mt Ommaney at 9.29am. Brisbane Museum or morning tea (your choice your expense) Neil Diamond Tribute at 12noon.

PORTOFINO FASHION PARADE – WEDNESDAY 15TH JUNE – 3 ALPINE PLACE FOREST LAKE.

As it may be some time till the Bowls Club hosts a Fashion Parade, Forest Lake Seniors have invited our branch to their Fashion Parade. For those who missed out on shopping on our recent trip, now is your chance. This is being held at the Forest Lake Community House, 3 Alpine Place Forest Lake.

Directions – travel on Forest Lake Boulevard, after exit to Woogaroo Street, turn right at traffic lights to Alpine Place and it is the first driveway immediately on your right.

JULY COACH TRIP – XMAS IN JULY – TUESDAY 19TH JULY - 8am from Jindalee Bowls Club. River cruise with Xmas lunch. Names and money to Ann today

DATE FOR DIARY. - OVER 50'S EXPO – WEDNESDAY 5TH OCTOBER 2022 AT RIVERLIFE.

PLEASE NOTE; FULL PAYMENT FOR BUS TRIPS IS TO BE MADE AT THE MONTHLY MEETING BEFORE TRIP. NAME BADGES ARE COMPULSORY FOR ALL BUS TRIPS.

BRANCH REFUND POLICY FOR BUS TRIPS: The bus is booked the Thursday before we travel. For cancellations after this date, except for medical emergencies, money will not be refunded

BANK DETAILS ARE:- BSB 084259, ACCOUNT 821660559 Centenary National Seniors

NATIONAL SENIORS FOREST LAKE
WILL HAVE THE PLEASURE OF PRESENTING A

PORTOFINO
FASHION PARADE
WITH SIZES AND STYLES TO SUIT EVERY WOMAN

**WEDNESDAY
15TH JUNE 2022
10:00AM**

FOREST LAKE COMMUNITY CENTRE
CORNER FOREST LAKE BOULEVARD AND ALPINE STREET FOREST LAKE
\$10 INCLUDES DEVONSHIRE MORNING TEA
LUCKY DOOR PRIZE \$50 PORTOFINO GIFT VOUCHER
ENJOY A MORNING OF FRIENDSHIP, FASHION AND GREAT SHOPPING
ENQUIRIES TO LYN MARTIN 0409 879 329

CONTACTS

PRESIDENT/EXPLORER TRIPS	FRANCES	0438 638 079
VICE-PRESIDENT	BEV	0424 525 230
SECRETARY	ANNE MUNRO	0411 564 267
TREASURER	GEOFF	3715 7874
NEWSLETTER	CHERYL	0407 597 812
COACH TRIPS	ANN	3376 3760/0432 630 721
DINNERS, FUNCTIONS	JENNY	3376 3616
MAHJONG	JUDY HUNOLD/JO MURRAY	3378 4935/ 0406413836
STEADY STEPS /CHANGES TO ADDRESS/PH NOS	GEOFF HARVEY	3715 7874
HEART FOUNDATION WALKING MT OMMANEY	SEE DOREEN FLYNN	
MUSIC AT THE HUB	MARJORIE	3376 2030

Do you know of any Centenary Seniors members who are unwell? Often we do not know of anyone who has been unwell or in hospital. If you know of any members please call Carol Uren on 0415 722 940.000

**Meetings are first Tuesday each month, February to October, except November (second Tuesday).
Secretary: Anne Munro. P.O. Box 470 Mt Ommaney. 0411 564 267**

MEMBER PROFILE: Brenda Bennett - Nursing Profile

I am the oldest of three girls, born in Banbury, England, just down the road from Banbury Cross "where the lady with the white horse is". I came from a nursing family, my mother, myself and two sisters all worked at the same psychiatric hospital. As a young girl I always wanted to be a policewoman. My mother took me for an interview with the Police Chief at 15 years old. As I was only 5'3" and one needed to be 5'5", he told me I could be 'stretched' by the time I was 21yrs. Candidates were not taken into the police force until the age of 21yrs.

As it meant waiting a few years I decided to do my General nurse training and attended Northampton College for a two-year pre-nursing course. For two days a week I was employed at Northampton General Hospital working in departments such as Outpatients, Plaster Room and transporting patients from clinic to x-ray etc. I had a few embarrassing episodes working in Outpatients. I was terrified of the phone, we never had one and I didn't know how to use one. I was asked to ring up Pathology for blood results, so when out of sight I ran like the blazes to the Path Lab for the written results, the Path staff thought it was hilarious. The second embarrassment was trying to tell an old fella (hard of hearing), how to do a urine specimen, each time explaining louder and louder, unaware many of the waiting patients could hear all. When I went out to the clinic to call in the next patient, there was a loud titter around the waiting room.

So, at 18yrs old I entered the training school to become a Registered Nurse. After my general nursing training I wanted to progress into psychiatric training but not immediately so went to nurse in the Channel Isles in Guernsey. I was at the Princess Elizabeth Hospital for six months. Interesting and beautiful island to work, surrounded by other islands; Jersey, Sark, Herm and Alderney, popular honeymoon islands. I am not of French speaking, but the older patients were. Guernsey was occupied by the Germans during the war and a large German Hospital is still available for tourists to see. Lovely beaches and plenty of male holiday makers who came just for two weeks, we waved them goodbye and welcomed the next boat.

After leaving Guernsey I commenced my psychiatric training at St. Crispin Hospital, Northampton England for 18mnth as a Post graduate nurse. My mother had been working there for many a year, then my two sisters commenced their training too. My Aunt and Uncle immigrated to Australia and asked my friend and I, if we would like to try nursing in Australia. There were six nursing friends who seriously considered it, but as they met up with their soon to become spouses it became just me and my best friend. Then she met the love of her life, so I decided to emigrate for two years as a ten pound POM by myself.

In 1967 I applied to Australia House in London to emigrate to Adelaide in South Australia as a trained nurse. I was informed that Australia was many years behind in Psychiatric nursing which I found hard to believe. The hospital was isolated away from the city centre on the north side, large building with a 10 foot wall and a ditch like moat around the inside of the wall to stop patients escaping. I was surprised to see male and female patients mingled together with many small children . I was told they were there for "behaviour problems" or disabilities the youngest was 4 years old. Some had been there most of their

life , abandoned by their parents and some had left the country. In the 3.5years I was there I changed mental hospitals to be nearer to my unit. Over the years things were changed drastically in the psychiatric field. The wall was removed, smaller sized wards were created, a special hospital was built for the children and patients with disabilities and the community became involved in many activities. In early 1970 I applied to Toronto General Hospital in Canada and was to commence there in 1971. I returned to the UK for a few months but did not get to Canada as I got married instead! After 10- years of marriage, we as a family returned to South Australia. I was back in the nursing field as the Director of Nursing in a nursing home for 22 years. With big changes in my life and now retired, I decided to move to Queensland near my daughter and family. I have never regretted being a nurse, I would say " it is in my genes.

JOKE

1. A man walks into a library and asks the librarian for books about paranoia. She whispers, "They're right behind you!"
2. Want to hear a roof joke? The first one's on the house.
3. What should you do if you're attacked by a group of clowns? Go straight for the juggler.
4. Why don't koalas count as bears? They don't have the right koalafications.
5. A cement mixer and a prison bus crashed on the highway. Police advise citizens to look out for a group of hardened criminals.
6. I couldn't figure out why the baseball kept getting bigger. Then it hit me.
7. I saw a movie about how ships are put together. It was riveting.
8. A man walks into a library and orders a hamburger. The librarian says, "This is a library." The man apologizes and whispers, "I'd like a hamburger, please."
9. Why did the taxi driver get fired? Passengers didn't like it when she went the extra mile.
10. What do you get when you pour root beer into a square cup? Beer.

CALENDAR 2022JUNE 2022

Thursday 2nd	MahJong	9-12noon	Mt Ommaney Library	
Monday 6 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Tuesday 7 th	General Meeting	9.30am	Westside HQ Corinda	\$5
Wed. 8 th	Evening Dinner	6pm	Jindalee Hotel	
Thursday 9 th	MahJong	9-12noon	Mt Ommaney Library	
Sat 11 th	Music at The Hub	6pm	The Hub Mt Ommaney	\$10
Monday 13 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Tuesday 14 th	Explorer Trip	8.30am	City Hall	
Wednesday 15 th	Portofino Fashion Pde	10am	3 Alpine Pl Forest Lake	\$10
Thursday 16 th	MahJong	9-12noon	Monier Hotel	
Thursday 16 th	Lunch	12noon	Monier Hotel	
Monday 20 th	Steady Steps	9.15am	Cent. Uniting Church Hall	\$7
Thursday 23 rd	MahJong	9- 12noon	Monier Hotel	
Monday 27 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Tuesday 28 th	Coffee & Conversation	10am	Mt Ommaney Food Court	
Tuesday 28 th	Committee Meeting	1pm	Mt Ommaney Library	
Thursday 30 th	MahJong	9--12noon	Monier Hotel	

JULY 2022

Monday 4 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Tuesday 5 th	General Meeting	10.00am	Westside HQ Corinda	\$5
Thursday 7 th	MahJong	9-12noon	Mt Ommaney Library	
Monday 11 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Wed. 13 th	Evening Dinner	6pm	Pepper Lounge Jindalee	
Thursday 14 th	MahJong	9-12noon	Mt Ommaney Library	
Monday 18 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Tuesday 19 th	Xmas in July	8am	River Cruise	\$70
Thursday 21 st	MahJong	9.-12noon	Monier Hotel	
Thursday 21 th	Lunch	12noon	Monier Hotel	
Monday 25 th	Steady Steps	9.15am	Cent. Uniting Church Hall	\$7
Tuesday 26 th	Coffee & Conversation	10am	Mt Ommaney Food Court	
Tuesday 26 th	Committee Meeting	1pm	Mt Ommaney Library	
Thursday 28 th	MahJong	9-12noon	Monier Hotel	

AUGUST 2022

Monday 1 st	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Tuesday 2 nd	General Meeting	9.30am	Westside HQ Corinda	\$5
Thursday 4 th	MahJong	9-12noon	Mt Ommaney Library	
Monday 8 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Thursday 11 th	MahJong	9-12noon	Mt Ommaney Library	
Monday 15 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Wed. 17 th	Evening Dinner	6pm	TBA	
Thursday 18 th	MahJong	9-12noon	Monier Hotel	
Thursday 18 th	Lunch	12noon	Monier Hotel	
Monday 22 nd	Steady Steps	9.15am	Cent. Uniting Church Hall	\$7
Thursday 25 th	MahJong	9-12noon	Monier Hotel	
Monday 29 th	Steady Steps	9.15am	Cent.Uniting Church Hall	\$7
Tuesday 30 th	Coffee & Conversation	10am	Mt Ommaney Food Court	
Tuesday 30 th	Committee Meeting	1pm	Mt Ommaney Library	