

National Seniors Here's the News

Australia

Calamvale Branch Inc.

OCTOBER 2019



To all our Guests and Visitors

President's Message

Good Morning Members,

Well, spring has arrived and already we are having some hot days. It looks like we are in for a long hot summer. Our thoughts go out to those who have been affected by the recent bushfires. Let's hope we see some rain soon.

Our events for the month have been enjoyable with the highlight being our bus trip to the Ottaba Llama farm. I think Linda Ganter was the only one who was spat at by a cranky Llama. The hosts at the farm were great and they gave us a talk on how they came to have a Llama farm, and some information on Llamas.

Remembrance Day is on Monday 11th November and we are participating in the ceremony at the Algester Sports Club. If you would like to attend, please be there by around 10:15 am.

The Lord Mayor's Christmas Party is being held on Monday, 2nd December, at 9.00 am. We only have 7 places left so if you would like to go please put your name down with Doug Wells. If more people want to go, we will try to get more tickets, but no promises at this stage.

As most people know, John & Joyce Morrison had a major burst water pipe in

their house while they were away for a weekend. Consequently there has been a lot of damage to floors and walls etc. To top that off, they have also found some significant white ant damage. Our thoughts are with John & Joyce. It's great to see that they can still smile during the renovations. John says the occasional glass of Red also helps to ease the pain.

We have been going through the old archives of the club records. It's interesting to read some of the minutes and newsletters from up to 15 years ago. We have also found some photo albums which we will pass around today for those who are interested.

That's it from me for now.
Have a great day.

Lila



Because of car park maintenance at the Algester Sports Club, the date of our November meeting has been changed.

**WAS Wednesday 6th November,
now - Monday 18th November**

**Dress up and win a prize in our
** Spring Racing Day
Carnival Parade **.**

We apologize for any inconvenience this date change may have caused.



We are 16 years old
this month
**Happy Birthday to our
Calamvale Branch**

Hi everyone

With this beautiful spring weather, nature comes alive with the birth of lots of babies. Two weeks ago, right outside my window, a mum and dad plover fiercely guarded their five eggs in the grass under a tree, until the eggs were hatched. Within a day of being hatched, the babies were running everywhere, with the parents trying to keep them safe from the ever swooping crows.

Unfortunately with my eyes I was not able to witness much of this, but the staff and residents kept me informed on what was happening, and told me that by the second day the babies were trying to fly. Then about a week after, I got up one morning and they were gone. I hope that they all just flew off and weren't taken by other birds. But that is nature.

With spring comes the annual spring clean. I think John and Joyce should get the championship award for the most thorough spring clean ever. Hey guys, I hope you are almost back to normal and back in your wonderful clean home again.

Can you believe that after today we only have two more meetings and it will be Xmas. For the December meeting we have our Bring and Buy, with lots of gift ideas for Christmas.

Tickets are now on sale for our Xmas party at the Greenbank RSL. The price is still only \$10 for members and \$16 for non-members. Also, if you are wanting to go to the Lord Mayors Christmas party, please let Doug know. That's all for now

*Till next time
Be happy, keep smiling
Gwen*



CALAMVALE
NATIONAL SENIORS

**XMAS
PARTY**

Greenbank RSL



Wednesday 11th December

Cost is \$10 members \$16 non-members

Payment can be made today or at the
November or December General meetings
(Please present your membership card)

**We have access to the venue at 12.15pm,
so be there no later than 12.00**

At 1.45, after a very filling Xmas lunch, we will
retire to the lounge and enjoy some wonderful
Musical Entertainment provided just for us.

**If you see me talking to myself,
just move along ...
I'm self employed ...
We're having a staff meeting**

**Happy 16th
BIRTHDAY**

Calamvale Branch National Seniors

**Today's
GUEST ENTERTAINER**



**JAY
TURNER**



September Bus Trip to Ottaba Llama Farm

Today was Patrick's first official trip as our new tour director. It was a relief to all that Pat took on the role, after Nick had been doing it for so long. Thank you Pat for stepping up to keep our bus trips going.

We were on the Blue Bus and were met by our driver for the day, Henry. He was a bit of a character and always ready with a joke. He was a really nice guy.

On this trip we all met at Acacia Ridge and left there about 8am. It was a beautiful morning, a little bit fresh but nice and sunny. The traffic was quite light as we headed for Wivenhoe Dam for our morning tea. It was a pleasant drive and we arrived at the dam about 9am. We had about three quarters of an hour enjoying our morning tea and taking in the wonderful scenery. The morning tea was hosted by the Acacia Ridge ladies. Thank you ladies it was wonderful.

We then headed on to Toogoolawah and the Llama farm, taking in the scenery on the way. Everywhere was so dry. Fortunately, we didn't see any sign of the bushfires which have been burning around South East Queensland.

On arrival, we were met by Marco, Louise and Libby, our hosts, who showed us around. We went into the paddock where there was a shelter and tables and seats. They had laid on tea and coffee for us as, they didn't know whether we had had our morning tea, We were surprised.

We were looking at the young Llamas with their mothers who were in their own paddock, when we were surrounded by Llamas who just seemed to come from nowhere. They were so tame'

Louise gave us an interesting talk all about the animals, what they did with them, and how they looked after them. They are doing it quite hard at the moment with the drought (as are all the farmers). There wasn't a blade of grass in any of the paddocks and they have to buy all the feed for the animals. They were lovely people and they answered lots of questions. It was very interesting. After the talk they brought out the animal food (Pellets) so we could hand feed the Llamas. They were very tame and were as interested in us as we were in them.

We left there about 11.45am and headed to Esk where we had a little tour around, went to the racecourse and the town, before we went to the Esk Grand hotel where we had our lunch. The meals were massive, and the staff looked after us really well.

After lunch we had a bit of time to look around Esk and then on our way home we stopped at the famous pie shop at Fernvale. It was another great day out,

Well done to Patrick everything went very well.

*Editorial by
John Butchard*

**Our next bus trip is to
Noela's Garden
Donnybrook**

**Bus times – 7.45 A/Ridge 8.00 Drakes
Ph Patrick 0417 493 785**

Don't forget to bring your cup



OCTOBER

Ken Von Bibra	Kes Karvelis
Paula Ross	Robyn Morrisby
Isabel Bosch	Helga Heidelauf
Deidre Rivers	Regina Baczynski
Kristine Hamilton	Nevia Braiuka
Janess Petersen	Judith Bovaird
Wendy Campbell	John James
Anne Smallegange	

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Sunnybank Theatre Group

Bookings being taken for
7th December **Shirley Valentine**.

Paula Ross
3711 5317 or 0409 615 525

BUS TRIPS

16th October - Noela's Garden
Donnybrook

Morning tea – Devonshire Tea
Lunch – Bribie Island Surf Club
Bus times to be advised

20th November - Ipswich Heritage
Drive

Lunch – C.S.I. Club



The Lord Mayor Xmas Party

Monday 2nd December

Morning session entry to Brisbane City
Hall 9.00am. Concert starts at 10.00am.

MOVIE DAY

Movie day will be advised by
Betty at the General meeting.

Phone Betty 0422 913 741.



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Men's Group Event

Friday 18th October

Next men's group outing will be at the
Mt. Gravatt Ten Pin bowling alley, Kessels
Rd. Macgregor. Meet at the bowling alley at
10.00am for a couple of games and then off
to the Sunnybank Hotel for lunch.

Please confirm your attendance to Pat by
phone or text on 0417 493 785.



Lamy had a great 90th Birthday
playing Putt Putt with his family
with lunch thrown in.

Happy Birthday

PHOTO GALLERY

OTTABA LLAMA FARM



How ya doin mate. Meeting one of the locals



Depression – is laughter the best medicine?

*(Taken from recent National Seniors magazine)
25th September, 2019*

As we have seen in the ABC TV fly-on-the-way documentary series, Old Age Home for 4 Year Olds,



depression can be a real and severe issue for older Australians. We are now at episode 4 and it appears that those aged care home residents experiencing depression are on the up, thanks to socialising with fun loving little people.

Did you know that depression is not a normal part of ageing but depression and mood disorders are sadly common with older people.

What to do?

There's evidence that depression in later life is associated with vascular disease which can lead to stroke and heart attack. So, you can reduce your risk of developing depression by addressing risk factors for vascular disease, e.g. quit smoking and ensure high blood pressure and high cholesterol levels are treated.

Regular exercise is also good at keeping your mind active, as is participating in social activities.

Other important preventive measures, when required, include control of chronic pain and grief counselling after losing a loved one.

And try looking for things to feel good about and have fun with.

This old joke could be a start:

I recently picked a new primary care physician.

After two visits and exhaustive lab tests, he said I was doing "fairly well" for my age.

A little concerned about that comment, I couldn't resist asking him, "do you think I'll live to be 80?"

My physician asked: "Do you smoke tobacco or drink beer or wine?"

"Oh no," I replied. "I'm not doing drugs either."

Then he asked: "Do you eat rib-eye steaks and barbecued ribs?"

"No," I said. "My other doctor said that all red meat is very unhealthy."

"Do you spend a lot of time in the sun, like playing golf, sailing, hiking or bicycling?"

"No, I don't," I replied.

My physician asked: "Do you gamble, drive fast cars or have a lot of sex?"

"No," I said. "I don't do any of those things."

He looked at me and said: "Then why do you want to live to 80?"

DID YOU KNOW

When glass breaks, the crack travels faster than 4800 kilometres per hour. To catch the event, a camera must shoot at a millionth of a second.

HaHaHa

Be Careful Interpreting what you see

A priest and pastor from the local parishes are standing by the side of the road holding a sign that reads, "The End is Near! Turn yourself around now before it's too late!" They planned to hold up the sign to each passing car.



"Leave us alone you religious nuts!" yelled the first driver as he sped by. From around the corner they heard screeching tyres and a big splash. "Do you think," said one clergy to the other, "we should just put up a sign that says 'Bridge Out' instead?"

Beware of the Candle

A couple desperate to conceive a child, went to their priest and asked him to pray for them. "I'm going on a sabbatical to Rome," he replied, "and whilst I'm there, I'll light a candle for you."

When the priest returned three years later, he went to the couple's house and found the wife pregnant, busily attending to two sets of twins. Elated, the priest



asked her where her husband was so that he could congratulate him.

"He's gone to Rome, to blow that candle out," came the harried reply.

Jealously

A jealous young wife from Umina Gave her husband one helluva 'shiner'

She'd heard someone say, that while she was away. He'd spent some time in bed with Angina.



The Talking Frog

A 75 year old dad was taking his daily walk through the park when he heard a tiny voice calling to him.

"Hey Mister! Psst, Mister."

Dad looked around and spotted a little frog sitting in the grass looking up at him.



"Hey Mister" said the frog. "A wicked witch cast a spell on me and turned me into an ugly frog. If you'll just kiss me I'll turn back into a beautiful princess and be forever grateful."

Dad reached down, picked up the frog, put it in his pocket, and proceeded to walk on. The frog called out to him again. "Hey! Didn't you hear me? I said if you kiss me I will turn into a beautiful princess and be forever grateful!"

Dad replied, "I heard you, but at my age, I'd rather have a talking frog."

The Importance of Sharing Information

A man is stepping out of the shower as his wife is about to step in when the front doorbell rings. She drapes a towel around herself and answers the door.

Their friend and neighbour Bob is standing outside. He takes one look and says, "I'll give you \$800 if you drop the towel."

Thinking of this sudden windfall, the towel falls and she takes the \$800 he gives her and Bob leaves.

Back in the bathroom the husband asks, "Who was that?"



"Only Bob next door."

"Did he happen to mention the \$800 he said he would repay me today?"

35 YEARS AS A CROSSING SUPERVISOR



Lyn Wilson receiving a 35 year award as a crossing supervisor.

In about June, 1984, Lyn noticed an ad for a crossing supervisor at the local Mt. Gravatt South State School. She applied for the position and was successful in getting the position. In August 1984 she took up the position as a Crossing Supervisor and continued at the school for 21 years.

Lyn moved out to Parkinson in 2003 and then she transferred to the Algester Primary School and is still continuing after 14 years of service.

Lyn states that the best part of being a Crossing Supervisor is in seeing the children starting as a preppie and then leaving the school in year six (6). On the occasion, she gets much joy in seeing the children of the children who she crossed in previous years, coming through to attend school.

She gets lots of joy meeting the children every day in various moods, and them showing her their achievements at school and home.

Lyn is the longest serving Crossing Supervisor on Brisbane's south side. She states at this stage of her life, she is staying at least until she gets her forty years (40) or longer depending on her health. *Pat Wilson*


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A great birthday was held at the Lucky Star Tavern for long time N/S Member, **Jan Herlihen's** Birthday . Thirteen friends enjoyed great food , drinks and cake, wishing Jan Health Wealth & Happiness for years to come .

National Seniors Australia



USED POSTAGE STAMPS

Please save your used postage stamps for **Jill McVey**, and pass them on to her at the monthly meetings. They will be sent to Sister Rosamund from the "Community of the Sister of the Church" to raise money for charity.



Girls Night Out

Friday Oct 25th. 6.30pm
Vindaloo Blue,
cnr Gowan Rd & Kameruka St.
Contact Denise Ryan on 0407 115 242
or email tigertank42@gmail.com
for more details



WANTED

Unwanted computers (desktop or laptop)
or printers.

Working or not working

Contact Barry
3273 2164 or 0437 342 811



JUSTICE OF THE PEACE

Patrick Wilson is a justice of the peace, and will be available at our general meetings for signings. You can also contact him on **0417 493 785**

SUBMISSIONS

Please ensure submissions to the newsletter are with the editor no later than **Monday** before the **committee meeting**. Any notices, recipes, jokes, or points of interest will be gratefully accepted. **Sorry – No PDF's**

Email Gwen– mrregalauthor@gmail.com

If you are visiting us today we invite you to join our Branch

National Seniors Australia membership is open to any person who:

- has an interest in seniors' issues; or
- is age 50 years or over; or
- Is a spouse / partner of a person who is 50 years or over.

Membership is available for only \$45 for a one year single membership, or \$75 for a one year joint membership.

For further information, ask President Lila or Secretary Tania for a Membership Application brochure (if you weren't given one at the door on your way in).

Social Nightout

Monday 14th October
Runcorn Tavern,
Gowan Road, Runcorn



(They give seniors discounts)

Meet at 5.30pm Dine at 6pm

Please Ph or text Lyn Wilson on
0404 483 785 or email -
discosarge1@bigpond.com
if you **ARE** attending,



Craft Making

On the last Monday of the month at Gloria Nuttall's home, join the Craft Making sessions

Please bring along your own craft making items. A fun time where we can pool craft ideas and share knowledge with each other. Bring your own lunch. Starts at 10am and finishes about 3pm.

Next craft day on 28th October

For all those interested,
Phone Gloria - 3273 1418.

DID YOU KNOW
An individual spaghetti strand is called a spaghetti.

National Seniors Australia

CALAMVALE NATIONAL SENIORS - OCTOBER CALENDAR OF EVENTS

NOTE!! Bus Trips to be paid in full (\$45) at the general meeting in the month of the trip.

Oct 2nd **General Meeting 10.00am. Doors open 9.15.** Guest entertainer **Jay Turner**
Why not stay after lunch and play cards, you are all welcome. Tell Ngaire at the meeting if you want to join in, it is just a bit of fun, learn a new game.

Oct 8th **Movie Day** For more information contact Betty Brewer 0422 913 741

Oct 9th **FREE Sausage Sizzle!!** Social get together for all NSA members
Calamvale District Park. Off Ormskirk St **Hosts Gay and Roynon**



Please bring your own:- Plate, knife and fork, dessert bowl, & flask, and either a plate of dessert, salad, or Potato salad etc., etc. to share with others. This is a good time to catch up with everyone, so put your names down at the meeting Or call: - Jill on 3879 1567



Oct 11th **Quilting morning** – 185 Ridgewood Rd. Algester. 9am-12pm Ph Rosemary 3172 0125

Oct 14th **Social night out Runcorn Tavern, Gowan Road, Runcorn**
Please confirm your attendance with Lynn Wilson
email discosarge1@bigpond.com or Ph 0404 483 785 For those **REGULARS NOT** attending **please let Lyn know**. Meet and greet at 5.30pm to dine at 6pm.

Oct 16th **Bus Trip- to Noela's Garden, Donnybrook**
Departure time:- A/Ridge 7.45am Drakes 8.00am
Please be at pick up area 10 mins before departure

Oct 18th **Men's Group Event** Mt Gravatt Ten Pin Bowling
See notices for more details

Oct 25th **Girls night out.** Dinner and chatting, at a local restaurant. **See notices for more details**

Oct 28th **Craft Making** at Gloria's. **See notices for more details**

Oct 30th **Committee Meeting 10am.** For those wishing to attend to **observe** proceedings, Contact Lila on 3273 5953

lease Note above events are planned in good faith but can change. We will endeavour to give plenty of notice of any changes.

Publication disclaimer

For Calamvale NSA Branch. Anyone who does not wish to have his/her names &/or photo used in any internal or external NSA publication, kindly advise the editor, Gwen Costello, or Lila Wells Please ensure submissions to the newsletter are with the editor no later than **Monday before** the committee meeting. Any notices, photo's, recipes, or points of interest will be gratefully accepted
Email: - **Gwen at - mrregalauthor@gmail.com Ph;- 0448 668 915**

National Seniors Australia



Do you have something to sell, give away? Family notices, births, deaths, birthdays.
Thank you to someone.
Wanted to buy, help wanted.

Deadline: Monday before Committee meeting
Phone Gwen
0448 668 915
mrregalauthor@gmail.com



Do you know of a member who is sick, lost a loved one, or is hurting in any way?

Call Joyce Morrison
our
Welfare Co-ordinator
and she can give them a call or send them a card to cheer them up.

Ph Joyce 0408 704 045
or John 0438 532 528

REMINDER NOTICE

Don't forget to bring your **OWN CUP** for your coffee or tea, when coming to a general meeting or going on one of our bus trips.

Thank you

UPCOMING EVENTS

Nov 11th – Remembrance Day 10.15am
(arrive no later than 10.15)

Nov 18th Monday
Nov General meeting
NOT Wed 6th Nov

Dec 4th – Bring and Buy

Mon 2nd Dec – Lord Mayors Xmas Party.
Put your name down with Doug to secure a ticket

Dec 11th - Xmas Party
Greenbak RSL

IMPORTANT NOTICE

BUS PICK UP TIMES

Due to the fact that we are no longer allowed to park our cars at the Algester Sports Club on bus days, alternate arrangements have been made.

You can either pick up the bus at **Acacia Ridge** or at **Drakes Supermarket in Nottingham St, Parkinson.** We have been asked NOT to park in the shaded areas, and all vehicles should be parked up against the wall.
Bus times Noela's Garden A/R 7.45 Drakes 8.00

WANTED

Photo's

Have you been to one of our outings and taken photo's, or maybe you have pictures taken on your recent trip or cruise. Gwen would love to have them for the "Photo Gallery" page in the newsletter.

Email
mrregalauthor@gmail.com

GUEST SPEAKER NOVEMBER

Emeritus Professor Roland Sussex OAM Linguistic's Expert

DONATIONS

At the October and November General meetings, a collection box will be available for members to make a donation to aid the plight of the drought stricken farmers.

The Club will top this up with a \$500 donation

NOTICE

THANK YOU FOR NOTICING THIS NOTICE

YOUR NOTING IT HAS BEEN NOTED

AND IT HAS BEEN REPORTED TO THE AUTHORITIES

Compiled and edited by:

GWEN COSTELLO

LILA WELLS

National Seniors

Australia

www.nationalseniors.com.au
Meetings at Algester Sports Club
Endiandra Street, Algester –
1st Wednesday of Month



Newsletter
designed by
GRAPHITE EYE



Sept mber		October 2019					Novemb er
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2 Branch Meeting Doors open 9.15am 10am start	3	4	5	
6	7	8 Movie Day at Sunnybank Contact Betty For more information Phone 0422 913 741	9 Sausage Sizzle N/S members 11am onwards Calamvale Community Park Off Ormskirk St	10	11 Quilting morning 185 Ridgewood Rd Algester 9am-12pm Ph Rosemary 3172 0125	12	
13	14 Social Night Out For members and their friends 5.30pm for 6pm Meal. Put your name down with Lynn Wilson Ph 0404 483 785	15	16 Bus Trip Noela's Garden Donnybrook A/R 7.45 Drakes 8.00 Please be at pick up area 10 mins before departure	17	18 Men's Group Event 10am Mt Gravatt Ten Pin Bowls Kessels Rd See notices for more details	19	
20	21	22	23	24	25 Girls Night Out Dinner and chatting at a local restaurant. See notices for more details call Denise Ryan 0407 115 242	26	
27	28 Craft Making At Gloria's place For more details Phone her on 3273 1418	29	30 Committee Meeting 10.00am If you wish to attend to Observe proceedings Phone Lila on 3273 5953	31			