

National Seniors

AUSTRALIA

Melville Branch – August 2021

On Wednesday the 18th of August nineteen members of the Branch enjoyed a pleasant day visiting Araluen followed by lunch at the Elizabethan Village Pub. While the weather bureau had forecast rain it turned out to be a lovely sunny day. While the wet and cold July had impacted on the flowering of the tulips there were some beds that were fully in flower.



With the Covid -19 situation in NSW now reaching over 600 cases daily and the increasing numbers in the ACT and Victoria we are lucky that the Delta variant hasn't made its way into Western Australia.

We can only pray this the Delta variant doesn't make it way into WA and we have to go into lock down. I think you will get a bit of amusement in the article "Serious Lockdown advice" later in the newsletter.

MEETING FEES

It is pleasing that 36 members have now taken up the option to pre pay the \$7 monthly meeting fee. I encourage all members to consider this option as it makes it easier on meeting day for the door people. **The pre-payment system has been set up in a way that members do not lose out if they miss any meetings as this is carried forward into the next period as a credit.** It is not too late to pre-pay for the remaining 4 meetings in 2021. You can either transfer \$28 to the Branch's bank account or hand it to the door people at the August meeting.

In most cases sufficient advance notice is given of upcoming events. Members will be advised of a cut off date, normally the date of a Branch meeting, and members wishing to go to an event or outing must make payment by this date.

If a member finds they can't make an event/outing they will need to advise the organiser immediately. If this is within 7 or less days of the event, there will be no refund. It will be up to the member to find another person to fill the vacancy.

CONTAINERS FOR CASH

After the July meeting I deposited containers received at the June and July meetings and we received a total of \$30 bringing the total collected to \$102.90. I would like to thank Alison and Peter Goldsmith for the large quantity brought to the July meeting. I encourage members to continue to support this program as it is bringing in valuable income to the Branch.

Your mental health is in your hands

The Branch National Forum has taken up a partnership with Act Belong Commit. The following is information provided by the Co-Ordinator of Act Belong Commit.

Just as we were thinking we were well on our way to a post-COVID world, events in New South Wales, ACT and Victoria have reminded us that this pandemic is far from over.

While Australia has been remarkably successful in combatting this health crisis there has been a noticeable increase in stress, anxiety and depression during the past eighteen months. Cancelled overseas holidays, separation from family outside WA, and the ever-present threat of another 'lock-down' have all taken their toll on many people's mental wellbeing.

While mental health is certainly impacted by many things outside our control, we aren't helpless when it comes to our mental wellbeing. Just as we are familiar with the lifestyle that protects our physical health – a good diet, exercise and sleep – we now know the habits and behaviours linked to mental wellness. Most of us know intuitively that being active, spending time with others and doing things that we find meaningful, make us feel good. What we may not realise is that these are actually essential for our mental health.

In 2008, the first Act Belong Commit advert appeared on our televisions. It was the world's first campaign to encourage people to adopt behaviours that set them on the path to mental wellbeing. More than a decade on, this simple message is arguably more important than ever.

In July, National Seniors Australia- Zone 108 WA became an Act Belong Commit partner, recognising that this is a message that has a special importance for seniors.

With many older people experiencing isolation and loneliness in their later years, seniors are particularly vulnerable to poor mental health. The Act Belong Commit message equips us with the knowledge of the things we can do to protect our mental health. But knowing and doing are different things, and it's putting those three words into action that matters.

So let's give ourselves the best chance of a happy, mentally healthy life (even during a pandemic!) by doing more, connecting more and adopting a new cause or passion.

You'll find more information about staying mentally well at the Act Belong Commit website (actbelongcommit.org.au) It includes an Activity Finder to help you find a host of things to do and groups to join to help you stay connected with others and fill your time with enjoyable and worthwhile activities.

Andrew Walton

Act Belong Commit Partnerships Coordinator

GUEST SPEAKERS

Tuesday 24th August - Dorothy James who is a Life Coach. Subject: "Turning Can'ts into Cans"

Tuesday 28th Sept: Graham Mabury - Baptist Pastor, well known identity and excellent speaker

OUTINGS

Tuesday 14th September – Bert Tyler Museum Armadale (Perth Hills Armadale Visitors

Centre – 40 Jull St) and lunch at the Happy Gathering Chinese.

Wednesday 6th October – Romancing the Stone Garden and Kalamunda hotel for lunch

THEATRE VISITS, Etc (Lorelie)

Friday 24th September MELVILLE THEATRE CO. '**CLUE on Stage**' 8 p.m. \$20 plus optional Chinese Banquet at 6 p.m. \$22. (*Uproarious comedy, murder and blackmail!*)

Friday 8th October OLD MILL THEATRE '**HAY FEVER**' by Noel Coward. \$20 7.30 p.m. (*Romantic comedy*)

Sunday 31st October ACE CINEMA, MIDLAND. "**SYDNEY II, LOST & FOUND**" 3 p.m. \$41.50 by theatre 180. for more information Google theatre 180. (*Live theatre with a cinematic background, similar to A Fortunate Life seen at the Cygnet this year.*)

SERIOUS LOCK DOWN ADVICE

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my Pepsi, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share with the fridge, cause he's been acting cold and distant! In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic... told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!! You can just about guess what the curtains told me: they told me to "pull myself together!"

We will survive!!

Les Davey
President

President	Secretary	Treasurer	Social Co-ordinator	Theatre
Les Davey Ph: 93971002 Mob: 0412709806	Ann Mellish Ph: 94575695 Mob: 043851102	Sally McCartney Mob: 0405 171 363	Helen Richards Mob: 0415454322	Lorelie Tacoma Ph: 93652277

les.davey@bigpond.com

ann.mellish@bigpond.com

sally.mccartney@gmail.com

tlorelie@ymail.com

Associations Registration Number – A1006794T

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



Dates of Melville NSA Events 2021

Tuesday 24th August – 10.00-am - Branch Meeting

Monday 13th September – 2.00pm – Committee Meeting ((Lorelie)

Tuesday 14th September 10.30am – Bert Tyler Museum and lunch

Friday 24th September MELVILLE THEATRE CO. '**CLUE on Stage**'

Tuesday 28th September – 10.00am – Branch Meeting

Wednesday 6th October – Romancing the Stone Garden/Kalamunda Hotel

Friday 8th October – Old Mill Theatre - Hay Fever

Tuesday 26th October – 10.00am – Branch Meeting

Monday 8th November 2.00pm – Committee Meeting (Sally and John)

Tuesday 23rd November – 10.00am – Branch Meeting

Thursday 9th December – 12.00pm – Christmas Lunch