

National Seniors

AUSTRALIA

Melville Branch – February 2019

I would like to apologise to members for not being able to chair the January meeting. I did not feel very well after I arrived and just needed to get home prior to a Doctor's appointment that afternoon. In my November President's report I advised members of the damage that aspirin had done to my stomach lining. I have attached an extract from "The West Australian" on Thursday 24th of January which highlights the dangers of aspirin. It increases the chances of significant bleeding by 40%. If you are on aspirin I would suggest that you discuss this with your cardiologist on your next visit.



As you will see under outings the Branch Breakfast has been changed to Wednesday the 20th of March due to 6 members going on the tour to Albany.

SPECIAL GENERAL MEETING

Notice is hereby given that the May Branch Meeting on Tuesday the 28th will be a Special General Meeting. This is required so that the new constitution can be passed. The Branch constitution has to be updated to meet the requirements of the new State legislation.

NSA MEMBERSHIP RENEWALS

It would be appreciated if members renew their memberships through the Treasurer of our Branch as the Branch receives \$4 per renewal.

NAME BADGES

I am pleased that 11 members took up the option to purchase New Name Badges. These have now been made and will be handed out at the February meeting. The badges have come up very nice.

BRANCH ACTIVITIES AND OUTINGS

Wednesday 20th March – Branch breakfast at 8.00am at the Heathcote picnic area. The Branch will again fully cover the cost of the breakfast. Please record your name in the book at the February Branch meeting.

Tuesday 9th of April – Tour of RFDS facility at Jandakot. Tour commences at 10.30am
Lunch venue to be confirmed at the February Branch meeting.

Tuesday 23rd July – AGM followed by a Christmas in July lunch. Details in regard to the venue and cost will be provided at a later date.

Wednesday 11th December – Christmas lunch (If you have any suggestions of a suitable venue please discuss with Helen Richards.

GUEST SPEAKERS

Tuesday 26th February – Vince Garreffa – Celebrity Butcher & Author – Vince is donating a raffle prize along with our normal raffle prizes. Tickets for this raffle will be 3 for \$5.00 and all proceeds will go to Lifeline at the request of Vince.

Tuesday 26th March – Margaret Madison – Swan River Restoration Society

Tuesday 23rd April - Dr. David Cook –Subject, Internet Theft and Reducing Computer Crime.

THEATRE VISITS, Etc

THURSDAY 21ST FEBRUARY, 8 P.M. MELVILLE THEATRE CO. "Shrine" by Tim Winton. \$15.
Optional Chinese Banquet at Golden Gate at 6 p.m. \$22.

MONDAY 25TH FEBRUARY, 9.30 a.m. for 10 a.m. Cygnet Theatre, Preston Street, Como. Classic film THE MERRY WIDOW starring Maurice Chevalier and Jeanette MacDonald. \$9

SATURDAY 2ND MARCH, 7.30 P.M. OLD MILL THEATRE. "After you have Gone" a family comedy drama. \$20. Optional dine at Mends Street Cafe, 6 p.m. Choice from menu.

THURSDAY 4TH APRIL, 11.30 A.M. BENTLEY PINES RESTAURANT, Luncheon \$25.

Please email Lorelie on tlorelie@ymail.com or phone 9365 2277 to make your reservations or for events after our meeting on Tuesday 26th February, place your name in the Book.

BNF Chairman's Relections for February

This is attached to this newsletter and again makes interesting reading.

Les Davey
President

President Les Davey Ph: 93971002	Secretary Ann Mellish Ph: 94575695	Social Co-ordinator Helen Richards Ph: 94942491	Theatre Lorelie Tacoma Ph: 93652277
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ZONE 108 REFLECTIONS FROM THE CHAIR – FEBRUARY 2019

Happy New Year to you all and may I also add: “what the hell happened to Christmas!” It’s amazing the number of people with whom I have recently spoken, who voice the same opinion about the passing of time. I used to think that this phenomenon was linked with the (old) ageing process but conversations with my grandchildren prove me wrong; they too admit to time passing them by too quickly. On second thoughts I think I may be half right in my earlier assumption because the rapid advancement in digital technology over the last decade has invaded what was once outdoor activity space for indoor cyber searching space; and the latter is a magnetic, all encompassing pursuit in which time passes in a flash (literally). Many of the younger set don’t even have time to converse and I have witnessed children in restaurants who huddle over their cell phones whilst their meal sits untouched. Parental control; I ask you.

There are many famous quotations which illustrate the passage of time and I believe the following to be worthy of note: *“Time is a sort of river of passing events and strong is its current; no sooner is a thing brought to sight than it is swept by and another takes its place and this too will be swept away.”*

However, the good thing is that: *“Life is not just the passing of time. Life is a collection of experiences and their intensity.”*

And the old adage *“My how time flies when you’re having fun;”* whilst a true reflection for those who are having it, probably doesn’t sit too comfortably with those who sit at home alone. Like for those on the other side of retirement age with debilitating health issues, time may sit on their shoulders like a lead weight and for those subjected to that unenviable state I offer my sympathy. If we take good health as a given, then making the best of what one’s got, seems to be good advice and I would do whatever to get myself involved within an organisation that offers strong social links, interesting activities and the communication of facts and knowledge.

The good thing is that you don’t have to look too far within the community to find such a place and that’s the local branch of National Seniors Australia. I speak from authority when telling people that NSA is the independent voice of older Australians and the benefits of Branch allegiance will far outweigh the cost of NSA membership.

Participating in social events, meeting new people and being entertained will certainly make the passage of time go faster and you will enjoy the fun part of all that. I truly support that Latin phrase CARPE DIEM (seize the day). If you want to sit at home and watch the grass

grow then that's fine; time will pretty much stand still for you. The alternative of being out and about with like-minded people is much more attractive and the experiences you have will strengthen your mind and body.

Graeme Piggott

CARPE DIEM