

Meeting Details:

- Branch Meetings are held on the 3rd Tuesday of the month from January to November at the Lighthouse Community Church, cnr Jetty Road and The Crescent, Brighton, on the beach side of the railway line. Meetings are from 10.00 am to 12.00 noon. Members should start to arrive from 9.30 am. Morning tea is between 10.30 am and 11.00 am. Guest speaker or entertainment from 11.00 am to 12.00 noon.
- In December there will be a **Christmas lunch** instead of a meeting. This year it will be on **Wednesday, 2 December 2026 at the Seacliff Beach Hotel, 221 Esplanade, Seacliff.**
- Before the Branch Meetings begin, helpers are needed to put up trestle tables in the Church Hall and on the stage. This needs to be done soon after 9.15 am. Helpers are also needed to put the trestle tables back in the storeroom at the end of the meeting.
- It would be nice if you bring your own cup or mug for morning tea because it reduces the need for the use of throw away cups.
- Door entry fee is \$5.00 which includes morning tea and a chance to win a door prize.
- Name Badges - which have your emergency details on the back - should be worn at all Branch Meetings and all activities.
- Minutes of the previous meetings and the finance report are circulated with the current month's Newsletter. Members can therefore read the minutes before members are asked to vote to approve them. It also means that members who are unable to attend the meeting are informed of the proceedings.



Lunches after the Meetings:

- There is a lunch after every meeting. All lunches, including the Christmas lunch are at own expense. Lunch venues vary. The venue after today's meeting is as follows:
- **20 October** – Morphett Arms Hotel, 138 Morphett Rd, Glengowrie.
- If you wish to attend, **please put your name on the sheet at the back table** at today's meeting before 11.00 am. The lunch venue needs to be advised beforehand of the number attending the lunch.

Guest Speaker for 20 October 2026:

John Zwar OAM will speak about "**Open Gardens SA**". According to the *Open Gardens SA* web site <https://opengardensa.org.au/the-team> "John trained in horticulture at Adelaide Botanic Garden and worked in arid northern SA. He undertook an overseas Churchill Fellowship study tour of arid zone horticulture and, in 1981, proposed the

establishment of The Australian Arid Lands Botanic Garden at Port Augusta, where he still has close involvement. He was the Curator of the National Botanic Garden in Lae, PNG, and a TAFE SA lecturer at Urrbrae. John was on the committee of Open Gardens Australia and was awarded the Order of Australia Medal in 1989".



Open Gardens SA is a not-for-profit organisation overseen by a dedicated committee of South Australian garden lovers, including designers, horticulturalists and garden owners.

Guest Speaker for 17 November 2026:

Entertainment will be by singer Marianne Riccio.

Guest Speakers for January and February 2027:

Guest speakers for January and February will be our own members. The details of the members who will make their presentation and their topic will be in the November Newsletter.

Forthcoming Meetings, Activities and Events:

- **Bus Trips** – Bus trips have become quite expensive and will not be undertaken in 2026.
- **Wednesday 28 October – Historic Cummins House**, 23 Sheoak Avenue, Novar Gardens. Requires 20 people to attend. Cost \$15.00 per person. Meet there before 10.30 am. Morning tea will be served first and then there will be a tour of the house and garden. Please put your name on the list at the back table.
- **Friday 20 October – Mercury Cinema**, 13 Morphett Street, Adelaide. Morning tea at 10.00 am. Movie at 10.30 am - **Marian Faithful** documentary.
- **Tuesday 17 November** – singer Marianne Riccio.
- **Friday 20 November – Mercury Cinema**, 13 Morphett Street, Adelaide. Morning tea at 10.00 am. Movie at 10.30 am – **Pressure**: Days before D-Day General Eisenhower and meteorologist James Stagg argue whether the weather is too dangerous for the invasion.
- **Wednesday 2 December – Seacliff Beach Hotel – Christmas lunch at 12.00 noon**. Cost \$45.00 for members and \$50.00 for visitors (same as last year). Choose from two main courses turkey or barramundi, two desserts plum pudding or fruit salad and ice cream. Please advise your choices of main and dessert when booking. Table prize on each table. There will be a raffle – 3 tickets for \$5.
- **Friday 4 December** – Band of the SA Police perform "A Swingin' Christmas" concert and there will be morning tea after the concert at the Hopgood Theatre, Ramsay Place, Noarlunga Centre. Cost \$22.00. Morning tea from 10.00 am and concert from 11.00 am. 70 minutes – no interval. Please advise if you need transport.

Christmas Raffle:

In accordance with previous years there will be a raffle at the Christmas lunch on Wednesday 2 December. The Committee would be grateful to receive **donated items from members for the raffle**.

Zone 110 AGM Meeting:

Thursday 29 October 2026 - The Zone 110 Annual General Meeting will be held on at the Torrens Parade Grounds, Memorial Room. There is free parking, entrance off Victoria Drive. Commencing at 10.00am.

Please let President Maureen know at the October Branch Meeting if you would like to attend and also if you need a car park reserved for you.

The main topics of discussion will be the future of the Zone and their Branches. This will be our main topic of discussion - **SA's future in National Seniors**. All groups/branches come under the Associations Incorporations Act 1985 - South Australia. If you wish to read a copy of the Act please contact President Maureen and she will forward a copy to you via email.

Payments for Membership Fees, Outings and Other Activities:

Payments for membership fees, outings and other activities can be made by the following:

- **Cash or Debit Card** at branch meetings.
- **Credit Card** payments – available at branch meetings.
If you use your card, Brighton Branch does not pass the merchant fee on to you.
- **Electronic Funds Transfer (EFT)** direct to the branch account at BankSA. Details are:
BSB: 105-042; **Account no.** 0579 62340; **Account name:** National Seniors Brighton.
Please include your name and reason for payments in the description/reference field.
Send an email to Marilyn Smith at marcoladelaide@gmail.com once the transfer has been completed.

Note - If you require reimbursement for expenses incurred on behalf of the Branch it can only be made by EFT. Supporting invoices and documents are required.

Meet and Greet Volunteers:

We need some extra help from the Members with regards to assisting with the welcoming of Members and greeting new potential members to the Branch Meetings, in the foyer. This would involve arriving at the Meeting about 20 – 30 minutes before the meeting is due to start. Two people are needed at the door. One of the greeters then needs to take that new person into the meeting room, introduce them to the Check In Desk, and then find a member to “Buddie” them with so they are not just left to sit by themselves and feel very unwelcome.

Carol Holt and **Rose Cearns** are the two Committee Members who will usually man the Meet and Greet. However, if they are not able to attend a meeting it would be much appreciated if we could have some extra volunteers to assist the Committee Members to do some of the tasks at the beginning and end of meetings. Committee members already have various designated jobs or positions to fill and on the days of the meetings a little extra assistance from Members would be wonderful. Please talk to either **Carol** or **Rose** and let them know when you would be able to offer assistance.

New Members/Visitors:

If you are bringing a visitor to the meeting, would you please let Brenton Coad – 0402 414 211 - know in advance so he can print up a Visitors Name Badge for them.

Transport to Meetings, Lunches, Outings:

As members get older some of them may no longer be able to drive, if you are able to offer a Member transport to/from a meeting or perhaps to lunch or an outing, please let a Committee Member know of your willingness to help out.

Please make sure you can offer transport in both directions, i.e. pick them up and take them home. Or if they have caught public transport to the Meeting and they would like to go to lunch, deliver them back to an area where they can connect with public transport again if you are unable to take them home. Please advise the Secretary or the President if you are willing to provide these services so we know who we can contact if someone requests transport.

Walking Group:

There is an active Walking Group. It meets every Tuesday at 9.30 am except when there is a Branch Meeting on that Tuesday. The walks are then on the following day which is Wednesday. The next walks will be as follows:

- **Wednesday 21 October** – meet at the **Broadway Hotel** car park, on the Broadway, Glenelg. Refreshments and return.
- **Tuesday 27 October** – meet at **Oaklands Reserve** near the toilet block. Walk to Café Finniss on Finnis Street. Refreshments and return.
- **Tuesday 3 November** – meet at the **Brighton Jetty**. Walk to the Seacliff Beach Hotel. Refreshments and return.
- **Tuesday 10 November** – meet at the **Broadway Hotel** car park, on the Broadway, Glenelg. Refreshments and return.
- **Tuesday 18 November** – meet at **Whyte Street**, Somerton Park at the Esplanade end. Walk to Mamma Carmela Café, next to the Grand Hotel, Glenelg. Refreshments and return.
- **Tuesday 24 November** – meet at **Oaklands Reserve** near the toilet block. Walk to Café Finniss on Finnis Street. Refreshments and return.
- **Tuesday, 1 December** – meet at **Adelaide Sailing Club**, Baron Road – off Military Road, West Beach. Refreshments and return.

If you would like to join in any of the weekly walks, contact either **Barbara Hansen on 0448 223 075** or **Rose Cearn on 0405 537 910**.

Guest Speaker Presentation at the Branch Meeting on 15 September 2026 Secrets Behind Nursery Rhymes by Lesley McCauley



Lesley's presentation was fascinating and, for many of us, it was a revelation about the origins of a number of nursery rhymes that we thought were for children. Instead, many had a dark side. Two examples were as follows:

Baa Baa Black Sheep

The nursery rhyme was written in 1731. It was about the Great Custom, which was a tax on wool that had been introduced in 1275. King Edward I had reestablished a customs duty by setting a rate of a mark on each sack of wool (weighing 364 pounds (165 kg)) or 300 woolfells, and a mark on a last of hides.

The Grand Old Duke of York

This is an action song attributed to when the Duke of York marched ten thousand soldiers up and down a hill for no apparent reason. The oldest version of the song that survives is from 1642. Edmund Langley (1341 - 1402) was the first Duke of York. To date there have been eleven holders of the title of the Duke of York. A notable one was Mad King Henry VIII (1509 – 1547). The Duke of York was one of the participants in the Wars of the Roses (1455 – 1487).

Continued on the next page.....

Guest Speaker Presentation – continued.....

Explanations of other Nursery Rhymes in the presentation

- **1875 - Happy Birthday to You.** First printed in 1912. It is an American song which, in 1893, was attributed to American sisters Patty and Mildred J. Hill.
- **1743 – Hickory Dickory Dock.** It is thought to have been based on the astronomical clock at Exeter Cathedral.
- **1797 – Humpty Dumpty** – an English nursery rhyme.
- **1909 – Incey Wincey Spider** in Australia or "**Incy Wincy Spider**" in the UK was originally a song for adults.
- **1765 – Jack and Jill** – an English nursery rhyme. The original date is not known.
- **1765 – Little Jack Horner** – Henry Carey wrote this version as an infantile poem for the young children of his aristocratic patrons.
- **1805 - Little Miss Muffet** - an English nursery rhyme. The origins of the rhyme are unclear.

For nursery rhymes with a darker streak click on:

<https://time.com/3828261/dark-origins-11-nursery-rhymes/>

Know Your Committee Members – Carol Holt



I was born in Gloucestershire, UK and in 1948 my family, as 10-pound Poms, arrive in SA.

We gradually settled in and I attended Brighton Primary and

High School. My father was in the army and in 1954 we relocated to Victoria.

After finishing secondary education, I did my nurse training at Repatriation General Hospital at Heidelberg. My nursing career was various.

In the early 1940s I married and was very fortunate to have a very dear stepdaughter. I was widowed in 1997. Afterwards I continued to teach dancing and attend classes.

In 2002 I married Peter Holt and enjoyed being part of his Holdfast Bay and Lions activities. Peter died in 2010. I then made visits to my UK family. I also took European river cruises.

I have supported various community and charity organisations and was President of the Lions Club of Marion.

Apart from our Branch I support the Viet Nam Veterans Foundation. I

I continue to attend exercise class and tap-dancing classes. I also attend theatre performances.



Heather and Bill Adams setting up the overhead screen for the September guest speaker.

Welfare Report Good News:

Please inform **Carol Holt** on **0438 177 050** of any members with health problems. **We are only able to help our fellow NSA Members if we keep Carol informed if any of our members are unwell.** If you have good news to share with our members, please let Carol Holt know the details.

Rostrum Speaker of the Year Competition:

NSA Brighton members and friends are invited to enjoy an evening of entertaining speeches including a delicious supper.

The Rostrum Speaker of the Year competition final will be held on Friday 23 October 2026 at 7 pm at UCity 43 Franklin St, Adelaide. (See attached flyer.)

There will be 6 speakers each presenting a 10-minute speech, a break for supper, then the speakers will each present a 3-minute short notice speech for which they will have had specifically 15 minutes preparation time. The adjudicators will announce the winner at the conclusion of the evening, around 9 pm.

The event is free. However, bookings are required for catering purposes.

<https://events.humanitix.com/speaker-of-the-year-final>. Or by 16 October, send an email to santsoy@rostrum.com.au.

Scamwatch – Investment Scams:

Investment scams don't always start with an obvious sales pitch. They can be subtle. People might come across them in a social media group, through someone they trust, or on a convincing fake news website.

Scammers use a range of tactics to build trust and make fake investments look legitimate. Know the warning signs.

Scammers may add a person to a WhatsApp group focused on a shared interest, such as fishing or sport. This helps the group feel friendly and genuine. Once trust is built, someone claiming to be a "professor" or investment expert promotes a fake trading platform. "Other group members" post fake testimonials and impressive returns to build credibility and create pressure to invest.

After money is deposited, the platform may appear to show profits. However, when the person tries to withdraw money, they may be asked to pay additional fees or taxes. But their money will never be returned.

For more information about scams, click on <https://www.scamwatch.gov.au/>

Other:

- After the "Know Your Committee Members" comes to an end it will become "Know Your Members" so please start thinking about submitting your story.

Contacts for NSA Brighton Branch:

President: Maureen Cook 0414 454 970 or cookmaureen43@gmail.com; **Vice President:** Carol Holt 0438 177 050 carolwinifredholt@gmail.com ; **Secretary:** Julie Hockley 0410 053 973 or brightonseniorsnsa@gmail.com; **Treasurer:** Marilyn Smith 0481 399 729 or marcoladelaide@gmail.com; **Newsletter:** Shirley Golding 0417 408 615 or freewill@bigpond.net.au; **Branch Activities:** Graham Gurry 8296 7646, **Welfare Officer:** Carol Holt; **Guest Speaker Coordinator:** vacant; **Committee Members:** Brenton Coad 0402 414 211, Rose Carns, Brian Hockley, Sylvia Hunnisett and Heather Williams.

