

MANAGEMENT COMMITTEE

Graeme Piggott: President/Editor 0418 109 656	Joyce Everton: Public Relations Officer 6252 7135
• Vice President – position vacant	• Social Organizer – position vacant
Chris Milne: Secretary 9293 2001	Maureen Moffett: Guest Speaker Coordinator 9293 0575
Patricia Skinner: Treasurer 9293 1113	

NEXT MEETING – our monthly gatherings have been suspended until further notice

Congratulations to all of us for having survived nearly three months of the Covid-19 pandemic and all the forty plus members that I have spoken to believe the enforced social isolation has been an awakening of the good things in life that we formerly took for granted. Some may well ask, how is that so? and the answer is simple: it has allowed us the time to reflect on how we use our daily schedule to accommodate the little (so important!) things that formerly dominated our time. Life's pressures, pre Corona Virus have suddenly dissipated and it's so good to sit back and smell the roses. I believe that when we finally emerge from this dreadful situation our lives wont necessarily be the same in the short term and resuming "normality" will be a slow and cautious process with the threat of the "unexpected" hovering in the background.

Enough of the pandemic. Now that restrictions are slowly lifting, let's move onto brighter and more positive aspects of living a fulfilling life with friends, acquaintances and family; be it on the end of the telephone or mixing more freely within larger gatherings. I can't express myself more forcefully or eloquently in congratulating our Premier for his part on steering us through the trauma of Covid-19 and isolating us from the rest of Australia; a strategy that has certainly worked well in our favour. We are starting to experience life in a modified yet welcoming manner and it won't be long before the shackles fall off and the light at the end of the tunnel is a dazzling sensation. Social gatherings will be a welcome occasion as we re-establish contact with those that for so long has been denied. Having said that, I think it will be some time yet before our Branch can begin to function with more than 100 members attending on a regular basis - maintaining contact through this medium at least keeps us alert to member matters and informed about NSA happenings.

A story to warm your heart – not a shaggy dog story but a real life story about a lady and a dog called Morris. The lady in question is Pat Miller, a long time member of our Branch who has for many years been part of the welcoming duo at the door to our meetings. Pat has no relatives in Australia and following the loss of her husband Norm has sought companionship through the company of the canine kind, a relationship that has spanned many years and an association that has carried her through the Covid -19 pandemic with love and affection. Morris (of the Kelpie family) came into Pat's life last February when she picked him out at the Shenton Park Dog Refuge. He is the eighth dog over a long period of time with the great fortune of having shared Pat's company and home and his loyalty and affection has assisted Pat greatly in overcoming the solitude of the imposed self isolation. Pat is adamant that Morris is a huge benefit to her well being and urges others in a similar situation to strongly consider a visit to the Shenton Park Dog Refuge.

WHAT'S THE DIFFERENCE BETWEEN STRESS, TENSION AND PANIC?

Stress is when your wife is pregnant;

Tension is when your girlfriend is pregnant; and

Panic is when both are pregnant.

NSA happenings – an extract from the Royal Commission Interim Report into Aged Care, Quality and Safety:

“It’s not easy growing old. We avoid thinking and talking about it. As we age, we progressively shift our focus from work to the other things that give us purpose and joy: our children and grandchildren, our friends, our holidays, our homes and gardens, our local communities, our efforts as volunteers, our passions and hobbies. The Australian community generally accepts that older people have earned the chance to enjoy their later years, after many decades of contribution and hard work. Yet the language of public discourse is not respectful towards older people. Rather, it is about burden, encumbrance, obligation and whether taxpayers can afford to pay for the dependence of older people. As a nation, Australia has drifted into an ageist mindset that undervalues older people and limits their possibilities. Sadly, this failure to properly value and engage with older people as equal partners in our future has extended to our apparent indifference towards aged care services. Left out of sight and out of mind, these important services are floundering. They are fragmented, unsupported and underfunded. With some admirable exceptions, they are poorly managed. All too often, they are unsafe and seemingly uncaring. This must change.”

A certain little girl, when asked her name, would reply, "I'm Mr. Sugarbrown's daughter."

Her mother told her this was wrong; she must say, "I'm Jane Sugarbrown"

The Vicar spoke to her in Sunday School and said, "Aren't you Mr. Sugarbrown's daughter?"

She replied, "I thought I was, but mother says I'm not."

More from you – I just loved building the story of Pat's dog Morris and I'm sure that there are lots of member stories that would provide interest to our readers. There are many among us who found their way to the Kalamunda District by way of a circuitous route; a journey that would provide great

interest and could be told quite succinctly in a few sentences. Please call or email me if you have a story to share and I will happily record it in our next Newsletter. I need your help to keep this newsletter rolling off the press!

Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, 'Lord, take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey!'

Miraculously, a parking place appeared.

Paddy looked up again and said, 'Never mind, I found one.'

Final word - Keep well, keep safe, keep smiling and I look forward to hearing from you whenever you have the time, or the enthusiasm to chat. Goodness knows when we can all be together again but it's something to look forward to. I think we would all acclaim to that.

GRAEME 😊

graeme36@iinet.net.au

CARPE DIEM

Printing by courtesy of Matthew Hughes MLA, member for Kalamunda