

#### MANAGEMENT COMMITTEE

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**NEXT MEETING** – Tuesday 13 April, 10AM at Kalamunda CoC Centre, 22 Mileti Rd Lesmurdie  
**GUEST SPEAKER** – Angela Bowman, Australian Wildlife Conservancy (AWC). Topic: A new model for conservation.

It's good to see that our numbers are heading in the right direction again now that the COVID – 19 restrictions have been eased. Eighty one (81) members and three (3) visitors attended the March meeting, which turned out to be very successful in terms of business content, NSA news and the guest speaker presentation. Congratulations to Maureen Moffett for what turned out to be a wonderful choice in Dr Rob Zieglar, representing Council of The Ageing, (COTA) who at 92 years of age kept us enthralled for 45 minutes without reference to notes or screen shots. Rob's candid, measured and sincere presentation was mostly about the human body and what we should be doing to maximize our quest for good health in order to promote a long and fruitful life - style. A most entertaining, interesting and informative talk that was (in my opinion) worthy of a standing ovation.

#### MARCH VISITORS

Jeanette Gough

Gordon & Annette Roberts



Thank you for attending and I hope you enjoyed the experience sufficiently enough to keep coming.

I should add that Rob was preceded by a very capable assistant by the name of Kairi Watty (COTA's Strength for Life Program Manager) who provided us an interesting insight to the program; an individualized strength and balance plan designed to help people over 50 get fit, stay strong and improve their balance. Members took advantage of the professionally produced literature on hand, thus reinforcing the interest generated by Kairi's enthusiastic presentation.

**Familiar faces in the audience** – Despite good intentions I didn't get to speak to all of those tried and true members who attended the March meeting; those who have been missing of late, due largely to the threat of the insidious Corona virus. It was so good to see old (not literally!) faces who have remained loyal to the membership group for so long. We are an ageing branch population and in recent times we have lost members to scattered Aged Care Facilities where it is not possible for them to attend. That's why it's so good to see new and familiar faces in the audience. We endeavour to remain in contact with those who provide a forwarding address by making available regular copies of this newsletter. At least it's comforting for them to know that we still care sufficiently to keep them informed of branch happenings.

**A branch milestone just over the horizon** – The first meeting of our branch was conducted in the *Kalamunda Town Square Hall* on Tuesday 8 May 2001 with 27 members in attendance. Now I realize that comparing the proverb: *Mighty Oakes from Little Acorns Grow* is a bit far-fetched in linking it to the growth of our branch over the past 20 years, nevertheless, due to an enthusiastic and supportive catchment area we have done extremely well; in fact, comparable to the strongest branches across Australian States. It is my belief that our success has been largely due to the numerous talented people who, over the years, have stepped up to assume a Management Committee role that's so important to the efficient running of the branch. Of course, there are other factors which come into play, including all those members who assist on meeting days; all

quietly efficient and mostly under-acknowledged. Your committee will be discussing how we should celebrate this 20 year milestone and the next newsletter will carry details. I must say that it has been an absolute privilege for me to have held the role of President during all these years and the satisfaction I gain from this responsibility today is still as strong as it was as a “young” 65 year old at the beginning. I anticipate that time will bring about change as the older brigade move on and a younger, vibrant membership gets established. Lots of us have played an important role in the success of this branch and it’s my fervent hope that it continues to remain strong, well into the future.

Never make a woman mad. They can remember stuff that hasn’t even happened yet!

**Advocare offer** – This is a free State-wide education program to promote understanding of older people’s rights in homecare and residential aged care and to raise public awareness of how to prevent, identify and respond to elder abuse. The session will be held at Kalamunda Library on Friday 16 April starting at 10.30AM and Forreestfield Library Thursday 6 May starting at 2.30PM. Bookings are open now and are available via: <https://www.trybooking.com/BPALE> or phone Rosalie Foss, Branch Librarian – Kalamunda Library 9257 9852.

**Trading Table Special** – If you have books to give away then the April Branch meeting is the time to do it. On that day we are inviting members to contribute to a “books only” trading table. Please remember, if they don’t get snapped up then it’s the bringer’s responsibility to take them home. There will be some fantastic books for the avid reader, so don’t miss this opportunity to grab a bargain.

**Club 55 experience** – On Thursday 18 March, 42 members stepped aboard a well appointed *Club 55* coach for what turned out to be an excellent social occasion. I think that a high approval rating would have sat well with everyone as there were lots to see, good wines to sample, the best fish & chips for lunch and a wander along the Mandurah foreshore before heading home. Driver/owner Chris was a mine of information which he doled out in small unobtrusive doses and his driving skills were phenomenal. A great day out and our continued relationship with this company looks assured.

Final word – I look forward to seeing you at the April meeting, in good health with a smiling face and my best disposition. About time I should add! So, have a good day and please come and say hello on Tuesday 13.

## SOCIAL EVENTS

**When:** Thursday 22 April.  
Departs *Thai-on-the-Hill* at 9.00AM sharp.

**Where:** Yanchep/Two Rocks via the new Marmion Avenue Extension. We retrace the fateful journey of the Guilt Dragon which sank and was left undiscovered just off the coast here for many years.

**What you pay:** \$64 per person. This day out in the company of friends includes interesting scenery, morning tea from the coach and lunch at the Yanchep Inn.

These outings are great social building exercises as well as a lot of fun. You also get to see things along the way from an elevated position that you don’t get to see from the family car.

Club 55 are looking good for us, Glenda Cullenane is working diligently on your behalf and we need member support to make the outings viable.

**GRAEME** 😊 [graeme36@iinet.net.au](mailto:graeme36@iinet.net.au)

# CARPE DIEM

Printing courtesy of Matthew Hughes MLA