

MANAGEMENT COMMITTEE

Graeme Piggott: President/Editor 0418 109 656	Joyce Piggott: PR Officer: 0409 880 348
Chris Milne: Secretary: 0475 582 118	Glenda Cullenane: Social Planner
Patricia Skinner: Treasurer 0428 611 835	Maureen Moffett: Speaker Coordinator 0427 084 422

NEXT MEETING: Tuesday August 10, 10AM at Kalamunda CoC Centre, 22 Mileti Rd Lesmurdie

GUEST SPEAKER: Noel and Mary Hoffman on “Orchids Wild;” their talk is about native orchids with an emphasis on local varieties – they will have books for sale

Congratulations to Glenda and Gary Cullenane for their part in making our Christmas in July celebration such a happy and convivial occasion; in my opinion one of the best such events that we have ever hosted. There are several reasons supporting this statement: The catering was excellent, the venue was ideally situated, the Christmas theme was gaily captured with decorations to mark the occasion, the atmosphere was congenial, the door prizes were well accepted and Gary’s humorous and entertaining portrayal of Father Christmas was an absolute winner. The picture shows “Santa” in a performance that you would never have expected or believed likely!

Hooray; we live to fight another day – you don’t have to stay away from the August meeting/AGM because the role of Secretary has been filled. Nomination forms have also been received for all other elected and non-elected committee roles. That means we can now plan confidently for the next twelve months knowing that the Branch is in good shape and that we have the expertise to ensure success.



Zone 108 Conference – I know that the closing date for Registration is Monday 16 August and I appreciate that most people like to hang onto their money until the last minute. As it currently stands only 24 of our members have actually paid to attend this “not to be missed” event. Putting it bluntly we must do better to make this

conference a winning occasion and I look forward to a sizeable increase in Branch attendees, post Registration closing date

Something new – with the blessing of NSA, all Zone 108 Branches have recently entered into a partnership with *ACT BELONG COMMIT* (ABC) a comprehensive, population wide, community-based preventative mental health promotion that is directed by Curtin University's Mentally Healthy WA and is funded by Healthway and the Mental Health Commission.. In an article produced by Andrew Walton (ABC Partnerships Coordinator) he points out that being active, spending time with others and doing things that we find meaningful, make us feel good. These activities are actually essential for our mental health. You may well ask what is Kalamunda Districts Branch commitment to this worthy cause? My view is that we already focus on activities that

promote interest, enjoyment and good social outcomes for our members, including incidental morning tea gatherings. Whilst it's important that we promote ABC to the best of our ability I don't believe our program should include anything more than that. The partnership will not become a burden. We have access to free promotional material that we can display at meetings and other suitable places. Check out the website, actbelongcommit.org.au for full details and a list of other partners.

How's the cold weather treating you? - It must be an age thing because I can't recall a more miserable, wet and cold winter. Or maybe it's that age thing that makes us more vulnerable to feeling extremes of climate. Maybe it's this climate change that the "experts" believe is happening. Whilst I go around rugged up to the eyeballs I see young people in tee shirts and skimpy dresses; and that's definitely got to part of the ageing process. Old age is a bugger.

Graeme 😊

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CARPE DIEM

Printing by courtesy of Matthew Hughes MLA, member for Kalamunda

SOCIAL CORNER

When - Friday 13 August,
9.00AM pick up Thai on the Hill
Where - New Museum in the city
What you pay - \$30 per person includes morning tea in Queens Gardens. There a lots of places to purchase your own lunch.

VALE PETER GOOD

Our sincere sympathy to Dorothy and family on the sad and sudden passing of Peter, Sunday 25 July. Peter was a staunch foundation Branch member who served for many years on the Management Committee in the capacity of Guest Speaker Coordinator. A kind and gentle man who will be sadly missed by all those who experienced the pleasure of knowing him.

I look forward to seeing a good attendance at the August meeting come AGM. We must maintain a positive mind set regarding the future of the Branch and a team approach will keep us successful.