

National Seniors

AUSTRALIA

Melville Branch - November 2024 Newsletter

During Seniors' Week (11/11 to 15/11) Melville Cares Aged Care Service ran four Roadshows within the Melville area. They reached out to local organisations to find suitable venues to hold them.

Our Branch was able to secure the Lifestreams Church for the morning of 12th November, with the offer of full support to Melville Cares by providing morning tea for those members of the public who attended the roadshow.

I would like to express my gratitude to Wendy, Barbara and Amy for putting on a lovely morning tea.

The Roadshow covered issues such as navigating the My Age Care system, falls prevention and cyber safety. The Roadshow also gave the Branch an excellent opportunity to promote National Seniors Australia. The Brisbane Office provided handout material that was well received by those attending. Ann and I got the opportunity to have one on one talks with attendees and some showed an interest in coming to Branch Meetings. The majority of those attending had never heard of National Seniors Australia.

One disappointment was that only 7 members of our Branch attended. Members would have got good value from hearing the speakers and in particular the session on navigating My Aged Care given by the CEO of Melville Cares.

Following are several pictures taken at the Roadshow.





BRANCH MEETINGS

The Branch meets at the Lifestreams Church, 55 Agincourt Drive, Willetton at 10.00am on the 4th Tuesday of each month with the exception of July and December when we have a Christmas in July lunch and a Christmas lunch at another venue.

LUNCH AFTER MEETINGS

Members are welcome to come down to the Burrendah Tavern. Numbers of those wishing to go to lunch will be taken prior to morning tea so a table booking can be made. If you live in the Melville area and receive The Little Aussie book there is a voucher that gives you a discount on a Tuesday.

HEALTH ISSUES

Our thoughts are with Sybil Burman who had a fall approx. 3 weeks ago and broke her shoulder and hip. She is in Fremantle Hospital awaiting surgery.

Norma Davis has now had her surgery and is home recovering.

Amy Koppert is due to have hip replacement surgery within the next week. We wish her all the best.

I am continuing to have health issues. A recent CT scan found that I had suffered pneumonia during the 3 weeks that I was very sick. But more alarming is that the CT scan picked up that I probably have a lung disease. I have an anxious wait before I have another CT scan in 3 months that will confirm that I indeed have a lung disease and the extent of the damage. In addition, I have to see the oncologist at Fiona Stanley on the 28th as it appears that they may not have got all the cancer in my ear.

TREASURER'S REPORT



The Christmas lunch is scheduled for **Tuesday 10 December 2025** commencing at 11.30 pm at the Rossmoyne Bowling Club, 35 Tuscan Street, Rossmoyne. The cost is \$30 for members and \$35.00 for non-members. This includes a sumptuous Christmas lunch and one raffle ticket for the chance to win one of 3 prizes of \$70.00 each! A bar is available to purchase drinks. The December meeting fee is waived for this event so nothing is payable at the door.

To ensure your place please pay the full amount preferably into Melville's bank account – 0326-084 : 434141. Please mark your payment as "XMA". **This gives you a record of payment.** Please also note that cheques are not accepted.

If you are unable or unwilling to pay by direct bank transfer (EFT), then please bring your cash in an envelope marked clearly with your name, amount and XMAS on it to the **November** meeting. If paying by EFT into the bank, the cut off will be 1 December 2024.

Bookings will only be CONFIRMED once payment has been received as above.

Sally McCartney – Treasurer

DOOR ATTENDANCE FEES FOR NEXT YEAR (2025!) (January to



June)

2025 door attendance fees will remain at \$8 per meeting – this includes one raffle ticket for a chance to win two prizes of \$25 and \$10 at the meeting, morning tea and the benefit of sharing the wisdom of our guest speakers and strengthening the friendships.

After the November meeting, I will be generating a list for members to advise how much will be needed for those of you who pay in advance which can be done by EFT (into the bank – marked "Door fees") prior to the meeting on 28 January, or at the meeting in cash in an envelope clearly marked. The amount required will be on the list that I email out and takes into account any credits for the previous period.

Sally McCartney - Treasurer

SPEAKERS:

26th November - Samuel Ong Australian Podiatrist of the Year 2023

What your GP didn't tell you about poor balance. How to grade your balance, and why it's worth paying attention before it's too late.

OUTINGS - Geoff Palm

Thursday 16 January – 5.00pm - Twilight Tea at Wireless Hill. BYO tea and drinks

Wednesday 12 March – 8.30am – Branch Breakfast at Wireless Hill.

THEATRE VISITS, Etc (Report by Norma)

1. Next one at Old Mill: PICNIC at HANGING ROCK in December

Selected dates are Friday December 6th and Sunday December 8th

2. Final one for this year at Melville: THE SOUND OF MUSIC

Selected dates are Sunday November 17th at 6 pm and Friday November 22nd at 7.30 pm

CONTAINERS FOR CHANGE

Our total currently stands at \$130.30. Let's make a real effort to see if we can reach \$200 by the end of the year. Our biggest contributor is the Goldsmith family. A big thank you to this family!

BIRTHDAYS – December

Best wishes for a Happy Day to John McCartney, Ivy King and Rodney Orr.



This Month's Jokes

1. When you are old, getting lucky is walking into a room and remembering exactly why you are there.
2. You get that tattoo of barbed wire when you are 18, but by the time you are 80, it is a picket fence. Robin Williams
3. When you were born, the Dead Sea was only sick!
4. Don't you wish that you were as old as the first time you thought you were old?

5. Do not stress about your eyesight failing as you age. It is nature's way of keeping you from shock when you pass by a mirror.
6. I am not saying you are old, but if you were whiskey, you would be expensive!
7. I am so old they have cancelled my blood type. Bob Hope
8. You know you are getting old when you start watching golf on TV and enjoying it. Larry Miller
9. I just need to make it to 34, and I have beaten Jesus at living. .
10. You are ancient if the doctor tells you to slow down and the police tell you to speed up!
11. What defies the law of gravity? Your age because it goes up but never comes back down! .

Protocol

1. To attend meetings of the Melville Branch, a person must be a member of National Seniors Australia whose offices are in Brisbane. Application Forms available at Branch Meetings.
2. Visitors are entitled to one free attendance at a Branch meeting. Thereafter, the meeting fee of \$8.00 is payable. Members must bring the correct money as the Treasurer does not carry change.
3. The meeting fee can be paid at each meeting by being placed in an envelope with the attendee's name clearly marked on the front, or by 2 instalments January and July into the Branch's bank account. **Current Membership rates to be a member of National Seniors Australia are:**

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|  <p>Single Membership</p> <p><input type="radio"/> 1 Year - \$49.50</p> <p><input type="radio"/> 2 Year - \$88</p> <p><input checked="" type="radio"/> 3 Year - \$120 Save \$28.50</p> <p><input type="radio"/> 5 Year - \$220</p> |  <p>Joint Membership</p> <p><input type="radio"/> 1 Year - \$80</p> <p><input type="radio"/> 2 Year - \$143</p> <p><input type="radio"/> 3 Year - \$180</p> <p><input type="radio"/> 5 Year - \$325</p> |
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Membership payments **cannot be paid via our local branch**; they must be paid directly to the Head Office.

| POSITION | NAME | PHONE- Mobile | PHONE - Home | EMAIL |
|---------------------------------------|--------------------|---------------------|-----------------|--------------------------------------------------------------------------|
| President | Les Davey | 0412 709 806 | | lesdavey5@gmail.com |
| Secretary | Ann Mellish | 0438 541 102 | 94575695 | ann.mellish@bigpond.com |
| Support Secretary | Ken Quick | 0418 926 919 | 93324335 | kquick1@bigpond.com |
| Treasurer | Sally McCartney | 0405 171 363 | | sally.mccartney@gmail.com |
| Social | Geoff Palm | 0406 623 594 | | geoffpalm52@gmail.com |
| Vice- President and Speakers | John McCartney | 0433 141 152 | | Jambomcc@gmail.com |
| | | | | |
| Theatre | Norma Davis | 0402 249 249 | 94572471 | davisnl@inet.net.au |

Associations Registration Number – A1006794T

Branch's Westpac account details BSB 036084 and Account Number 434141

Branch Meetings 2024 26th November

EVENTS

Friday 29 November – Committee Lunch at Avocadoes – Brookton Hwy

Tuesday 10 December – Christmas Breakup Lunch – Rossmoyne Bowling Club

Thursday 16 January – Twilight Tea – Wireless Hill

Wednesday 12 March Branch Breakfast – Wireless Hill

