

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

October 2025

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale (parking at rear)

COMMITTEE

President..... Brian Mibus (0417 887701)

Vice-President....Trevor Molde (0417 838740)

Secretary Kathy Hancock (0432 101372)

Treasurer..... Dawn Thomas

Activities Coordinators

- Outings Annie McCall
- Speakers..... Heather Dowling

Committee Jeanette Molde

Jenny Mathews

Mavis Smith

Newsletter Trish Mibus (0407 605091)

2025 CALENDAR

DATE All dates are Wednesdays	ACTIVITY	AFTERNOON TEA
October 22, 1.30 pm	GUEST SPEAKER – Mataan Dunning (Fiducian Finances) A \$10 DEPOSIT FOR OUR CHRISTMAS LUNCH WILL BE COLLECTED AT THIS MEETING	Katherine Papanikolas
October 30, 10.00 am – 12.30 pm	National Seniors Zone AGM – Flinders Park Scout Hall, 4 Alice Street, Findon	
November 12, 12 noon	Christmas Lunch for everyone – Lockleys Hotel	
November 26, 1.30 pm	MyGov and MyAgedCare	Carole Smith

**I'VE REACHED THE AGE
WHEN MY TRAIN OF THOUGHT**



**OFTEN LEAVES THE STATION
WITHOUT ME**

Our September Guest Speaker –Sarah Shipton

Scrapbooking and Card Making

- Sarah is a 'Stampin' Up' demonstrator, teaching scrapbooking and card making.
- Sarah's interest in her family history (and ultimately scrapbooking) started when she was in Grade 6 and her English teacher asked the class to do a book 'all about me'. She asked her grandfather to help her with their family history.
- Her grandfather went back to the UK to follow up ancestors who came to Australia. Over the years, he continued to send charts and documents to Sarah.
- The documents sat in a box until Sarah had a daughter of her own and went to a Baby Expo where she saw a family history book.
- As a stay-at-home mum with a five-month-old daughter, working on her family history gave her a sense of purpose.
- What started as a hobby 24 years ago, has now become a full-time job.
- Information about your family can come from
 - Physical documents passed down from family and extended members
 - Genealogy charts
 - Pedigree charts
 - Family History books
 - Hard copy books
 - Photos
 - Notes
 - Family tree
 - Ancestry.com (free version) – could contain the family tree of other people you are related to.
 - War service records (free) – original documents – when a person enlisted, etc
 - Births, Deaths and Marriages - Have to pay for documents, but this information can sometimes be found on Ancestry.com
 - Museums

Advantages of Scrapbooking and Documenting Family History for Seniors

- Memory preservation and cognitive stimulation
 - Sorting through photos provides cognitive stimulation
 - Organising, planning and decision making
- Improved identity, sense of self, continuity
 - Tangible legacy
- Emotional wellbeing and processing
 - Joy, sense of belonging
- Social connection and intergenerational bonding
 - Tangible heritage to family
 - Family history is a work in progress – something to leave behind for future generations
- Therapeutic and sensory engagement
- Support for seniors with memory issues/dementia

Collating and Documenting

Start with what you have

Items you will need

- Paper trimmer
- Cardstock (white or black) 12" x 12"
 - Use original photos if you have them, but make sure you scan them first
 - Use black cardstock for photos with white borders
- Adhesive runner – photo safe and lignin free
- Memory protectors – slide sheets of cardstock into them
- D-ring Scrapbooking album – for work in progress
- Embellishing is optional – historical embellishments are available from time to time
- When writing in your scrapbook, use archival safe journal pen

Sarah runs cardmaking classes once a month – 2 hour sessions. Enquiries through her email address scrapbookingwithsarahshipton@gmail.com

She also has a Facebook page - <https://www.facebook.com/ScrapbookingWithSarahStampinUpDemonstrator>

PULLED OVER BY THE POLICE

A police officer pulls over a speeding car. The officer says, "I clocked you at 80 kilometres per hour, sir."

The driver says, "Gee, officer I had it on cruise control at 60, perhaps your radar gun needs calibrating."

Not looking up from her knitting the wife says: "Now don't be silly dear, you know that this car doesn't have cruise control."

As the officer writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once?"

The wife smiles demurely and says, "You should be thankful your radar detector went off when it did."

As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Darn it, woman, can't you keep your mouth shut?"

The officer frowns and says, "And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine."

The driver says, "Yeah, well, you see officer, I had it on, but took it off when you pulled me over so that I could get my licence out of my back pocket."

The wife says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving."

And as the police officer is writing out the third ticket the driver turns to his wife and barks, "WHY DON'T YOU PLEASE SHUT UP??"

The officer looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am?"

"Only when he's been drinking."

OUR OCTOBER OUTING WAS TO THE WEST BEACH SURF LIFESAVING CLUB FOR LUNCH

