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What's up next !

General Meeting

Wednesday – 29th January

Weston Creek Labor Club

Mawson Club Lunch

Wednesday – 12th February

2025
Happy
New
Year

Taking Southern Sounder out for another run in 2025 and to think we were only going to do a couple of newsletters to tide us over during COVID. Well, I suppose it's still with us so.....

President's Piece

Happy New Year to all.

We usually enjoy the few quieter days between Christmas and New Year. This year we had a very busy leadup to Christmas. On 21st December we drove to Corowa, stayed the night and then on to Bendigo to spend a night with family

Sunday 22nd December, we caught the train into Melbourne where we stayed for the next 6 days. Our daughters and families joined us in Melbourne. We were staying in Collins Street, us on the 41st floor, one family on the 50th floor and the other family on the 63rd floor, an experience in itself. The Melbourne tram system is so good for getting around the CBD for free.

Christmas eve we went to Carols by Candlelight, Christmas Day was celebrated with a picnic in Treasury Gardens. Plans to celebrate with our Melbourne family were spoiled by Covid in their family.

The cricket fanatics attended Day One of the Boxing Day test. We experienced Boxing Day sales, it was frenetic to say the least, but the bargains were there for the buying.

Friday we all had dinner at the Spaghetti Tree. Lois and I realised that the first time that we had eaten there was 50 plus years ago. Still a great place to eat.

Saturday we returned to Bendigo, picked up our car and headed home with a night in Holbrook on the way.

It was a busy but very enjoyable time being away with the family. We have done very little since our return apart from trying to revive a sunburnt garden.

We hope you all had an enjoyable and happy time over the Christmas break. Now we look forward to another year of NSA to reconnect with friends and maybe make some new ones.

According to the weather people we are in for some hot hot weather. So, a reminder to keep cool and keep hydrated.

Happy New Year to all and we look forward to our first meeting on 29 January.

Richard Cooper
President NSA Canberra South Branch

Coming in 2025

January Tag Along

- Toward the end of last year Richard and Lois went on a tag along 4WD Adventure through parts of NSW and VIC

February Cancer Council

- Verity Hawkins - CEO Cancer Council

March Watch this space

- We are working on it

I guess with the start of the new year, comes *New Year Resolutions*. We all make them, but then there is the keeping them up. I was in the Gym this morning, and my trainer said "lots more people here today, some we've not seen before. Oh well, by the end of February we'll be back to normal". It doesn't have to be that way, but.....

I'm also guessing lots of organisations are like people. They make resolutions to be stronger, be better prepared, provide a difference, and then slip back to the same old ways. Our purpose as NSA Canberra South is to

- Be a part of the National body advocating for Seniors, by contributing to the issues the National body is working on and locally by maintaining a connection with our local Politicians.
- But more importantly to be part of the social fabric of our members.

So, what will 2025 look like for the NSA Canberra South?

- We will continue our Monthly meetings at Weston Creek Labor Club, with a range of guest speakers.
- Our Mawson Club lunches will continue on the second Wednesday of the month, where we enjoy the informality of pleasant company and conversation.

- Southern Sounder will continue to be produced to keep members informed.

(Here is an invitation, if you have been doing something, going somewhere, read something, seen a movie, and you think others might be interested in that. Email details to me, I like additional content)

Maybe there should be more!

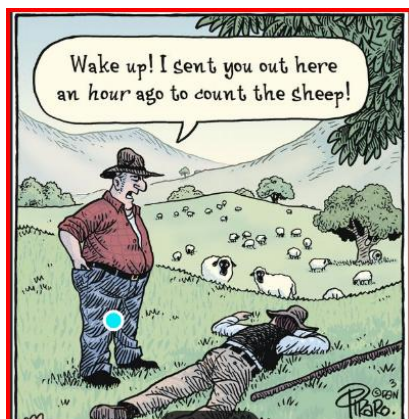
Well, yes, however that needs ideas and organising. Last Year, we had two outings in place of regular monthly meetings, A morning tea gathering at Lanyon Homestead and a trip to Tulip Top Gardens. If there is an appetite for this sort of thing we would like to know.

Member Welfare

Lois, our Welfare Officer, likes to keep in touch with members especially around occasions such as significant birthday, and those other less joyous occasions, like illness or hospitalisation. A card and a handwritten note are always preferable to an email.

However, we have a problem. When you joined NSA you would have ticked a box on the form which allowed the NSA National Office to forward us your Name and email address but not your postal address. Without asking for specific permission on the postal address privacy laws prevent them from passing it on to us.

So here is a solution, at the end of the newsletter, I have included a short survey on google forms. If you choose to fill it in and return it, we will have all the details we need.



Christmas Lunch at Lanyon



At the last meeting of 2024 in November, we enjoyed "A Christmas lunch" at the Vikings Club at Lanyon. With a well decorated table and festive food, a fitting end to NSA Canberra South Activities for 2024.

NSA Canberra South Survey

Please check out the survey and respond as it will make the work of the committee easier. So, click [HERE](#) and let's have your input.

Gold Trivia Quiz

1. Which football player won the most FIFA World Cup Golden Ball?
2. What is the chemical element for gold?
3. Which actress played Deloris in Sister Act?
4. How many karat is pure gold?
5. Which breed of dog can be golden?
6. Which US state is called the Golden State?
7. In Harry Potter, what is the name of the smallest ball used in Quidditch?
8. Due to its similar look to gold, iron sulfide or pyrite is also known as what?
9. Which unit is used to measure the purity of gold?
10. Which type of gold is a mixture of pure gold, silver, and palladium?
11. In the song "The Twelve Days of Christmas", what are sent to on the fifth day of Christmas?
12. What does gold symbolize in ancient Egypt?
13. Which king in Greek mythology is able to turn everything into gold only by touching?
14. In 1252, what was the first European city to mint its own gold coins?
15. Which percentage of the entire world's gold is held by governments and central banks?

Gold Trivia Quiz Answer Key

1. Which football player won the most FIFA World Cup Golden Ball?

Cristiano Ronaldo

2. What is the chemical element for gold?

Au

3. Which actress played Deloris in Sister Act?

Whoopi Goldberg

4. How many karat is pure gold?

24

5. Which breed of dog can be golden?

Retriever

6. Which US state is called the Golden State

California

7. In Harry Potter, what is the name of the smallest ball used in Quidditch?

Golden Snitch

8. Due to its similar look to gold, iron sulfide or pyrite is also known as what?

Fool's Gold

9. Which unit is used to measure the purity of gold?

Carat

10. Which type of gold is a mixture of pure gold, silver, and palladium?

White Gold

11. In the song "The Twelve Days of Christmas", what are sent to on the fifth day of Christmas?

5 golden rings

12. What does gold symbolize in ancient Egypt?

Everlasting life

13. Which king in Greek mythology is able to turn everything into gold only by touching?

King Medas

14. In 1252, what was the first European city to mint its own gold coins?

Florence, Italy

15. Which percentage of the entire world's gold is held by governments and central banks?

45%