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What's up next !

Wednesday 8th October.

Mawson Club Lunch.

Wednesday 29th October

General meeting

Labor Club Sterling

Teen Speak ?

Wednesday 26th November

Christmas Lunch

Vikings Club Lanyon

President's Report September 2025

As I write this report, I am thinking that it was lovely to have some warmer weather but how wrong I was as today is cold and windy. I am sure the warmer weather will reach us soon and then we will complain of being too warm.

We have heard very little of the proposed changes to the Aged Care Act but in the media this week there has been an article that gives some indication of the changes that we may see. It is certain that changes will see more older people paying more for aged care support. I am sure that we will see information from NSA head office on this topic soon. If you think that you may be affected by the possible changes then you should seek professional advice.

Recently Lois and I travelled to Griffith NSW. It has been some time since we visited Griffith, and it was pleasing to see a regional city looking so busy and prosperous. The wine industry around Griffith which has grown since our last visit adds to the economic activity of the city. If you are looking for a weekend getaway then Griffith may suit you.



The visit to Tulip Tops instead of our regular meeting was a success. The trip provided an occasion to hire/borrow the van from Northside Community Service. The use of the van may help us with future activities. Unknown to us, the bus had been invaded by nasty little ants. Glenys took a seat on the bus but very quickly jumped out again. The ants had invaded Glenys. The ants were up her legs and on her arms. Humorous for some but not Glenys who needed to find somewhere to fight the ants off. The ants were about 6mm long with a nasty nip.

Mr Squiggle will be familiar to all of us, I am sure. Lois and I recently visited the National Museum of Australia to catch up with the "Mr Squiggle and Friends" exhibition. It is an excellent display of the life and skills of Norman Hetherington the creator of Mr Squiggle and his marionette friends. The Mr Squiggle exhibition ends on October 13. You need to book but there is no charge.

The next activity of note will be the Christmas lunch which will be at the Lanyon Vikings Club, the same as last year. Rob has provided information elsewhere in this newsletter.

And before you know it, we will need to hang the 2026 calendar.

Cheers for now Richard

Time goes by

And before you know it ,we will need to hang the 2026 calendar. (*heard that somewhere before*)

When I did the last sounder, we were talking about the upcoming AGM in August.

Well, it happened, the outgoing committee was re-elected, so I didn't have to change the front sheet of the sounder.

AGM was followed up by our very interesting Guest Speaker Colin Greef.

Colin entertained us obviously from the photograph with music, but before that with a background story from life growing up in England, his journey into the Royal Navy and then the Royal Australian Navy. While at sea Colin learned to play guitar.

There is another side to Colin's story and his love of playing guitar and involvement in the veteran community led him into a music group helping others overcome PTSD through jam sessions and morning chats about mental health. Out of this came an idea that that if he could get donated second hand guitars that could be fixed up, they could be given

away to those for whom music would bring comfort.

So, it was done, and guitars have gone to veterans, school kids who lost instruments in the south coast fires and the journey continues.




ANNUAL
CANBERRA BURNS CLUB

Highland Gathering

Saturday 11th October

One of the highlights of the year Glenys and I spent living in Scotland was attending the Highland Gatherings from the big ones like Braemar, which was attended by the Queen, to smaller ones like Inverness and Pitlochry.

However, you don't need to go that far to celebrate all things Scottish. The Burns club brings it right to Kambah next Saturday.

You can get more details at [Highland Gathering](#)

Quote for the month

***Be like a
postage stamp.
Stick to it until
you get there.***



NOVEMBER 26th

Yes, that is our next "big thing" date.

Again, this year we have chosen to have our NSA Canberra South Christmas lunch at the [Vikings Club at Lanyon](#).

The Menu

(alternate serves)

Mains

1. Barramundi fillet, roasted pumpkin puree, roasted chat potatoes, asparagus, gremolata and balsamic
2. Traditional roast turkey, sliced ham, Yorkshire pudding with roasted potatoes, pumpkin, peas, gravy and cranberry sauce.

Dessert

1. Warmed sticky date pudding, salted caramel sauce and vanilla bean ice cream
2. Warm apple crumble, vanilla anglaise and double thick cream

The cost for lunch is \$40 per person.

We do need numbers attending by the 19th of November, I am attaching a form so you can tell us you're coming and make the payment.

Response:

[I'll be there](#)

I'll remind you again before the closing date!



Change

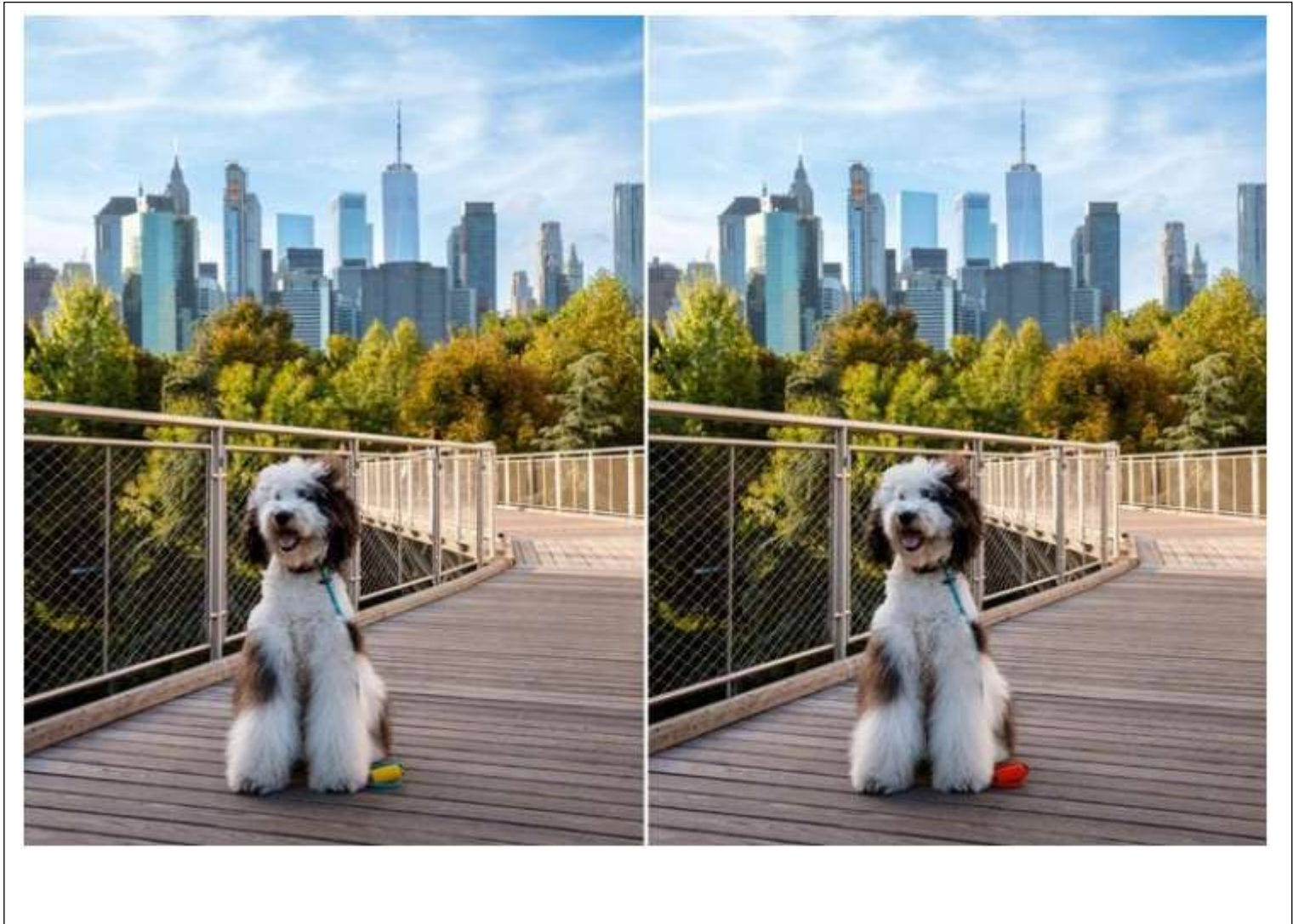
It's always with us, and it's rapid and seemingly getting faster all the time. Think of the things that have come and gone over our lifetime. When I started my apprenticeship as a radio technician, we were still using reel to reel tape recorders.

As we get older the pace of change seems to have more effect on our lives. Technology in business and government is adopted, and staff are trained in its use. Systems are put in place and there seems to be an expectation that everyone will understand and be intuitively able to navigate their way through them.

The NSA website and the Connect Newsletter offer some help in understanding these changes and the National body continues to advocate for clearer and more easily understood information related to aged care.

For those of us dealing with the system there can be real frustrations and anxieties.

PUZZLE PAGE



Spot the difference: Loose leash

There are five differences between these dog pictures

