



# NEWSLETTER

October 2022

## READ ALL ABOUT IT!

### MESSAGE FROM THE PRESIDENT

Bob George does a great job as the Keep Fit Co-ordinator. His recent two weeks' holiday has highlighted how much the Club relies on him.

If you have been in the Keep Fit group for a couple of years, please consider nominating for the Management Committee.

Keep Fit is our biggest group and it should have more than one person on the Committee, perhaps as an office bearer.

Thank you,

DOUG GETTINGBY

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### DID YOU KNOW?

Way back in May 1928 a gentleman by the name of Frank Whitfords, of Whitfords Limited, approached the Wanneroo Road Board asking for a road to be built, running west from Wanneroo Road to the beach.

He was of the opinion that the stretch of beach frontage at North Beach was the 'finest on the coast'.and was convinced the area would eventually be developed. He submitted a plan suggesting where the road could be routed. Forty years on, Whitfords area was developed and di-

vided into major suburbs.

Hillarys was named after Mr Bertram John Hillary who settled in the area during the Great Depression, building a boat shed on the beach back in 1930. As he had four children, the shed had to be expanded. The family were the only known residents in the area, the nearest store being some 5 km away in North Beach.

During WWII the Australian Army used the area and named it 'Hillary's Beach'.

In 1955 the Metropolitan Region Scheme proposed that Whitford Beach, just beyond what is known as Hillarys north, would be the limit of coastal settlement.

Sadly Bert's shack was destroyed in a severe storm in 1964, shortly after Bert passed away in 1957.

In 1967 a road to Whitford Beach was built and the R & I Bank began developing the Whitford precinct, planning a town centre which became Westfield Whitford City

Whitford City officially opened in November 1978, initially boasting an Aherns Department Store. Around 1985 Big W opened its doors, along with a Woolworths supermarket and fifty specialty stores.

*Extracted from:  
The Story of Wanneroo (1979)/  
<https://kids.kiddle.co/Hillarys>, *Western Australia* 21/9/22*

### FOR THE MOVIE BUFFS:

1. The films *The King's Speech* and *The English Patient* feature which English actor?
2. Who was a swimmer who became a famous film star? She was known as America's mermaid.
3. I am a 1956 movie directed by Cecil B DeMille. I am a great epic film and tell a story from the Bible's Book of Exodus. What movie am I?

*See over for answers*

### I'M VERY WELL, THANK YOU!

There's nothing the matter with me.  
I'm as healthy as I can be.  
I have arthritis in both my knees  
and when I talk, I talk with a wheeze.  
My pulse is weak and my blood thin  
but I'm very well for the shape I'm in

Arch supports I have for my feet  
So I can venture out on the street  
Sleep is denied me night after night  
but every morning I find I'm alright.  
Memory is failing, my head's in a spin  
but I'm very well for the shape I'm in

The moral is this - as my tale unfolds  
That for all folks who are getting old  
It's better to say "I'm fine" and grin  
than to really say the shape we're in!

*Author unknown*

## Q AND A

1. Where on the human body is the **zygomatic bone** found?
2. During which King's reign did the great fire of London occur?
3. In 1964 The Animals released 'The House of the Rising Sun'. Where was the house in the song located?

*Answers below*

### JUST FOR LAUGHS:

\* I sent my hearing aid away to be fixed. I haven't heard anything for two weeks!

\* How much do chimneys cost?  
Nothing - they're on the house!

Oh dear!

### FROM THE SOCIAL SECRETARY

Great news! Our monthly Newsletter has been positively received. You can now access it via the Club's website.  
<https://whitfordseniors.org.au/newsletter>

It is our intention to also send a copy to each of our members' email addresses. However, it has become apparent we only have approximately half of our members' current email addresses on our records. Can you please, therefore, update your address via [whitfordseniors@gmail.com](mailto:whitfordseniors@gmail.com).

Hard copies of the Newsletter will be left on the table outside of the office, for those members who do not have access to a computer or email account. However, numbers are obviously limited, so please only take a copy if you cannot access it on-line.

Thank you

### Q and A answers:

1. Facial cheeks
2. King Charles II
3. New Orleans

### Movie Answers

1. Colin Firth
2. Esther Williams
3. The Ten Commandments

## INTRODUCING:

**Tony Ralston**  
*Ballroom Dancing Teacher*



Toni is married with three children and one grandchild. She's been ballroom dancing since the age of nine and has always loved it.

Toni danced competitively throughout her teens and into her early twenties. She won a Junior World title at the age of fourteen.

Besides ballroom dancing, her other hobbies include Rock'n'roll dancing, Pilates and playing the piano.

In all her years of teaching ballroom dancing, Toni says the class she takes at Whitford Seniors Club are by far the most fun she has had at work!

She adds that her dance group are a 'lovely bunch' of people who are very social and always happy to help newcomers.

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*The happiest people don't have the best of everything. They just make the best of everything they have!*

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Join us for the **MELBOURNE CUP** Celebrations on Tuesday, 1<sup>st</sup> November, 11am

Remember to dress to impress! Prizes for **fancy hat and best dressed!**

### WONDERFUL WORDS

(to expand your vocabulary):

**Bumfuzzle** (transitive verb)

Confuse, perplex, fluster.

eg I can't answer that! I'm completely bumfuzzled!

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### 70 YEARS OF MARRIED BLISS!

**Colin and Alma Stokes** will achieve their 70<sup>th</sup> Wedding Anniversary on Melbourne Cup Day, 1 November.

Colin, who held the position of President of the Whitford Senior Citizens' Club for seven years, tells us he met and married Alma in Geraldton.

Huge congratulations to both of you. Enjoy your celebrations!

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### YES! WE ARE OFFERING A COMPUTER COURSE!

Don't be technology poor! We will soon be offering a computer course on Wednesday from 3 to 4 pm in Craft Room 2.

If you are interested, please contact Roman on [ads@hear.net.au](mailto:ads@hear.net.au)

### SNOOKER NEWS

Members from the snooker room are holding a snooker competition which is now in full swing! We will publish the final results in due course.

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### WITH FONDEST MEMORIES AND RESPECT:

