



# NEWSLETTER

December 2022

## READ ALL ABOUT IT!

### NOTE FROM THE PRESIDENT

You may be aware all incorporated Clubs in WA operate under the Associations Incorporation Act 2016 and its regulations.

Next week the Club will advise each member in writing, of the date and time of the 2023 Annual General Meeting (AGM). Please check your email in-boxes or your letter box.

Immediately prior to the AGM we will hold a special general meeting to consider and approve a new Constitution, based on the Model Rules stated in the Act and Regulations. This is necessary because our current Constitution is seriously deficient, and non-compliant in several areas.

On a less serious note, please have a safe and joyous Christmas and a relaxing ten days away from the club.

**DOUG GETTINGBY**

### CHRISTMAS CLOSING/OPENING TIMES

The Club will be closed from Friday, 23<sup>rd</sup> December and will reopen on Tuesday, 3<sup>rd</sup> January.

#### **Please note:**

The above dates are provisional and may be subject to change to enable cleaning of the premises.

### INTRODUCING:

**LESLEY FRENCH**  
*Keep Fit Instructor*



Born in England, Lesley came to Australia when she was nine years old. Her passion has always been health and fitness. She went on to achieving Cert III and IV in Fitness. Making a positive difference in people's health and well being is what is most important to her.

In 2015 Lesley searched for an exercise program suitable for her 80 year old mum. She found that what was on offer was either too hard, too easy, or didn't provide the right type of exercises to improve balance, strength and stability without causing additional pain or injury. Working with a 'sensational' physiotherapist she produced her Better Balance program for Seniors.

Lesley says the results her members have achieved are amazing! Proving that we can turn back the hands of physical age with a little effort and the want to change.

The Better Balance for Life program is suitable for all ages and fitness levels and will help to:

- Greatly improve balance to stay on your feet.
- Improve flexibility
- Strengthen weak muscles
- Correct poor posture
- Identify muscle imbalance and how to fix the problem
- Turn your boring household chores into exercise opportunities
- Regain and maintain a better quality of life
- Retain your independence and confidence
- Train your brain to react in a split second when you need it to

Why not give it a try?

### RIP

It is with sadness we report the recent passing of **Carmeline Welsh and Joan Whiteside**

Sincere condolences to family and friends



## JUST FOR A LAUGH

What did the bald man say when he got a comb for Christmas?

*"I'll never part with it!"*

What did one snowman say to the other?

*"Is it just me, or do you smell carrots?"*

Did you hear about the man who stole an advent calendar?

*He got 25 days!*

## CLUB TRIP – ITALY IN THE VALLEY

We all enjoyed a comfortable coach trip to Whiteman Park on 16 November., sharing morning tea and perusing the gift shop and art gallery exhibition.

Later we made our way to 'Pasta in the Valley' to partake in a welcome refreshment and delicious Italian cuisine.

Our very friendly driver then delivered us at the Chocolate Factory where we were invited to taste the various chocolate treats. Some members enjoyed a 'gourmet' ice-cream before we all boarded the coach for home!



## CHRISTMAS TRIVIA

In the movie 'It's a Wonderful Life', what happened every time a bell rang?

In the song 'Winter Wonderland' what do we call the snowman?

## Answers in column 3 Answers to last month's World War Trivia Quiz:

Answers to this quiz demanded a little more explanation, so here goes:

1. Battle of the Atlantic – Sept. 1939 to May 1945.

2. The battle of Kursk.

3. Although it is commonly believed that the Enigma code was cracked at Bletchley Park by the English mathematician Alan Turing, it was in fact Marian Rejewski, a Polish mathematician and cryptologist at the Polish Cipher Bureau. This was in 1932, some seven years before the War started. The working pairs of Enigma machines, with full documentation, were later delivered to then Polish allies - France in June 1939 and England in August 1939. Work started in Bletchley during the war to crack the next generation of Enigma, after Germans introduced a fourth coding wheel, having realised that the Allies were reading their secure communication. Alan Turing and his team were then instrumental in braking the code of this updated Enigma, which by 1941 superseded the original design

## YOU THINK YOU'VE GOT PROBLEMS?

"Twas the night before Christmas and Santa's a wreck! How to live in a world that's **politically correct!**

His workers no longer would answer to 'Elves', 'Vertically challenged' they all called themselves. Labour conditions at the North Pole were alleged by the union to 'stifle the soul'.

Four reindeer had vanished where no-one could see. Released to the wilds by the Humane Society!

And equal employment had made it quite clear that Santa had better not just hire reindeer! So Dancer and Donner, Comet and Cupid were replaced with four pigs - you know that looked stupid!

The runners had all been removed from his sleigh. The ruts were termed dangerous by the EPA! Second-hand smoke from his pipe had Work-Safe quite frightened. And his fur-trimmed red suit was considered 'unenlightened'.

To show you the strangeness of life's ebbs and flows, Rudolf was suing for unauthorised use of his nose! He'd gone on the television, in front of the nation. Demanding millions in compensation!

So half of the reindeer were gone – so was his wife, She said she'd had enough of this life! She joined a self-help group and left in a whizz, demanding from now her title was 'Ms'!

And as for the gifts, why he'd never had a notion that making a choice could cause such a commotion!

Nothing of leather, nor of fur - which meant nothing at all for him, or for her! Don't give anything that might be construed to pollute - Nothing to aim! Nothing to shoot!

Nothing that had batteries or made too much noise - nothing for just girls! Or just for the boys! Don't give gifts which are gender specific. Nothing that's warlike or non-pacific!

No candy or sweets - they were bad for the tooth, nothing that seemed to embellish a truth! No baseball, no football - someone could get hurt! Besides, playing sports exposed kids to the dirt!

Dolls were said to be sexist and not appropriate for play, and computer games would rot the entire brain away.

So Santa just stood there, dishevelled, perplexed. He just could not figure out what to do next! He tried to be merry, tried to be gay, but he had to be careful with **that** word today!

His sack was quite empty, limp to the ground. Nothing acceptable was to be found. Something special was needed, a gift that he might give to all without angering the left or the right.

So here is that gift, its price beyond worth

**May you and your loved ones enjoy peace on earth!"**

## Answers to Christmas Trivia

- An angel got his wings  
- Parson Brown

**WISHING ALL OUR MEMBERS AND THEIR FAMILY A VERY MERRY CHRISTMAS AND A SAFE AND HAPPY NEW YEAR!**