



NEWSLETTER

January 2023

READ ALL ABOUT IT!

NOTE FROM THE PRESIDENT

The closing date for nominations for the Management Committee for 2023 is Friday, 13 January. Official written notice will be sent to your email inbox or letter-box prior to then.

Office bearer positions are:

President
Vice President
Treasurer
Assistant Treasurer
Secretary
Social Secretary

Ordinary Committee member positions available this year will number ten.

If you have relevant experience, and have been a member for a while, please consider nominating for whichever role that interests you and in which you could best help the Club.

Doug Gettingby

PERSONAL SAFETY WORKSHOP

Members are invited to attend a workshop on personal safety, to be held on **19th January at 1.30 pm in Craft Room 1**

Carol Eaton, a former Police Officer will be giving an informative chat on issues such as Safety around the home, Scamming concerns, Disputes involving insurance claims, neighbourhood issues, elder abuse or traffic accidents.

Members who have already registered an interest are invited to attend.

Time may be a great healer, but it's a lousy beautician!

INTRODUCING

Norma Clark

*Ukulele Instructor
Club Treasurer*



Norma has been a member of the Club since 2018. She took over the role of Club Treasurer in 2019, at which time she also obtained approval to teach Ukulele to our interested members.

Born in the Northern Philippines, Norma's father was musically inclined but could not afford to send his children to a School of Music. He therefore taught them to sing and play a home-made Ukulele, made from a large coconut shell.

Norma's expertise in playing the Ukulele started way back in Primary School. She fondly remembers learning 'Let Me Be Your Teddy Bear' (sang by Elvis Presley)

At college, Norma joined a five-piece female band, playing lead guitar. On leaving college, she worked in a bank as a bookkeeper, expanding her expertise to finish working life as an Accountant with various businesses.

After raising her family, Norma retired in 2017, when she joined the Mindarie Ladies' Ukulele Group. She is grateful for her 'God-given talent' to be able to sing whilst playing the Ukulele by ear. This gives her much pleasure and enjoyment.

'Music has the power to soothe and comfort and promotes both stress relief and positive health benefits. It also improves social well-being', says Norma. She encourages others to try playing this 'happy' instrument as it is a positive way to connect with others, in addition to being great entertainment and fun.

Norma also enjoys playing table tennis in any spare time she may have!

ACRYLIC PAINTING

We are pleased to announce that Ken Maxfield will be introducing an **acrylic painting workshop**.

The workshop will be held each Friday in Craft Room 1 from 9.30 am to 12 noon, commencing 6 January 2023. Numbers are limited.

(Those members who have indicated an interest in the workshop, please feel free to attend on that date).

TEN TIPS FOR AGEING POSITIVELY

*Courtesy of Older People's Rights Service
Tel: 08 9440 1663 for legal, advocacy and peer support to older adults at risk of, or who are experiencing elder abuse.*

- 1) Smile
- 2) Eat wisely – but enjoy
- 3) Pursue your passions
- 4) Stay connected – with your community
- 5) Live in the moment
- 6) Reach out and help others
- 7) Plan your day – find purpose
- 8) Exercise daily, but gently
- 9) You are worth it – see your doctor regularly
- 10) **Remember – laughter is your**

best medicine!
OUR VERY OWN POET
LAUREATE?

A competition has recently been promoted by the OPRS (Older People's Rights Service) in recognition of WA Seniors' Week 2022.

Christina Marcus-Haroks, from our Craft Group, decided to submit the following poem in the 'Road Well Travelled – Journey of Ageing' category of the Seniors' Week 2022 Awards.

We are proud to announce Christina has been awarded first place in the 'Most Creative' category and she has given permission for us to share her submission with you.

Getting Old

Getting old is so much fun
So lucky we are told
Experience is the virtue of the memories
we hold.

Why are you so wrinkly?
Asked the girl amidst the crowd
I want to slap the little b****
Today it's not allowed!

When I was young the horns would honk
"You're pretty hot!" they'd say
Nowadays, the honking means
'Get out the bloody way!'

Last but not least
It's coming, I'm told
Leaky bladder, aching joints
and feeling very cold.

But please don't think it's only gloom
There's so much left to do.
They say our time's just starting\
And we tell ourselves "it's true!"

Christina Marcus-Haroks

Congratulations Christina and well done to **Karen Tate**, **Wendy Dobrow** and **Farida Ulumbercova**, who all gained Participation Certificates for their entries into the competition.

Remember:

Growing old is mandatory
Growing up is optional

CHRISTMAS LUNCHEONS 2022

Christmas luncheons were held over four days from 20th to 23rd December.

Many thanks to Stephen Bohan and his team from Coronet Caterers for delivering a delicious buffet professionally and efficiently.

Hey, hey it's PJ (Peter Anderson) provided "musical memories" which added to the atmosphere and had everyone up and on the dance floor. The music was fabulous and received much positive feedback. Thank you Peter for keeping us all so wonderfully entertained.

Each luncheon, one lucky member received a Christmas hamper as the door prize. In addition, some lucky members held the winning tickets for the raffle prizes which consisted of a Christmas hamper (1st prize), a ceramic lolly jar and bottle of wine (2nd prize) and a Christmas tin of biscuits and a box of chocolates (3rd prize).

The man in red managed to pay us a visit! Thank you to Santa, who chose to be incognito (although I think we all know too well who the 'pretender' was) for doing such a stellar job in handing out the chocolates.

A huge thanks to the many volunteers who worked tirelessly over the four days (and beyond) to enable these events to take place. You are legends!

ODE TO MY SPELL CHECKER

eye halve a spelling chequer
it came with my pea sea
it plainly marques in my work
miss steaks eye can knot sea.

Eye strike a quay and type a word
and weight fore it two say
weather eye am wrong oar write
it shows me strait a weigh.

As soon as a mist ache is maid,
it nose bee fore two long
and eye can put the error rite
its rare lea ever wrong!

Eye have run this poem threw it,
eye am shore your pleased two no
its letter perfect awl the weigh
my checker tolled me sew!

Author unknown

ACTUAL PREDICTIONS THAT WERE ABSOLUTELY WRONG

(Courtesy of www.news.com.au/technology/gadgets/famous-predictions-that-were-spectacularly-wrong/news-story)

1. "Next Christmas the iPod will be dead, finished, gone kaput!"

Business mogul Lord Alan Sugar on the fate of Apple's iPod back in 2005.

2. "The Beatles have no future in show-business!"

A Decca Records executive to the band's manager, Brian Epstein, following an audition in 1962. He continued: "We don't like your boys' sound. Groups are out. Four-piece groups with guitars, particularly, are finished."

3. "The horse is here to stay but the automobile is only a novelty – a fad!"

The president of the Michigan Savings Bank advising Henry Ford's lawyer not to invest in the Ford Motor Co., 1903.

4. "Rail travel at high speed is not possible because passengers unable to breathe would die of asphyxia!"

Dr. Dionysys Larder, science writer and academic, in 1828.

5. "Rock 'n' roll will be gone by June"

On rock 'n' roll, Variety magazine in 1955.

6. "It will be years – not in my time – before a woman will become Prime Minister!"

Margaret Thatcher, future Prime Minister, October 26th, 1969.

7. "X-rays will prove to be a hoax!"

Lord Kelvin, President of the Royal Society, 1883.

OP SHOP

The Op Shop which was recently held at the Club's premises was very successful, having made \$232 on the day. This money is to be allocated to funds for the Club.

The members who helped co-ordinate and run the Op Shop wish to thank all the volunteers who helped, especially those who turned up on the day and offered to lend a hand.

Remember to support **the next Op Shop**, which is to be held at the Club on **Tuesday, 31st January 2023.**