



NEWSLETTER

February 2023

READ ALL ABOUT IT!

UPCOMING EVENTS

1. The **2023 Annual General Meeting** will be held in our hall on **Monday, 13 February**, commencing at 10 am. If you are a 2022 member who has paid their 2023 fees, you will be eligible to vote.

As previously stated, for those members who do not plan on attending or using their proxy vote, please leave payment of your 2023 membership until after the AGM. The **membership renewal period will be extended to 31 March 2023** to accommodate those who have deferred their payment.

2. OP SHOP

Thank you for your continued support of the Op Shop.

Mark your diary! The next Op Shop will be held on Tuesday 28th February.

There will be no Op Shop during the month of March but it will resume again on 25th April and every last Tuesday of each month, unless notified differently.

3. QUIZ NIGHT

Come and join in the fun at our annual Quiz Night on **Friday, 10 March**. Doug promises the questions will be much easier than last year!

Door opens at 6.00 pm with quiz questions to commence at 6.30 pm. Please note tables of 8 maximum.

\$10 per ticket (please pay at the office)

BYO Drinks and nibbles

Prize of a delicious hamper for the winning table and those coming second and third will receive cash prizes.

4. RAVENSWOOD RELAXATION AND BUSH EXPERIENCE

Wednesday 15 March 2023

\$80.00 per person

Pick up 9.00 am outside Whitfords Library
Return 3.30 pm outside Whitfords Library

We head for the hills via Langford Park (near Jarrahdale) where we will pause for **morning tea in a lovely, secluded park in the forest.**

As you tour the township of Jarrahdale you will be given some remarkably interesting commentary on the history of the area. Our journey will then continue through the forest and across Serpentine Dam, heading towards Pinjarra where we will be given some interesting commentary on the Battle of Pinjarra.

Lunch will be a two-course roast at the historic Ravenswood Hotel, nestled on the banks of the Murray River. Our return journey will be via the Perth to Bunbury Highway and will stop to pick strawberries (if in season).

LIMITED NUMBERS

Ensure your seat is secured by paying for your trip **NO LATER 10th FEBRUARY.**

MOVIE QUIZ:

1. What movie had this famous line "I think we need a bigger boat!"

2. What was the name of the Inspector, played by Peter Sellers in "The Pink Panther"?

Answers on page 2

INTRODUCING

Jason Pachol
Yoga/Qigong Instructor



Originally from Canada, Jason has lived in Perth for 25 years. He left a career in Event Production some ten years ago to teach Yoga full time.

Jason says teaching at Whitford Senior Citizens Club is the highlight of his week (and life). Quote: 'He loves everyone there!'

Jason is passionate about travel and experiencing different cultures (especially Italy and India).

In addition, Jason enjoys attending and running Yoga retreats locally and overseas. He dreams to see more of Australia and hopes one day to make it to South America.

Jason invites anyone to join his classes which run at the Club as follows:

Yoga: 8.30 am Monday, Wednesday, Friday and Saturday at 8.15 am.

Qigong Monday – 3.00 to 4.00 am.

THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus!

BURGLARY PREVENTION

www.police.wa.gov.au

One in four burglaries occur through unlocked doors or windows.

Conduct your own home security audit:
Make it harder for the burglars:

- a) Check security and lock doors and windows
- b) Know your neighbours
- c) Keep front yard visibly clear by keeping trees and shrubs trimmed
- d) Install sensor lights if possible
- e) Mark and list valuable property
- f) Have locks and deadbolts or deadlocks fitted if possible
- g) Instal automatic light timer or sensor lights
- h) Keep entrances well lit.
- i) Make sure the garage or shed are kept locked
- j) Store tools and ladders away.
- k) Lock the meter box
- l) Remember a dog is a great deterrent

Always find a reason to laugh.
It may not add years to your life but will surely add life to your years!

REMEMBER WHEN?

CYCLONE TRACY LEFT DARWIN DEVASTATED:

Much of the joy of Christmas disappeared as devastating gale-force winds left the city of Australia in ruins. From the 24th to 26th December, Darwin's population of 48,000 people found themselves homeless, due to this large tropical cyclone.

Cyclone Tracy shook this city to its core with Category 4 winds on the Australian cyclone intensity scale.

This natural disaster caused \$837 million in damages and 71 people lost their life.

Can you name the year this event took place (without Google)?

Answer in column 3

BACK HOME

If I had the power to turn back the clock
Go back to that house at the end of the block -
The house that was HOME when I was a kid
I know that I'd love it more now than I did.
If I could be back there at my mother's knee
And hear once again all the things she told me,
I'd listen as I never listened before
For she knew so well what life had in store!

And all the advice my dad used to give,
His voice I'll remember as long as I live:
But it didn't seem very important back then,
What I'd give for the chance to live it all over again.
And what I'd give for the chance I once had
To do so much more for my mother and dad.
To give them more joy and a little less pain:
A little more sunshine – a little less rain.
But the years roll on and we cannot go back
Whether we were born in a mansion or in a shack
And since time in its flight is travelling so fast,
Let's not spend it regretting that which is past:
We can start right now – in the hour that's here
To do something more for the ones we hold dear.

Author unknown

I have learned two very important lessons in my life. I don't remember the first one, but the second one is to write everything down!

WORD OF THE MONTH

Biblioklept

A 'book thief'. Put another way, someone you lend your books to who never returns them!

WHEN:

Once upon a time! When **Window** was just a square hole in a room and **Application** was something written on a paper: when **Keyboard** was on a piano and **Mouse** just a small animal. When **File** was an important office material and **Hard Drive** just an uncomfortable road trip: when **Cut** was done with a knife and **Paste** with glue. When **Web** was a spider's home and **Virus** was flu. When **Apple** and **Blackberry** were just fruits – that's when we had so much more time for family and friends!

ONLY JOKING!

I ate a clock the other day!
It was very time consuming!

I only know 25 letters of the alphabet!
I don't know 'Y'.

I got fired yesterday from my job as a set designer!
I left without making a scene.

Q: Why did the monkey put a piece of steak on his head?
A: *He thought he was a griller!*

Q: What do you get when you cross a duck with cheese?
A: *Cheese and quackers!*

MESSAGE FROM SOCIAL SECRETARY

1. Emails are now successfully reaching most of our members. However, some members still have not provided or updated their current email address. Please give this your urgent attention to ensure you are kept up-to-date with Club issues.

2. In order to cut printing costs, we are now asking existing members, needing a further copy of our weekly program, to take a photo of the program on the white board in the Club foyer (with your mobile phone). Your co-operation would be appreciated.

Answer to Remember When?

1974

Answers to Movie Quiz

1. Jaws
2. Inspector Clouseau