

# NEWSLETTER

April 2023

## READ ALL ABOUT IT!



### MESSAGE FROM THE PRESIDENT

The Committee has decided to suspend new membership for people wanting to do keep fit, table tennis or art.

Our Club is simply too successful for its own good!

### MESSAGE FROM THE VICE-PRESIDENT

A big thank you to Alan for bringing in the bread and other treats each week.

However, please be aware it is the responsibility of all members to clean up the kitchen area once this food is all taken.

The Joondalup Council cleaners do not empty the recycling bin so it is essential all boxes are collapsed before putting in that bin.

Please do not leave these duties for other volunteers.

### CANCELLED OP SHOP TOUR

It is unfortunate the trip arranged for visiting country op shops on 11 April has been cancelled. We didn't quite make the numbers required. Please see the office staff for a refund.

However, it may be of interest to those members who have paid for the trip to look at the upcoming visit to Avonbrook Wines (see page 2 for details). A stop to a very large op shop is included in that tour. A further \$25 would be required as a lunch is included.

### INTRODUCING:

ROBERT (BOB) GEORGE  
*Committee member*  
*Coordinator – Keep Fit*



Bob has been a valued member of the Club for six years. His assistance in maintaining a register for the Keep Fit and Better Balance classes is invaluable. Bob also assists the Social Secretary in setting up and running various functions.

Born in England, Bob joined the Royal Signals College at the age of 15, where he studied electronics/telecommunications. He served in several countries over some twelve years. This included Maastricht in the Netherlands (for the Andre Rieu fans), Singapore, England and Germany.

Bob married whilst in Maastricht and is still happily married 54 years later. He has two sons, now aged 52 and 49 and three grandchildren.

Having emigrated to Australia in 1978, Bob worked in a variety of occupations. These included offering a photocopier service, working as a Seismic surveyor offshore, a ROV (remotely operated vehicle) technician and supervising on boats and oil rigs.

Bob retired at the age of 62 and says he no longer has time for work – only enjoyment.

### PICKLE-BALL

We are pleased to announce that we are offering PICKLE-BALL games on **Sundays** from **11.00 am to 12.00 noon** in the main hall.

What is pickle-ball?

To put it simply, it is a 'racquet and ball' sport, suitable for all skill levels and age groups to achieve success on court. It combines elements of badminton, table tennis and tennis.

Using a paddle and perforated plastic ball, pickle-ball is played indoors with easy to learn strokes.

There is a great sense of community through playing pickle-ball as well as the obvious physical well-being benefits. It is inclusive of all, no matter what age, gender or ability.

Players are passionately embracing this sport at such a rapid rate both in Australia and globally.



Please feel free to join us. If enough interest is generated, we can make pickle-ball a permanent activity

### REMEMBER:

Live every day as though it's a special occasion:

## Life is not a rehearsal! UPCOMING EVENTS

**11 April** – Mystery country op-shop tour  
CANCELLED

**13 April** – Workshop on Elder Abuse *cancelled due to lack of numbers*

**18 April** – Op Shop – Club premises

**22 April** – Autumn Dance. Cedric and the Misfits. Doors open 6.00 pm in the main hall. BYO drinks and nibbles. \$10 per ticket. **Please note:** No ticket sales at the door.

**9 May** – Mothers Day celebrations.

- ✓ (Live music – be taken down memory lane by Jerry Salonga)
- ✓ Chicken Treat Hawaiian pack
- ✓ Dessert
- ✓ Wine/soft drinks
- ✓ Complementary lei
- ✓ Coffee/tea and cake
- ✓ Raffle, best dressed and door prizes

Strictly restricted numbers. **SOLD OUT!**

**25 May** External trip to **Avonbrook**

**Wines** via Lake Leschenaultia where you can enjoy morning tea. We go through the hills and onto Clackline where we will enjoy a delightful lunch at **Avonbrook Wines**. On the return journey, we will stop in Sawyers Valley to visit the Crystal and Gem shop and a huge Op Shop. Non-members welcome.

\$80 per person (by 28<sup>th</sup> April please)

### NOTE FROM SOCIAL SECRETARY

I would ask members to please ensure they advise of any **dietary needs when paying** to join us on a trip or function. This enables us to try to accommodate vegetarian/allergic reaction needs.

It is imperative these requests are made when making payment so caterers can be alerted to try to accommodate changes. We cannot make any changes on the day of the excursion or event. Thank you.

### JUST ASK YOURSELF:

Blunt pencils – are they really pointless?

Are people born with photographic memories or does it take time to develop?

If you get sacked from your job running the dodgems at the fair, can you sue them

## for funfair dismissal? COMFORT ZONE

I used to have a comfort zone where I knew I couldn't fail  
The same four walls and busy work were really more like jail.  
I longed, so much, to do the things I'd never done before  
But I stayed inside my 'comfort zone' and paced the same old floor.

I said it didn't matter that I wasn't doing much  
I said I didn't care for things like diamonds, furs and such.  
I claimed to be so busy with things inside the zone  
But deep inside I longed for something special of my own.

I couldn't let my life go by just watching others win!  
I held my breath and stepped outside to let the change begin.  
I took a step and with new strength I'd never felt before  
I kissed my 'comfort zone' goodbye and closed and locked the door.

If you are in a 'comfort zone' afraid to venture out  
Remember that all winners were at one time filled with doubt.  
A step or two and words of praise  
Can make your dreams come true.  
Greet your future with a smile  
Life is there for you!

*Author unknown*

### TRY THIS:

This will prove there are some things the brain just cannot handle!

1. Sit comfortably in a chair. Lift your **right** foot off the floor and make clockwise circles with it.
2. Whilst doing this, draw the number '6' in the air with your **right** hand. No matter how you try, you will not be able to avoid your foot changing direction!

There is absolutely nothing you can do about it!

We'd love to know if you actually achieve it – but would need a demonstration to prove it!

## TRIP TO RAVENSWOOD

We all enjoyed a relaxing and enjoyable excursion to Ravenswood in the Peel region. Club 55 provided interesting commentary on the Jarrahdale area and a much needed morning tea in a bush setting before we headed for Pinjarra.

With the help from Pam Beggs (and associates) we all participated in an on-board raffle and earned our tickets by joining in a somewhat 'amateur' sing-a-long. It was much fun but we all decided we shouldn't give up our day jobs!

Thank you Pam for your support and input and for the amazing raffle prizes you provided, consisting of a scented candle, a bottle of Parliament House labelled 'red' and a first-prize of an invitation for two to join you for lunch at Parliament House.

Making a brief stop, members could enjoy some time in Pinjarra, visiting the local Op Shop and local lolly and gift shops, in particular.

We then made our way to the Ravenswood Hotel where we enjoyed a two course roast whilst taking in the ambience of the tranquil Murray River.

Thank you everyone who joined us and participated in the 'fun' activities!



### NOTE FROM THE SECRETARY

Members can sight the communications between Council and other participating clubs, displayed on the notice board immediately outside the main hall entry.

These notices may be of interest to members, especially given the interest shown at the AGM regarding the community facility fees.