



# NEWSLETTER

May 2023

## READ ALL ABOUT IT!

### MESSAGE FROM THE VICE PRESIDENT

We wish to extend our sincere thanks and appreciation to **Jim Armstrong**. He has been actively involved (along with Bob George) in trying to improve and develop the existing audio system in our main hall, spending many long and frustrating hours in updating and 'tweaking' our current equipment.

In addition to ensuring we have quality sound for our various events and classes, Jim's goal is to achieve devising a system whereby we can display activity on the stage (such as the keep fit instructor) on monitors set up at each side approximately half way down the centre of the hall. This would enable those members at the back of the hall to have better vision of what is happening on the stage.

Jim has kindly loaned some of his personal equipment towards achieving this and has also spent time ensuring all the microphones are working efficiently.

Thank you so much, Jim. Your help, knowledge and expertise is very much appreciated.

### MESSAGE FROM THE SECRETARY

**URGENT:** Sam Thomas has now had the opportunity to prepare a different petition for our members to sign. It is specifically for Seniors' Centres. He is hopeful of presenting our signed petitions to Councillor John Raftis at a City of Joondalup Briefing Session on **Tuesday, 9 May**.

We ask **EVERYONE** to please ensure you sign the new petition (on the two brown tables in the foyer) when at the Club **this week**. After that, as many members as possible are asked to attend the City of Joondalup (Civic Centre) **Council Meeting on 23 May, commencing at 6.30 pm**, when the proposed Facility Hire

Fees will be decided by the Council.

### UPCOMING EVENTS

**9 May** – Mother's Day Celebrations (doors open 11.30 am)

**Sold out**

**25 May** – External trip to **Avonbrook Wines** (a few seats available)

**6 June** – Biggest Morning Tea – (Cancer Council)

### AUSTRALIA'S BIGGEST MORNING TEA – (Cancer Council Australia)

The Club are proud to be part of the upcoming 'biggest morning tea', supporting those impacted by cancer. We ask as many members as possible to participate in such a worthy cause.

Join us on **Tuesday, 6<sup>th</sup> June** and please **bring along a plate of finger food to share with others**. In order to raise money for the Cancer Council, a personal **donation would be appreciated**.

### ST JOHN FIRST AID

It's a fact! You never know when you might need to administer first aid to another person.

We are therefore offering an opportunity to run a St John First Aid Essentials Course at our Club for those who might wish to learn the necessary skills or update their current knowledge. The cost of the course is \$75 per person.

In order to do this, St John require a minimum of ten members to attend. We have therefore put an 'expression of interest' form on the notice board in the main foyer. If you would like to attend, please add your name to the list (no later than 12 May) and we will advise in due course if, and when, we are able to hold a training session. Please note: at time of print, **only**

**a few places available.**

### How did we survive it all?

Firstly, we survived being born to mothers who smoked/drank while they carried us. They took aspirin and ate blue cheese and tuna from a can.

We lived in houses made of asbestos and our cribs were covered with bright lead-based paints.

We ate mud pies and the worms did not live in us forever!

We rode bikes without a helmet (or shoes) or walked to a friend's house.

Children would ride in cars with no seat belts or air bags.

Riding in the back of a Ute was always a special treat.

We drank water from the garden hose – not from a bottle.

We shared one soft drink with four friends, from one bottle and no-one actually died from this!

Even though the shops didn't open on the weekends, somehow we didn't starve!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits!

Our teachers used to hit us with leather straps and bullies always ruled the playground!

We ate white bread and real butter and drank soft drinks full of sugar but we were rarely overweight **because:**

- We left home in the morning and played all day as long as we were back before the street lights came on.
- We spent hours building go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes!
- We built tree houses and cubby houses and caught tadpoles and frogs.
- We did not have any video games, no 99 channels on cable, no surround sound, no mobile phones, no computers, no internet but **we had friends** and went outside and found them!

We had freedom, failure, success and responsibility and learned how to deal with it all!

## INTRODUCING

Angela Fernandes  
*Sewing and knitting group*



Angela moved to Australia in 2011. In addition to being a welcome member in the sewing and knitting group, she is also involved in many activities such as:

- A bell ringer - Bell Tower, Perth
- A voluntary Guide on Rottnest Island
- A volunteer - City Kiosk, Perth
- A volunteer at the Hillary Community Garden

In addition Angela enjoys swimming, cycling and table tennis. She swims with the 'Silver Salties' at Sorrento Lifesaving Club and also appreciates the free travel available to seniors as she can take her bicycle on the train.

Angela says she loves how there are so many opportunities to get involved in different activities in Perth.

As a member of the Whitford Senior Citizens Club, Angela likes to provide a warm welcome to new, or potentially new, members. She appreciates some people can be shy or lonely and it can be a big step for them to come in the Club's door for the first time. She encourages anyone feeling hesitant to give it a go and a friendly welcome awaits those considering joining the sewing and knitting group each Tuesday - 1.00 pm to 4.00 pm.

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“Don't count the days, make the days count.” – *Muhammad*

*Ali.*

## MESSAGES FROM THE SOCIAL SECRETARY

### It's missing!

A blue file containing all the past Newsletters was left on the table situated in the foyer for all to read.

Unfortunately, it has gone missing!

If anyone knows of its whereabouts, please return it to its rightful place so others (especially new members) can catch up on what has been happening at the Club. Thank you

### Change to weekly timetable:

1. Pickle Ball has proved to be very popular. An additional session is now available each Monday 3.00 pm to 4.30pm
2. Qigong and Meditation times have been altered to each Tuesday from 2.30pm to 3.30pm. \$5 per session.
3. Due to our Mother's Day celebrations being held on 9<sup>th</sup> May in the main hall, the following classes have been cancelled on that day:  
  
10.30 – 11.20 am - Keep Fit  
11.30 – 11.20 am - Better Balance  
12.45 – 2.00 pm - Bingo

(Also, in order to cater for events, it will be necessary to close the kitchen for the morning of 9<sup>th</sup> May. Any members wishing to have a hot drink are invited to do so in the area adjoining the kitchen, where a coffee station will be available).

We apologise for any inconvenience caused.

4. Please note the following sessions are completely full. If places do become available, members will be notified via the notice board in the main foyer and our newsletter:

- All keep-fit classes
- Table tennis – Monday, Wednesday and Thursday
- Art – Thursday class

## OH MY!

Q: Why is England known for being such a wet country?

A: *The Queen reigned there for generations!*

Q: What did the beach say when the evening tide came in?

A: *“long time no sea”*

Q: What do you call a fish that does not have eyes?

A: **Fsh!**

## DUST IF YOU MUST!

*(Rose Milligan)*

Dust if you must, but wouldn't it be better  
To paint a picture or write a letter,  
bake a cake or plant a seed,  
ponder the difference between want and need?

Dust if you must, but there's not much time  
With rivers to swim and mountains to climb  
Music to hear and books to read,  
Friends to cherish and life to lead.

Dust if you must, but the world's out there  
With the sun in your eyes and the wind in your hair  
A flutter of snow, a shower of rain  
This day will not come around again.

Dust if you must but bear in mind,  
Old age will come and it's not very kind  
And when you go (and go you must)  
You, yourself, will make more dust!

## DID YOU KNOW?

The creator of KFC was a failure until the age of 65. He had no money. In fact, he borrowed \$87 and began frying chicken wings. He failed 1009 times before finally selling his first franchise, becoming a billionaire when he was 88 years old.

It's never too late to start!

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I went to a keep fit class the other day. I stretched, bounced about, fell over a few times. It was agony!

By the time I'd actually got my leotard on, the class was over!