

NEWSLETTER

June 2023

READ ALL ABOUT IT!



MESSAGES FROM THE VICE PRESIDENT

1. We need volunteers to help ensure the Club is kept tidy and clean at all times. Help is needed on a daily basis to put chairs away, clean the kitchen and basic housekeeping. Remember, it is OUR Club – don't just leave it to the same members to do all the work. If it needs doing, please do it!

2. Unfortunately it has come to our attention that some members have missed paying \$3 for their keep-fit or better balance sessions. We have attempted to keep the price for these sessions to a minimum but have obvious costs to cover each week. It is therefore important that, if we are to maintain the excellent instruction provided to members, the very small entry fee of \$3 must be paid by all attending.

If you enjoy your lessons, please do the right thing and ensure you leave your payment in the 'honesty' box provided.

3. Please be aware that we have the following first-aid facilities on site, should they be required:

- ➔ A wheelchair is stored in the snooker room to assist anyone unable to walk.
- ➔ There is a first-aid kit available in the kitchen area.
- ➔ An ice pack is kept in the freezer compartment of the fridge in the kitchen.
- ➔ Any accidents must be recorded in the Accident Report Book. This is kept in the lower cupboard situated next to the cooker in the kitchen.

4. It is a timely reminder that if you are attending a fellow member who might require the ambulance service, **it is important they give their permission to ring for an ambulance.** Of course, if they are unconscious and unable to communicate with you, an ambulance should be called immediately. Details of the member's personal emergency contact should be on their membership card in their purse or wallet.

Thank you.



HISTORIC YORK AND BEVERLEY TUESDAY, 20th JUNE 2023

\$85 PER PERSON

(Pick up outside Whitfords Library: 9.00 am
Drop off: approx 4.00 pm)

We will travel directly to Historic York where we will enjoy **morning tea**. You will be given a full commentary on the history of the area and will have free time in York to check out the many interesting shops (and maybe the famous sock factory (if open).

We will then make our way to Beverley and the **Beverley Freemasons' Tavern** for a tasty multi-choice lunch.

**Please advise meal choice (see below) and any dietary requirements when paying for your trip:

MAINS:

- Scotch steak with either mushroom or pepper gravy **OR**
- Chicken Parmi **OR**
- Fish and chips

DESSERTS:

- Sticky date pudding **OR**
- Chocolate pudding

In the afternoon we will visit the **Dead Finish Museum** housed in the oldest building in Beverley – the **Wheatsheaf Inn** (built in 1872) which houses a very fine collection of artifacts depicting life in Beverley since settlement in 1831.

We will then make our way back to Perth.

Please pay at the office before 15th June

(non-members welcome)

INTRODUCING

ANGELA PETTITT



Angela joined the Club last February and attends the painting group each Thursday morning. It was during one of those sessions when we spotted the brilliant lifelike painting she was just finishing off! We thought we'd like to share her talent with you.

Born in England in 1939, Angela (who was an only child) has lived in several countries. She was taken to South Africa in 1947 and spent some time living in Tanzania and Zimbabwe, before emigrating to Australia in April, 2022.

Angela has 7 children, 14 grandchildren and 5 great grandchildren! Sadly, she was widowed in 2021 but keeps active with her many hobbies, including oil painting, gardening, reading, sudoku and sewing.

In addition, Angela is a member of the Institute of Administration and Commerce (South Africa), has occupied the position of Chairman in the retirement village where she lives and won the 'Glamorous Granny' competition in South Africa in 1979/80.

A very active lady, I'm sure you'll agree and we're delighted she has joined us.

MESSAGE FROM THE SECRETARY

We have a few items of **lost property** in our office. If you have misplaced any items recently, please check if they have been handed in to us. Any unclaimed items will be offered to the Op Shop as we cannot retain these for more than two months.

UPCOMING EVENTS:

6th June. Biggest morning tea. Will be available most of the day. Please bring a plate of finger food to share. **Let's make this the most successful ever!** *Donations appreciated.*

20 June. External trip to York and Beverley (see separate article)

27 June. Monthly Op Shop – commences 8.00 am

22 July. Christmas in July – tickets will be available at the office from Thursday, **8 June.** \$25 per member. Please see the notice board in the main foyer for details or see the formal notice to appear in our next Newsletter.

OH DEAR!

All throughout dinner my wife's best friend's four year old daughter stared at me as I sat opposite her. The girl could hardly eat her food for staring. I checked my shirt for spots, felt my face for food, and patted my hair in place, but nothing stopped her from staring at me.

Finally, I asked her, "Why are you staring at me so much?"

Everyone at the table had noticed her behaviour and the table went quiet, waiting for her response. Finally, the little girl said: "I'm just waiting to see how you drink like a fish!"

TRIP TO AVONBROOK WINERY

The coach was full and we all had a very enjoyable day, participating in a sing-a-long to earn our raffle tickets. Thank you to Pam Beggs for donating the first prize of a lunch for two at Parliament House and a bottle of 'Parliament House' wine as second prize. Third prize was scented sachets to hang in the wardrobe and a box of chocolates.

After a very informative journey provided by Club 55, we enjoyed morning tea situated on the banks of Lake Leschenaultia before heading to the Avonbrook winery where we enjoyed a buffet meal at the very 'quirky' restaurant. We then continued our journey to Sawyer Valley where we stopped to explore the popular op shops and gem store.

On the way home we enjoyed good company and some chocolates to replenish our energy levels. Thank you for everyone who joined us, making it such a fun day.



DID YOU KNOW?

The red-back spider is one of Australia's most venomous spiders. It's found across Australia and is often found in outdoor 'dunnies', letter boxes, under logs and rocks and other dark areas. This spider is most active at dusk and during the night.

Since the poison attacks the nervous system, it only takes a small amount of venom to cause serious illness. The bite can be fatal. However, an effective anti-venom was developed in 1956 and medical help should be sought immediately.

The female red-back bites, the male does not. (We won't comment on this but we know what you're thinking!)

Maybe you'll understand the dilemma faced by the gentleman in the following poem:

There was a red-back on the toilet seat
When I was there last night.
I didn't see her in the dark,
but boy! I felt her bite!
I jumped high up into the air
And when I hit the ground,
That crafty red-back spider
Was nowhere to be found!

I rushed in to the Missus
Told her just where I'd been bit,
She grabbed the cut-throat razor blade, and I
nearly took a fit!
I said "Just what's on your mind,
Just call a doctor please,
'Cause I've got a feeling that your cure
is worse than the disease!

I can't lay down, I can't sit up
And I don't know what to do.
And all the nurses think it's funny
But that's not my point of view!
I tell you it's embarrassing
(and that's to say the least)
That I'm too sick to eat a bite
While the spider had a feast!

And when I get back home again,
I tell you what I'll do,
I'll make that red-back suffer for the pain I'm
going through.
I've had so many needles
That I'm looking like a sieve,
and I promise you that spider
Hasn't very long to live!

There was a red-back on the toilet seat
When I was there last night.
I didn't see her in the dark,
But boy! I felt her bite!
And now I'm 'ere in hospital,
A sad and sorry plight,
I curse the red-back spider
On the toilet seat last night!

By Ralph Ernest 'Slim' Newton

MOTHER'S DAY CELEBRATIONS

We all enjoyed celebrating all mothers, past and present, at our recent 'Hawaiian' Mother's Day event.

Chicken Treat, Padbury, did a great job preparing and delivering some 130 Hawaiian packs in a timely manner. This was followed by a choice of cheesecake, coffee and cream cupcake.

Jerry Salonga provided some fabulous music, encouraging many members to take to the dance floor to the sounds of Elvis, Cliff, Abba and many other well-known artists.

The raffle comprised of a 'selection' hamper which included a \$50 gift card, Baileys Pavlova cream, chocolates, an Hawaiian lazy-Susan, perfume and much more. Second prize was a very pretty set of canisters, accompanied by a basket of coffees, teas and sugar. Third, but definitely not least, was a revolving rack containing a selection of spices.

Everyone attending received a complementary lei to add to their Hawaiian outfits and held their breath to see who would win the door prize of an acrylic pour piece of art, a bottle of Mateus Rose, chocolates and a potted chrysanthemum.

We only had one winner of our 'ladies only' competition who accurately guessed there were 57 umbrellas in the jar. Well done!

A box of chocolates was given to the 'first born' lady in the room, who told us she had in fact lived to see three coronations in her 93 years.

Congratulations to our winners and a big thank you to all who joined in by dressing for our Hawaiian themed event. The best dressed was hard to choose from but after much deliberation our winners were identified and received a bottle of bubbly or a bunch of flowers.

Once again a sincere thanks to our volunteers who worked tirelessly to ensure the event went without a hitch. Your help really is appreciated.

OP SHOP

Please note there will be no Op Shop for the months of September and October.

More volunteers are needed! Any money raised is used to subsidise other activities in the Club so let's keep it going! If you can assist (even if only for a short time) please let us know.

Q Why did the chicken cross the road?

A To meet Gregory Peck!