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FOR 2011-2012**

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**Thought of the Month**

“ A Memory Is What Is Left When Something Happens And Does Not Completely Unhappen!”

**THE PRESIDENT'S PRATTLE**

Welcome back from the Festive Season Break, I hope that you all enjoyed your Christmas Celebrations and spending time with your families and have all returned healthy and ready for a busy New Year.

The calendar has already begun with lunch at Westside on Friday 13<sup>th</sup> which had a good attendance of twenty people.

We have listed the program of outings to be arranged from your preferences that were collected at the last meeting, hopefully we will not have to cancel any this year. I would like to say thank you to the committee for being prepared to help with the organizing of our social events.

The first COBA meeting is on 15<sup>th</sup> February so by then details of their year's events should be finalised. Rita has organised speakers for the meetings which are listed on the events calendar and they do appear to be very interesting.

We hope that you will enjoy the coming events and please remember to always encourage your friends to attend our outings; as this is a way of introducing people to our club and possibly increasing our membership.

Pamela Costello

**MEETINGS 1.15 PM 1ST WEDNESDAY OF THE MONTH @ THE  
CLUB CAROLINE SPRINGS 1312-1322 Western Hwy. Caroline Springs**

**Melway Ref. 358.G4**

**Why not join us for lunch from 12.00 noon? Seniors Meals are available**

## HAPPY BIRTHDAY TO YOU

### FEBRUARY

Trish Hodda 12th  
David Axon 14th  
Marion Beatty 15th

### MARCH

Joe Loccisano 2nd  
Margaret Arnold 3rd  
Lois Middleton 4th  
Nancy Lee 5th  
John Conroy 7th  
Beverley Pickett 22nd  
Dorothy Gilham 27th  
Marjorie Missen 28th  
June Spooner 31st

### Almoner

Denise Pemberton is still on chemotherapy, however, she anticipates returning to the group as soon as she feels up to it.

Please report any known afflictions of members to our friendly Almoner Lorraine.

### The COBA Chatter (Combined Branches Activities)

Currently we have planned this year's activities but final information is not available.  
These are the items that have been finalized

Wednesday 18<sup>th</sup> April Trip to a Winery Nagambie Bus will pick up in the city. Cost will be either \$53 or \$62 depending on numbers

Nagambie Winery and river cruise no longer has the river cruise it will be a tour to browse and two different winery's to visit. If you have put your name down on the list and no longer wish to go please cross it off.

Thursday 14 <sup>th</sup> June	High Tea & Tour at Parliament House.	Melbourne City
Wednesday 25 <sup>th</sup> July	Christmas in July. At Tigers Club House	Hoppers Crossing
Sunday 9 <sup>th</sup> – Thursday 13 <sup>th</sup> September	Trip to Mount Gambier	Cost \$679 pp.
TBA	Variety Concert for Seniors	Melbourne Town Hall.
Thursday 6 <sup>th</sup> December	Christmas Lunch	Cuckoo Restaurant, Mt Dandenong.

### WISE THOUGHTS

*Life is too short to wake up with regrets. So love the people who treat you right. Forget about the ones who don't. Believe everything happens for a reason. If you get a second chance, grab it with both hands. If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it.*

### And AFTER-THOUGHTS

*Friends are like balloons; once you let them go, you might not get them back. Sometimes we get so busy with our own lives and problems that we may not even notice that we've let them fly away. Sometimes we are so caught up in who's right and who's wrong that we forget what's right and wrong. Sometimes we just don't realize what real friendship means until it is too late. I don't want to let that happen so I'm going to tie you to my heart so I never lose you.*

## Forthcoming Events

### Month Meeting

### Speaker

### Month Activity

Feb 1st 2012

Ken Jepson (Bee Keeping)

Thur. Feb.9th. Lunch at TABCORP Melton 12 noon Melway Ref. 337/G12

Wed. Feb.29th Trip to Kilmore Farm Refuge.  
Carpool details at Feb. Branch Meeting

Mar 7th 2012

Gino Tomisich (Vision Aust.)

Fri. Mar.9th Lunch @ Club Italia Sunshine 12 noon Melway Ref. 26/E6

Tues. 27th Mar. Trip to Drysdale/Queenscliff  
Railway 09am @ Club Caroline Springs  
(Return approx 5.00pm.

April 4th 2012

Conservation Volunteers Vic

Fri. Apr. 13th Lunch @ Taylors Lake Hotel 12 noon. Melway Ref. 14/A1

Either Sat. 28th or Sun.29th Trip on  
Tall Ship Enterprise Details TBA

May 2nd 2012

Royal Flying Doctor Service

### SOCIAL SECRETARY'S REVIEW.

The program for this year is being prepared by different individual members of the committee for each lunch and outing. The choices were made from your preferences on forms that you filled in, the forms which were then collated and then printed for your preferences. These forms were then reviewed and the places with the highest preferences were listed. This is the basis of where we got the destinations from.

As many of you just put down names of places it is hard for us to find the contacts details, an example: Club Italia was not listed in the phone book under either clubs or restaurants. Next year when the forms are handed out and you know of a good place please put an address and a phone no on the form.

Our first Lunch was held on the 13<sup>th</sup> of January at the Westside Hotel in Laverton, where 20 people enjoyed their lunch, then chattered about their experiences over the Christmas and holiday period.

I would like to thank the members of the committee who inquired and booked the lunches and outings which have been prepared to date.

The lunch sheets are with Lorraine and outings are with Mary and Margot for you to add your names too.

#### Coming Events

#### LUNCHES

Thursday 9th February 12 noon Melton Trotting Tabcorp Park. Ferris Rd. Melton  
Melway Ref. 337/F12

Friday 9<sup>th</sup> March 12 noon Club Italia Furlong Rd Sunshine Melway Ref. 26/E5

Friday 13<sup>th</sup> April 12 noon Taylor's Lake Hotel Melton Hwy/Sunshine Rd. Taylors Lakes  
Melway Ref. 14/A1

#### OUTINGS

Kilmore Animal Refuge Wednesday 29th February 9am car pool from the Club

Bellarine Peninsula Queenscliff Tuesday 27<sup>th</sup> March Bus Departs Club Caroline Springs 9.00am  
Returns approx. 5.00pm

Annie Live Show @ Regent Tuesday 19<sup>th</sup> June 1.00pm Price TBA Full payment at April  
meeting

## *Thoughts & Ideas*

### ***Stroke has a new Indicator.***

If you can remember this when you need it, you might just save a life

Blood-clots/Stroke- - - They now have a fourth indicator, the tongue. - - - Stroke, remember the 1st three letters.....S. T. R. for stroke Identification..

During a BBQ, a woman stumbled and took a little fall, she assured everyone that she was fine [they offered to call paramedics] ..she said she had just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital, at 6.00 pm Jane passed away. She had sufferer a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized and diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

### **Recognizing a Stroke.....**

Thank God for the sense to remember the 3 steps. S T R.. read and learn.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions..

S.....Ask the individual to Smile.

T...Ask the person to Talk and speak a simple sentence, [coherently].

R...Ask him or her to Raise both arms.

If he or she has trouble with any ONE of these tasks, call the emergency number immediately and describe the symptoms to the dispatcher.

Now there is a further sign of a Stroke————— Stick out your Tongue.

Ask the person to “stick out your tongue”. If it is crooked, that is, it goes to one side or the other this is also an indication of a Stroke. The cardiologist says if everyone who reads this can act on it, you can be sure at least one life will saved.

### **My Thoughts For You**

May you always have  
Health to spare.

Love to share.  
And friends that care.

May you be blessed.

### **Time Goes By.....**

This morning when I awoke  
I found the sun was shining  
I thought of all the years gone by  
I sat down under the protecting trees,  
Then, with head held high, I got to my feet  
I began to feel glad,  
I would look forward-instead,

After a long endless night  
With a warm and glowing light  
And, feeling sad, began to cry.  
Enjoying the cool and comforting breeze,  
Took a leisurely stroll down the street,  
No longer sad  
To many good years ahead

## WAKE UP & LAUGH

### *Larry May Become My New Favorite!*

A new teacher was trying to make use of her psychology courses. She started her class by saying, "Everyone who thinks they're stupid, stand up!" After a few seconds. Little Larry stood up. The teacher said. "Do you think you're stupid, Larry?" "No, ma'am, but I hate to see you standing there all by yourself!"

Larry watched, fascinated, as his mother smoothed cold cream on her face. "Why do you do that, mommy?" he asked. "To make myself beautiful," said his mother, who then began removing the cream with a tissue. "What's the matter", asked Larry "Giving up?"

The math teacher saw that Larry wasn't paying attention in class. She called on him and said, "Larry! What are 2 and 4 and 28 and 44?" Larry quickly replied, "NBC, FOX, ESPN and the Cartoon Network!"

Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. "Yes" said the policeman. "The detectives want very badly to capture him." Larry asked, "Why didn't you keep him when you took his picture?"

Little Larry attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs, rump, and chest. After a few minutes, Larry asked, "Dad, why are you doing that?" His father replied, "Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy."

Larry, looking worried, said, "Dad, I think the Milkman wants to buy Mum ."

A SENIOR citizen drove his new BMW out of the sales room and took off down the highway doing 120km/h. This is wonderful he thought going a little faster. And it was wonderful until a policeman pulled him over. "Sir, I've clocked you doing 130km/h" the policeman said. "but, my shift ends in 10 minutes, today is Friday and I'm taking off for the weekend. If you can give me an excuse for speeding I've never heard before, I'll let you off"

The old man looked very seriously at the policeman and replied "Years ago, my wife ran off with a policeman and I thought you were bringing her back.

**"Have a good day, sir." the policeman said".**

### **Are we Getting too Old to Drive this Car?**

**Are we getting too old to drive this car, no joke it's so scary, but true!.**

**Presenting the New Mercedes SCL 600. So, what's different about this car? Not much but WHOA!**

**No steering wheel. No pedals either. You drive this car with a joystick. Do you think you can drive with a joystick? Your kids and grand kids can. The influence of video games in our lives has really arrived wouldn't you say? But wait, there is more .The scary thought is, Now a 5 year old can steal your car and drive it better than you can!**

**Yes, better start checking the senior bus schedule !!!!**

### PEANUTS

A Tour bus driver is conveying a load of Seniors down the highway when he is tapped on the shoulder by a little old lady, she offers him a handful of peanuts, which he gratefully munches on. After about 15 minutes, she taps him on the shoulder again and hands him another handful of peanuts.

She repeats this gesture about five more times. When she is about to hand him another bunch of peanuts he asks: "Why don't you eat the peanuts yourself?" "We can't chew them because we've no teeth" she replies. The puzzled driver asks: "Why do you buy them then?"

The old lady replies: "We just love the chocolate around them".

### PAN-HANDLED

**A man was sitting reading his newspaper when his wife hit him around the head with a frying pan.**

**"What was that for?" the man asked. The wife replied: "That was for the piece of paper with the name Jenny on it that I found in your pants pocket." Dazed, the man said: "I was at the races last week and Jenny was the name of the horse I bet on." The wife apologised and went on with the housework.**

**Three days later, the man was watching television when his wife came in and bashed him on the head with an even bigger frying pan, knocking him unconscious. When he finally came around, the husband inquired as to why he'd been hit again with a frying pan. "'Your horse phoned". the wife said.**