

NEWSLETTER

On reverse of Notice of Meeting to be held on 2 March 2011

MONTHLY MEETING 2/2/2011

Dr Alex Douglas MP the State Member for Gaven gave us an outline of his involvement in the voluntary work he did in his profession to assist flood affected people after the devastating floods that swept over Queensland in the last month. There were certainly some very sorrowful tales that he was able to share with our group. He also spoke about Stroke and Stroke treatment and prevention. He was warmly welcomed as our first guest speaker for the New Year and we were all the wiser after his address. He answered quite a number of attendees' questions. The meeting was followed by a finger-food luncheon kindly sponsored by Somerville Funerals at which 49 people attended.

ATTENDANCE June Carroll and Noelene Santry greeted and welcomed 51 attendees to our first meeting of the year. [19 Stroke Survivors, 11 Carers & 21 others]. There were 30 apologies [10-9-11] with 2 first time attendees [0-0-2]. The attendance was achieved from 285 Notices - 112 names from the mailing list and 13 telephone contacts posted through the GCH and 8 deliveries (*put into the envelopes by Brian Arnold, Kaye Ryan & I*) plus 152 e-mails. Brian Arnold & I also delivered or handed out another 125 odd notices to individuals & other organisations.

We must extend our thanks to David Fraser for bringing ten of his students from the Lifetime International College at Coolangatta to our first meeting for 2011. The students are doing a project to raise the awareness of Stroke and the GCSSG in the Gold Coast community. I am hopeful that they may be able to offer suggestions to raise our awareness to the general community and help us to spread the Stroke message.

When we remove the 11 students from our numbers we are left with the smallest attendance to a first meeting of the year ever. Speaking personally this was very disappointing.

RAFFLE: There were ten prizes for the raffle. Tickets were \$1 each or three for \$2. Bill & Caryl Callcott sold 101 tickets from which we received \$68.00 All prize-winners won a (1) one litre plastic container of **NORCO FULL CREAM FRESH MILK**; (2) A

plastic container of **NORCO VANILLA CUSTARD** 600g; (3) Four **SKI D'LITE (Honey Buzz) YOGHURT 99% Fat Free** 100g & (4) One **NORCO COFFEE CHILL** Real Cool Coffee 500ml. The prize winners also won the prize in brackets after their name. They were: (1) Lynn Aldridge (2) Dell McLay (3) Brett Collins (4) Bev Blair (5) Ron Whimpey (*winners 1 to 5 won a 'STROKE FOUNDATION' Calico carry bag*) (6) Doreen Chapman (7) Norm Williams (8) John Chapman (9) Brian Arnold and (10) Bill Callcott. (*Winners 6 to 10 won a Stroke Association of Queensland Calico carry bag*)

NORCO COMMUNITY CASH CAPS

Nine people handed in 625 caps from which we will earn \$62.50 to the February meeting. This is a huge increase on previous months and I can only trust and encourage you all to keep up the good work.

NORCO MILK'S caps from the plastic 2 and/or 3 litre containers of **NORCO FULL CREAM; NORCO ANLENE; NORCO LITE; NORCO SUPER SKIM; NORCO PERFECT ORGANIC AND NORCO CAPO** milk are the only ones acceptable and are worth 10¢ each to our group. The Caps must be washed and clean.

You are reminded that the different coloured caps have to be marked on the top with – “Norco Community Cash 10 ¢.” Plain caps are **not** acceptable.

This is an initiative from which we can obtain funds at no cost to each & every one of us. Please continue to collect the caps and bring them to our meetings making sure that the bags show your name.

YEPPOON TRIP 2011

Regretfully, I have had to cancel the booking for thirty (30) people to go on our ninth trip to Yeppoon under the Iwasaki Foundation's *Disabled Persons' Subsidised Holiday Scheme* from ~~22 to 28 May 2011~~. Only six people have completed and returned a Reservation Request Form with their deposit to me to date. There have been 179 individual people make up 287 in total trip numbers to go on our eight trips to Yeppoon to date.

I have made another reservation for thirty (30) people to go on a trip to Yeppoon under the Iwasaki Foundation's *Disabled Persons'*

Subsidised Holiday Scheme from **17 to 23 July 2011**. The holiday will again be at Bayview Tower Motel situated on the beach front on the main street in Yeppoon. Bookings are on a twin share basis only. The full details of the trip have already been sent to you in two enclosures last year. Please reconsider your position and if you can come on the trip complete the reservation booking form and return it to me with your deposit ASAP to confirm your reservation.

I remind you that Bayview Towers advertised their 2010/2011 5 night tours for \$888 per person and a 4 night tour for \$759 per person twin share. Our cost is less than half of the motel's advertised cost for their own tours.

You are reminded that the full cost of the trip is \$375.00 per person twin share for a week away including **ALL MEALS AND ACCOMMODATION**.

If you have not previously been on one of our trips to Yeppoon and are looking for an enjoyable break away I can personally recommend the trip to any interested members.

GUEST SPEAKER

Col McNamara was the founder of Vision in Paradise. I recall many, many years ago he called on me to seek my advice on the running of a support group. The Speakers will cover the types of services currently delivered to our local community along with how the Centre will be looking to expand and explore new and innovative services in the future.

Please endeavour to make a special effort to attend this, our second meeting for 2011. This meeting was specifically organised after one of our members requested me to consider the topic after he was diagnosed with macular degeneration in his eyes. It is appropriate to have the opportunity to listen and learn from such interesting guest speakers from whom members may be able to gain valuable information to assist those of us with similar problems. I believe that the meeting will be very informative and I urge you to attend and remind you: -

***“You'll never, never know
if you never, ever go”.***

I look forward to welcoming & seeing you all at this meeting.

Colin Oxenford
22 February 2011

YOUR HEALTH IS YOUR WEALTH