

NEWSLETTER

On reverse of Notice of Meeting to be held on 6 April 2011

MONTHLY MEETING 2/3/2011

Col McNamara, the founder of Vision in Paradise told us about the formation of the group to provide support for Vision Impaired people. He raised an interesting point about people with Vision Impairment plus another health problem. He has found that Stroke Surviving Vision Impaired people are the hardest people to get to come to their group and/or seek support.

Col was warmly welcomed as our guest speaker and from the number of questions that were put to him I can only assume that those in attendance also welcomed and enjoyed his talk as I am sure that we were all the wiser after his address. Carol Ryan the Transport co-ordinator for the group told us how to access their bus transport facility.

ATTENDANCE: June Carroll and Noelene Santry greeted and welcomed 47 attendees to this meeting. [19 *Stroke Survivors*, 10 *Carers* & 18 *others*]. There were 20 apologies [9-5-6] with 3 first time attendees [1-0-2]. The attendance was achieved from 292 Notices - 114 names from the mailing list and 13 telephone contacts posted through the GCH and 7 deliveries (*put into the envelopes by June Carroll, Kaye Ryan, my mother & I*) plus 158 e-mails. Brian Arnold & I also delivered or handed out another 125 odd notices to individuals & other organisations.

Six Students from the Lifetime International College at Coolangatta again attended this meeting. The students are doing a project to raise the awareness of Stroke and the GCSSG in the Gold Coast community. It is to be hoped that they will come up with some suggestions to raise our awareness to the general community and help us to spread the Stroke message.

RAFFLE: There were ten prizes for the raffle. Tickets were \$1 each or three for \$2. Bill & Caryl Callcott sold 97 tickets from which we received \$65.00 All prize-winners won a (1) one litre plastic container of **NORCO LITE 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) Merv Drury (2) Frank Braybrook (3) Nonnie Sinclair (4) Mary Aglolo (5) Ron Williams (*winners 1 to 5 won a 'STROKE FOUNDATION' Calico carry bag*) (6) May Banayos (7) June Carroll (8) Ron Williams (9) Bill Law and (10) Frank Mellican. (*Winners 6 to 10 won a Stroke Association of Queensland Calico carry bag*)

NORCO COMMUNITY CASH CAPS

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.

WESTPAC CHARITY FUNDRAISER

A barbecue fundraiser will be held at Westpac Bank, 19 Scarborough Street, Southport on Friday, 15 April 2010 from 11:00am to 11:30 am until sold out. Westpac will be providing all sausages, onions, sauces, serviettes & tongs and man/woman power required. A few members are required to hand out Stroke information / brochures on the day. If you can assist for an hour or so to hand out Stroke information/brochures on the day please contact me ASAP. A bank cheque will be presented to a representative of the GCSSG at the completion of the barbecue.

YEPPOON TRIP 2011

We have a 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. There have been 179 individual people make up 287 in total trip numbers to go on our eight trips to Yeppoon to date.

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 I can personally recommend the trip to any interested members.

GUEST SPEAKER

I am advised as follows: -

"My role at Centrelink is Financial Information Service (FIS) Officer. Centrelink's FIS is an education and information service available to everyone in the community. FIS helps people to make informed decisions about investment and financial issues for their current and future financial needs. FIS is independent, free and confidential and provides services through seminars, and by phone and appointment.

FIS officers provide information on a wide range of issues. I have worked for Centrelink in various roles since 1988 including Centrelink Disability Officer, Seniors and Carers team and the Financial Information Service Officer."

Please endeavour to make a special effort to attend this meeting. This meeting was specifically organised after one of our members requested me to organise a speaker from Centrelink. 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. 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 A. Oxenford
24 March 2011

YOUR HEALTH IS YOUR WEALTH