

NEWSLETTER

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

MONTHLY MEETING 7 September 2011

Niall Geoghegan was the guest speaker at this meeting. Niall gave the history on the formation and how the TLC frozen meals came about. Many of TLC Meals have been approved by the Heart Foundation's Tick. They are Tick approved for meeting strict standards for saturated fat, trans fat, sodium, energy, protein and vegetable content. We thank Niall for giving up his time to come and address our group. It was very much appreciated.

ATTENDANCE: June Carroll greeted and welcomed 34 attendees to this meeting. [17 Stroke Survivors, 6 Carers & 11 others]. There were 16 apologies [7-3-6] with 6 first time attendees [2-1-3]. The attendance was achieved from 368 Notices - 107 names from the mailing list and 11 telephone contacts posted through the GCH and 6 deliveries (*put into the envelopes by Brian Arnold; my mother & I*) plus 244 e-mails. Brian Arnold and I also delivered or handed out another 125 odd notices to individuals & other organisations (*including both hospitals*).

RAFFLE: There were ten prizes for the raffle. Tickets were \$1 each or three for \$2.00 Merv Drury & Ron Williams sold 99 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) Two **SKI D'LITE (Honey Buzz) YOGHURT 99% Fat Free** 200g and (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) Doreen Chapman (3) Ron Whimpey; (4) Brian Arnold (5) June Carroll; (*Winners 1 to 5 won a Tender Loving Cuisine (TLC Meals) Roast Lamb Meal*). (6) Frank Braybrook; (7) Rob Watson; (8) Mary Williams; (*Winners 6 to 8 won a Able Australia Calico bag obtained during Senior's Week*) (9) Phil Kenafake and (10) Kaye Ryan (*Winners 9 & 10*

won a Feros Care Calico carry bag with inserts also obtained during Senior's Week)

FINGER FOOD LUNCHEON

Due to circumstances beyond my control an unscheduled Somerville Funerals "*Finger Food*" luncheon was served at the 5 October 2011 monthly meeting. Therefore and regretfully there will **NOT** be a Somerville Funeral Finger Food luncheon served at the 2 November monthly meeting.

E-MAIL ADDRESS

I believe that some of you receiving Notices in the post may have an e-mail address. If so I am unable to send communications to you all by e-mail. From time to time I send out interesting information by e-mail to those people who have an e-mail address. Therefore those people who have an e-mail facility and who receive this Notice in the post are requested to send me a test e-mail so that you can be included on the e-mail list to receive important information by e-mail in the future. If Notices could be sent to you by e-mail there will be a savings in the workload in having to photocopy the notices; place them in an envelope and a further substantial savings in the postage costs.

MEETING ATTENDANCES

For some time now the attendances at our monthly meetings has been in a sharp decline. We have gone from an average attendance of 60 attendees in 2007 to an average attendance of 41 so far this year. A number of factors are contributing to the decline not the least the lack of car parking spaces and the roadwork's associated with the construction of the Light Rail around the St Peter's precincts.

TENDER LOVING CUISINE (TLC MEALS)

At the 5 October 2011 monthly meeting Niall Geoghegan advised the attendees that for any orders placed before the end of October he would supply one additional meal free of charge with every order. A

number of people who were not at the October monthly meeting would not be aware of Niall's generous offer. He has informed me that he will extend the offer until the end of November 2011. A brochure and costings will be available at the November monthly meeting to anyone interested.

CHRISTMAS LUNCHEON

Our Christmas Luncheon will be held at the Southport Tiger's Rugby League Club, 10 Jackman Street, Southport. The price for our Christmas Luncheon (\$12.50 per person) has not increased since 2005. There is ample parking at the club. A Notice for the Christmas Luncheon is enclosed with this newsletter for your information. The function is recommended and we should have a very enjoyable day so book early to reserve your seat.

GUEST SPEAKER

This now annual meeting is one of our most successful yearly meetings. These Open Forum meetings where Stroke Survivors and/or Carers tell us about their own personal experience with Stroke have proved to be very popular in past years. I recall one of our members coming to me after one such meeting and saying to me that she did not know that one of the speakers had had a Stroke and was amazed to learn that the speaker had had not one, but five TIAs and how well she was coping. It is these individual stories that allow us to learn that little bit extra about one another's experiences after Stroke.

I look forward to welcoming & seeing a large attendance at this meeting to support those people giving us their own personal story and remind you that: -

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

Colin A. Oxenford
27 October 2011

YOUR HEALTH IS YOUR WEALTH