

NEWSLETTER

On reverse of Notice of Meeting to be held on 1 February 2012

(Our first meeting for the year)

CHRISTMAS LUNCHEON 7/12/2011

Our annual Christmas Luncheon was held at the Southport Tiger's Rugby League Club last year. Forty-nine people attended on the day to partake in a very enjoyable two course Christmas Luncheon which was enjoyed by all those present. The main course was cooked by the club's chef, Wayne Shepherd and his son Jason. A feature of the Christmas Luncheon was the delightful home-made Christmas puddings made by the chef's mother-in-law, Annette Canning.

There were ten prizes in the raffle held on the day. Prizes consisted of a bottle of wine donated by Peta-Kaye Croft MP the State Member for Broadwater and dairy products of 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 & (4) One **NORCO COFFEE CHILL** Real Cool Coffee 500ml kindly donated by Norco Milk our Local Milk Manufacturer and ten small mystery prizes donated by new member Joan Walker whose husband Bruce had a Stroke in March last year and is now a resident in the Cyprus Gardens Retirement Village. There was an additional raffle in which there were six prizes donated by Jenny Crewes from Somerville Funerals.

It was pleasing to have our local elected representatives Dr Alex Douglas, MP, the State Member for Nerang; Grant Pforr, Division 3 councillor of the GCCC accompanied by his wife Liz; and Dawn Crichlow, OAM, Division 6 councillor of the GCCC in attendance on the day.

Our sincere thanks go to the donors of the prizes for our raffles throughout the past years. In addition, everyone's help and assistance with all of our meetings during the past year was also very much appreciated. **THANK YOU** to all concerned.

SOMERVILLE FUNERALS

You are reminded that Somerville Funerals offer a discount on any funeral conducted by them for GC Stroke Support Group members and their family.

We also extend our sincere thanks to Jenny Crewes and SOMERVILLE FUNERALS for their generous bi-monthly "Finger Food Luncheon" sponsorship.

QLD STROKE SUPPORT GROUPS

The National Stroke Foundation has been requested by Queensland Health to provide additional support for stroke survivors and carers in Queensland after the Department's recent decision to terminate its agreement with the Stroke Association of Queensland.

A meeting will be held for members of Queensland Stroke Support groups with representatives from the NSF on Tuesday, 21 February 2012 from 10:00 am to 2:00 pm. I have not as yet received the meeting location details. If anyone is interested in attending this meeting please let me know so that I can advise you of the meeting's location & any other information known.

KEVIN CLEVELAND

Kevin has advised me that he has two books that he can lend to people. They are: -

Stronger After Stroke by Peter Levine

A DIY manual for Stroke Survivors

The Epic Journey by Craig Paterson

The story of Kevin's Stroke in Tibet !!!

Anyone who is interested in reading these books can approach Kevin at our monthly meetings.

YEPPON TRIP

I have been advised that *The Subsidised Holiday Scheme* previously offered through the Iwasaki Foundation will be closing on 28 April 2012 due to the lack of recent support. The GCSSG has been on nine (9) trips to Yeppoon since 2001. After I received the information on the closure of *The Scheme* I spoke to Wendy Handley to see if we would be able to go on one last trip to Yeppoon before the scheme's

closure. As a result we have been offered from Sunday, 11 to Saturday 17 March 2012 for our final trip to Yeppoon under *The Subsidised Holiday Scheme*. The trip that we had last year cost \$375.00 per person twin share. I do not believe that there will be any change to this amount.

The total cost of the week in Yeppoon includes the cost of the train trip from a GC Railway Station to Roma Street, and return, the QR Tilt train from Roma Street to Rockhampton and return, the bus transfer from Rockhampton Railway Station to Bayview Tower Motel, Yeppoon and return and accommodation at the Bayview Tower Motel with three meals a day. In other words from the time you depart from your home until your return home you do not have to spend a further single cent.

Would those people who are interested in going to Yeppoon in March please let me know ASAP. The reservation is for twelve (12) people. If you have not already been on one of our trips to Yeppoon I can personally recommend them to you. Thank you.

GUEST SPEAKER

Rob Molhoek was the guest speaker at the September 2005 monthly meeting when he was the Gold Coast City Council Division 4 Representative and Chairman of the Finance Committee. The topic of his address that day was "GCCC 2005 / 2006 Budget Explanation". He is the endorsed LNP candidate for the seat of Southport at the State election due early this year.

Please endeavour to make a special effort to attend this, our first meeting for 2012. With such an interesting guest speaker it will be a good meeting to start your attendance to this year's meetings. 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

24 January 2012

YOUR HEALTH IS YOUR WEALTH