

NEWSLETTER

On reverse of Notice of Meeting to be held on 7 November 2012

MONTHLY MEETING 3 October 2012

Russell Voyce's presentation to the attendees was on "DAIRY HEALTH". Russell gave a detailed explanation of the supermarkets position with the present milk price war. It was interesting to learn how the supermarkets now sell a litre of fresh milk for \$1.00 and then learn how much was charged for flavoured milk. As Russell said it is no wonder the supermarkets are pushing the sales of flavoured milk. Russell also explained the difference between the "use by" and "best before" dates. He said that as an example a lot of people believe that cheese with a "best before" date is usually at its maximum about a week after the "best before" date.

Russell was asked a large number of questions by those in attendance who appeared to be very interested in what he had to say.

He provided two different King Island cheeses one with a high fat content and the other a low fat cheese and biscuits for everyone to try and these were very much appreciated.

We extend our thanks to Russell for the giving up of his time to come and address our group on the day.

Regretfully, we only had twenty-seven attendees present on the day. Our monthly meeting attendance numbers are in sharp decline from a few years ago when we had an average of over sixty people to our meetings.

RAFFLE: There were ten prizes in the raffle held on the day. Prizes consisted of 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 MAMMOTH Iced Coffee** 500ml kindly donated by Norco Milk our Local Milk Manufacturer.

There was also a tube of Lavender & Almond Hydrating Hand Cream donated by Kaye Ryan and five of Stuart Robert MP Member for Fadden's Calico bags obtained at the senior's event held at Parklands on 1 August 2012.

MY MOTHER

Regretfully, I inform you all that my ninety-seven year old mother had several falls from which she again broke her hip on 8 October 2012. Despite the risks and complications that could result from an operation at her age she had an operation and the fracture was fixed the next day.

She is still a patient in the Gold Coast Hospital and has developed a chest infection which is making her recovery a very slow progress. Her age and fragility are not assisting her in getting back to her good health again and at this stage her prognosis is not the best. The doctors tell me that over the next few days she should start to show some progress with the antibiotics that she is taking.

CHRISTMAS LUNCHEON

Our Christmas Luncheon this year will be held at the Southport Bowl's Club, Marine Parade, Southport. The price for our Christmas Luncheon will be \$12.50 per person which remains the same as every year 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 and pay early to reserve your seat.

Bookings and prepayments may be made on our 7 November 2012 meeting day.

GUEST SPEAKER

For some years now our November monthly meeting has been an "Open Forum" meeting with Stroke Survivors and/or their Carers giving an address on the

circumstances surrounding their experience with Stroke and how it has affected them and how they are coping after their Stroke. The first such meeting was held on 1 October 2003 and the next year it was changed to the November meeting date and has been held in November since 2004.

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 now coping.

It is these individual stories that allow us to learn that little bit extra about one another's experiences after Stroke.

Please endeavour to make an effort to attend this meeting. You may be surprised at what you may be able to learn about another Stroke Survivor's experiences.

I believe that the meeting will be very informative. I urge you to attend and remind you:-

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

I look forward to welcoming & seeing as many of you as is possible at this meeting. Thank you.

Colin A. Oxenford

Chairman and Co-ordinator

22 October 2012

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!