

NEWSLETTER

On reverse of Notice of Meeting to be held on 2 October 2013

MEETING ATTENDANCES

The number of people attending our monthly meetings over past months is in sharp decline. This is most disappointing to me personally. Some people who receive notices do not even bother to respond to the invitations when we have the Somerville Funerals sponsored "Finger Food" luncheons. You are reminded that the numbers attending these luncheons are required for catering purposes.

We conduct raffle at our monthly meetings. There are usually ten prizes in the raffle held on the day. Prizes consist 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 Peach & Mango YOGHURT 99% Fat Free** 200g & (4) One **NORCO Real Iced Coffee** 500ml kindly donated by Norco Milk our Local Milk Manufacturer. There are also other prizes attached to the raffles.

SENIOR'S WEEK

We had a Display Stand at three events so far this year. The details are as follows: -

1/- FADDEN SENIORS EXPO AND FORUM

This event was hosted by Stuart Robert MP Federal Member for Fadden and was held at the Runaway Bay Indoor Basketball Stadium on Wednesday, 24 July 2013

Tony Abbott MHR and Bronwyn Bishop MP Shadow Minister for Seniors were in attendance on the day.

Bill & Caryl Callcott and I handed out approximately 100 Stroke Packs; Stroke brochures and literature on the day.

2/- 2013 GOLD COAST SENIOR'S FORUM & EXPO

This event was hosted by Steven Ciobo MP Federal Member for Moncrieff and Karen Andrews MP Federal

Member for McPherson and was held at Jupiter's Hotel & Casino on Tuesday, 6 August 2013.

Bronwyn Bishop MP Shadow Minister for Seniors was in attendance on the day.

Bev Blair; Muriel Duncan and I handed out approximately 90 Stroke packs; Stroke brochures and literature on the day.

There were speakers giving talks on various subjects which were of interest to seniors at both of these functions.

3/- SOUTHERN GOLD COAST 60 & BETTER PROGRAM

This event was held at the Elanora Shopping Centre on Thursday, 22 August 2013.

Barry Mulquin and I handed out 70 Stroke packs; Stroke brochures and literature on the day.

These events are a valuable source of information for those people attending

NATIONAL STROKE AWARENESS WEEK 2013

Councilor Dawn Crichlow AM will officially launch *National Stroke Awareness Week 2013* here on the Gold Coast at a Barbecue Luncheon which will be held at the Southport Bowl's Club on Monday, 9 September 2013. All members are cordially invited to attend.

DISPLAY STAND

A Display Stand will be held at the Australia Fair Shopping Centre on Wednesday, 11; Thursday, 12 and Friday, 13 September 2013. Free blood pressure tests will be given to members of the public at the Display Stand. Volunteers are required to assist at the Display Stand for one of two shifts on each day from 9:00 am to 1:00pm and from 1:00 pm to 5:00 pm. Those members who can assist in this regard please let me know ASAP. Last year we took 169 blood pressures over the 3 days and found a large percentage of the people tested to have very high blood pressure with the highest reading

over the three days to be 198/109. This lady was unaware that she had high blood pressure and told us that the machine must be wrong.

I will endeavour to again have Channel Nine *Gold Coast Local News* to be present at one of our locations during the week to film a segment for its Channel Nine *Gold Coast Local News* to highlight the importance of Stroke Awareness to the general public. I we can have a segment on the Channel Nine *Gold Coast Local News* we usually have a number of people waiting to have their blood pressure taken the next day as a result.

Assistance at the Display Stand during the week will be greatly appreciated. We usually hand out a large number of Stroke brochures & other literature over the three days.

GOLD COAST SURFSIDE BUSES

For your information please note that the City of the Gold Coast is offering free bus travel to **seniors** on Gold Coast Surfside buses from 9am to 3.30pm, Monday to Friday.

The trial runs from 2 September 2013 and will finish 31 March 2014.

You must be a Gold Coast resident and must have a Translink Seniors Go Card.

To apply you must fill in an application form.

For more information please visit

<http://www.goldcoast.qld.gov.au/thegoldcoast/free-bus-travel-for-gold-coast-seniors-17698.html>.

I encourage you to attend our monthly meetings as I firmly believe that they will be very informative and remind you:-

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

Colin A. Oxenford
Chairman and Co-ordinator

28 August 2013

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!