

Recent Events

- **Members lunch at Flagstaff Hotel on 7 February.** 17 Members enjoyed the lunch and commented that they would like further social lunches. If you have a favourite hotel that Brighton Seniors have not lunched at recently, put forward your idea to Brian Hockley or any committee member. If there is enough interest, we will aim to hold another lunch in April.

Tuesday 20 February -Branch Meeting– Mark Rose, Beekeeper.

People who have heard Mark speak have said that he is a very entertaining speaker. Mark will tell us how everyone can attract bees into their garden by planting various shrubs and other flora that are particularly liked by bees. Mark will provide samples of different honeys for us to taste. He will also have honey for sale, home-made soap, beeswax wraps, various balms, and beeswax candles.



Lunch on 20 February at Brighton Metro Hotel

After each Branch meeting there is a lunch for members who wish to attend. On 20 February the lunch will be at the Brighton Metro Hotel, corner Brighton Road and Sturt Road. If you wish to attend, please put your name on the sheet on the back table at the meeting, so we can advise the hotel of the number of members attending.

Brighton Branch Meetings

Our Branch Meetings are held on the 3rd Tuesday of each month, except for December when we do not have a meeting. We meet at the Lighthouse Community Church, corner Jetty Road and The Crescent, Brighton on the beach side of the railway line. The meeting starts at 10am, so arrive from 9.30am. Door entry is \$5, and this includes morning tea and a chance to win a door entry prize.

Payment of your annual subscription can be made at the Branch meetings. Payment by Visa or MasterCard Credit or Debit Card is available for Subscriptions, Outings, and Door Entry.

If you use your card, Brighton Branch does not pass the merchant fee onto you. National Seniors HQ provide us with \$200 each year for taking annual subscriptions and we use this \$200 to pay the merchant fees on card transactions.



Catering. Lleyan Adams, Catering Coordinator has a regular band of willing volunteers. However, as some volunteers cannot come sometimes due to other commitments, travel, or illness, **Lleyan is looking for more people to share the load.** The more members that volunteer means that you may only need to assist with the morning teas once every few months. Please talk to Lleyan if you can assist from time to time.

The Walking Group meet 9.30am every Tuesday except when there is a Branch Meeting. On that week the group meet on the following day. On **Wednesday 21 February**, meet at **Broadway Hotel** car park on the Broadway, Glenelg. Walk to Mamma Carmela at Glenelg, next to the Grand Hotel. Enjoy some refreshments and return to the Broadway Hotel. The contacts are Barbara Hansen 0448 223 075 and Anne Arthurson 0406 722 770.

Upcoming Activities

Thursday 29 February – SAHMRI building (known as The Cheese Grater) North Terrace, near Royal Adelaide Hospital – 10am start for one hour tour. Get off at Royal Adelaide Hospital tram stop. Lunch after at Casino.

SAHMRI carries out health and medical research and as various types of research are done in the one building there are opportunities for interaction between different research groups. Please put your name on the sheet on the back table if you wish to attend. Contact is Graham Gurry phone 8296 7646.

Tuesday 19 March – Branch Meeting - Speaker from Metropolitan Fire Service

House fires can occur anytime during the year. Each of us has a duty to eliminate or reduce hazards around our homes. The speaker will provide us with sound advice on the following topics.

- Common causes of house fires
- Preparing for emergencies
- Reducing your fire risk
- Smoke alarms.
- Using a fire blanket
- Home fire escape plans



Wednesday – 27 March- Bus tour to Hahndorf and the Adelaide hills. Cost \$35 includes morning tea. 9.00am start from near Windsor Theatre. Lunch at Hahndorf at own expense. After lunch travel to Beerenberg for your choice of picking strawberries, shopping or having afternoon tea. Arriving back at Brighton between 4.00 and 4.30 pm. Contact is Brian Hockley 0412 995 691.

Tuesday 16 April Branch Meeting – Entertainment by a duo called **Just Friends** who sing songs suitable for seniors.

Information Corner – Have you considered writing your Childhood Memories? We all have unique experiences throughout our lives. Recalling some of your childhood memories can be good to keep the brain functioning by remembering happy times. What can you write about? Start with headings and write a paragraph or two. Don't try to put things in chronological order as that makes the job too hard. Here are some headings to get you started.

- **Transport.** Did your family have a car? What was it? Can you recall catching a tram or train to school, or did you walk or ride a bicycle.
- **School.** What can you remember about school? Nowadays kids use backpacks but what did you take your lunch to school in? What did you have for lunch at school? Can you remember drinking a quart bottle of milk at morning recess?
- **Family.** How many siblings did you have? Was there a “naughty one”? What games did you play to amuse yourself, backyard water fights, board games?
- **Environment.** How did you cope without air conditioning? Can you remember sleeping outside on the lawn? Did you sit around an open fireplace in winter to keep warm?
- Other headings could include **Home Deliveries** by the Baker, Milkman, Paperman, Iceman, **Entertainment**, listening to the radio, cartoons at the cinema, playing in the street, **Streetscape**, Stobie Poles, Trees, Flowers grown by your family and neighbours, **Food** simple meals of chump chops, sausages, mashed potato, but no pizza, pasta or sourdough bread, **Clothes** no designer labels, often clothes previously worn by friends or older siblings, **Birds** sparrows, starlings, and blackbirds (these 3 now rarely seen), doves, fowls in the backyard, **Guy Fawkes Night** Penny bombs, Skyrockets, Catherine Wheels, **Washing Day**, **Pets**, **Fruit and Almond trees**, **Christmas presents**, **Mum and Dad**, **Shopping**. As you write more headings will come to mind.

Contacts President Aileen Merrett 0438 854 029 Secretary Julie Hockley 0410 053 973
Vice President Pat Schirmer 0448 331 941 Treasurer Bill Adams 0418 804 373