Welcome to the July Newsletter, volume 6, which marks the sixth anniversary of your publication. During the last six months the Editorial group have adopted specific roles in order to bring you the “Country Club Courier”.

Jackie Stewart is our roving Reporter, collecting and forwarding articles/items to Noel Giles. Noel assembles the Newsletter into “Draft” format, and then passes it on to Terry Gleeson for “proof reading” and grammar corrections. Once this task is completed, Terry returns the “Draft” Newsletter back to Noel who amends it for final publication, printing and distribution. Printing and Distribution is the role Luke McCabe has adopted, and does it very well. It is pleasing to have various people around the Country Club who voluntarily assist in the distribution process. The Editors thank all involved gratefully.

Now you know the process!!

Recently some Residents have made the comment that it would be nice to have the Newsletter printed in colour, particularly the photographs. The Editors agree whole heartedly, but cost is a factor. The cost monthly to produce 180 copies in colour and stapled is in excess of $600, a cost to be met by you via the Residents Association. This is not viable and so we will continue to use Glen Elmes at a monthly cost of $3.50. However, if you wish to print off your own colour copy, there is a copy on the computer Club's website each month: Gracemerecc.org

Thank you to everyone who continues to support your Newsletter each month.

The Editors

Residents Association

The new bus has arrived at last! To get the maximum use out of this new arrival, one or two volunteer drivers are required. I believe that there are more details on this elsewhere in this newsletter.

The new social coordinator, Peter Newey, is up and running. He has put together a band of happy helpers. The committee wishes them well and reiterates the committee’s support for their important endeavors.

The committee would like to thank Gerhard Sliwa for the donation of DVD’s.

The Manor residents enjoy their afternoon movie viewing in the theatre, consequently the donation is appreciated and will be well received.

Cheers

George West…Chairman
Introducing Lois Walker

Resident Profile Compiled by Noel Giles


At the outbreak of War Lois joined the WRAAF and was attached to Meteorology Section.

In 1946, Lois married Stewart Hurse (RAAF Navigator) and produced a daughter Judy. Stewart died when Judy was only 3 yrs old. Lois was considered a ‘War Widow’ at the age of 26 yrs.

After this, Lois was asked to be a “House Mother” at a Boarding School for Girls in Ballarat; from where she moved back to Melbourne to set up the Boarding Section of a private college in Brighton.

Following this, Lois started her real career moving to the John Flynn Church, (Flynn of the Outback fame), later to become the Inland Mission, at Alice Springs. It was here Lois met Fred McKay who succeeded John Flynn. Fred became the most influential person in Lois’ life guiding her through many experiences in the “Bush”, as Lois refers to it, and enjoyed two years establishing a Hostel for school Kids’ at Halls Creek in the Kimberly’s. Lois spent two full years at Halls Creek working with both Indigenous and English heritage children; something that she loved. Judy was 9 yrs. old by this time.

Due to constraints of the Inland Mission, Lois was returned to Sydney to work as a Public Relations Officer working with many Volunteer Organizations to try and find the best solutions for educating and housing children in Outback Locations.

In the mid 1960’s Lois was deployed to Alice Springs to establish what is now known as St. Phillips College. This charter included overseeing 350 personnel to establish the college from a vacant tract of Land to operational status.

Lois received an OBE for her work with Children in the Outback– The actual date she does not recall.

In 1966 Lois returned to Melbourne to assume the role of President of the “War Widows Guild of Victoria”. This role included planning and establishing housing for War Widows in Victoria and later Aged Care Homes under the auspice of a Federal Government scheme.

Lois was Managing Director of a company, “Vasy Housing”, for 15 years establishing three Hostels and a Nursing Home for the Aged. At the same time, Lois served on a Committee for Aged People in Canberra.

In 1976 Lois married Malcom Walker and in 1982 they decided to retire and moved to Surfers Paradise, Queensland.

Perpetual Trustee offered Lois, at this time, a consultancy role to oversee the establishment of a retirement village comprising 250 units at Runaway Bay. This consultancy lasted for 10 years.

1993 saw Lois in Pauanui, NZ, filling a similar role which lasted a further 4 years of her working life. This is where Lois learned and played Golf- a sport she enjoys.

In 1998, after the death of Malcolm, Lois returned to Melbourne to be close to her family. Being a self-confessed sportaholic, Lois lived opposite the MCG. Lois particularly enjoys Cricket and AFL Football and supports the Melbourne Football Club.

Due to the losing of her full sight to Macular Degeneration, Lois needed to find somewhere to live where she could be looked after. In 2013 Lois moved to Peregian Springs because it offered her everything she desired, climate, facilities and most of all, a swimming pool.
CITY OF FRIENDS BY JOANNA TROLLOPE

The latest offering from this readable and productive writer. This one follows the lives of four women who meet at university and continue their friendships through the years and into their fifties. Trollope's insight into the human psyche and her ability to fine tune the nuances of the relationships between these women is impressive. I was also intrigued by the wisdom and language she uses in the sensitive handling of difficult teenagers, presumably she's had some real life experience! However, the reader will need to keep their wits about them where it comes to identifying the characters.

THE HAND THAT FIRST HELD MINE BY MAGGIE O'FARRELL

The story is told in two parts with alternate chapters describing events in the lives of two young couples. The first is set in the 1950s and the second in the present. The stories each hold up on their own although one sees more action than the other. The reader is led to wonder if and when the two tales will connect, inevitably they do right at the end in an unpredictable way. Very readable but disquieting in parts. Maggie really is a masterful story teller, I couldn't put it down!

A HUNDRED SMALL LESSONS (AUTHOR ASHLEY HAY)

Each moment occurs in and around an ordinary Brisbane house and begins when Elsie the elderly resident leaves this house to move to a nursing home. A young couple, Lucy, Ben and their small son Tom buy and move into the house.

The story moves between Elsie’s past and Lucy’s now. The author goes to great lengths to describe every moment and detail, and at times I found a touch boring and wanted to move on. In saying that A Hundred Small Lessons is an easy “pick up put down” book and I am pleased I took the time to read it.

Thank you Desolie for selecting and reviewing this book. Thanks also to the library helpers,

Jill Ashenden, Valerie Catlow, Patricia Jones and Frans and Vivian Kroese.

Art Group

The Art Group continue to meet in the Multi purpose room in the Manor on Monday and Thursday afternoons. At 2pm.

If you wish to participate, everyone is welcome to join our happy and talented group.

From The Gardening Crew

This month has seen the Winter pruning process continue particularly the trees in the streets.

Hedges always need trimming on a regular basis and we are continuing to do this as often as we can. The mild start to winter has given the plants and lawns a head start into spring.

If you have a gardening request, please put a request in the “Gardening Requests” book in the Manor foyer and we will get to it ASAP.
Social Pages

Formal Dinner

On Thursday June 16th, the Social Club, under the guidance of Ray Larke (his final formality), organized a Formal Dinner in the Manor Dining Room. This event was supported by some 84 attendees who enjoyed a sumptuous meal of Fish and Pork (alternate drops) beautifully presented by the AVEO Catering Staff.

After the meal was completed, our resident DJ, Tom Shaw, presented a variety of music from 50s through to the 80s for the attendees to dance to and of course patronize the Bar. Quite a few stayed on and enjoyed the dancing, particularly the lively tunes. When Tom attempted to put in a few slow numbers, the participating crowd called for more lively tunes (Rock n Roll) and so the night went on until all were literally worn out. About 9pm can you believe it?

Tom’s music is beginning to gain momentum as after the BBQ night on Friday 30th June, Tom was again requested to supply more music, which he did, and the dancing went on again. A big thankyou to Tom and I am sure the music will re-appear after the next monthly BBQ.

Well done to Ray and his Crew– Marjorie, Arnold, Tom, Pauline, Bernie, Gloria, Luke, Marie and most importantly Barbara.

Accompanying this article are a few photos of the Attendees.
**Social Pages cont.**

**The New Social Committee.**

Under the leadership (looking for some good fun and laughter) of Peter Newey with the able assistance of Diane Giles, Megan Bishop, Carol Rock & Tom Shaw.
Let’s have your ideas on where and what you would like the group to plan for you.
All your ideas to
pnewey@bigpond.net.au
Phone 5448 3361
Your Social committee

**The New Bus**

Peter Newey who has accepted the role of Social Coordinator and wishes to make good use of our new bus (pictured above) for social outings during the week days.
John is not available to fill this role all of the time, and therefore Peter is looking for volunteer bus drivers, male or female. The Residents Association will fund the obtaining of a “Bus Licence” and these Drivers will be covered by AVEOs Volunteers Insurance policy.
If you are interested, please contact Peter via email:
pnewey@bigpond.net.au

**Manor Restaurant**

Don’t feel like cooking
The lunch time menus are very tempting and appetizing.
Have a break and sit back and enjoy the food.
Bookings required if you are in a group of twelve or more.

The Reports are in and if you haven’t tried it out now is the time.
The Taste Tester.

Guess who had a **95th** Birthday recently and enjoyed a drink at Happy Hour?

Residents Newsletter July 2017
“Sports Page”

Snooker Competition

The single’s snooker competition has gone off with a pretty good start. At this early stage it is good to see the enthusiasm displayed by the competitors, which has resulted in some unexpected outcomes.

Prior to the competition, everybody was informed that the ultimate winner would be rewarded with a special prize for his efforts. The ultimate winner will be the recipient of a special designed handcrafted snooker cue. This cue comes in an attractive case and includes telescopic extensions as well as all the accessories to make long and short shots easy to perform. It will make the most amateur a profound player of the game of snooker.

The prize has been kindly donated by Gerhard Sliwa, Villa 115. We, the snooker fraternity would like to express our sincere thanks to Gerhard for his generous and kind efforts.

Bingo Dates for June/July

Bingo Is played on alternative Fridays and Saturdays, at 2.00 pm.

Bowls

The Bowls group continues to flourish with good numbers attending on Thursdays and nearly maximum numbers regularly attending on Sundays.

If you wish to learn the game of lawn bowls, come out on Thursday afternoons at 2pm where Lola Bell is available for coaching and skill improvement free of cost. Afterwards join our Bowling group for a drink at the Bar in a friendly atmosphere.

John Weeden, one of our Bowling Coordinators is suffering some health issues after a recent fall. We all wish you a full and speedy recovery John.

Gracemere Mahjong Group

This group is back at play with both some old and new participants. If interested in joining this group for weekly play I will arrange a further learners group which I will teach as needed.

NB. Play then is on Tuesday's at 1.30p.m.

This is a game which helps maintain cognitive activity. We certainly play to win but are not overly competitive!

Hope to hear from you on 5471 3221.

Mary Wearing-Smith
Co-ordinator
Hi
I would like to introduce myself I am Vicki from the Coolum Beach Hotel, we would like to offer you and your clients a chance to experience our Christmas in July Senior Luncheons.ca

We are running these through the month of July, Monday to Thursday each week. When making a booking of ten or more to indulge this celebration your bus driver’s meal will be complementary.

I have attached the menu on offer for you to peruse at our very competitive seniors prices.
You and your guests will experience a Christmas table on the day with all the decorative trimmings as well as a delicious hot lunch.

TO TAKE ADVANTAGE OF OUR OFFER PLEASE CALL VICKI AT THE COOLUM BEACH HOTEL
TO MAKE ARRANGEMENTS
PH 5446 1899

XMAS IN JULY
SENIORS CELEBRATION
LUNCHEON
Available for bookings of 10 plus Monday to Thursday from 12 noon through the month of July

2 Course Senior $15.00
MAIN
Baked Ham w/ gravy & apple sauce served w/ roasted vegetable medley & steamed greens
DESSERT
Plum Pudding w/ Custard

3 Course Senior $18.00
MAIN
Baked Ham w/ gravy & apple sauce served w/ roasted vegetable medley & steamed greens
DESSERT
Plum Pudding w/ Custard

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**Broomstick Gym**

A broomstick might not strike you as fitness equipment, but it is perfect for improving mobility and building stability. It’s cheap, easy to get hold of and a great tool for focusing on movement, because there’s nothing else to focus on.

Broomsticks can be particularly effective for encouraging improvements in shoulder, neck, upper back and chest mobility.

These are areas which are often tight and can lead to poor mobility, pain and loss of function.

But you can fix it with a broomstick!

So why not join me, Mary White, in the Manor Lounge on Thursday mornings at 10.30 for a half hour of gentle stretches. It is an easy and fun way to exercise.

All you will need is a broomstick handle (or similar pole) and lots of enthusiasm!

**Classes begin on Thursday, 20th July**

Please do contact me if you would like further information:

Phone: 5448 1398

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**SOLO**

We have a lovely group of people who play a card game called SOLO every Friday afternoon from 1.30pm to around 4.15pm in the Manor.

We usually finish in time to join others for Happy Hour if this is your wish.

As an incentive we play with 1 and 2 cent pieces which we tally at the end of the afternoon.

At the end of the month the person with the highest score together with the runner up each get a prize of a scratchy.

There is also a prize for the person with the lowest score.

If you would like to learn how to play SOLO I am willing to give you a few lessons before joining the group. Just give me a call on 5448 2876 to arrange a time.

Margaret Gordon

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**Give Away—Free!**

Bush Turkeys– fully matured ready for Xmas in July.

All you have to do is trap the Turkey and remove from Villa 96 and they are all yours.
The sun is out, a perfect day. I decide to wash my car. As I start toward the garage I notice that there is mail on the hall table, the wife must have put it there on her way out this morning. I decide to go through it before I wash the car.

I lay my car keys down on the table, sort the mail and put the junk mail in the recycle bin under the sink. I notice that this bin is full. So I decide to put the bills back on the table and take out the rubbish first, but then I think that since I’m going to the car when I take out the rubbish I may as well pay any bills first and put them in the car to post.

I take my cheque book (yes I still use them – although not for long they tell me) off the table and see that there is only one cheque left. My extra cheques are in my desk in the study. I go to my desk where I find the can of Coke that I had been drinking.

I’m going to look for my cheque book but first I need to push the Coke aside so that I don’t accidentally knock it over. I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye – they need to be watered. I set the Coke down on the counter and I discover my reading glasses that I’ve been searching for all morning. I decide I’d better put them back on my desk, but first I’m going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to watch TV, we will be looking for the remote, but nobody will remember that it’s on the kitchen table, so I decide to put it back in the lounge room where it belongs but first I’ll water the flowers.

I splash some water on the flowers, but most of it spills on the floor. I set the remote back down on the table, get some paper towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

It’s the end of the day; the car isn’t washed, the bills aren’t paid, there is a warm can of Coke sitting on the counter, the flowers aren’t watered, there is still only one cheque in my cheque book. I can’t find the remote, I can’t find my glasses, and I don’t remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I’m really baffled because I know I was busy all day long and now I’m really tired. I realize this is a serious problem and I’ll try to get some help for it but first I had better check my e-mail.

This months wee hint

Don’t you get annoyed with all those insect and road grime marks on your Car. Well don’t despair its as easy as a onion bag.

Go to Coles and pick up your onions in the mesh bag cut off the metal clips, and the next time you wash the car use it to rub all those marks off. It works!!!