

Welcome Back!

3rd Term 2018

(SOS) Switched on Seniors

Wednesday Club

Retirees Morning Tea Programme \$6.00
9.30am – 11.00am Men and Ladies All Welcome



25TH JULY- CHIEF INSPECTOR GARY RAYMOND APM, OAM (Ret'd.)

Chief Inspector Gary Raymond APM was a member of the NSW Police for 33 years. Prior to his retirement in Dec 05, Gary was performing duty at the Blacktown Police Station as a Duty Officer specialising in Emergency and Crime Scene Management.

As a member of the Police Rescue Squad, Gary performed over 1,500 rescues including 1,000 motor vehicle collision rescues, 200 cliff rescues, and 200 suicide negotiations at heights such as cliffs, buildings, bridges, roofs and towers. He also performed industrial and domestic rescues. He conducted searches both on land, air and sea whilst working as crew on the police helicopter.



1st AUGUST – NSW AMBULANCE - Our Paramedics – Ever Wondered What They Are

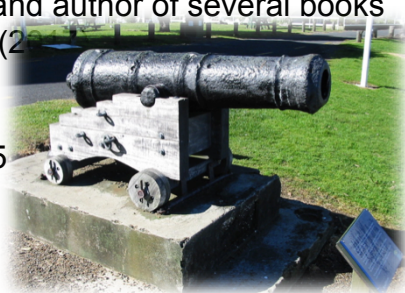


Required to Do? Public Events, Bicycle safety, Binge drinking and its effects, Burns, Bluebottle sting, Broken or severed limbs, Bushwalking and camping safety, Chest Pain, Children in cars, Diabetes, Don't drive to hospital, drugs and their effects, Elderly prone to falls, Electrocution, Eye injuries, Farm safety, Holiday safety tips, Keep children safe, Strokes, Managing Epilepsy, Pedestrian awareness, Road safety, Snake bites, Snow safety, Spider bites, Spinal injury, Heart Attack.....etc?

8TH AUGUST - CRAIG WILCOX is a renowned military historian and author of several books from *Australia's Boer War* (2002), to his latest *Badge Boot Button* (2017)

Six cannon were mounted on Bradleys Head early in the 1840s to deter a French or American attack on Sydney. Perhaps they were the six stripped from Sydney's defences in the winter of 1845 and shipped to New Zealand to pummel Māori stockades. Troops, transports and supplies also went that year to what was the first campaign waged across the sea by a military force from Australia.

It was also a maritime extension of frontier conflicts that began in Sydney fifty years earlier. What happened in New Zealand's Northern War of 1845-46, and why was much of the British war effort managed from Sydney? Should we think of this conflict as Australia's Eastern War?



15TH AUGUST – How about spending 2 weeks floating

around in a narrow canal boat Allan and Judith Stanley will present the highlights of their 283 mile 2 week trip around the Thames Ring in a 48ft Narrowboat, cruising the navigable Canals and Rivers of England, Scotland and Wales. This trip included a section of the Tidal Thames, plus the Regent Canal through central London."



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TUESDAY 21ST AUGUST - MENS SHED CHORALE - \$20 + Ploughman's Lunch **Ex Sydney Men's Choir with WINSTON ELDRIDGE**

The Men's Shed Chorale is a group of men with an average age of over 80 who love to produce great choral music and who have been singing with male choirs for many years. **What do we sing?**

Almost anything! From opera to pop music, hymns numbers from musicals and much more!

Ticket includes Ploughman's Lunch and cakes.

10am – 2pm. Concert will be 2 x 45 minute segments with Lunch in between segments.



22ND AUGUST – SENIOR'S DRIVING - JIM HOLLAND Latest road rules.

What you need to know to renew your license! What will be in the test? Some rules have changed and if we want to keep driving, whether on a restricted license or full, its good to have a friendly update!

29TH AUGUST - NOEL PHELAN Sinking of the Centaur

The 14th May was the 63rd anniversary of the sinking of the 2/3rd Australian Hospital Ship (AHS) Centaur. En Route from Sydney to Cairns in 1943, she was sunk by a Japanese submarine south of Moreton Island, off the Coast of Queensland.



5TH SEPTEMBER - RIDING FOR THE DISABLED

WARREN SMITH - Turning dreams into achievements.

Providing equine assisted activities for people with disabilities, to develop and enhance abilities and confidence. Let's support this wonderful initiative with a small donation.



THURSDAY 6TH SEPTEMBER - ** BUS TRIP and LUNCH ** **SAVE THE DATE!! ~ Info coming when we return.**

12TH SEPTEMBER – TOM WARE – THE STORY TELLER – Due to great demand our favourite story man returns. He needs no notes and his stories come alive with the sound effects and amazing descriptive way he brings us to the adventure.

19TH SEPTEMBER – MUSIC AND MOVIES MORNING. Bring along your laughter face!



26TH SEPTEMBER **HISTORY & TAILS FROM TARONGA ZOO** **Lee Hayter Head Trainer**

How did it all begin?
What's happening at Taronga?
How long since you last visited?



Welcome Back Wednesday 17TH OCTOBER – SANDRA ROSS Presents JAPAN