

Welcome to the August 2017 edition of Seniors' Link. The aim of this newsletter is to make it easier for our Seniors to know what social, recreational and cultural activities are taking place in our Shire. Please contact me either by phone 9727 0222 or email: dsims@capel.wa.gov if you wish to promote an event/activity in the Seniors' Link.

Kind regards,
Donna Sims

Medal (OAM) of the Order of Australia in the General Division - Mr Julian Sanders

Julian Sanders from Boyanup was recently awarded the Order of Australia Medal for his community service. The Order of Australia Medal is the principal and most prestigious means of recognising outstanding members of the community at a national level.



Julian's service includes:

- * Editor, 'The Boyanup Post', since 1992; Assistant Editor, 1980 - 1990;
- * Councillor, the Shire of Capel, 1981 - 1990;
- * Member, Boyanup Bushfire Brigade, since 1950; Fire Control Officer, 1980 - 1990; Secretary, 1974 - 1984; Project Manager and Financial Officer for the construction of the new fire station; Life Member 1994;
- * Member, Boyanup Lions Club, since 2007;
- * Member, Boyanup Memorial Park Committee, for 50 years;
- * Secretary and Treasurer, 2000 - 2005; Life Member, 2015;
- * Secretary, Boyanup Hall Advisory Committee, since 1989;
- * President, 1985 - 1989; Founding Member, since 1979;
- * Warden, Boyanup Anglican Church, 25 years; Member of Vestry;
- * Member, Farmers' Union, since 1955; Secretary, 1974 - 1981;

* Justice of the Peace, since 1983.

This is an extremely impressive achievement and the Shire of Capel would like to congratulate Julian on receiving this prestigious Award. We would also like to congratulate Valerie Sanders, because behind every successful man is an extremely good woman.

Meals on Wheels

Sometimes the pressures of life impact on our ability or desire to cook. A common problem facing people adapting to changed circumstances is poor nutrition and/or weight loss. These often lead to more complications. A few decent meals a week make a HUGE difference.

How much do they cost? \$8 per main meal or \$9 for main meal & sweets, including delivery to your door! This is a subsidised rate, which is kept low due to the generosity of volunteers.

The meals are delivered on Mondays, Wednesdays & Fridays.

The service is flexible and can be stopped and started as required.

If you reside in Capel, Peppermint Grove Beach, Stratham or Gelorup and would like to find out more about this service, please phone the lovely Dixie Turner on 08 9727 2330.

What's Happening in August



- 4th *Capel CWA Craft Day* at Seventh Day Adventist Church, Capel. 10am
 6th *Gelorup Markets* at Gelorup Community Centre 7am- 1pm
 7th *Boyanup Seniors' Catchup* at Boyanup Community Centre. 12 noon
 10th *Dalyellup Over 50's Seniors' Catch Up* at Dalyellup Community Centre. 10am.
 \$5. 9795 3480
 10th *Boyanup CWA Meeting* at Boyanup Community Centre. 1 - 3pm
 16th *Boyanup Lions Club Meeting* at Hugh Kilpatrick Hall 6.45—9.15pm
 18th *Capel CWA Meeting* at Seventh Day Adventist Church, Capel. 10am
 20th *Dalyellup Markets*
 26th Shire Outing to the Balingup Medieval Carnivale. Costs \$20. 9727 0222
 27th Boyanup Farmers' Markets

What Happens on a Weekly Basis?

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| Mondays | 9.00 - 12.00pm | <i>Capel Art Group</i> at Capel RSL. 0409 108 243 |
| | 10.00-3.00pm | <i>Mahjong</i> at Capel Senior Citizens - 9727 2058 |
| | 2.00 - 5.00pm | <i>Scrabble Club</i> at Dalyellup Community Centre. 9795 9828 |
| | 2.00 - 5.00pm | Boyanup Singers - 9731 5590 |
| | 7.00 - 9.00pm | <i>Sing Australia</i> at Dalyellup Community Centre |
| Tuesdays | 9.00-10.00am | <i>Gentle Gym</i> at Dalyellup Community Centre - 9795 7463 |
| | 9.00-10.00am | <i>Seniors' Tai Chi</i> at Boyanup Community Centre |
| | 9.30-11.00am | <i>Ladies' Badminton</i> at Boyanup Hall |
| | 10.00-11.00am | <i>Bootscooting</i> at Capel RSL Hall (cost \$10) |
| | 1.00- 4.00pm | <i>Euchre</i> at Capel Senior Citizens - 9727 2058 |
| Wednesdays | 7.00 - 9.00pm | <i>Bootscooting</i> at Cardinals Football Clubroom (cost \$8). |
| | 8.30 - 9.30am | <i>Stay on Your Feet Exercise Group</i> at Capel RSL |
| | 9.30-11.30am | <i>Morning Tea</i> at Capel Senior Citizens - 9727 2058 |
| | 11.00-3.00pm | <i>Quilting</i> at Boyanup Community Centre |
| | 1.00-4.00pm | <i>Cards</i> at Capel Senior Citizens - 9727 2058 |
| Thursdays | 9.00-11.00am | <i>Women's Wellness</i> at Gelorup Community Centre |
| | 10.00 - 2.00pm | <i>Seniors' Craft Group</i> at Boyanup Community Centre |
| | 1.00 - 4.00pm | <i>Capel RSL Thursday Club</i> at Capel RSL. 0457 832 321 |
| | 1.00- 3.00pm | <i>Bridge</i> at Capel Library. 1.00 - 3.00pm |
| | 4.00-7.00pm | <i>Art Group</i> at PGB Community Centre - 9727 2676 |
| Fridays | 10.30 - 12.30pm | <i>PARKINSONG</i> at Regional Art Gallery Dance Studio. Costs \$7 |
| | 1.00 - 3.00pm | <i>Widows & Widowers Support Group.</i> 9721 8944 |

Capel Senior Citizen's Centre

Forrest Road, Capel WA 6271
 Phone: (08) 9727 1615
 Email: scottybj@bigpond.com

Busselton Senior Citizen's Centre

22 Peel Terrace, Busselton WA 6280
 Phone: (08) 9752 2232
 Email: bscc@westnet.com.au

CWA Capel Branch

PO Box 323, Capel WA 6271
 Email: bevderussett@hotmail.com

Bunbury Senior Citizen's Centre

Stirling Street, Bunbury WA 6230
 Phone (08) 9721 2552



An old farmer wrote a letter to his innocent son in prison:

"This year I'm unable 2 plant potatoes because I can't dig the ground. I know if u were here u would've helped me."

Son Replied: "U idiot, don't dig the ground, I have hidden the guns there."

Police read the letter, next day the ground was dug by the police, searched for guns but nothing was found.

Son wrote again: "Now plant your potatoes dad, its the best I could do from here."

"Where there's a Will, there's a Way" :)