

# IDLE CHATTER Mark II

Newsletter No: 221

Thursday 17<sup>th</sup> November 2016

This newsletter is an initiative of the Quandialla Progress Association

**Sponsored by Allen & Bev Kelly**



**“In certain situations not hearing what is said correctly can be a really bad thing – Like this cartoon – you could end up having a heart attack over two small words!!!!”**

*Now that I have your attention with my idea of funny, I need YOU to view this article with a serious note.*

Your hearing is a very important aspect of your health. Not hearing what is going on around you can isolate you to a certain degree without you even knowing it. I'm sure every household would have a funny story to tell of a member of the family misunderstanding something that was said to them, which they then responded to by doing or saying something outrageous, resulting in a red face and a sore side from laughing. Everyone can have a moment like that but when they happen on a regular basis it is usually the first indication that you might have a small problem.

Not hearing everything is certainly not the end of the world and it is only inconvenient if you know about it. But if you find out that you have a small problem now, you can address it depending on the result of your test. It would certainly be handy to know that you cannot hear a certain pitch or the soft tones of your wife's voice like my ever-handsome husband.

I have a few good friends that require hearing aids to assist them in their everyday life and I admire their commitment to use them to stay in contact with their family and friends. Hearing aids are like glasses you wear them to see better and if or when the need arises for hearing aids I will be the first to put my hand up if it will help me.

Whatever the outcome of a hearing test you will be one step ahead of most people and will be prepared with the knowledge of what assistance is out there for you in later life, with aids etc if there is a need. I must make it very clear that I'm not implying you will require hearing aids but knowing where your hearing health stands today will certainly help you in the present and later in life.

So please, if you answer YES to just one of the following questions book a free hearing test to have your hearing assessed.

- "I frequently ask people to repeat what they have said"
- "I can hear people speaking but have difficulty understanding what they are saying"
- "I need to see the person to understand what they are saying"
- "I struggle to hear in noisy places"
- "My friends and family complain that I have the TV or radio up too high"

**Louise Farmer from 'Hearing Australia'** will be conducting **FREE HEARING TESTS FOR ADULTS** at the Quandialla Community Health Centre on **Wednesday 30<sup>th</sup> November**.

*Appointments are only short so please think about your hearing health and take time out of your busy day to have a test.*

Please phone Quandialla Community Health Centre on 6347 1200

### Pool News

The Quandialla Pool Committee welcomes the services of Leanne Logan, a long-standing pool attendant at Grenfell. With the efforts of Kim and Jeremy, the pool is in its usual excellent condition with recent warm weather bringing the clear water to a lovely 24 degrees. We have already had groups of Grenfell swimmers and expect more as summer heats up. Swimming Club lessons have been underway on Wednesday and Friday evening for 3 weeks.

The Committee thanks the Calcutta organisers for their generous donation and Robert Reeves, Gloria Sweeny, David Armitage and all the Quandialla Football Club Members for their substantial gift.

To reiterate a recent challenge, it would be nice to have every member of the community to have at least one dip in the pool this year and maybe even take advantage of exercise classes – hydrotherapy is so easy on the joints.

Swimming Pool Committee

**SAD NEWS:**

It is with much sadness that I need to report the passing of  
Tony Edgerton of "Clare" Quandialla.

Tony, after a long illness, tragically lost his battle on  
Wednesday afternoon at Mt St Josephs' Young, aged 60 years.  
Heartfelt condolences go to his family and his many friends.  
Rest in Peace Tony.

**QUANDIALLA COMMUNITY HEALTH CENTRE:**

Dr Wail El Waili will be visiting Quandialla next on **30<sup>th</sup> November**. Please phone  
West Wyalong Medical Centre 69722866 to make an appointment.

**QUANDIALLA FRIDAY NIGHT JACKPOTS:**

The Bowling Club Members Draw was claimed last Friday and will start  
again this week at \$550 – a little less than what I was planning on but would still  
help with Christmas shopping.

The Bland Hotel Joker Draw will be \$340 this Friday, plus you also have  
the chance to win 2 meat trays and a bistro voucher.

**QUANDIALLA SOLDIERS MEMORIAL HALL & PROGRESS ASSOC**

November General Meeting  
Will be held on Wednesday 30<sup>th</sup> November  
at 7.30pm at the Hall

**AGENDA**

Business Arising  
and  
Hopefully meet some of the new Councillors

**WANTED**

News items -

Also, please let me about special birthdays,  
occasions, meeting notices, etc.

## AQUA FITNESS CLASSES

Aqua fitness classes will commence next week...

**WHEN:** Tuesday evening 6.30 – 7.30pm  
Friday morning 9.00 – 10.00am (# Fri 25<sup>th</sup> Nov & Fri 2<sup>nd</sup> Dec EXC)  
Sunday morning 9.00 – 10.00am

**WHERE:** Quandialla Swimming Centre

**BRING:** Suitable swimwear, water bottle, towel, Aqua shoes or tight socks (if needed) hat, sunscreen, and warm clothes for after the workout!!

**COST:** \$10 for first class of the week & \$5 for any others. +pool entry. Season pass holders are covered, we offer a \$30 Aqua Class Pass (Aqua only) or \$5 / visit.  
**# there will be no Aqua or group class on either Friday due to school intensive swimming programs.**

Thank you.  
Kim 0427472152



37  
*more sleeps till*  
*Christmas*



Speaking of Christmas – I would like to tell all those excited little people and not so little people, like me who love Christmas, that NOW is a very good time to send your **Christmas Letter to Santa**. I'm very pleased to advise you that Quandialla Post Office has a very new shiny letter box that will deliver your letter straight to the North Pole where Santa and his helpers are waiting to read them.

**Also**

**The Quandialla Bowling Club Members' Children Christmas Tree** will be held on Sunday 18<sup>th</sup> December. There is a list on the club notice board asking for your child's name and age which will help Santa deliver their special gift.

**And Please Don't Forget**

Our Annual Mail Box and Town Scene Competition is on again.  
Your efforts in the past have made many people smile and even a laugh or two and we hope we can achieve that again this year.

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Cheers everyone ..... **Sue Priestley**