



June 2026 Newsletter

Greetings to all our fantastic volunteers



Winter is now upon us and as such the season for coughs and colds and dreams of going north to the warm.

I would remind you all of the need to be looking after yourselves during this season, so you can continue to care for others, which you all do so wonderfully.

I was very pleased to get a face to face with all those that attended the lunch but would like to thank all of you, you are an inspiration to me and to others.



I don't particularly like the cold, but to get through winter I make a point of doing a couple of things that are best done in the cold. One of the things that I look forward to in winter is a pit fire and the other is hot chocolate.



My hope is that you all find something that you can enjoy about winter.

Just to let you know there won't be a workshop or F2F in June.

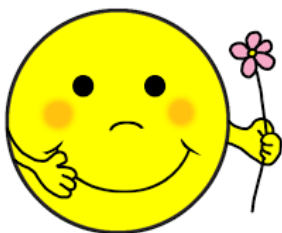
Again if anyone would like to view any of the information sessions again, such as the ones on Grief, Depression, Elder Abuse, Dementia, Senior's Rights information sessions, Mental Health First Aid and Spirituality as we age. Please let me know and they can be done in the Bega area as well as down south.

Signing off with a laugh

Last year, I replaced all the windows in my house with those expensive double pane energy efficient kind. But this week, I got a call from the contractor complaining that his work had been completed a whole year and I had yet to pay for them.

Boy, oh boy, did we go around! Just because I'm blonde doesn't mean that I am automatically stupid. So, I proceeded to tell him just what his fast-talking sales guy had told me last year.

He said that in one year, the windows would pay for themselves. There was silence on the other end of the line, so I just hung up, and he hasn't called back. I Guess he was embarrassed.



Sincerely, Lee & Ali