

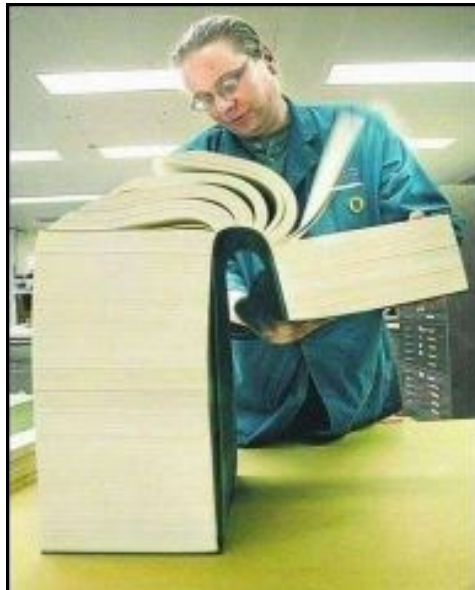
### The Last Word

The hospital's consulting dietician was giving a lecture to several community nurses from the Southampton area of Hampshire.

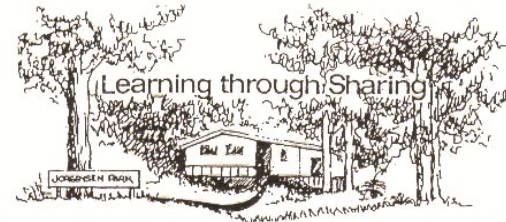
'The rubbish we put into our stomachs and consume should have killed most of us sitting here, years ago.

Red meat is terrible. Fizzy drinks attack your stomach lining. Chinese food is loaded with msg. Vegetables can be disastrous because of fertilisers and pesticides and none of us realises the long-term damage being done by the rotten bacteria in our drinking water.

However, there is one food that is incredibly dangerous and we all have, or will, eat it at some time in our lives. Now, is anyone here able to tell me what food it is that causes the most grief and suffering for years after eating it?' A 65-year-old nursing sister sitting in the front row stood up and said, 'Wedding cake.'



The book  
"Understanding  
Women" has  
finally arrived in  
book stores.



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# CENTRE TALK

**31 October 2011**

*'The trouble with quotes on the internet, is that it's difficult to determine whether or not they are genuine'*  
- Abraham Lincoln

## UPCOMING EVENTS

Melbourne Cup Lunch:	Tues, 1 November
The Treaty of Versailles: (Speakers Unlimited series)	Wed, 2 November
Retirement Village: (Speakers Unlimited series)	Thurs, 17 November

## MELBOURNE CUP LUNCH

Tuesday, 1 November 2011

11:30 am

And they're off.....

Join us for lunch on Tuesday for the running of the 151st Melbourne Cup! The race starts at 12 noon but we'll be kicking off at 11:30am. Big screen TV, sweeps galore, prize for best hat, quilt and teddy bear raffle and more!

**PLEASE BRING A PLATE**

### RHYMING COUPLETS

Thank you to all who contributed to our Rhyming Couplets. All submissions have now been received and published in a booklet which you can pick up from the Reception Desk. Hope all those who contributed had fun! Below is one of many received.

*'The Learning Centre's good we're told,  
To stop our brain from growing old'  
~ Jeannette Jordan*



### EQUIPMENT FOR CLASSES

If classes have a particular need for equipment, please put a request in writing to the Committee.

### EXCHANGES

The Treasurer has advised that all payments for exchanges have now been made.

### BIRTHDAY WISHES

Happy Birthday to Us!!!  
Yes, the KCLC was 34 on  
12 Oct!!  
Congratulations!!

### GREETING A STRANGER

Remember the saying 'A Stranger is just a friend you do not know'? Well, we have a little challenge for you ... Introduce yourself to another member at the Centre who you might have seen but have never met and ask them FOUR questions (nothing too personal, of course). The most inventive question or answer might (or might not) be in the running for a prize. So ... DON'T be startled if you're stopped by a fellow member, but ... DO have your answers ready!!



Mark on your calendar.....



## SPEAKERS UNLIMITED SERIES

### → THE TREATY OF VERSAILLES

The seeds of the catastrophe which was World War 11 were sewn at the signing of the Treaty of Versailles. Elton Brown will discuss the elements of the treaty which brought such disaster only 20 years later.

**Venue:** Kalamunda Community Learning Centre  
Jorgensen Park, Mundaring Weir Road.

**Time:** **Wednesday, 2<sup>nd</sup> November at 1pm**

**Cost:** \$8 – includes afternoon tea.

**Enquiries:** Katherine 9359 2299, Centre 9293 2977

**Please book to assist catering**

### → RETIREMENT VILLAGE

Many of us decide to downsize when our family has left home. One option is **Retirement Village**. But will we like it? What will it cost? Can we leave if it is not for us? All these questions and more will be answered at a forthcoming talk on **THURSDAY, 17 NOVEMBER.**



## WANTED WANTED WANTED WANTED

If you have any FAIRY LIGHTS which we can borrow for the Tutors' Dinner in November, we would be VERY grateful!!  
Please contact Reception if you can help out

☺ THANK YOU ☺