



## TITIRANGI LADIES' FRIENDSHIP CLUB

### Newsletter

[titirangiladiesfriendship.org.nz](http://titirangiladiesfriendship.org.nz)

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Outings/Trips	Ann-Maree Powell Kathryn Clarke	620 2097 826 1413
Committee	Dora Smith	629 1546

It's a girl! Everyone is interested in a new baby. This was proved by the headlines announcing that Jacinda and Clarke had a baby girl. The photos that have been released show the proud parents with their new baby and who can resist a smile and give congratulations.

It's a proud day for New Zealand when a young female Prime Minister can take time off to have her first baby with total public support. Women have come a long way in the last sixty years and social attitudes have had a complete turn-a-round. Thank goodness.

#### SPEAKERS AT THE JUNE MEETING

CULLEN SZETA: LOCAL OPTOMETRIST

ANNA LEE: FROM GLAUCOMA NZ CHARITABLE TRUST

Glaucoma is often called 'The silent thief of sight' because if left untreated it can cause blindness. Glaucoma is caused by damage to the optic nerve which gradually dies. If you suddenly notice you have blind spots in your vision you must immediately go to an optometrist. The vision that is lost cannot be regained. It is important to have regular checks with an optometrist to catch the disease before symptoms are obvious. If the disease is caught in the early stages there is a cure aimed at arresting the development of glaucoma by using special eye drops.

There are many causes of glaucoma but age is a risk factor.

#### IMPORTANT

1. Glaucoma is the leading cause of preventable blindness in NZ
2. It is a silent disease with no symptoms until eye sight is lost.
3. Half of those with glaucoma don't know they have it.
4. If detected early enough, treatment can prevent progression and preserve sight.

Fay thanked Anna and Cullen for their informative presentation.

#### FORTHCOMING OUTING:

Our next outing is our birthday lunch to be held at Waipuna Lodge on the 20th August 2018.

The cost is \$45.00 which includes the bus trip and the lunch. There will be a stop at Sylvia Park before lunch.

This is a significant birthday as it celebrates 30 years since our formation. Do bring along any photos or souvenirs you have from earlier times.

WHEN: 20TH AUGUST 2018

WHERE: WAIPUNA LODGE AND SYLVIA PARK

COST: \$45.00

TIME: 9:30AM BUS DEPARTS FROM PINESONG, WITH STOPS TO PICK UP AT BISHOP STREET AND PUKETEA STREET

RETURNS: 2:30-3:00PM

#### THIS MEETING:

Our speaker today is John Pringle, who is the regional co-ordinator for Angel Flight.

Angel flight is a NZ registered charity comprising of over 150 private aircraft owners and ground support volunteers. They give free flights to patients and care givers to get to medical facilities.

Volunteer drivers are called Earth Angels and meet every flight.

This promises to be a very interesting talk.

#### NEXT MEETING:

Our next meeting is our 30th Birthday celebration lunch at Waipuna Lodge. Details above.

#### REMINDER:

Please bring items for the October raffle and give them to Glenda. Any type of items that you think will be useful to someone else. E.g. Grocery, beauty, or special internet items.

#### THOUGHT FOR THE DAY:

One kind word can warm three winter months.

Japanese proverb.

*Donna*