



Maroondah Message

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Personal Safety

At our February meeting the very dynamic Constable Biljane Luccio from Nunawading Police talked to us about personal and home security. She amazed us with the ingenuity of local thieves and explained how one person would come to the front door to while an accomplice entered by the back. She explained the need for constant care and vigilance but also surprised most peo-

ple when she explained we should strive to not look like a victim and stressed the need to be confident and assertive. She talked about bag snatching and what to avoid but stressed the Maroondah is a very safe neighborhood.

At our next meeting on April 11th the speaker will be Mel Higgins from the RACV



What is coming up:

- April 11th Mel Higgins from RACV
- April 30th Karralyka Theatre
- May 2nd Zone Meeting
- May 9th Kate Hammond "Role of the Legal Ombudsman"
- May 12th Dine-out at Sweet Chilli
- May 18th Tarrawarra Museum of Art
- May 29th Potatoes Paddock to Plate

My Love Affair with George



At our March meeting Gabriella Byrne gave a very

moving and inspiring talk about her struggles with an addiction to poker machine gambling.

Besides losing her families savings through gambling, she also lost many friends and nearly ruined her marriage. She even contemplated suicide as being the only way out..

After trying unsuccessfully to break her addiction with the poker machines using conventional therapy methods, she started to develop her own

methods. Gradually the Free Yourself Program (FYP) was born. Gabriella continued to improve and refine FYP over a period of several years and has successfully counselled 1000's people in the process.

On May 9th at 2:00pm at Federation Estate our speaker will be Kate Hammond who will talk about the role of the Legal Ombudsman

Social Activities

Our Trip to Ballarat



Was very successful. The 33 people who went all had a very good day. The bus was a new bus, very comfortable and well equipped. The lunch was excellent.

The display of begonias was magnificent (as you can see from my photographs).

A lot of people also took the opportunity to visit the new memorial to Australians held as prisoners of war in all the wars. The monument features a granite wall inscribed with the names of all of those held prisoner.

It was generally agreed that despite the difficulty of organising sufficient numbers, that we should still try to organise similar

events in the future. Since other branches are having similar difficulties you will probably see more combined branch activities like "Potatoes Paddock to Plate" trip being organised by Manningham Branch.



KARRALYKA THEATRE - 30th April 8pm



We have a group booking for the play 'Quartet' for 20 people. Booking and payment of \$32 per person must be made by the next meeting.

"If you're going to grow old with gusto and remember what theatre used to be like then Quartet is a must see! Cissy, Reggie and Wilf are in a home for retired opera singers. Years ago they all took leading roles in a performance of Verdi's Rigoletto, which has just been re-released on CD. Each year, on the 10th October, there is a concert at the home to celebrate Verdi's birthday. Jean, who used to be married to Reggie, arrives at the home and disrupts their equilibrium. She still acts like a diva and refuses to sing. But the show must go on...."

Quartet is a heart warming comedy that proves ageing can be fun, hilarious, poignant and life affirming.

DINNER CLUB - Thursday May 12th 7pm

Following our first successful night at La Porchetta the dine-out group have decided their next dinner will be on May 12th at *Sweet Chilli* Thai Restaurant in Heathmont shopping centre. No pre-payment is necessary but we do need to advise the restaurant of numbers. If you will be attending this please let one of the people on the Activities Committee (see back page) know.



Tarrawarra Museum of Art - Wed 18th May

You will need your own transport to visit this winery, restaurant and Museum of Art but we will organize a car pool. The admission to the Museum is \$5 and you can pay for your own lunch and glass of wine. Even though you are paying your own way I will need numbers to book the restaurant. Put this date in your diary and there will be more details in our next newsletter.



Potatoes, Paddock to Plate - Sunday 29th May



This bus tour is being organised by Doncaster Branch to the charming township of Thorpdale (Victoria's potato capital) where you will be able buy some fantastic Potato Bread, wander through Val's Country Garden and sample some real Potato Ice-Cream, low fat of course. Lunch will be at the Trafalgar Hotel where of course the Spud is on the menu, served as a main course with all the good trimmings. The bus leaves Bulleen at 9:00 am arriving back approximately 4:30-5:00pm and if people from Maroondah are going will do a pickup in Ringwood. The cost will be from \$32 to \$36 depending on how many people go.

Our Trading Table

Each month it has been our custom to have a trade table. Members are encouraged to donate items to this table and all monies received will be passed on to our NSA Club. Should the items that you have donated NOT be sold, you are requested to TAKE THEM HOME with you and perhaps bring them to the following meeting.

To date we have mostly received books, videos and CDs however items such a pot-plants, ornaments, etc. are welcome. Something you are prepared to part with may well be just what another member wants so – please - may we encourage you to participate.



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The independent voice of senior Australians

Our Committee

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Committee	Tricia Kristenson	9876-4687
Speaker Organizer	Lenore Macdonald	9893-2032

General Committee

Jan Black	9870-8662
Tony Hampton	9876-1946
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The Next committee meeting will be April 26th at the Feeney's home commencing at 2:00pm.

If you are interested in attending any event in this newsletter please phone one of the Activities Committee above or e-mail peter@innsys.com.au

THE JOYS AND BENEFITS OF BEING ON THE COMMITTEE

As a member of our current NSA Committee I wish to encourage our members to volunteer to join our Committee. We require someone who will take on the role of Treasurer after our next Annual General Meeting as our current Treasurer has indicated that he wishes to retire at the next Annual General Meeting. We also seek 2 general members to join us.

Perhaps you have not served on a Committee before and may hesitate because of this. PLEASE - do not let this deter you. The task is not at all demanding, the Committee meetings are enjoyable and there is the bonus of getting to know one another even better.

There is pleasure to be derived by being on the Committee because you learn what is planned and have some input into the decision-making.

... *Lenore Macdonald*

Our Sponsors

The following businesses have supported us - we encourage you to support them.

Ritchies IGA Supermarket North Ringwood

Maroondah Sports Club *Your Friendly Community Club* www.maroondahclub.com.au

Mayerling Cellars Burnt Bridge Shopping Centre Maroondah Hwy Ringwood 9870-4928

Sofia's *Family Italian Restaurant* 99 Maroondah hwy Croydon 9725-6044