



# Maroondah Message

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## *Elizabeth Alger*

At our last meeting, Elizabeth Alger told us tales of her and a friend sailing with the Russian Tall Ships.

I always thought it was only crusty old sailors that liked ancient sailing ships but Elizabeth amazed us with tales of two young Australian women, paying out large sums of money and enduring ghastly Russian food, for the privilege of risking life and limb climbing to the top of tall masts and furling sails in raging storms.

It was also fascinating to hear how these ships originally carried Australian wheat to Europe.

Our next meeting is Monday May 1st at the RSL and features Alison Watson talking about "My Affair with Mr Myer".



## What is coming up:

- **May 1st** meeting at **Ringwood RSL** "My Affair with Mr Myer"
- **May 4th** walk from-Ringwood Lake
- **May 11th** dinner at Café Gigetto
- **May 18th** walk along Dandenong Creek to Heathmont
- **May 21st** bus trip "Around the Bay"
- **May 25th** coffee club at Myers Eastland
- **June 5th** meeting at **Ringwood RSL** "Customer Complaints"

## *COBA - Old Melbourne Gaol*



Ten of our members joined the COBA (Combined Branches) trip last week to the Old Melbourne Gaol and the State Library. Unfortunately there was a communications break down and we weren't advised that the two tours had been merged into one and so most of us missed out on our guided tour of the Gaol. Still Helen, who did make the tour, was able to fill us in on the details.

Unfortunately I didn't get any pictures of the State Library but if you haven't visited it since it was re-furbished and merged with the old museum you really should take the time to visit. It is free and located right next to a station. As well as being a magnificent building it has a wealth of interesting material on display.

Inside are details of future COBA events.



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### Walking Group - Thursday May 4th & 18th

May 4th we will start at 9:30 am at the Ringwood Lake car park off Mt Dandenong Road (Mel M49 K8) and walk around the lake and down to All Smiles in East Ringwood.

On May 18th we will be walking along the Dandenong Creek to Heathmont. We will be meeting at 9:30 at the car park at the end of Marlborough Road.

**Please note we have gone back to a 9:30 start.**

**Book with Rae 9876-1577**



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### Dinner Group - Thursday May 11th

Our very popular and successful evening dine-out group are eating every second month. Our **next dinner** is at

Cafe Gigetto - [ Italian ] BYO Wine Only  
104 - 106 Melbourne Hill Rd.  
[frontage to Warrandyte Rd.]  
Warrandyte

**Book with Tricia by May meeting (9723-9389)**

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### Lunch Group

On Wednesday 12th April we had a very enjoyable lunch at Kuranga Paperbark Café. The company and food were great and considerable interest was shown in the nursery and shop. Thank you Rae Janes for suggesting Kuranga.

The following are the lunch venues for the remainder of 2006.

Thursday 8th June - Ringwood RSL  
Wednesday 9th August - Sofia's Croydon  
Thursday 12th October - Smiles Café on the Course  
December is our Christmas break up.

**Lunch bookings at the meeting prior or by phoning Marion 9879-7235**

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### Coffee Club Thursday May 25th 2:00pm.

This month the Coffee Club are meeting at the coffee shop inside Myers Eastland. There is no need to book just come along for a cuppa and a chat.

## *Bus Trip - Around the Bay*

Our next Bus trip will be on **Sunday 21st May** leaving the Ringwood RSL at 9:00 am and returning at 5:00 pm.

We will be travelling to Queenscliff stopping for morning tea overlooking Corio Bay and the Geelong Foreshore. Then we will proceed to Port Arlington and have lunch at the Grand Hotel.

After lunch there will be time for a stroll around the town before we travel to

Queenscliff.

Then we will travel across the bay to Sorrento on the ferry (see picture on the right) and from there proceed home.

Even if you have done this trip many times in your own car you will be amazed how much more you see when you are sitting up in a bus.

This promises to be an excellent day enhanced by good food and company.

We still have spare spaces so

visitors from **other branches are welcome.**

The cost which includes lunch is \$39.

You need to book for this as soon as possible (preferably at the May meeting).

Bookings close on May 14th.

**Book with Gary Tatnell on 9725-0891**



## *COBA - Goldfields Railway Trip*

Your COBA organising Committee invites National Seniors Branch members to enjoy together a truly memorable day

**Wednesday 31 May 2006**

Victorian Goldfields Railway  
Castlemaine to Maldon and return.

The steam train departs Castlemaine at 12 noon, arrives in Maldon at 12.45 pm

Steam train departs Maldon at 2.00 pm, arrives in Castlemaine at 2.45 pm

YOU have time to look around the Maldon Station

OR 10 minute walk will take you in to Maldon township

A light lunch of sandwiches & cake with tea or coffee will be served on the train

The cost for the trip and lunch is \$26.00

It is possible to travel to and from Castlemaine by V-Line train from Southern Cross (Spencer St) Station, departing 10:15am and leaving Castlemaine at either 3:06pm or 4:47pm to get back at either 4:30pm or 6:12pm. This costs \$26.20 full fare or \$13.20 concession.

**Book and pay before 23rd May with Peter Feeny 9879-0622.**



## *COBA - Festive Season Lunch*

A Festive Season Buffet Lunch

A wonderful smorgasbord plus a glass of wine

**Thursday 23 November 2006.** 12 noon CURVE Restaurant, Vibe Savoy Hotel cnr Little Collins & Spencer

Streets, Melbourne

\$25 (Cost unchanged from 2005) A \$5.00 deposit ASAP is required to secure your booking.

Let's make this the traditional end-of-year event for members of National Seniors

Branches. The people that attended this event last year were very impressed.

**Book with Peter Feeny on 9879-0622.**



## National Seniors Association Maroondah-Ringwood Branch

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Visit us on the web at  
[www.seniorsmaroondah.com](http://www.seniorsmaroondah.com)

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## Our Committee

President:	Peter Feeney	9879-0622
Vice-President	Gary Tatnell	9725-0891
Secretary	Stephanie Mitchinson	9725-2181
Treasurer	Eileen McGregor	9876 3941
Policy Officer	Eileen McGregor	9876 3941

### General Committee

Jan Black	9870-8662
Marion Cairnduff	9879-7235
Rae Feeney	9876-1577
Helen Fox	9879-4058
Tricia Kristenson	9723-9389
Thelma Licheri	9727-4127
Rita Thomas	

The next committee meeting will be May 22nd at Helen Fox's home commencing at 2:00pm.

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## Focus Groups - Depression in Older People

In a timely sequel to last months article, where I explained that from time to time we are asked to find volunteers to help researchers by taking part in a focus group, we have been approached with the following.

Between May and August 2006, beyondblue: the national depression initiative will be conducting Australia-wide research to assess the impact of depression on people over 65 years.

They want to talk to people over the age of 65 who have experienced depression or people of any age who have cared for someone with depression.

The research will take the form of informal discussions (approx 2 hours duration) and be conducted in small groups in all capital cities.

For more information and/or to register your interest contact Marion Wilde on 03 9810 6100, email: [marion.wilde@beyondblue.org.au](mailto:marion.wilde@beyondblue.org.au) or write to PO Box 6100 Hawthorn West VIC 3122.

Information about beyondblue: the national depression initiative is available at [www.beyondblue.org.au](http://www.beyondblue.org.au)

## Tell Us YOUR Story!

I would like to add some interesting articles to this newsletter (and/or our web site) and it occurs to me that so many of our members have stories to be told which are of interest to our members. Many of us have lead very interesting lives or have gone on interesting trips which others would like to hear about. I know most if us are afraid of writing but putting down your experience in words can be rewarding. Why don't you try it!

You don't need to worry about spelling or grammar, I will check all of that and edit your article. All you need to do is put it down in writing and send it to me (preferably by e-mail but I will accept it handwritten). All my contact details are above.

...Peter Feeney