

April 2009

Volume 6 Issue 4



Maroondah Message

APRIL MEETING - Rod Ingham from the Yarra Riverkeepers Association spoke to us about his group.

The association is a relatively new group, founded in 2004 and is manned totally by volunteers.

They use their membership trying to restore and protect the health of the river, saving it for the use and enjoyment of future generations.

Rod's talk was very informative, giving many facts and figures, most of which were unknown to many of us.

For example, where the river begins, at Mount Gregory and flowing for 240 km; supplying both the Upper Yarra

and Sugarloaf dams, gradually winding it's way down to Port Philip Bay.

37% of the river is considered to be in very poor health and the river flow is now only 22% of the average flow over the last 40 years. This is due to both the drought and the higher demands of Melbourne's swiftly increasing population.

The healthiest spot on the river, for reasons unknown, appears to be Warrandyte, whilst from Heidleberg down it is the least healthy.

Rod encouraged people to consider joining the association to increase their voice in helping to protect this amazing natural asset.



At the May meeting Ken Jepson will be joining us to talk about bee keeping. He will also be bringing along honey for sale.

DATES TO REMEMBER

Saturday 2nd May at 9.30am - Breakfast at Cafe Abruzzo

Monday 4th May at 2.00pm - Monthly branch meeting at the RSL

Tuesday 5th May at 1pm for 2pm performance - Guys and dolls at the Karalyka Theatre

Wednesday 6th May at 10am - Lunch at the movies - 'The boat that rocked'

Thursday May 7th at 9.30 am - Walk at Ringwood lake

Tuesday 12th May at 7pm - Dine out at Piyada Thai Restaurant

Wednesday 20th May - Lunch at the movies - 'The Reader'

Thursday 21st May - Walk at Lilydale lake

Thursday 28th May - COBA Vic market visit - 10 am. [No official coffee group today.]

May Eats

Saturday May 2nd

Time 9.30am for breakfast at

Cafe Abruzzo

71b Wicklow Ave

Croydon

Next to Aldi / Coles carpark

For bookings - Judith on 9726 5494



No 'official' coffee group this month, however do meet up and enjoy if you are in the vicinity of Myers' Cafe

Tuesday May 12th

Time 7pm at

Piyada Thai Restaurant

412 Maroondah Highway

Croydon North

Licenced and BYO

For bookings contact Rita on 98761206

Finding Inner Peace

Some doctor on television this morning said that the way to achieve inner peace is to finish all the things you have started.

So I looked around my house to see things I'd started and hadn't finished and, before leaving the house this morning, I finished off a bottle of Merlot, a bottle of Chardonnay, a bottle of Baileys, a bottle of wum, a package of Prunglies, the remainder of bot Prozac and Valium scriptins, the rest of the Chesescke and a box of chocholets.

Yu haf no idr how fkin gud I fel rite now.

Peas sen dis orn to dem yu fee ar in ned ov inr pece.

Walking Group

Our walking group meets on the first and third Thursday of the month at 9.30am ; with an extra walk when there are five Thursdays in the month.

Our first walk this month is on Thursday May 7th at Ringwood Lake.

Meet at the Lake car park. Access to this is from Mt. Dandenong rd., down a driveway just before the Ampol petrol station when headed towards Ringwood.

This is a pleasant walk around the lake and up Dublin rd. into Railway Parade, East Ringwood, where we partake of morning refreshments at one of the local coffee shops. We then trace our steps back to the lake, sometimes doing a second circuit if energy and time allows.



Our second walk is on Thursday May 21st at Lilydale Lake.

Meet in the main Lake carpark off Swansea rd.

This is a medium length walk and is fairly flat.

After a circuit of the Lake we walk through to Hardy st. for morning tea / coffee and cake etc. before returning to the Lake. Once more, a second circuit is on offer for the more energetic , or if you wish to walk off morning refreshments!

For more information or to book in for a walk contact Judith on 97265494

Inclement weather : - If there is heavy constant rain or the temperature is over 25° at 9.00am [summer], then the walk will be cancelled.


LUNCH AT THE MOVIES

Meet in the foyer at Hoyts Eastland at 10 am. The cost is \$12 for the movie and a basket lunch. No need to book, just turn up and join the group.

As we missed an April production, we have got two movies on our May calendar.


May 6th
The Boat that Rocked [Loosely based on 'Radio Caroline'] [M]
 Philip Seymour Hoffman, Kenneth Branagh, Bill Nighy, January Jones, Rhys Ifans, Nick Frost

The Boat That Rocked is an ensemble comedy in which the romance takes place between the young people of the '60s and pop music. It's about a band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that, incomprehensibly, preferred jazz.



May 20th
The Reader, [MA15+]
 Kate Winslet, Ralph Fiennes, David Kross, Lena Olin

In postwar Germany, a teenager (David Kross) has a love affair with an older woman (Kate Winslet) who is hiding a terrible secret.



Payment required at May meeting for :-

Mooroolbark Theatre Production - Those who have not yet paid need to pay and collect their tickets - cost \$13

COBA trips -

Vic Market - There are still a few payments outstanding for this trip - cost \$22

Xmas in July - \$26 per head required



Thought for the month

What lies before us and what lies behind us are tiny matters compared to what lies within us

Queen Vic Market - Samples Tour

The Queen Vic tour starts at 10.00am at their Tour Centre 69, Victoria St. [which is off Peel Street]

The Tour ends around noon, so we get to sample produce along with a morning tea.

For those wishing to go in by train the 8.40 am from Ringwood arrives at Flinders St. at 9.23.am. A short walk is required down Flinders St. to the corner of Flinders / Elizabeth. Board a tram to the corner of Victoria St./ Elizabeth [No's 19 or 59] or the corner of Victoria/Peel st. [No. 57] . Otherwise,whatever arrangement suits.

MAROONDAH-RINGWOOD BRANCH

Correspondence to:- Stephanie Mitchinson - Secretary

National Seniors Association/Maroondah-Ringwood Branch PO Box 1181, Croydon, Vic 3136

Our Committee

General Committee

President

Peter Feeney.....9879 0622
email;- peter@innsys.com.au

Gino Barba.....9876 3619

Judith Griffith.....9726 5494

Vice-President

Helen Fox.....9879 4058

Tricia Kristensen.....9723 9389

Thelma Licheri.....98763770

Lyn Paten.....9729 8717

Secretary

Stephanie Mitchinson...9725 2181

Sandra Price.....9720 9797

Rita Thomas.....9876 1206

Treasurer

Eileen McGregor.....9876 3941

Newsletter contributions to :- Tricia Kristensen

Either at the meeting or by emailing to :-

tricialk@virginbroadband.com.au

Policy Officer

Eileen McGregor9876 3941

WEB www.seniorsmaroondah.com