



Inside this issue:

<i>Bushwalk</i>	2
<i>Coffee Club</i>	2
<i>Other Social Activities</i>	2
<i>Recognizing Stroke</i>	3
<i>Your Committee</i>	3

New Guinea

At our last meeting, Claire Wilkinson convincingly demonstrated how it is never too late to fulfil your dreams or to start a new career.

She fascinated all of us with the story of how late in life she had gone back to study in order to become a minister in her church and then how this had led to her working with their mission in New Guinea.

She provided us with new insights into the people and culture of our closest neighbour. Her tales of her time in New Guinea were educating and entertaining and her zest for life and learning were an inspiration to us all.



What is coming up:

- **February 2nd** walk in Warrandyte
- **February 7th** meeting at Ringwood RSL "My Life as a Cartoonist"
- **February 9th** Lunch at Smiles Café on the Course
- **February 16th** walk to Beasleys
- **February 23rd** the coffee club meet at Balsamic
- **March 6th** meeting at Ringwood RSL "History of Modern Magic"

Our Next Meeting!

Our next meeting will be on Monday February 6th at 2:00pm at our new venue the Ringwood RSL (16 Station St Ringwood). If you are not a member you will need to sign in, however you can for \$5 p.a. become a community member which will allow you access to the car park and entry without signing in as well as some discounts in the bistro.

Our speaker will be George Haddon who will talk about "My Life as a Cartoonist". Many of you will be familiar with George's work from the RACV magazines and travel books.



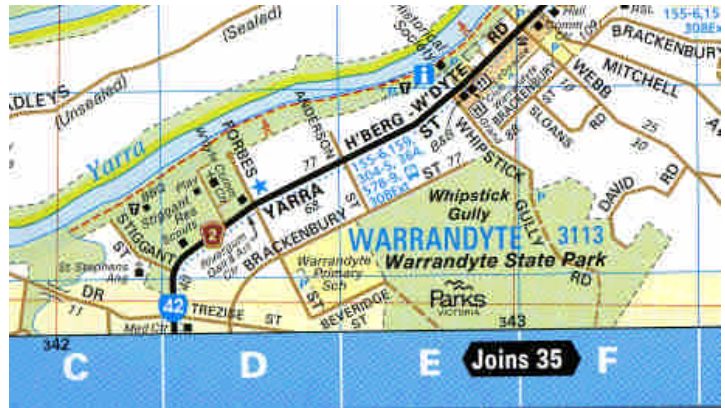
The aerial picture of the RSL came from the Maroondah Council web site, ask me how you can get a view like this of your house.

Walking Group - Thursday February 2nd & 16th

For Summer we are moving the time forward and the next walk (this Thursday) will start at 9:00 am from the reserve at the end of Stiggant Street in Warrandyte (Melway Map 23 C12). If you need a lift just let Rae know and please let her know you are coming.

On Feb 16th we will be walking to Beasleys from the car park behind the Hockey Centre off Reynolds Rd (Mel Map 34 G7). Once again it is a 9:00 am start.

Book with Rae 9876-1577



Our Dine-Out Groups

Our very popular and successful evening dine-out group are eating every second month as follows. The time for all nights is 7:00pm and bookings are essential.

Wed 8th March - Lakeside Café, Ringwood [Opp. Ringwood lake]

Thurs 11th May - Café Giggeto [Italian] - Warrandyte

Wed 12th July - Chiraag [Nepalese] - Ringwood

Thurs 14th September- De Fazio's [Italian]- Blackburn

Wed 8th November – Thai [Name to be advised]

Book at the meeting prior or by phoning Tricia 9723-9389

Lunch Club

Our next lunch will be on Thursday 9th February at 12:30pm at Smiles Café on the Course, Ringwood Golf Course on Canterbury Road Ringwood.

If you wish to join us please tell **Marion Cairnduff** at the next meeting or phone her on **9879-7235**. All Welcome.

COBA (Combined Branch) Activities

Friday 21st April Tour of Old Melbourne Gaol & State Library

10:30 or 11:30 am: Old Melbourne Gaol Tour \$7.00 Please arrive 15 minutes before tour start.

Lunch at own cost

2:00 or 3:00 pm one hour Library Heritage Tour (\$1 fee to cloak largish bags)

If you are interested in attending please book with one of our committee at the February or March meetings.

During the year the COBA committee have other events planned - more details in our next newsletter but keep free the following dates

Saturday 8th July - National Seniors 30th Anniversary lunch

Sunday 1st to Sunday 8th October - Victorian Seniors Festival

Thursday 23rd November - Festive Season Buffet Lunch

Entertainment books

We need to know as soon as possible if anyone wishes to purchase an entertainment book this year to establish if it will be worthwhile ordering a consignment. Please let Tricia know either at the Feb. Meeting or on 97239389 - Thanks

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Our Committee

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Treasurer	Eileen McGregor	9876 3941
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General Committee

Rae Feeney	9876-1577
Tricia Kristenson	9723-9389
Jan Black	9870-8662
Thelma Licheri	9727-4127

The Next committee meeting will be February 21st at Stephanie's home commencing at 2:00pm.

Stroke Recognition

We received the following and thought it worthwhile publishing ...

Stroke Recognition: Three Easy Questions

Last week my sister sent me one of those soppy internet stories about someone who had saved a friend's life. It ended with a plea that I pass it on to others so that others' lives might be saved. This one involved early recognition of a stroke by asking three simple questions. The whole thing looked suspicious to me, so I "**Snoped**" it, meaning I checked it out on Snopes.com, an invaluable resource on the web.

The advice in the story from my sister turns out to be not only correct but useful and easy. My wife has now printed off the symptoms and questions and posted them on our refrigerator.

The warning signs of a stroke are:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

The three easy questions are:

- ask the individual to smile.
- ask him or her to raise both arms.
- ask the person to speak a simple sentence.

If s/he has trouble with any of these tasks, call 000 immediately and describe the symptoms to the dispatcher.

For more information I recommend visiting:

www.brainaustralia.org.au/stroke
www.strokeassociation.org
www.betterhealth.vic.gov.au