

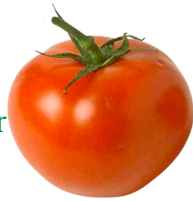
September 2010

Volume 7 Issue 9



September meeting

Keith Edwards of Diggers Seeds was our speaker this month. All agreed he was an excellent speaker; both entertaining and informative. It made us all consider what we are really eating when we tuck into our supermarket purchased vegetables. He explained that many insecticides were used and that they were all grown for appearance and durability for packaging and transportation. To illustrate his point he stood a brick on a couple of tomatoes, which didn't even sag. Most of the flavour is lost in the process. He went on to speak about the original strains of many of the vegetables.



Diggers have a range of 'Heritage seeds' which produce original vegetables, able to be grown 'true' from the seeds they produce for many years.

One of the best speakers we have had this year.

October Meeting

Bruce McBrien will be joining us to speak on Melbourne from 1930 to 1950

Trading Table

Help needed

Helen, who has been running the table, will no longer be able to continue in this role as she is now President. We are therefore looking for a member or members who would be willing to continue operating the table in 2011 and could assist in October and November.

It will then cease until the New year. Please take home your contributions. Any not claimed will be donated to an Op shop.



DATES TO REMEMBER

- Monday October 4th at 2.00pm - Club meeting at the RSL
- Wednesday October 6th at 12.30pm - Lunch at Thyme on the Terrace
- Thursday October 7th at 9.30am - Walk at Ringwood Lake
- Sunday October 10th at 2pm - Jazz at the Ringwood Bowls Club
- Wednesday October 13th at 10.00am - Lunch at the movies
- Wednesday October 13th - Seniors Expo at Eastland
- Friday October 15th - Trip to Bundoora Homestead
- Thursday October 21st at 9.30am - Walk at Lilydale Lake
- Thursday October 28th at 2.00pm - Coffee at Eastland
- Saturday October 30th at 10.00am - Breakfast at Moo Bar

October Eats

Wednesday October 6th at 12.30pm

at 'Thyme on the Terrace'

Shop 6, 238 Yarra rd. Warrandyte

Bookings - Rita on 9876 1206 or at the October meeting



Saturday October 30th at 10a.m.

Breakfast at Moo Bar

Bryce Ave Mooroolbark

For bookings Judith on 9726 5494



Our coffee

group will meet at Myer's Cafe at 2.00p.m. On Thursday October 28th

If you are in the vicinity, just pop in for a chat and enjoy the company, coffee [and maybe

cake].
No need to book



Xanthula Wrigley, has bravely undertaken a double knee replacement and is at present in rehab. Our very best wishes go to her; especially for the months of rehabilitation and hard work ahead. I'm sure that we will see you leading the walks in the coming

months!

If anyone knows of a member who is unwell; please let our welfare officer know [Anne On 9723 0649] or inform one of the committee so that we can pass on our best wishes

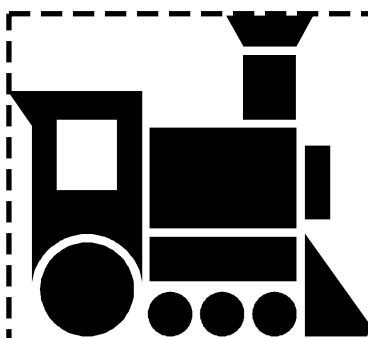
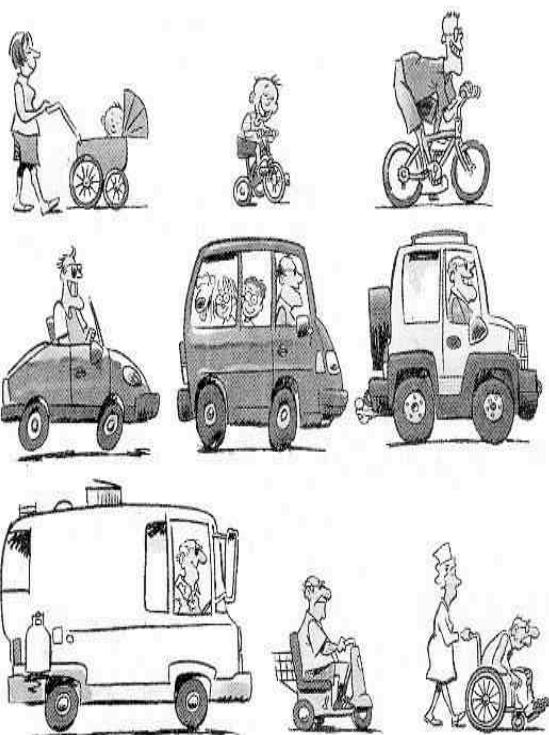
LUNCH AT THE MOVIES

Meet in the Foyer at 10am. Cost is \$12.50 for a basket lunch, including tea or coffee and the movie. No need to book. Just come along

Wednesday October 13th - South Solitary

Follows Meredith (Miranda Otto), unmarried and 35, who arrives at a remote lighthouse island in 1927 to assist her uncle Wadsworth (Barry Otto), in his newly appointed position as head lighthouse keeper. Bad weather and misadventure leave Meredith marooned on the desolate island with only the sullen and withdrawn assistant keeper Fleet (Marton Csokas) for company. A windswept and gently comic romance about the great human need for companionship.

The Wheels of Life



Geelong Train trip
Tuesday 16th
November
Departing Ringwood
at 8.51[2nd last
carriage if room].
and Southern Cross at
10a.m.

An option of leaving Geelong at either
3.33pm or 4.23p.m is available.

We plan to have lunch at the Wharf shed cafe
at Eastern beach.

If you put your name on the list, either at the
October meeting or online, be prepared to
bring your free travel voucher to the
November meeting as the Ref. No. is needed
before we can acquire the tickets.

Further details, regarding lunch etc. will be
given at the November meeting and in the
next Newsletter.

Walking Group

ATTENTION- As Judith is no longer organising the walks they will, for the moment, be self managed. Numbers have dropped and we hope to be able to revive interest, as in the past, these walks have been very much enjoyed by those participating.

If any member who attends regularly would like to act as a contact, this would prove very helpful.

The walks below will go ahead, if people attend, so do your best to be there.

Thursday 7th October is at Ringwood Lake

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

This is a pleasant walk around the Lake and up to Dublin rd. going into Railway parade, East Ringwood, for coffee, then returning to the car park.

Thursday 21st October is at Lilydale Lake.

Meet in the main Lake carpark off Swansea rd.

After a circuit of the Lake we walk through to Hardy st. for morning tea / coffee and cake etc. before returning to the Lake. An optional second circuit can be walked if wished.

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



Xmas Lunch

Monday December 6th at 12.30p.m.

This years lunch will again be at the Tokar Estate Winery. This choice is based on the results of a survey of members taken after the last xmas lunch and also after researching the price and availability of similar standard venues.



The cost will be \$37 p.p. which includes a two course meal main and dessert] with a glass of wine or soft drink ,tea and coffee . A list will be available for bookings at the October meeting or on the website.



Don't forget **Bundoora Homestead** coming up on Friday October 15th. This will be a car pooling trip, leaving from the rear of Sofias Croydon at 10.30a.m.
Also on Tuesday November 23rd or Thursday November 25th **The COBA Christmas Pantomime** at the Tivoli Theatre Restaurant. Cost \$28p.p.

MAROONDAH-RINGWOOD BRANCH

Correspondence to:- Anne Hamilton - Secretary

National Seniors Association/Maroondah-Ringwood Branch PO Box 582, Croydon, Vic 3136

Our Committee

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Tricia Kristensen.....9723 9389
Thelma Licheri.....9876 3770
Lyn Paten.....9729 8717
Sandra Price.....9720 9797
Rita Thomas.....9876 1206
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Newsletter contributions to :- Tricia Kristensen

Either at the meeting or by emailing to :-

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WEB www.seniorsmaroondah.com