

FEBRUARY, 2019

Volume 16, Issue 2



Maroondah Message

Dates to Remember

- **March 4**—Branch Meeting at Maroondah Sports Club
- **March 7**—Mullum Creek Walk
- **March 12**—dinner at Thai Ute
- **March 21**—Bayswater Walk
- **March 20**— Visit to Circus Oz
- **March 30**—Breakfast at Vue on Halcyon

FEBRUARY MEETING

Unfazed by some technical problems, Robin Williams, one of our long-time members, entertained us this month.

He was born in Exeter and educated in England, where he qualified as a mechanical engineer. After joining the British Air Force, Robin worked with the ground crew of Bomber Command, repairing and maintaining fighter aircraft during WW2.

Robin was seconded to work in Australia for the Gas and Fuel Corporation and several years later migrated, with his wife Shirley, to continue his career in the gas industry.

Although a keen lawn bowls player, Robin's passion has been the game of Cricket. He is a regular volunteer guide at the MCC Museum.

As well as many trips back to the UK, Robin and Shirley have travelled extensively, here and abroad.

Thank you Robin for sharing your most interesting life story.



Our first coffee gathering for 2019 will be held on **Thursday, March 28, 2:00 p.m.** at **Degani Café, Eastland**. This is situated in the same place as the former Café Zukka on the ground floor near the rear entrance to Myer.

NEXT MEETING

Our next meeting will be on **Monday, March 4** at Maroondah Sports Club, Mt. Dandenong Road, Ringwood beginning at 2:00 p.m.

Entry to members and visitors begins at 1:40 p.m. Entry cost is \$4 which includes afternoon tea and entry into our lucky door prize competition.

Our speaker at this meeting, **Bev Moss**, will talk about her experiences as an air hostess during the 1950s. Those who have heard Bev talk previously about her experiences at Buckingham Palace and in New York will look forward to another entertaining and, at times, humorous presentation.

WALKING GROUP

Beginning at 9:00 a.m.

Thursday, March 7— Mullum Mullum Creek Trail Reverse Walk— Meet in the Ringwood Lake car park—entrance is next to the service station on Mt. Dandenong Road. We walk along the Mullum Creek trail to Club Ringwood where refreshments will be enjoyed. Following refreshments we walk back along the trail to Ringwood Lake.

Thursday, March 21—Bayswater Starting out from the car park at H E Parker Reserve in Heathmont (Melways Map 64 C2). This is an easy treed walk about 35 minutes each way.



Please note arrangements for extremely hot or wet days: We will meet at the usual meeting place for the walk of the day and then drive to the café we would have walked to.

Please contact Peter Feeney, 9876 1577, for more details about any of the walks.

Dine-outs Coming Up

Breakfast: Saturday, March 30 at 9:30 a.m.—Vue on Halcyon, Uplands Road, Chirnside Park.

Breakfast bookings can be made on line or by phoning **Judith Griffith on 0413472697.**

Dinner: Tuesday, March 12 at 7:00 p.m.—Thai Ute, Railway Avenue, Ringwood East.

Dinner bookings can be made on line or by phoning **Kathleen Jackson on 9723 4919.**

In the event that you book for a dine-out and are unable to attend, please let the person responsible for the booking know as soon as possible.



MORNING MELODIES



At our March meeting Peter Feeney will collect payments for the April 7 Morning Melodies presentation, **Practically Perfect**. This is the final payment date for this session. You can also pay for any future Morning Melodies for which you have booked.



IN SYMPATHY

Our condolences go to Gail Arkins whose husband, John, passed away recently after a long illness. We send our best wishes to Gail and hope to see her back at our functions before too long.

NEAMI NATIONAL IS OFFERING

free group workshops to improve your wellbeing

Details are as follows:

Ranging from one-off sessions to six-week programs, Our evidence-based group workshops provide practical knowledge and resources to improve mental health and wellbeing. Workshops in March, April and May include:

- Introduction to Mindfulness
- What is Wellbeing?
- Panic Attacks
- Flourish
- Self Compassion
- Creating Change
- Healthy Relationships
- Coming to Our Senses: Using the Senses to Improve Health and Wellbeing
- Stress Monster

All workshops are free. Go to their website www.neaminational.org.au or call **86915450** for further details and bookings

SCAM WATCH



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**MAROONDAH-RINGWOOD
BRANCH**

Correspondence to:
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Contributions to the Newsletter

Carol O'Brien
at the meeting or emailing to:
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Visit us on the web at:

www.maroondahnationalseniors.org.
au

OUR COMMITTEE

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GET WELL WISHES...

to all our members who are unwell. If you know of anyone who is sick at home or in hospital please contact our Welfare Officer, **Anne Hamilton** on 0408 382 608 so that she can send them personal messages.



CIRCUS OZ VISIT—WEDNESDAY, MARCH 20

We have now received the good news that this visit is in fact **FREE**. Those who have paid \$30 will receive a refund as detailed in Peter Feeny's email.

There are still a few places available for the visit so if you would like to go you can book online or at the March meeting.

Travel will be by the 9:09 train from **Ringwood Station** to Parliament station and then by the number 86 tram to Stop 19. Take the second last train carriage from the rear.



<https://www.facebook.com/nsamaroondah/>



.....to those members who celebrate their birthdays in March:
Robin Williams (6th), Joe Licheri (13th), Lyn Paten (18th), Rod Fox (30th)