

September, 2014

Volume 11, Issue 9



Maroondah Message

Dates to Remember

- **October 2**— Walk at Ringwood Lake
- **October 6**—Branch Meeting at Maroondah Sports Club
- **October 16**—Walk at Lilydale Lake
- **October 19**—Afternoon Tea at Bona Vita
- **October 28** - Lunch at Banksia Nursery Cafe
- **October 30** - Walk at Warrandyte

NEXT MEETING

Our next meeting will be held on Monday, October 6 at Maroondah Sports Club. Our guest speaker will be Mr. John Harrison who is the apothecary at Sovereign Hill in Ballarat. John is also a horticulturalist and he will speak about plants and their beneficial properties. John will discuss natural remedies that were used on the 1860s goldfields and will have on hand a variety of these which he will explain. He is recommended as a most entertaining speaker.



SEPTEMBER MEETING



At our September meeting we welcomed Karen from Assistance Dogs Australia and her partner Frank. Karen was also accompanied by her very clever assistance dog, Gypsy, who does her very best to make Karen's life as easy as possible. As Karen is unable to walk, Gypsy assists with tasks such as picking up objects, opening doors and switching on lights.

Apparently one of Gypsy's favourite times of the week is washing day, when she assists Karen by removing articles from the washing machine. It was very moving to see the excellent rapport and friendship between Karen and Gypsy.

Karen and Frank have a very busy life, frequently speaking to groups such as ours, so that Gypsy can be required to walk up to eight kilometres a day. Karen also assists at a primary school listening to students, who lack confidence, read to her and Gypsy. If Gypsy could speak she would say, 'We're partners, Karen and I. I watch her back and she scratches mine.'

Karen waited for two years before receiving her helper but obviously it was well worth the wait. Assistance dogs like Gypsy cost \$25,000 to train and Assistance Dogs Australia does not receive government funding assistance, so all donations that they receive are very much appreciated.



As this meeting was our 10th Birthday celebration, we enjoyed some delicious birthday cake thanks to Trish Nixon's organisation. John Hogan shared his birthday with our branch, celebrating his 70th birthday on our meeting day, and having the pleasure of blowing out the candles.

IMPORTANT NOTICE

Members are requested not to enter the meeting room prior to 1:40 p.m. This allows the Committee members and staff time to prepare the room and set up any equipment that is required. It is difficult to manage the room preparation with other enthusiastic members in attendance and creates the potential to cause accidents or injury. If you arrive early for the meeting please make yourself comfortable in the lounge area of the Maroondah Club.

MAROONDAH SPORTS CLUB



If you are not already a member of Maroondah Sports club, join up to save yourself the hassle of signing in for every meeting. There are significant benefits for members including 10% discount on bar prices as well as special members' nights with a host of giveaways. Membership costs \$16.50 single and \$22.00 double. Find out more at: www.maroondahclub.com.au

WALKING GROUP

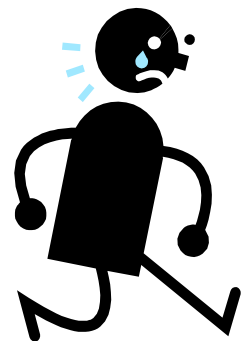
Thursday, October 2 - Ringwood Lake Walk Meet at the Lake car park. Access to this is from Mount Dandenong Road, down a driveway just before the Caltex petrol station, when heading towards Ringwood. This is a pleasant walk around the lake and up to Dublin Road into Railway Parade, East Ringwood, where we partake of morning refreshments at one of the local coffee shops. We then retrace our steps back to the lake. A second circuit of the lake can be completed by the more energetic.

Thursday, October 16—Lilydale Lake Walk Meet in the car park off Swansea Road, Melways Ref. 38G7

Thursday, October 30—Warrandyte. Meet at the car park at the bottom of Stiggant Road, Melways Ref. 23 D12. We head along the river trail as far as the *Stonehouse* café before returning to the car park, stopping along the way for a break at a choice of coffee shops.

If there is heavy rain the walk will be cancelled and we will meet at Café Zukka in Eastland at the rear of Myer, near the stage, for coffee at 9:30 am. Current regular walks begin at 9:30 a.m.

Please contact Mel 9870 1597 for more details about any of the walks.



BRANCH CHRISTMAS LUNCH - WILD CATTLE CREEK ESTATE

THURSDAY, DECEMBER 18



Our special Christmas Lunch at Wild Cattle Creek Estate promises to be a most enjoyable occasion as reviews and feedback about the restaurant are excellent.

The estate is situated at 473 Warburton Highway, Wandin North and the venue is available from 12 noon until 4:00 p.m. so there will be plenty of time to explore the winery estate following lunch.

The cost for lunch is \$49 which includes a two course meal—main with bread rolls followed by dessert, concluding with tea and coffee. There will be a separate charge for other beverages.

Don't miss out—book online or at the October meeting.

If you require transport let a Committee member know.



Dine-Outs Coming Up



Lunch: *Banksia Nursery Café* (see photo), 530 Burwood Highway, Wantirna South—Tuesday, October 28, 12:30p.m.

Afternoon Tea: *Bona Vita Restaurant*, Chirnside Park (in the Reading Cinema complex), Sunday, October 19, 2:00 p.m.

Bookings can be made on our web site, at the October meeting or by telephoning **Trish Nixon** for lunch bookings or **Judith Griffith** for afternoon tea bookings.

IMPORTANT REMINDERS

Please remember that it is most important, if you have booked for an event and are unable to attend, that you cancel your reservation as soon as possible. It can cause embarrassment to the organizer if people who have booked do not attend and the venue has prepared for a larger group.

If you need to cancel a booking that you have made for a **lunch** or **dinner** dine-out, please contact Trish Nixon on **9725-5883**. For **afternoon tea** please contact Judith Griffith on **9726 5494**. **Please do not call the venue yourself.**

Also, don't forget to bring along enough cash to pay for your share of the bill as credit card payments are not acceptable, due to many establishments not accepting bill-splitting.

MAROONDAH CITY COUNCIL

SENIORS WELLBEING EXPO

To celebrate the Victorian Seniors Festival, Maroondah City Council is hosting a Seniors Wellbeing Expo on Thursday, 23 October, 9am to 4pm at Eastland Shopping Centre.

Stalls will include U3A Croydon and Ringwood, **National Seniors**, Council of the Ageing, Centrelink, Maroondah Community Houses, Red Cross, Salvation Army, EACH, Alzheimer's Australia, Parkinson's Victoria, Eastern Community Legal Centre, Maroondah Based Senior Social & Activity Groups, Calvary Silver Circle, Bapcare, Uniting Care Life Assist and other providers of services to seniors living in Maroondah.

Special guest AFL Legend Stephen Kernahan

The highlight of the event will be the chance to hear Stephen Kernahan, AFL Legend and President Carlton Football Club, discuss the benefits of keeping fit and healthy as you grow older. Stephen will be on stage at 1:00pm.

National Seniors Maroondah-Ringwood Branch will be staffing a display so if you have an hour or two to spare please telephone Peter Feeney on 9879 00622 or speak to him at the next Branch meeting.

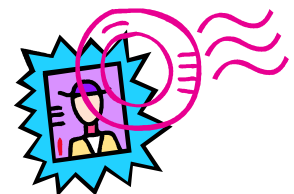
NSA VICTORIAN OFFICE THURSDAY LECTURES

These are held at 2nd Floor, Block Court, 290 Collins Street, Melbourne. This is a separate entry to Block Arcade. Look for Lift 4 just before Hunt Leather. Sessions are from 11.00a.m.—12.05p.m. with free morning tea.

16th October—Arnold Bates, Chairman Victorian Policy Advice Group "The Victorian Election—Issues for NSA members"

POSTAGE STAMPS

Don't forget to pass on your used postage stamps to Helen Fox whose friend collects them for charity. This is an ongoing collection. Many thanks to those people who have already contributed.



MAROONDAH-RINGWOOD BRANCH

Correspondence to:
 Secretary
 National Seniors Australia
 PO Box 582
 Croydon, Vic 3136

Contributions to the Newsletter

Carol O'Brien
 at the meeting or emailing to:
 carol.obrien6@gmail.com

Visit us on the web at:

www.seniorsmaroondah.com

Our Committee

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Carol O'Brien 9722.9870

Treasurer:

Peter Feeny9879 0622

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Helen Fox9879 4058

General Committee:

Anne Hamilton9723 0649

Judith Griffith9726 5494

Anne Keegel9879 0323

Mel Lawrence9870 1597

Kathleen Jackson 9723 4919

Gilda Lawrenson 9870 081

DATES FOR YOUR DIARY



Tuesday, October 7 —The Swing Spectacular, Melbourne Town Hall, followed by dinner at the Swiss Club, 89 Flinders Lane, Melbourne.

Thursday, October 23—Seniors Wellbeing Expo, Eastland Shopping Centre—9:00a.m.—4:00 p.m.

Wednesday, November 19, 1:00 p.m.—Les Miserables, Her Majesty's Theatre, Exhibition Street, Melbourne.

Thursday, December 4—COBA Christmas Lunch at Sky High, Mt. Dandenong

Thursday, December 18—Branch Christmas Lunch at Wild Cattle Creek Estate, Wandin North.

Don't forget, if you need transport to a meeting or social outing, just call a committee member.

If you know of a member who is unwell, please let us know so that we can send our best wishes. Call the President, Helen Fox on 9879 4058 or Secretary, Carol O'Brien, on 9722 9870.



COFFEE GROUP

Our regular fourth Thursday coffee event will be held at Café Zukka, at 2.00p.m. in Eastland, near the stage at the rear of Myer. No need to book, just come along for a friendly coffee, chat and perhaps a cake. Members and friends welcome.

Thursday, October 23



TRADING TABLE

Keep your donations coming for the trading table. It is good to know that proceeds from your donations and purchases directly benefit our Branch. Some of the proceeds this year will go towards making up special hampers for door prizes at our Christmas Lunch at Wild Cattle Creek. Bring along your pre-loved, later edition novels, excess garden produce and knick knacks.

