

Greensborough Gossip

Greensborough Branch Newsletter

Branch No. 100133 Incorporation No. A0044936A

NOVEMBER 2017

PRESIDENT'S REPORT

Dear Members,

March 2018 Branch Meeting:

Members, please be advised that due to the number of Committee and general members going on the Tasmanian trip we will need to cancel the March branch meeting.

I have attempted to move the meeting to another date, but unfortunately the RSL has other groups booked in for March and cannot accommodate our request.

Parking Problem:

As most members would be aware, we place a "Reserved for Speakers" sign in one of the RSL carparking bays on meeting days. This is so the speaker has an accessible carpark when they arrive at their designated time.

Unfortunately we have had a couple of occasions recently where the sign has been removed and someone has parked in that spot. At our October meeting our speaker was driving around trying to find a carpark and when we discovered this I had to go down to the carpark and move my car to free up a space for him.

If you notice anyone moving the Speaker Sign, could you please let me know. I have notified RSL management of this problem so hopefully the situation can be rectified.

Survey Results:

At the October Branch meeting we conducted a survey of members for various trips and tours for 2018. We received 52 responses and the most popular results, in order of preference, were as follows:

Overseas Trips:

* Japan & Canada/Alaska - equal nos.

* European Cruise

Extended Trips:

* Canberra Floriade & Merimbula (Sapphire Coast) - equal nos.

* Warrnambool (Shipwreck Coast)

Day Trips:

Nagambie Lake Cruise, Goulburn River Cruise, Trentham Bakery/Timber Benders, Werribee Mansion & Zoo, Mystery Tour.

It must be remembered that when researching tours and trips many factors need to be considered, e.g. length of tour or trip, what's included, time of the year that the tour is conducted, airfares, type of cabin and location on ship. Sometimes we see what looks to be a good price, but on reading the fine print we discover the time of year is not desirable or it does not have all the inclusions we are expecting. We must compare 'apples to apples', not 'apples to oranges'!

Xmas Lunch (William Angliss) & Xmas Branch Dinner Dance:

The **November meeting** is the last opportunity for members to put their names down for the above two events. To date our numbers are disappointing. In past years the William Angliss Lunch has been well supported, but this year more members from other branches are attending than from Greensborough. Also our Dinner Dance is down on numbers from previous years. It may be that these activities are past their due by date and we may need to replace them with other activities.

Regards, Bob Goodyear

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Management Committee
2017/2018

President/Activities Officer/Zone 121

Chairperson

Bob Goodyear 9435 2529

Mobile No. 0488 996 368

Vice President/Activities Officer

Peter Oaten 9434 6795

Treasurer/Social Committee

Lorraine Oaten 9434 6795

Secretary / Newsletter Editor

Marlene Goodyear 9435 2529

Email: r.m.goodyear@bigpond.com

Publicity & Communications Officer/Branch Meeting Manager

David Hewett 9459 0653

Email: dfhewett01@bigpond.com

Membership Officer/Zone 121 Dep Delegate

Ken Pickett 9435 0076

Fundraising Officers

John Brook 9432 1695

Ian Schuck 9434 3839

Asst. Membership Officer/Travel Committee

Coordinator

Marg Wood 9438 4219

Speakers Sub-Committee

Jim Kindness 9469 4469

Bob & Marlene Goodyear, Gaylynn Pinniger

Welfare Officer

Judy Harvey 9401 6752

Door Attendants/Registration

Barbara Crosling 9435 5020

Anne Schuck 9434 3839

Travel Committee:

Marg Wood - **Coordinator**

Bob Goodyear, Marlene Goodyear, Lorraine Oaten, Ian Schuck

Speakers Gifts & Door Prizes, Coffee Club Coordinator - Gaylynn Pinniger

Book Exchange Coordinator - Ken Pickett

Branch Auditor - Tom Cleary

Past Presidents:

Christina McDonald - 2003/04

Greg Fallon - 2004/07

*Branch Xmas
Dinner Dance*

Tuesday 12 December 2017

6.30 pm — 10.00 pm

Theme: "Hollywood Nights"

Entertainer - Steve Lawson



To members who are unwell or recuperating, your friends at the Greensborough Branch are thinking of you and send best wishes for a speedy recovery.

(If you know of any member who is unwell, please contact our Welfare Officer, Judy Harvey, on Tel: 9401 6752 or by email: judyh43@tpg.com.au)



To those celebrating a birthday this month



**Greensborough Branch
Email, Website, Mail
Zone Website**

Greensborough Branch Email Address:
greensboroughnationalseniors@gmail.com

Greensborough Branch Website:
www.greensboroughnationalseniors.com.au

Mailing Address:
Box 838, Macleod Post Office, Macleod 3085

Zone Website:
www.vicbranches.org.au

COFFEE CLUB



Wed 6 December - 10.00 am

Vorea@Polaris Cafe

2-6 Copernicus Crescent
Bundoora
(Polaris Shopping Centre)

Tel 9468 5053

Coordinator:

Gaylynn - Tel: 9458 2603



Walking Club



Walkers meet **most Tuesdays** at 9.30 am at the Henry Street end of Greensborough Memorial Park (*except on **Branch meeting days** when the group walk on **Wednesday***).

On 1st Tuesday of the month:

Meet at Kalparrin (opp. Skateboard rink).

On Last Tuesday of the month:

Meet at Bottom Car Park, Lower Plenty Hotel, Main Road, Lower Plenty.



Confused ???

Contact Coordinator:

Ken Pickett - Tel: 9435 0076

LUNCH CLUB



There will be no Lunch Club in December or January.

Lunch Club will resume in February 2018.

Low Impact Walking Club



NOT UP TO HILLS?

Walkers meet Tuesdays at 9.30 am at **Willinda Park Athletics Track**, end of Nell Street, Greensborough (*except on **Branch meeting days** when the group walk on **Wednesdays***).

On the last Tuesday of the month the group meet at 9.30 am at the **Lower Car Park, Lower Plenty Hotel** for a gentle walk.

DINNER CLUB



There will be no Dinner Club in December or January.

Dinner Club will resume in February 2018.

Seeking Golfers (Good & Bad)



A group of Greensborough branch members play golf on Mondays commencing at 9.00 am at **Strathallen Golf Club**, 100 Main Drive, Bundoora.

Cost - 9 holes: \$17.00/pp for Seniors

If you are interested in joining us for a game you would be most welcome.
*For further information - please see **Ian Schuck** at branch meetings or phone **Ian** on 9434 3839.*

UPCOMING BRANCH EVENTS



Branch & COBA Activities

Reminder to members: \$20.00/pp deposit required when placing your name on an activity list.

Wednesday 29 November - Christmas Lunch at William Angliss Catering School (Zones 106 & 121): Located at 555 Latrobe Street, Melbourne. Time: 12.00-3.00 pm. Own transport. 3-course Lunch. Cost: \$36.00/pp.

Tuesday 12 December - Branch Xmas Dinner Dance - Greensborough RSL Function Room: Time: 6.30-10.00 pm. 3-course Dinner + Entertainer. Cost: \$35.00/pp. This year's theme is "Hollywood Nights". Come as your favourite movie star or movie character (some of you may be able to recycle previous year's outfits - we remember Charlie Chaplin, Elvis & Carmen Miranda attending previous Xmas functions) or come along dressed to "Walk the Red Carpet" at the Oscars. (As always 'costume dressing' is optional.) *Members can book at table or part table.*

Please book early for this event as it helps the committee to plan table decorations, props, etc.

See Activities Desk or contact Peter Oaten Tel: 9434 6795 / Bob Goodyear Tel: 9435 2529.

TASMANIA 12 DAY TOUR - 19-30 MARCH 2018

We have received all deposits and now have 42 people going on the Tasmanian Trip - all are going on the 'Spirit of Tasmania'.

The final payment is due by Tuesday 16 January 2018 (January branch meeting) at the latest.

The trip runs from Monday 19 March (pick up at Memorial Park Greensborough at 4 pm) and concludes on Friday 30 March (ship arrives Port Melbourne approx. 6:30 am and then transfer back to Memorial Park Greensborough).

Tony & Debbie Balcombe of Spirit Travel & Tours are doing a presentation at our November meeting.

Thanks. ***Ian Schuck, Travel Committee***



University of Melbourne Knee Arthritis Studies

Volunteers are needed for two studies into Knee Osteoarthritis. See below a summary of each trial, together with a link and contact details:

- 1. The TARGET Trial:** This trial is comparing two different exercise programs to assess their effect on pain and function for knee pain. As part of this trial all participants will visit a physiotherapist 5 times to have their exercise program prescribed and tailored. Participants will also complete this program at home 3-4 times each week for 9 months. Exercise equipment will be provided. For more information and to register your interest, please visit: targetkneestudy.com.au or email: alexander.kimp@unimelb.edu.au / call: (03) 8344 3109
- 2. The FOOTSTEP Trial:** This trial is evaluating the use of readily available off-the-shelf shoes on knee pain. Participants will be randomly allocated to wear either of two classes of shoes for 6 months. Participants will get to keep the shoes at the end of the study. For more information and to register your interest, please visit: www.footstepstudy.com.au or email: penelope.campbell@unimelb.edu.au



TREASURER'S REPORT

Lorraine Oaten

Balance as at 01/10/2017	17,428.39
Plus Income	
Beleura House & Gardens	820.00
William Angliss	651.00
Xmas Dinner	1,235.00
Tasmania Tour 2018	5,370.00
Grapevine Credits	4.00
Membership	72.00
Attendance	300.00
Raffle	134.00
Total:	8,586.00
Less Expenditure	
Refunds Beleura Gardens	-82.00
Refunds City Sights Tour	-81.00
Membership	-72.00
Gossip Printing	-67.20
Door/Speaker gifts	-13.90
Travel Expenses Guest Speaker	-30.00
Bank Charges	-1.40
Total:	-347.50
Balance as at 31/10/2017	25,666.89



Members visited Beleura House & Gardens in November. The plant they are photographed with is Doryanthes palmeri Benth (commonly known as Giant Spear Lilly). This is the first time it has flowered in 17 years.



'CHRISTMAS SONGS OF PRAISE' YOU ARE INVITED.....

This completely **FREE EVENT** is open to everyone and includes a **HUGE AFTERNOON TEA**. Please spread the word, bring your friends and enjoy this wonderful afternoon with us.

SUNDAY 3 DECEMBER – 2.00 pm (1:30 pm for pre-show program)

Venue: DIAMOND VALLEY BAPTIST CHURCH, 309 DIAMOND CREEK RD, PLENTY

The program will feature our much loved soloist **Amanda Tuohy**, other wonderful guests, group hymn singing. Amanda will bless us with her wonderful voice and beautiful artworks. Amanda hopes that her art can help inspire people and open their eyes and hearts to the wonder and beauty that is all around us.

Enjoy the rich baritone voice of **Pastor Chris** as he shares several songs with us accompanied by his wife **Susan** on piano as well as **Dr Geoff**.

The program will be started by our pre-show performer Dr Geoff who will play his amazing keyboard instruments, and rounded out with guests from throughout the year, **group hymn singing**, as well as regulars **Dale Philip** and **Dr Matthew Field** who will share their musical gifts with us.

The pre-show entertainment will also feature the **Songs of Praise Band** led by **Reg Gore**.

'Songs Of Praise' is an initiative of the Diamond Valley Baptist 'Women In Focus' Group.

We look forward to seeing you and your friends on the 2nd of December.

For further enquiries please contact the honorary organiser:

Dr Matthew Field - Mob: 0416 190 539 Email: office@matthewfield.com.au



Walking Club members in their Cup Day hats!



The Dinner Club held their last dinner for the year at "The Meadows". This event was organised by Bev Sharp and she is pictured with the winners of the sweep she organised on the night - (3 equal firsts - L to R, Peter, Howard & Phillip). As always another excellent night, thanks Bev.

NOTICE BOARD



Are you planning to visit Thailand?

Member, **Marg Wood - Tel: 9438 4219**, is a regular visitor to Thailand and would be happy to advise you on:

- **The best shopping places.**
- **Where to buy tailor-made suits.**
- **Pitfalls for tourists.**
- **The wonderful, exciting experiences you can have.**

A must visit is to Kanchanaburi (the Thai Burma railway, the Bridge on the River Kwai, tigers living with monks, elephant rides & beautiful scenery).

Do not pre-book a tour from Australia for Kanchanaburi - you can do so much better if you deal directly with a local travel agent.



BOOK EXCHANGE & CRAFT BOOK EXCHANGE

We operate a **Free Book Exchange** on Branch Meeting days. We ask only that you return the books to the Branch when you have finished reading them so that other members may have the opportunity to borrow the books.

(Tables are set up at the rear of the function room.)

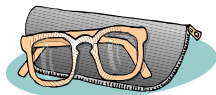
Coordinators for this activity are:
Ken Pickett — Book Exchange
Lois Williams — Knitting/Craft Patterns



WANTED OLD 'ELECTRIC BLANKETS' Any Size for my Wildlife Rescuer friends

They don't need to be in working order as I will strip out the wires before passing them on. I will collect, or you can bring them to the next branch meeting.

Thank you, **Carolyn Matthews - Mob: 0407 094 318**



Spectacles & Sunglasses

The Fred Hollows Foundation uses second-hand spectacles and sunglasses to improve the sight of people in deprived communities in our Far North & Australian Islands.

You can assist by bringing along no-longer-used specs/sunglasses. *Cases for specs/sunglasses are also needed.*

Member, Lorraine Callow, will be happy to collect them at Branch meetings.

Garden Workshop Bunnings Eltham



Members are invited to attend the Bunnings Garden Workshop held in their Eltham store on 1st Thursday of the month at 10am - 12.00 noon. There is free morning tea. The topics are interesting and informative, with guest speakers and everyone has a lot of fun.

Bookings are required, for catering purposes - please contact:

Helen Philp, Activities Organiser—Tel: 9430 0100



Anyone for Tennis?

If you are interested in playing social tennis in a very relaxed atmosphere on a Monday morning, between 9.30 am — 12 noon, please see **Glenda Sundstrom (Tel: 9435 4755)** or just turn up (weather permitting) at approx. 9.30 am for a game. The only criteria is that correct tennis shoes must be worn.

Cost is \$3.00 per morning (incl a cuppa & biscuit).

The courts are located at the rear of the **Diamond Valley Baptist Church, 309 Diamond Creek Road, Plenty (Melways 11D7).**



Banyule Men's Shed

Do you know men with spare time and skills to share?

Men who enjoy tinkering with tools or getting their hands dirty in the garden?

Well, the Banyule Men's Shed is looking to recruit men to volunteer and be part of the shed.

At the shed, you're free to work on your own projects or help others work on community projects.

To get involved or find out more: **Call 9450 2000 or drop in any Monday 1.00 - 3.00 pm Cnr St Hellier & Edwin Streets, Heidelberg Heights**

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Old Colonists' Association of Victoria

"Currie Park Estate"
58 Weir Street, Euroa

"Currie Park Estate" is situated at the foothills of the Strathbogie Ranges, in the Euroa township, adjacent to Euroa Hospital.

Comprising 20 self-contained independent living units & 8 fully serviced apartments it is the ideal environment for independent seniors to enjoy a quality lifestyle in a safe & caring environment.

We currently have a vacancy in our independent living units.

This is the perfect opportunity to become part of a vibrant community. Accommodation is affordable to all Victorians regardless of their financial situation.

To arrange an inspection, please contact:
Pauline Walters on 5795 1822

Or for further information, please contact:
Karen Ernest on (03) 9433 1100



Old Colonists' Association of Victoria

is a charity serving elderly Victorians needing affordable, safe, dignified independent community living and appropriate, practicable continuing care.

Located at 339 St Helena Road, St Helena is an 81 bed Residential Aged Care Facility, incl 1 Respite Room.

Our facility "**Liscombe House**" comprises 3 sections:

- **Liscombe Wing** - 39 rooms
- **Currie Wing** - 22 single rooms, 4 double rooms located within a totally secure unit
- **Anne Jeffery Wing** - 12 rooms (dementia specific) located within a totally secure unit.

For all enquiries please contact:
Residents' Coordinator - Karen Ernest on 9433 1100