

Greensborough Gossip

Greensborough Branch Newsletter

Branch No. 100133 Incorporation No. A0044936A

SEPTEMBER 2015

PRESIDENT'S REPORT

Dear Members,

Annual General Meeting:

The Greensborough Branch has received 14 nominations from members for the 2015/2016 Committee.

At the AGM the present committee will stand down from their position. For the past few years the branch has operated with 13 committee members. However I have noticed that the committee has needed to request assistance on various occasions from branch members to fill in for absent committee members. People on the committee love to travel!

Therefore we have made a decision to increase the committee from 13 to 14 members.

There will of course be times when we will need to call on the rank & file members to assist and I am sure they will be happy to fill in when necessary.

We also have a number of members who act in what we call non-committee roles and these are listed on page 2 of the newsletter.

Two vacancies on the management committee have been created because Peter & Lynne Maw have stepped down after more than 10 years of service. Both have devoted much time, effort and energy to the branch. Lynne has been very diligent on the front desk, whilst Peter has used his expertise in publicity, maintaining our website and making sure that the latest branch information is available to our members.

Of course Lynne & Peter will still be attending branch meetings and we know they will enjoy the experience of being 'one of the crowd'.

Blue Mountains Tour:

We will have a report on the Blue Mountains in the October newsletter as due to time constraints Marlene had to prepare this newsletter prior to the trip.

LaTrobe University Survey:

"A National Survey on Sex and Relationships Among Older Australians"

A project team from La Trobe University has approached our branch and enquired whether members would be interested in filling in the survey. This is the first Australian study to explore the sexual health of older Australians.

All answers will be kept confidential. Completing this survey is also anonymous; you will not be asked to provide your name or address.

If you are interested we have 10 copies of the survey available on the business table at the branch meeting.

Regards, Bob Goodyear

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Management Committee
2014/2015

**President/Activities Officer/Zone 121
Chairperson**

Bob Goodyear 9435 2529

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 Officer/Branch Meeting Manager

David Hewett 9459 0653

Email: dfhewett01@bigpond.com

Communications Officer/Asst Fundraising

Peter Maw 9401 6717

Membership Officer/Zone 121 Dep Delegate

Ken Pickett 9435 0076

Fundraising Officer

John Brook 9432 1695

Asst. Membership Officer/Social Committee

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

Lynne Maw 9401 6717

Barbara Crosling 9435 5020

Travel Committee:

Marg Wood - Chairperson 9438 4219

Bob Goodyear

Marlene Goodyear

Lorraine Oaten

Frank Beale

Ian Schuck

Branch Minute Taker - Lorraine Callow
**Speakers Gifts & Door Prizes, Coffee Club
Coordinator** - Gaylynn Pinniger
Book Exchange Coordinator - Ken Pickett
Craft Books Coordinator - Lois Williams

Next Branch Meeting

Tuesday 20 October
9.30 for 10.00 am start

Speaker
Jenna Yeo
Dietitian/Nutritionist

Topic
"Healthy Eating for Seniors"



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 7 October - 10.00 am

Carbone's Place

34 Springthorpe Blvd
Macleod (near Springthorpe Retirement Village)
Tel: 9439 5196

Coordinator:
Gaylynn Pinniger - Tel: 9458 2603

DINNER CLUB



Fri 2 October - 7.00 pm

Old England Hotel (Bistro)

459 Lower Heidelberg Road
Heidelberg
Tel: 9459 1166

Contact: Goodyear's
Tel: 9435 2529
RSVP: Mon 28 September

DINNER CLUB



Saturday 7 November - 6.30 pm

The Meadows

Greyhound Racing Association
80 Northcorp Blvd
Broadmeadows (Mel Ref: Map 7 E9)

Cost: \$45.00/pp
Package incl: 3-course Buffet Dinner starting from 6.30 pm. Free admission, parking, Meadows Racing Guide. Gates open at 6.00 pm. 1st Race at 7.10 pm.

Confirmation & full payment needs to be made one week prior to the night, so could you please make your payment to Bev Sharp at the October Branch meeting.

Contact: Bev or John Sharp
Tel: 9465 4128 Mob: 0431 255 512

Walking Club



Walkers meet weekly at **9.30 am** on the following days & at various venues

Most Tuesdays (except on a Branch Meeting day when the group walk on the Wednesday):

Meet at the Henry Street end of Greensborough Memorial Park.

1st Tuesday of the month:

Meet at Kalparrin (opp. Skateboard rink).

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

Low Impact Walking Club



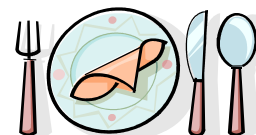
NOT UP TO HILLS?

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.

Coordinator:
Margaret Lloyd - Tel: 9404 3393

LUNCH CLUB



Thu 8 October - 12.00 noon

Maney's Dumpling Restaurant

16 McLeans Road
Bundoora
Tel: 9470 8883

Contact: Heather Hannigan
Tel: 9467 2278
RSVP: Mon 5 October

UPCOMING BRANCH EVENTS



Branch & COBA Activities

Reminder to members:

A deposit of \$20.00/pp is now required when placing your name on an activity list.

Thursday 22 October: Mystery Tour

Incl bus and scenic train, morning tea, sausage sizzle lunch. Time: 8.00 am—5.00 pm.
Cost: \$54.00/pp (based on 40-48 passengers).

Monday 30 November: Xmas Lunch at William Angliss Catering School, 555 Latrobe Street (COBA)

Incl 3-course Xmas Lunch. Own transport. Time: 12.00 noon-3.00 pm. Cost: \$36.00/pp.

Tuesday 8 December: Branch Xmas Dinner Dance

Incl 3-course Dinner. Entertainment. Theme this year will be "International". Costume dressing is optional. Venue doors open at 6.00 pm for a 6.30 start. Cost: \$35.00/pp

For bookings see: Peter Oaten at Branch meetings or Tel: Peter on 9434 6795 / Bob Goodyear on 9435 2529.

KING ISLAND – NOVEMBER 2015 NORFOLK ISLAND – APRIL 2016



King Island Tours:

We have booked 2 separate tours dates - **18 to 21 and 22 to 25 November 2015**. Not everyone will be staying at the same place but all are within walking distance of each other in the village. We will be picked up and returned each day to our own accommodation.

We will be flying Rex Airlines from Tullamarine in a Saab 33 seater. If you have any questions please contact marg.wood@myshercon.com or phone 94384219.

Deposits have been paid. **Final payment (TBA) is due by 7 October 2015.**

Norfolk Island Tour:

10 to 18 April 2016. Cost: \$2895/pp. incl airfares. Single supp: \$675/pp.

Deposits of \$300.00/pp have been paid. **Balance due no later than our Branch meeting on 19 January 2016.**

Booking forms should be returned to Ian Schuck ASAP, but no later than the next branch meeting on 20 October 2015. Contact Ian on Tel: 9434 3839 or 0421 062 894 if you have any queries.

PLEASE NOTE:

- * **You will need a current Australian Passport of a valid document of Identity.**
- * **Norfolk Island is not covered by Medicare. Travel Insurance is highly recommended.**



TREASURER'S REPORT

Lorraine Oaten

Balance as at 01/08/2015		15,956.13
Plus Income		
King Island	2,398.00	
Blue Mountains Tour	6,873.00	
Mystery Tour	750.00	
Xmas Dinner Dance	485.00	
William Angliss	744.00	
Attendance	343.45	
Membership	270.00	
NSA Grapevine Credits	12.00	
RSL Commission	45.56	
Raffle	166.00	
Total:		
Less Expenditure		12,087.01
Refund Norfolk Island/Duplicate Payment	-300.00	
Door Prizes/Speakers gift July/August	-125.30	
Memberships	-425.00	
RSL Screen Advertising	-110.00	
Total:		-960.30
Balance as at 31/08/2015		27,082.84

NOTE FROM OUR TREASURER

Members please note: The Greensborough Branch earns 'Grapevine' credits of \$3.00 for every person who pays their membership (new or renewal) through the Branch via the Treasurer. Payments can be made by cash, cheque or credit card.

Walking Down The Aisle

I'll never forget how happy I was when I saw my missus walking down the aisle towards me.

My heart was beating fast and the excitement was unbearable.

It seemed to take an age, but eventually there she was standing beside me.

I gave her a loving smile and said, "Get that trolley over here, love. They're doing 3 cartons of beer for the price of 2!"

A Scotsman and his wife walked past a swanky new restaurant.

"Did you smell that food?" she asked. "It's smells absolutely incredible!"

Being a 'kind-hearted Scotsman', he thought, "What the heck..., I'll treat her!"

So, they walked past it again...



Samaritan's Purse — Operation Christmas Child

Hi members: I am again working for Samaritan's Purse where we collect small gifts to fill shoe-boxes that are sent to needy children overseas.

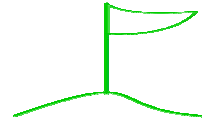
You can donate items of clothing, toiletries, toys, stationery, etc. keeping in mind that sweets, breakables, liquids (e.g. hand cream, sunscreen), playing/swap cards and anything like a gun cannot be sent. All items should be **new**. Some examples are exercise books, pens, pencils, sharpeners, rubbers, wrapped soap, face washers, toothbrushes, t-shirts, shorts, thongs, sunglasses, all sorts of toys, especially balls.

If you would like to fill a box this would be very welcome too — the box should be a standard shoe box size so everyone is treated equally. *We are also looking for empty shoe boxes.*

Items and boxes can be brought along to Branch meetings until October, or if you cannot get to a meeting I can arrange collection from you up until 31 October. I can be contacted on Tel: 9467 3771.

Thanking you in anticipation.
Dianne Klein, Branch Member

Seeking Golfers (Good & Bad)



**A group of Greensborough branch members are now playing golf
on the 1st Monday of each month
commencing at 9.00 am
at Strathallen Golf Club, 100 Main Drive, Bundoora.**

Cost for 9 holes - \$16.00/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 him on 9434 3839***



***Some of our
Walking Group Girls***

***Heather, Jane, Eva,
Anne & Joan (along
with Lyn who was
taking the photo)***

***show their
community spirit
by participating in
"Walking for
Parkinson's"***

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.



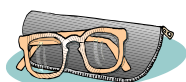
Are you interested in knitting children's garments or maybe toys?

Member, **Brita Daly**, collects knitted children's garments/toys.

If you no longer knit, but have unused wool at home, Brita would be happy to take this off your hands as she can give this to her knitters.

Items can be collected at Branch meetings, or you can contact Brita on **Tel: 9435 2816**.

(Don't forget you can always borrow one of the knitting books from the Craft Book Exchange!)



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.

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

Members, please bring along your unwanted books.



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



Anyone for Tennis?

If you would like to play 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 about 9.30 am for a game. The only criteria is that correct tennis shoes must be worn. The 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)**.

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 on Tel: 9430 0100**.

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Old Colonists' Association of Victoria

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

Our Estate at 339 St Helena Road, St Helena has an 81 bed Residential Aged Care Facility, including 1 Respite Room.

Our facility "**Liscombe House**" comprises three 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