

# Seniors@Monash

The Newsletter of the Monash Branch NSA - Your guide to our information and events  
July 2019

*Meetings: 1.15 for 1.30pm start on 1<sup>st</sup> Wednesday of the Month,  
Community Centre, Miller Cres, Mt Waverley.*

## From the President

Welcome everyone to the July issue of 'Seniors@Monash'

Well it's almost mid-winter, and don't we know it with some of the coldest weather on record!

Five Monash Branch members attended the Monash Council's **PALS and Seniors Forum** held at the Civic Centre in June. There were some very interesting speakers, and the subjects covered included the **Council Grants Programme** – we are covered until June 2020 when we will be required to apply for a further grant. **Halls Update** – we advised the Assistant Halls Manager of the problems washing crockery and she will look at relocating the dishwasher. **My Aged Care** process – what steps have to be taken to be accepted into the programme. **Monash Seniors On the Move** – the various outings and social programmes provided by Council. **Moving for Life Services** – advised about the services provided such as Yoga classes, Exercise, Tai Chi, and so on with costs covered by a Government Grant. **Continence Foundation of Australia** – treatment and exercises that can be undertaken for this and bowel problems, speakers and brochures are available.

After lunch we heard about the PALS magazine and Monash Council's Seniors Festival Time line for the month of October. Events such as Film Afternoons, Ten Pin Bowling, a visit to the Big Band Dance in the City, Outings, Lunches and many others are being planned. Where possible we will keep you posted or you can keep up to date by visiting the Council web site on a regular basis.

Keep active and keep involved.

Regards.....Elaine

## Our Next Meeting – 3rd July

### “Monash Council Services for Elderly Citizens”

For July we will have two representatives from the Monash City Council: SALLENNA MOUTIS and SUSAN GREAVES. They will talk about the facilities provided for or available to elderly citizens (such as disabled parking, home maintenance and transport). As an approved agent they will also provide information and advice relating the National “MY AGED HOME CARE SCHEME” and how and why to register for the different levels of assistance.

Do come along to see what is available through the Council and also to have any queries explained. It will be a very informative talk.

Bob Thorne

Monash Branch: NSA [A 0052984J]

Mailing Address: 19 Weber Crescent, BURWOOD EAST VIC 3151

## Coming Events – Make a Note in Your Diary!

For details, see the individual notices.

- 1st Wednesday: Our Regular Meeting**
- 2nd Wednesday: Wednesday Lunch Group (suspended during Winter months)**
- 3rd Wednesday: Evening Dine Out (suspended during Winter months)**
- 4th Wednesday: Investment Group and Arm Chair Travel**
- 4th Sunday: Sunday Lunch Group (suspended during Winter months)**

Wed	03-Jul	General Meeting: “ <i>Monash Council Aged Services</i> ”
Thu	04-Jul	Visit to Bendigo Art Gallery – “ <i>Tudors to Windsors</i> ” exhibition
Wed	24-Jul	Investment Group

Wed	07 Aug	Annual General Meeting – Greg Lynch, <i>The Picture Show Man</i>
Sat	10 Aug	Theatre Outing: “ <i>Thoroughly Modern Millie</i> ”
Wed	28 Aug	Investment Group

Wed	04 Sep	General Meeting
Sat	9 Sep	Theatre Outing: “ <i>Ladies in Black</i> ” Musical
Wed	25 Sep	Investment Group
Wed	02 Oct	General Meeting – <i>Annual Economic Update</i>
TBA	Sep/Oct	Visit to Archibald Prize Exhibition, Healesville
Thu	09 Jan 2020	Theatre Outing – “ <i>Chicago</i> ” the fabulous Musical

## Our June Meeting

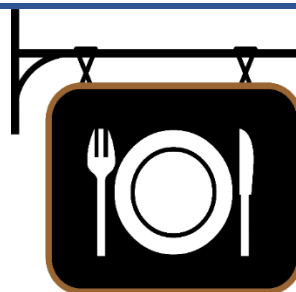
We had a very interesting talk about the history and activities of The Smith Family in June. The Branch made a donation of \$100 and provided envelopes for those who wished to make a private donation. I had a good response back from Cheryl Williams the speaker, who said that she enjoyed talking to our group and the interest shown by our attendees. In addition to our NSA donation she received another \$100 + from the envelopes. A good effort for a worthy cause.

*Bob Thorne*

## Mid-Week Lunch Group

We have suspended our activities for the Winter months, but do you have any suggestions for venues for future lunches?  
Please contact Anne Walker with your thoughts. She is always open to exciting ideas.

**Come along and enjoy a pleasant lunch and great company.**  
**Contact: Anne Walker: 9560 7424**



## Evening Dine Outs

We have suspended our activities for the Winter months, but Evening dine-outs will recommence once the weather gets warmer.

*In the meantime, contact Russell and Patricia Mills with any recommendations*

## 4th Sunday Lunch Group

*We have suspended our activities for the Winter months,  
but do you have any suggestions for venues for future lunches?  
Please contact Win Murphy with your thoughts. She is always open to exciting ideas.*

Add your name and contact phone number to the list at our next meeting, or  
**Contact: Win Murphy, 0421 467 995 or [win.murphy42@gmail.com](mailto:win.murphy42@gmail.com)**

## Investment Group



We meet at 10 am on the 4<sup>th</sup> Wednesday of the Month.

*The next Meeting will be at 10am on 24 July 2019  
at Wadham House, Wadham Parade, Mount Waverley.*

If you would like to join in, please ring Danny on 9807 1524.

## Monash Theatre Lovers – Future Theatre Events



**Contact Leonie: [leonietlc@y7mail.com](mailto:leonietlc@y7mail.com) or 9899 1990**  
**(leave message with your name and contact details)**

**Once a Month – Enjoy a recent movie release with tea/coffee/snack at Palace Cinema, Whitehorse Rd, Balwyn, or Hoyts Cinema, Forest Hill Chase, Canterbury Road, Forest Hill.**

**PUT YOUR NAME ON THE LIST** to be contacted by email/phone with movie/date/time etc.

There is a Tram stop in front of the Cinema. Street Parking is available.

Join us for a movie/coffee/chat....**Contact Leonie re: Bookings/Payments/Session Time.**

Sandwiches/snacks, Wine/Coffee available from the Coffee Shop/ Box Office.

**Saturday 9th September 7:45 pm pre show drinks.**

Musical Version: **"LADIES IN BLACK", Music by Tim Finn**

Malvern Theatre Company (Amateur) 29 Burke Rd. Malvern East. Street Parking.

An Australian story, set in Sydney in 1950. It tells the story of a bookish school leaver who works in the fashion department at a large department store. A story of our times in Australia with challenges for everyone. A thought provoking show, with clever dialogue, and witty songs and music.

**Book ASAP & Pay by Aug 29<sup>th</sup>. \$30 Includes Drinks & Supper after the show.**

**Thursday 9th January. 2020... Matinee 12:30 for 1pm.**

The Fabulous Musical **"CHICAGO"**

State Theatre, Arts Centre.

Starring: Jason Donovan, Natalie Bassingthwaite, Casey Donovan, Alinta Chidzey

The Musical has been honoured with 6 Tony Awards, 2 Oliver Awards and a Grammy.

**Book ASAP, Payment by 1st Nov 2019. Special group price \$73, stalls seating**

## Are you paying more than necessary?

Some of you may have met David, the pharmacist from the Ashwood Discount Pharmacy. We have been getting our medications from him for over a year now, and have made some worthwhile savings. Recently, David saved us over 50% on one prescription by supplying it privately rather than through the PBS. Now that is service!

His quotation form is included with this Newsletter – you can enter your current medications, and he will provide you with a statement of his prices for you to compare with your current arrangements. If you would like to check him out, remember to state that you are a member of National Seniors.

While the Ashwood Pharmacy may not be convenient for some to visit – he does offer **free delivery**.



To all members who have been  
unwell,  
we hope you feel better soon.  
Best Wishes for a speedy  
recovery and we look forward to  
you being back with us fit and  
well.  
If you know of a member who is  
unwell, please contact our  
welfare officers  
Danny and Christina Ward on  
98071524

## An Irish Odyssey – From Donegal to Melbourne

***You all know Danny Ward; he convenes our Investment Group, is also our Advertising Relations Officer, and shares with Christina the role of Welfare Officer. He makes a great contribution, and nothing seems to slow them down! This is Danny's story.***

A few tears ago Christina and I wrote a book, mainly for our family, with the title "*From Donegal to Melbourne Town*". A copy of all books published in Victoria must be sent to the State Library of Victoria in Melbourne and also to the National Library in Canberra, so if you really want to read it, now you know where to find it!

I was born on the 23<sup>rd</sup> April 1934, the youngest of three boys, at Gortcally, County Donegal on the north-west coast of the Republic of Ireland.

My father William owned his own farm, where he grew Potatoes, Corn, Wheat, Flax, Turnips, Cabbage and a large vegie garden.

I count myself very lucky to have spent my childhood on a farm where we had an abundance of good fresh food and freedom. I had all my cousins, uncles, aunts and friends around me, and went to the local church school with my two brothers. Unfortunately my older brother died with rheumatic fever when he was thirteen. I was eleven – a sad time for us all.

I was allowed to leave school at thirteen and a half to help Dad on the farm, which I really enjoyed, especially dealing in cattle, sheep and pigs with my Dad who was a very good dealer.

Mum and Dad decided to send me to a Grocery and Hardware shop to do a three-year apprenticeship to learn the trade, as Mum's brothers owned a Grocery Shop and never married. I spent all my holidays there, helping in the shop. On a Monday morning I would ride my bike to the shop which was eight miles away, stay there all week, and ride home on a Saturday night after closing at nine o'clock. I was earning ten shillings a week.

After a couple of years I went to Birmingham with my best mate, Howard. We walked the streets of Birmingham for two weeks trying to find a job, with no luck. Howard decided to go back home, but I was more determined and two weeks later got a job with the Birmingham City Transport as a conductor, and later spent four years in Stafford with my cousin doing contract work for the Universal Grinding Company, making very good money.

My first pay packet was eight pounds. I was very happy and sent home five pounds to Mum and Dad. All the money I earned for the next seven years I sent home, as I was always going to go home to run the farm.

In 1955 when I was home on holiday I met Christina – the love of my life. Christina was also helping her father on his farm. Christina then decided to apply to do her nursing training in Birmingham. We got engaged in 1958, and planned to get married on 1st June 1959 and emigrate to Australia for a couple of years – much to our parents' displeasure!



We sailed out of Tilbury on the 18<sup>th</sup> August, arriving in Melbourne on the 21<sup>st</sup> September. Christina started nursing on the Saturday, and I started work in a chemical factory on the Monday.

The Company I was working for decided to buy a factory in Moorabbin, so we bought a house in Clayton. In 1961 there was a bad recession; I was in charge of the factory and I had to lay off employees and there was no more overtime.

We decided to buy a Contract Cleaning Business and then gave up the idea of going back to Ireland to run the farm. We did return to see my parents in 1969, to say we were definitely not coming back to farm. I told my Dad to sign over the farm to my brother, who at 89 still farms it today.

Christina stopped nursing and took over the office work for Wards Cleaning Service, along with looking after our three children. We were then working over a hundred hours a week building the business; we employed both full time staff and part time office workers.

In 1971 we bought a large beef property in partnership with a close friend. This was more hard work but most enjoyable and very profitable. I travelled most of Victoria, NSW and Tasmania buying Angus cattle suitable for the feedlot.

Christina and I bought a 26-acre farm in Berwick where we had lots of fun with our family, spending most weekends riding horses, and going to Pony Club where I was Games Manager, winning the State games in 1981. We were forced to sell the Berwick farm in 2016 to a developer because of outrageous rates, and then in 2008 sold the beef property to our nephew.

We retired from the Cleaning Business in 2008; our son Bill now runs the business. Since the late sixties my real interest has been in the share market, which I must say has been very successful. I do volunteer work approximately three hours a week. We do Scottish dancing once a week and play Indoor Bowls.

We have just had our 60<sup>th</sup> Wedding Anniversary, which we shared with our family plus eight grandchildren and six great-grandchildren. We have a wonderful family, and we are so thankful that we live in such a wonderful country and still have good health.

Danny

## SOME TIPS TO HELP PREVENT FALLS

*Les Cooper has found some useful information in the Newsletter of our sister Branch at Dandenong.*

- Have a personal alarm and wear it always. If you are a pensioner and live on your own the Government will supply them free of charge.
- Have good lighting, especially between the bed and the bathroom or toilet at night and near any internal steps. Use plug-in night-lights and have movement-sensitive lights near stairs and the bathroom. These lights are available from most hardware stores.
- Remove clutter and make sure walkways and corridors are kept clear and well lit.
- Repair or replace carpets with worn areas, holes or long threads.
- Check that mats and rugs are secure and have no tears or wrinkles. Put adhesive strips on all mats and rugs, including those in the bathroom.
- Make sure that chairs and beds are sturdy and easy to get into and out of, and that tables and benches do not have sharp corners.
- Wipe up spills immediately.
- Install grab rails in the bathroom (towel rails are not usually strong enough to use as grab rails). Bathroom tiles can be slippery, especially when wet.
- Install support rails near steps if there is no hand rail.
- Avoid wearing clothing that is too long or touching the floor, (for example, your dressing gown), as this can cause you to trip over.
- Do not wear socks or loose slippers around the house.

*And a further tip from the Editor – just take your time about various tasks – don't rush!*



***Please – out of courtesy to other members, switch off or silence all mobile phones and pagers during our meetings.***



## Trade Persons Register

Many members need jobs done and are looking for reliable and economical Tradespersons.

We have a list covering the various trades. Please add to the list if you have used someone recently whom you can recommend; However please keep in mind that we will be having only one person in each category.

The following Trades are represented on our list:

Garden Maintenance, Window Cleaning, Domestic Electrics, Plumber, House Painter, TV Service, Computers, Auto Mechanic Mobile Service, Upholsterer, Curtain Maker, French Polisher, Handyman.  
**For the details of the relevant tradesperson, please contact Elaine Forde on 9790 5073**

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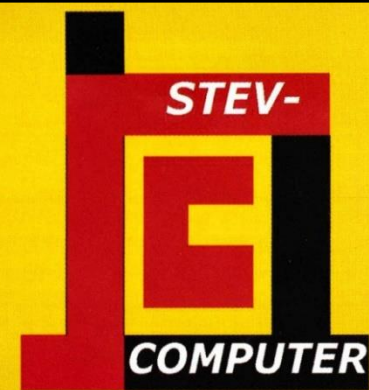
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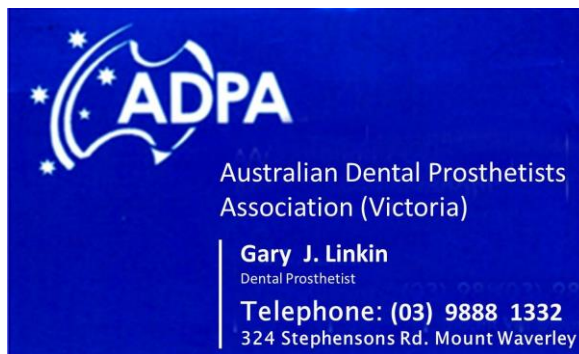
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## Thanks to Monash City Council

NSA Monash Branch greatly appreciates the support of Monash City Council in funding our meeting venue, arranging the seating and for the use of audio visual equipment.

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<b>Theatre</b>	Leonie Taylor	9899 1990	<a href="mailto:leonietlc@y7mail.com">leonietlc@y7mail.com</a>
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<b>Investment/Travel</b>	Danny Ward	9807 1524	<a href="mailto:dwcw@optusnet.com.au">dwcw@optusnet.com.au</a>
<b>Wednesday Lunches</b>	Anne Walker	9560 7424	<a href="mailto:len.walker73@bigpond.com">len.walker73@bigpond.com</a>
<b>Wednesday Dine Outs</b>	Russell & Patricia Mills	9764-4415	<a href="mailto:russmills36@bigpond.com">russmills36@bigpond.com</a>
<b>Welfare</b>	Danny and Christina	9807 1524	<a href="mailto:dwcw@optusnet.com.au">dwcw@optusnet.com.au</a>
<b>Sunday Lunch</b>	Win Murphy	0421 467 995	<a href="mailto:win.murphy42@gmail.com">win.murphy42@gmail.com</a>
<b>Book Exchange</b>	Noelle Rigby & Lina Agius		
<b>Kitchen</b>	Shirley Miller & Helpers		