

Seniors@Monash

The Newsletter of the Monash Branch NSA - Your guide to our information and events
February 2020

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

From the President

Hello everyone,

Welcome to a new year – can you believe it is 20 years since we all worried about the new Millennium? Would the computers perform as expected - what was going to fall apart or not function correctly? I am pleased to say that with some effort we made it and life goes on.

More than 20 members enjoyed our visit to the Gulf Station at Yarra Glen. Two National Trust volunteers escorted us around the various buildings – we saw the long thin bath used by the family, the slaughter house, the school room, the kitchen with its wonderful stove and utensils. Gosh were things different in the 19th Century – citizens certainly put up with a lot to carve out a whole new lifestyle in the country. It was a great day. We had lunch in the old barn and thoroughly enjoyed all aspects of the outing. It was also good to see a number of members car-sharing for the day.

Our co-ordinators have been busy putting together the various programmes for the year and I hope that you will all enthusiastically support the many events being organised. **PLEASE** let us know if there are any ideas you have for making the National Seniors Monash Branch stronger. Remember it is your Branch and we look forward to your participation.

Best wishes for a wonderful and safe 2020

Regards.....Elaine

In This Issue

President's Message	1
Next Guest Speaker	
Coming Events	2
Investment Group	2
Saturday Dine-Outs	2
Sunday Lunch	3
Welcome Newcomers	3
February Outing	3
March Outing	3
Gulf Station Outing	4
A Safety Hint	5
Coffee & Chat	4
Jazzin' with RAN Band	5
Theatre Group	6
Trades Register	7
Advertisements	8
Office Bearers	10

Our Guest Speaker for February



Our guest speaker at the meeting on 5 February will be Don Horsburgh. Don will talk about the history and activities of the **Puffing Billy Railway** and its volunteers.

It is now 60 years since it was taken over from the Victorian railways and it has carried 11 million passengers since 28th July 1962.

This talk will be of great interest and amusement to our attendees, with plenty of opportunities for questions and comments.

Coming Events – Make a Note in Your Diary!

For details, see the individual notices.

1st Wednesday:	Our Regular Meeting
2nd Wednesday:	Wednesday Lunch Group
2nd Saturday:	Evening Dine Out
4th Wednesday:	Investment Group and Occasional Arm Chair Travel
4th Sunday:	Sunday Lunch Group

Wed	05 Feb	General Meeting: Don Horsburgh – “Puffing Billy”:
Sat	08 Feb	Evening Dine Out – Wantirna Club
Tue	11 Feb	Mulgrave Melodies
Sun	16 Feb	Jazzin’ with the RAN Band at Cumberland View
Thu	20 Feb	Coffee & Chat – Monash Gallery
Sat	22 Feb	TLC Malvern Theatre Gala – “Crown Matrimonial”
Sun	23 Feb	Sunday Lunch – Sofia Pizza and Pasta
Wed	26 Feb	Theatre Outing – “Come from Away”
Wed	26 Feb	Investment Group
Wed	04 Mar	General Meeting: Roger Mendes – The Stroke Foundation
Wed	11 Mar	Moonraker Cruise – Port Phillip Bay
Sat	02 May	TLC Malvern Theatre Gala – "Whose Life is it Anyway?"

Investment Group

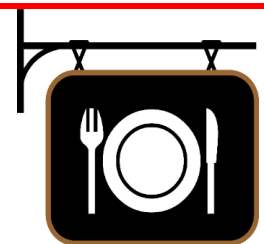


We meet at 10 am on the 4th Wednesday of the Month. 2019 was a good year for the markets in general, (not for the Banks), and we have had some excellent discussions and contributions from members of our Group.

The next meeting will be on **Wednesday 26 February 2020**, so if you would like to participate, please ring Danny on **9807 1524** before the date of the meeting. And don't forget to bring your Wadham House parking permit!

Mid-Week Lunch Group

Members have recently not shown much interest in our mid-week lunches so we will not be scheduling any for the foreseeable future. **If you are interested, or have any ideas for venues for 2020, then please Contact Anne Walker: 9560 7424.**



Saturday Evening Dine Outs

Our next Dine Out will be at the **Wantirna Club**,
359 Stud Road, Wantirna
on **Saturday 8th February 2020** at 7.00 pm

To book, please call **Patricia Mills** on 9764-4415 or
email to russmills36@bigpond.com

Sunday Lunch Group

Our next Sunday lunch outing will be at **Sofia's Pizza and Pasta**
857 Burke Rd, Camberwell (close to railway station, parking at rear)

On **Sunday 23 February @ 12:30**

To book, please **Contact: Win Murphy, 0421 467 995 or win.murphy42@gmail.com**

Meet and Greet – Make Our Newcomers Welcome

It is very pleasing to see new members and visitors attending our meetings, but have you met and spoken to any of these people? The round tables were introduced so that we had an opportunity to speak not just to the person sitting next to you, but to others at the table.

Could I please ask that, at the next meeting you sit next to someone you don't know and that you chat to someone over coffee that you have not spoken to before?

We do want to be known as a friendly group, with everyone knowing (almost) everyone

Our February Outing – “Mulgrave Melodies”

Our next Outing will be on 11 February 2020, to the Mulgrave Country Club, cnr Wellington Rd and Jells Rd Mulgrave to hear “**Mulgrave Melodies**”.

Arrive at 10.30am for coffee, followed by Showtime at 10.45am to 12.15pm

Cost: \$10.00 to be **paid at the door on arrival**

The \$10.00 includes a \$2.00 voucher on a Seniors Meal following the show, and we know the food quality at the venue. Also there will be give-aways and lucky prizes. Phone: 9582 4600

Our March Outing Moonraker Cruise on Port Phillip Bay



Location: Esplanade Road, Sorrento VIC 3934

The Tour Boat is located at the end of the jetty (there is a black bitumen walkway) next to the car ferry.

Tour: A 90-minute adventure cruise to view resident wild dolphins and Australian Fur Seals, enjoying an exhilarating ride on our purpose-built boat.

Date: Wednesday March 11

Arrival time: Arrive at 11.40am for a 12.00 noon start

Tour Cost: \$35.00/person – Special Seniors Rate

There are 29 registrants at present and payment is required at the February meeting.

Our January Outing to Gulf Station

On Tuesday 21 January a group of more than 20 Monash NSA members enjoyed a visit to Gulf Station at Yarra Glen. Established by Scottish settlers Agnes and William Bell in the 1850s, Gulf Station was farmed for nearly 100 years by the Bell family.

From the 1850s to the 1950s, Gulf Station supplied produce to gold miners of the district and prospered. The National Trust acquired stewardship of the property in 1976.

The existing house began as a small rectangular cottage in about 1854, and as the Bell family grew, the building eventually developed into a large family home.

Many of the farm buildings, like the earliest stage of the house, are of vertical timber slab construction. The slaughterhouse and a portion of a stable building and a kennels / pig sty building are of horizontal slab construction while the remaining buildings and additions are constructed in relatively modern stud construction. Some ten buildings are built in timber slab construction with peeled logs of indigenous gum and stringybark, cut and adzed locally, used as structural members. Roofs of split shingles are now covered with corrugated iron, but the shingles can be viewed from inside.

Two National Trust volunteers escorted us around the various buildings and generously explained everything in fascinating detail. Indeed the volunteers were so generous with their time that the tour took an hour longer than scheduled! We had a BYO picnic lunch in the old barn – special mention to the Yarra Glen Bakery. It was a great day and we thoroughly enjoyed all aspects of the outing. Our especial thanks go to the two ladies who showed us around.

We did wonder: Many of us remember from our own experience that when all such kitchen and dairy devices and appliances were in use, they were kept scrupulously clean – and in some cases sand-scoured and shining – but now these relics are almost universally rusted.

How can we present these artifacts, especially to the younger generations who have had no experience of them, to show what they were originally like?



A happy (and nostalgic) group in the kitchen of Gulf Station



The Gulf Station stables – note the log-paved flooring

“Coffee and Chat”

For February we will be holding our Coffee and Chat morning back at the Monash Gallery of Art Café (cnr. Jells and Waverley Roads) on Thursday 20th February at 10.30 am.

There will be a new exhibition at the Gallery -
"PORTRAIT OF MONASH - THE TIES THAT BIND"

The exhibition celebrates the 30th anniversary of MGA and explores key issues facing the community in the City of Monash. People will share their stories which build an awareness of the individual's experience and challenges they face.

Please place your name and contact details on the sheet at the back of the room, or you can just arrive at the Gallery Cafe on 20th February

**Some helpful information from
the Australian Government Department of Health and Ageing**
How to Get Up from the Floor by Yourself:

1. Calm down and catch your breath
2. If you are not injured, look for a sturdy piece of furniture – preferably a chair
3. Roll onto your side
4. Crawl or drag yourself over to the chair
5. From a kneeling position, put your arms up onto the seat of the chair
6. Bring one knee forward and put that foot on the floor
7. Push up with your arms and legs and pivot around
8. Sit down and rest before trying to move again



*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 Invitation from Cumberland View Village
“Jazzin’ with the Royal Australian Navy Band”

Cumberland View have invited NSA members to a Jazz afternoon with the Band of the Royal Australian Navy.

It will be held in the Community Centre at the Village
(101 Whalley Drive, Wheelers Hill)
from 12 noon to 3 p.m. on Sunday 16th February.

Anyone who would like to attend should RSVP by 7th February to 9795 9166

Monash Theatre Lovers – Future Theatre Events



Contact Leonie: leonietlc@y7mail.com or 9899 1990 and 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

There is a Tram stop in front of the Cinema. Street Parking is available. Sandwiches/snacks, Wine/Coffee available at cinema. So join us for a movie/coffee/chat.

Wednesday 26th February 2020. Matinee 12:15 for 1pm

The New Musical: “Come from Away”

Comedy Theatre

I have paid for our 25 tickets to “Come from Away” so anyone wanting to book will have to take “potluck” if any seats are available....or go on a waiting list for any cancellations.

Saturday 22nd February, 2020. 7:45pm Meet in foyer

“Crown Matrimonial”

Malvern Theatre. 29 Burke Rd. East Malvern 3145. (Street Parking).

Set in Marlborough House (UK) in 1936. The English monarchy is facing its greatest crisis in 400 years. The new King Edward VIII is determined to marry the twice-divorced American Wallis Simpson.

Malvern Gala Supper Night. Drinks/Coffee/ Supper & Drinks after the show

Book ASAP.....Pay by 17 February \$30.

Saturday 2nd May, 2020. 7:45pm Meet in foyer.

“Whose Life is it Anyway?” by Brian Clark

Malvern Theatre. 29 Burke Rd. East Malvern 3145. (Street Parking)

A young sculptor who has been critically injured in a car accident has been left with an irreversible quadriplegia and must stay in a long-term care facility in order to stay alive. The play deals with the theme of patient's autonomy vs medical and ethical issues related to health care.

Book ASAP.....Pay by 27 April. \$30

I have booked two of the Morning Melodies Concerts. (Might book a few more?). The Concerts offer an interesting and varied insight across many art forms. Concerts take approximately 1 Hour. (Perhaps enjoy a Tea/Coffee after the show?)

Tuesday 26th May. 1pm for 1:30

Concert – “En Pointe” The Australian Ballet School.

Morning Melodies – at Hamer Hall.

The Australian Ballet School's annual concert has been a highlight of Morning Melodies for 25 years, and continues to captivate audiences with a breathtaking new program each year. This will be a wonderful repertoire filled with the energy, dedication and refined skills of the School's young dancers.

Book ASAP Pay by 20th April. Full price \$26. (If we get a group price, small refund)

Monday 15th June. 1pm for 1:30

“Liza with a He” – Trevor Ashley.

Morning Melodies - at Hamer Hall

Hear some of Broadway's greatest hits: Chorus Line, Cats, Cabaret, New York New York.

International drag superstar Trevor Ashley is more Minnelli than Minnelli herself! Smash seasons in London and Australia. Fun and full of energy – a show not to be missed!

Book ASAP Pay by 10 MAY \$26 (If we get a group price, small refund)

Our 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.



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.

Some of the Tradespeople have advertised below. Other Trades are shown on the following list:

Garden Maintenance; Plumber; House Painter; TV Service; Pest Control; Auto Mechanic Mobile Service; Upholsterer; Curtain Maker; French Polisher; Handyman.

For the details of the relevant tradesperson, contact *Elaine Forde* on 9790 5073

WARD'S WINDOW CLEANING SERVICE

- Window Cleaning
- Gutter Cleaning
- Pressure Cleaning
- Preparing homes for sale

Bill Ward
0414 817 739

All work Guaranteed
Family Business for over 50 years

LEWIS & MCCONNELL
OPTOMETRIST
EST. 1963

STEWART MCCONNELL
BSc.Optom

51 Hamilton Place,
Mt Waverley, Victoria, 3149

p: 03 9807 4288 f: 03 9888 2094
e: optom@bigpond.net.au

STEV-COMPUTER

Home & Small Business

STEVE A POLGAR
Qualified Repairer

Workshop: Unit 1,
8 Wirreanda Court,
BLACKBURN VIC 3130
Tel/Fax:[03] 9878-9818
Mobile: 0417 338 704
Email:stevpc@tpg.com.au
Web:www.stevpc.com



Lee Keskić Electrical Services

Domestic, Commercial, Industrial

Mobile: 0466 650 930
Email: leekeskić@gmail.com





Australian Dental Prosthetists
Association (Victoria)

Gary J. Linkin

Dental Prosthetist

Telephone: (03) 9888 1332

324 Stephenson Rd. Mount Waverley

DENTURE CLINIC (No Referrals Required)

SPECIALISING IN ALL YOUR DENTURE NEEDS

Acrylic
CO/CR (Metal)
Flexible Dentures
Implant Overdentures
Invisible Clasps

Denture: Repairs
Additions
Relines

Thinking of **selling?**

With a combination of experience, dedication and market knowledge,
The team at Jellis Craig will achieve an **exceptional result** for your property.
Call Jellis Craig Mount Waverley on **8849 8088** to experience the difference.

Paul Polychroniadis
M: 0414233234
Jelliscraig.com.au



Jellis Craig

This page is intentionally blank.

This Newsletter is Proudly Sponsored by

Monash Financial Solutions

**Most Companies specialise in some product or idea;
We specialise in You and Your Ideas!**



Peter Dunn

9888 3690

www.monashfs.com.au

goodadvice@monashfs.com.au

2/49 Wadham Pde, Mt Waverley

Peter G Dunn CFP Dip FP of Peter Dunn & Assoc P/L is an authorised representative of Charter Financial Planning Ltd AFSL 234665

President	Elaine Forde	9790 5073	elainefo183@gmail.com
Vice President	Phil Allen	0429 197 585	pma27@tpg.com.au
Secretary	Les Cooper	9887 9293	crusader711@optusnet.com.au
Treasurer	Len Walker	9560 7424	len.walker73@bigpond.com
Branch Membership	Peter Cartledge	9802 6406	pcart8@optusnet.com.au
Publicity	Barry Sanders	9561 4939	jandbsanders@optusnet.com.au
Policy Officer	Les Cooper	9887 9293	crusader711@optusnet.com.au
Newsletter	Blair Feenaghty	9560 0829	monashnsa@gmail.com
Speakers	Bob Thorne	9560 5360	lrthorne@bigpond.net.au
Outings	Phil Allen	0429 197 585	pma27@tpg.com.au
Theatre	Leonie Taylor	9899 1990	leonietlc@y7mail.com
Group Co-ordinators			
Investment/Travel	Danny Ward	9807 1524	dwcw@optusnet.com.au
Wednesday Lunches	Anne Walker	9560 7424	len.walker73@bigpond.com
Saturday Dine Outs	Russell & Patricia Mills	9764-4415	russmills36@bigpond.com
Sunday Lunch	Win Murphy	0421 467 995	win.murphy42@gmail.com
Welfare	Danny and Christina Ward	9807 1524	dwcw@optusnet.com.au
Book Exchange	Noelle Rigby & Lina Agius		
Kitchen	Shirley Miller & Helpers		