

DECEMBER 2022



www.drseniorshub.com.au

Mob: 0492 807 603

NEWSLETTER



What a fantastic November we shared within our community with friends. The Festival of Ageing Well demonstrated that through collaboration we reach connection and I personally want to thank each and every person who participated in the festival from the organisations, to the volunteers and to the people attending - thank you! Each of you contributed to making some very special moments happen!

The above picture was from Grandparents Day the opening to the festival and what I loved was seeing the intergenerational joy! Seeing friends and family and being part of good things in life aids us in living fulfilling and fun lives! I encourage you to come along and feel welcome to join us at an event or activity soon.

- Yvonne Fletcher
Darling Range Hub Coordinator
Mob 0492 807 603
Email hello@drseniorshub.com.au

Happy Birthday

Juliette Brownfield
Jean Holbrook
Yvonne Huntley
Connie Ian nolo
Jane Pike
James Skinner
Noreen Townsend

To everyone celebrating a birthday
 in September

We wish you a very happy birthday

**DARLING RANGE
 HUB MEMBERSHIP
 FORMS ON LAST
 PAGE**





DARLING
RANGE
Hub

www.drseniorshub.com.au

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NINE LETTER WORD PUZZLE

Can you find the 9-letter word?

O	C	O
L	A	H
T	C	E

Last months: education

WHAT'S COMING UP IN DECEMBER



Darling Range Hub Memorial Service for friends and family
Xmas Pasta Lunch
Xmas Lights Bus Trip
Xmas Hub Decorating
Xmas Mingle & Jingle
Xmas in the Garden
New Years Eve Bush Dance

FROM THE PRESIDENT'S DESK

Hi all

Hope you enjoyed our Festival of Ageing during Seniors week. We had a series of outstanding, successful events each unique in its own way.

We began with Grandparents Day at Romaning the Stone Garden where the Falls Road Primary School Choir was a standout.

Monday saw a collaboration with the Library in exploring the Stained Glass Window.

Tuesdays Tall Timber Tales was a very exciting production enjoyed by all, leaving the audience in awe of the talents of Iris Jones and her band of local seniors. If you didn't see it this time and an opportunity arise it's a must viewing.

Wednesday and a group took the bus to Have A Go Day at Burswood and we collaborated with Kalamunda Probus to honor Lyn Bevan.

Thursday, we had off. Phew!

Friday was a great bingo afternoon with a light lunch at Woodlupine Community Centre. Everyone was a winner.

The week culminated in a fantastic expo at Jack Healey Centre. We had 22 stall holders and many participants. What a great day it was.

The success of the week wouldn't have been possible without the help of everyone. Committee, members and friends all pitched in to help. It is this help which is the spirit of the Hub. We involved the community to support many of the events with a special mention to the students and staff from St Brigids and the Falls Road choir and staff. The benefits of intergenerational interactions are many.

Our many partners City of Kalamunda, Woodlupine Family Centre, Romaning the Stone Gardens and all the performers and stall holders contributed.

The festival could not have occurred without our major sponsor Lotteries West, with contributions from our other sponsors City of Kalamunda, Bank of Ideas, and Bendigo Bank.

My special thanks to the extraordinary organizing ability of our Hub Coordinator Yvonne Fletcher who brought all the threads together while troubleshooting any issues. This required immense skills so a special thanks from all who were involved in the festival to you Yvonne.

Well into December where did the year go? Kathy and I are off to New Zealand to catch up with family and friends for the first time in three years, but I will be back to catch up with many of you at our remaining events.

Cheers Roly Ritchie - Darling Range Hub President

IN THE NEWS

WITH LEON ENGLISH

Progress with courtyard

The courtyard is now reasonably presentable. The BBQ has been high pressure cleaned and is ready for use. The gate has been painted and now has a robust lockable sliding bolt making the courtyard secure. More work is needed but the basics are now done.

Neighbour Connect Developments

The most promising development for the Gooseberry Hill Nextdoor Group is the potential to join with Bushfire Ready of DFES and Neighbourhood Watch of the Police Department in communicating with residents in a specified community. A meeting with these organisations and the Hub is being arranged.

The draft brochure on NC is yet to be completed. Nextdoor.com has not yet satisfactorily provided their information for a page in the brochure.

Newsletter distribution points

More brochure holders have been purchased. Ideas for more placements include High Wycombe Lifestyle Village and Old Mates Café. Suggestions for other places welcome.

Grant Applications 2022

The outcome of our application is yet to be seen (auDA \$40,000).

The discussion paper on future funding options written by Leon English and Bill Foreman has been completed and will serve as a platform to find an adequate and sustainable source of funding for the future of the Hub.

Volunteer Sue will be researching other Hubs in the metropolitan area and arranging contact with them.

Leon English
Project Manager

Artist of the Month

PENNY REYNOLDS

Opera, Music Theatre and Concert Singer, Voice and Coach and
Creative Producer – SongStory Project

by Yvonne Fletcher

Penny has been hooked on the performing arts, music and song since she was a young child. She has always played piano and at the age of eight saw her first musical, the classic show 'Oliver' and was entranced. As a young child Penny loved Olivia Newton John and has always been inspired by the voice of Julie Andrews in musical theatre.

Penny developed her artistic talents at WAAPA and then furthered her education in the UK and USA. She completed a Master of Music Performance (Vocal) before returning to Australia.

Penny's love of music and her fascination with how people connect with the songs led to the creation of SongStory Project. This project is all about music, memories, community and live performance. Penny told me about a 'SongStory' about Over the Rainbow. The memories of this song took this man straight back to the joy of seeing his first movie as a very young child with his family and all the wonderful feelings from that moment and place in time.



If you are an artist (of any kind) or author we'd love to share your story
Call or email Yvonne 0492 807 603 hello@drseniorshub.com.au



Penny is currently working with the Kalamunda community and The Darling Range Hub members to share their 'SongStories'.

to find out more check out
www.songstoryproject.com.au



Do you have a song that takes you back to a special time, place, person, feeling or event?

If the answer is yes then you have a 'SongStory'

Please join us at one of our 'SongChat' sessions to tell your story and connect with others in the community as they tell theirs.

It's fun, inspiring and wonderfully nostalgic!

Our team will listen to your story and the stories of your community, and create a show where our artists will perform your unique 'SongStories'.

No singing required - unless of course you would like to break into song. 🎵

Please take a look at the website for more information.

www.songstoryproject.com.au

[f](#) @songstoryproject



City of
Kalamunda

Cooking with Kathy

by Yvonne Fletcher

It was at The Darling Range Hub's recent Melbourne Cup event that Kathy Ritchie made some absolutely scrumptious food. She was asked by several people for her yummy recipes and was only too happy to share them.

Kathy's favorite thing about living in The City of Kalamunda is the sense of community, the forest, birds and animals.

Kathy finds cooking relaxing and very creative.

When I asked Kathy about a childhood memory about food she said "I loved coming home from Sunday school and mum had cooked a roast. My job was to use the old hand mincer and mince the leftover meat for a shepherd's pie for the week."

Honey Museli Slice

- 1 cup each of coconut, unsalted peanuts, sunflower seeds, sesame seeds, rolled oats.
- 125g butter
- 1/2 cup brown sugar
- 1/2 cup honey

Combine dry ingredients in microwave proof bowl. Cook on high for 6 mins, stirring after each minute.

In a separate microwave bowl place butter, honey and brown sugar. Cook for 4 1/2 mins, cover with a paper towel.

Stir both mixes together, spread in 20cmx30 cm tin. Press down firmly, refrigerate until cold. Cut into slices, store in in fridge or airtight container. Freezes well.



Spicy Cheddar Shortbread

- 2 cups of plain flour
- 250g butter
- 1 1/2 cups grated cheddar cheese
- 1/4 teaspoon cayenne pepper
- Sesame seeds

Place all ingredients in the food processor.

Process until just combined. Turn it onto a floured board and shape it into a ball. Cut in half and roll each half into a 30cm log. Wrap in cling film and refrigerate for 30 minutes.

Line oven trays with baking paper and cut logs into 4cm rounds. Dip one side in sesame seeds, place on trays, and bake for 15 -20 at 200c (180 for fan forced) until golden. Freezes well.





Darling Range Hub
New Years Eve Group Outing
Stirk Park

6pm - 9pm Saturday 31st December

BYO Picnic Food, Drinks, Chairs and Picnic Blanket

Book your own ticket and confirm attending via

Yvonne 0492 807 603



Our many thanks to our sponsors



Connecting Seniors to Their Community
Darling Range Hub
www.drseniorshub.com.au



Thank you to our
Platinum Sponsor



NYE Bush Dance

Zig Zag Community Arts Inc presents the New Years' Eve Bush Dance in Stirk Park.

Join us for our family-friendly event to celebrate the end of 2022 and the beginning of 2023.

BYO PICNIC, rugs, and chairs, settle in from 5:30 pm for 3 hours of bush dancing from 6 pm. (Ice cream and coffee van will be on site!)

The event will close at 9 pm with a countdown in line with bringing on the NEW YEAR in Sydney and Melbourne!

COST: \$15 per adult (16+), Group booking discount 2 Adult tickets for \$25, and Children under 16 FREE!

This is a fundraiser event for Zig Zag Community Arts to contribute to funding all the activities we host in during the year, including the Women's Workshops, Karnival in the Hills - FRINGE WORLD event, and Kidz Artz in the Park.

Book New Years Eve Bush Dance Tickets Here



In loving memory of our lost
friends in 2022 The Darling
Range Hub is hosting a
memorial service in their honor.
Please feel welcome to join us
as we remember:

Phillip (Pip) House
Owen McGrath
Shirley Griffiths / Bryant
Di Webb
Evelyn Brown
Emma Offringa

When: Tuesday 6th December

Where: Jack Healey Centre, 21 Mead Street
Kalamunda

Time: 11am (please arrive at 10.45am)

For more details please call

Hub Coordinator Yvonne 0492 807 603



JustCremations





XMAS PASTA LUNCH



WHAT

**Yummy Xmas Pasta Lunch
with Cathy Audino!**
Join us for a fun afternoon
with friends, conversation,
laughter & food.
BYO Drinks

WHEN & WHERE

**Tuesday 6th December
12.30pm
DARLING RANGE HUB
Jack Healey Centre,
Kalamunda**

TICKETS & MORE

Tickets \$15 Available from

**The Hub or
Online**

www.trybooking.com/CDUTF

**CONTACT THE COORDINATOR,
Yvonne on 0492 807 603
for more for more details of
ticket purchases**



THIS IS A BYO EVENT

Book Lunch Here



JOIN THE DARLING RANGE HUB

Group Booking \$13 per person

10am Wednesday 7 December 2022

Kalamunda Performing Arts Morning Music

'FREEHOLD JAZZ'

Phone: Hub Coordinator Yvonne Fletcher 0492 807 603
to reserve your spot payment due by December 1st

or



JOIN THE DARLING RANGE HUB

It's Christmas

Christmas Decoration Morning
Tea

9.30am

Wednesday 7 Dec 2022

Decorate The Jack Healey Centre
Sara or Derek will talk about the
Kalamunda Christmas Light
competition and The Darling
Range Hub's new involvement.

Experience Xmas Lights Perth & Northbridge



DARLING
RANGE
Hub

Price
\$4pp



Includes

- ✓ Transport from Kalamunda
- ✓ Dinner (own cost) & The Inglewood Hotel
- ✓ Explore The City of Perth Xmas Lights
- ✓ Northbridge, Perth Elizabeth Quay
- ✓ Transport back to Kalamunda

Limited Spaces

Thursday 8th Dec

Meet at:

Thai on the Hill

4.45pm

Limited home pick up
available

Limited Spaces Available

Bookings Essential - contact Hub Coordinator Yvonne Fletcher to
reserve your spot: 0492 807 603 or email: hello@drsniorshub.com.au

NY Events & The Kalamunda Hotel
PRESENTS

CHRISTMAS COMEDY

Proudly supporting 'Sharing a Hills Christmas'

With
James Nokise (MC)



PLUS SUPPORTS ACTS:
Laura Davis
Fabian Woods
Tori Griffiths
Sean Conway
Zhygi
Steven Belowsky



FRIDAY 9 DECEMBER 2022

Kalamunda Hotel | 8pm | \$15 + a gift for 'Sharing A Hills Christmas' - for a male



WWW.NYEVENTS.COM.AU/COMEDY





Chair Yoga



JACK HEALEY CENTRE

the corner Mead Street & Canning Road Kalamunda

9AM - 10AM TUESDAYS

Cost \$9 per session or;

Block of 10 sessions \$81

Space Limited - Booking Essential

To Book Phone Yvonne 0492 807 603

Darling Range Hub financial members will receive their
first session free -booking essential



With the support of Dom doing our weekly drop offs, we've been collecting containers to help The Darling Range Hub raise money for our ongoing Hub activities through the Containers for Change Program.

Containers for Change is a state wide recycling scheme that enables charities and community groups who participate in the scheme to fundraise for their cause.

Every eligible container collected is worth 10 cents, which can really add up! So we're asking friends and neighbours if they could also save their containers and donate them to us. Please bring empty lidless containers into the Jack Healey Centre and drop into the bin at the front door or; They can be dropped in the bin outside 10 Heath Rd, opposite the Uniting Church.

We all value and appreciate your support.
Thanks very much!
The Darling Range Hub



They'll get 10 cents for each one. With your help, we can make a change.

✓ ELIGIBLE CONTAINERS



The scheme targets drink containers most commonly seen as litter. Most aluminium, glass, plastic, steel and liquid paperboard drink containers between 150ml and 3L are eligible for a refund.

✗ INELIGIBLE CONTAINERS



Generally, ineligible containers are those that are less than 150ml and greater than 3L. Other ineligible containers include all plain milk bottles, wine bottles, pure spirit bottles, cordial and registered health tonics. Pure juice containers over 1L (or under 150ml) are also ineligible.

To find out more visit containersforchange.com.au

Join Us for

December Events



DARLING
RANGE
Hub

Every Tuesday: Hello Coffee @ the Jack Healey Centre from 10.00 am

Every Tuesday: Chair Yoga 9am-10am, Hello Coffee 10am-12pm, Scrabble @ the Jack Healey Centre from 1.30 pm

Every Wednesday: CommuniTEA Matters most weeks @ the Jack Healey Centre from 9.30 am

Every Friday: CommuniTEA Matters Romancing the Stone, Maida Vale from 9.30am or; Table of Wisdom 9.30am Jack Healey Centre

Every Saturday: E-Bike Ride, please call Herman: 0403301429



4th SUNDAY Jack Healey Centre - CANCELLED EVENT Pot Luck Lunch - CANCELLED

6th TUESDAY Jack Healey Centre
11.00am Darling Range Hub Memorial Service
12.30pm Xmas Pasta Lunch

7th WEDNESDAY
9.30am Jack Healey Centre - Xmas Decorating and Kalamunda Xmas Light Talk or
10.00 am Kalamunda Performing Arts Centre Morning Music

8th THURSDAY
4.45PM Bus Trip City of Perth Xmas Lights

14th WEDNESDAY
9.30am Jack Healey Centre Christmas Mingle Jingle Morning Tea

16th FRIDAY 9.30am
Romance in the Stone Gardens - Christmas in the Garden Morning Tea

Closed for Xmas / New Year 19th Dec 2022 - 16th Jan 2023

30th FRIDAY - 12pm Kalamunda Hotel Lunch - Own Cost

31st Dec SATURDAY Zig Zag Community Arts New Year's Eve Bush Dance
6pm-9pm \$15 per person or \$25 per couple
Stirk Park Join Darling Range Hub Group refer to flyer



2022/2023 Membership Application Form

Title:	Surname: Given Name:	
Date of birth:	Address:	
Home Phone:	Email:	
Mobile Phone:		
Known Medical Conditions:		
In Case of Emergency Contact Person	Surname: Given Name:	
Home Phone:	Mobile Phone:	
Relationship to you:		

NB please provide your in "case of emergency" contact person that we may contact them

Membership Fees

Membership is paid annually at the end of each current financial year.

Amount to Pay (Please tick the box that applies to you. All rates include G.S.T.):

Full year rate	\$40.00	<input type="checkbox"/>
Community hero rate	\$80.00	<input type="checkbox"/>

Signed: _____ Date: _____

To help ensure a successful and inclusive Hub experience please aid us by sharing some of your skills and passions.

[What Are the Requirements to become a Hub Member?](#)

Joining the Hub is a commitment! When you become a Hub Member, you will –

- Uphold the Hub's values and mission.
- Nominate how you can contribute to Hub operations.
- Commit to the 'Ask a Member First' Policy.

Office Use Only

Join Date: _____ Paid by: ☐ Cash ☐ Cheque ☐ Bank deposit*

Account name: **The Darling Range Seniors Hub Inc**
 BSB: **633 000**
 Account number: **169 412 566**

Please post form to DRSH PO Box 194, Kalamunda 6076 OR email to members@drseniiorshub.com.au

*If paying by bank transfer, please make sure your name is in the message part of the transfer.

RENEW MEMBERSHIP NOW



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Our mailing address is:

Darling Range Seniors Hub
PO Box 194
KALAMUNDA, WA 6076
Australia

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