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



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





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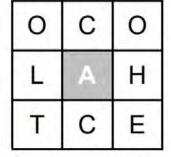
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#### NINE LETTER WORD PUZZLE

Can you find the 9-letter word?



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 Romancing 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



#### 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

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.

by Yvonne Fletcher



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

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



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.

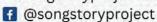
#### It's fun, inspiring and wonderfully nostalgic!

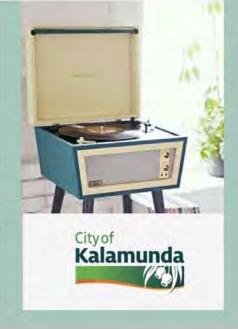
Our team will listen to your story and the stories of your community, and create a show where our artists will perform your unique 'SongStories'.

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





# 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 well, 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







Thank you to our Platinum Sponsor



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



#### **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**







THIS IS A BYO EVENT

## 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

**Book Lunch Here** 



JOIN THE DARLING RANGE HUB Group Booking \$13 per person

#### 10am Wednesday 7 Decmber 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

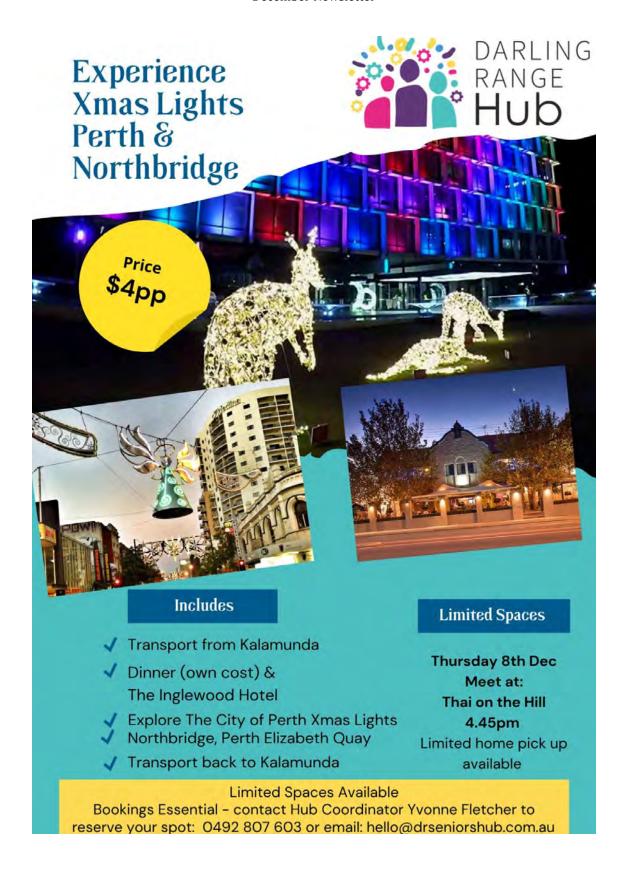
Christmas Decoration Morning

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.







# 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





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.



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 fuice containers over 1L (or under 150ml) are also ineligible.

To find out more visit containersforchange.com.au



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:					
	Full year rate Community	e hero rate	\$40.00 \$80.00			
Signed:	STATISTICS.	Date:	4000			
Uphold the Hi     Nominate hov     Commit to the	What Are the Requiring the Hub is a community's values and mission.  It is a Community of the Hub is a Member First Po	uirements to be nitment! When you bub operations.	ecome a Hi	ub Men	nber?	
Office Use Only		- Province				
	According to DRSH PO Box 194, Kak transfer, please make	ount name: 1	The Darling Ro BSB: <b>633 000</b> Account num email to <u>memb</u>	enge Ser ber: 169	eniorshub.com.au	

#### **RENEW MEMBERSHIP NOW**







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#### Our mailing address is:

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

Add us to your address book

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.

