

MARCH 2023



www.drseniorshub.com.au

Mob: 0492 807 603

NEWSLETTER



Positive community engagement is crucial for creating strong and vibrant neighborhoods where individuals can thrive. This type of engagement involves actively working to build relationships with other community members, participating in events and activities that promote community involvement, and working together to solve problems and address common issues. Positive community engagement can result in increased social capital, greater trust among community members, and a sense of belonging and connection. By working collaboratively, individuals can make a significant impact on their communities and create positive change that benefits everyone. When people are actively engaged in their community, they are more likely to feel invested in its success and are more likely to work towards making it a better place for all.

- Yvonne Fletcher

Darling Range Hub Coordinator

Mob 0492 807 603

Email hello@drseniorshub.com.au

Happy Birthday

**Cathy Audino
Norma Garrow
Ray Connop
Nat Audino**

To everyone celebrating a
birthday in March
We wish you a very happy
birthday

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



IN THIS ISSUE

| IN THIS ISSUE | Page |
|---|------|
| From The Presidents Desk..... | 4 |
| Volunteer of the month Derek Winter.... | 5 |
| Artist of the month John Mullins..... | 6 |
| Cooking with Caroline - Feed it Forward.. | 7 |



NINE LETTER WORD PUZZLE

Can you find the 9-letter word?



Last months: romantics

WHAT'S COMING UP IN MARCH



Fundraising Event for Hub & ebike Group Swing band
 Sunset Bus Trip - Sculptures by the Sea
 Sundowner
 Chair Yoga
 Board Games, Puzzles, Scrabble Group, and BYO crafts
 CommuniTEA Matters morning Quiz with Peter
 CommuniTEA Matter - Family History
 CommuniTEA Matter - Kaye Muro
 Book Club
 E-Bike Riders and more
 Coming Soon Carpet Bowls

FROM THE PRESIDENT'S DESK

Hi all,

Well where did February go??? Autumn is here and we can look forward to cooler temperatures but not any time soon and rain (perhaps in 8-10 weeks time) Jack Healey Centre is buzzing especially on Tuesdays and Wednesdays.

Chair Yoga from 9-10 am on Tuesday morning is providing excellent opportunities and the good news is we still have 6-10 places available. Chair Yoga has many benefits not the least of which are relieving stress and anxiety. Stay for a convivial cuppa afterwards.

Yvonne is doing a great job in developing new club and interest groups. She is after people interested in carpet bowl's, book club and theatre group. Get your name down and/or if you have any other ideas or would like to take responsibility for one, please see Yvonne. Make sure you read about all the opportunities in the rest of the newsletter.

Keep yourself informed.

Our big fundraiser this month is a concert joint with the Ebike group at Romancing the Stone Garden.

It is the Army swing band with vocalists performing Neil Diamond for the first half and Motown after supper.

Looking forward to seeing you there.

Cheers Roly Ritchie - Darling Range Hub President

Platinum Sponsor

Would you like to become a Platinum Sponsor?
Platinum Sponsors assist The Darling Range Hub
in creating on going resources for the community.

In return you'll appear regularly
in our newsletter and socials.

To find out more please contact Yvonne
Darling Range Hub
via
0492 807 603 or email hello@drseniorthub.com.au



Our many thanks to our sponsors



Thank you to our
Platinum Sponsor

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



Derek Winter

Derek Winter Darling Range hub Member, Volunteer & Committee Member



Derek Winter is a shining example of what it means to be a dedicated and passionate volunteer in his local community. Since its beginnings, Derek has been an active member of the community organization The Darling Range Hub.

His commitment to helping others and making a positive impact in his community has not gone unnoticed, and he is valued as a member and volunteer at The Darling Range Hub.

Derek started volunteering in 1976 and has been an active volunteer for many of the community groups and organisations within The City of Kalamunda.

His tireless dedication and willingness to help in any way he can have made him an invaluable asset to The Darling Range Hub, and he is highly respected and admired by his fellow volunteers and members of the community alike. Overall, Derek Winter's contributions to The Darling Range Hub and his community at large are a testament to his character and his commitment to making the world a better place. His selflessness and generosity have touched countless lives, and he serves as a true inspiration to others who wish to make a positive impact in their own communities. The Darling Range Hub and everyone who has had the pleasure of working with Derek are lucky to have him as a member and volunteer, and his contributions are always appreciated!



Artist of the Month

JOHN MULLINS

2nd Tenor Singer – Morriston Orpheus Choir

by Yvonne Fletcher

The Morriston Orpheus Choir is a world-renowned male choir based in South Wales, and its members are known for their exceptional musical talent and dedication to the art of choral singing. Among the many talented singers who have graced the choir's ranks over the years is John Mullins, a 2nd tenor who made a lasting impact on the group during his 8.5 years with them.

John Mullins had always been a lover of music, but it took him two years to gather the courage to audition for the Morriston Orpheus Choir. Once he joined, he quickly became an integral member of the group and participated in many of their high-profile performances and tours. He traveled to countries all over the world, including the USA, Canada, France, and Germany, and had the privilege of performing with and meeting some of the biggest names in the music industry. His favorite moments were meeting and performing with Vera Lynn. He has always loved her song "We'll Meet Again".



John's favorite song to sing with the choir was "Phantom of the Opera." John's talent and dedication to the Morriston Orpheus Choir were acknowledged when they recognized his contribution at their Perth show asking him to stand John in the audience to be thanked.

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

Cooking with Caroline & Feed It Forward

by Yvonne Fletcher

Feed It Forward (FIF) is an organization that is committed to reducing food waste while helping to provide meals for those who are in need. They understand that hunger is a real issue in many communities, and they work tirelessly to save edible food from going to landfills. By encouraging food outlets, groups, and individuals to donate their surplus food, FIF is able to distribute it through their network of volunteers, reaching people in need free of charge. This not only helps to reduce food waste but also provides much-needed support to those who are struggling to put food on the table. Caroline Mitchell, was the area team leader for Swan and Kalamunda, is a chef and a people person with a strong passion for helping others. Since August 2019, she has been working with FIF to help distribute food to those who are in need. Her dedication to this cause has helped to make a significant difference in the lives of many people in her community. Through her efforts and ability to bring people together, FIF has been able to expand its reach in the Swan and Kalamunda areas to provide more food to those who need it most.



Caroline is a shining example of how people collaborating can make a big impact and inspire others to get involved in their communities.

Fried Bread

Prep time 10 minutes ,serves 4

- ½ cup Hot Water
- ½ cup Milk
- 2 cups Self Raising Flour
- ½ Tbsp Sugar

Combine all ingredients.

Roll to a 2cm thickness and cut into 6cmx6cm squares.

Heat a medium size pot of oil to 165°C. Gently place the dough in the hot oil and cook until golden brown. Once cooked, remove from the oil and drain on a paper towel. Allow to rest for 5 minutes before serving.

Serve with butter and golden syrup or ice cream.





FEED IT FORWARD



POINT OF DIFFERENCE

Our Charity is focussed on giving food WITHOUT QUESTIONS & RESTRICTIONS e.g. Health Care Card, Pension Card etc...
"No questions asked, No Judgement passed"



NEED LOCAL SUPPORT?

We're sharing the locations for you to be able to access support.



GREENMOUNT WARD

Each Tuesday
1-3 pm
21 Gabo Road Greenmount



FORRESTFIELD

Athena's Open Pantry
Day Light Hours Only
8 Larix Way Forrestfield



HIGH WYCOMBE

Rachel's Open Pantry
24 hour access
3 Cyril Road High Wycombe

MISSION

Knowing the need for food is very real within our local communities, FIF does its utmost to help save edible food from landfills to help feed those in need.

We encourage any food outlets, groups, or individuals with surplus food or edible food donations to contribute to us for our vast network of volunteers, to distribute to communities in need... free of charge.

ABOUT

With the help of more than 500+ active volunteers, we service WA Regions from North to South.



MIDVALE

Wendy's Open Pantry
Friday - Sunday
79A Ewart Street Midvale



The Darling Range Hub would like to thank and acknowledge the following people.

Erin - Audika

For your kind donation of plants to the Darling Range Hub - Jack Healey Centre.

Nat & Cathy Audino

For your kind donation of the trolley to assist with moving heavy items.

Grace Armstrong

For your kind donation for the tv to assist us with running our events including our monthly quiz.

To each of you The Darling Range Hub is incredibly grateful for your thoughtful contributions. Thank you all for your kindness.

DR SARAH PEARCE

Deputy Director
CSIRO ASTRONOMY and Space Science

Rotary 
Club of Kalamunda


The SKA (Square Kilometre Array) project is the largest and most sensitive radio telescope to be built and will challenge many fundamental scientific theories. Dr Sarah Pearce will provide insights into this exciting project.

March 28th 6.30-8.30PM \$20.00
Finger food
Lesmurdie Club

www.trybooking.com/CGHFB

***LIMITED TICKETS**





MARCH BIRTHDAY CELEBRATION & MORNING QUIZ

Tease Your Brain &
Win Prizes

**Wednesday
8TH Mar**

Morning Tea starts: 9.30am

Quiz Starts at: 10.00 am

\$3 members or
\$5 non members
with quiz master
Peter Stuart!



DARLING
RANGE
Hub



CommuniTEA Matters - Jack Healey Centre
Phone Hub Coordinator for more details
0492 807 603



Join Josie for our new book club

STARTING IN MARCH

Book Club

Starting: 8th Wednesday 1-2pm

The Foyer Jack Healey



Register your interest
today!

please contact Yvonne
Fletcher

Darling Range Hub
Coordinator in the office
or

phone 0492 807 603 or
email

hello@drseniiorshub.com.au



Swing Along Concert

Set 1

Neil Diamond Tribute

Set 2

Motown Tribute



Australian Army Band Perth

Romancing the Stone Concert

Join Australian Army Band Perth as they support the Darling Range Hub. The concert will feature a wide variety of styles that will keep you dancing in your seats.

Where: Romancing the Stone Amphitheatre, 3 Lilian Rd, Maida Vale

When: 7:30pm—10pm, Friday 10th March 2023

Entry: \$35, (Light supper provided)

Book online at www.trybooking.com/CDRHR

For more information, please phone;

Yvonne 0492 807 603 / Tom (08) 9454 4298

10 piece
orchestra
&
4 vocalists

Experience- Sculptures by the Sea sunset tour



DARLING
RANGE
Hub



Price
Members
\$4 pp
Non
Members
\$6pp



City of
Kalamunda

Includes

- ✓ Transport from Kalamunda
- ✓ Sculptures by the Sea - Cottesloe Beach
- ✓ Dinner - Clancy's Fish Bar City Beach (own cost)
- ✓ Transport back to Kalamunda

Limited Spaces

Saturday 18th Mar

Meet at:

Thai on the Hill

3.00 pm

Limited home pick up
available

Limited Spaces Available - **NB this trip will have accessibility issues**
Bookings Essential - contact Hub Coordinator Yvonne Fletcher to
reserve your spot: 0492 807 603 or email: hello@drsniorshub.com.au

Family History

What is your ancestry?
Where do you come from?
Why and how did they come to
Australia?



Granddad



Grandma



Mum



Dad



Uncle



Aunt



Sister



Me



Cousin



Cousin

CommuniTEA Matters
Wednesday 15th March
9.30am
With guest Speaker
Ian Simon

Family history
is understanding our origins so we
better understand ourselves.
A brief presentation will highlight
the fun and issues researching our
family.



DARLING
RANGE
Hub





Exercising As You Age



Speaker

Vanessa Tanner,
Accredited Exercise
Physiologist


Vanessa has special interests and experience in heart health, type 2 diabetes, and chronic disease management. She has a wealth of knowledge and experience in working with people of all ages and walks of life, and loves helping her clients stay active.

CommuniTEA Matters

11am Friday 17th
March
Romancing The
Stone Gardens

Workshop Information:

The exercising as you age workshop is all about empowering you to continue exercising through your senior years. As we age, our bodies change, and therefore it's important to include certain exercises into our daily routines. These exercises keep us strong, alert, reduce our risk of falls and keep our minds sharp! Joel will discuss the many benefits of exercising as you age and will give you plenty of examples of what is recommended to make part of your daily routine.

 (08) 9454 4298

 3 Lilian Road, Maida Vale

All Welcome

CommuniTEA Matters

Wednesday

22nd March

9.30am - 11.30am

The morning will start at the Jack Healey Centre with morning tea and guest speaker Kaye Moro Kalamunda Rotary President. Since 1962 the members of Kalamunda Rotary have worked hard to find new ways to serve their community and be part of the change they want to see in the world.

\$3 members

and \$5 non

members



**Guest speaker -
Kalamunda Rotary
President Kaye Moro**


What to expect


- Morning Tea at Jack Healey Centre
- Guest speaker


For more details about Kalamunda Rotary head to www.rotarykalamunda.org

**JOIN
US!!**

Rotary 
Kalamunda

 0492 807 603

 hello@drsniorshub.com.au

 www.drsniorshub.com.au

SUNDOWNER

We are excited
our upcoming



to invite you to
Sundowner event.

The evening will be a fantastic opportunity to meet others,
socialize and create new connections.

Date: Friday 24th March 2023

Time: 4pm-6pm

Location:

The Jack Healey Centre in The Darling Range Hub
Office & Courtyard.

Sausage Sizzle Cost: \$5 per person

BYO Drinks

We look forward to seeing you there.



For catering purposes please
RSVP by 20th March 2023
to confirm your attendance.

Ph:

If you have any questions,
please don't hesitate to call.

The Darling Range Hub is excited to announce their partnership with



The Darling Range Hub can refer you into mindSpot GP for an assessment.

MindSpot services are free to use, and they always will be. Funded by the Australian Government, we provide access to psychological care at no cost to you.

CommuniTEA Matters
Wednesday 29th March 9.30am
With guest Speaker Mindspot

- Mindspot GP support people to learn about their mental wellbeing and learn how to manage their symptoms.
- Mindspot aim to teach people key psychological skills to help them become more resilient.
- Most people using MindSpot are troubled by depression, anxiety, and stress. We also support people with distress due to chronic health conditions.

For more information call Hub Coordinator
Yvonne Fletcher 0492 807 603





POT LUCK LUNCH



SUNDAY 5TH MAR
SUNDAY 2ND APR

bookings essential for
catering

to book call

Jean 0467 777 162

location

Jack Healey Centre

Board Game & Puzzle Afternoon



For details
Phone Yvonne
0492 807 603





JOIN THE DARLING RANGE HUB GROUP THEATRE LOVERS

Group Booking \$13 per person
(min 10 people required) or \$16 per person

MORNING MUSIC: Aria Scarlett

10am Wednesday 5 April 2023

Kalamunda Performing Arts Morning Music

Presenting: A stop-you-in-your-tracks premiere vocal talent of WA. Using her foundation in classical music, Aria Scarlett will take you on a journey through jazz standards, golden age theatre and even new music re-imagined in her signature style

Phone: Hub Coordinator Yvonne Fletcher 0492 807 603
to reserve your spot payment due & bookings due by 21st Feb 2023

OR



JOIN THE DARLING RANGE HUB

at The Jack Healey Centre for

Small Talk - Hub Members

Conversation

over morning tea

Bring in an article of interest could be
news or magazine to share with the
group.

Hub Members \$3 Guest \$5

9.30am Wed 5 Apr 2023

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



HAVE FUN AND RELAX WITH

Carpet Bowls

COMING
SOON



Register Your Interest Today

Jack Healey Center Kalamunda

Dates & Times TBC

Call Hub Coordinator Yvonne Fletcher 0492 807 603





THEATRE GROUP

**For lovers of the theatre -
min 10 people required for
the group to access show
group discounts - to register
please email Yvonne
hello@drseniiorshub.com.au**



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. Please remember to remove the lids.

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



**At Audika
your hearing
is our expertise**

We visit here on:

**Monday
3rd April 2023
10am - 12pm**

**Call Yvonne on
0492 807 603
to book a free*
hearing check.**

*Free hearing check available to adults aged 26 or over only.

Join Us for March Events



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

Every Tuesday: Chair Yoga 9am-10am, Hello Coffee 10am-12pm, Board Games & Puzzles @ the Jack Healey Centre from 1.00 pm

Every Wednesday: CommuniTEA Matters most weeks @ the Jack Healey Centre from 9.30 am
1pm Book Club

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

5th Mar SUNDAY 12.00pm Jack Healey Centre - Pot Luck Lunch - Call Jean to book 0467777162

8th Mar Wednesday 9.30am - Jack Healey Centre - CommuniTEA Matters Morning Quiz with Peter Stuart and March birthday celebrations.

10th Mar Friday - Romancing the Stone Gardens - Fundraising Concert refer to event flyer.

15th Mar Wednesday 9.30am - Jack Healey Centre - CommuniTEA Matters Family History Talk

17th Mar Friday 11.00am - Romancing the Stone Garden - CommuniTEA Matters
- PDA Health Exercising as You Age

18th Mar Saturday 3.00pm - Bus Trip - Sunset Tour - Sculptures by the Sea

22nd Mar Wednesday - 9.30am Jack Healey Centre - CommuniTEA Matters Kalamunda Rotary

24th Mar Friday 4pm - Jack Healey Centre Sundowner Bookings Essential refer to flyer.

29th Mar Wednesday - 9.30am Jack Healey Centre - CommuniTEA Matters Mindspot GP

2nd Apr SUNDAY 12.00pm Jack Healey Centre - Pot Luck Lunch - Call Jean to book 0467777162

3rd April MONDAY 10.00AM - 12.00pm

Jack Healey Centre - FREE Hearing Screening To book call Yvonne 0492 807 603

5th April WEDNESDAY 10.00am

Kalamunda Performing Arts Centre - Morning Music - To secure group discount min 10 people required Call Yvonne to book 0492 807 603



Half Year 2022/2023 Membership Application Form

| | | |
|--|---|--------------------|
| Title: | Surname: | Given Name: |
| Date of birth: | Address: | |
| Home Phone: | Email: | |
| Mobile Phone: | NB please advise <u>your</u> in case of emergency contact person that we may contact them | |
| Known Medical Conditions: | | |
| In Case of Emergency Contact Person | Surname: | Given Name: |
| Home Phone: | Mobile Phone: | |
| Relationship to you: | | |

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.):

Half year rate \$20.00 ☐
Community hero half year rate \$40.00 ☐

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@drsniorshub.com.au

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