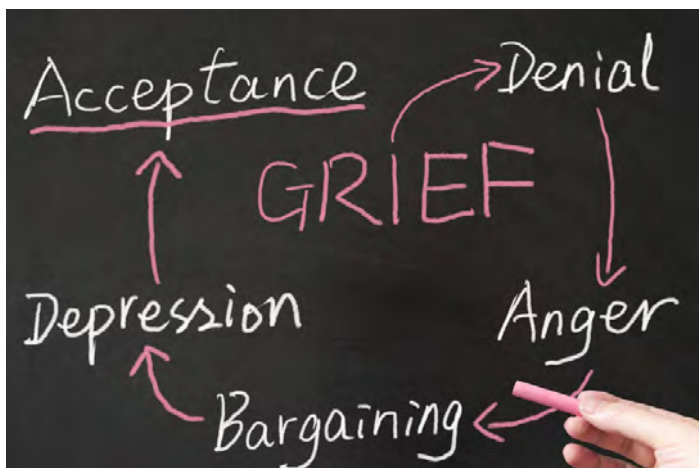


MAY 2023

# NEWSLETTER



A few reflective things this last month with some members sharing their experiences of grief.

Grief is a deeply personal and emotional journey that we all must face at some point in our lives. Whether we're grieving the loss of a cherished loved one or the loss of an ability that once brought us joy, the pain and sorrow can feel overwhelming. It can leave us feeling lost, alone, and uncertain of how to move forward. However, as we navigate the complexities of grief, we discover that it's also an opportunity to honor what we've lost and to celebrate the beauty that once existed in our lives. It's a reminder that the love, memories, and experiences we shared will always be a part of us. And though the journey may be challenging, it can also be transformative. It can teach us to find meaning in the pain, embrace our vulnerability, and emerge with a deeper sense of empathy and appreciation for the world around us. In the end, it's through our grief that we learn to honor the past, embrace the present, and look forward to the future with hope and resilience.

- Yvonne Fletcher

**Darling Range Hub Coordinator**

**Mob 0492 807 603**

**Email [hello@drseniorshub.com.au](mailto:hello@drseniorshub.com.au)**

*Happy Birthday*

**Ann Aitken**  
**Ann Bailey**  
**Shirley Bryan**  
**Barbara Hoffmann**  
**Peter Kerr**  
**Pamela Kerrison**  
**Isobel Nikoloff**  
**Antony Suresh**  
**Tom Woolfrey**

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

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



# IN THIS ISSUE

| IN THIS ISSUE   | Page |
|---|------|
| May Artist of the Month .....   | 4    |
| Cooking with Connie .....   | 5    |
| Volunteers of the month Domenico<br>Rechichi & Margaret Parkinson ..... | 6    |

*Thank you to all of our  
volunteers we value &  
appreciate you!*

“Alone we can do so  
little; together we  
can do so much.”  
– HELEN KELLER



**NATIONAL VOLUNTEERS WEEK**  
**#TheChangeMakers**

*Thank  
You*

**WHAT'S  
COMING UP  
IN  
MAY**



Darling Range Hub Volunteer Thank you Afternoon Tea  
Bus Trip  
Carpet Bowls  
Chair Yoga  
Board Games, Puzzles, Scrabble Group, and BYO crafts  
CommuniTEA Matters morning Quiz with Peter  
CommuniTEA Matter's  
Morning Music at KPAC  
Community Organisations Network  
Book Club  
Fun with Friends Luncheon  
E-Bike Riders and more!

# 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](mailto: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](http://www.drseniorthub.com.au)





# **May Artist of the Month TERESA ALDRED & DONALD FLETCHER-HUGHES**

**GRAND HANDZ Piano Duo - 4 Hands 1 Piano**

**by Yvonne Fletcher**

Grand Handz Piano Duo is a dynamic and unique duo comprising Donald Fletcher-Hughes and Teresa Aldred. They perform on a single piano using four hands, showcasing various musical genres, including movie themes, singalongs, and musicals. The duo creates a fun and lively atmosphere, making their performances truly unforgettable.

The duo has also created their own event that takes place at Teresa's private residence in Darlington. The event includes afternoon tea and is priced at \$35 per person. The duo's event has become incredibly popular, and people look forward to attending the next one.

Mid May Memories with Grand Handz Piano Duo is an upcoming event that promises to be unforgettable. The event takes place on Sunday 28th May from 2.30 pm to 5.00 pm at 2 Lobelia Drive, Darlington. It features the dynamic duo performing their unique style of music

and creating an atmosphere of fun and laughter.

Tickets for the event are priced at \$35 per person and can be purchased via Trybooking at [www.trybooking.com/CGYJI](http://www.trybooking.com/CGYJI). Whether you're a music enthusiast or simply looking for a fun and unique experience, Mid May Memories with Grand Handz Piano Duo is an event that you don't want to miss.

**Bonus Teresa will join the Hub for CommuniTEA Matters - Jack Healey Centre 9.30am Wed 31st May and share her story and love of music.**

**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@drseniiorshub.com.au](mailto:hello@drseniiorshub.com.au)**





# Cooking with Connie

by Yvonne Fletcher

For Connie, cooking has been a passion that she's cherished since her childhood. Growing up in Campania, Italy, she learned to cook from her mother and family. With their guidance, she learned the art of cooking traditional Italian dishes that are still her favorites today.

At the age of 21, Connie had the chance to move to Australia and live with her aunt. It was an opportunity she seized and embraced. While living in Perth, she met her husband and fell in love. To Connie, he was the most beautiful person she had ever met. Their love for each other blossomed, and she decided to stay in Perth with him.

Two highlights stand out for Connie in her cooking journey. The first was when her son's school asked her to attend his school camp and cook for the children and teachers in Rottnest. She shared five days preparing and cooking meals, and it was a rewarding experience to see the kids enjoy the food she'd made. The second highlight is when she cooks for locals and gives them a loving home-cooked meal. It's a way for her to share her love for cooking and bring joy to people over a good meal. Connie loves the satisfaction of seeing people enjoy the food she's made.



## Fresh Bread

- 500g (3 1/3 cups) plain flour
- 2 tsp (7g/1 sachet) dried yeast
- 1 tsp salt
- 375mls (1 1/2 cups) lukewarm water
- Seasoned salt for flavoring
- Extra water, for brushing
- 1 tsp poppy seeds, for sprinkling

Place the plain flour, yeast, and salt in a large bowl and mix well to combine. Make a well in the center and add the water to the dry ingredients. The water needs to be lukewarm to activate the yeast and encourage it to grow. If the water is too hot, it can kill the yeast. To test whether it is at the right temperature, sprinkle a little on the inside of your wrist - it shouldn't be too cold or too hot.

Shape the dough into a ball.

Preheat oven to 200°C.

Bake in preheated oven for 30 minutes or until golden and cooked through.



May

♦♦♦♦♦  
**VOLUNTEER**  
♦♦♦♦♦



**Domenico Rechichi**

\*\*\*\*\*

"I like volunteering because I enjoying work and like to do something especially if it helps others."

- Domenico Rechichi

May

♦♦♦♦♦  
**VOLUNTEER**  
♦♦♦♦♦



**Margaret Parkinson**

\*\*\*\*\*

"By volunteering I gain a sense of helping others and connection in my community. I love seeing the joy it brings others."

- Margaret Parkinson





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 following ranges of containers are currently accepted by the scheme:  
plastic bottles, glass bottles, beer cans, and liquid detergent & dish containers.  
Automatically 100% and 20 are eligible for a refund.

**INELIGIBLE CONTAINERS**



Excluded, hazardous containers are those that are flammable, poisonous, or corrosive. Other ineligible containers include all glass milk bottles, oil containers, paint cans, aerosols, and hazardous health wastes. (Jack Healey Centre 11 am until 10 am on Tuesdays)

To find out more visit [containersforchange.com.au](http://containersforchange.com.au)



## POT LUCK LUNCH



SUNDAY 7TH MAY  
SUNDAY 4TH JUNE

bookings essential for  
catering

to book call

Jean 0467 777 162

location

Jack Healey Centre



## 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



## THEATRE GROUP



For lovers of the theatre -  
min 10 people required for  
the group to access show  
group discounts - register  
your interest below to  
register please email

Yvonne

[hello@drseniiorshub.com.au](mailto:hello@drseniiorshub.com.au)



**MAY CELEBRATIONS  
BIRTHDAYS & MOTHERS DAY**

# **MORNING QUIZ**

Tease Your Brain &  
Win Prizes

**Wednesday**

**10TH May**

**Morning Tea starts: 9.30am**

**Quiz Starts at: 10.00 am**

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

The first 20 ladies  
who come to  
the quiz will  
receive a mystery  
Mothers Day gift



**DARLING  
RANGE  
Hub**

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





# LUNCH WITH FRIENDS

23 May 2023

Chicken, Chips, Salad & Dessert



**Join us for a fun afternoon with friends, conversation, laughter & food. This month's lunch is chicken, chips, salad & dessert.**

**BYO Drinks**

When:

**12pm Tuesday 23rd May**

Where:

**Darling Range Hub - Jack Healey Centre**

Cost:

**\$15 per person**

**Bookings Essential**

**<https://www.trybooking.com/CFOZL>**

**For additional information call Yvonne Darling Range Hub  
on 0492 807 603**



# The Book Club

**Each Wednesday's 1-2 pm  
The Foyer Jack Healey**

Josie and the book club are currently reading  
**The Guernsey Literary and Potato Peel Pie Society by  
Mary Ann Shaffer, Annie Barrows**

About: Based during the second world war body text Juliet initiates an extraordinary exchange with members of the society, delving into their island life, literary preferences, and the effects of the recent German invasion on them. Enthralled by their narratives, she embarks on a journey to Guernsey, discovering a world that transforms her in unimaginable ways. Through a collection of letters, this book exudes a sense of warmth and wit, honoring the written language in all its forms and highlighting how unexpected bonds can be formed.



Register your interest today!  
please contact Yvonne Fletcher  
Darling Range Hub Coordinator  
in the office or  
phone 0492 807 603 or email  
[hello@drsensorshub.com.au](mailto:hello@drsensorshub.com.au)



Jack Healey Centre

# Board Games, Puzzles & BYO Crafts Afternoon



**Each Tuesday  
from 1.00pm  
Jack Healey  
Centre  
For details  
Phone Yvonne  
0492 807 603**



HAVE FUN WITH

# *Carpet Bowls*

**\$5  
MEMBERS  
ALL AGES  
WELCOME**



**\$5 Members**

**1.00 pm - 3.00 pm Each Monday**

Bookings Essential

Jack Healey Center Kalamunda

Call Hub Coordinator Yvonne Fletcher 0492 807 603





DARLING RANGE HUB VOLUNTEER THANK YOU  
AFTERNOON TEA AND CARPET BOWLS



**Thank  
You!**

***Volunteers  
Afternoon Tea &  
Carpet Bowls***

**1.00 pm - 3.00 pm Monday 15th May**

Please confirm your attendance

Jack Healey Center Kalamunda

Call Hub Coordinator Yvonne Fletcher 0492 807 603





## Kalamunda SongStory Project

Call Yvonne 0492 807 603

to join The Darling Range Hub's group booking.

**FREE EVENT!**

**10am Friday 26th May**

A program made up of the special songs + their stories of the people of Kalamunda. Your local community have been sharing their 'SongStories' and the creative team at SongStory Project have put together this entertaining, fun and nostalgic show just for you.

We have some of Perth's most well-loved performers to share your songs.

Singers Penny Reynolds and Jay Weston and pianist and singer Robert Graham.

This program will delight and inspire and bring back some wonderful memories of some incredible songs alongside the stories of why they are so special to people who live in this community.

All are welcome and perhaps you will be inspired to tell your 'SongStory' and join our community sharing their music and memories.

10:00am morning tea and chat 11:00am is show time!

This project is generously supported by City of Kalamunda and ABEC.





## WANTED GUEST SPEAKERS

We'd love for you to share your story, art or talent with us at one of our CommuniTEA Matters morning tea.

Please Call Yvonne 0492 807 603  
The Darling Range Hub



# Join Us for May Events



## Mondays

Jack Healey Center  
1pm  
Carpet Bowls

## Tuesdays

Jack Healey Centre  
9am  
Chair Yoga

10am  
Hello Coffee  
Lounge

1pm  
BYO craft,  
scrabble, board  
games & puzzles

## Wednesdays

Jack Healey Centre  
9.30am  
CommuniTEA  
Matters

1pm  
Book Club

## Fridays

Romancing the Stone  
Gardens  
9.30am  
CommuniTEA Matters

Jack Healey Center  
9.30am  
Table of Wisdom

## Saturdays

Various Locations  
E-Bike Ride, please  
call Hermman:  
0403301429

## Once a Month Events

7th May SUNDAY 12.00pm Jack Healey Centre  
- Pot Luck Lunch - Call Jean to book 0467777162

8th May Monday Bus Trip - SOLD OUT!

10th May Wednesday 9.30 am - Jack Healey  
Centre - CommuniTEA Matters Morning Quiz with  
Peter Stuart celebrating May birthday & Mothers  
Day - check flyer for bonus!

15th May Monday 1.00 pm Volunteers Thank you  
Afternoon Tea & Carpet Bowls

17th May Wednesday 9.30 am Jack Healey Centre  
- CommuniTEA Matters  
PDC Health Talk 'Why exercise as you age'

23rd May Tuesday 12.00 pm - Jack Healey Centre  
- Fun with Friends Luncheon Bookings Essential  
refer to flyer

24th May Wednesday 9.30 am Jack Healey Centre  
- CommuniTEA Matters  
Seasons Funeral - Planning

26th May FRIDAY 10.00 am  
Kalamunda Performing Arts Centre  
- SongStory Project FREE  
Call Yvonne to book 0492 807 603

31st May Wednesday 9.30 am Jack Healey Centre  
- CommuniTEA Matters  
Teresa Aldred - Music Talk

4th June SUNDAY 12.00pm Jack Healey Centre -  
Pot Luck Lunch - Call Jean to book 0467777162



# 2023-2024



## Membership Application Form

**BONUS**  
2 months free

|                                     |               |             |
|-------------------------------------|---------------|-------------|
| 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@drsensorshub.com.au](mailto:members@drsensorshub.com.au)

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