

www.drseniorshub.com.au Mob: 0492 807 603

NEWSLETTER



OUTSTANDING DARLING RANGE VOLUNTEERS

Praising the Outstanding Work by Darling Range Hub Volunteers.

Volunteering is a selfless act that has the power to transform communities, and in the Darling Range Hub, this spirit of giving back shines brightly through the dedicated efforts of its volunteers.

Feature article continued page 5-7.

- Yvonne Fletcher
Darling Range Hub Coordinator
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DARLING RANGE HUB MEMBERSHIP FORMS ON LAST PAGE





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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**

E-Bike Riders and more!



Jose Digweed Frances Docherty Leon English Iris Jones John Milton June Mullins **Peter Stuart** Stan Majewski

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

WHAT'S COMING UP IN JUNE

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@drseniorshub.com.au







Our many thanks to our sponsors





Thank you to our

Platinum Sponsor



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



FROM THE PRESIDENT'S DESK

Greetings from the Presidents desk,

As the wetter cooler weather sets in it is important to remember to continue to get out and about. Personal connections are a major contribution to our health and well being.

There are many activities to get you involved in the Hub.

At Jack Healey Centre Monday from 1-3 pm carpet bowls, Tuesday 9-10 am chair yoga followed by morning tea. Wednesday sees CommuniTEA Matters Morning Tea 9.30-11.30 am (check out the guest speakers, quiz days etc in Yvonne's wonderful "what's on at the Hub this week". Fridays are morning teas at Tom's Romancing the Stone Garden with music by Joe.

Then there are the bus trips, now twice monthly by demand (only Grace won at the Pinjarra Trots last month). There is access to KPAC's monthly morning music program, book club, theatre group and monthly pot luck lunches with Jean on the 1st Monday of the month. I am exhausted just thinking about it all.

This month included Volunteers week and we continue to recognise and be dependent upon our wonderful volunteers. We couldn't exist without you. Remember everyone's a volunteer, small acts of kindness can have a great impact on another person/ neighbour without you being aware.

Matthew Hughes and Lorna Harper recognised the value of the Hub by inviting 18 members for lunch at Parliament House on Thursday 25 th May. A special mention must be made of committee member Derek Winter who was presented with pin and a certificate for the Volunteer Service Award at Burswood on Swan This recognised 47 years of volunteering in the Kalamunda area. You are an inspiration Derek with your selfless giving and provide us with something to aspire too.

Looking forward to catching up with you in person soon.

Cheers Roly Ritchie - Darling Range Hub President

Feature Article

Outstanding Darling Range Slub Volunteers Our thanks to each and everyone of you!

Today, we want to take a moment to recognize and celebrate the remarkable work done by these outstanding individuals, particularly highlighting the invaluable contributions of Derek Winter, who has selflessly devoted 47 years to the Kalamunda community.

Derek Winter is a true embodiment of the volunteer spirit. For nearly half a century, he has been a driving force behind numerous community initiatives, offering his time, skills, and unwavering dedication. From lending a helping hand at local events to providing support to those in need, Derek has become a cherished figure in Kalamunda, earning the respect and admiration of all who have had the pleasure of working alongside him.

To express our gratitude to the Darling Range Hub volunteers and acknowledge Derek's remarkable service, a delightful and fun-filled afternoon tea was organized. Volunteers gathered for an enjoyable session of carpet bowls, laughter filling the air as friendships were forged and strengthened. It was a joyous occasion where volunteers were

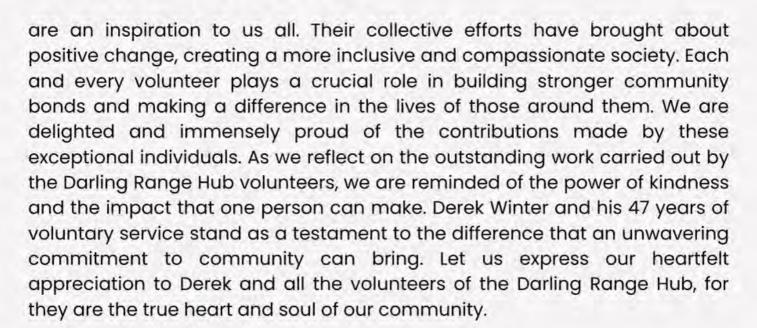
able to relax, bond, and revel in the collective accomplishments they had achieved.

Derek's exceptional commitment was also recognized on a larger scale during the 2023 WA Volunteer Service Awards. To honor his longstanding dedication, he was treated to a special morning tea at the picturesque Burswood on the Swan. Surrounded by fellow volunteers, celebrated Derek was for outstanding achievements and his enduring impact on the Kalamunda community. It was a well-deserved moment of recognition for his decades of selfless service. Furthermore, the Darling Range Hub volunteers were also honored with a special lunch Parliament House, generously provided by Matthew Hughes and Lorna Harper. distinguished This event not acknowledged the exceptional contributions of the volunteers but also emphasized the importance of their work in shaping a vibrant community. supportive The Range Hub and its dedicated volunteers



Feature Article

Outstanding Darling Range Hub Volunteers



Furthermore, the Darling Range Hub volunteers were also honored with a special lunch at Parliament House, generously provided by Matthew Hughes MLA and Lorna Harper MLC. This distinguished event not only acknowledged the exceptional contributions of the volunteers but also emphasized the importance of their work in shaping a vibrant and supportive community. The Darling Range Hub and its dedicated volunteers are an inspiration to us all. Their collective efforts have brought about positive change, creating a more inclusive and compassionate society. Each and every volunteer plays a crucial role in building stronger community bonds and making a difference in the lives of those around them. We are delighted and immensely proud of the contributions made by these exceptional individuals. As we reflect on the outstanding work carried out by the Darling Range Hub volunteers, we are reminded of the power of kindness and the impact that one person can make. Derek Winter and his 47 years of voluntary service stand as a testament to the difference that an unwavering commitment to community can bring. Let us express our heartfelt appreciation to Derek and all the volunteers of the Darling Range Hub, for they are the true heart and soul of our community.



Feature Article

Outstanding Darling Range Hub Volunteers









Artist of the Month

PETER GOODALL

Cinematographer

Peter Goodall, a talented cinematographer, developed a deep love for photography and film from an early age, influenced by his father's work as a projectionist in Kalgoorlie. Growing up in a family where film was a cherished part of their lives, Peter's connection to the art form was cemented when, as a baby, he was unwittingly caught up in a car theft that also involved the family's precious films. While his worried parents called the police, his father's concern for the films remained paramount. Thankfully, both the films and baby Peter were safely recovered, leaving an indelible impression on Peter and instilling in him a lifelong appreciation for the value of film and photography.

As Peter embarked on his creative journey, he honed his skills as a self-taught photographer and cinematographer. Alongside his father's influence, Peter's passion for the

by Yvonne Fletcher





environment was sparked by his friendship with Barry Oldfield,

the founding member and long-serving President of Men of the Trees. This passion permeated Peter's work, and capturing the beauty of nature became one of his favorite genres.

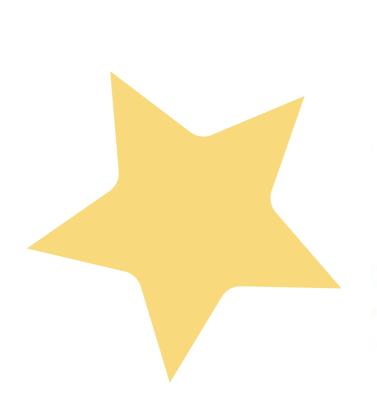
Peter is visiting The Darling Range Hub as guest speaker at CommuniTEA Matters 9.30am Wed 28th June.

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





"I've been fortunate in life and volunteering gives me the opportunity to pay back to others and give a smile to someone"
- Cathy Audino





DARLING

"Nothing is achieved without enthusiasm! When you can do things to help it makes you and others feel good!"





Join the Darling Range Hub Group Booking for \$13 per person

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

MORNING MUSIC: The Basilios 10am Wednesday 5 July 2023

Kalamunda Performing Arts Morning Music

Presenting

A tribute to two of the world's greatest crooners. Brothers Carlos and Paul Basilio pay tribute to the music of Frank Sinatra and Dean Martin, backed by a four-piece band. Replicating the vocals, the musicianship and the banter!

To reserve your spot payment due & bookings due by 24th May 2023 Phone Hub Coordinator Yvonne Fletcher 0492 807 603



POT LUCK LUNCH



12PM SUNDAY 4TH JUNE 12PM SUNDAY 2ND JULY

bookings essential for catering to book call

Jean 0467 777 162

location

Jack Healey Centre



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.



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Join Josie for our new book club

Change of time Each Thursday 10am The Foyer Jack Healey



Come along!

Please contact Yvonne
Fletcher

Darling Range Hub

Coordinator in the office

or

phone 0492 807 603 or

email

helloedrseniorshub.com.au





HAVE FUN WITH

Carpet Bowls



\$5 Members

1.00 pm - 3.00 pm Each Monday

Bookings Essential

Jack Healey Center Kalamunda

Call Hub Coordinator Yvonne Fletcher 0492 807 603







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

June 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
Thursdays
10am Book Club

Fridays

Romancing the Stone Gardens 9.30am CommuniTEA Matters

Jack Healey Center

9.30am

Table of Wisdom

<u>Saturdays</u>

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



Once a Month Events

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

7th June WEDNESDAY 10.00 am
Kalamunda Performing Arts Centre
- Morning Music
Call Yvonne to book 0492 807 603

14th June Wednesday 9.30 am - Jack Healey Centre - CommuniTEA Matters Morning Quiz with Peter Stuart celebrating June birthdays

16th June Friday Bus Trip - SOLD OUT!

21st June Wednesday 9.30 am Jack Healey Centre - CommuniTEA Matters
Priceline Talk

28th June Wednesday 9.30 am Jack Healey Centre - CommuniTEA Matters Guest Speaker Peter Goodall

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



Title:	Surname:	Given Name:		orm S	
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:				
Membership Fee Membership is pa	s	case of emergency" contact person that and of each current financial		em	
Amount to Pay	(Please tick the I	pox that applies to you. All ra	ates include G.	S.T.):	
	Full year ra	ste \$40.	00 🗆		
	Communit	ty hero rate \$80.	00 🗆		
Signed:		Date:			

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 <u>Date:</u>		Paid by: ☐ Cash	☐ Cheque	☐ Bank deposit*		
	Account name:	The Darlin	The Darling Range Seniors Hub Inc			
		BSR: 633 000				

Account number: 169 412 566

Please post form to DRSH PO Box 194, Kalamunda 6076 OR email to members@drseniorshub.com.au *If paying by bank transfer, please make sure your name is in the message part of the transfer.