

**FREE**

# Ageing Well

**Creating an age-friendly shire**

**Edition 16 – September 2023**

## In this issue:

- Recognising volunteers ..... 2
- Be a savings tips winner ..... 3
- Stretching the Budget..... 3
- Victorian Seniors Festival 2023..... 4
- Free public transport ..... 4
- Get busy this Springtime!..... 6
- Gender what? Gender equality ..... 6
- The story of Mama Queyee..... 7
- An informed community ..... 8

## Share your story with us!

Send contributions (max 250 words)  
Ageing Well, Cardinia Shire Council,  
PO Box 7, Pakenham 3810 Vic.

## Join mailing list

Web:  
[www.cardinia.vic.gov.au/enewsletters](http://www.cardinia.vic.gov.au/enewsletters)

or Scan this QR Code  
to subscribe

Enquiries:

**Ageing Well team**

**Cardinia Shire Council**

Ph: **1300 787 624**

Email: [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)

Web: [www.cardinia.vic.gov.au/seniors](http://www.cardinia.vic.gov.au/seniors)



## It's all in the Expression

If you ever needed a reason to brighten your day, then why not plan a visit to the Expression art exhibition at Cardinia Cultural Centre?

In May, Council supported a series of workshops for artists with disability, led by local art therapist Nazia Wasif.

These workshops have culminated in an exhibition called Expression, which has given local artists an opportunity to showcase their skills. On right now until 24 September, this bright, uplifting array of art pieces is on display, including paintings, sculptures, poetry, and music.

Rick, aged 60, participated in one of the workshops with his mum Lorna. He really enjoyed the experience. Diagnosed with a brain tumour at the age of 34, Rick lives in Supported Independent Living through the National Disability Insurance Scheme. His mum Lorna, aged 91, resides in Tynong and catches up with Rick weekly for social outings and assists him with his medical appointments.

During the arts workshop, Rick's artistic flare was evident, no surprise as Rick began a lead lighting business in his 20's. Lorna was full of praise for the Art Therapist Nazia. "Nazia put everyone at ease straight away, she made everyone feel so welcome!" says Lorna.

Rick and his mum are regulars at the Cardinia Cultural Centre (CCC). They also enjoy attending the CCC's Sip and See shows as music is their shared passion.

So, when planning your next trip out, consider a visit to the Expression Art Exhibition at the stunning Cardinia Cultural Centre, 40 Lakeside Blvd, Pakenham and stay for a cuppa at the café. Also check out the magnificent Cardinian Embroidery, featuring the history of townships in the shire.



**Win 2  
FREE TICKETS!**  
Be a savings tips  
winner! See page 3

**Victorian  
Seniors  
Festival  
2023**



## 'Learn Love Live' at the 2023 Victorian Seniors Festival

The Victorian Seniors Festival 2023 is back this October! In addition to statewide events, Cardinia Shire Council will be supporting local events. Win 2 free tickets to a Seniors Festival event – see page 3 for details. For more information, see pages 4-5. We will see you all there!

# Recognising volunteers

Each year, Cardinia Shire's community nominates for the Australia Day Awards and the Stan Henwood Award, to recognise contributions to our community.

We would like to acknowledge and congratulate our 2023 award winners.

## Audrey Dodson – 2023 Cardinia Senior of the Year

Since becoming a foundation member of the Berwick Pakenham Historical Society in 1961, Audrey has been described as “the glue” that has kept the society on track for over 7 decades. An accomplished archivist, Audrey documents archival materials and provides research advice to the public. At 91 years of age, Audrey generously passes on her skills, knowledge, and passion to younger generations.

Audrey is a strong advocate for making history accessible to all. She pioneered historical walking tours in Pakenham for students and organised school visits to the historical society. A generous volunteer with considerable knowledge of the local area, she campaigns for the preservation of local historical sites. Audrey is the author of Pakenham Then and Now, available through Pakenham Historical Society.

If you have any queries, contact Audrey on **0497 901 965**.



## Jeffrey Latter - 2023 Stan Henwood Award

Jeffrey lives in Emerald with his wife Glenys. He has been a member of the Emerald Scout Group since the 60's. He was Emerald's first Baden Powell Rover Scout Awardee in 1983. He was involved in the refurbishment of the Emerald Scout Centre in 2012. Today, Jeff is still a Group Leader while Glenys remains in Scout Fellowship.

Jeff has supported a range of community initiatives over many years. Through his business Treed Environs, he has been involved in the assessment of native vegetation and trees including bushfire management reports for development applications. Jeff describes himself as “an arborist with bells on - and a few whistles”.

A strong community advocate for the environment, Jeff was involved in the establishment of the Meander group, in Emerald in the 90's. In 2002 Jeff was involved in the Johns Hill Landcare Group. He participated in the 'my creek, your creek, our creeks' forum in 2005, which led to the Woori Yallock Creek Park Alliance, involving 18 community groups. This group highlighted the need for greater protection of public land between the Dandenongs, Bunyip Parks and Yarra Ranges National Park, now known as the Liwik Barring Landscape Conservation Area.

Local conservation groups are always looking for volunteers to help preserve the unique environments across the shire. If you can spare some time to plant trees or manage weeds, see details below.

### For more information:

Visit: [www.cardinia.vic.gov.au/conservationgroups](http://www.cardinia.vic.gov.au/conservationgroups) or [www.cardinia.vic.gov.au/australiaday](http://www.cardinia.vic.gov.au/australiaday)  
or [www.cardinia.vic.gov.au/volunteer](http://www.cardinia.vic.gov.au/volunteer)  
Ph: **Customer Service team 1300 787 624**

# Financial resilience

## Be a savings tips winner! Share your best savings tips to win!

Win  
2 FREE  
TICKETS!

Send your best saving tips to us and go into the draw to win 2 free tickets to the live Seniors Festival show and Devonshire tea on Wednesday 18 October at Cardinia Cultural Centre. We will list them in the next edition of Ageing Well. Remember to include your contact details.

Send to: **The Ageing Well team,  
Cardinia Shire Council,  
PO Box 7 Pakenham, 3810**  
or email: [ageingwell@cardinia.vic.gov.au](mailto:ageingwell@cardinia.vic.gov.au)

Entries close Monday 25 September

## Better financial decisions

### Community information session

**Presented by: Good Shepherd**

Build your knowledge to make better financial decisions! Most of us have felt the strain of the increased cost of living. This session will help you:

- understand how to organise your bills
- create a budget that suits you
- learn to control your money and explore ways to decrease your expenses
- manage some of your debts
- find the right support services for you.

Eligibility: You need to receive a pension, Commonwealth allowance or payment.

Venue: **Outlook Community Centre,  
24 Toomuc Valley Rd, Pakenham.**

Date: **Tuesday 21 November**

Times:

Session 1: **1-2.30pm or**

Session 2: **6-7.30pm**

Cost: **Free**

Ph: **5940 4728**

Bookings essential (limited spaces)

## Financial preparedness for retirement

**Presented by:**

**Financial Information Service, Services Australia**

Planning for retirement can be quite challenging. Every bit of information and advice you can get your hands on, is worth considering. In this session, you will hear about:

- Contributing to superannuation while working then accessing your superannuation when retired.
- How does tax change pre and post-retirement?
- What accommodation options do you have in retirement?

Venue: **Outlook Community Centre,  
24 Toomuc Valley Rd, Pakenham.**

Date: **Tuesday 21 November**

Time: **6.30-7.30pm**

Cost: **Free**

Ph: **5940 4728**

Bookings essential (limited spaces)

**NEW**

## Care finder service

Care finder is a national, face-to-face, free service. It offers older people who have no family or support person, help to find aged care services through My Aged Care and other government services. If you need help, contact Wintringham's Intake and Service Information team. Group bookings can also be arranged. Email Leanne Bouzoukis [leannebouzoukis@wintringham.org.au](mailto:leannebouzoukis@wintringham.org.au).

**For more information:**

Ph: **9034 4824 Mon-Fri 9am-5pm**

Email: [intake@wintringham.org.au](mailto:intake@wintringham.org.au)

Web: [www.wintringham.org.au](http://www.wintringham.org.au)

*Wintringham*



# Victorian Seniors Festival 2023

## Statewide festival – Learn, Love, Live

Last year, the festival attracted 102,926 visitors to 1883 events across the state in the month of October. This year, people are keener than ever to get out and socialise. We hope even greater numbers participate in the events.

The Victorian Seniors Festival is a major state-wide festival, taking place every year to celebrate the sensational seniors in our community. This year the theme is 'Learn Love Live', and what better way to do that than get together and have some fun. An exciting range of free, low-cost events will be held.

### Free public transport

The 8 days of free public transport for Seniors Card holders commences on Oct 1 and runs until Oct 8, so why not coordinate some friends to take a trip into the city by train to join us for Celebration Day at Federation Square. Bookings for free V/Line trips during this period will be open from 10am on Tuesday 5 September 2023.

### Celebration Day at Fed Square – free!

Date: **Sunday 1 October**

Time: **12noon-7pm**

Venue: **Federation Square Precinct  
Corner of Swanston & Flinders St  
Melbourne**

Cost: **Free**

Bookings: **No bookings needed**

The entire precinct of Federation Square will be activated, featuring great immersive music, dance and performances – as well as displays and information stands. You can choose to participate or just relax and enjoy the entertainment at the Main Stage, River Stage or in the Edge Theatre. Just jump on a train and we'll see you there.

### For more information:

Visit **[www.whatsoncardinia.com.au](http://www.whatsoncardinia.com.au)**

Visit **[www.cardinia.vic.gov.au/seniors](http://www.cardinia.vic.gov.au/seniors)**

Ph: Customer Service team on **1300 787 624**

Visit **[www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)** or call  
Seniors Online **1300 797 210**

Pick up a copy of the 8-page print guide at your local Coles supermarket.

Victorian  
Seniors  
Festival  
2023



Supported by  
**Cardinia**  
Cardinia Shire Council

## It might as well be spring! (Live show and Devonshire tea)

### Featuring the unforgettable music of Rodgers and Hammerstein

Enjoy Cardinia Cultural Centre's renowned pre-show Devonshire tea, then relax in the main theatre and enjoy the extraordinary talents of Antoinette Halloran and David Rogers-Smith, performing the unforgettable music of Richard Rodgers and Oscar Hammerstein.

Australian Opera, Musical Theatre and Cabaret Superstars, Antoinette Halloran and David Rogers-Smith take us on an unforgettable journey as they perform the most popular songs from musicals 'The Sound of Music', 'Carousel', 'The King & I', 'Oklahoma' and more from two of the most beloved songwriters of the musical theatre world!

Date: **Wednesday 18 October**

Time: **10am-12pm**

Venue: **Cardinia Cultural Centre,  
40 Lakeside Blvd, Pakenham**

Cost: **\$15pp includes show and morning tea**

Bookings: **1300 887 624\***

\*Visitors with mobility aids / wheelchairs  
must advise when booking tickets

**[www.cardiniaculturalcentre.com.au](http://www.cardiniaculturalcentre.com.au)**



# Victorian Seniors Festival 2023

## Tai Chi for all!

This innovative Tai Chi event will be a crowd pleaser to say the least! Tai Chi is a traditional form of martial arts. It began in China thousands of years ago, and involves a series of slow, meditative body movements. Join us to practice Tai Chi to the sounds of gorgeous meditative music, as our instructor leads our crowd through a series of slow moving and gentle exercises, all whilst miked-up to a loudspeaker so that everyone can participate. Bring a friend or neighbour. Find your inner peace and calm. Meet us on the oval in flat shoes or runners. Refreshments afterwards.

Date: **Thursday 26 October**  
Time: **11am - 1pm**  
Venue: **Worrell Reserve, Emerald**  
**Enter carpark off**  
**Belgrave-Gembrook Rd, near library**  
Cost: **Free**  
Dress code: **Comfortable / runners and bring**  
**a bottle of water**  
Bookings: **No bookings needed**



### For more information:

Gineivra, Ageing Well team

Ph: **1300 787 624**

Email: **ageingwell@cardinia.vic.gov.au**

## Senior-tivity expo

Social connections have a positive effect on health and wellbeing, and that is why Senior-tivity is back, bigger and better! Come and see what social opportunities exist in the shire, and chat to members from a broad range of community groups.

This event offers information and resources to enable residents aged 55 years and over the opportunity to be more active and socially connected.

Date: **Saturday 23 September**  
Time: **10am-3pm**  
Venue: **Living & Learning Inc,**  
**6B Henry St, Pakenham**  
Cost: **Free**  
Enquiries:  
Roger, Cardinia Mens Shed on **0414 749 904**



## Old time dance event

### Hosted by Pakenham Rotary

The Silhouettes headline this energetic old-time dance event. Enjoy some ballroom, old time, new vogue, rock 'n' roll, progressive and line dancing – you don't need to bring a partner. If you would just love to come along to watch the dancing, you are most welcome, but please book.

Date: **Sunday 15 October**  
Time: **1-5pm**  
Venue: **Pakenham Hall,**  
**cnr John and Henry streets, Pakenham**  
Cost: **Free**

BYO food and drinks (this is an alcohol-free event)

Bookings essential:  
Ian Wake **0417 112 500** or  
Peter Neilson **0418 584 594**



# Get busy this Springtime!

## Come out of hibernation!

During the colder months, it's not surprising that we tend to hibernate and take up home-based activities. As this edition of Ageing Well marks the start of Spring, there are numerous groups, events and activities available for you to get involved in. Meet new people, make new friends, learn new skills, share skills with others and contribute to the local community. We have many great groups in the shire! Here are a few you may be interested in:

- walking groups
- probus groups
- rotary groups
- retired men's coffee/outings group
- retired women's groups
- university of the Third Age (U3A)
- multi-cultural groups
- men's sheds
- physical activity/special interest groups
- arts/crafts
- volunteering
- swimming/aqua exercise
- table tennis
- pickle ball groups
- community/neighbourhood houses
- bowling clubs
- senior citizens clubs
- community gardens.

### For more information:

Web: [www.cardiniasupport.com.au](http://www.cardiniasupport.com.au)

Ph: **1300 787 624**



## How to get started

Council's service directory is now available online! It's very easy to use and contains a wide range of details for community organisations, senior groups, service providers, and government bodies that offer health and social services to Cardinia Shire residents.

### Ageing Well Community Connectors Service

If you would like assistance to get involved in a local social group or activity group, please contact our Ageing Well team. We will put you in touch with a trained volunteer.

Call Council's Community Support Facilitators or Ageing Well team on **1300 787 624**.



## Gender what? Gender equality – talk to me, not about me

**Join us for a morning tea and a conversation on what gender equality means for people aged 65 plus.**

Krissy Nicholson from Women's Health in the South East will facilitate the discussion and Debbie Wood, Visual Artist, will create a visual display of the conversations at the forum. This artwork will be displayed publicly at the Cardinia Cultural Centre during the 16 Days of Activism. Two other forums are also being held with young people and parents with children under the age of 4 years during October.

Date: **Wednesday 25 October**  
Time: **10-11.30am**  
Venue: **Cardinia Civic Centre, Gallery Room**  
Bookings: **[togetherwecan@cardinia.vic.gov.au](mailto:togetherwecan@cardinia.vic.gov.au)**  
or call Fiona Cost on 5943 4366  
Enquiries: **Cardinia Customer Service**  
**1300 787 624**





# Shared story

## The story of Mama Queyea Tuazama - a refugee

Between 1989 and 2003, civil war consumed the small West African nation of Liberia, resulting in the estimated deaths of 150,000 to 250,000 men, women and children, and the displacement of over half the country's population. We are very grateful to Mama Queyea Tuazama, a resident of our shire, for sharing her refugee story.

Mama Queyea Tuazama - Mama Q to her family and friends - was born in Liberia, West Africa. She was raised by her grandmother, who was a very caring person, known throughout her community for her faith. During her upbringing, Mama Q learnt to care for the vulnerable people in her community. She learnt strong family values from her grandmother, still evident today, as she continues to live her life focused on her community, striving to build something meaningful in life.

In the late 90's, Mama Q was forced to flee her war-torn nation of Liberia in West Africa to the neighbouring Ivory Coast, 1000 kms away, with nothing but the clothes on her back. This stay was short lived, as Ivory Coast also broke out in war. During this time, she was exposed to severe trauma, where she witnessed atrocities.

Once again Mama Q had to flee, this time to New Guinea, taking the children of others too. Here they settled in a refugee camp where she devoted her time to caring for the children. From absolute



necessity, she developed a vegetable farm which was the main source of food for her family.

Never in her wildest dreams did Mama Q ever think she would be caught in a civil war and need to flee her beloved Liberia.

Mama Q arrived in Melbourne with her children on 18 January 2005. She has continued her farming skills through United African Farms - as her grandmother's legacy. Caring for others through food is one of her greatest joys.

When she saw all the land and green in Pakenham, she knew she wanted to make her home here. Mama Q says, like all families we need to make the effort to understand each other. Her community is her family. When asked how she encourages her community to come to her house to eat together, she says proudly, the food calls them! Mama Queyea; a mother, a grandmother. Chairperson for the Liberia Women in Victoria and Committee member of the United African Farms.

## The United African Farm

The United African Farm connects African migrant communities through the sharing of skills, knowledge and culture, fostering belonging and inclusion. The farm offers production, community gardening and events, cultural excursions and exchange programs, African style markets, capacity building and employment.

Located on Fowler Rd, Cardinia, this community farm centres around culture, connection and food.

If you are interested in volunteering at the farm, becoming a member, purchasing produce or would like further details, please contact Thuch on **0426 157 709**.



**For more information:**

Ph: **0426 157 709**

Visit: **[www.unitedafricanfarm.org](http://www.unitedafricanfarm.org)**



# An informed community

## Information pop ups

We will be holding another information stall soon. This is your opportunity to come up for a chat, enjoy a BBQ'd sausage, make enquiries and collect information relevant to your needs.

Date: **Thursday 14 September**  
Time: **10am-1pm**  
Venue: **IGA Supermarket,  
15 Fairbridge Lane, Cockatoo**  
Free BBQ'd sausages will be available

Cardinia  
Ageing Well

Supporting our  
diverse ageing  
community.

- connect
- be active
- live well
- be informed
- feel safe



Pick up a copy of your Ageing Well from the following locations or download a digital copy from [cardinia.vic.gov.au/ageingwell](http://cardinia.vic.gov.au/ageingwell)

- Beaconsfield Community Complex, 8 O'Neil Rd Beaconsfield
- Mobile Library Beaconsfield Community Complex – O'Neil Rd, Beaconsfield 12pm–7pm (Wed)
- Cardinia Cultural Centre
- Cardinia Life 4 Olympic Way, Pakenham
- Cardinia Shire Council Civic Centre 20 Siding Ave, Officer
- Outlook Community Centre, 24 Toomuc Valley Rd, Pakenham
- Pakenham Library or Cardinia U3A

- Kooweerup Regional Health Reception 235 Rossiter Rd, Koo Wee Rup
- Lang Lang Community Centre 7 Westernport Rd, Lang Lang
- Mobile Library points:
  - Bunyip, Main St 9:30am–1:45pm (Sat)
  - Bunyip Primary School 10:45am–12:15pm (Mon)
  - Garfield, Ritchie St 12:30–3:15pm (Mon)
  - Koo Wee Rup, V/Line Bus interchange 2:15–5:30pm (Fri)
  - Lang Lang Primary School 11am–1:45pm (Fri)
  - Maryknoll, Koolbirra Rd 12:30–1:30pm (Thur)
  - Nar Nar Goon Primary School 11am–12pm (Thur)
  - Tynong, Railway Ave 3:30–5:30pm (Tues)
- Moy-Yan Neighbourhood House Beswick Street, Garfield

- Cockatoo Community House, 23 Bailey Rd Cockatoo
- Emerald Community House, 356–8 Belgrave-Gembrook Road, Emerald
- Emerald Library 400A Belgrave-Gembrook Rd, Emerald
- Emerald Senior Citizens, cnr Anne and Church streets, Emerald
- Mobile Library points:
  - Cockatoo Bowling Club 2:15–6pm (Thur)
  - Gembrook Community Complex, Gembrook Pakenham Rd 2:30–5:30pm (Tues)
  - Upper Beaconsfield, Charing Cross Reserve 10:45am–1:30pm (Tues)
- Upper Beaconsfield Community Centre, 10-12 Salisbury Rd, Beaconsfield Upper

## Council contacts

**Cardinia Shire Council  
Civic Centre**

20 Siding Avenue, Officer

### Postal address:

PO Box 7, Pakenham 3810

Phone: **1300 787 624**

Email: [mail@cardinia.vic.gov.au](mailto:mail@cardinia.vic.gov.au)

Web: [cardinia.vic.gov.au](http://cardinia.vic.gov.au)

### After-hours emergencies:

1300 787 624

### National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

**TTY users** phone 133 677

then ask for 1300 787 624.

### Speak and Listen

(speech-to-speech relay)

users phone 1300 555 727

then ask for 1300 787 624.



[facebook.com/CardiniaShireCouncil](https://facebook.com/CardiniaShireCouncil)



Subscribe to our eNewsletters  
[cardinia.vic.gov.au/enewsletters](http://cardinia.vic.gov.au/enewsletters)

Cardinia

Creating an age-friendly shire