



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 15

19 OCTOBER 2020

HEALTHY AGEING



We hope you are enjoying the *Healthy Ageing* newsletters each fortnight and find them full of information, tips and activities that are keeping you active in mind and body during this pandemic. We aim to stay connected to you during this time as we all make changes to stay socially connected.

Seniors Festival and more to come

Many of Glen Eira City Council's online events will continue through to December. While we are still unable to offer face-to-face events, we are pleased to be bring a range of online events that we hope you will enjoy.

The *Seniors Festival* will continue through to the end of October and most events can be watched on our YouTube channel afterwards.

We are pleased to announce that *Melodies for Seniors* will be back on 13 November and 11 December, so put those dates in your diary.

Arts and Culture and Libraries will also continue to host online events.

Sit back, relax and enjoy the events from your lounge room.



BENTLEIGH.
BENTLEIGH EAST.
BRIGHTON EAST.
CARNEGIE.
CAULFIELD.
ELSTERNWICK.
GARDENVALE.
GLEN HUNTLY.
MCKINNON.
MURRUMBEENA.
ORMOND.
ST KILDA EAST.

Council services

Seniors Festival online continues in October

Here are just three of the many fabulous events we have coming up.

To watch these three events, go to www.gleneira.vic.gov.au/seniorsfestival and follow the link. These events will also be available after the event if you miss it.

Friday evening with Jane — Friday 23 October at 6.30pm

What a great way to spend a Friday evening. Make a cuppa or pour a glass of wine, relax and join the delightful Jane Clifton as she takes a journey back through her fascinating life and what she is up to now.

Jane Clifton is an actress, singer, writer and registered marriage celebrant. Jane will always be best remembered for a role she played 40 years ago — as Margo in *Prisoner/Cell-Block H*. No need to book — just follow the link above to watch.



Everyone has a story — Sunday 25 October at 11am–11.45am

Join a few of our long-standing residents for a virtual cuppa and a special roundtable chat. We'll celebrate lives, share memories and talk about how the Glen Eira community has changed.

Book online at the link above. A link will be sent to your email. You will need to press 'purchase' when asked to continue, but you will not be charged.



Indigenous Inter-generational Storytelling with Auntie Fay Stewart-Muir — Thursday 29 October at 10am

Join us for a very special storytelling event. You can watch on your own or with your grandchildren as this is perfect for all ages.

Auntie Fay Stewart-Muir, an elder of the Boon Wurrung, Wamba Wamba and Wergiai clans, is an author and educator. She is particularly passionate about working with children to share culture, language and knowledge, providing an opportunity to learn about First Nations' culture and history from a First Nations' perspective.

No need to book — just follow the link above to watch.



Seniors Festival on DVD

We have a limited number of free DVDs available to send to residents who do not have internet and were unable to watch the events. The DVD will include *Melodies for Seniors* — *The Show Must Go On*, *An Evening with Jane* and other Festival events. Please contact our Community Wellbeing customer support officer on 9524 3333 to make your request. Requests close Friday 13 November.

Melodies for Seniors — Friday 13 November @ 2pm

Make a cuppa, get comfy on your couch and join fabulous vocalists Jennifer Lee and Paul Hogan for an hour of wonderful toe-tapping music.

With a show full of songs you know and love, you can singalong as loud as you want.

To watch this event, type Glen Eira City Council YouTube into Google. The video will be on the homepage. It will also be available after the event if you miss it.



Zoom online activities for seniors

If you are interested in joining in these activities and would like to know more, send an email to socialsupport@gleneira.vic.gov.au and include your name, address and phone number. Please note: bookings may be required for some activities.

Activity Pack now available

The October Activity Pack is full of fun things to do, to enjoy and to challenge your mind. It is now available by contacting our social support team leader on 9524 3333.

Are you Stroke Safe? online event — Friday 30 October at 6pm

In Australia, a stroke occurs every nine minutes — that's 56,000 strokes every year. It doesn't have to be this way — up to 80 per cent of strokes are preventable. Join the Stroke Foundation at this online event to recognise the signs of a stroke and how to prevent them. Find out about *F.A.S.T* and what you can do to recognise the signs.

Bookings are required — go to <https://library.gleneira.vic.gov.au> and go to the What's On section to see the events on offer. You will need to press 'purchase' when asked to continue, but will not be charged. Participants will be emailed the link to the session on the day of the event.

Glen Eira City Council COVID-19 HOTLINE 9524 3733

The Hotline is available:

- Monday to Friday 8am–5.30pm (Tuesdays till 7.15pm).
- Weekends 9am–5pm.

Your feedback

It is always great to get feedback from our readers and many have shared memories after reading our history articles. Recently, Glen Eira resident Angela called to comment on our article about department stores. She shared her memory of the Myer Mural Hall: "When I was five or six years old, I won a popular child competition that was presented by Norman Myer," Angela recalled. "They gave me a lovely afternoon tea for my birthday in the Myer Mural Hall! They were raising money for the new Prince Henry Hospital to replace an earlier Prince Henry Hospital." Thank you Angela for sharing this memory with us.

Taking care of yourself

There is no other way of saying it — it has been a tough year. However, we are getting through this together and better days are ahead. With the weather warming up, take the time to enjoy the fresh air.

After going through difficult times many people will continue to experience anxious moments. Continue to reach out to friends, family or neighbours and let them know how you are feeling. If you're feeling anxious, try this quick meditation tip — STOP

S — stop.

T — take three deep and slow breaths. Feel the sensation of the breath flowing.

O — observe the body, notice any tension and actively let go.

P — proceed with your day.

Asparagus is in season and so good for you

Asparagus is coming into season and November is when it is at its best. If you like asparagus you will be pleased to know it is low in calories and an excellent source of essential vitamins and minerals, especially folate and vitamins A, C and K. It is also a good source of antioxidants, plus contains potassium, a mineral that may help lower high blood pressure. Asparagus is particularly high in insoluble fibre and just half a cup of asparagus contains seven per cent of your daily needs.

You can boil, steam, roast and sauté asparagus to make the tender green spears pop with flavour. It is also an excellent addition to your salads and fresh spears have an irresistible sweet and snappy texture when enjoyed raw. Asparagus is great as a side of vegetables as it takes little time to prepare.

Sauté asparagus for a quick side dish and lots of goodness

- Cut asparagus into two-inch pieces.
- Sauté the spears over high heat in a pan with oil or butter.
- Sauté until lightly browned and tender, three to five minutes.
- Season with salt and pepper.



Sports Trivia

1. What was the name of Phar Lap's strapper?
2. In 1922, on the eve of the *Caulfield Cup*, the buildings around the course caught fire. It is believed the fires were started by a notorious underworld figure. What was his name?
3. Sir Donald Bradman's batting average was 99.4. In his final test innings in 1948, how many runs did he score?
4. Which Australian tennis player has won Wimbledon the most times – Newcombe, Hoad, Laver or Emerson?
5. Who was nicknamed Australia's Golden Girl when she set world records for 60 metres, 100 yards, 200 metres, 220 yards and 440 yards?
6. Which Australian swimmer won Gold in the 100-metre freestyle at the 1956, 1960 and 1964 Olympic Games?

They're racing at Caulfield

The first race at the Racecourse was held in 1859. In Caulfield's early days of racing, jockeys rode through rough bush, heath, and sand hills. The first *Caulfield Cup* was in 1879 and won by Newminster. Caulfield Station had opened in May 1879, which was perfect timing for the running of the first *Cup*. Caulfield Railway Station was not only used for patrons, but the horse platform was important for the arrival and departure of horses.

Poseidon was the first horse to win in consecutive years of 1906 and 1907, and also won the *Melbourne Cup*, *Victoria Derby* and *AJC Derby* in 1906. You may remember *Rising Fast*, which won in 1954 and 1955. You may also remember the beautiful grey *Ming Dynasty*, which won the 1980 *Caulfield Cup* to join an elite group to take two *Caulfield Cups*.

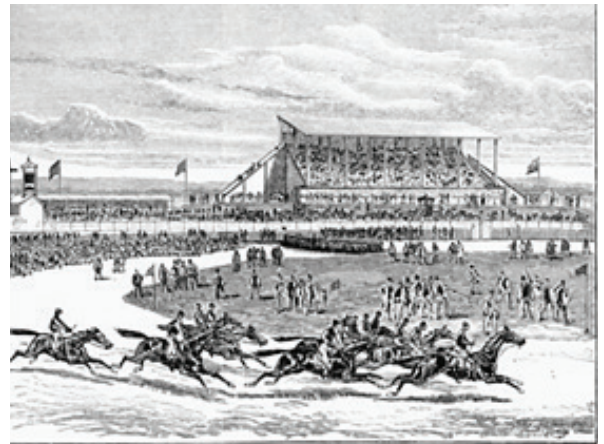
In 1922 the members' stand, official offices and the judge's box were completely destroyed by fire on the eve of the *Caulfield Cup*. The fire was believed to have been started by the notorious Squizzy Taylor.

Did *Phar Lap* win the 1930 *Caulfield Cup*? No he didn't. *Phar Lap* was controversially scratched the day before the race, but did go on to win the next four races of the carnival, including the *Melbourne Cup*. Many residents of the area would have seen *Phar Lap* as he often trained at the course at the time.

Learn more about the legend of *Phar Lap* at our online talk at 7pm on Wednesday 18 November, with racing historian Geoff Armstrong.

Like the *Melbourne Cup* and *Oaks Day*, the *Caulfield Cup* has brought the ladies and gentlemen out in their best attire. In 1893, *Melbourne Leader* columnist Iris declared: "Large hats were very much en evidence at the Caulfield races". According to Iris, they were "... worn far back on the head, and with few exceptions were decked with flowers, principally roses."

Over the course of the day, "... gales of wind and torrents of rain alternated with gleams of sunshine in such delightful uncertainty, the sunny moments drew the women on to the lawn to reveal bright shades, elaborate satin capes, puffed sleeves and laced bonnets."



THE RACE FOR THE CAULFIELD CUP, CAULFIELD RACECOURSE

The Race for the *Caulfield Cup*. 1880. State Library of Victoria.



Image: Poseidon, Sears Studios, photographer. 1906, State Library of Victoria.



Image: Valerie Whittman Ikin *Caulfield Cup Day* 1950, Ikin, Norman, 1925–1962, photographer. State Library of Victoria.

Keeping fit — arms and shoulders

Here are four more exercises to add to your routine. Do these once you have warmed up. Sit tall in your chair with both feet flat on floor for all exercises.

Forward elbow extension

1. Place your right arm forward at shoulder height with palm facing up.
2. Bend your right arm so hand comes towards and close to your shoulder.
3. Extend elbow and arm back to starting position.
4. Repeat 8–10 times on right arm then change to left arm.

Note: elbow does not drop during movement.

Side shoulder raise

1. Begin with your arm at your side, elbow straight, palm facing forward.
2. Slowly raise your arm out to the side and then overhead. Breathe in as arm goes up.
3. Return to starting position. Breathe out as the arm goes down.
4. Repeat 8–10 times on right side. Repeat on left side.

Overhead press

1. Place hands near shoulders with palms facing forward.
2. Raise both arms up until straight overhead. Breathe in on upward movement.
3. Lower arms to starting position. Breathe out on downward movement.
4. Repeat 8–10 times.

Note: work at steady pace. If you are unable to take arms up, go forward.

Boxing

1. Place both arms at your shoulders. With your elbows a little away from your body, face your palms forward then make fists.
2. Punch right arm forward until it extends and return.
3. Punch left arm forward until it extends and return.
4. Continue punching at a steady pace for about 20–30 punches.

Note: to add variety do cross punches so arm goes diagonally forward and across.

Did you know?

The worst horse race fall in Australian history occurred at the 1885 *Caulfield Cup*, when 15 of the 44 horses competing fell as they turned onto the straight, resulting in the death of 25-year-old jockey Donald Nicolson.

Sports Trivia answers:

1. Tommy Woodcock
2. Squizzy Taylor
3. Bradman went out for a duck (0 runs)
4. Rod Laver
5. Betty Cuthbert
6. Dawn Fraser

