



GLEN EIRA
CITY COUNCIL

SPECIAL EDITION 17

16 NOVEMBER 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.

Be Kind Glen Eira

Knit One Give One (KOGO) the Glen Eira-based charity that distributes handmade knitted and crocheted items to people in need is now back open and able to receive donations. Items accepted include: scarves; beanies; gloves; knitted toys; children's jumpers; cot blankets; and knitted blanket squares. Preferred patterns can be found on its website.

For further information and where to drop off finished items, visit KOGO's website at www.kogo.org.au or contact its message bank service on 0409 438 603.

Note: please call the drop off location before you go to ensure it is open and able to receive items.

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



Council services

Virtual Coffee with a Cop — Wednesday 25 November at 7pm–8pm

Local police and Council invite residents to take part in the third session of the new virtual series of *Coffee with a Cop*. The interactive Q&A series will be hosted by the Glen Eira Local Area Commander Inspector Katriona Kelly. An expert panel from Victoria Police, Council and local community safety partners will discuss current Glen Eira community safety partnership initiatives including the new *Living Safely Program*. Participants have the opportunity to ask their questions anonymously in a relaxed and informal setting from the comfort of their homes.

To book, go to www.trybooking.com/BLTGS



The Gardens of Rippon Lea Estate with Jane Edmanson and Justin Buckley Sunday 29 November at 5pm

Welcome the magnificent gardens of Rippon Lea Estate into your own home. Gardening legend Jane Edmanson OAM chats with the National Trust's Gardens Manager Justin Buckley about why Rippon Lea Estate is truly one of a kind. In this special online event, Jane and Justin will share their unique insights into the environmental and historical significance of this much-loved suburban oasis.



Register to join the session at www.gleneira.vic.gov.au/GEArts and to receive a reminder email. It will also be available after the event if you miss it.

Ladies fashion of the 1930s — Tuesday 1 December at 6pm

Join fashion historian and author Nicole Jenkins (*Love Vintage* and *Style is Eternal*) for an illustrated talk on ladies' fashions of the 1930s.

It was a time of sartorial extremes: from the luxury of Hollywood glamour to the destitution of the Great Depression. Film stars like Jean Harlow, Katharine Hepburn and Joan Crawford typified the desired look and inspired millions. Madeleine Vionnet innovated with the bias-cut technique and Elsa Schiaparelli collaborated with artists Dali and Cocteau to create stunning and shocking gowns.



Bookings are essential for this free online event at www.library.gleneira.vic.gov.au

Participants will be emailed the link to the session on the day of the event.

Zoom online activities for seniors

If you are interested in joining in these activities and would like to know more send us your email address to socialsupport@gleneira.vic.gov.au Activities include Tai Chi, music therapy, chair-based exercise. Please include your name, address and phone number. Please note bookings may be required for some activities.

Melodies for Seniors — Friday 11 December at 2pm–3.15pm

Glen Eira City Council invites our senior residents to join us for some festive joy with *Melodies for Seniors — The Sounds of the Season*. So make a cuppa, put your feet up and join the fabulous Jennifer Lee, Sandi Dodd and Brendan Scott for 75 minutes of wonderful toe tapping music. Jennifer, Sandi and Brendan have appeared in many of our concerts and they are going to bring some festive cheer into your lounge room via our online show. With a show full of songs you know and love including some great festive standards, you can sing along 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. If you would like the direct link emailed to you please contact our community wellbeing customer support officer on 9524 3333.

Seniors Festival on DVD

Glen Eira City Council is looking to provide a limited number of free *Seniors Festival* DVDs to residents who were unable to watch the events online. The DVD would include *Melodies for Seniors — The Show Must Go On*, *An Evening with Jane* and some other *Seniors Festival* events.

If you know someone who does not have access to the internet and would enjoy watching the festival on DVD please contact our community wellbeing customer support officer on 9524 3333 to make your request. Requests close Friday 11 December.

Glen Eira City Council COVID-19 HOTLINE 9524 3733

The Hotline is available:

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

Brain teasers

1. How do you make the number seven even without addition, subtraction, multiplication or division?
2. I have a little house in which I live all alone. It has no doors or windows and if I want to go out I must break through the wall. What am I?
3. A pregnant lady named her children: Dominique, Regis, Michelle, Fawn, Sophie and Lara. What will she name her next child? Jessica, Katie, Abby or Tilly?
4. There is a clothing store in Elsternwick. The owner has devised his own method of pricing items. A vest costs \$20, socks cost \$25, a tie costs \$15 and a blouse costs \$30. Using this method, how much would a pair of underwear cost?

Falls prevention in the home

Here are some tips to help improve safety in your home and garden.

- Wear shoes that are comfortable and fit well — they should be wide enough in the toe area, have low or no heels and have slip-resistant soles.
- Have good lighting, especially between the bed and the bathroom or toilet at night and near any internal steps. Consider plug-in night lights.
- Remove clutter and make sure walkways and corridors are kept clear and well-lit.
- Wipe up spills immediately.
- Check that mats and rugs are secure and have no tears or wrinkles. Consider putting adhesive strips on all mats and rugs, including those in the bathroom.
- Do not wear socks or loose slippers around the home.
- Ask an occupational therapist about ways to make your home safer.
- Clear away garden tools.
- Avoid using ladders — ask someone for assistance if you need to access something at a height especially outside.
- Remove mosses, fungi and lichen that make garden paths slippery when wet.
- Install grab rails next to steps that do not have hand rails.
- Keep paths well swept.
- Repair broken, uneven or cracked paths, patios and other walking surfaces.

A reminder on scams

A friendly reminder that there are plenty of unscrupulous people out there trying to part you from your money such as:

- Impersonating government representatives.
- Offering to help you access the money in your superannuation.
- Offers of assistance with online shopping.

Remember never give any personal information to someone who has contacted you.

If the scammer impersonated a government agency, contact the agency by sourcing the number from an independent search and report the scam to them. If you have experienced fraud or theft or the scammer is impersonating the police, contact your local police or crime stoppers on 1800 333 000. For further information, visit www.scamwatch.gov.au

Mangoes are now in season and good for you

They are a great source of:

- Vitamin A — good for growth your immune system.
- Vitamin C — growth and repair of all body tissues.
- Vitamins B6 and K — good for your blood.
- Potassium — helps to regulate blood pressure.
- Magnesium — good for muscles, heart and nerves.
- Calcium — strong and healthy bones.
- Fibre — good for healthy bowels.



Snapshots in time — the market gardens

From about the 1840s the localities of Bentleigh, McKinnon, Moorabbin and Cheltenham were being used as market gardens to provide produce for the markets of Melbourne. The sandy soil was not naturally fertile but responded well to fertilisation and watering.

One or two days a week, each market gardener would load their cart high with produce and head into the major Melbourne markets. They would often leave before midnight with the journey taking between two and four hours. The round trip could take up to eight hours.

Hundreds of carts would often descend on the city at once. There are reports that on one day in 1864, a total of 640 carts flowed into the city. At the time, 400 of the 1,000 registered users of the market were from the Moorabbin Roads Board region. This process became quicker and smoother with the introduction of plateways — lines of steel plates designed for horses and heavy-laden carts. The first stretch of track was constructed in 1885 and ran along Nepean Highway, with a later branch line on Centre Road, Bentleigh. Lines started to get pulled up as early as 1925; spurred on by the availability of motorised transport. A small section of a steel plateway was reproduced and can be viewed at Box Cottage in Ormond.

Many market gardening families had shared origins, with most members deriving from poor circumstances in the British Isles. Members of the Marriott family arrived in Port Phillip in 1857. However, in 1882, John and Jane Marriott purchased 30 acres with a four-roomed house in East Boundary Road, in the area then called East Brighton — now known as Bentleigh East. Over the following years, John and his four sons became prosperous vegetable growers and purchased further land in the area. Following John's retirement and subsequent death in 1903, the land was passed to his sons and then onto the Marriott grandchildren.

The family continued to remain very prosperous and successful vegetable growers. This great photo of Geoff Marriott with his dog Smokey and Clydesdale horse Duke was taken at his market garden in Brady Road in 1969 and bears testament to just one of the many families steeped in the tradition of vegetable growing in the area.



Thomas Marriott aside a cartload of cauliflowers grown on a Marriott property in McGuinness Road, East Bentleigh (now Yarra Yarra Golf Club), 1900. Reproduction scanned from J. Cribbin, Moorabbin: A Pictorial History 1862–1994, p.41.



Image: Geoff Marriott 1969, Courtesy City of Moorabbin Historical Society and Marriott Family.

Keeping fit — adding weights

Here are some more simple exercises with weights following on from the last newsletter. Remember, if you don't have dumbbells you can use what you have around the house, like two 500g packets of spaghetti. Sit tall in your chair with both feet flat on floor for all exercises. Don't forget to breathe while exercising. Keep up the good work.

Calf raises

1. Place your feet flat on floor together or slightly apart, facing straight ahead. Place a weight resting on each upper leg.
2. Lift both heels off the floor, keeping your toes on the ground.
3. Lower to the floor.
4. Repeat 10 times.

Leg extension

1. Rest weight on each upper leg.
2. Extend your right leg forward (aim to bring it to the height of the chair).
3. Bring it back down with control.
4. Extend your left leg forward.
5. Bring it down with control.
6. Repeat this exercise 8–10 times for both legs.

Stir the pot

1. With weights in both hands, bring them close together in front of chest. Have elbows up and out at chest height.
2. Keeping hands close together, make a circle in front of you as if stirring a huge pot.
3. Repeat up to eight times in one direction then up to eight times in other direction.

Note: work at steady pace for all exercises.

Four fun facts about the platypus

1. Male and female platypuses avoid each other except to mate. Mating can be a strenuous affair; in a recorded session the male was seen tightly grasping the tail of the female with his bill as she led him on an exhaustive chase.
2. Male platypuses take no part in rearing the young.
3. A female platypus will use her tail to hold incubating eggs against her warm body.
4. Male platypuses have a spur on the inner side of each ankle that is connected to a venom gland located over the thighs. The spurs can be wielded in defense and the venom is potent enough to kill small animals and cause intense pain in humans.



Brain Teasers answers:

1. Drop the 'S'
2. Chick in an egg
3. Tilly. She follows the scale Do, Re, Me, Fa, So, La and then Ti
4. \$45. The pricing method consists of charging \$5 for each letter to spell the item.