

# Welcome Back To the Flock!

**1<sup>ST</sup> Term 2019 (SOS) Switched on Seniors**  
**Wednesday Retirees Morning Tea Programme \$6.00**  
**9.30am – 11.00am Men and Ladies All Welcome**

## **6<sup>th</sup> FEBRUARY– ANNELIES LAUWERS - HISTORY AND USE OF HERBAL TEA REMEDIES**

Annelies is a Holisitc Health coach and will be presenting a herbal tea workshop for you all. She will explain all the facts and benefits of certain herbs and flowers and also give very practical tips to use them as home remedies. She will brew all the teas here so that you will be able to taste-test them as well!



## **13<sup>th</sup> FEBRUARY – ROBERT LAWRENCE – THE LIFE OF SIR OSWALD WALTERS BRIERLY**

At the age of 23 Oswald Brierly agreed in 1841 to join wealthy London stockbroker Ben Boyd in an expedition on Boyd's yacht, *Wanderer* to Australia to look at business prospects in the post-convict settlement of Australia. Brierly was initially artist-in-residence for their journey, then.....



## **20<sup>th</sup> FEB- KEITH TILL AND HIS WIFE JUDY LOVE TO TRAVEL.**

Keith will be sharing with us their experiences when they travelled in Northern India for a month in 2017. India is a fantastic country to Visit, full of amazing differences, incredible monuments and friendly people who live in extraordinary circumstances. Keith promises you will come away from his presentation inspired to include this country on your bucket list.



## **27<sup>th</sup> FEBRUARY - PHILLIP WARD - FIELD OF MARS - WILDLIFE AND HISTORY - NSW Office of the Environment and Heritage.**

The Field of Mars Reserve is of significant Heritage value for its historic, aesthetic, social and research significance as a reserve for the purposes of the preservation of native flora and fauna. The reserve is of historical significance as a remnant of one of six "commons" gazetted in 1804, resumed as Crown Land in 1874, a remnant of 85 acres was proclaimed for public recreation in 1887.





# Page 2. 1st Term 2019 (SOS) SWITCHED ON SENIORS

## 6<sup>TH</sup> MARCH - LYN LANGTRY – HISTORY OF CHELTENHAM GIRLS HIGH SCHOOL

Cheltenham Girls High School was founded in 1957–1958 by Bessie Mitchell who also acted as the first Principal. Many of us have girls who attended this iconic school. Come and hear the history from Mrs Langtry who was the History teacher at Cheltenham Girls school for many years.



## 13<sup>TH</sup> MARCH – The HON. JOHN ALEXANDER OAM – MP FEDERAL MEMBER FOR BENNELONG

With a May Federal Election this year, I'm sure you have plenty of questions, suggestions and requests for John and he will do his best to accommodate!



## 20<sup>TH</sup> MARCH - RON RAY – THE LIFE AND TIMES OF GOVERNOR MACQUARIE

Major General Lachlan Macquarie, served as the fifth and last autocratic Governor of NSW from 1810 to 1821, and had a leading role in the social, economic and architectural development of the Colony. Ron will present to us and explain the Uniform of the 73<sup>rd</sup> Regiment complete with authentic black powder brown bess musket!



## 27<sup>th</sup> MARCH – MUSIC & MOVIES MORNING

Enjoy one of our favourite mornings with funny, fantastic and amazing movie clips, photos, music and fun!

## 3<sup>rd</sup> APRIL– SYDNEY HARBOUR FEDERATION TRUST - NORTH HEAD

A remarkable setting, North Head Sanctuary is home to delicate and diverse flora and fauna complete with hanging swamps. Its wild, island-like nature has made North Head Sanctuary a place for isolation, observation and contemplation. Rich in history and a special place for the Aboriginal people, the dramatic cliffs of North Head form a memorable entry to Sydney Harbour with superb views from the cliff tops.



## 10<sup>th</sup> APRIL - EASTER MORNING TEA - \$10

### **GRAHAM SIMMS – AMAZING BEA MILES**

Beatrice Miles was an Australian eccentric and bohemian rebel. Described as Sydney's "iconic eccentric", she was known for her contentious relationships with the city's taxi drivers and for her ability to quote any passage from Shakespeare for money. Graham Simms is a Master Story- teller, has a great sense of humour and comes very highly recommended!



*Roland Storm*



**You must get Your Tickets this term For Roland Storm & Devonshire Tea \$20 Wednesday 8<sup>th</sup> May..... Must Advance Book Please! .....**