



THE GOLDEN BROADCASTER

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Newsletter of Golden Days Radio
for Senior Citizens Inc.

Registered in Victoria No A.0025759L ABN 29 845 875 007



PATRON: Peter Smith OAM

GOLDEN DAYS RADIO CELEBRATES 25 YEARS OF ENTERTAINMENT 1992 – 2017

Merry Christmas and a Happy and Prosperous New Year

From The President, Committee of Management

and Volunteers of Golden Days Radio



President's Report

Since my last report Golden Days Radio continues with lots of activities.

In September we were saddened to learn of the passing of our principal benefactor Elgin (Elle) Gordon after a long illness. Elle was a great friend to us all and a passionate supporter of our station who will be sadly missed. Her legacy however, will live on in the future of our station.

On a brighter note September also celebrated our 25th anniversary of our first broadcast from Southland Shopping Centre. In those days we were only on air a couple of days a week before we attained our full time licence in 2001.

We have started to look at a review of the station under the title "Development and Operations Strategic Plan". We are reviewing all areas of the station to ensure that we have updated policies, enough volunteer help where needed and most importantly that we continue to receive the revenue from sponsorships and memberships to keep the station going.

In October we had Seniors Week and again, GDR was very prominent at the official opening at Federation Square in Melbourne and at Government House where the announcement of the Senior of the Year was made. We participated in events with Kingston and Monash City Councils and we hosted 2 concerts at the lower Melbourne Town Hall. In addition, we conducted studio tours each weekday which were very popular. A big thank you to everyone who assisted with this important event. In particular, thanks to Ian McLeod, Ian Cochrane, Ray Stewart, Heather Swift and Peter Thomas. Peter was the first media person to interview the Senior of the Year at Government House Mr Roy Francis of Mornington.

The Committee of Management at its most recent meeting discussed a vacancy on the committee. We're very pleased to advise that Ann Brownell has agreed to take up this vacancy. Ann has already been given the task of addressing our constitution. Welcome Ann.

I wish you and your family the compliments of the season.

Larry James, President



The 2018 XXI Commonwealth Games and commonly known as Gold Coast 2018 is a multi sport event for members of the Commonwealth to be held on the Gold Coast, Queensland, Australia between 4 and 15 April 2018. It will be the fifth time Australia has hosted the Commonwealth Games.

A striking set of gold, silver and bronze medals for the Gold Coast 2018 Commonwealth Games have been created by Delvene Cockatoo-Collins a local Nunukul, Ngugi and Goenpul woman of Quandamooka Country. For many generations, the Gold Coast coastline has been a place for gathering, meeting and sport.

Golden Days Radio For Senior Citizens Inc

1st Floor, 1236 Glen Huntly Rd (PO Box 287) Glen Huntly, Victoria 3163 Phone: 03 9572 1466



Christmas Luncheon

There is still time to book for the Christmas Lunch to be held on Wednesday, 13th December 12 Noon for 12.30 at The Bentleigh Club, Yawla Street, Bentleigh.

The cost is \$30. Vegetarian meals are available. Kindly advise your requirements at the time of booking. Telephone Golden Days – 9572 1466 – to make a reservation.

Golden Days Raffle

'Orinoco' by Jean Picart Le Doux (1902-1982)
1956 Great Tapestry

A beautiful Tapestry has been bequeathed to Golden Days Radio to be used as a fund raiser.

The Tapestry has been blocked, stretched and framed. It has been valued at \$3000. Entitled "Orinoco" by Jean Picart Le Doux, the original hangs in the Université de Lille in France. Our Tapestry is about one third the size of the original.

We still have some unsold tickets and we would like to sell them. Call GDR on 9572 1466 to obtain tickets. Tickets @ \$5 will be available at the Christmas Luncheon when the raffle will be drawn.

Farewell to colleagues

Since our last Newsletter we have lost three of our team at Golden Days.

Tom Wilson presented 'Popular Classics' in his enjoyable Monday night program for many years. He was presented with an Honorary Life Membership in 2016. Tom passed away in June. VALÉ TOM
Dennis Conway a long time Receptionist, he served on the Committee of Management as Manager, Volunteer Services. He was a keen model train hobbyist. He was awarded Honorary Life Membership and presented with his certificate at his hospital bed by President Larry James a few days before he passed away in July. VALÉ DENNIS

David Boag presented the Saturday night program for a short time until illness required him to spend a lengthy time in hospital. He decided to return to family in Tasmania to recover, however he passed away in July. VALÉ DAVID

Valé Elgin Mary Gordon

Golden Days Radio Benefactor Mrs Elgin Mary Gordon passed away in September.

A dedicated listener to Golden Days Radio, she was affectionately known to us all, and our listeners, as "Elle of St. Kilda Road. She was a friend to many of us and took an interest in everyone.

GDR and the music of the 'golden' era was her companion. She had three radios in her home ensuring she was never far from her beloved radio station. Frequent hospitalisation presented a problem tuning into GDR and she was always anxious to return home. She was a great ambassador for the station and at least three major hospitals and an aged care facility know of us.

Elgin and her husband Leslie Charles Gordon were a philanthropic couple. Their keen interest in the advancement of medical and scientific research into heart disease, specialised technology and resources needed to discover cancer cures, the disabling misery of motor neurone disease saw generous donations to The Alfred Hospital, St. Vincent's Hospital, Peter MacCallum, and MND. Les and Elgin's humanitarian disposition led them to support many charities across Victoria and Queensland.

Elle's generosity to Golden Days Radio was outstanding, ensuring that this radio station that provided such companionship and entertainment for her should continue for the benefit of the senior community. She will be sadly missed.



Elle Gordon with GDR Vice President Ian McLeod

Major GDR sponsor re-writes the menu in aged care



Four guest judges had the enviable task of sampling the dishes in blind tastings at the recent Uniting AgeWell Masterclass: (l-r): Golden Days Radio Presenter & Independent Living Unit Resident Loretta Simmons; Uniting AgeWell CEO Andrew Kinnersly; General Manager Victoria Vicky Jacques and General Manager Tasmania Jane Johnston

Chefs representing UAW residential communities across Victoria and Tasmania felt the heat in the kitchen when they took part in the Inaugural UAW Masterclass competition. The event at the William Angliss Institute in Melbourne was designed to inspire creativity in catering for aged care clients.

The overall winner of the Masterclass 2017 was Made Widianana of Manor Lakes in Wyndham Vale, who created a Chicken Roulade and Berrie Mille Feuille.

Would you consider leaving a bequest in your Will to Golden Days Radio?

Your thoughtful legacy will ensure Golden Days continues to bring back the memories.

Why not contact Larry James or Loretta Simmons for a personal confidential chat.

'On-Air' with Barry Gomm Kid's Corner – Tuesday Evenings @ 7.30pm



78rpm records were sold in paper covers in the early years with standard advertising printed on them, none of which specifically referred to the records themselves. During the 1940s some unsung genius got the idea of producing story records for children, offering them in durable cardboard covers featuring appealing graphics. These records became overnight successes, radio stations played them repeatedly ensuring they became life-time memories for listeners. Children played them over and over unfortunately ruining many by not changing gramophone needles or by playing the later vinyl ones on old gramophones, the overall result being the survival of few in playable condition.

With the advent of LP records, 78s were relegated to 'junk' and 'opportunity' shops. Along with them went the kids' records but their colourful covers gave them an advantage over the millions of others. During a lifetime's devotion to those shops I bought the discarded kids' records which joined my collection solely for their covers.

While re-arranging record racks I came across these records again and wondered if listeners would remember them with fondness. A request to the Program Sub-committee to feature them received a positive response; thus starting what is a popular and unique Golden Days Radio feature.

It is not widely known that Shirley Temple made only one 78 studio record in her career which was an appeal to buy War Bonds — her other recordings were transcripts from her movies. After Shirley's contract expired she recorded the stories of 'Bambi' and 'Dumbo' on vinyl LP, both of which I have played on Golden Days in the 'Kids' Records' segment. Destined to be repeated by popular acclaim!

Premier's Award for Victorian Senior of the Year



2017 Victorian Senior of the Year Roy Francis, with Ian McLeod, Vice President Golden Days Radio. Roy received the award for his outstanding contribution to his local community and to Victoria.

Diagnosed with prostate cancer in 2006, Roy subsequently became the first Prostate Awareness Volunteer Ambassador appointed by the Prostate Cancer Foundation of Australia. Roy is an active volunteer elsewhere in the community including the Mornington National Seniors Group, Mornington Croquet Club and the Balnarring Picnic Racing Club.

Golden Days Radio delegates at Government House 'Senior of the Year' Award Ceremony



(l-r): Ian Jungwirth COTA; Peter Thomas; Larry James (President GDR); Tony Bennett; Ian McLeod (Vice President GDR); Annabel Brownell; Ian 'Cocky' Cochrane



Outside Broadcast Studio

GDR Team in the 'Outside Broadcast Studio' at Fed Square 9th October for the Official Launch by Minister Martin Foley MP of the 35th Victorian Seniors Festival.

(l-r) *Interviewee* Janine Wilde of Prestige In Home Care; DJ Tony Bennett; Tim Symons; Annabel Brownell. *Standing*: Loretta Simmons & Julia Ross



Ian Cochrane and Ian McLeod. MC Ian's 'Outside Broadcast' marquee at Fed Square was the 'place to be' on Seniors Festival Launch Day. A drawcard venue with many interviews conducted by Presenter DJ Tony Bennett. During Seniors Week, Ian McLeod hosted two concerts at the Lower Melbourne Town Hall, both enjoyed by large audiences.

Back at Golden Days Radio, Heather Swift conducted daily Studio Tours during Seniors Week which were well attended and booked out in advance. Studio Tours are available on the second Wednesday of each month, except December. Bookings are essential: 9572 1466

'Let's Talk and Plan, Your Life, Your Choices' Expo



Golden Days Radio participated in an interesting and entertaining forum in October hosted by National Seniors Australia—Monash Branch & City of Monash. Informative presentations were given by Monash Health, South Eastern Palliative Care Le Pine Funerals and Springvale Botanical Park. The forum was well attended and Heather Swift, Peter Clemmens & Loretta Simmons represented 3GDR.

How do you know if someone's having a stroke? Think **FAST**.

Face – check their face. Has their mouth dropped?

Arms – can they lift both arms?

Speech – is their speech slurred, do they understand you?

Time – time is critical. If you see any of these signs, call 000 now!

THINK FAST ACT FAST!!

For more information call Stroke Line on 1800 787 653 (1800 STROKE) or visit www.strokefoundation.com.au

The Commissioner for Senior Victorians, Gerard Mansour, has announced recent Government changes for consumers receiving a Home Care Package. Consumer Directed Care ("CDC") is an updated service with "greater choice, greater flexibility and greater competition". Aged Care is already quite complex with significant wait times for assessments and support. COTA (Council on the Ageing) provide an advisory service that may be able to help you. For more information on CDC, telephone COTA on 1300 135 090.

Travel is coming back!

Travel will return shortly to 3GDR 95.7FM at its traditional time of 9am Fridays.

A series of talks with Golden Days Radio volunteers and friends who have recently travelled, both internationally and locally, are currently being recorded aimed at providing an insight into many interesting destinations and locations, travel tips and what to take – and, what not to take to avoid excess baggage.



And missed flights.



Golden Days Radio Travel Club

The Golden Days Radio Travel Club is launching its second tour through *Collette Travel*, this time a 14-day trip to Vietnam departing on 24 August, 2018.

Full details of the tour are highlighted in the 'flyer' enclosed with the Golden Broadcaster.

Once again, GDR Travel Club Members will receive a 10% discount on the advertised land content of the tour.

All GDR Members are automatically Members of the GDR Travel Club.

Bookings will close on 28 February, 2018.

David Pollock,
Travel Club Manager

NOTICE BOARD

Meeting dates for 2018

GDR Public Meetings will be held at the Uniting Church Hall, Centre Road, Bentleigh at 10.00am on the following dates:

FEBRUARY 21st APRIL 18th

AUGUST 15th (AGM) OCTOBER 17th

The mid-year and Christmas luncheons are held at The Bentleigh Club, Yawla Street, Bentleigh. Reservations for these two luncheons open on first May and first November 2018.

Book now for the 2017 Christmas luncheon to be held on Wednesday 13th December at 12 noon.

Overnight music

Our music librarian Gwen Puché has been busy recently updating our overnight music. Gwen has added new songs and singers to our system to enhance our existing music. The music had been duplicated in each studio. Gwen expects this task to take some months to complete, after which it will be updated on a regular basis. Have a listen next time you've got the radio on from 11pm each night. Thanks Gwen for your work in this area.

Having trouble tuning into Golden Days Radio? Tried 'streaming'?

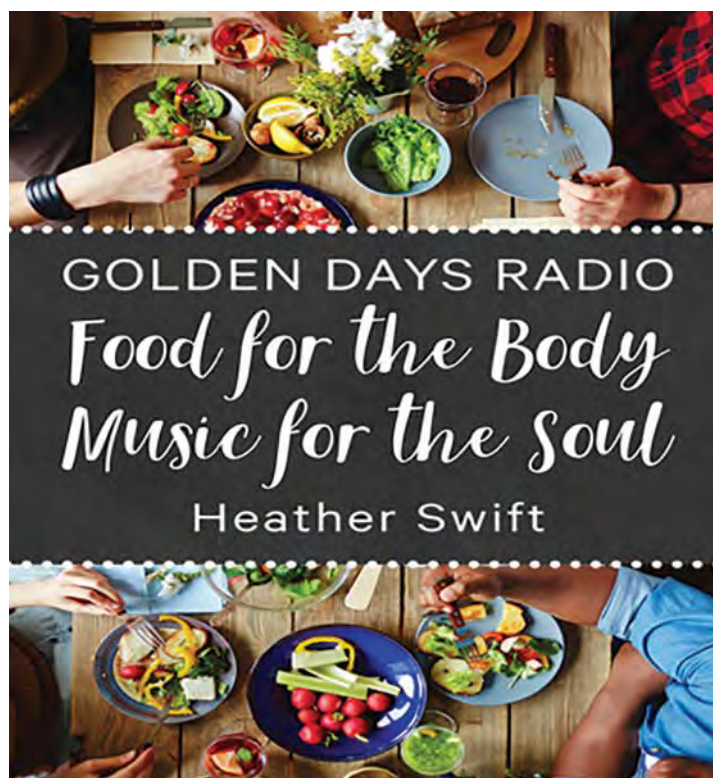
Streaming is the ability to listen to music (or view movies or TV) via your computer/ laptop/ tablet or phone, using the internet as the source. Most people who stream radio do so to listen, while they do other things on their device. This enables people outside the broadcast range of the station to listen to the real time programs.

In Golden Days Radio case, our statistics show the majority of web visitors/internet listeners are in Australia, followed by USA, Canada, Great Britain, France, Netherlands, Russia and New Zealand.

Some people only listen for a short time, under 30 minutes, while others will listen for a couple of hours.

Others may connect multiple times during a day depending on what they are doing. The statistics we have, show the number of streaming listeners is again growing each month, and averaged over the year we can report a trend of increasing internet listeners.

Duncan Cameron — GDR Webmaster



Traditional Shortbread

300g Plain Flour
150g Softened Butter
75g Castor Sugar

Place all the ingredients in a bowl, rub the butter into the flour and sugar until the mixture is the consistency of fine bread crumbs. Keep working by hand to form a dough. Turn out onto a lightly floured board and roll out to required thickness (approx. 5mm) cut into fingers or rounds, place on oven trays. Bake at 175°C or 150°C fan forced 25 to 30 minutes.

(See enclosed flyer for how you may obtain a copy of Heather's Recipe Book).

Selective Hearing...

It's amazing how much 'exercise' and 'extra fries' sound alike...!

('Oscar' belongs to Heather Swift, Author of the Cookbook.)



Hmmm...my favourite!

Volunteering

Are you a volunteer, or perhaps thinking about becoming one? Golden Days Radio (GDR) invites you to join our Team. If you have computer skills, office management experience, production expertise or have worked in communications you will be made most welcome.

We provide in-house training to familiarise our volunteers with community radio, and the chance to audition as a Presenter is invited after six months.

Contact: Peter Clemmens, Volunteer Services Manager on 9572 1466 or email: mail@goldendaysradio.com

Need a speaker?

Need a Guest Speaker for your Group? Golden Days Radio Speaker's Panel: Barry Gomm Robert Anderson and Ian McLeod are available to visit your Group. Bookings for 2018 are still being taken. Enquiries to Speaker Convenor: Heather Swift on 9572 1466.

We sincerely thank Golden Days Radio Sponsors for their continuing support throughout the year and extend Compliments of the Season to each and every one.

We encourage you to use our Sponsors where possible and always tell them where you heard about them. Should you know of a business that may benefit from a Golden Days Radio sponsor partnership, please contact Tony Bennett on 9572 1466 or email: mail@goldendaysradio.com



*Reserved
for your
business*

2018 Chinese New Year of 4715 on 16th February welcomes 'Year of the Dog'.



Billy says: Kunghei Fatchoy



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