

Yarra Ranges Grapevine

The Journal of the National Seniors Australia Yarra Ranges Branch Inc
Incorporation No. A0048800C Branch No 100132

JANUARY & FEBRUARY 2020

**Branch Meetings are held on 2nd Monday of the Month at the
'Lilydale Senior Citizens Centre' 7 Hardy Street Lilydale.**

(Unless advised otherwise)

Next Branch Meetings will be on

(No Meeting in January 2020)

Monday 10 February at 7:00pm for 7.30pm start @ Hall (as above)

PLEASE NOTE: Membership Renewals & Joining Members

Please ensure you use the 'Yarra Ranges NSA Application Forms' at the end of this 'Grapevine' & pay through the Branch. This informs NSA that you are a member of this Branch. The Branch receives an annual payment for your Membership.

[Click here for Membership Form](#)

Guest Speakers for the Branch Meeting

**NO MEETING IN
JANUARY 2020**

Monday 10 February

Hall Meeting

7 Hardy Street Lilydale

**'Emergency Medical
Services – safeTcare Team'**

Speaker – Sharon Meek

Monday 9 March

Hall Meeting

7 Hardy Street Lilydale

'Costa Concordia Disaster'

Speaker – Beverley

Blennerhassett

**If you have a suggestion
for a Guest Speaker please
let Denise or a Committee
Member know**

President's Report

Hi Members

Well it's the end of another year and I hope everyone had a good Christmas and an enjoyable break.

Thanks again to the Committee Lyn, Chris, Anne, John, Connie, Elaine, Denise, Pamela and Patrick for their contributions and input into the successful running of the Branch this year.

*The **'DINING OUT'** Christmas Dinner at Sanctuary House Healesville was well attended with 14 Christmas Hamper Raffle Prizes won! An excellent meal was enjoyed by all. A big thank you to all who supplied Raffle Hamper 'goodies'.*

The Break-up Dinner at our December Meeting, organized by Chris, was also very good - thank you.

Welcome to the New Year - 2020!

*See you at our **'OUT & ABOUT'** & **'DINING OUT'** in January 2020 and everybody at Monday 10th February Meeting.*

Happy Reading

Trevor

Yarra Ranges Branch Committee

President

Trevor - ☎ 9735 1104

Vice President & Welfare Officer

Pamela - ☎ 9735 5449

Secretary

Lyn- ☎ 0459 155 527

Email: ford.lyn.s@edumail.vic.gov.au

Treasurer

Anne - ☎ 97265135

Activities Coordinator

Chris - ☎ 9735 1249 / 0419 528 446

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Denise

☎ 9723 1403 / 0400 179 086

Newsletter Editor

Lyn ☎ 0459 155 527

Committee Members

John and Connie - ☎ 5964 4646

Elaine - ☎ 9739 4642

Note from your Committee

On your behalf, the Committee has decided to introduce a Welfare Officer to our Branch which will become part of the Vice President's office.

If you know of anyone who is unwell, having an operation, in need of help or if someone has passed away within the family, please contact Pamela on ☎ 9735 5449



Happy Birthday & Congratulations to!
No January Birthdays???

9th February John W

18th February Pamela

23rd February Patrick

We would like to celebrate your day!

Don't forget to email / phone your birthday & month to Lyn

DIARY DATES

'WELCOME' to our BRANCH MEETING Dates - 2nd Monday of the Month

@ 'Lilydale Senior Citizens Centre Hall', 7 Hardy Street Lilydale @ 7:00pm for 7.30pm start

2020 No Meeting in January

10 February @ HALL 7 Hardy St Lilydale

9 March @ HALL 7 Hardy St Lilydale



COMMITTEE MEETINGS - 1st Monday of Month

@ Chris' place Meet @ 7.30pm

2020
Monday 3 February
Monday 2 March



'OUT & ABOUT' - Contact Chris 'Activities Coordinator' to Book



Please Note All payments in an envelope with name, amount of payment and Outing name. This will be a great help. Thank you, Chris

Fri 24 January 'Bare Foot Bowls' @ 6.00pm Lilydale Bowling Club
4 Hardy Street Lilydale

Sun 22 February 'Port of Melbourne Tour' @ 9.30am Lilydale Train to city,
40 minute cruise of Port of Melbourne Cargo Docks, Lunch at Docklands

Sun 22 March 'French Island Tour' Leave @ 9.00am for Stoney Point, Morning Peninsula - Car
Pool, Ferry, Bus Tour

Wed 15 April 'Penguins at St Kilda Pier & Dinner' 5.00pm Lilydale Train and Tram

Mon 20 April 'Yarra Glen Trots' @ 12.00noon Yarra Glen Race Course

'DINING OUT' - Contact Chris 'Activities Coordinator' to Book



Fri 17 January 'Fish & Chips Dinner' @ 6.30pm
Meet at car park opposite Webb Street Warrandyte on the
bank of the Yarra River
Buy F & C BYO drink, chair and nibbles

Sun 16 February 'Chris' Café Lunch' @ 12.00 noon 3 Mangans Road Lilydale **Booking Essential**
Punch, Nibbles, Spit Roast - Meats, Salads, Desserts, Tea / Coffee **\$25.00**
BYO Alcohol

Wed 4 March 'Grants Reserve Café Lunch' @ 12.00 noon Sherbrooke Car Pool

'MORNING MELODIES' last Thursday of the Month – Contact Chris to Book

@ 'Olinda Creek Hotel' 161 Main Street Lilydale – Show 10:00am for 10:30am start

(Note: order & pay for lunch first)- Lunch – 11:30am (1 course \$14.00)

- Thurs 13 Feb 'One Night in Vegas' with Joe Piastrino
- Thurs 12 March 'Razzle Dazzle 'em' with Margaret Dennis
- Thurs 9 April 'War Time Songs' with Floyd Thursby
- Thurs 14 May 'Early Rock Legends' with Col Perkins



'SATURDAY WALKS' - Contact Chris 'Activities Coordinator' for details

Walks start 9.00am (unless over 30degrees then start 8.30am)

Photos in the November & December 'Grapevine' - Answers!

1st – The Weeping Willow & Bridge & **2nd** – The Majestic Eucalypts – both on the upstream Mullum
Mullum Walk

Photos from our walks – do you know where they are?
Come and join us to find out?
Both photos are from the same walk.
Answer in the next edition of the 'Yarra Ranges Grapevine'

- Sat 28 December** Lilydale Lake
- Sat 4 January** Lilydale Lake
- Sat 11 January** Lilydale to Mt Evelyn
- Sat 18 January** Wandin to Seville
- Sat 25 January** Norton Rd Croydon



Sat 1 February
 Sat 8 February
 Sat 15 February
 Sat 22 February
 Sat 29 February
 Sat 7 March
 Sat 14 March
 Sat 21 March

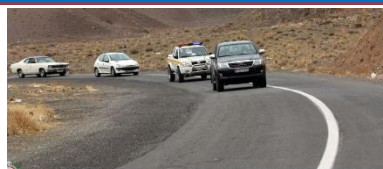
Mullum Mullum Burnt Bridge
 Barneong Reserve Croydon Nth
 Lilydale to Lilydale
 Lilydale Lake
 Lilydale to Mt Evelyn
 Norton Rd Croydon
 Mullum Mullum Burnt Bridge
 Wandin to Seville



Tradies Corner

Carpenter Hans ☎ 0418 111 499	Electrician Shockfree Electricians ☎ 0411 035 345	House Renovations Tandin Constructions Tim ☎ 0412 185 353
Kitchens Touchwood Kitchens ☎ 0418 542 130	Painting Craig ☎ 0421 889 326	Plumber Lachy ☎ 0438 563 788
Tile & Bathroom Renovations Stephen ☎ 0419 894 874		

OTHER NEWSY BITS!



PAMELA'S INAUGRAL MYSTERY CAR TOUR 10th NOVEMBER 2019

The afternoon weather was very conducive for this eagerly anticipated Mystery Car Tour.

After thorough scrutineering as to the suitability of the entrants, seven vehicles and crew were chosen to participate in this challenging course.

Prior to departure each entrant was required to guess the number of lollies in a jar, (sobriety test).

Teams were invited to choose a name for their entry, which were as follows:

'Awesome Foursome', 'Golden girls', 'Lancers', 'Greased lightning', 'Red devils', 'Young at heart', 'Path finders'.

Staged departures ensured an orderly start, the cryptic clues on the direction sheet had us guessing right from the start - however we all had our thinking hats on.

The route chosen took us along some least travelled roads, passing through large areas of grape vines and many orchards with netting over the trees to protect the crops from birds, hail damage and other nasties to the fruit industry.

The *Yarra Valley* in the springtime is a great place of beauty, recommend it being explored more often.

We soon found ourselves back on the *Warburton Highway*, turning left to the east, to find our next turn into *Sunnyside Road*, travelling north to *Gruyere Reserve* then turning right and with some more left and right turns, answering some more tricky questions, we found ourselves turning right onto *Maroondah Highway* towards *Lilydale*, more turns and tricky questions to be answered before arriving at the end of *St Hubert's Road* then turning onto the *Dames (Melba) Highway* then to *Macintyre Lane*, where the question was - *Do you know the correct name of the large industry on the right and when it was established?*

Travelling along to *Victoria Road* and *Maroondah Highway* where we turning right, then right at the top of the hill, turn left at the roundabout, down this road which brought us to *Chirnside Park Country Club* for coffee and checking of score sheets.

The winners were the crew of the 'Lancers'. The booby prize went to the crew of 'Greased lightning'. John Wigley was the winner of correctly guessed the number of lollies in the jar. Everybody thoroughly enjoyed the outing, seeing, for some of us, new parts of the Yarra valley.

After awarding of prizes and a chat comparing experiences of the Car Tour, we all enjoyed an evening meal at the *Chirside Country Club*.

We all wish to thank Pamela very sincerely for her sterling effort in planning and organising this great activity, one which we hope can be run again – it was fun and it made us think!



(This was a great combined invitation to members of *Yarra Ranges & Maroondah NSA* and the *Weekend Living for Women* group)
**National Seniors
 Australia & Weekend
 Living for Women groups
 enjoying a meal together**



LILYDALE AGRICULTURAL SHOW 16 & 17 November 2019

The weather was kind and not too hot this year. Our 'Awareness Tent' was in a good location and opposite the stage area where there was a constant stream of people passing by. Plus we were constantly entertained by a variety of talent from many clubs and individuals.



Our 'Got to be in it to Win It' Raffle was popular which gave us a chance to talk to everyone about the benefits of National Seniors Australia and our very friendly Branch of Yarra Ranges who are very active with our variety of 'Out & About' activities, Guest Speakers, Walks, 'Dining Out' etc. Here are some of the attractions of the Show.



Shearing an Alpaca



Got involved with the local church, one of three who started the *Lilydale Community Shop* (now *Mustard Tree*), Worked there for 10 years.

Was a family support worker at *Anglicare* and managed a *Lions Club Op Shop* in Wattle Park.

So have had many and various jobs, also been part of the community. Been a member of the *Lilydale & District Historical Society* since 1993. I use to do Lilydale Cemetery Tours now I am Court House Manager.

In 2004 I represented *Al-Anon* (families of alcoholics) in Brazil. And then in 2006 again in USA on this trip Trevor came as my guest and finally he got to Hawaii for our 30th Wedding Anniversary.

Our family are spread over a few states, Vic, NSW & WA. We have nine grandchildren and one on the way. Have 6 great grandchildren and one on the way.

We are glad we joined *Yarra Ranges National Seniors Australia*. We have made many friends, have lots of fun visit interesting places, dining out and being involved.

Are there any Members who would like to contribute please?



Contributions to our Newsletter



Have you been travelling?

Have you attended a good show ?



Have you read a good book?

Is there something you have experienced, that you would like to share with the members of the Branch? A story? One-liners? Photos from outings?

National Seniors AUSTRALIA

Some News Items from National Seniors that you may have missed

24 December 2019

12 months ago, the *Royal Commission into Aged Care Quality and Safety* had just begun and a Federal Election was on the horizon. Both events signalled a very busy year for National Seniors Australia.

The government was returned in May and a lot of commentators said it was partly because of the powerful seniors vote on the franking credits issue.

In my mid-year review, I talked about our wins with the Default Market Offer for electricity and improvements in the *Pension Work Bonus Scheme* and the *Pension Loans Scheme*.

We pushed hard on fighting elder abuse, especially financial elder abuse.

We helped achieve a reduction in the deeming rate and an increase in home care packages. But we still believe the government can do better.



The *Aged Care Royal Commission's Interim Report* provided a big wake up call for all Australians. We will be arguing for tougher penalties for providers that neglect their 'duty of care'.

There were other notable wins in 2019, which are covered in the video below.

I've said it before, but it is you, our members that give us the voice and resources to stand on the national stage and fight for the rights of all older Australians.

Thank you for your support in 2019. I wish you, our excellent staff and all our volunteers, a wonderful Christmas and New Year with your families.

Best wishes Chris Guille Chairman

Much has been achieved this year by National Seniors Australia advocating for today's older Australians and for future generations.

Please see below a link to our latest (PAM), the **National Seniors Policy, Media and Advocacy** update hosted by our Chief Advocate, Ian Henschke.

https://m.youtube.com/watch?utm_content=PAM%3A+1219&utm_source=Newsletter&v=Nz7fIYKIF0c&utm_medium=Email&utm_campaign=PAM

In this episode, Ian looks back at 2019 and provides a summary of the important issues that National Seniors has played a role in advocating on behalf of members and others within the National Seniors Australia community.

National Seniors Policy, Media and Advocacy (PAM)

"Does a grey head of hair really mean you're dead from the neck up and from the waist down?"

In this edition of PAM, our Chief Advocate Ian Henschke tackles the issue of ageism head on.



Well, today I want to talk about ageism.

https://www.youtube.com/watch?v=axn7OAZ_kaY&utm_source=Newsletter&utm_medium=Email&utm_campaign=PAM&utm_content=PAM%3A%201219

Lower Premiums in 2020 Welcomed

National Seniors welcomes the announcement that premiums will increase by only 2.92% on average in 2020.

What is especially important in this announcement is the fact that this increase is less than the 3.8% increase in the cost of medical and hospital services component of CPI. Previously, National Seniors has argued premiums should not increase dramatically out of line with overall inflation. The fact that the medical and hospital services component of CPI is higher than inflation is a sign that the health care sector needs ongoing reform.

It is a good result that premiums will increase at a rate lower than medical and hospital services. National Seniors will continue to call on the government to keep control of premium increases in the future.

The secret to staying young

Get enough sleep, drink enough water, eat healthily and don't push yourself too hard. That's the message from researchers who have been looking into why we grow old.

So, what are the factors that speed up or slow down this process? It seems cells die faster when they are stressed, for example when they lose too much water. Tiredness and overwork put us under chronic stress, as does feeling anxious for prolonged periods. Lack of sleep or emotional stress can alter internal cellular pathways, including DNA and cellular functioning.

The research suggests that by reducing stress, we can do our bodies a big favour.

If you are interested in any of the following Musicals, please contact Lyn Ford ☎ **0459 155 527** or email: ford.lyn.s@edumail.vic.gov.au by the due date with payment.

Saturday

9 May 2020

8.00pm



'Beautiful - Carole King Story'

Nova Music Theatre

Book by: Douglas McGath **Song of:** Carole King
Lyrics by: various artists

Tells the true story of the legendary singer songwriter, from schoolgirl to *Rock & Roll Hall of Fame*, her career spanning five decades, a songwriting collaboration with husband Gerry Goffin & friendship with Grammy-winning songwriters Cynthia Weil & Barry Mann.

The show is packed with songs like, 'Natural Woman', 'You've Got a Friend' & 'It's Too Late' from her classic *Tapestry* album (25 million copies sold) & other chart-topping hits they wrote for some of pop music's biggest acts such as *Little Eva*, *The Shirelles* and *The Righteous Brothers*.

Cost: \$42.00 **Payment by 10 April 2020**

Whitehorse Centre

Whitehorse Road

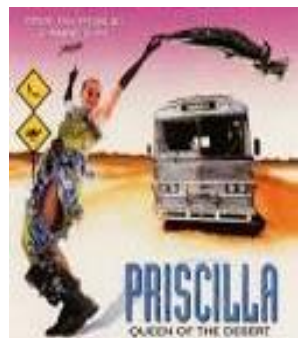
Nunawading

Sunday

17 May 2020

2.00pm

Matinee



'Priscilla Queen of the Desert'

CLOC Musical Theatre

Written by Stephen Elliott
Music by Guy Gross

Two drag queens and a transsexual take their act on the road. They have several adventures and uncover deep secrets as they travel across Australia from Sydney to Alice Springs, entertaining homophobes and enthusiasts alike.

Cost: \$52.00 **Payment by 15 March 2020**

National Theatre

Cnr Barlay & Carlisle Streets

St Kilda

Saturday

30 May 2020

8pm



'MAMMA MIA!' ~ Babirra Music Theatre

Playwright: [Catherine Johnson](#)
Composers: [Björn Ulvaeus](#) & [Benny Andersson](#)

Donna, an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends.

Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

Cost: \$42.00 **Payment by 15 March 2020**

Whitehorse Centre

Whitehorse Road

Nunawading

Yarra Ranges National Seniors Australia Branch

Membership Application

(NSA ABN 89 050 523 003)

PERSONAL DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____

Last name _____ Date of birth ____ / ____ / ____

Address _____

Suburb _____ State _____ Postcode _____

Phone _____ Mobile _____

Email _____

JOINT MEMBER DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____

Last name _____ Date of birth ____ / ____ / ____

Phone _____ Mobile _____

Email _____

MEMBERSHIP AND PAYMENT DETAILS

*Yarra Ranges Branch
No. 100132*

I/we would like to join for: (please tick) includes GST

1 Year Single \$45 Joint \$75 2 Year Single \$80 Joint \$125

5 Year Single \$195 Joint \$295 Lifetime Single \$425 Joint \$650

TOTAL PAYABLE: \$ _____

Cheques / Money Order enclosed (payable to: National Seniors Australia)

Please charge my credit card: Visa Master Card

Card number:

Cardholder's Name: _____ Expiry: ____ / ____

Cardholder's Signature: _____

NSA respects your privacy and is committed to protecting your personal information.
You can view the full details of our privacy statement online at nationalseniors.com.au

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