

# Yarra Ranges Grapevine

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

## JANUARY & FEBRUARY 2021

**Due to the Corona Virus (Covid-19), it is the Government's advice that people do not meet in groups.**

**Unfortunately that means we cannot hold our friendly Branch Meetings or our many and varied 'Out & About', 'Morning Melodies'**

### **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](#)

**Note: Trips - need to Book with Chris ASAP  
'King Island' & 'Bushfire Recovery'**

### **Branch Meetings**

**Monday**

**8 February @ 6.00pm**  
**Meet Railway end of**  
**Chapel Street Lilydale**  
**Under the trees**

**BYO – chair, food & drink**

We will eat first then a short meeting  
Followed by 'Sit & Chat'

**Monday**

**8 March @ 7.00pm**  
**The Hall, 7 Hardy Street**  
**Lilydale**

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

## President's Report

*Hi Members,*

*Our Christmas Lunch at The Sanctuary House Healesville was excellent with 47 attending.*

*It was good to catch up with everybody again after eight months.*

*Thanks to all members who contributed to the 17 Christmas Raffle Hampers put together by Chris and Denise, thanks to both of them.*

*Another different year has finished.*

*I hope everyone has a good Christmas and New Year plus a great holiday break.*

*Happy Reading Trevor*

**Yarra Ranges Branch Committee**

**President**

Trevor - ☎ 9735 1104

**Vice President & Welfare Officer**

Pamela - ☎ 9735 5449

**Secretary**

Lyn - ☎ 0459 155 527

Email: [yarrarangesnsa@gmail.com](mailto:yarrarangesnsa@gmail.com)

**Treasurer**

Anne - ☎ 97265135

**Activities Coordinator**

Chris - ☎ 9735 1249 / 0419 528 446

Email: [chrishill3@bigpond.com.au](mailto:chrishill3@bigpond.com.au)

**Guest Speaker Coordinator**

Denise

☎ 9723 1403 / 0400 179 086

**Newsletter Editor**

Lyn ☎ 0459 155 527

Email: [yarrarangesnsa@gmail.com](mailto:yarrarangesnsa@gmail.com)

**Committee Members**

John and Connie - ☎ 5964 4646

Elaine - ☎ 9739 4642

*Welfare Officer Please contact our WO if you know of anyone who is unwell, having an operation, in need of help or has passed away within the family. Vice President & Welfare Officer Pamela on ☎ 9735 5449*



**Congratulations to!**

No January Birthdays

9 February

John W

18 February

Pamela

23 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 - 2<sup>nd</sup> Monday of the Month**

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

**8 February 6.00pm @ end of Chapel St Lilydale**

**BYO - Chair, Food and Drink**

**8 March Speaker @ The Hall 7 Hardy St Lilydale**



**COMMITTEE MEETINGS - 1<sup>st</sup> Monday of Month**

@ Chris' place Meet @ 7.30pm

**Note change of usual date - Monday 25 January 2021**

**Monday 1 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

Friday 29<sup>th</sup> January

'Mystery Day Trip' Train & Tram



Wednesday 10th February

'St Andrews Brewery'  
Fingal (back of Rosebud) (was Lee Freeman's Stables) - Car Pool

Wednesday 24th March

'St Kilda Penguins' train and tram  
Dinner then Penguins afternoon / evening

Tuesday 20th April

'Flinders Hotel' Lunch plus 'Point Leo Estate' Merricks – Car Pool

Wednesday 28th April

'Moonlit Sanctuary' Pearcedale - Car Pool

Wednesday 12th May

'Cranbourne Botanical Gardens' - Car Pool  
\$8 for 30 min tour in open air bus

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



Friday 8th January @ 6.00pm 'Fish n Chips' by the River @ Warrandyte

Sunday 24th January @ 10.30am 'Oro D'Oro' Brunch Hewish Road Croydon

Saturday 20th February @ 6.00pm 'Harrow & Harvest' Dinner Castella St Lilydale (previously 'La'Auberge')

Friday 5th March @ 6.00pm 'Fish n Chips' by the River @ Warrandyte

Sunday 14th March @ 12.00noon 'Chris' Café' - \$25 (includes \$5 fundraiser) includes:  
Non-alcoholic punch, Spit roast meats, salads, sweets, chocolates, tea / coffee / iced coffee  
3 Mangans Rd Lilydale - (Chris H's house)

Saturday 29th May @ 6.00pm 'Enthaised' Dinner Casella Street Lilydale

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**'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)



No information available  
At the time of going to publish

Cancelled

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**'TRIPS' - Contact Christ 'Activities Coordinator' for details**

'KING ISLAND TOUR' - Monday 1st February to Friday 5th February - \$2,999.00  
**AS SOON AS POSSIBLE - RSVP 30/12/2020**

'BUSHFIRE RECOVERY TOUR' - Monday 15th March to Saturday 20th March - \$1,899.00  
**AS SOON AS POSSIBLE - RSVP 30/12/2020**

'NORTH EAST VICTORIA SILO ART TRAIL' - Monday 17th May to Friday 21st May –  
\$1,499.00



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

Walks start **9.00am** unless over 30degrees and then 8.30am  
 These 2 photos are from the same walk – do you know where?  
 Answers in next 'Grapevine Newsletter'



- Sat 9 January** Barneong Reserve Croydon North
- Sat 19 January** Norton Road Croydon
- Sat 23 January** Mullum Mullum Trail Burnt Bridge
- Sat 30 January** Lilydale to Mount Evelyn
- Sat 6 February** Wandin to Seville
- Sat 13 February** Chirnside Park, Kimberley Drive - park in Community Centre car park
- Sat 20 February** Mooroolbark Retarding Basin park at back of shops in carpark off Charles St M'bark
- Sat 27 February** Lilydale to Lilydale park at corner Old Gippsland Rd and Queen Rd

**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!**

***A LOOK AT THE LIGHTER SIDE OF LIFE TO KEEP YOUR 'TEE HEE' (laughter) WORKING!***

A group of elderly Australian citizens were on a bus tour through Holland and they stopped off for a look at a cheese factory.  
 The young guide gave them a brief rundown on how they made cheese from goats' milk, then took them outside and pointed to a herd of goats grazing on the hillside.  
*"Those goats are put out there to enjoy the rest of their lives after they have stopped producing milk."* She explained.  
 She then asked, *'What do you do with your old goats in Australia?'*  
 A wry old gentleman called out: *"They send us on bus tours."*

*Imagination is more important than knowledge. For knowledge is limited, whereas imagination encircles the world. - Albert Einstein*



*You can't get to a time before the Big Bang, because there was no time before the Big Bang. - Stephen Hawking*

*Whether women are better than men, I cannot say - but I can say they are certainly not worse. - Golda Meir*

*I alone cannot change the world, but I can cast a stone across the waters to create many ripples*



The Yarra Ranges NSA and Weekend Living for Women had a combined Christmas Dinner at The Sanctuary House Healesville. With social distancing in place, it was well attended with 47 people enjoying each other's company. There was so much chatter that it sounded like a bird aviary, which was music to everyone's ears as we had missed the company of our friends during these trying times.

After lunch the Christmas Raffle was drawn with 14 small hampers and 3 bottles of wine - 17 lucky recipients are - Doris B, Bev, Jill McC, Ann B, Denise S, Isabele P, Shirl & Alan S, Brymin S (c/- Dorne M), Trevor & Lorraine S, Tanya F, Emise M, Valda A, S Whitchell (C/- Bernice), Olga I, Jody M (C/- Fay T), Bernadette (C/- Elaine N) and Robyn F



Steve and Patrick found the prizes in the Bon Bon's worthy of their skill and attention after Christmas Dinner.

We are not too sure who won. I had heard rumoured that there wasn't a full set in the packets they opened and so they declared it a draw!

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How many Cockatoos are eating the small cherries off my flowering cherry tree and they also broke the branch which is now dead?

The answer is eight. Can you find the eighth one?



## MOVIE REVIEW

### 'Sitting in Limbo' by Lyn

More movies from the small screen! A 2020 British film. The story focuses on the real-life experiences of a Jamaican-born British subject, Anthony Bryan, one of the victims of the UK Home Office hostile environment policy on immigration. Bryan had lived in the UK since the age of 8 and when after 50 years he applies for a British Passport his life was upended as a result of the Home Office mistakenly classifying him as an illegal immigrant.

The 'Windrush Scandal' was a 2018 British political scandal concerning people who were wrongly detained, denied legal rights, threatened with deportation, and, in at least 83 cases, wrongly deported from the UK by the Home Office.

Many of those affected had been born British subjects and had arrived in the UK before 1973, particularly from Caribbean countries as members of the "Windrush Generation" (so named after the 'Empire Windrush', the ship that brought one of the first groups of West Indian migrants to the UK in 1948)



# MOVIE REVIEW 'God Willing' by Lyn

A 2015 Italian Comedy. Tommaso is a successful, respected Professor of Cardiac Surgery who also happens to be an atheist. However, Tommaso's son Andrea who is a medical student announces in a family get together that he wants to become a priest. Tommaso is petrified when he hears the news as he expected his son was going to come out as a homosexual. Irritated, Tommaso goes undercover to investigate and to bring down the charismatic Father Don Pietro, who he believes has 'brain washed' his son. There is also a wife, a daughter and son in law to add to the mix. Good fun!



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Just thought this was too funny! Just had to share.

I still can't believe people's survival instincts told them to grab toilet paper.	I'm going to stay up on New Year's Eve this year. Not to see the New Year in, but to make sure this one leaves.	If I had only known in March it would be my last time in a restaurant, I would have ordered dessert.
At the store there was a Big X by the register for me to stand on... I've seen too many Road Runner cartoons to fall for that one.	Having some states lock down and some states not lock down is like having a peeling section in a swimming pool.	Until further notice, the days of the week are now called, thisday, thatday, otherday, someday, yesterday, today & nextday.
<b>THEY SAID A MASK AND GLOVES WERE ENOUGH TO GO TO THE GROCERY STORE</b> <b>THEY LIED, EVERYBODY ELSE HAD CLOTHES ON</b>	The dumbest thing I've ever purchased was a 2020 planner.	When Does Season TWO of 2020 Start? I Do Not Like Season ONE.
Keep in mind, even during a pandemic, no matter how much chocolate you eat, your earrings will still fit.	The buttons on my jeans have started social distancing from each other.	I never thought the comment "I wouldn't touch him/her with a 6 foot pole" would become a national policy, but here we are

*"FREE HAMMOCKS, all over town. It's like a miracle!"*



Scandal	Footwear that you should be ashamed of
Margate	The mother of all scandals
Marmite	An insect found on mothers
Venezuela	A gondola with harpoon on the front
Bacchanalian	To bet on an outsider in the space race
Biology	The Science of why women shop
Bigamist	A larger than normal fog
A La Carte	A Muslim wheelbarrow
Frigate	A boat that no one cares about
Flatulence	Emergency vehicle that picks you up after you've been run over by a steam-roller
Artery	Shooting arrows at paintings
Abattoir	Three-in-a-bed in a monastery
Artefact	Pretentious statistic
Libel	Australian price tag
Rancour	A Japanese term of abuse
Donation	The land where Homer Simpson is in charge
Abacus	A Swedish swear word

If WWII happened today,,,,?

Can I have more clarity on the "Your country needs you" slogan, it's too ambiguous

Why aren't you doing enough to prevent these air raids?

Does the siren apply to everyone?

There are only male and female toilets in the air raid shelter and I don't identify as either.

This respirator haversack has a leather strap and I'm a vegan.

Why cant I have almond milk on my ration card

I find the term "black out" offensive.

I find the lack of colour options within military uniforms oppressive.

Why didn't we have stock piles of spitfires at the start of this conflict? 😞

**Emergencyplus** is an app you can put on your mobile. (It was recommended by a trainer who trained the staff at my school.)

You can choose to load onto an Apple or Android system (2nd choice). When loaded the right hand screen will appear.



Save the App that could save your life.

Available on the App Store [Free Download]

GET IT ON Google play [Free Download]



Emergency Plus

If you are in an emergency, call Triple Zero (000) by tapping the button below.

Stay focused, stay relevant, stay on line

000 EMERGENCY

SES 132 990

Police 00000000

My Location

Tell the operator your location

1d Mrs Macquaries Rd  
Sydney NSW 2000, Australia

Latitude -33.85965  
Longitude 151.22252  
what3words extend.brials.during

The **000 Emergency**, **SES** & **Police** are live buttons that will automatically call that service when pressed.

Also you will note your 'location coordinates' appear so you can pass the information to the service concerned as to where your location is.

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## 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?**



## Some News Items from National Seniors that you may have missed

### Going with the Flow

Staying active has many benefits, from mobility and bone strength, to better sleep, improved mood and the management of chronic pain and health problems.

Surprisingly, these benefits can be found via more gentle exercise such as yoga, tai chi and Pilates. So, what do they offer? Kylie Triggell finds out.

Regular movement, good food and quality sleep all help to form the basis of a healthy life. However, as we age and ailments begin to crop up, exercise is often the first thing that gets dropped.

But gentler forms of exercise such as yoga, tai chi and Pilates improve health outcomes and offer other benefits as well.

### Which is right for you?

When embarking on a new exercise regime, Lisa recommends getting an expert opinion before diving in.

*“Your GP is a good starting point, just to make sure there are no big medical conditions that are going to be getting in the way of you starting a new form of exercise,”* Lisa says.

*“You could also speak to a physio, as they can diagnose a physical condition and, if it’s needed, provide a rehabilitation plan or guidance.”*

## Yoga Mindfulness

Once considered the domain of new-agers and hippies, in recent years yoga has become one of the most popular forms of exercise in the world.

Originating in northern India more than 5,000 years ago, yoga as we know it today, was brought to the West in the late 1800s and early 1900s and has slowly grown in popularity to the point where most gyms now include classes on their timetables. What's more, research has shown the benefits of regular yoga practice can appear after a short period of time.

So, what is yoga? Far from chanting on a mat while incense burns in the background, the most common form in Australia is hatha yoga, which focuses on the physical poses — called asana — as a form of low impact exercise with each posture linked to the breath.

What's more, rather than being the domain of younger generations, research has shown that when practiced correctly yoga also has numerous benefits for seniors. Brisbane-based physiotherapist, yoga teacher and Pilates instructor, Lisa Birmingham, agrees and says when it comes to improving balance, mindfulness and mobility there is little that can beat a yoga flow.

*"There's research coming out now that shows how beneficial yoga is because it does have the mindfulness and breathing element to it,"* Lisa says.

*"The research shows both of those things help to increase your immune system and decrease your stress levels and comorbidity, which the older population is more at risk of. Things like strokes, dementia, and Alzheimer's can all be decreased if you participate in exercise in general, but specifically yoga because it's kind of an all-in-one. It has the physical side to it, the breathing side to it and the mindfulness."*

Lisa says another benefit of yoga is that it provides strengthening and stretching at the same time, while many of the postures also help to challenge balance in a safe way.

*"In yoga, you're lengthening muscles while building strength, especially in sustained poses such as 'Warrior 2' where you can have certain muscles on stretch like your hamstrings, your external rotators of your hips and even your chest muscles if you have the correct posture. At the same time, you're strengthening your quads, your posture muscles, abs and even pelvic floor,"* she says. *"A lot of the postures can be easily modified to adapt to decreased mobility or range of movement."*

## Pilates Strength

Pilates is another great low-impact exercise option. Developed in the early 20th century by German physical trainer Joseph Pilates, this exercise regime can appear similar to yoga poses. However, focus is placed primarily on building strength rather than flexibility.

Typically performed on a mat or reformer machine, Pilates can help strengthen big muscle groups as well as your core — those deep paraspinal muscles that help support the back.

*"Good posture helps promote better breathing, which is really important for seniors,"* Lisa says.

*"That's one of the best things about Pilates; it teaches you how to breathe correctly, how to get into a better posture and how to maintain it throughout the day."*

## Tai Chi Art

Often described as meditation in motion, Tai Chi is a Chinese martial art practiced for defence training, health benefits and meditation. In fact, a 2019 Harvard Health Publishing article quipped tai chi should be called medication in motion as there is growing evidence it could help treat or prevent many health problems.

Tai Chi is performed standing and is comprised of low-impact, circular exercises that are moved through slowly and continuously. You are encouraged to breathe deeply and focus your attention on bodily



sensations.

Tai Chi can be easily adapted to suit anyone, whether they have complete mobility, are in a wheelchair or are recovering from surgery, with the added bonus of improved upper and lower body strength, boosted flexibility and improved balance.

*"It's very flowy and it's not physically intense, so it's appropriate for people who have joint issues, pre-existing injuries or they're just getting back into exercise and need to take it slow,"* Lisa says.



### Update your medicines list now – you'll need it if you go to hospital

A medicine list is a complete list of all your prescriptions, over the counter and complementary medicines.

Now is the time to make sure you have that list up-to-date and easy to find in case you unexpectedly have to go to hospital or visit a doctor or pharmacist who is not familiar with your health status.

### More 'Funnies' for the holiday break!

#### Melania strikes again!

During a dull White House dinner, Melanie Trump leaned over to chat with White House Attorney, Rudy Giuliani.

"Bought Donald a parrot for this birthday. That bird is so smart, Donald has already taught him to say over two hundred words!"

"Very impressive," said Giuliani, "But, you do realise he just speaks the words. He doesn't really understand what they all mean."

"Oh, I know that," replied Melania, "But neither does the parrot."

Finally I understand why cars have these things...



**COMMON SENSE IS LIKE DEODORANT. THE PEOPLE WHO NEED IT MOST NEVER USE IT.**

I wonder why we are so so obsessed with trying to find intelligent life on other planets, when we can't even find intelligent life here?



4000 years later and we're back to the same language... 🤔 😂



I'M AT THAT DELUSIONAL AGE WHERE I THINK EVERYONE MY AGE LOOKS WAY OLDER THAN I DO

I MIGHT WAKE UP EARLY AND GO RUNNING. I ALSO MIGHT WAKE UP AND WIN THE LOTTERY. THE ODDS ARE ABOUT THE SAME.

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 \_\_\_\_\_ Membership Number: \_\_\_\_\_

**JOINT MEMBER DETAILS**

Mr / Mrs / Miss / Ms / Dr First name \_\_\_\_\_  
Last name \_\_\_\_\_ Date of birth \_\_\_\_\_ /  
Phone \_\_\_\_\_ Mobile \_\_\_\_\_  
Email \_\_\_\_\_ Membership Number: \_\_\_\_\_

**MEMBERSHIP AND PAYMENT DETAILS**



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](http://nationalseniors.com.au)

- I would like to receive 'My Generation' Magazine by Mail

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