

Yarra Ranges Grapevine

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

JULY & AUGUST 2020

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 any of our many and varied 'Out & About', 'Morning Melodies'

'Saturday Walks' are resuming & will try for one 'Dining Out'.

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](#)

President's Report

Guest Speakers for the Branch Meeting

**All Meetings
Cancelled
Due to the
Covid 19 Virus
Until
Further
Notice**

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

Hi Members,

Things we take for granted the "Dine outs." Last Friday night we were able to go out for dinner for Lorraine's birthday it was so nice being at the pub in Pakenham with friends.

Special thanks to all the members for their friendship and caring for each other during the cover-19 times. Ringing up, walking, quick chat when shopping and coffee for a short time etc.

With this Grapevine will be circulated a copy of the form for proposing the Committee for 2020/21. If people would please complete this form ensuring that the person they propose is willing to stand, of course.

Hoping that everyone has stayed safe over the last four months. And not too long before we resume our monthly meeting again.

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

Please contact our Welfare Officer 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!

It's all the Gentlemen in June!

5 July Trevor

18 July Alfred

27 July John K



6 August Connie

14 August Ross

15 August Chris

17 August Ruth

18 August Colin

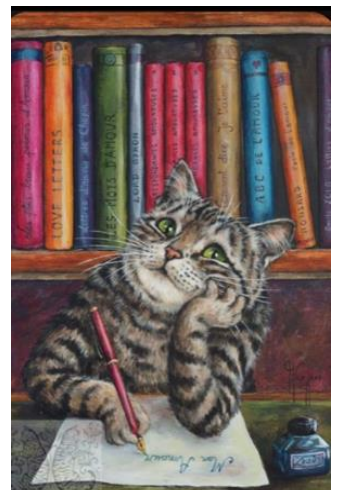
24 August Alan

27 August Julia

31 August Dorne



Found this Portrait of The 'News Editor' Hard at work



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

10 August Speaker @ HALL 7 Hardy St Lilydale ?

14 September Speaker @ HALL 7 Hardy St Lilydale ?



COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place Meet @ 7.30pm

Monday 3 August ?

Monday 7 September ?



'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



To Be Confirmed - the following:

Sat 10 October 'Beautiful - Carol King Story' **8pm** Allen Ross Centre at Billanook College 197 Cardigan Road Mooroolbark
(Payment by 11 Sept)

Sat 17 October 'Mamma Mia' **8pm** Karralyka Theatre Mines Rd Ringwood **(Payment by)**

Sun 18 October 'Priscilla Queen of the Desert' **2pm** National Theatre St Kilda **(Payment 15 Aug)**

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

Sun 2 August 'Ora D'oro Café Brunch' @ 11.30am Hewish Road Croydon
(This may be cancelled due to the virus. We will just have to go one step at a time)



'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 14 May 'Early Rock Legends' with Col Perkins

Thurs 11 June 'Frankie Boy' with Frank Powell

Cancelled



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

Walks start **10.00am** during Winter time

Photos from our walks - do you know where they are?

Come and join us to find out?

Answer in the next edition of 'Yarra Ranges Grapevine'

Sat 4th July Mullum Mullum Burnt Bridge

Sat 11th July Wandin to Seville (meet at Wandin)



Sat 18th July
Sat 25th July
Sat 1st Aug
Sat 8th Aug
Sat 15th Aug
Sat 22nd Aug
Sat 29th Aug
Sat 5th Sept

Barneong Reserve Croydon North
Lilydale to Mt Evelyn (meet at Old Gippsland Rd)
Norton Road Croydon
Lilydale Lake (meet Bell Bird Reserve)
Mullum Mullum Burnt Bridge
Dorset Recreational Reserve
Coldstream Station to Lilydale
Barneong Reserve Croydon North



A Winter's view on a cold and clearing foggy day

HAVING YOUR SAY

Do you have something you would like to chat about? Put 'pen to paper' or 'typing to email' and send to the News Editor.

'Paying it Forward'

Have you recently come across the saying – '*Paying it Forward*'?

It was a recent discussion that I came across on the radio. A lady at a supermarket checkout found that she didn't have her purse with her to pay for her goods, but was convinced she had brought it with her, so ask for the check-out person to hold her shopping while she went to the car to look for her purse. On her return she found that a person had paid for her shopping and when she asked 'Who was it?' The person was just leaving the shopping area. So she rang a radio station to tell her story and to thank the mysterious, kind hearted stranger.

That conversation galvanised a response from the listeners. Apparently it is known as '*Paying it Forward*' and this is how it works. You or someone else does a kind deed for a person. It doesn't need to be in the form of money, it can be in a kindness, helping, running an errand or checking on the health and wellbeing of someone etc. By doing that, hopefully the next person will also be '*Paying it Forward*' to someone else and so this wave of 'good feelings' starts.

Our Branch members has demonstrated this towards each other. Phoning to check on each other's health and wellbeing. Offers of shopping, walking in 2s for exercise, having a chat etc. Our friendly, caring Branch has demonstrated in spades the '*Paying it Forward*' message during these strange times we find ourselves in with covid-19.

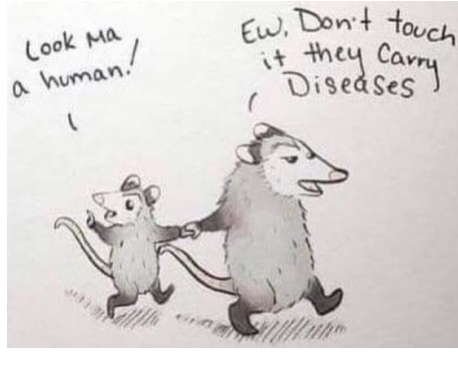
The other day I was at the supermarket check-out, when the lady behind me found she didn't have enough money to pay for all her goods and had to make a choice on the last 2 items – a hand of ginger or a big green cabbage. The Myanmar lady had 'little English' she said to the girl behind the counter, but she managed to wave the cabbage away indicating her preference. As the girl went to walk away with the cabbage, I suddenly remembered the '*Paying it Forward*' message and said "I will pay for the lady's cabbage as she needs it, with a little one beside her and a baby on her back, her family needed this." As the girl took my money she looked at me and I said "sometime you just have to do the right thing". The lady was very grateful and thanked me. As I followed her across the car park the little one fell over. I stopped, saying "I will pick you up" and he raised his little hand to me for help. Again the lady was saying "thank you". I hope the gesture improved her family meal that night and I know it made me feel good too.

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		

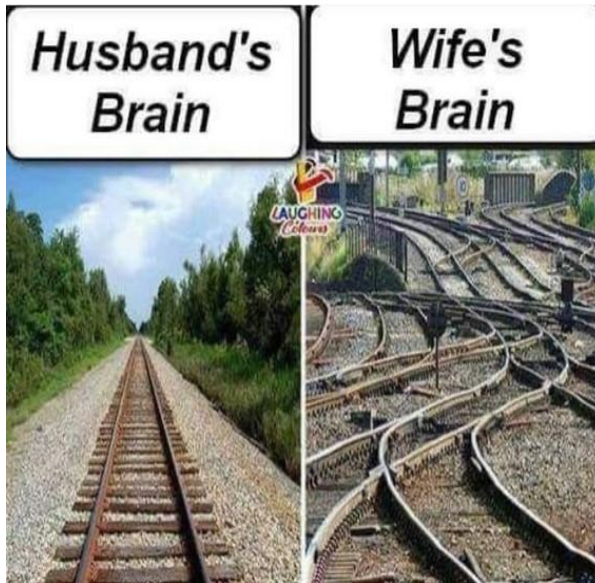
OTHER NEWSY BITS!

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



Them: What inspires you to get out of bed every morning?
Me: My bladder mostly.

Bet he was glad
 Lockdown Finished!!



A police recruit was asked during an exam, "What would you do if you had to arrest your own mother?" The reply, "Call for backup".

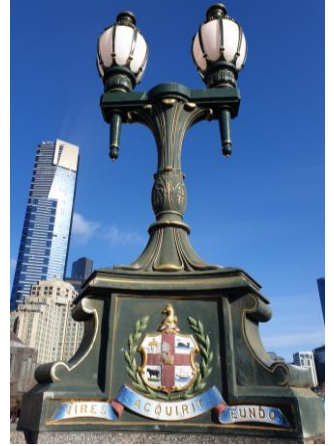
At the bank, I told the cashier, "I'd like to open a joint account please."
 "OK, with whom?"
 "Whoever has lots of money."

**My stomach is FLAT.
 The L is just silent.**

My Walk Down St Kilda Road

From Flinders Street Station to the Shrine and back again

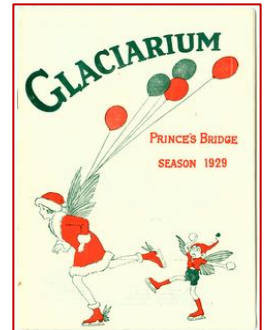
Sunday was not that busy on the Trains or in the City. On exiting Flinders Street Station, turning right across the beautiful Princess Bridge that was built in 1886 - 1888 and styled along the lines of London's Blackfriars Bridge. It is the 3rd bridge to be built on the site. First there was a rope pulled punt that ferried people across the Yarra. A wooden toll bridge was built in 1846 by the Punt owners, and the second bridge of stone replaced the first bridge and was completed in 1850. Melbourne's oldest and grandest bridge is situated on an original river crossing and where the waterfall that protected the fresh Yarra water coming downstream from the saltwater of Port Phillip Bay. It was this that dictated the site of Melbourne. It is Victorian Heritage Listed. The bridge's decoration, in typical Victorian era style, includes mouldings and balustrades along the top of the bridge and lamp standings crowning the giant half columns, with the coats of arms of the municipal councils who contributed towards the cost of construction decorating the spandrels. The bridge's abutments, piers and wing walls are made of bluestone quarried from Footscray.



While walking across the west side of the bridge, looking downstream to Southbank and beyond, I couldn't help but remember what used to be there before it was transformed



during the 1990s. Where Hamer Hall stands now, there was the head office of APM (Australian Paper Manufacturer, now AMCOR) with shallow bowl type fountains in front. Breweries and food processing, Allan's Sweet Factory and the 1940s the Trocadero Dance Hall with its distinctive windmill was on the site of the Art Centre and Glaciarium Ice Skating Rink built 1906 at 16 City Road, was the first place that ice hockey was played in Australia and first associated club.



Passing the Art Centre with its majestic skirted spire, which is a great asset to Melbourne with its beautiful theatres - no wonder we are known as the Arts capital of Australia. It was eerily quiet as there was no Sunday market stalls to browse. Even the fountains in front of the National Gallery were turned off and the 'water window' was not beckoning visitors inside.

After crossing Southbank Boulevard, there is a 1913 red brick building which was originally 'The Victoria Police Hospital' and is believed to be the first such hospital in the world. It housed a doctor's office, a dispensary and other services at the front. In the middle section were 2 wards and at the rear were an operating theatre and the Dispenser's residence. When WWI broke out, they were used as a Military Hospital until 1919, then reverted back to Police use. In 1992 the Police Hospital was transferred to the Royal Melbourne. Now it is part of the Victorian College of the Arts.





The building next door also belonged to the Victorian Police, it was the Police Depot. The mounted Branch stables were the first part of this complex to be built in 1912. This building was also taken over by the Military as part of their Hospital during WWI. It was an emergency hospital during the influenza epidemic in 1919. In 1926 the buildings purpose was for the first police and recruit training in the State, until it was moved to the now Police Academy in Glen Waverley in 1973. The building is now the Elizabeth Murdoch Building, part of the Victorian College of the Arts.

Over Grant Street are the impressive blue stone buildings of the Victoria Barracks which commenced building in 1856. Originally built, as accommodation for British Imperial Garrison troops, including the 12th and 40th Regiment of Foot who were involved in putting down the armed Eureka Stockade rebellion in Ballarat. The Barracks housed the Department of Defence from the creation of the Commonwealth of Australia (Federation) in 1901 until 1958 when the Department of Defence moved to the new Russell Offices in Canberra. Victoria Barracks was the administrative headquarters for the Australian Army, but to ensure the close coordination of the three services necessary to the war effort, the Barracks also became the administrative headquarters of the Royal Australian Navy and Royal Australian Air Force as well as accommodation for the War Cabinet and Advisory War Council in Melbourne.



Crossing St Kilda Road to the Shrine, which was unfortunately not open to the public due to C19, but people were still sitting on step, chatting in the sunshine and walking. I then turn back and walked along the east side, stopping at all the statues and monuments, scattered in Kings Domain and Alexander Gardens.

The plaque at Edward 'Weary' Dunlop's (1907 - 1945) statue reads:



The story of Edward 'Weary' Dunlop – Doctor, Soldier and Humanitarian is of endurance and dedication, it has many remarkable chapters. After a childhood spent near Benalla in north-eastern Victoria, Dunlop qualified with distinction in pharmacy and medicine, excelled as a sports man at Melbourne university, representing Australia in Rugby. The surgeons leading qualification in London soon followed, and from there, when war broke out in 1939, he volunteered for the 2nd AIF.

Dunlop was appointed to medical headquarters in the Middle East, where he developed the mobile surgical unit. In Greece he liaised with forward medical units and Allied Headquarters and at Tobruk he was a surgeon. In 1942 he was captured by the Japanese Army in Java, together with the hospital he was commanding. Because of his leadership skills, he was placed in charge of Prisoner-of-War camps in Java, later transferred briefly to Changi and in January 1943 commanded the first Australians sent to work on the Thai segment of the Burma-Thailand Railway.

A courageous leader and compassionate doctor, he restored morale in these terrible prison camps and jungle hospitals. Dunlop defied his captors, gave hope to the sick and eased the anguish of the dying. He became, in the words of his men '*a lighthouse of sanity in a universe of madness and suffering*'.



Marquis of
Linlithgow
First Governor
General
Australia 1901
to 1902
Governor of
Victoria
1889 - 1896



1903
Monument
to conflicts
& Wars



Edith Louisa Cavell
was a British nurse.

She is celebrated for saving the lives of soldiers from both sides without discrimination and in helping some 200 Allied soldiers escape from German-occupied Belgium during the First World War, for which she was arrested.



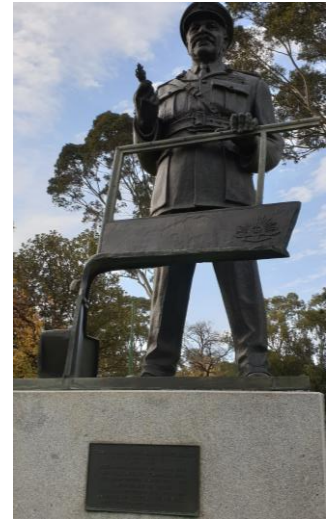
Australian
Turkish
Friendship
Memorial
- 'Seeds of
Friends'

Hellenic
Memorial



Sir John Monash
Soldier & Engineer
(1865 - 1931)
Commander of the
Australian Corps
In France 1918
Chairman of the
State Electricity
Commission
1921 - 1931

Field Marsall
Sir Thomas
Albert Blamey
(1884 - 1951)
General Officer
Commanding
Aust Forces
1939 - 1942
Commanding
Allied forces
Pacific 1942 - 1945



Edmond Gerald Fitzgibbon Town Clerk City of
Melbourne 1856 - 1891
First Chairman of the Melbourne Metropolitan
Board of Works 1891 - 1905





MOVIE REVIEW by Judith

This was an interesting movie starring Hugo Weaving as a war photographer back in Sydney to mount an exhibition of his work. He forms an unlikely association with Sebastian; a Sudanese refugee now taxi driver and the story follows both their lives and their past. Beautifully acted and filmed, this was an unpredictable story that was both heart-warming and dramatic. The characters became more real as the mystery of an old photo unfolded. Shot in Sydney, it was good to see a modern Australian movie. It's not surprising that it's up for several awards. The message I took away from it was to not form opinions lightly and to be grateful for the important things we have in our lives. I saw it at Cameo cinema this week but I think it maybe is going to Stan streaming in late July. Highly recommended.



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

WALKER, Mrs Gwen
 DOB: 23-January-1951
 Address: 17-19 Moore Street, Leichhardt
 Allergies: Sticking Plaster, Shellfish

CONTACT DETAILS
 ICE: Barry Walker (Ph: 02 9563 4923)
 Dr. John SMITH (Ph: 02 9563 4979)
 Webstercare Pharmacy (Ph: 02 9563 4900)

Drug	Directions	B/Tast	Lunch	Dinner	B/Tone
Paralgin500mgTab (Paracetamol 500mg or Dipyrone 500mg)	1 or 2 daily (For Pain)				
Bicor 10mg Tab (Carbamazepine)	1 morning (For High Blood Pressure)				
NioMercazole5mgTab (Carbamazole)	1 2x daily (For Regulate Thyroid Function)				
Nidem80mgTab (Nidemide)	1 2x daily (For Blood Sugar)				
Serenace500mcgTab (Serenoide)	1 or 2 tablets (For Blood Pressure)				
Kafex 500mg Cap (Carbamazole)	1 or 2 daily (For Infection)				
Feasmax70mgTab (Carbamazole)	1 morning (For Cholesterol)				
Kinason100/25Tab (Carbamazole)	1 or 2 daily (For Parkinson's Disease)				

Drug	Directions	B/Tast	Lunch	Dinner	B/Tone
Sorbolene Cream	Apply to skin only for dryness or itching				
Liquifilm TearsEyeDrip (Carbamazole)	Apply to eye only for dryness or itching				

PRN Medication (When Required)
 Drug: ColonySennaTab (Carbamazole)
 Directions: 1 or 2 tablets when necessary (Stool Medication)

(Page 1 of 1)
 Date Printed: 8 August 2013
 © (2009) Merck Pty Ltd (ABN: 63 074 388 080) Use Pre-Release 2013. Tel: 06002492

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.

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



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

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

MEMBERS

Branches – Social & Friendship
'My Generation' Magazine
Discount & Benefits
Credit Card
Car Buying Service
Insurance
Travel
Competitions
Online Shop

NEWS & EVENTS

Latest News
Policy & Media Updates
In the Media / Media Releases
Events

RESEARCH

Finance
Health & Aged Care
Housing
Retirement
Social Connectedness
& Communities

ABOUT US

Board & Governance
Leadership Team
Policy Advisory Groups
Careers
Foundation Trust
Partners
FAQs Advertising

INFORMATION HUB

Consumer Protection
Healthy Ageing / Aged Care
Social Inclusion
Technology
Work & Career
Retirement
Retirement Living Options

ADVOCACY

How Advocacy Works
Policy and Advocacy
Submissions