

# Yarra Ranges Grapevine

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



## JULY & AUGUST 2022

### **PLEASE NOTE: Membership Renewals & Joining Members**

Please ensure you use the 'Yarra Ranges NSA Application Forms' at the end of this 'Grapevine' & give to the Branch Secretary. By using our form 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](#)

### **Branch Meetings**

**Monday**

**11 July**

**6.30pm**

**Dinner Meeting**

**At**

*The Crown Hotel*

**Main Street Lilydale**

**Monday**

**8 August**

**7.00pm for 7.30pm start**

**Guest Speaker**

**John Howell**

*'The Only Woman at  
Gallipoli'*

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

## President's Report

*Hi Members,*

*Another two months have gone. Some members have been dealt the covid virus including myself, fortunately all have recovered.*

*My apologies to all who attended the monthly meeting in June at the new venue the Lilydale Lake Community Room. Unfortunately, my swipe card was past its expiry date and expired and we were unable to gain access to the room.*

*As it turned out Lorraine had a key to the Old Lilydale Court House and were able to hold the meeting there. Thanks to Lorraine who also had her 80<sup>th</sup> Birthday on Sunday - Congratulations!*

*Thanks to Ross who gave us a very interesting talk of his experiences he encountered during his volunteer work as a Bail Justice and Justice of the Peace.*

*Next Meeting - 'Dinner Meeting' at The Crown*

*Happy Reading Trevor*

### *Musical Information at end of 'Grapevine'*

*Please take notice of Payment dates. Everyone who elected to have a credit from 'Jersey Boys', do not pay for 'Chicago', but make sure you put your name & number of tickets on the sheet.*

**Yarra Ranges NSA Branch Committee**

**President**

Trevor - ☎ 9735 1104

**Vice President & Welfare Officer**

Pamela - ☎ 9735 5449

**Secretary**

**Newsletter Editor**

Lyn- ☎ 0459 155 527

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

**Treasurer**

Anne - ☎ 97265135

**Activities Coordinator**

Chris - ☎ 0419 528 446

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

**Guest Speaker Coordinator**

Denise

☎ 0400 179 086

**Web Administrator**

Patrick

☎ 0413 726 726

**Committee Members**

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*



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**Congratulations to!**

*9 July - Trevor*

*6 August - Connie*

*27 July - John K*

*14 August - Ross*

*15 August - Chris*

*17 August - Ruth*

*18 August - Colin*

*24 August - Alan*

*27 August - Julia*

*31 August - Dorne*



**BIRTHDAYS THIS MONTH**

*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**

**Meet at:** 'Lilydale Lake Community Room', Lilydale Lake Rd, off 435A Swansea Rd Lilydale @ 7:00pm for 7.30pm start

**Monday 11 July** @ 6.30pm Dinner Meeting at *The Crown Hotel* Main St Lilydale

**Monday 8 August** @ 7.00pm for 7.30pm Start **Guest Speaker** - *'The Only Woman at Gallipoli'*



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

@ Chris' place Meet @ 7.30pm



**Monday 4 July**

**Monday 1 August**

**Monday 5 September (AGM)**

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**NOTICE OF AGM 12 SEPTEMBER 2022**

Notice is posted of the AGM to be held on Monday 12 September 2022 at the Lilydale Lake Community Room 435A Swansea Road Lilydale

A Nomination Form is sent as a separate attachment with this 'Grapevine' Newsletter. If you would like to nominate yourself or someone else, please complete and return to the Secretary by the August Branch Meeting (if possible). This will help speed up the process at the AGM. Thank you for your consideration.

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**NOTE FROM CHRIS**

Everyone needs to please text or email me with any changes they want to make after they have put their name down for an *Outing / Dining / Morning Melodies*. Also, if you put their name down for an *Outing / Dining / Morning Melodies* please make sure you put it in your diary, so you don't overlook or forget what you have made a commitment that date.



**'OUT & ABOUT' - BLUE**

**'DINING OUT' - PINK**

**'MORNING MELODIES' - GOLD**



**Activities**

**Please Contact Chris 'Activities Coordinator' to Book and to cancel in time**

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

Out & About - Blue

Dine Outs - Pink

Morning Melodies - Gold

Wednesday 7 July @ 11.00am  
Thursday 21 July @ 12.30pm  
Wednesday 3 Aug @ 11.00am  
Thurs 4 August @ 10.00am

Tues 18 August @ 12.30pm  
Wed 31 August @ 12.30pm  
Thurs 15 September @ 10.15am

Wed 7 September @ 11.00am

Tues 20 Sept @ 12.30pm  
Tues 4 October @ TBC  
Wed 5 October @ 11.00am

**'Brendan Scott - Multi-Instrumentalist'** - Morning Melodies  
**Lunch - Chirnside Country Club'** 68 Kingwood Dr Chirnside  
**'Alex Kyle - Sing a long show'** - Morning Melodies  
**'Vintage Market'** (old Caribbean Market) & **Lunch**  
**1.00pm 'Club Hotel'** 848 Burwood Highway Ferntree Gully  
**Lunch - 'Red Relish Café'** 2465 Warburton Hwy Yarra Junction  
**'Groove Train'** Chirnside Park Shopping Centre  
**'Yarra River Cruise'** 2 hours Cost \$48 - 8.53am train Lilydale  
**Lunch - 'Young and Jacksons'** Flinders Street Melbourne  
**'Derrick J - The Golden Voice'** (like Kamahl) - Morning Melodies  
**Lunch - 'Noojee Hotel'** & stop at the **'Trestle Bridge'**  
**Lunch - 'Alowyn Gardens'** Tour 1210 Melba Hwy Yarra Glen  
**'Col Perkins - Classic Country'** (good) - Morning Melodies



Tues 18 October @ 11.00am

**'Westgarthtown Ziebells Farmhouse Museum'** Tour  
100 Gardenia Road Thomastown (Melway 8 H5) (off Edgars Rd)

Wed 2 November @ 11.00

**Lunch** – **'Bridge Inn Hotel'** 1425 Plenty Rd Mernda

Wed 7 December @ 11.00pm

**'Tony Diamond - Neil Diamond show'** - Morning Melodies

**'Marcia Rae - The Christmas Show'** - Morning Melodies

**MORNING MELODIES @ The International Hotel Maroondah Highway Lilydale**

**Please note: Order lunch before show at 11.00am. Lunch 12.00noon**

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

**Please Note - Walks start 9.00am for summer. 8.30am if the temperature is over 30 degrees**

These 2 photos are from the same walk – do you know where? Answers in next 'Grapevine'

Photos 1 & 2 in 'May & June Grapevine' were from the Wandin to Seville walk

- Sat 2 July** Lilydale Lake
- Sat 9 July** Lil to Mt Evelyn
- Sat 16 July** Seville to Killara
- Sat 23 July** Wandin to Seville
- Sat 30 July** Barneong Reserve Croydon North
- Sat 6 August** Norton Road Croydon
- Sat 13 August** Lilydale Lake
- Sat 21 August** Lilydale to Lilydale
- Sat 27 August** Lilydale to Mt Evelyn
- Sat 3 September** Chirnside Park Community Centre Kimberley Drive
- Sat 10 September** Wandin to Seville
- Sat 17 September** Seville to Killara
- Sat 24 September** Mooroolbark Community Centre



**Note:** If there is an **all day 'Out & About'** organised, we won't be walking

**OTHER NEWSY BITS!**

**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?***  
***from outings?***



**A story?**

**One-liners?**



**Photos**

**Lilydale & Yarra Valley Show 2022**

**YES, IT'S ON AGAIN! AFTER 2 YEARS THE 'SHOW' IS BACK IN TOWN WITH A NAME CHANGE TOO (SEE ABOVE).**

Chris will be running **2 Rosters** for the two days of the Show. One will be our usual **'Awareness Marque'** in our usual spot under the trees near Melba Park.

The other for the **'Lost Children's Area'** will also be supervised by our Branch.

A reminder – if you are thinking of helping out in this area, you will be required to have a current **'Working With Children Check'** card. Chris has circulated how to obtain a **'Volunteer'** one that will cost you nothing.

## Our Visit to Yarra Valley Nocturnal Zoo in Mt. Evelyn on 25/5/2022



15 of our members attended this magical place, hosted by the owners Steve and Lou, (it was Lou that showed us around the property) assisted by the wonderful children and young adults who have disabilities.

The property sits on 5 acres on the corner of Little John Avenue and Clegg Road. The property was started about 15 years ago as a B & B and then the zoo was started shortly after that - they still have accommodation and respite care when needed. It is also now run in conjunction with the NDIS program.



They have over 450 animals and birds on the property, a lot of them have been rescued. They even have a Maremma dog called 'Oddball'. We saw kangaroos, wallabies all kinds of birds, owls, reptiles, emus, dingoes, bettongs, dogs and cats just to name a few.

There are several buildings on the site where the adults and children play and prepare food for the animals. They are also in process of building some wetlands with a board walk. It was a wonderful experience walking around the property and to see what is being done with the disadvantaged people and the new skills they are learning.



After our tour we headed to Seville for lunch at 'Duckies' restaurant, a lovely meal. Great day had by all. Thank you to Elaine for sharing your day.

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## MYSTERY TRIP???

Thursday 9<sup>th</sup> June, the day of our long anticipated Mystery Destination Day Trip had arrived. It was a bracing 12° winter's day, when 4 intrepid souls (Chris, Fay, Jean & I) caught the 10.40am Lilydale train to ????? There were to be 14 of us, but sadly 10 people had to pull out - such a shame as they would have loved the day.

Chris plans (& manages to keep secret with Sphinx-like enigmatic smiles in answer to our sneaky questions) these enjoyable mystery outings.



The train ride was short as we disembarked at Croydon, where we caught a bus destined for Upper Ferntree Gully station. At that point, I thought the bus might go via Dorset Rd & Burwood Highway (boring suburbia).

But No! To our delight, the bus went along Mt Dandenong Rd up to the foothills of the ranges, then followed the scenic route we know & love.

It was a treat to be passengers, able to sit back for an hour & take in the sights. As it was a showery foggy day, our elevated seating afforded lovely views of the tall wet forests, dripping tree ferns in misty gullies & magical 'fog lakes' - and of course all the little villages & tourist spots on the way.

It wasn't until we had come off the mountain & had reached the cross roads - left turn to Belgrave or continue on to the station - that I realised our destination was The Royal Hotel for lunch!

What a good idea - welcoming, spacious, comfy & warm - with a good menu and good service, it was a great choice to relax & enjoy a leisurely lunch. Our seating was by the window, so we could watch the bursts of driving rain & feel lucky to be warm inside. We chatted for ages.





Fortunately, the rain had stopped when we went to catch the bus for our return drive through the misty forests and gullies back to Croydon Station and the last leg of our journey.

It was a thoroughly enjoyable day, just a bit sad there were so few of us. Many thanks to Chris for planning such a relaxing, easy & enjoyable 'Mystery Destination' day out.

We look forward to the next one!

Thank your Emese for a great write up of your Mystery Trip.

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### ***Have You Heard the News??***

**An OAM (Order of Australia Medal) has been granted to one of the children for 'Early Childhood Learning' Lorraine and Huey proudly showed us the notice in the Newspaper of their daughter Leanne's OAM who has worked for many years at an Early Childhood Centre in Blackburn. Congratulations Leanne!!**

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### **Turner Institute for Brain and Mental Health, Monash Biomedical Imaging, School of Psychological Sciences, Monash University**

Navyaan has made contact with our Branch to see if anyone would be willing to participate in their research to help the Brain and Mental Health Research Laboratory - see below Summary and flyer at the end of the 'Grapevine' Newsletter.

#### Summary:

"How does your brain age and change the way it uses energy?" We know that with age the brain experiences slower information processing, poorer memory, attention deficits etc.

The *CogNeuro Lab* at the *Turner Institute for Brain and Mental Health* at Monash University is looking to better understand the mechanisms of brain ageing & to explore new ways we might be able to keep our brains younger and healthier for longer.

A \$100 Coles/Myer voucher will also be provided as reimbursement for your time.

We have a flyer at the end of this Newsletter and here is the link to our website if you would like more information ([bit.ly/metconn](http://bit.ly/metconn)).

**NAVYAAN SIDDIQUI**  
Research Assistant | Turner-MBI Cognitive Neuroimaging Laboratory  
Turner Institute for Brain and Mental Health  
Monash Biomedical Imaging  
School of Psychological Sciences  
Monash University  
770 Blackburn Road Clayton VIC 3168 Australia



**HOW DOES YOUR BRAIN AGE?  
RECEIVE A \$100 COLES-MYER VOUCHER TO PARTICIPATE IN OUR BRAIN IMAGING STUDY!**

By looking at patterns of brain activity in different groups of people, we hope to gain a better understanding of how to keep the brain healthy and active for longer.

**Duration:** 3 sessions (1 online, 2 in-person)

**Location:** Monash Biomedical Imaging (Just over the road from Monash Clayton Campus).

**If you are:**  
**65 - 80 years old**  
Right-handed  
Have no history of psychiatric illness

**Then you can register or find out more:**  
go to [bit.ly/metconn](http://bit.ly/metconn) OR  
Email us at:  
[cogneurolab@monash.edu](mailto:cogneurolab@monash.edu)



This research has been reviewed by the Monash University Human Research Ethics Committee

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## 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.

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**Please ensure you have this app installed on your phone – it could save lives and maybe even your own.**

**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.



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

### How does the seniors and pensioners tax offset work?

Seniors and pensioners may be eligible for a tax offset to help with living costs – are you?

The Seniors and Pensioners Tax Offset (or SAPTO for short) is a tax offset that was introduced in 2012 to amalgamate two separate tax offsets: the Senior Australian Tax Offset (SATO) and Pensioner Tax Offset (PTO).

The SAPTO can reduce the amount of income tax you pay, allowing you to earn more money before you are required to pay tax or the Medicare levy.

The offset affects pensioners and seniors with taxable income up to:

- \$50,119 for singles
- \$83,580 per couple or \$41,790 per partner
- \$95,198 per couple or \$47,599 per partner (where a couple is separated by illness)

If this is you, then read on to find out how it works.

### Eligibility

To be eligible for the SAPTO, you must meet certain conditions.

Firstly, you can't claim the SAPTO if you were in jail for the full financial year.

Secondly, you must be eligible for an Australian Government pension or allowance. This means you have met any of the following conditions during a financial year:

- You were the recipient of an [Australian Government pension or allowance](#) from Centrelink.
- You were the recipient of a [pension, allowance or benefit](#) from the Department of Veterans' Affairs (DVA).

You were eligible for an Australian Government Age Pension during the income year, but didn't receive it because you didn't make a claim or because of the application of the income test or assets test and you satisfy one of the following:

- You had been an Australian resident for Age Pension purposes for 10 years or more, of which at least five years were continuous.
- You had a qualifying residence exemption because you arrived in Australia as a refugee or under a special humanitarian program.
- You are a woman who was widowed in Australia and all of the following apply:
  - You and your late partner were Australian residents when your late partner died
  - You are currently in Australia
  - You have been an Australian resident for at least the last two years.
- You received a widow B pension, a widow allowance, or a partner allowance, immediately before turning age-pension age.
- You would have qualified for an Age Pension under an international social security agreement.
- You're a woman and on 19 March 2020 were receiving either:
  - A wife pension and you were not receiving a Carer Allowance
  - A special needs widow B pension
- You met the veteran pension age test requirements and were eligible for a pension, allowance, or benefit from Veterans' Affairs during the income year, but didn't receive it because you didn't make a claim or because of the income or assets test, and you were:
  - A veteran with eligible war service
  - A Commonwealth veteran, allied veteran, or allied mariner with qualifying service.

*Note: To be eligible to receive an Age Pension you must be 66 years and 6 months or older from 1 July 2021 and 67 from 1 July 2023. For a Veteran Pension you must be 60 years old or older from 30 June 2021.*

## Seniors and pensioners tax offset rates and thresholds

To determine if you are eligible for the SAPTO, the ATO uses your [rebate income](#) to calculate how much of a rebate you get, if any at all.

Your rebate income must be less than the relevant cut-out threshold in the table below. If your rebate income is less than the shading-out threshold, you will be entitled to the maximum tax offset amount.

Status	Maximum tax offset amount	Shading-out threshold	Cut-out threshold
Single	\$2,230	\$32,279	\$50,119
Each partner of a couple	\$1,602	\$28,974	\$41,790
Each partner of an illness separated couple	\$2,040	\$31,279	\$47,599

If more than one item in the table above applies to you during the income year, your offset amount will be based on the amount that gives you the greatest entitlement.

The ATO has a simple [beneficiary tax offset and seniors and pensioners tax offset calculator](#) to help you work out your eligibility for this offset and calculate the offset amount. In some cases, if you and your spouse are both eligible for SAPTO, you may be able to [transfer your spouse's unused SAPTO](#) to you.

## How do you claim the SAPTO?

As a non-refundable tax offset, SAPTO is worked out as part of your annual tax return.

You may also be eligible for a Low Income Tax Offset (LITO) in conjunction with SAPTO, depending on your personal circumstances.

For more information about the SAPTO visit the [ATO website](#).

[For more articles like this, subscribe to our free Money Matters newsletter](#)



## Are you eligible for the Commonwealth Seniors Health Card?

The Commonwealth Seniors Health Card (CSHC) gives you access to cheaper medicines and medical bulk billing. It also gives you access to several other state and federal concessions. In Western Australia, a CSHC holder receives \$1,660 of concessions.

Many self-funded retirees who were previously ineligible for the CSHC could find the situation changes later this year when the income thresholds change – an election commitment made by the new Labor Government. A previous start date of 1 July 2022 has been pushed back by the government with the expansion of eligibility requiring a change in legislation. Parliament will not sit again until the end of July.

The income threshold used to determine eligibility for the card will increase from just under \$58,000 a year to \$90,000 a year for single self-funded retirees, and from just over \$92,000 to \$144,000 for couples.

It is estimated that an additional 50,000 older Australians will be eligible for the CSHC.

So, if you are a self-funded retiree, it's well worth checking to see if you are eligible. To find out more about what concessions you get on the CSHC try our handy [Concessions Calculator](#).

## How Centrelink works out your income

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To meet the CSHC income test, once legislated, you must earn no more than the following:

- Singles: \$90,000 a year
- Couples (combined): \$144,000 a year

Unlike the Age Pension, the eligibility test for the CSHC does not include an assets test, but it does use some of your assets to estimate your income.

Assessable income, under the CSHC income test, includes a combination of actual income and deemed income. Actual income is 'adjusted taxable income', which comprises of:

- Taxable income
- Target foreign income
- Total net investment losses
- Employer provided benefits
- Reportable superannuation contributions.

Deemed income is only from account-based income streams (not from any other financial assets you own). An account based income stream is purchased with superannuation money, and commonly known as an allocated or transition to retirement pension.

Deeming rates currently sit at 0.25% for first \$53,600 of your financial assets and 2.25% for anything over \$53,600.

However, if you're a couple and neither of you get a pension the deeming threshold is different. The first \$44,500 of each of your joint financial assets is deemed at 0.25% per year. Anything over \$44,500 is deemed to earn 2.25%.

And thanks to another election promise, these deeming rates will be frozen for two years, even if interest rates keep going up.

# MUSICALS

For further information or bookings, please contact: Lyn ☎ 0459 155 527  
All Payments in an envelope with Name, Show & Amount by due date please  
Or by direct bank deposit



## 'CHICAGO'

CLOC Musical Theatre Production  
National Theatre  
Cnr Barkly & Carlisle Street ST KILDA (Melway 2P C9)

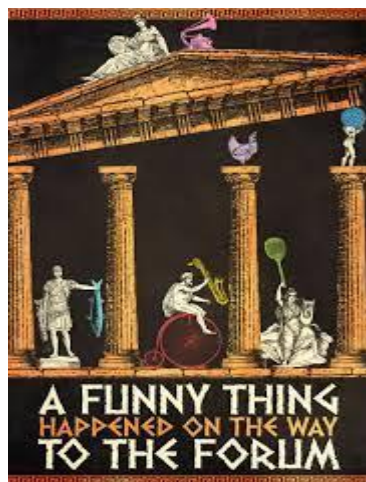
**SUNDAY 9 October 2022 @ 2.00pm**

Music by John Kander, Lyrics by Fred Ebb  
Book by Fred Ebb and Bob Fosse.

Set in Chicago in the jazz age, the musical is based on a 1926 play of the same title by reporter Maurine Dallas Watkins, about actual criminals and the crimes on which she reported. The story is a satire on corruption in the administration of criminal justice and the concept of the "celebrity criminal".

**COST: \$52.00**

**PAYMENT BY FRIDAY 6 AUGUST PLEASE**



## 'A Funny Thing Happened On the Way to the Forum'

Babirra Musical Theatre Production  
Karalyka Theatre, Mines Road,  
EAST RINGWOOD (Melway 50 A 6)

**SUNDAY 16 October 2022 @ 2.00pm**

Music and Lyrics by Stephen Sondheim  
Book by Burt Shevelove and Larry Gelbart.

Inspired by the farces of the ancient Roman playwright Plautus (251–183 BC), specifically Pseudolus, Miles Gloriosus, and Mostellaria, the musical tells the bawdy story of a slave named Pseudolus and his attempts to win his freedom by helping his young master woo the girl next door.

The plot displays many classic elements of farce, including puns, the slamming of doors, cases of mistaken identity (frequently involving characters disguising themselves as one another), and satirical comments on social class. The title derives from a line often used by vaudeville comedians to begin a story: "A funny thing happened on the way to the theatre".

The musical's original 1962 Broadway run won several Tony Awards, including Best Musical and Best Author (Musical). *A Funny Thing* has enjoyed several Broadway and West End revivals and was made into a successful film starring the original lead of the stage musical, Zero Mostel.

**COST: \$45.00**

**PAYMENT BY FRIDAY 13 AUGUST PLEASE**

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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