

# Yarra Ranges Grapevine



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

## JULY & AUGUST 2026

### Membership Renewals & Joining Members

There are new Membership Renewal / Joining Application Forms on the last page of this Newsletter.  
The Branch receives a small annual payment for your Membership.

### Branch Meetings 2026

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#### Monday – 13 July

**6.30pm**

**'Dinner Meeting'**

@

The Crown Hotel  
Main Street Lilydale

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#### Monday – 10 August

**2.00pm for 2.30pm**

**'Family Genealogy'**  
**(Family History Month)**

**Presenter:** Darralyn Cusack

**Lilydale Lake Community Rm**

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**(Speaker ideas please)**

If you have a suggestion for a 'Guest Speaker' please contact the Secretary



### President's Report

Hi Members,



Trevor welcomes new members Rita, Ruth, Sandra & Maria

Another two months have gone bye. All the train trips & dine outs have been well attended. Both meetings of our 20th Anniversary with cake & our NSA CEO Chris & the 'Lampighter' presentation were great. I think there was 43 attending the 'Dine Out' at Eastwood Golf Club, Kilsyth. We are looking for a new venue for our Christmas breakup and it seems like a great function area for it.

Sending best to all those who have been in hospital over the last few months. See you at our July Dinner Meeting at The Crown Lilydale at 6.30 pm. Look forward to seeing everyone there.  
Happy reading Trevor President

### COMMUNITY INFORMATION NOTICE:

JP facilities are available at the Croydon & Lilydale Police Station on the following days and times –

Croydon	Tuesdays	2.30pm to 5.00pm
Lilydale	Thursdays	10.00am to 1.00pm

**Yarra Ranges NSA Branch Committee**

**President**

Trevor - ☎ 0418 532 595

**Vice President & Welfare Officer**

Steve - ☎ 0427 394 642

**Secretary**

**Newsletter Editor**

Lyn F – ☎ 0459 155 527

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

**Treasurer**

Lyn J - ☎ 0418 598 521

**Activities Coordinator**

Chris - ☎ 0419 528 446

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

**Guest Speaker Coordinator**

Vacant

**Web Administrator**

Patrick

☎ 0413 726 726

**Committee Member**

Elaine - ☎ 0427 394 642

Kathy - ☎ 0438 257807

*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 Steve on ☎ 0427 394 642*



**BIRTHDAYS  
THIS MONTH**

**Congratulations to!**

- |                           |                            |
|---------------------------|----------------------------|
| <i>5 July - Trevor</i>    | <i>14 August - Ross</i>    |
| <i>17 July - Lynne L</i>  | <i>15 August - Chris H</i> |
| <i>18 July - Caroline</i> | <i>17 August - Ruth W</i>  |
| <i>27 July - John K</i>   | <i>22 August - Boris</i>   |
|                           | <i>24 August - Alan</i>    |
|                           | <i>27 August - Julia J</i> |
|                           | <i>30 August - Adrian</i>  |

*We would like to celebrate your day!*

Don't forget to email / phone your birthday & month to Lyn at [yarrarangesnsa@gmail.com](mailto:yarrarangesnsa@gmail.com)

**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

**Monday 13 July @ 6.30pm**

**'Dinner Meeting'** @ The Crown Hotel Main Street Lilydale

**Monday 10 August @ 2.00pm for 2.30pm**

**'Family Genealogy' – Family History Month**

**Presenter:** Darralyn Cusack



Please email your ideas for **Guest Speakers** or **Activities** to – [yarrarangesnsa@gmail.com](mailto:yarrarangesnsa@gmail.com) or **speak to the Secretary**

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

@ Chris' place

**Monday – 6 July**

**Monday – 3 August**



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### **\* NOTE FROM CHRIS \***

Everyone needs to please **text or email** Chris - ☎ 0419 528 446

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

**with any changes** you want to make after they have put your name down for an 'Outing & About' / 'Dining Out' / 'Morning Melodies'.

Also, if you put their name down for an 'Outing & About' / 'Dining Out' / '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'

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

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

**Wednesday 1 July @ 11.00am**

**Wednesday 8 July @ 12.30pm**

**Wednesday 22 July @ 12.30pm**

**Tuesday 4 August @ 12.30pm**

**Wednesday 5 August @ 11.00am**

**Saturday 8 August @ 7.00pm**

**Thursday 20 August @ 12.30pm**

**Thursday 10 Sept @ 12.30pm**

**'Hits of Motown Duo, Xmas in July Show'** – Lino

**'Dorset Gardens Hotel'** Dorset Road Croydon'

**'Mustard Tree Café'** 3 / 28 John Street Lilydale

**'Yarra Valley Deli & Café'** 372 Warburton H'way Wandin

**'Best of the Best'** - Gabrielle

**'Cires Trivia Night'** St Patricks School Hall 40 Jones St Lilydale

\$25.00pp if we fill 2 x 8 tables - \$30.00pp if we do not fill 2 x 8 tables

**'La Boca Café'** 121 Main Street Croydon

**'Soul Café'** 8 William Street East Lilydale

### **Musicals & Ballets**

**Sunday 23 August @ 2.00pm**

**Sunday 13 September @ 1.30pm**

**Sunday 4 October @ 1.00pm**

**Sunday 11 October @ 2.00pm**

**Sunday 18 October @ 2.00pm**

### **Please book with Lyn F**

**'Giselle' Ballet** @ Karralyka Theatre Ringwood

**'Hello Dolly' Musical** @ The Round Theatre Nunawading

**'Frozen' Musical** @ The Round Theatre Nunawading

**'Come from Away' Musical** @ The National Theatre St Kilda

**'The Nutcracker' Ballet** @ Karralyka Theatre Ringwood

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

**Please Note** – Saturday Walks start at **9.00am**

These 2 photos are from the same walks – do you know where? Answers in next 'Grapevine'  
Photos 1 & 2 in the 'May & June' Grapevine' – Lilydale to Mt Evelyn Walk

- Sat 4 July Dorset Reserve Croydon
- Sat 11 July Norton Road Croydon
- Sat 18 July Barneong Res Croydon Nth
- Sat 25 July Lilydale Lake
- Sat 1 Aug Wandin to Seville
- Sat 8 Aug Mullum Mullum Burnt Bridge
- Sat 15 Aug Dorset Reserve Croydon
- Sat 22 Aug Killara to Seville
- Sat 29 Aug Norton Road Croydon
- Sat 5 Sept Mooroolbark Comm Centre
- Sat 12 Sept Lilydale to Mt Evelyn



**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?**

**A story? One-liners? Photos from outings?**

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A preacher, a boy scout, and a top-notch engineer are on a small plane traveling across the country. The plane runs out of fuel and is plummeting towards the ground.

**The Lighter Side of Life!**

There are three parachutes.

The pilot grabs one of the chutes and says, "Well, you have to decide who gets the other two because I'm out of here," and he jumps out with his chute. The engineer grabs a pack and says "I'm the smartest man in the world. The world needs me!"

You two decide who gets the last one. He jumps out of the plane. The preacher looks at the boy scout and says, "I've lived a long and good life. You have your whole life ahead of you — you take the last parachute." The boy scout looks up at the priest and says, "Not to worry Father. The smartest man in the world just jumped out with my backpack."



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Two old men are sitting in a bar. One of them looks at the other & says "You look familiar... where you from?" The second old man replies "Ireland" The first old man looks astonished & says "No way I'm from Ireland myself, what a small world!" The second old man then looks at the first "What city?" The first old man says "Dublin?" The second old man looks astonished "No way I'm from Dublin meself! What a small world." The first man looks at the second old man "What school you go to?"



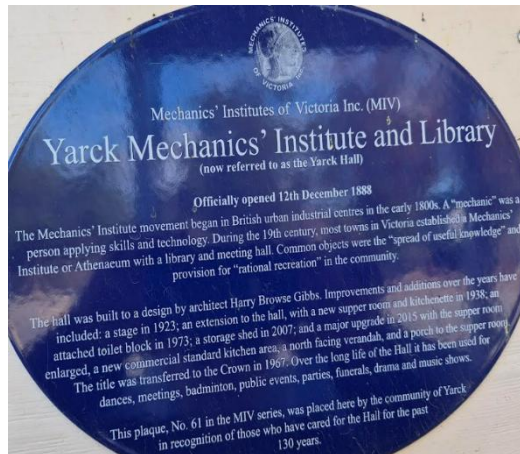
## V-LINE COACH to YARCK

It was a little low cloud as we headed out of Lilydale at 10am for Yarck. After going through Yarra Glen and up Mount Slide to the undulating countryside with small pockets of low cloud in the valleys and the sun shining. It was good to be able to concentrate on the beautiful scenery instead of the road when driving. The coaches are very comfortable.



At 11.30am we arrived at Yarck to 'Where can we get a coffee?' The Harvest Organic Market & Café provided the best coffee and yummy blueberry

muffins. They are also a wholefood bulk supply place with pulses, lentils, flours, nuts etc. The Yarck Hotel proved to be the best option for a relaxing lunch. The steaks are definitely recommended with Seniors meal only \$16.00.



The return V-Line Coach from Mansfield would arrive about 2.00pm so in the meantime we wandered the small main street discovering the Bucks Bakehouse, Mechanics Institute, Church, War Memorial and a plaque to Hume & Hove who passed through this area in 1824.



A lovely day out in the countryside.

Thank you Chris.



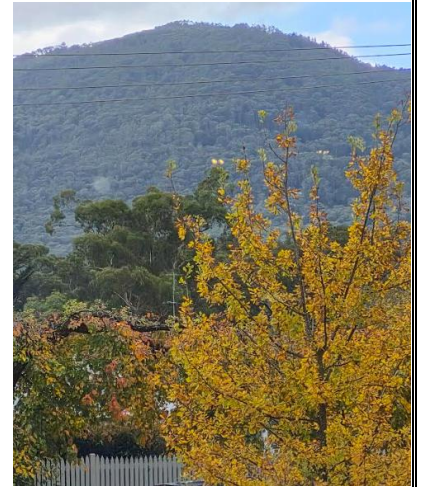


# V-LINE TRAIN TO Macedon

It was an early start to catch the train from Lilydale to Southern Cross for the Bendigo train to Macedon.

It was a lovely cool autumn day with the trees in their

golden leaf colours with Mount Macedon in the background. The cross on the top is not visible from this side of the mountain. It is only visible from the highway side. There is a small village near the station, with the main town of Macedon 4½klms away. We went in search of the obligatory coffee and found a great café further down the street. Everyone agreed that it was the BEST COFFEE at 'Gogo's Café'.



The Macedon Village Hotel is cosy and friendly with big wide windows looking out to Mount Macedon (see photo on the right). The food was very good and a good variety to choose from.

It was only a short walk across the road to the rail station. We chose to catch an earlier train home. The trains are crowded due to the free ticket fares until the end of May, but we managed to find seats coming and going. Another good day out! Thanks Chris



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**On Tues 26th May** 9 of us trained it into Richmond, then got the Gippslander down to Yarragon, a cute little town before Traralgon.

We window shopped down to the *Gippsland Food and Wine Cafe*, where most of us had Stuffed Potatoes. After a little more browsing, we caught the earlier train and arrived home about 5.00pm as dry as a bone!!

**On Thurs 28th May** We were going to Geelong, but I changed the plan when I found out we had to get a coach to Wyndham Vale before picking up the train, so instead we went to Williamstown

5 of us caught the train into the city, then the Williamstown train out. Robert and Caroline headed off on the outer longer walk into town, and we were supposed to go the shorter way, but didn't end up exactly where I expected. After realising that it would be too wet to eat at the Fish & Chip shop we changed plans and had a lovely lunch in a cafe up the street.

Unfortunately, it was that misty you couldn't see very far let alone get a view of Melbourne across the bay. BUT the sun came out while we were having lunch, and we enjoyed the sun while we were waiting for the bus back to the Station.

Unfortunately, we were away from the waterfront by then so couldn't get any photos. But - We didn't get wet ether!!!

The 4 trips were very successful. Everyone had enjoyable days and we didn't get wet any of the days, or have any strong winds to make us cold. Thank you to all who came.  
Chris

# Jenny's Big Cancer Fundraiser!



My goodness this woman, family and helpers are amazing. Over the two functions, one at lunchtime at *La Bella* and the other a dinner at *Oro Doro* both held in Croydon during May. Between the two functions over **\$11,000.00** was raised with Rolling Raffles, Silent Auctions

with bidding fiercely contested and a For Sale Stall as well. YRNSA have happily supported Jenny over many years now with her various functions to raise much needed funds for the *Cancer Council*.



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## 2026 Casey Community Award

Aaron Violi Federal Member for Casey held his Award Ceremony on Saturday 30 May 2026. A couple of YRNSA Branch Members had nominated for one of our Members to receive an award due to their support within our Branch and to the wider community.

We managed to keep the Award as a secret surprise from Chris our Activities Coordinator. It was only when we arrived at the venue, did she realise what was happening.

Aaron thanked everyone for joining him to celebrate the true backbone of our community our volunteers. He went on to say – *They are the unsung heros who often work behind the scenes and away from the spotlight yet their impact is felt by everyone. To all the volunteers here today, thank you for your service to our community. Your dedication and hard work make our community a better place to call home. Congratulations our Chris!*



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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.

Save the App that could save your life.

Available on the App Store [Free Download]

GET IT ON Google play [Free Download]

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.

## MORE STICKERS HAVE ARRIVED!

### 'Keep Cash' Campaign



We have obtained more stickers from Head Office in Brisbane for distribution to local traders and retailers who wish to continue receiving CASH. These are available now.



NSA wants to help buck the 'cashless society' trend and keep cash circulating. To do this, they need our help to encourage retailers that accept cash to display our new 'We accept cash' sticker.

Let's get our message out there. All we need to do is encourage retailers in our local area to display the 'We accept cash' sticker for customers to see.

You could even take a photo of the sticker being displayed and email it to us at [policy@nationalseniors.com.au](mailto:policy@nationalseniors.com.au) Participating businesses are added to NSA website page and shared on our social media.



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

## Did the barista kill off the billy?

With coffee now the choice of many Australians, is this still a nation of tea drinkers? For much of Australia's history, tea was more than a beverage; it was an everyday ritual.



From the billy boiling over an open fire to the teapot warming the kitchen table, earlier generations of Australians drank more tea per person than almost anywhere else in the world. In fact, before 1950, Australia ranked among the highest tea-consuming nations per capita.



Today, that picture has shifted. Australia is internationally known for its vibrant café culture, skilful baristas, and espresso-based coffee.

Historians and market analysts agree that tea consumption declined in the second half of the 20th century as lifestyles changed, cafés replaced kitchens as social hubs, and coffee became associated with modern urban life.

Globally, tea remains the second most popular drink after water, but is the home of “billy tea” now a nation of coffee lovers? In many ways, yes – but that’s not the whole story.

Despite coffee’s dominance, around half of Australian adults still drink tea at least weekly, and Australians aged 65 and over remain the most faithful tea drinkers of all.

What has changed is how tea is consumed. The traditional pot or billy has largely been replaced by a tea bag. This 20th-century innovation offered speed, consistency, and affordability, and quickly became the default choice in Australian households. So much so, that it’s very hard to find loose-leaf tea in a supermarket these days, and once-familiar brands have all but disappeared.

At the same time, the *range* of teas available has expanded dramatically. Alongside familiar black teas such as English Breakfast and Earl Grey, supermarkets and cafés now stock teas from around the world.

For example, oolong tea, which sits somewhere between green and black tea, is partially oxidised and valued for its complex, often floral flavour.

Another popular newcomer is chai. While the word simply means “tea” in India, it has come in Australia to describe a spiced milk tea made with black tea, milk, and warming spices such as cardamom, ginger, and cinnamon. It is quite different from the traditional cuppa.

So, while café culture may belong to coffee, tea remains woven into the fabric of Australian life. It has evolved and adapted but it still offers us comfort, is the perfect accompaniment to a sweet biscuit or slice of cake, and serves as a conversation starter.

21 May was International Tea Day. Mark it on your calendar for next year to remind yourself to brew up a beverage or two to celebrate the drink that has warmed Australian hands and hearts for generations.

*Related reading:* [Tea in Australia](#), [Corner Coffee Store](#), [Tea Drinking Report](#), [Mudandgee](#)

Author: **Brett Debritz** Communications Specialist, National Seniors Australia

## Clearing up cognitive test confusion

It’s not a “pass or fail” situation or a measurement of IQ. See your doctor if you have any concerns.

When the US President, Donald Trump, recently bragged that he “aced” a cognitive test, it sparked renewed interest – and some confusion – about what that test measures, who it is for, and how much weight its results should carry.

The test Mr Trump has referred to is the *Montreal Cognitive Assessment*, commonly known as the MoCA.



His comments have raised broader questions that are relevant to older Australians and their families: what do cognitive screening tests really tell us, and when should they be used?

The MoCA is a short screening tool developed by a Canadian neurologist, Dr Ziad Nasreddine, to help detect mild cognitive impairment – subtle changes in thinking that are not always obvious in daily life but may indicate the risk of dementia.

It takes about 10 minutes and assesses areas such as memory, attention, language, visuospatial skills, and orientation to time and place.

Scores range from 0 to 30, with 26 or above generally considered within the normal range. Passing the test does not indicate high intelligence or exceptional mental ability – only that there is no clear sign of cognitive impairment.

This distinction is important. As Dr Nasreddine has repeatedly emphasised, the MoCA is not an IQ test and was never designed to rank people or prove mental sharpness.

It is simply a screening tool to flag whether further assessment may be useful. Many healthy older adults score full marks, while others may score lower for reasons such as anxiety, limited education, poor eyesight, hearing loss, or language background.

In Australia, cognitive screening tools such as the MoCA are used cautiously and as part of a much broader clinical assessment.

Organisations including Dementia Australia and the Royal Australian College of General Practitioners stress that no single test can diagnose dementia.

Proper assessment also considers physical health, mood (including depression), medications, daily functioning, and information from family members.

The *Australian Institute of Health and Welfare* notes that early cognitive changes are often missed or dismissed as “normal ageing”.

While some memory lapses can be part of getting older, persistent or worsening problems deserve medical attention. Early assessment can help people access information, make plans, and, where appropriate, receive treatment and support.

For seniors and carers, the key message is this: cognitive tests such as the MoCA can be helpful screening tools, but they are not “report cards” or pass–fail exams.

If you have concerns about memory or thinking, the best first step is a conversation with your GP, who can decide whether testing – and what kind – is appropriate for you.

*Related reading:* [AIHW](#), [MoCA Cognition](#), [Independent](#), [Dementia Australia](#), [RACGP](#)

Compiled by: **Brett Debritz** Communications Specialist, National Seniors Australia

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## 2026 Everalld Compton Community Champion Medal awarded

Rosie Fitzgerald has been announced as the 2026 recipient of the Everalld Compton Community Champion Medal.

Nominations for the prestigious accolade were received nationwide but it was Kilkivan-based Rosie Fitzgerald who took home the silverware for her tireless and selfless work to improve the experience of ageing for residents in her community of Kilkivan – a rural region around 50kms northwest of Gympie, helping residents to stay connected and to age in place rather than relocate to larger centres, away from family and friends.

In 2020, Rosie founded the Kilkivan District Community Care Association Incorporated (KDCCAI) which included the establishment of Seniors Social Hubs to strengthen social connections. KDCCAI purchased a community minivan, driven by volunteers, to provide transport to medical appointments and social activities. KDCCAI also continues to advocate for improved access to Home Care Packages.

Under Rosie's leadership, KDCCAI purchased a former church with plans to develop supported accommodation to enable older residents to remain local rather than relocate to residential aged care elsewhere. KDCCAI has also partnered with University of the Sunshine Coast researchers to co-design and pilot a dementia caregiver support program as well as other initiatives.

*“The 2026 Everalld Compton Community Champion Medal has shown how many older people are making differences in the communities. While nominations were strong, it was Rosie who stood out for her work to improve the wellbeing of older residents, including those living with dementia, in her community of Kilkivan,”* NSA CEO Chris Grice said.

*“Rosie has contributed countless volunteer hours, working hands-on while raising much-needed funds and advocating for older community members. She is described as determined, deeply committed, and a true champion for her community.”*

*“We congratulate Rosie on receiving this well-deserved accolade and thank all nominees for the vast and varied ways they contribute to their communities.”*



