

Yarra Ranges Grapevine

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

MARCH & APRIL 2020

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

Next Branch Meetings will be on

Monday 9 March at 7.00pm for a 7.30pm start @ Hall

Monday 13 April at 6:30pm Dinner Meeting @ The Crown Hotel

PLEASE NOTE: Membership Renewals & Joining Members

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

[Click here for Membership Form](#)

Guest Speakers for the Branch Meeting

Monday 9 March

'Costa Concordia Disaster'

Speaker – Beverley
Blennerhassett
Hall Meeting
7 Hardy Street Lilydale

Monday 13 April

'Dinner Meeting'

@ 6.30pm

The Crown
Main Street Lilydale

Monday 11 May

'Crown Currency'

Speaker - David Hockley

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

President's Report

Hi Members

Great to see so many at our February meeting. The Speaker was very informative on emergency medical services. Fish & Chips at Warrandyte was a very pleasant evening. Finishing off with coffee at a nearby café. Lorraine & I weren't able to make it to bare foot bowls but I believe it was another successful evening for all, except Alan who broke a bone in his arm. Hope it heals quickly. Chris' café also an excellent attendance and a lovely meal enjoyed by all. Thanks to Chris & I forgot to thank all the Ladies & Gentleman who cooked and supplied salads & deserts.

*Happy Reading
Trevor*

*President Trevor presents
Isabelle with her Branch Badge
and Welcome Card*



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



Happy Birthday & Congratulations to!

3rd March

Judith H

27th March

Bill J

20th March

Huey S

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

9 March 'Speaker' @ HALL 7 Hardy St Lilydale

13 April 'Dinner Meeting' @ 6.30pm

The Crown Main St Lilydale

11 May 'Speaker' @ HALL 7 Hardy St Lilydale



COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place Meet @ 7.30pm

2020

Monday 2 March

Monday 6 April

Monday 4 May



'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



- Wed 18 March** 'French Island Tour' Leave @ 9.00am for Stoney Point, Morning Peninsula - Car Pool, Ferry, Bus Tour
- Sat 11 April** 'Berwick Market, Cheese Factory & Lunch' @ 8.00am – 12.30pm Car Pool approx. 8.45am
- Wed 15 April** 'Penguins at St Kilda Pier & Dinner' Catch 5.00pm from Lilydale Train and Tram
- Mon 20 April** 'Yarra Glen Trots' @ 12.00noon Yarra Glen Race Course
- Sat 9 May** 'Beautiful – Carol King Story' 8pm Whitehorse Centre (**Payment by 10 April**)
- Sun 17 May** 'Priscilla Queen of the Dessert' 2pm National Theatre StKilda(**Payment 15 March**)
- Sat 30 May** 'Mamma Mia' 8pm Whitehorse Centre Nunawading (**Payment by 15 March**)
- Wed 1 July** 'Lightscape at Botanical Gardens Walk' Cost \$30 – see the garden lit up! Train

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



- Sun 22 March** 'Grants Reserve Brunch' @ 11.00am Sherbrook Car Pool
- Sat 25 April** 'Enthaised' @ 6.30pm Castella Street Lilydale
- Sun 24 May** 'Ora D'oro Café Brunch' @ 10.30am Hewish Road Croydon

'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 12 March** 'Razzle Dazzle 'em' with Margaret Dennis
- Thurs 9 April** 'War Time Songs' with Floyd Thursby
- Thurs 14 May** 'Early Rock Legends' with Col Perkins

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

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

Photos in the January & February 'Grapevine' - Answers!

1st – Majestic Trees & Shelter & **2nd** – Trotting Training – both at Eastfield Park Croydon

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



- Sat 29 February** Lilydale to Mt Evelyn
- Sat 7 March** Norton Rd Croydon
- Sat 14 March** Mullum Mullum Burnt Bridge
- Sat 21 March** Wandin to Seville
- Sat 28 March** Barneong Reserve Croydon Nth
- Sat 4 April** Lilydale to Lilydale
- Sat 11 April** Lilydale Lake

or 'Berwick Market & Cheese Factory' (details in **'OUT & ABOUT'**)

Sat 18 April

Sat 25 April

Sat 2 May

Sat 9 May

Sat 16 May

Mullum Mullum Burnt Bridge

Norton Rd Croydon

Millgrove to Warburton **10.00am Start** with

Lunch at Warburton

Barangeong Reserve Croydon Nth

Wandin to Seville



Tradies Corner

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

OTHER NEWSY BITS!

We have certainly started the New Year with enthusiasm!

'OUT & ABOUT' in January was **'Bare Foot' Bowls** at the Lilydale Bowls Club in Hardy Street Lilydale next to the Hall we meet in on the 2nd Monday of the month.



It was a great night. The weather was perfect and the Bowls Club arranged a 'Sausage Sizzle' for us.

Then came the serious business of learning the finer techniques of Lawn Bowls.

After our instruction on left and right hand bias and which side of the bowl did what?



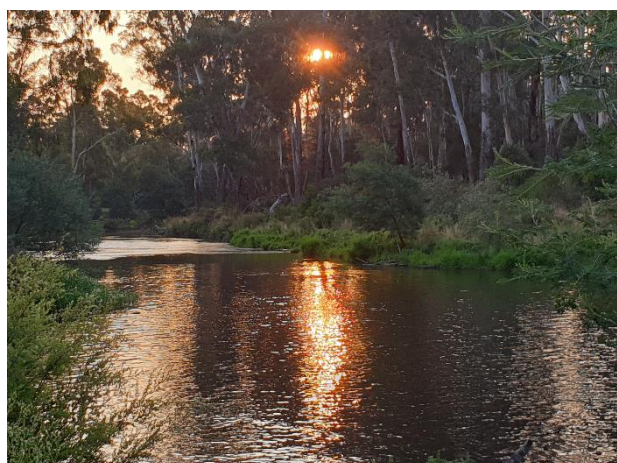
We set up in two lanes and there was fierce competition when it came to remaining on the green and not ending up in the gutter!

Photos - Above – Pamela is showing us how it is done.

- Right, Lyn is pointing out how good her bowling was.

It was fun and we all had a good time. Thank you Chris for organising it.

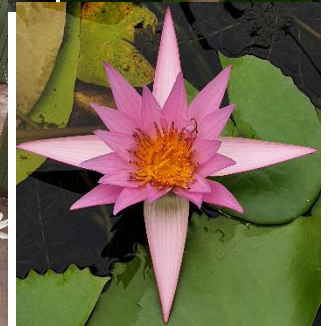
'DINING OUT' in January. This was **'Fish'n'Chips by the Yarra'**. Again another perfect evening saw about 20 of us with camp chairs spreading ourselves out in a large circle on the banks of the Yarra River at Warrandyte, after purchasing our Fish and Chip from the local shop. They must have thought they had been invaded with some many ordering all at once!



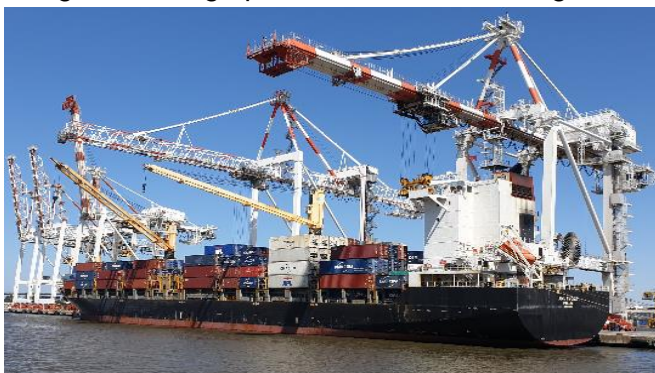
'OUT & ABOUT' in February. Again another perfect day for strolling around the **'Blue Lotus Water Gardens'** Yarra Junction. A map of the gardens was a great help in finding our way around the many lagoons with such a variety of Lotus of all different sizes, colour and shapes. Some blousy double so full of petals that the heads hung down, singles, star shape etc. There a many places for a picnic, a café and restaurant.



Alfred was having fun in The Fairy Garden. A great 'exploring' place for children.



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'OUT & ABOUT' in February. **'Port of Melbourne Dock & Container Port Tour'** was another great outing showing us parts of Melbourne that had not been available for the general public to view from the water before. The Port of Melbourne Authority will be running these every Sunday for the time being and we all found it fascinating to be that close up to these ships, which we were told were only medium size. Huge Cranes were busy loading and off loading containers with great efficiency. Melbourne is the largest container and general cargo port in Australia handling some 2.6 million Containers from 6,000 ships per year.





We also have the largest dredge in the world too, berthed in the Yarra River. This is used in Port Phillip Bay to help keep the shipping channels open to both Port of Melbourne and Port of Geelong.



This is a new segment we would like members to contribute to
‘Getting to Know You’

Are there any Members who would like to contribute please?



Contributions to our Newsletter



Have you been travelling?

Have you attended a good show ?



Have you read a good book?

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



Some News Items from National Seniors that you may have missed

What is Healthy Ageing?

Every person – in every country in the *world* – should have the opportunity to live a **long and healthy life**. Yet, the environments in which we live can favour health or be harmful to it. Environments are highly influential on our behaviour, our exposure to health risks (for example air pollution, violence), our access to quality health and social care and the opportunities that ageing brings.



Healthy Ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. Everybody can experience *Healthy Ageing*. Being free of disease or infirmity is not a requirement for *Healthy Ageing* as many older adults have one or more health conditions that, when well controlled, have little influence on their wellbeing.

Healthy Ageing and functional ability

WHO defines *Healthy Ageing* “as the process of developing and maintaining the **functional ability** that enables **wellbeing** in older age”. **Functional ability** is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person’s ability to:

- meet their basic needs;
- to learn, grow and make decisions;
- to be mobile;
- to build and maintain relationships; and
- to contribute to society.

Functional ability is made up of the **intrinsic capacity** of the individual, relevant **environmental characteristics** and the interaction between them.

Intrinsic capacity comprises all the mental and physical capacities that a person can draw on and includes their ability to walk, think, see, hear and remember. The level of intrinsic capacity is influenced by a number of factors such as the presence of diseases, injuries and age-related changes.

Environments include the home, community and broader society, and all the factors within them such as the built environment, people and their relationships, attitudes and values, health and social policies, the systems that support them and the services that they implement. Being able to live in environments that support and maintain your intrinsic capacity and functional ability is key to *Healthy Ageing*.

Key considerations of Healthy Ageing

Diversity: There is no typical older person. Some 80-year-olds have levels of physical and mental capacity that compare favourably with 30-year-olds. Others of the same age may require extensive care and support for basic activities like dressing and eating. Policy should be framed to improve the functional ability of all older people, whether they are robust, care dependent or in between.

Inequity: A large proportion (approximately 75%) of the diversity in capacity and circumstance observed in older age is the result of the cumulative impact of advantage and disadvantage across people’s lives. Importantly, the relationships we have with our environments are shaped by factors such as the family we were born into, our sex, our ethnicity, level of education and financial resources.

Healthy Ageing and Active Ageing

Healthy Ageing is the focus of WHO’s work on ageing between 2015 – 2030. *Healthy Ageing* replaces the World Health Organization’s previous *Active ageing: a policy framework* developed in 2002. *Healthy Ageing*, like Active Ageing, emphasizes the need for action across multiple sectors and enabling older people to remain a resource to their families, communities and economies.

Department of Ageing and Life-Course
World Health Organization
Avenue Appia 20
1211 Geneva 27
Email: ageing@who.int

Tackling Arthritis in the Summertime

Christmas ham, sausage sizzles, beer, soft drink and chocolates – it’s a tough time of year to be a belt buckle.

It’s also a notoriously difficult time of the year for the 3.9 million Australians suffering from arthritis.

“We’re talking about meals full of sugar, saturated fats, refined carbohydrates, gluten and alcohol — all of which are an arthritis sufferer’s worst nightmare”, says head of *Arborvitae Health and Wellbeing*, Brendan Howell.

Taking it easy at family get-togethers might not sound like much fun, but Howell says it's a small price to pay for long-term health and wellbeing.

"Sufferers of arthritis should be really careful about what they're putting in their body, because poor food choices can cause painful arthritis flares in the short-term, and even more serious health issues in the long-term."

Howell says those travelling overseas during the festive season should also take precautions.

"Ensure you have a doctor's certificate with you, just in case. If you are taking Arbovitae, make sure you keep it refrigerated once opened. You don't want to be caught in a situation where you have to throw out products or relinquish your medication on a family holiday."

Howell says travelling to locations with different weather and humidity can also impact arthritis, which is why it is important to dress appropriately and ensure you have all the support you need.

He also stressed the importance of remaining upbeat.

"Arthritis may stop you from doing a lot of things, particularly in the summer, but it is important to stay positive. Don't let arthritis defeat you! Talk to loved ones about doing some activities that everyone can participate in. It's a great time of year to spend time with those closest to you."


One activity that arthritis sufferers can certainly participate in is swimming. *"Swimming is known to be one of the best exercises for arthritis", says Howell. "It's also a great excuse to cool off during those hot summer months."*

Pamela found these Newspaper Headings and thought we would lament the passing of the newspaper for such wit!

IBA: Former Lansing High standout Dorell Wright signs \$3 million deal with Heat/D2

SPORTS

Rangers get whiff of Colon



AL WEST Right-hander Dorell Wright, looking for his fifth straight start, will be the Rangers' ace in the series.

By The Associated Press

Miracle cure kills fifth patient

By The Associated Press

Bridges help people cross rivers

By MICHELLE DURAVEN

To Do:

Parents keep kids home to protest school closure

REGION

Homicide victims rarely talk to police

Barbershop singers bring joy to school for deaf

Starvation can lead to health hazards

DEAR DR. DONOHUE: My weight is totally over the top. I am 5 feet 7 inches tall and weigh close to 300 pounds. I was average weight

difficult to meet daily protein, vitamin and mineral requirements.

Get to a dietitian for diet advice that provides for essential nutrients while paring down calorie intake sensibly. Your local hospital should be able to put you on



THE NEWS & OBSERVER

17 REMAIN DEAD IN MORGUE SHOOTING SPREE

Trial on hold 3 years

Microsoft breakup won't be pursued

SAN FRANCISCO (AP) — Parents kept 200 elementary school students home from school for an entire day in a parent-organized protest of the district's plans to close the school.

up even though most of the students didn't, and that it was largely business as usual for the remaining students who studied in small classes.

"I know I'm the principal."

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

Saturday

9 May 2020

8.00pm



'Beautiful - Carole King Story'

Nova Music Theatre

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

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

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

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

Whitehorse Centre

Whitehorse Road

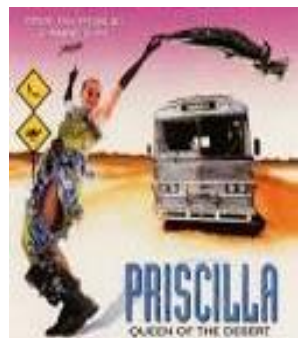
Nunawading

Sunday

17 May 2020

2.00pm

Matinee



'Priscilla Queen of the Desert'

CLOC Musical Theatre

Written by Stephen Elliott
Music by Guy Gross

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

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

National Theatre

Cnr Barlay & Carlisle Streets

St Kilda

Saturday

30 May 2020

8pm



'MAMMA MIA!' ~ Babirra Music Theatre

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

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

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

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

Whitehorse Centre

Whitehorse Road

Nunawading

Yarra Ranges National Seniors Australia Branch
Membership Application (NSA ABN 89 050 523 003)

PERSONAL DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____
Last name _____ Date of birth ____ / ____ / ____
Address _____
Suburb _____ State _____ Postcode _____
Phone _____ Mobile _____
Email _____

JOINT MEMBER DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____
Last name _____ Date of birth ____ / ____ / ____
Phone _____ Mobile _____
Email _____

MEMBERSHIP AND PAYMENT DETAILS

*Yarra Ranges Branch
No. 100132*

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

- 1 Year Single \$45 Joint \$75 2 Year Single \$80 Joint \$125
5 Year Single \$195 Joint \$295 Lifetime Single \$425 Joint \$650

TOTAL PAYABLE: \$ _____

- Cheques / Money Order enclosed (payable to: National Seniors Australia)
 Please charge my credit card: Visa Master Card

Card number:

Cardholder's Name: _____ Expiry: ____ / ____

Cardholder's Signature: _____

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

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