

Yarra Ranges Grapevine



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

MARCH & APRIL 2025

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 2025

Monday – 10 March

7.00pm for 7.30pm

'Federal Member for Casey'

Guest Speaker

Aaron Violi

At

Lilydale Lake Community Rm

Monday – 14 April

6.30pm

'Dinner Meeting'

At

The Crown Hotel

Main Street Lilydale

Monday – 12 May

2.00pm for 2.30pm

'Hearing Australia' (NSA)

Guest Speaker

Lauren Formston

At

Lilydale Lake Community Rm

(Speaker ideas please)

**If you have a suggestion for a
'Guest Speaker' please let the
Secretary know.**

President's Report

Hi Members,

*Christmas has
been and gone
again.*

*I hope every-
one enjoyed
their break
whatever you
were doing or
where you were over the break.*



President Trevor welcoming new Members –
Anne, Adrian and Lois

*The EOY Picnic Meeting at the Lake Room was good
and many attended.*

Speaker Laurie Smale was very interesting.

*In March our speaker will be Aaron Violi Federal
Member for Casey. He will be giving us an incite as to
what is involved in being a Federal Member of
Government.*

Happy reading.

Trevor President



Vale Valda Arrowsmith passed peacefully in
her sleep after suffering a stroke whilst in Knox
Hospital on Monday 10 February 2025.
She will be sadly missed by all who knew her.

Yarra Ranges NSA Branch Committee

President

Trevor - ☎ 9735 1104

Vice President & Welfare Officer

Steve - ☎ 0427 394 642

Secretary

Newsletter Editor

Lyn - ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Treasurer

Anne - ☎ 97265135

Activities Coordinator

Chris - ☎ 0419 528 446

Email: 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



Congratulations to!

3 March: Judy H

20 April: Hughie

20 April: Colin C

28 April: Margaret

We would like to celebrate your day!

Don't forget to email / phone your birthday & month to Lyn at

yarrarangesnsa@gmail.com

DIARY DATES

'WELCOME' to our BRANCH MEETING DATES - 2nd Monday of the Month

Meet at: 'Lilydale Lake Community Room', Lilydale Lake Rd, off 435A Swansea Rd Lilydale

Monday 10 March @ 7.00pm for 7.30pm start

'Federal Member for Casey'

Guest Speaker: Aaron Violi

Monday 14 April @ 6.30pm

'Dinner Meeting'

At The Crown Hotel Main Street Lilydale

Monday 12 May @ 2.00pm for 2.30pm start

'Hearing Australia' (supported by NSA)

Guest Speaker: Lauren Formston



Please email your ideas for **Guest Speakers** or **Activities** to – yarrarangesnsa@gmail.com or pop in the **'Suggestion Box'**

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place

Monday – No March Meeting

Monday – 7 April



*** NOTE FROM CHRIS ***

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

Email: chrishill3@bigpond.com.au

with any changes they want to make after they have put their 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 5 March @ 10.30am

Thursday 6th March @ 12.30pm

Sunday 9 March @ 12.30pm

Tuesday 25th March @ 12.30pm

Wednesday 2 April @ 10.30am

Wednesday 9 April @ 12.00pm

Monday 28 April @ 11.00pm

Wednesday 7 May @ 10.30am

Thursday 8 May @ 6.00pm

Wednesday 14 May @ 2.00pm

Sunday 1 June @ 11.00am

Wednesday 4 June @ 10.30am

Wednesday 7 July @ 10.30am

'Australian Songbook' – Rene Diaz

'St Andrews Brewery' Lunch 160 Sandy Rd Fingal (near Rosebud)

'Chris' Cafe' Lunch Cost \$25 includes (\$5 donation fundraiser)

Spit Roast meat and salads, non-alcoholic punch, sweets, chockies, tea/coffee BYO alcohol

'Grants Reserve' Lunch 70 Monbulk Kallista

'The Best of The Best' – Gabrelle

'Mont Delancey' Lunch & Tour 71 Wellington Rd Wandin North

'Tim Neville Arboretum' Lunch BBQ / Picnic 98 Dorset Road corner of Francis Crescent Ferntree Gully

'Super 79s Show' – Jennifer Lee

'Jenny's Cancer Fundraiser' Dinner Ringwood RSL

'Sorrento / Queenscliff Ferry' Seniors Winter Special – Scones Jam & Cream \$27.00 **Leave for Sorrento at 10.00am**

'Vue on Halcyon' Brunch 19 Uplands Road (off Black Springs Road) Chirnside Park

'Neil Diamond Show' – Tony Diamond

'Xmas in July Show' – 70s Girl Power

Contact Secretary Lyn for Musicals & Ballet

Sunday 23 March @ 1.30pm

Sunday 18 May @ 2.00pm

'The Music Man' - Nova Music Theatre @ 'The Round' Nunawading

'The Snow Queen' - Vic State Ballet @ Karralyka Theatre Ringwood

Booking Finished

Sunday 25 May @ 2.00pm

Sunday 8 June @ 1.30pm

Sunday 22 June @ 1.30pm

Sunday 24 Aug @ 2.00pm

'Nice Work if You Can Get it' - CLOC Musical Theatre @ The National Theatre corner of Carlisle & Barclay Streets St Kilda

'My Fair Lady' - Babirra Music Theatre @ 'The Round' Nunawading

'Mary Poppins' - MDMS Theatre @ Karralyka Theatre Ringwood

'Aladdin' - Vic State Ballet @ Karralyka Theatre Ringwood

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

Please Note - Walks start **9.00am**

These 2 photos are from the same walks – do you know where? Answers in next 'Grapevine' Photos 1 & 2 in 'January & February' Grapevine' were from the 'Barneong Reserve' Walk

Sat 1 March	Lilydale Lake
Sat 8 March	Mullum Mullum Burnt Bridge
Sat 15 March	Barneong Reserve Croydon North
Sat 22 March	Killara to Seville
Sat 29 March	Millgrove to Warburton (<u>start 10.40am</u> for Lunch at Warburton)
Sat 5 April	Lilydale to Mt Evelyn
Sat 12 April	Norton Road Croydon
Sat 19 April	Lilydale Lake
Sat 26 April	Dorset Reserve Croydon
Sat 3 May	Mooroolbark Comm Centre
Sat 10 May	Wandin to Seville

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?



Yarra Valley Soul Café

Fifteen of our Members had a relaxing time for a light lunch at the Soul Café in Lilydale in February.



The Lighter Side of Life!

We ordered a Chinese takeaway from a local place (we won't name them) we went to

A Texan ranch owner was in the UK and visited a local pub in a sheep farming area of Yorkshire. He struck up a conversation with a sheep farmer in the pub. After a bit of chit chat, the Texan asked the Yorkshireman a question. The conversation went thus:

Texan - "So, how long does it take you to go from one end of your farm to the other". Yorkshireman – "about 3 hours to walk from one end to the other". Texan, "If I get in my car to drive from one end of my ranch to the other, it'll take me a day". The Yorkshireman said, after some pause for thought – "Aye, I used to have a car like that."



pick it up and as we were driving home, we heard the bags rustling and moving!!! We thought what in the world is that? Has something got in the bag? We thought we could see a little pair of eyes peering out

I was driving so I leaned forward, picked up the bag, put it on the passenger seat and there it was again, more rustling and little eyes looking out behind the prawn crackers, I thought it's got to be a rat or a mouse or something, so I carefully pulled the bag down ...And there it was

A Peeking Duck!!! 🐤🐤

.....
A father said to his son, "You graduated with honours. Here is a Volkswagen Beetle that I bought many years ago... It is over 50 years old, but before I give it to you, take it to a dealership downtown and ask how much they are offering you."



The son went to the dealership, came back to his father and said, "They offered me \$10,000 because it looks very used." The father said, "Take it to a pawn shop."

The son went to the pawn shop, came back and said, "They only offered me \$1,000 because they say it is too old."

Finally, the father asked his son to take the car to a classic car club and show it there. The son took the car to the club, came back and said, "Some people at the club offered me \$100,000! Because it is a very rare car and sought after among the members."

The father said to his son, "I wanted you to understand that the right place appreciates you in the right way. If they don't value you, don't be angry, it just means you're in the wrong place. Those who know your value are the ones who truly appreciate you. Never stay in a place where they don't recognize your value!"

[A plane is on its way to Toronto, when a blonde in economy class gets up, moves to the first class section and sits down.](#)

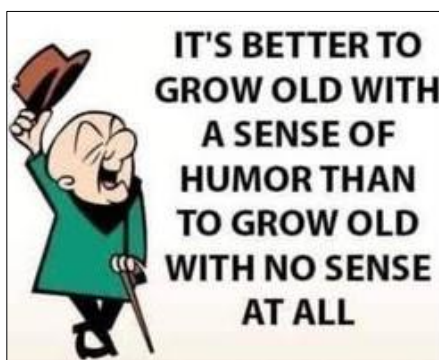
The flight attendant looks at her and asks to see her ticket. Then he tells her that she paid for economy and needs to go back to her seat. The blonde responds, "I'm blonde, I'm beautiful, I'm going to Toronto and I'm staying here."

The flight attendant goes into the cabin and tells the pilot and co-pilot that there's a blonde sitting in first class, who should be in economy, and who doesn't want to go back to her seat. The co-pilot goes back to the blonde and tries to explain that since she only paid for economy, she needs to go back to her seat. The blonde responds, "I'm blonde, I'm beautiful, I'm going to Toronto and I'm staying here."



The co-pilot tells the pilot that they should probably have the police come when they land to arrest this woman who won't listen to reason. The pilot says, "You said she's a blonde? I'll take care of it. I'm married to a blonde. I speak blonde." He goes to the blonde and whispers something in her ear, and she says, "Oh, I'm sorry," and gets up and goes back to her seat in economy.

The flight attendant and co-pilot are shocked and ask the pilot what he said to make her move without a problem. "I told her first class isn't going to Toronto."



Two little boys were at a wedding when one leaned over to the other and asked, "How many wives can a man have?" His friend answered, "Sixteen... four better, four worse, four richer, and four poorer."

MORE STICKERS HAVE ARRIVED!

'Keep Cash' Campaign

We have obtained some more stickers from Head Office in Brisbane for distribution to local traders and retailers who wish to continue receiving CASH. These will be available at our next Branch Meeting in March.

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 Participating businesses are added to NSA website page and shared on our social media.



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.



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 **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.

ELECTRICITY BILLS

Joel Gibson on the Today Program who is a money saving expert on the topic of Electricity Bills.

He stated that Electricity Companies let you know on the face of each bill, if there is a cheaper Electricity Plan available. Most people don't look at this and continue to pay too much.

Interestingly, when your Electricity Plan is finished its term, the Electricity Company does not have to write to you to let you know that your plan is coming to an end nor do they advise you of a cheaper plan that is available. Rather they put you / your account automatically on a higher priced market plan. This is a loophole that these companies exploit to their advantage.



Heat stress hits our furry friends

As the hot weather persists, we need to keep an eye on our pets and local wildlife. It is not just people who are at risk during scorching summers.

We recently offered some [practical advice](#) for humans about weathering heat stress. But our pets can also become over-heated, leading to serious heat stroke when their little bodies fail to maintain the correct internal temperature.

Cats and dogs cannot respond to heat in the same way as humans. We have sweat glands over our bodies that help regulate temperature.

Dogs and cats only have a few in their feet and around their noses. Their long, thick hair coats can also predispose them to heat stroke. Many animals rely on panting and external cooling to lose heat. Heat stroke can happen a lot faster to your pet than you may think. Because they're not able to cool themselves down as easily as us, we have to be extra careful to provide them with a cool, well-ventilated, and shaded environment with access to clean, fresh drinking water.



Heat stroke symptoms

While avoiding heat stress in the first place is preferred, here are symptoms to watch out for:

- Panting which increases as heatstroke progresses
- Drooling, salivating
- Agitation, restlessness
- Very red or pale gums
- Bright red tongue
- Increased heart rate
- Breathing distress
- Vomiting and diarrhoea (possibly with blood)
- Signs of mental confusion, delirium
- Dizziness, staggering
- Lethargy, weakness
- Muscle tremors
- Seizures
- Collapsing and lying down
- Little to no urine production
- Coma.



The RSPCA advises that if any of these occur, contact a veterinarian.

- Move the pet to a shaded and cool area and offer some water if they're able to drink normally — but don't force them to, as they could inhale the water rather than swallowing it.
- "You can cool them down with cool water – not cold water or ice, because that can actually make the situation worse," the RSPCA's Dr Sarah Zito says.
- Never pour the water on or near their head, as they can inhale the water.
- Apply or spray tepid / cool water onto the animal's fur and skin. Then apply a fan to maximise heat loss. Wetting down the area around your pet can also help.
- Remember, if you're feeling the need to cool down your space, chances are your dog needs it as well.

Is your pet vulnerable?

The risk of overheating can differ depending on the breed, health and build of your dog.

The RSPCA says flat-faced or brachycephalic dogs like pugs, English and French bulldogs, and Boston terriers are at a particularly high risk.

Respiratory or heart problems, carrying too much weight, heavy or double hair coats, as well as younger and older dogs are other risk factors.

Cars get very hot in summer and even a short time locked inside can be fatal.

“You should never leave your animal unattended in a car or vehicle, even in the shade, even when the windows are down. Those animals can still overheat and die really quickly,” Dr Zito said.

“If it’s a really hot day, leave your dog at home in the air conditioning if you’re not going to be able to take them out of the car with you.”

Cooling tips for dog owners

- Make sure they have access to shade and a well-ventilated space
- Provide multiple containers of clean fresh water that can’t be tipped over easily
- Give them water baths
- Try a pet-safe cooling mat
- Freeze water in old bottles or containers, wrap them in towels and leave them in spots around the home
- Give them frozen treats, such as frozen fruit or wet dog food blended with water and frozen into blocks.

Wildlife gets stressed too



Wildlife suffering from heat stress may appear disoriented, unable to maintain their balance or even collapse in extreme weather conditions.

Another sign of heat stress is normally nocturnal animals such as possums appearing during the day or tree-dwelling birds staying close to the ground. Heat stressed reptiles may seek refuge in cool dark places such as under rocks, houses, or burrows.

It’s best not to approach them unless necessary, keep handling to a minimum, and seek advice and assistance from your local wildlife rescue group.

To safely help a wild animal experiencing heat stress, wrap them loosely in a towel, place them in a cardboard box and offer them water to drink.

Spraying with a fine mist of water can also help to cool the animal down. Leave in a dark, cool and quiet place and seek advice and assistance

National Seniors Australia Membership Application

ABN 89 050 523 003

Please complete and return the following form to begin reaping the benefits of your new National Seniors membership. If you would prefer to talk to a consultant, please call 1300 76 50 50.

Renewing members please provide your National Seniors membership number: _____

PERSONAL DETAILS

Mr/ Mrs/ Miss / Ms/ Dr / Mx First name _____

Last name _____ Date of birth ____ / ____ / ____

Address _____

Suburb _____ State _____ Postcode _____

phone _____ Mobile _____

Email _____

JOINT MEMBER DETAILS

Mr/ Mrs/ Miss / Ms/ Dr / Mx First name _____

Last name _____ Date of birth ____ / ____ / ____

Phone _____ Mobile _____

Email _____

Are you a current branch member Yes No Branch name _____

I would like my nearest National Seniors Branch to contact me about attending branch events (meetings, social get-togethers & more)

MEMBERSHIP AND PAYMENT DETAILS

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

1 Year Single \$49.50 Joint \$80 **2 Year** Single \$88 Joint \$143

3 Year Single \$120 Joint \$180 **5 Year** Single \$220 Joint \$325

TOTAL PAYABLE: \$ _____

Cheque/money order enclosed (payable to National Seniors Australia)

Please charge my credit card Visa MasterCard

Card number CVC

Cardholder's name _____ Expiry ____ / ____

Cardholder's signature _____

Credit card payments may also be made by phoning 1300 76 50 50

Please return this coupon with payment to:

National Seniors Australia, GPO Box 1450, Brisbane Qld 4001.

National Seniors will keep you informed about special offers, deals on member benefits and other products and services from National Seniors and its partners. You may opt out of receiving emails about these items at any time via the Unsubscribe link at the bottom of our emails, by visiting the National Seniors website nation@lсенiors.com.au or by calling our Membership Team.

By completing this application form, I/we agree to the customer terms set out on the National Seniors website nation@lсенiors.com.au

National Seniors Australia 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

OurGeneration

Membership includes subscription to *Our Generation* digital magazine.



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