

Yarra Ranges Grapevine

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

MAY - JUNE 2019

**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 13 May at 7:00pm for 7.30pm start venue as above
& Monday 10 June at 7:00pm for 7.30pm start venue as above**

PLEASE NOTE: Membership Renewals & Joining Members

Please ensure you use the 'Yarra Ranges NSA Application Forms' & pay through the Branch so that NSA are aware you are a member of this Branch.

The Branch also receives a small retainer for your membership - thank you

[Click here for Membership Form](#)

Guest Speakers for the Branch Meeting

13 May 2019

*'Lilydale Assist - Community
Information and Support
Centre'*

Speaker - John Lambert

10 June 2019

*'Lilydale Township Action
Group'*

Speaker – Aaron Violi

8 July 2019

Meet **6.30pm** at
'International Hotel'
Maroondah Highway
Lilydale

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

President's Report

Hello Members

The last few months we have welcomed several new members Olga and Bill,, Faye and Ross, Alfred, Sonia, Helen and Isobella. It will be great to get to know you all at our meetings & functions.

Welcome back Chris & Denise from your holiday in Japan. Looking forward to hearing of your adventures.

Last dinner meeting was at the Crown about 25 attended. Having good company and enjoyable dinner made for a great night.

The entertainer at Morning Melodies, Olinda Creek was a lot of fun and involved every one.

The Coach 'Dining Out' night out there was 26 members. A lot of renovations have gone on. The roast was really nice.

Next meeting will be on 13th May speaker from Lilydale Assist, speaker John Lambert.

Please check the Grapevine for all the activities coming up; you are invited to all of them.

Have a fantastic trip on 'Silo Art Tour' look forward to seeing your photos. *Happy Reading Trevor*

Yarra Ranges Branch Committee

President

Trevor - ☎ 9735 1104

Vice President

Pamela - ☎ 9735 5449

Secretary

Lyn- ☎ 0459 155 527

Email: ford.lyn.s@edumail.vic.gov.au

Treasurer

Anne - ☎ 97265135

Activities Coordinator

Chris - ☎ 9735 1249

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Denise

☎ 9723 1403 or 0400 179 086

Newsletter Editor

Lyn ☎ 0459 155 527

Committee Members

John and Connie - ☎ 5964 4646

Elaine - ☎ 9739 4642

Happy Birthday & Congratulations to!



<i>10 May</i>	<i>Shirley S</i>
<i>11 May</i>	<i>Kathy W</i>
<i>15 May</i>	<i>Lyn F</i>
<i>19 June</i>	<i>Lorraine Sm</i>

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

13TH MAY @ HALL - 7 Hardy Street Lilydale

10TH JUNE @ HALL - 7 Hardy Street Lilydale

8TH JULY @ 'INTERNATIONAL HOTEL'

Maroondah Highway Lilydale



'OUT & ABOUT' - Contact Chris Activities Coordinator to Book

Wed 3 July 'The Windsor' (Royal) Exhibition by train to Bendigo. Using

Free Seniors Off-Peak Travel Voucher.

Further information to follow. Contact Chris for details.

Thur 26 Sept 'Terracotta Warriors from China' Exhibition Nation Gallery

\$25 conc \$10 child (school holidays) - Travel by train to Melbourne

Thur 3 Oct 'Trivia Morning' for Seniors Week **10.30am** at Lilydale Bowls Club \$5

Bring all your friends & neighbours



'DINING OUT' - Contact Chris Activities Coordinator to Book

Tues 21 May 'William Anglis a La Carte **Lunch**' Box Hill TAFE Lilydale @ 12.00noon dishes from \$7 - \$16

Sat 25 May 'Chirnside Park Country Club' 68 Kingswood Dr Chirnside Park @ 6.30pm

Sun 2 June 'Dixons Creek Café' **Lunch** 1925 Melba Highway Dixons Creek @ 12.00 noon



Sun 21 July 'Banksia Café' 530 Burwood Hwy Wantirna South @ **12.00 noon**
Sun 4 August 'Upper Yarra RSL' **Lunch** 119 Settlement Rd. Yarra Junction @ **12.00 noon**

'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 \$12.00)



Thurs 13 June Bobby James '**Magic Moments in Music**'
Thurs 11 July Leila '**Xmas Cabaret**'
Thurs 8 August Paul Hogan '**The Born Entertainer**'

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place Meet @ 7.30pm

6 May 2019
3 June 2019
1 July 2019



'SATURDAY WALKS' - Contact Chris Activities Coordinator for details

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

Photos in the March & April 'Grapevine' - answers!

1st was after walking the Wetlands & Lilydale Lake heading along a path towards morning coffee / tea in Lilydale.

2nd was further along the same path as we met up with the Olinda Creek.

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 18th May Lilydale to Mt Evelyn
Sat 25th May Wandin to Seville
Sat 1st June Lilydale to Lilydale
Sat 8th June Norton Road Croydon
Sat 15th June Lilydale Lake
Sat 22nd June Barneong Reserve Croydon North
Sat 29th June Mullum Mullum Creek Burnt Bridge
Sat 6th July Lilydale to Mt Evelyn



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!



'OUT & ABOUT' – What a Great Day!

It was a perfect day weather wise. After car-pooling to Sorrento, the sea ferry crossing was like a mill pond, so calm and still.

We all had an early lunch on the ferry, either by supplying it ourselves or purchasing on-board as we were being met at the Queenscliff ferry terminus by Kim of Bongo Tours.

The Rip from Point

Lonsdale

This was a bonus extra to our trip. Not only did it save us walking up the steep hill at Queenscliff, but Bongo Tours gave us a tour of the local area, including Point Lonsdale and update on the developments that are expanding on the outskirts of town. There is also, apart from the fort at Queenscliff, a new Marine Museum near the Wetlands.



We arrived about 2pm at 'Cottage by the Sea' and were invited into a common room area with table and chairs to hear how the Cottage has been running for over 120 years and was first started by two women who wanted to help disadvantage children with an activities holiday to help inspire and show them opportunities, experience new adventures, activities, responsibilities and to have fun. Also there is access to the beach through a locked gate, which is used for snorkelling, surfing and beach activities. There is no government funding, it all comes from private donation, with various fundraising being supported by some well-known personalities and a large fair every year in January which is well attended.

The buildings are in need of constant repair and they have recently managed to purchase an old motel type building next door. This is in need of upgrading, but it can also be a source of income by hiring it out to groups, conferences etc as it is fence off separate to the Cottage complex, which will maintain the safety and security of the children on holiday. They are supported by a very loyal band of local volunteers and employees.



Carol told us about the operations of the Cottage, followed by a short video with some photographs. Part way through this presentation there was a shout from Emese 'That's me!' Yes, there was a photo of her as a young girl at one of the holiday camps. The Cottage staff were very excited as they are compiling a book to celebrate the 120 years and were most anxious to have a chat about her experience there during the 1950s. (Emese is the girl in red swimming costume)

The afternoon tea of homemade scones with lashings of homemade jam and cream – yum – was most welcome.

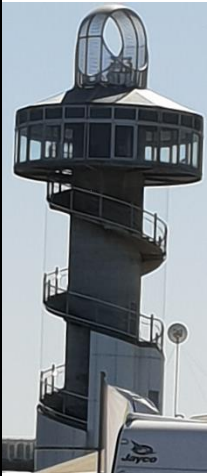
We were only shown part of the complex as there was a group of children on holidaying at the Cottage.

A couple of the 'older boys' were caught trying out the newly installed play equipment at the Motel area. Obvious 'boy's secret business'.



After our visit to the Cottage, we were driven down to the Lookout Tower near the Ferry Terminus. Most caught the lift to the top, whilst a few braved the climb by stairs. I must admit, I didn't count them!

It gives a great 360deg view of the surrounding bay, boat harbour, wetlands & Queenscliff.



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

Mum, Dad, Stuart & Pamela in UK

Pamela, our Vice President's story



Dad was in the Royal Air Force during the war and was stationed in India. Following his return to England, two things happened which changed our lives. Firstly Mum became pregnant and gave birth to my brother Stuart, and I wasn't 'happy Jan"! I told them to take him back to the hospital and bring home a sister called Margaret.

Secondly dad found the cold and gloomy English weather hard to cope with after the hot and bright weather in Bombay (now Mumbai). He wanted to return to India to live, but Mum said "No". Later she relented and said if he could find somewhere with the weather he wanted, and good education and health systems which she wanted for Stuart and I, then she'd go. Dad came to Australia early in 1954, got a job as a building supervisor for the Hydro Electricity Commission (HEC) dam in Tasmania, with a house and we joined him later that year.

Coming to Australia was a baptism of fire, but I survived. I was really looking forward to going to school on horseback, but we went by bus! One beautiful day the teacher said we'd sit outside for our lessons. Pasty Pam who'd just arrived from England got very badly burnt, it blistered, got infected and was a dreadful mess.

I struggled with the accent and made mistakes in spelling, i.e. armond (almond) and different names. When I asked for a lolly ice, the lady said "Do you want lollies, or an ice cream?" I pointed to the picture on the wall and found it's an icy pole. I found out lollies are sweets and sweets are desserts.

Pamela & Family

When I was nearly 16 I went to a fund raiser for the junior table tennis champion and met John, but I wasn't allowed to go out with him until I was 16. We got engaged on my 18th birthday, and was allowed to marry at 19 because John had been recruited by St Kilda. We then had three sons, Michael, Scott and Craig, but sadly we lost Craig at 3 months to AIDS. The following year we had



Darren.

When it became obvious we wanted different things, I divorced John and continued with the things I valued.

I was a volunteer with MS, involved with Cancer Council, Lions and later Kiwanis. In 2005 I was surprised and pleased to receive an Australia Day Award from Phil Barresi MP the Federal Member for Deakin, for 25 years of community service.

In 1987 I had a melanoma removed from my left leg and survived. In 1996 I had a brain aneurism and survived. In 2002 I had a cardiac arrest and survived. So I think it's fair to say, I'm a survivor!

Some of you will have seen this one, but it just shows how one good deed can lead to another

His name was Fleming and he was a poor Scottish farmer. One day, while trying to make a living for his family he heard a cry for help coming from a nearby bog. He dropped his tool sand ran to the bog.

There, mired to his waist in black muck was a terrified boy screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

'I want to repay you,' said the nobleman. 'You saved my son's life.'
'No, I can't accept payment for what I did,' the Scottish farmer replied waving off the offer. At that moment the farmer's own son came to the door of the family hovel.

'Is that your son?' the nobleman asked.
'Yes,' the farmer replied proudly.

'I'll make you a deal. Let me provide him with the level of education my own son will enjoy If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of.' And that he did.

Farmer Fleming's son attended the very best schools and in time, graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia.

What saved his life this time? Penicillin.
The name of the nobleman? Lord Randolph Churchill.
His son's name? Sir Winston Churchill.

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?



CEO appointed to aged care advisory group

National Seniors Australia CEO Professor John McCallum is one of three new members of the Aged Care Sector Committee.

Health apps pose Privacy Risks

Mobile health apps may be a great way to keep track of prescriptions, but researchers have raised concerns.



Seniors urged to act on Eye Disease

Now for some bad news and some good news.

First, the good news – 90% of vision loss is preventable or treatable with early detection.

The bad news? Well, by 2020, more than 800,000 Australians are expected to experience vision loss or blindness.

Medical Specialist Fees Website – about time!

We have been campaigning for it for some time and now the federal government has announced a new website that helps identify the true cost of specialist fees and hopefully puts a brake on out-of-pocket expenses.

The initiative came after a Ministerial Advisory Committee found more than one-in-three patients were experiencing out-of-pocket costs varying from a few hundred dollars to tens of thousands.

So how will the website work? Health Minister Greg Hunt says specialists will “initially be expected to show their fees” on the website to allow patients and GPs to consider costs when determining their choice of specialists. Also, the government plans to raise the awareness of consumers and providers about out-of-pocket costs highlighting that higher fees did not necessarily mean higher quality of care.

The website will publish existing de-identified data showing the range of fees and related out-pocket costs charged by specialists for the same treatments. We want to see more detail on how this will work. We also want GPs to use this website in consultation with their patients to identify specialists who are suitable and affordable.



***We'll let you know when the website becomes a reality.
In the meantime, join our campaign to reduce out-of-pocket health costs***

See Lyn for a brochure on the benefits, features, fees charges and interest rates





Food Fraud fills Stomachs but Empties Wallets 2 March 2019

Did you know that in your average 'superfood' protein ball, protein is the least predominant macronutrient!
Keep reading... it gets weirder.

Sensationalized 'superfoods' for whatever ails you, such as fermented drinks to give good gut bacteria and mood-changing protein balls, are expensive but no better than the tried-and-true five core food groups, says Queensland University of Technology (QUT) dietitian Dr Helen Vidgen.

She said many packaged 'designer' foods made nutritional promises to help sell the product, but some went a step further and promised to change adults or children for the better, and often at an exorbitant price.

"These promises are often based on weak studies, experiments on a rat, or flimsy evidence of a vitamin's ability to affect your emotions or behaviour," Dr Vidgen said.



"Many of these products promise to benefit health but when you go back to the research they say supports them, it's pretty weak and unfounded or the findings have been extrapolated in a way that's not very relevant.

"New 'superfoods' come and go and often confuse the public about what healthy eating is.

"To prepare our nutrition students to answer their clients' questions about new and future 'superfoods', we teach them to critique the research behind the promises; to think about how much they would need to eat to obtain the touted benefit and how it would fit into their lives; then come up with a recommendation."

Dr Vidgen's nutrition students investigated the marketing promises behind breastfeeding biscuits, kombucha, green powder, toddler milk, and protein balls.



Kombucha

Promise: The fermented drink benefits gut health by increasing the diversity of gastrointestinal flora which, in turn, improves overall wellbeing.

Finding: All documented effects of kombucha on wellbeing are from animal studies, for example, decreased blood sugar levels in mice and regulated cholesterol in ducks. These results have not been replicated in humans.

Evidence to show that kombucha increases the diversity of human gastrointestinal flora is also weak. The effects seem to be highly individualised and highly influenced by overall long-term food intake and other environmental stressors.

Recommendation: The best way to improve your gut health is to eat a wide variety of plant foods such as different kinds of legumes, wholegrains, vegetables, fruit and nuts.

Protein Balls

Promise: Billed as nutritious, guilt-free snacks for people on the go, especially after exercise. Some promise mood- and productivity-boosting properties.

Findings: In a 40g protein ball, protein is the least predominant macronutrient with a range of 5.6g to 6.2g in two shop-bought varieties, with 8.7g and 9.5 g of fat and 12.4g to 14.5g of sugars. Both bought protein

balls contained double the fat and sugar recommended by the National Health and Medical Research Council.

Although ingredients such as cashew nuts contain a compound that increases secretion of serotonin, it is not in large enough quantities to have any effect. No studies have looked at the relationship between cashews and their effect on anxiety, mood or stress. Furthermore, the protein balls contained such a small amount of cashews that no effect was likely on mood.

Recommendation: The product would fall into the occasional food category, as it is high in saturated fat, sugar and calories, and could lead to weight gain. Just eat the cashew nuts instead.

Green powder for children



Promise: Easy way for parents to provide toddlers with enough Fruit & Veg during mealtimes, without the stress of children rejecting food or refusing to eat because it can be hidden in other foods. The marketers of the product also promise a single serve provides the antioxidant equivalent of six serves of F&V.

Findings: No evidence to support promises of nutritional equivalence between powdered product and whole F&V. Dehydrated vegetable powder is a poor source of nutrients found in F&V, especially fibre. The temperatures required for dehydration reduce the levels of the antioxidant vitamins A, C and E.

The processing means potassium is lost and the magnesium is less available than it is in fresh food. The introduction of supplements not only leads to poorer nutrition for the child but also is likely to lead to a diet low in F&V, high in energy-dense, low-nutrient food which is associated with long-term health impacts, including obesity.

Recommendation: Whole foods contain higher levels of these nutrients and dietary fibre.

The cost of these products could be better spent on extra F&V. Regular and consistent exposure to whole foods naturally increases their consumption in children.

Given the abundance of food and the variety of food types in Australia, the use of supplements for young children growing up in Australia is not necessary, nor is it recommended.

Toddler Milk

From 1 year of age toddlers should be eating all foods that adults eat.

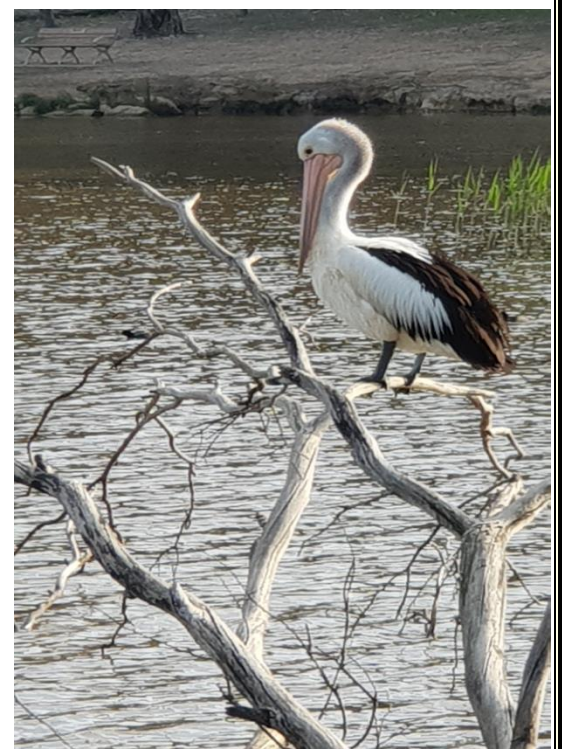


Sign recently seen where we indulged in a 'little coffee' during one of our *Saturday Walks* – I'll drink to that!!

Have you seen the resident pelican at the Liverpool Retarding Basin?

Thanks Ann F for great photos

Yarra Ranges



Yarra Ranges Branch National Seniors Australia

Membership Application

(NSA ABN 89 050 523 003)

PERSONAL DETAILS

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

Last name _____ Date of birth _____ / _____ / _____

Address _____

Suburb _____ State _____ Postcode _____

Phone _____ Mobile _____

Email _____

JOINT MEMBER DETAILS

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

Last name _____ Date of birth _____ / _____ / _____

Phone _____ Mobile _____

Email _____

MEMBERSHIP AND PAYMENT DETAILS



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

1 Year Single \$45 Joint \$75 2 Year Single \$80 Joint \$125

5 Year Single \$195 Joint \$295 Lifetime Single \$425 Joint \$650

TOTAL PAYABLE: \$ _____

Cheques / Money Order enclosed (payable to: National Seniors Australia)

Please charge my credit card: Visa Master Card

Card number:

Cardholder's Name: _____ Expiry: _____ / _____

Cardholder's Signature: _____

NSA respects your privacy and is committed to protecting your personal Information.

You can view the full details of our privacy statement online at nationalseniors.com.au

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