

# Yarra Ranges Grapevine



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

## MAY & JUNE 2023

### 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 2023

**Monday – 8 May**

**7.00pm for 7.30pm start**

***'Tragedy of the Kyeema'***

**Guest Speaker:  
Eddie Ticherlaar**

**Monday - 12 June**

**7.00pm for 7.30pm start**

***'Lifestartz'***

**Guest Speaker:  
Jason Kitchingman  
Founder**

**Monday – 10 July**

**6.30pm – Dinner Mtg**

***'The Crown Hotel'***

**(Your ideas for Speakers  
please)**

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

### President's Report

*Hi Members,*

*Our thoughts go out to the family and friends of Helen Fox who passed away recently.*

*Helen was president of The Maroondah Ringwood Branch of The National Seniors for some time.*

Welcoming Jenny N



*Chris café was again a fantastic day eating and catching up with our friends that we have made through National Seniors. Thank you to all who cooked; made salads; sweets. Yum.*

*Ten members enjoyed the day out on the ferry from Stony Point over to Cows for lunch and a browse around the Sunday market there, the weather was kind to us and the look out over the beach was spectacular. We have so many treasures in Victoria. Thank you to Chris for finding this one.*

*The Dinner Meeting at the Crown Hotel, Lilydale was well attended; the meal was good as well.*

*The monthly meeting on the 8<sup>th</sup> May at the Lakeside Community Hall at 7.30pm 'The Kyeema Tragedy. Hope to see everybody there.*

*Happy Reading Trevor*

**NOTE:** Tickets for Musicals – 'Catch Me If You Can', 'Sound of Music' & 'All Shook Up' will be distributed at the May Branch Meeting. Please see Lyn.

## 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

Vacant

### Web Administrator

Patrick

☎ 0413 726 726

### Committee Member

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!



10 May -

Shirley

5 June

Colin

11 May

Kathy

19 June

Lorraine Sm

14 May

Julie F

29 June

Jenny

15 May

Lyn

26 May

Sonia

*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 8 May** @ 7.00pm for 7.30pm Start

**'Tragedy of the Kyeema'** **Guest Speaker:** Eddie Tichelaar



**Monday 12 June** @ 7.00pm for 7.30pm Start

**'Lifestartz'** **Guest Speaker:** Jason Kitchingman

**Monday 10 JULY** @ **6.30pm** (please do not arrive early)

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

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

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

@ Chris' place Meet @ 7.30pm

**Monday - 1 May**

**Monday - 3 July**

**Monday - 5 June**

**Monday - 7 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 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

**Wed 3 May @ 11.00am Show**

**Tues 16 May @ 12.30pm**

**Mon 22 May @ TBC**

**Thurs 25 May @ 10.30am**

**Tues 6 June @ 12.30pm**

**Wednesday 7 June @ 10.30am**

**Tues 27 June @ 12.30pm**

**Wednesday 5 July @ 10.30am**

**Tues 25 July @ 12.30pm**

**'Brendan Scott' @ Lilydale International Hotel Maroondah Highway**

**'Mount Dandenong Hotel' Lunch**

**'Yarra Glen Harness Racing & Lunch' @ Armstrong Road Yarra Glen - Cost \$38.00 - Betting at your expense**

**'Big Morning Tea for Cancer' Cost \$20 Silent Auctions H E Parker Reserve Canterbury Road Heathmont**

**'Old England Hotel' Lunch 459 Lower Heidelberg Road Heidelberg**

**'Morning Melodies' - Alicia O'Brien**

**'Monbulk Bowling Club' Lunch**

**'Morning Melodies' - Joe Piastrino**

**'Branded Burgers' Lunch Warburton Highway Seville**

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

**Please Note** - Walks start **9.00am**

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



Photos 1 & 2 in 'March & April' Grapevine' was from the Mullum Mullum Walk from Burnt Bridge to Ringwood

<b>Sat 6 May</b>	Lilydale Lake
<b>Sat 13 May</b>	Norton Road Croydon
<b>Sat 20 May</b>	Mooroolbark Community Centre
<b>Sat 27 May</b>	Lilydale to Mount Evelyn
<b>Sat 3 June</b>	Wandin to Seville
<b>Sat 10 June</b>	Norton Road Croydon
<b>Sat 17 June</b>	Barnggeong Reserve Croydon North
<b>Sat 24 June</b>	Lilydale Lake
<b>Sat 1 July</b>	Killara to Seville
<b>Sat 8 July</b>	Mullum Mullum Burnt Bridge
<b>Sat 15 July</b>	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?**

**A story?**

**One-liners?**

**Photos from outings?**



Our Guest Speaker for last March Annette and Liz were from the 'Quilts for Orphans' informing us of the great work they provide making quilts for those in need.

Quilts for Orphans  
in association with  
WARRATINA

## Patchwork & Craft Expo

13 May - 28 May  
10am to 4pm  
Wednesday to Sunday

Exhibition of crafts, patchwork & embroidery by locals.  
Many items for sale.

Entry: Adults - \$5, Concession - \$3.50, Children under 12 - Free  
Supporting "Quilts for Orphans"

find out more at  
[warratinalavender.com.au](http://warratinalavender.com.au)

105 Quayle Road, Wandin Yallock  
03 5964 4650

They brought along some of the amazing quilts that the group had made and told us about how they provide a 'hug' (quilt) not only to local and Australia but overseas as well children in need.

Please read their brochure and visit the display at 'Warrantina Lavender Farm' in support of their good works.

## Chris' Café

Food & friendship at Chris' Café





# Marvelous Marysville

Written by Lyn

The original day for this outing was not to be recommended with bad weather, but the rebooked day turned out to be perfect. After arriving in Marysville, it was a loo and 'cuppa' in that order. The 'Duck Inn' made us welcome and we sat on a balcony in the sunshine.



It was a short walk across the park past the Information Centre to the 'Fire Memorial' (see photos). It certainly brought it home to us the size of the devastation when a map showed the area that the fire had consumed.

Our friends, mates, families and pets. The brightest stars in the night sky.



The words on the 'Loss' pillar (above) is a beautiful tribute to those who are no longer with us.

The small lake near the memorial showed what a great day it was with no wind, blue skies and sunshine.



We had booked a table at the 'Duck Inn' for lunch and so wandered our way back through the park reading all the information signs as we went.

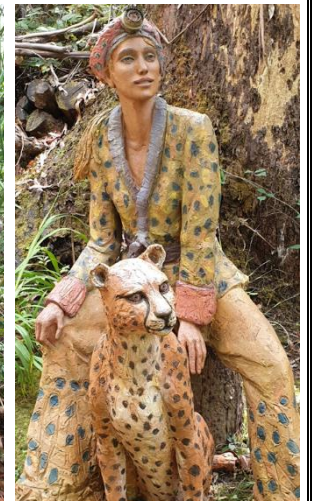
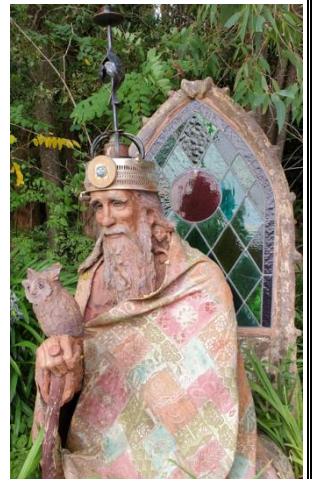
After a good lunch we drove to 'Bruno's Sculpture Gardens' that are as wonderful as they have ever been. The fire burnt Bruno's house and devastated the garden and sculptures which were broken and a mess.

What an uphill job he had to rebuild not only a house, but the sculpture garden as well. Bruno has photos dotted around to show how bad it was and how



he had to rebuild the sculptures. They are amazing and we could have spent hours just marveling at the features and settings of each one.

We asked Bruno to tell us where he came from and what brought him to Australia, let alone to Marysville, which is not exactly on the tourist route and how he first started to create the sculpture garden. It was good to hear his story.







The 'Mouse Man' has 27 mice on him and you have to find them all? Great game for the children and adults too.

Our last stop for the day was *Steavenson's Falls*. They have much improved the access and parking to the area as well as 'loos'. There are information boards and access to both sides of the falls via a footbridge.

With a total drop of 84metres and a 16 sq kilometre of forested catchment from the top of the Great Dividing Range it has a year round flow and is one of Victoria's most impressive cascades.



The falls and river were named after the Victorian Assistant Commissioner for Roads and Bridges John Steavenson in 1860 when Marysville was first established as a supply town to the goldfields of Wood End. Marysville was named after his wife Mary.

The map on the left shows the flow of the Steavenson River, travelling northwards to Buxton, joining the Acheron River, then the Goulburn near Alexandra and finally the Murray River.



## *'Woodlands' Homestead, Gardens & 'Living Legends'*

*The Homestead was built between 1843 - 1866 by William and Anne Greene. They arrived at Port Phillip on the barque 'Sarah' from Ireland with their seven children on the 5 December 1842.*

### **Written by Pamela**

Nearly twenty years ago, I was part of a walking group who car pooled to the *Woodlands Estate*. We walked up, down and around the hills of the park, and watched with interest as the planes departed from Tullamarine. The homestead was there, but it was locked up and empty, just a relic of days gone by. We carried our morning tea/lunch with us and ate it in the tank sheds.

Seventeen years ago, the *Living Legends* took residence and what a difference there has been since my previous visit.

It was lovely sitting in the front room of the homestead with its timber panelling and open fireplace, enjoying tea/coffee, scones, jam and cream.

We were then given a bag of carrots each and started our guided tour of the paddocks and horses. On a couple of occasions, when there were two horses together, when you put your hand out with the carrot on the palm, one horse would come for it and the other one would nudge it away and take the carrot. That led us to think there were a couple of greedy ones there! By contrast, in another paddock two horses were in their shelter and could not be coaxed to come and have some carrots. That led us to think they



were either too well fed and not in the least bit hungry, or couldn't be bothered with mere mortals!



There was a lovely memorial garden where Melbourne Cup winners, *Doriemus* 1995, *Might and Power* 1997 and *Rogun Josh* 1999 are remembered. I didn't know the names of most of the horses, but I remembered the names of these horses from taking part in Melbourne Cup Sweeps. Another horse of interest was *Prince of Penzance* who won the Melbourne Cup in 2015, being ridden by *Michelle Payne*, the first female jockey to do so.

It was lovely to see the homestead, part of Victoria's history, open to the public and the land being put to such good use for the horses.

### Written by Caroline

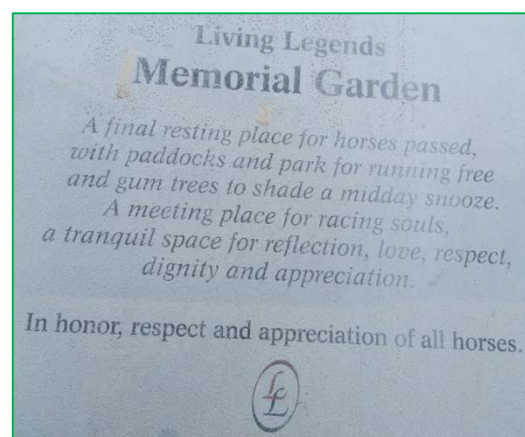
Despite the weather threatening our trip to see the beautiful *Living Legend* racehorses, in *Woodlands Historic Park*, a number of us persevered to see them. We started our visit with a delicious homemade scones, jam and cream and tea/coffee sitting at a table within the large dining hall of the *Woodland Homestead Cafe*. It was like sitting in an old Victorian home surrounded by ornate lampshades, wooden features on the walls and highly polished wooden tables.

Once we finished our treats, we were off to see the horses, in spite of the threatening rain clouds overhead and windy conditions. The property is quite large with a number of large paddocks housing ex-racehorses which raced in Australia and overseas such as Hong Kong. What a treat to see these horses up close and to feel their presence.



Interestingly, these horses despite their size were so focussed on receiving carrots and even scraped the ground with their hooves when the food supply stopped – *just like children vying for attention!* The horses in *Woodlands* range in age from 5 – 25 years and are still owned by their owners who pay for their upkeep and care within the *Woodlands* facility. The guide advised that the young horses are given 6 months to adjust to being just horses and after this time, they are assessed to see if they can be re-trained to be either show horses or dressage horses.

After visiting the first four horses, one of which was called *Behemoth*, we walked to the memorial garden. I remember only a couple of names of the Melbourne Cup winners – *Might and Power*, *Better Loosen Up* and *Doriemus*, who are now buried in this garden. Such a tranquil place.



When the tour concluded we made our way up to the Homestead once more and the General Manager gave us a quick talk on the history of the Homestead. The *Woodlands Historic Park* is home to one of Australia's first kit-houses: a prefabricated timber house brought from Britain in the 1840s and is maintained under the *National Trust* guidelines. Visiting each of the rooms which are filled with racing memorabilia, furniture and history took us back in time. We even found the internal secret door between the Gentleman's room and the Ladies room.

We left the Homestead with sunshine and full of cheer after spending a day with these beautiful and majestic Racehorses.





### Written by Julie O

Definitely warrants a second visit. There's so much history here to see & such a therapeutic experience for anyone. Definitely recommend especially for young families given that you're able to get close to pat the horses. Morning tea (scones) were amazing.

### Written by Elaine & Steve

We had a wonderful day at *Woodlands Historic Homestead and Living Legends*. The property just past the Tullamarine

airport. It is now owned by the National Parks Services. It was first settled in 1840 and the house was one of the first kit prefabricated timber homes built in Australia. The property has now become the home of retired race horses. On arrivals we had a wonderful morning tea of scones jam and cream, we then set off with a guide to do a tour of the property and feed and meet the horses with lots of carrots. Every horse had a different temperament and they are very well cared for. After our tour we were back at the cafe and had a lovely lunch, a great day had by all.



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## Ferry to Cowes

Written by Margaret G

On Sunday the 2nd April on a freezing cold morning three cars of members set off to Stoney Point and a Ferry trip to Cowes.



We arrived at Stoney Point in time to catch a very crowded ferry. The ferry trip across to Cowes via French Island was very calm.



When we arrived at Cowes we split up into a number of groups. Some wandered around the market stalls, some went for coffee other just enjoyed watching the ocean. We then met and had a lovely lunch at a

restaurant across from where the ferry pulled into the jetty.



After lunch some sat at the restaurant and chatted, some wandered along the shops, others walked along the shore line and enjoyed the beautiful sunny day.



We then met for our return journey on the ferry back to Stoney Point. When we arrived at Stoney Point we enjoyed watch a seal and sea gulls feasting on the fish head the fishermen were throwing to them. Then headed off on

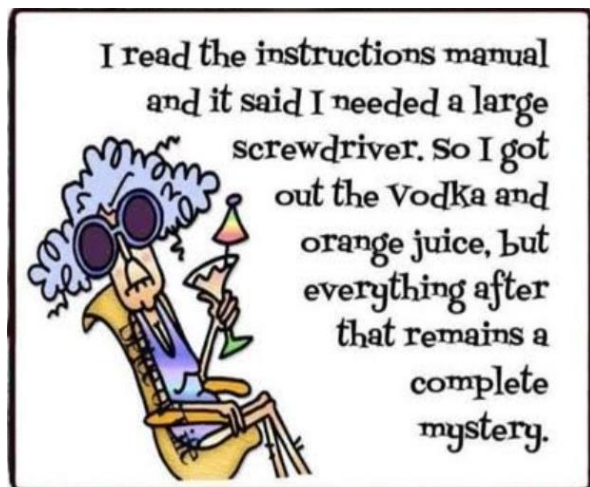
our individual journeys home. A great day was had by all.







## The Lighter Side of Life!



Husband sat in his room throwing darts (🎯) at his wife's photo but not even a single one hits the Target.

From another room wife asks the husband :  
"What are u doing?"

Husband : "MISSING YOU"



God bless English.....!!!!

At a girl's college hostel, dates were permitted only on Saturday nights. One young man showed up on a Tuesday evening, explaining to an older woman in the lobby of the dorm that it was imperative he see a certain young lady immediately. "I want to surprise her. You see, I'm her brother." "Oh, she'll be surprised all right," said the woman. "But think of how surprised I am! I'm her mother!"

### 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.



## National Seniors AUSTRALIA

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

### Flu season 2023: what you need to know

Influenza is expected to hit hard this year. Here's what you can do.

You may have been concerned by recent news reports that Australia had 100 times as many influenza cases in the first two months of 2023 than at the same time the previous year.

That, partly, is because the rates of flu in the first part of 2022 were artificially low because of the precautions we were taking at that time to combat COVID-19.

Hand-washing, mask-wearing, use of sanitisers and physical distancing helped tackle the flu as well as COVID.

And because people weren't moving around the world as much as usual, there was less of the flu virus coming into the country.

Things have pretty much returned to normal this year, with open borders meaning that the flu virus is heading our way from the northern hemisphere.

Some experts predict that our usual levels of immunity will be weakened this year, making it even more important for seniors to consider having a flu vaccine.

### **Can flu be treated?**

Yes, but you should still get vaccinated.

There are prescription medications called "antiviral drugs" that can be used to treat flu illness.

Antivirals are not sold over the counter. You can only get them if you have a prescription from a health care provider.

They are different from antibiotics, which fight against bacterial infections. Flu antiviral drugs only treat flu — they are different to antivirals used to treat other infectious diseases such as COVID-19.

### **Key points**

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- 2023 flu numbers will be substantially up because of relatively few 2022 cases due to COVID-19 precautions.
  - Travellers from the northern hemisphere have been bringing flu to Australia for several months.
  - The flu vaccine has been updated and is free for people over 65.
- 

### **What should I do if I think I've got the flu?**

If you are at higher risk of serious flu complications due to age or other medical conditions, and you develop flu symptoms, check with your doctor promptly.

Flu signs and symptoms can include having a fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. However, not everyone with the flu has a fever.

### **Should I still get a flu vaccine?**

Yes. Antiviral drugs are not a substitute for getting a vaccine. While a vaccine can vary in how well it works, it is best way to help prevent seasonal flu and its potentially serious complications.

Everyone six months and older should receive a flu vaccine every year. Antiviral drugs are a second line of defence that can be used to treat flu (including seasonal flu and variant flu viruses) if you get sick.

### **Flu treatment**

In mild cases, the flu is best managed by:

- Bed rest.
- Drinking plenty of fluids.



- Over-the-counter medication, taken only as directed to help relieve symptoms.

## Why vaccination is important

Vaccination is the best way to reduce the risk of getting flu and its possible complications. Being vaccinated builds immunity to the virus and helps prevent transmission to other people.

It is extremely important for people who are in a [high-risk group](#) — and that includes all people over 65 — to be vaccinated. It is proven to reduce risk of contracting the flu and suffering from its possible complications.

The flu vaccine is free under the National Immunisation Program for several groups of people, including seniors over 65, and the rollout of the 2023 version is happening this month (April).

People who are not eligible for a free vaccine can purchase the vaccine from vaccination providers, including local GPs and many pharmacies.

## Know your medicines – a guide to taking prescribed drugs

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Nearly 1,000 Australians die each year from misusing prescribed medications. Here's how to be vigilant.

### Keep a medicines list

You can use a medicines list to keep track of:

- What each medicine (prescription and non-prescription) is for.
- What the dose of each medicine is.
- When and how to use each medicine.

To learn how to create your medicines list, go to the [NPS MedicineWise](#).

This is very important for seniors who travel. Always carry the list with you so that medical professionals seeking to treat you can quickly understand the medicines you're taking.

You can also put an app on your phone to remind you when to take your medicines and help everyone involved in your healthcare know what you are taking. You can download the free [MedicineWise smartphone app](#) from [Google Play](#) or the [App Store](#).

Having an up-to-date medicines list also helps to make sure all your medicines get reviewed.

### Ask for a medicines review

Medicines should be reviewed by your doctor every 6 to 12 months. But you can ask for a medication review at any time, especially when changes are made, including starting new or stopping medicines, or when travelling overseas.

You may be able to have a [Home Medicines Review](#) (HMR), where a pharmacist visits you at home. The review gives you the opportunity to ask the pharmacist about your medicines and how to manage them well.

Your doctor will use the results of your review to develop a medication management plan with you. You will need a referral from a GP to have the review.

### Talk to your pharmacist

If you're taking a lot of medicines, talk to your pharmacist. They might be able to make you a pharmacy pack (also called a blister pack or a Webster pack) that will help you take the right medicines at the right time. *Related reading:* [Health Direct](#), [ABC](#)

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

*Yarra Ranges Branch*  
*No. 100132*

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: \$ \_\_\_\_\_

☐ 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)

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