

# MAY & JUNE 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

<u>Monday – 12 May</u> 2.00pm for 2.30pm

**'**Hearing Australia' (NSA)

<u>Guest Speaker</u> Lauren Formston At Lilydale Lake Community Rm

> <u>Monday – 9 June</u> 2.00pm for 2.30pm

"Australian History from a Different Perspective"

<u>Guest Speaker</u> Peter McPhee AM At Lilydale Lake Community Rm

Monday – 14 July

6.30pm <sup>•</sup>Dinner Meeting'

At <u>The Crown Hotel</u> Main Street Lilydale

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

# President's Report

Hí Members,

It was nice to welcome two new members to our club last meeting at the Crown Branch



President Trevor welcomes Jeanette & Les

Dinner Meeting which was well attended in April.

We have unfortunately lost two long standing members of the Branch. Hughie and Connie passing away during April, they will be sadly missed.

Looking forward to catching up with everyone at the May and June Branch Meetings at the Lilydale Lake Community Room in the <u>afternoons at 2.00 p.m</u>.

Happy reading. Trevor President



**Vale** Connie Koger passed away on Friday 25 April 2025.

Connie served and made a positive contribution to our Branch Committee for many years. She will be sadly missed by all who knew her.



**Vale** Hugh Reginald Schaffer passed peacefully in his sleep at Bolton Clarke Lilydale on Tuesday 20 April 2025.

Hughie will be sadly missed by all who knew him.

#### 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 - 2 0419 528 446 Email: <u>chrishill3@bigpond.com.au</u>

Guest Speaker Coordinator Vacant

> Web Administrator Patrick 20413 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 2002 0427 394 642





Congratulations to!

10 May Shirley 5 June Colin F
11 May Kathy 8 June Anne L
14 May Julie 19 June Lorraine Sm
15 May Lyn F 29 June Jenny 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 - 2<sup>nd</sup> Monday of the Month Meet at: 'Lilydale Lake Community Room', Lilydale Lake Rd, off 435A Swansea Rd Lilydale

Monday 12 May @ 2.00pm for 2.30pm start *'Hearing Australia' (supported by NSA)* <u>Guest Speaker</u>: Lauren Formston

Monday 9 June @ 2.00pm for 2.30pm start *Australian History from a Different Perspective''* <u>Guest Speaker</u>: Peter McPhee AM

Monday 14 July @ <u>6.30pm</u> *Dinner Meeting'* <u>At</u> The Crown Hotel Main Street Lilydale





#### Contact Secretary Lyn for Musicals & Ballet

Sunday 18 May @ 2.00pm Sunday 25 May @ 2.00pm

Sunday 8 June @ 1.30pm Sunday 22 June @ <u>1.30pm</u> Sunday 24 Aug @ <u>2.00pm</u> **'The Snow Queen'** – Vic State Barlet @ Karralyka Theatre Ringwood **'Nice Work if You Can Get A'** – CLOC Musical Theatre @ The National Theatre corner of Carlisle & Barclay Sectors St Kilda **'My Fair Lady'** Babirry Music Theatre @ The Round' Nunawading **'Mary Poppins** MDMS Theatre @ Karralyka Theatre Ringwood **'Aladdin'** – Vic State Ballet @ Karralyka Theatre Ringwood (**open**)

# **'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 '*March & April' Grapevine*' – No Photographs

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Sat 3 May	Mooroolbark Comm Centre		
Sat 10 May	Wandin to Seville		
Sat 17 May	Killara to Seville		
Sat 24 May	Lilydale to Mt Evelyn		
Sat 31 May	Barngeong Reserve Croydon North		
Sat 7 June	Mullum Mullum Burnt Bridge		
Sat 14 June	Norton Road Croydon		
Sat 21 June	Mooroolbark Comm Centre		
Sat 28 June	Lilydale Lake		
Sat 5 July	Barngeong Reserve Croydon North		
Sat 12 July	Dorset Reserve Croydon		



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?



### Tim Neville Arboretum Picnic

It was a slightly overcast day but the sun came out to warm our backs while having a restful Picnic amongst the flowers and trees. Knox Council have done a fabulous job of improving this area. I remember it 30 years ago as a bit of a boring open area space

Have included a couple more photos for those that didn't

manage to come.





What an amazing small island in the middle of the Pacific Ocean – 1,733 kilometres from Sydney and slightly less from Brisbane which are the main flight paths to Norfolk. Supplies of goods are shipped in and if the ship doesn't arrive the shelves in the supermarket are pretty bare. This happened while we

were there due to the cyclone off the Queensland coast. Shipping assumed that Norfolk Island would be affected, which it wasn't, as it is long way away and the ship ended up in Melbourne!



They are a very resourceful people who know more ways to cook and use a banana then anyone I know. They are very friendly people who know how to be resourceful and share food resources etc. Apart from supplies being shipped in all fuel also has to come this way and we were fortunate enough to watch a small fuel ship pumping first the Aviation Fuel, followed by Diesel and Patrol into their individual huge holding tanks on land at Cascade Bay. Cascade Bay was the original site of the Whaling Station when it was in operation.

I can highly recommend the '*Norfolk Island Foundation Tour*' organized by *Daytripper Tours* where we stayed at the *South Pacific Resort* on the edge of town. *Burnt Pine* is the main town on the island and has all the facilities including a small hospital.



We were kept busy every morning, afternoon and evening with dinners included. First was '*Who Killed the Surveyor*?' where we had a part to play. We had costumes to put on to play the characters. Denise was Reverand Nobbs and I was his Mrs Reverand Nobbs. Each one had a play book and we read our parts out in between dinner courses. It was great fun and nobody guessed '*Who Killed the Surveyor*?'



Barnabas Chapel built in 1880 was the original site of the *Melanesian Mission* (the latter no longer exists) and is also the site

of the original settler's cemetery. At the Hall a retired 87 years old Whaler told us how they used to go out in the Long Boats to catch Whales at the age of 18 for their oil and meat. It was a very dangerous occupation and it was ceased in the 1960s.



Liz is a direct descendant of one of the original families and she showed us how the islanders gather raw material and make the intricate weaving patterns for hats, mats etc. The Islanders are very much in to repurposing and reusing and Liz's latest idea is to use the plastic strapping that come around boxes and creates. She is weaving these into door mats. (See the blue plastic at the back of the photo)



Plus introducing us to some of their traditional food dishes. She also spoke about the Norfolk Islanders Language which is made up of Old English and Tahitian languages that the locals use.



The Glass Bottom Boat ride around the rock shelf protected Emily Bay was great with many varieties of corals and even a green turtle having a rest in the A BBQ dinner on the sand. shores of Emily Bay was a lovely end to the evening with the setting sun in the background.



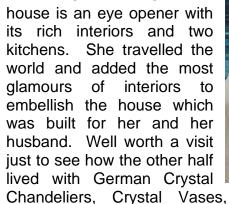


The locals are very enterprising with us visiting

a small Lavender Farm which took a few years to find the right strain of Lavender to survive the Island climate as it is Sub-Tropical which is rain and humidity that Lavender does not like. It was Larkman Nurseries of Lilydale (Vic) who eventually found a Lavender that would successfully survive the climate. They are also trialing Rose Geranium for their oils and growing

Kentia Palms for their seed. The latter is one of the exports from the Island.

The novelist and Australia's most successful author Colleen McCulloch's





entertaining prominent guests to the Island.

Marble Tables

A Dinner and Show 'On the Bounty' was at the Norfolk Golf Club rooms. Again, dinner courses between the various Acts of the play.



We also did a walking tour of some of the shops in Burnt Pine who are using the philosophy of -

Reduce, Recycle & Reuse. One of these shops is Prinke Eco bulk store of flours, nuts, seeds organic vegetables, natural cosmetics etc. Aatuti Art shop where the owner designs and screenprints her tee shirts, skirts, long pants,

table cloths etc. Brook our guide then took us to the RSL where he continued to explain the contribution the island had made during the wars over a cold drink. Rachel in the afternoon then drove us on a tour of the north and west

side of the island to the various parks and lookouts with great views of rugged cliffs and afternoon tea.

'The Commandants Dinner' again enacted in between courses told the story of the beginnings of and early days of the penal settlement of Kingston. It was researched and written by one of the actors and his wife and has been running for over 10years. It was very good and fun.





*'Foundation Day'* was a re-enactment of the landing on Norfolk Island which centered around Emily Bay. The locals dressed in period dress boarded a long boat at one of the Bay and then rowed to the other end where they arrived on shore to proclaim the land and raise the flag pole and flag. Tents were also erected of the period. Very well done. We were very well provided for with a large marquee with tables and chairs, morning tea/coffee, scones, jam and cream.

Plus, a buffet lunch followed. The afternoon was free and dinner was at the Resort.

An early morning start with a short walk at '100 Acres' with Liz who explained how they have kept this remnant forest with the majestic Norfolk Pines as a haven for '*Fairy* and *Sooty Terns*' birds who fly so fast it is hard to photograph them. She also explained the difference between the male and female Norfolk Pines and how to tell them apart. Breakfast was at '*Cooks Landing Lookout*' with the men doing the cooking – yes! Afterwards we went to the Information Centre to get our passports stamped with the Norfolk Island stamp.



On our '*Farm & Industry Tour*' we first went to visit PJ who showed us how he was starting to train his 3 year old English Shire Horse '*Biscuit*' (they are actually bigger than the

Clydesdales). How he has had to train the horse to be used to having bridles, straps, blinkers etc put on her which takes quite a bit of time. Then he led her out to the paddock where he was

training her to listen to his voice commands, then accept the noise of something being dragged behind her which had only happened a couple of times before. This training was to be able to eventually pull a magnificent metal carriage carrying tourist around the local area. Next was a Plant Nursery that harvests the Kentia Palm seeds and

then grows them on in hot houses ready for sale overseas. This is a huge market for them and brings in some much needed revenue. The palm plants are packaged when there is only 2 leaves showing. The market will not accept any plants that are more advanced.

Next was a small farm that grows hydroponic vegetables. Water is a scarce commodity on the island and so this is a very water wise way of growing. They had 3 huge water tanks and plastic houses to improve production.

Finally, it was '*Norfolk Island Liqueurs*' with tastings – yum! It is only a young industry but there was at least a dozen different liqueurs made. There were a

variety of small bottles in packaged sets or full size bottles. Let me tell you – purchases were made!

A progressive dinner that night at 3 different family homes was excellent. Starting with – Smoked Trumpeter Fish, then Chicken Breast wrapped in Bacon and finally Banana Cake and Ice cream.







Must go back again someday as it was a most enjoyable holiday and support the friendly locals.





# **The Lighter Side of Life!**

#### Now we know why we call them 'Bin Chickens'!

#### **Meaning of Words**

This was a high school history exam and we were studying the civil war era. The test question asked you to define the term "extradition". I had actually just transferred from a different class, and hadn't ever seen this material, and so I had no clue. So, I wrote the following answer:



It is when you are having a dinner party, and one of your guests accidentally breaks a plate, and you say "It's OK, I have an extradition in the kitchen."

#### **Don't Mess with Seniors!**

An elderly woman in Florida finished her shopping and walked back to her car, only to find four men inside, about to drive off with it.

She immediately dropped her bags, pulled out her handgun, and yelled at the top of her lungs,

#### "I have a gun, and I know how to use it! Get out of the car – NOW!"

The men didn't wait for her to say it twice. They jumped out and ran as fast as they could.

Still shaking, the woman put her shopping bags in the car, got in, and tried to start it. But no matter how hard she tried, she couldn't get the key into the ignition. That's when she noticed something strange—a football, a Frisbee, and two 12-packs of beer sitting in the front seat.

A few minutes later, she spotted her *actual* car—parked four spaces away. Embarrassed, she moved her bags, got in the right car, and drove straight to the police station to explain what happened.

The officer listening to her story couldn't stop laughing. He pointed to the other end of the room, where four pale, terrified men were reporting a carjacking — by a tiny, elderly woman with curly white hair, glasses, and a big gun.

No charges were filed.

# Moral of the story? If you're going to have a senior moment, make it unforgettable!

A blind rabbit and a blind snake bump into each other. "What are you?" asked one. "I don't know because I am blind" said the other.

So, the snake said "I will feel you and describe you and then we will switch. You have strong back legs, soft fur, a fluffy tail and big ears."

"Oh, I must be a rabbit. My turn. You are a cold-blooded, slimy low-life with a forked tongue." And the snake said "Oh my God, I am a Lawyer!"

# **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 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

Now is the time to make sure you have that list upto-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. \*\*\*\*\*



NALKER, Mrs Gwen

#### 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 **OOO 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.



**\*\*Some News Items from National Seniors** that you may have missed

# NSA calls for bold action on key issues for older Australians

The federal election has been called for 3 May. The election campaign is a critical opportunity to push for policies that improve the lives of older Australians.



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Since the last election, you have told us what is important to you, and we are telling politicians and candidates that if they want the support of older Australians and National Seniors Australia (NSA), then they need to commit to <u>six key policy demands</u>.

We are seeking your help to promote these policies to the wider community. You can do this by sharing with friends and family in several ways:

- Share this article via email.
- Share our <u>election webpage</u> via social media by clicking on these links <u>Facebook</u>, <u>X/Twitter</u> or <u>LinkedIn</u>.

Our six key election priorities are summarised below.

method for calculating deeming rates in the future.

### **Cost of Living**

The rising cost of living, and price rises, are a concern for everyone, but there are two policies that could help.

1. Retain the deeming rate freeze until a fair method is devised.

Deeming rates are used as part of the Age Pension income test; to determine eligibility for the Commonwealth Seniors Health Card, and to determine co-contributions for aged care services. Over recent years, governments have decided to not raise deeming rates in line with rising interest rates.

If deeming rates go up on 1 July, part-pensioners will lose some of their pension income, some selffunded retirees will lose their concessions, and aged care recipients will pay more. NSA wants the freeze to continue until the next government creates a fairer and more transparent

2. Assist pensioners who want to work by exempting employment income from the pension income test.

Current pension rules discourage older people from remaining in the workforce. Age Pensioners lose 50 cents in the dollar from their pension if they work more than the rules allow. This discourages some people from working past pension age, undermining the retention of mature and skilled workers at a time of workforce shortages.

Age Pension rules are complex and confusing and cause many to not work or to work in the black economy to avoid impacting their pension.

Our solution is simple: unwind the complexity by letting pensioners work without impacting the Age Pension income test.

### Health and Aged Care

The health and wellbeing of older Australians is being diminished. The rising cost of private health insurance and out-of-pocket medical costs; and the lack of home care packages all need urgent attention.

3. Review the private health system to reduce premiums and out-of-pocket costs.

Older Australians are frustrated that health costs seem to be rising much faster than other costs at a time that they rely more heavily on the health sector.

Understanding what is causing price inflation is the first step in developing solutions. The Productivity Commission is best placed to undertake an inquiry into the private health care system with a particular focus on the:

- Growth of private health insurance premiums and out-of-pocket expenses
- Value and scope of product offerings covered by private health insurance
- Reforms needed to minimise premiums and out-of-pocket costs
- Reforms needed to suppress price inflation in the private health care sector.

4. More home care packages are needed to reduce the wait list to three months. Approximately 80,000 older people are waiting for a home care package to help them with much needed care and support. About 50,000 additional packages need to be released to bring down wait times to a reasonable level.

We acknowledge that even with these additional packages, wait times for home care services will be impacted by staffing issues.

However, it is important to address the wait list as a first step as this will send a signal to providers to increase capacity.

### **Banking and Superannuation**

Older people are among the most affected by changes sweeping the finance sector and are heavily reliant on savings and superannuation to ensure a decent standard of living in later life. NSA has two key priorities to support financial security for seniors.

5. Create an Australia Post bank for regional and rural Australia.

While post offices, especially in regional towns, supply some banking services, it is not enough to meet people's needs.

Face-to-face banking is being withdrawn, replaced by online banking. Cash is no longer king, as many merchants move to electronic transactions.

The next government should use the proposed banking levy to support Australia Post to obtain an authorised deposit-taking institution (ADI) licence to provide more banking services.

Australia Post will be able to leverage its existing branch network (one of the largest retail footprints in Australia) to provide face-to-face banking services and access to cash in regional, rural, and remote areas.

6. Protect your hard-earned super by retaining choice and control.

Older people value the flexibility and choice offered by our retirement income system and need savings to meet living costs, including health and ageing costs, as they get older.

However, superannuation is often subject to policy changes and debates, including what appears to be the shaming of retirees for not spending enough of their super.

### **NSA believes:**

• While we support the compulsory nature of superannuation in the accumulation phase, older people should retain choice and control over their super during the pension phase.

- People value being able to use super to generate regular income streams, while others value having access to lump sums to fund planned activities and expenses in later life or to pass on to charities or future generations.
- With older people facing rising out-of-pocket health and aged care costs, it is vital superannuation is protected and available to them to meet their ageing needs.
- To protect choice and control, we are calling for:
  - A moratorium on substantive changes to superannuation rules, with future changes subject to rigorous and independent analysis.
  - Amend the legislated Objective of Superannuation to rebalance its focus on the retirement income phase.
  - Resist the imposition of noticeably bad inheritance taxes.
  - Increase Age Pension gifting limits to provide an incentive for pensioners to donate to charity and gift to younger generations.

You can download and read the full details of our six federal election priorities in our federal election priorities document <u>here.</u>

If you found this article to be informative then please share it with your friends and family.

#### **Authors**





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# YARRA RANGES BRANCH 100132 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			
	ast name Date of birth//			
Address				
Suburb		State	Postcode	
phone		Mobile ——		
Email				
	EMBER DETAIL			
Mr/ Mrs/ Miss	/ Ms/ Dr / Mx First na	me		
Last name		Date	of birth///	
Phone		Mobile		
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Are you a curre	ent branch member	Yes No Branch name	9	
I would like	e my nearest National Sen	iors Branch to contact me about attend	ing branch events (meetings, social g	et-togethers & more)
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