

# Yarra Ranges Grapevine

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

## NOVEMBER & DECEMBER 2020



**Due to the Corona Virus (Covid-19), it is the Government's advice that people do not meet in groups.**

**Unfortunately that means we cannot hold our friendly Branch Meetings or our many and varied 'Out & About', 'Morning Melodies'**

**Chris has organized 'Saturday Walks' & 'Dining Out' for November & December.**



### **PLEASE NOTE: Membership Renewals & Joining Members**

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

[Click here for Membership Form](#)

### **Guest Speakers for the Branch Meeting**

**All Meetings Cancelled Due to the Covid 19 Virus Until Further Notice**

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

## President's Report

*Hi Members,*

*Same as the last two months not a lot has changed.*

*A few of the restrictions have eased and we have a little more we are able to do.*

*Good news is Chris has made a booking for our Christmas Break-up dinner on Sunday 6<sup>th</sup> December at 12 noon, at Healesville Sanctuary House. Hope to see everybody up there. It will be good to catch up after seven months.*

*Don't forget to donate items for the Christmas Raffle Hampers. Please check the 'Use By' date on food items. Chris would like them by end of November.*

*Anyone who is not able to do that, please ring me & I can pick them up.*

*Happy Reading Trevor*



**Yarra Ranges Branch Committee**

**President**

Trevor - ☎ 9735 1104

**Vice President & Welfare Officer**

Pamela - ☎ 9735 5449

**Secretary**

Lyn- ☎ 0459 155 527

Email: [yarrarangesnsa@gmail.com](mailto:yarrarangesnsa@gmail.com)

**Treasurer**

Anne - ☎ 97265135

**Activities Coordinator**

Chris - ☎ 9735 1249 / 0419 528 446

Email: [chrishill3@bigpond.com.au](mailto:chrishill3@bigpond.com.au)

**Guest Speaker Coordinator**

Denise

☎ 9723 1403 / 0400 179 086

**Newsletter Editor**

Lyn ☎ 0459 155 527

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**Committee Members**

John and Connie - ☎ 5964 4646

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!*

*Only one Lady in November!*

*13 November Valda*

*No December Birthdays registered*

*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**

@ 'Lilydale Senior Citizens Centre Hall', 7 Hardy Street Lilydale @ 7:00pm for 7.30pm start

**9 November Speaker @ HALL 7 Hardy St Lilydale ?**

**14 December Speaker @ HALL 7 Hardy St Lilydale ?**



*Cancelled*

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

@ Chris' place Meet @ 7.30pm

**Monday 2 November**

**Monday 7 December**



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

**Please Note** All payments in an envelope with name, and date of payment and Outing name. This will be a great help. Thank you, Chris



See you next year when hopefully we can organise Outings

**Cancelled**

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

**Sunday 15 November** 'Picnic at Lilydale Lake' @ 12noon BYO chair, food and drink. Sitting in small groups

**RSVP 13 November** for idea of numbers coming

**Sunday 6 December** 'Christmas Breakup Lunch' @ 12.00noon **Cost \$50.00**

Sanctuary House, Badgers Creek Road, Healesville.

Numbers limited – you need to book by **18 November**



**'MORNING MELODIES'** last Thursday of the Month – Contact Chris to Book

@ 'Olinda Creek Hotel' 161 Main Street Lilydale – Show 10:00am for **10:30am** start

(Note: order & pay for lunch first) - Lunch – 11:30am (1 course \$14.00)

Nothing organised For the foreseeable future

**Cancelled**



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

Walks start **9.30am** unless over 30degrees and then 8.30am

- Sat 7th Nov** Lilydale to Coldstream (new) meet down the end on Jones St between St Pat's school and hall
- Sat 14th Nov** Mooroolbark Retarding Basin park at back of shops in carpark off Charles St M'bark
- Sat 21st Nov** Barneong Reserve Croydon North
- Sat 28th Nov** Chirnside Park Kimberley Drive - park in Community Centre car park
- Sat 5th Dec** Norton Road Croydon
- Sat 12th Dec** Wandin to Seville
- Sat 19th Dec** Lilydale to Lilydale park corner Old Gippsland Rd and Queen Rd
- Sat 26th Dec** Lilydale Lake
- Sat 2nd Jan** Lilydale Lake
- Sat 9th Jan** Barneong Reserve Croydon North

**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		





**YES – IT'S THAT TIME OF YEAR AGAIN WHEN WE COLLECT 'GOODIES' FOR OUR CHRISTMAS HAMPERS!**

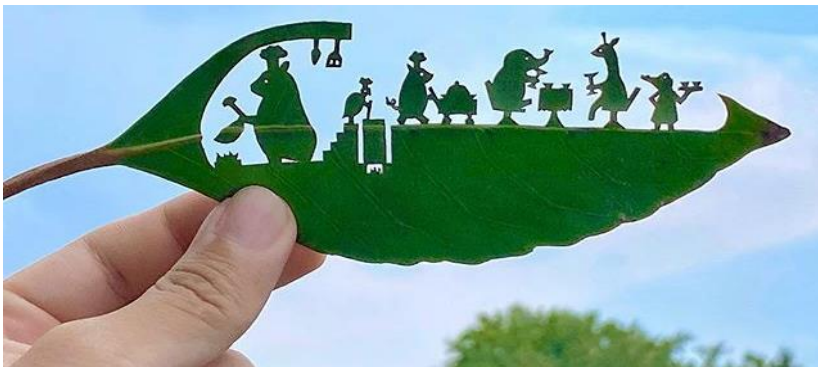
Please check 'Use by' dates!

Deliveries can be made to Chris in person at our two organized '*Dining Outs*' or drop them at her house anytime.

Think of what you would like to receive in a Christmas Hamper – some suggestions are:

*Christmas serviettes, bonbons, plum puddings, mince tarts, shortbreads, chocolates, canned / packet food, teas, coffee, savoury biscuits, nuts, nibbles etc*

*Hamper Raffle Tickets returned to Chris by Saturday 28 November please.*



How clever is this fabulous 'Leaf Art'?

### OTHER NEWSY BITS!

**A LOOK AT THE LIGHTER SIDE OF LIFE TO KEEP YOUR 'TEE HEE' (laughter) WORKING!**



"I told my suitcases they would not be going on holiday this year. I now have emotional baggage"! **Thanks Kathy**

**Thanks Chris, for the following clever play on words**

What did the hamburger name its baby? *Patty*

What animal is always at a baseball game? *A bat*

How much does it cost a pirate to get his ears pierced? *A buck an ear*

What was wrong with the restaurant on the moon? *It didn't have much atmosphere*

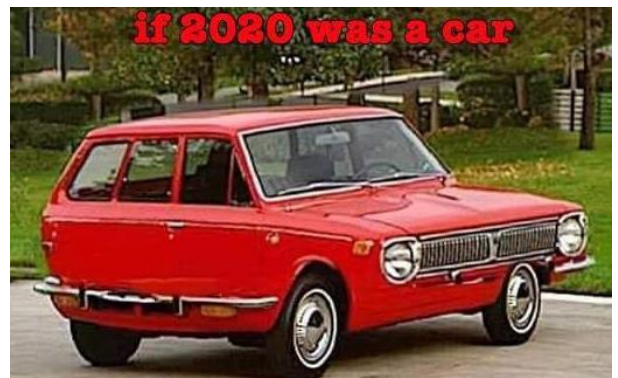
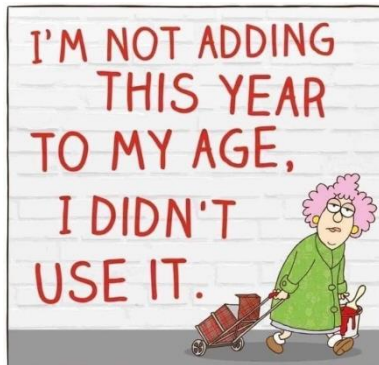
Where do pencils go on holiday? *Pencilvania*

Why couldn't the pony sing? *Because it's a little horse*

Why did the baby strawberry cry? *Because her parents were in a jam*

What did the big flower say to the little flower? *Hi bud*

**If you are arguing loudly on your phone in public, please put it on speaker, I need to hear both sides of the story.**



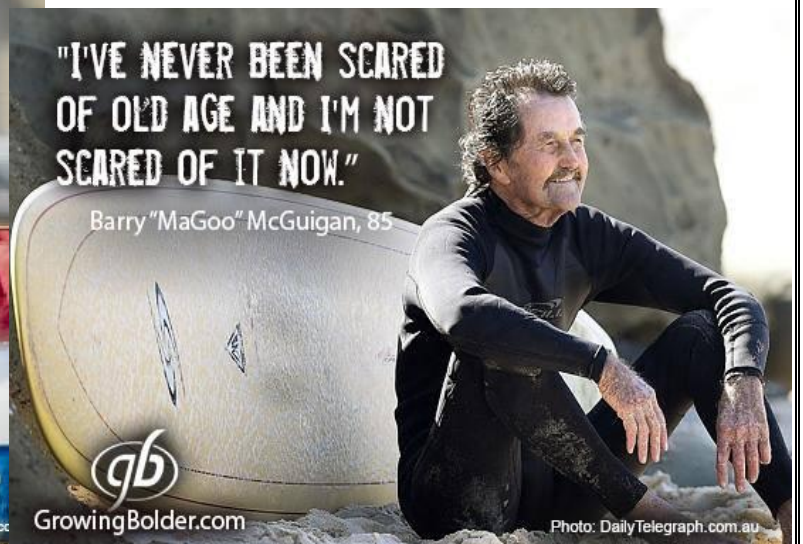
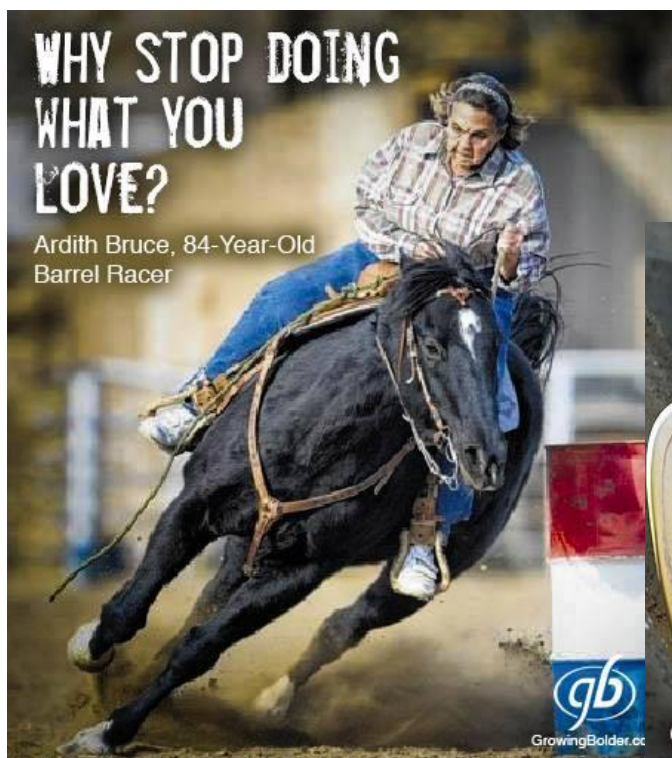
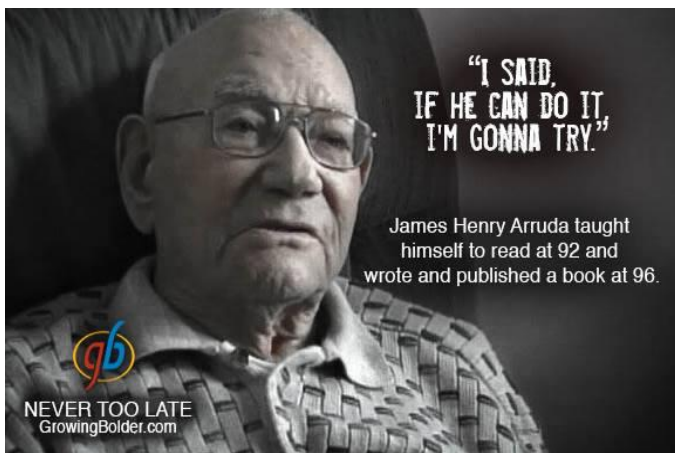




This is Buddy , I bought him as a surprise present for my husband but it turns out he's allergic to dogs . So unfortunately I'm going to have to find a new home for him , and I'm just wondering if anyone out there can help ? . His name is Alan, he's 61, great at DIY, drives a nice car and plans wonderful holidays.



Thank you to Kathy and Gordon for the following 'encouraging' snippets!





## MOVIE REVIEW 'The Last Diamond' by Lyn

I've taken to watching the SBS World Movies & other channels to get my fix of the larger screen on TV. This is a French film set in Belgium and Antwerp about a gang of 'not so successful' Robbers who plan to steal a famous diamond that will be on display for the first time in many years. There are twists and turns, with the ending being not quite what you imagined. A light hearted entertainment movie. Learn to be a speed reader as the subtitles are quick as is the speech. Good chance to brush up on French too.

## MOVIE REVIEW 'The Duchess' by Lyn

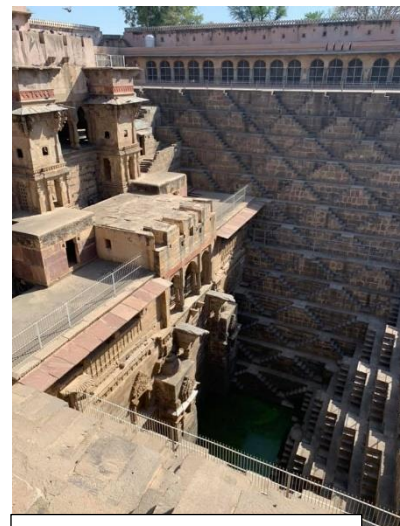
A British movie based on the life of *Georgina, Duchess of Devonshire*. The movie commences in 1774 and follows her life from the time she marries the *Duke of Devonshire*, who at the time, was the wealthiest and most influential man in Britain. Beautifully filmed with magnificent stately homes and gardens as the back drop, gorgeous gowns and fashion. It was a time when women didn't have much of a say in the running of everything, but Georgina had more spirit and was considered quite the beauty and toast of London town, holding many a dinner party with such luminaries as King George II, George Pitt, etc. (This was during the period of the Boston Tea Party and the armed conflict between Britain and America.) Georgina's life needs to be watched to understand the circumstances of women's life during this period. She is also an ancestor of Princess Diana and I found there are some similarities by the end of the film.

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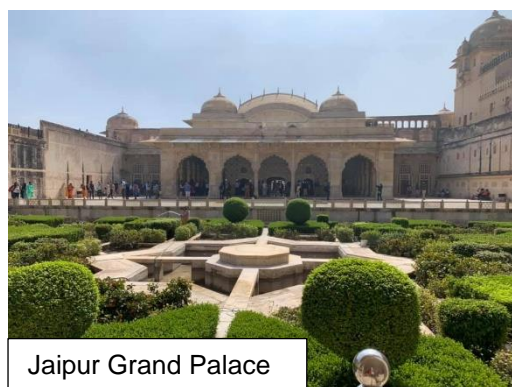
### My Trip to India by Judith Hollier

Earlier this year my sister-in-law and I travelled to India with 'Tripadeal' and were both so glad that we took that chance to visit a place not previously on our radar.

We travelled to Delhi to visit grand locations like India Gate (like Arc de Triomphe), the great Mosque and Red Fort followed by Old Delhi bazaar in a rickshaw then a bonus - Gandhi's peaceful and beautiful villa / garden where he spent his last days before assassination. One of the special places of the world.



Agra's Ancient Step Well



Jaipur Grand Palace

Next was Jaipur, the pink city, where we learnt of the 1,000 year old Mughal / Muslim Empire with its breathtaking architecture and culture.



Agra Courtyard

We wandered through the Maharajah's Palace with its exquisite vistas of the surrounding city and countryside through eastern arched windows and porticos. Watched the elephants marching through the magnificent courtyards.



Taj Mahal

Agra of course was to visit the Taj Mahal and it was a dreamy time for us. We had not expected the reverence of the Indian tourists who were beautifully dressed for their outings.

Varanasi and sunrise on the Ganges River followed. The scene of cremations held on the banks was both most reverent and business-like – the Indian people seemed to cope with spirituality and survival up close; I guess because their culture is 7000 years old, they take most things in their stride.



Varanasi Religious Ceremony

Lastly, we visited Darjeeling and Kalimpong in the highlands, close to Nepal and Tibet, to see Mt. Everest, tea slopes and experience amazing winding mountain roads, pretty towns and colourful houses clinging to the roadside. Staying in lovely old hill station hotels, we imagined the old colonial days here.

A 2 weeks guided tour is not of course enough to say we know the country or its people well, but it was a glimpse of life and history so different to ours. My most memorable sight was a big plaque on an engineer regiment headquarters (the Indian Army is huge) ‘Powered by Intellect’.

PS. This company looked after us well even though there were only 4 people on our tour and covid was affecting many arrangements. As long as we were prepared to be not too precious, we could enjoy the good food, accommodation and sights that were India.

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**How much do you know about Lilydale? from Lorraine - Stay Strong!**



1. What sporting group was behind the rotunda? Why was it moved there?
2. What was the name of Olinda Creek?
3. Why was Lilydale important to the gold rush at Wood’s Point?
4. There is a flowering Queensland Firewheel Tree planted at Melba Park why was it planted?
5. The gates at the Museum have been repaired why were they erected?
6. What happened in 1902 especially at the

rotunda?

7. There is a bell tower in the picture behind the rotunda. Who rang it at the end of WW1?
8. Where is the plaque for James Drummond Burns? A young man lost at war his father was minister at the church 1912 to 1916.

9. Tara in Gardner St, from 1950's was purchased by a succession of Italian Families from Airuzzo. What happened there?

Answers: 1. Bowling Club, moved from Melba Park because the yabbies kept digging holes. 2. Running Creek. 3. Lilydale was the stopping place to pick up supplies & give their horses a rest. 4. Queen Elizabeth 11 Jubilee. 5. The gates were erected in memory of David Mitchell who died in 1916 by Dame Nellie Melba. 6. Lilydale welcomed Melba back & on the Rotunda she was presented with an illuminated address. 7. Melba as she was the only one to have a phone in the area. 8. The stone & plaque are at the War memorial LUC were able to get a grant for this to happen. 9. The family used the house as a "half way" house to help other families migrate from their native village in Italy and settle in the Lilydale district.

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## 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?*



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## National Seniors AUSTRALIA

### Some News Items from National Seniors

**that you may have missed**

**Commissioners mull 'courageous' aged care reforms** (29 October 2020)

124 recommendations have been presented for consideration to the commissioners. What does it all mean?

On 22 and 23 October 2020, a landmark event occurred as part of the ongoing aged care royal commission, albeit with very little fanfare.

What was presented by the Counsel Assisting over two days was a set of recommendations, which they argue should be taken up by the commissioners in their final report to the Governor-General.

National Seniors watched the announcement closely and will be working through each of the recommendations in order to put forward a response to the royal commission by the 12th November 2020. This will be the last opportunity to influence the outcomes of the royal commission before the commissioners' hand down their final report on 22 February 2021.

At the centre of the 124 recommendations is a call to shift aged care from being a system that rations aged care services, to one that provides care based on need.

### Main recommendations

While you can read the detail of all the 124 recommendations [here](#), we have summarised the more significant recommendations for you in this article.

At the centre of the 124 recommendations is a call to shift aged care from being a system that rations aged care services to one that provides care based on need. In doing so, Counsel Assisting tendered a cabinet note from 1997, which essentially recommended the rationing of aged care in order to constrain government spending.

The other significant recommendation is the establishment of a new independent body, the Australian Aged Care Commission, which will be responsible for the provision of aged care services to older Australians.



Recommendations include a call to:

- rewrite the **Aged Care Act** so there is a universal right to access high quality, safe and timely aged care services
- create a new independent **Australian Aged Care Commission** to manage aged care policy outside of the Department of Health and outside of government control
- create a new **Aged Care Pricing Authority** to determine appropriate funding for aged care services
- establish an independent office of the **Inspector-General of Aged Care** to monitor and report on the administration and governance of the system
- implement minimum **staffing requirements** in residential aged care and **transparency** in residential care staffing
- establish a **new aged care program** to combine the existing Commonwealth Home Support Program, Home Care Packages Program and Residential Aged Care Program with a common set of eligibility criteria and a single assessment process
- immediately increase **home care packages** to all people on the waiting list by a specified date
- remove all **young people** from residential aged care
- strengthen the existing **Aged Care Quality and Safety Commission** to review, improve and expand the existing quality standards
- ensure that aged care services to **Aboriginal and Torres Strait Islander people** are culturally respectful and safe
- develop **aged care workforce** strategies and strengthen the workforce council to ensure an adequate and appropriately skilled workforce is available
- increase **award wages and remuneration** for aged care workers to attract sufficient workers
- review aged care certificate-based courses and include **dementia and palliative care requirements** for all staff
- create a national registration scheme and a mandatory minimum qualification for all **personal care workers**
- promote smaller residential care models through a capital grants program for **'small home' accommodation models**
- ensure **people with disability** over 65 not covered by the NDIS receive aged care services on par with those provided through the NDIS
- establish a **Senior Dental Benefits Scheme** for those in residential care or those who live in the community who have the pension or the Commonwealth Seniors Health Card
- immediately increase the **Basic Daily Fee** by \$10 per person per day and continue the increase in the **Viability Supplement** of 30% for services in **regional, rural and remote areas**
- remove **co-contributions** for care services in the home and in residential care but include nominal co-payments for domestic assistance associated with home care
- recalibrate **fees for living costs** in residential care so that the means tested fee is zero for those on a full pension rising progressively so that non-pensioners pay the full costs of living
- establish **stricter prudential standards**, including liquidity, capital adequacy and continuous disclosure requirements; as well as more stringent financial reporting
- introduce **civil penalties** for failure to provide high quality and safe care, including sanctions for directors and/or other personnel and the right of compensation.
- strengthen the **powers of the quality and safety commission** to investigate complaints, including the power to enter premises, compel the production of documentation and question staff
- improve **complaints management** processes
- introduce a **star rating system** based on measurable and comparable quality indicators

National Seniors will publish its response to the recommendations on its website when this is submitted to the royal commission on the 12 November 2020 and will provide a link to this submission in the Connect e-newsletter



### 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.

## Wealth no Guarantee of a Comfortable Retirement (29 October 2020) [Latest Finance](#)

Financially comfortable makes for comfortable lifestyle in retirement, right? Not necessarily, according to new research by National Seniors and Challenger Limited

In a new report, *Retirement Comfort – Personalised versus Standard plans*, National Seniors and Challenger have uncovered some interesting attitudes amongst seniors and comfortable lifestyle spending.

It found that being wealthy was not necessarily a guarantee of living a comfortable lifestyle.

Conversely, the joint research also found that not everyone on the aged pension found they were ‘constrained’ in their lifestyle spending.

“Being wealthy certainly means people can spend more on their lifestyle, but our research shows that personal priorities and preferences are critical in defining retirement comfort,” National Seniors CEO, Professor John McCallum said.

The report surveyed National Seniors members on spending attitudes on a range of lifestyle categories including:

- eating out
- holidays
- energy bills
- quality products
- home renovations
- household items and appliances
- phone and internet connection
- quality clothes.



Respondents were divided into three age groups:

- Those aged 60 – 69
- Those aged 70 – 79
- Those aged 80 +



Interestingly, the category all three age groups felt the least comfortable spending was eating out.

While taking holidays ranked high in spending comfort among the 60 – 69 and 70 -79 age groups, less so for those aged 80 plus.



You can see the results for the other categories below.

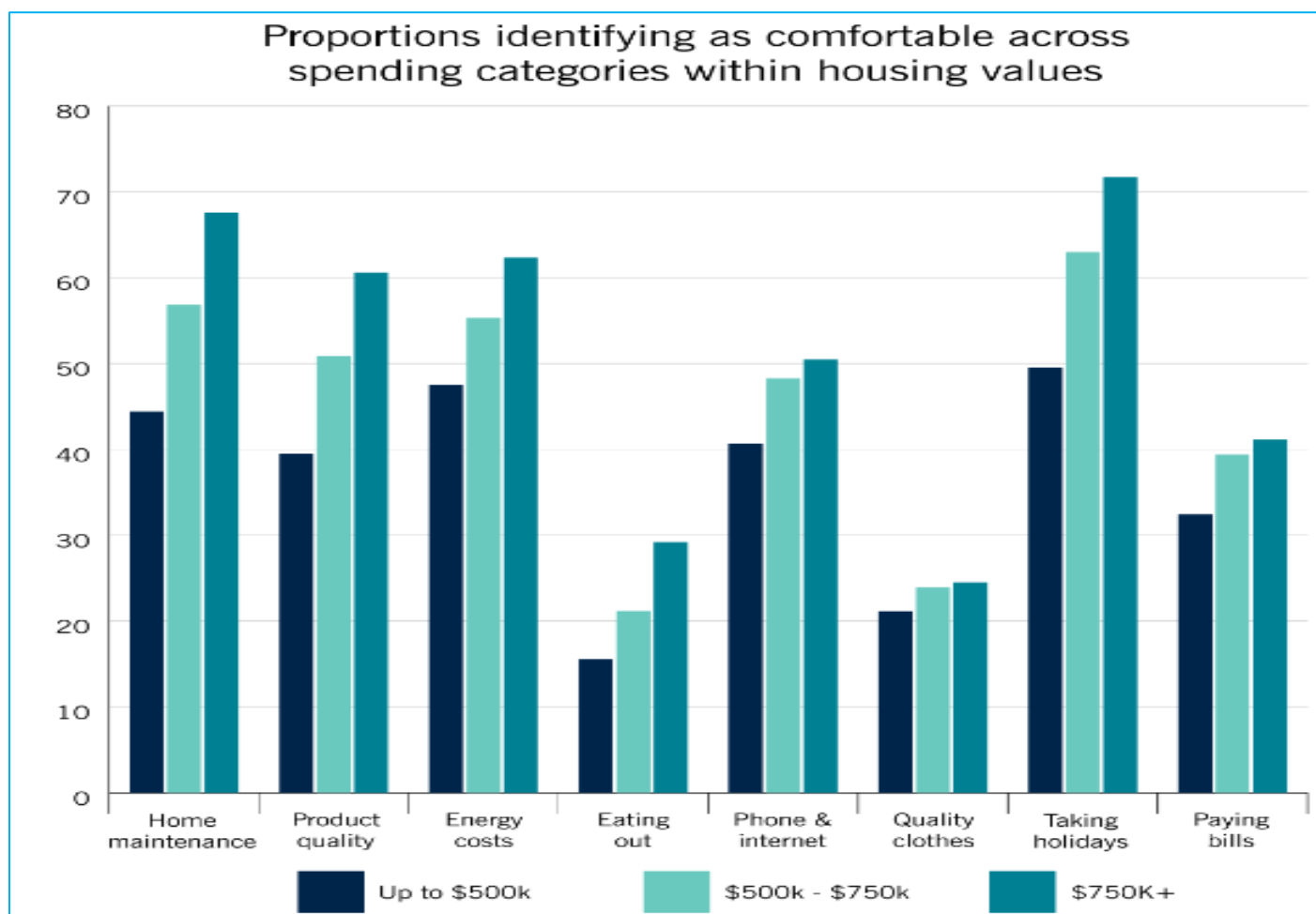
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As well as wealth, alleviating people’s worry about outliving savings was also very important to their spending decisions. Even if you are wealthy, being worried about having enough to last will affect your spending patterns and financial comfort.

Professor McCallum emphasized that COVID-19 has upended the future for many retirees who are now experiencing serious financial hardship and distress.

“Our planning of a comfortable retirement lifestyle needs to be reinvented and tailor-made,” he said. “This is especially important now that information and advice are becoming increasingly digitalised with the strong temptation to standardise it!”

“Dealing with these issues is a priority to minimise retirees stress. We need to ensure planning for retirement comfort is focused on personally relevant assumptions about future needs”.

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

**PERSONAL DETAILS**

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

**JOINT MEMBER DETAILS**

Mr / Mrs / Miss / Ms / Dr First name \_\_\_\_\_  
Last name \_\_\_\_\_ Date of birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Phone \_\_\_\_\_ Mobile \_\_\_\_\_  
Email \_\_\_\_\_

**MEMBERSHIP AND PAYMENT DETAILS**



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](http://nationalseniors.com.au)

I would like to receive 'My Generation' Magazine by Mail

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