Yarra Ranges Grapevine



NOVEMBER & DECEMBER 2026

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 2026

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Monday
9 November
7.00pm for 7.30pm
'Angel Flight'

Presenter: Pilot Mark Somers
@
Lilydale Lake Community Room

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Monday
14 December
6.30pm
'EOY Chat'n'Chew Picnic'
@
Lilydale Lake Picnic Shelter opposite the Community Room

NO BRANCH MEETING JANUARY 2027

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(Speaker ideas please)

If you have a suggestion for a '*Guest Speaker*' please contact the Secretary



President's Report

Hi Friends

Welcome to my inaugural President's Report.

Firstly, I would like to thank Trevor for serving us very well during his term as President. I hope that he can now enjoy his time as a commoner!!

I hope that everyone is keeping well, especially in the lead up to Christmas and the New Year.

We had a wonderful meeting at The Crown which was very well attended in October. I know that my meal was delicious as always.

Chris has been keeping us very busy with some wonderful activities. The Mystery Trip was very interesting and memorable.

*I just want to remind everyone to return your **Christmas Raffle Tickets** and **'Goodies'** (check 'Use by Date') for the **Christmas Hampers** by the **November Meeting**.*



Cheers Lynne President

COMMUNITY INFORMATION NOTICE:

JP facilities are available at the Croydon & Lilydale Police Station on the following days and times –

Croydon	Tuesdays	10.30pm to 1.00pm
Lilydale	Thursdays	10.00am to 1.00pm

Yarra Ranges NSA Branch Committee

President
Lynne L - ☎ 0403 166 150

Vice President & Welfare Officer
Steve - ☎ 0427 394 642

Secretary
Newsletter Editor
Lyn F – ☎ 0459 155 527
Email: yarrarangesnsa@gmail.com

Treasurer
Lyn J - ☎ 0418 598 521

Activities Coordinator
Chris - ☎ 0419 528 446
Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator
Vacant

Web Administrator
Patrick
☎ 0413 726 726

Committee Member
Elaine - ☎ 0427 394 642
Kathy - ☎ 0438 257807

Welfare Officer *Please contact our WO if you know of anyone who is unwell, having an operation, in need of help or has passed away within the family.*
Vice President & Welfare Officer Steve on ☎ 0427 394 642



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Congratulations to!

17 Nov - Diane
20 Nov - Lois
14 Dec - Lorraine Sch
6 Dec - Gail
11 Dec - Helen

Don't forget to email / phone your birthday & month to Lyn F at yarrarangesnsa@gmail.com

DIARY DATES

'WELCOME' to our BRANCH MEETING DATES - 2nd Monday of the Month
Meet at: *'Lilydale Lake Community Room',* Lilydale Lake Rd, off 435A Swansea Rd Lilydale

Monday 9 November @ 7.00pm for 7.30pm
'Angel Flight' **Presenter: Pilot Mark Somers**



Monday 13 December @ 6.30pm
'EOY Chat'n'Chew Picnic' *BYO Chair, Picnic & Drinks*
Tea / Coffee & Loo available in Community Room

Please email your ideas for **Guest Speakers** or **Activities** to – **yarrarangesnsa@gmail.com or speak to the Secretary**

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COMMITTEE MEETINGS - 1ST Monday of Month
@ Chris' place

Monday – 2 November **Monday – 7 December**



* NOTE FROM CHRIS *

Everyone needs to please **text or email** Chris - ☎ 0419 528 446
Email: chrishill3@bigpond.com.au
with any changes you want to make after they have put your name down for an '*Outing & About' / 'Dining Out' / 'Morning Melodies'*.

Also, if you put their name down for an '*Outing & About' / 'Dining Out' / 'Morning Melodies'* please make sure you **put it in your diary**, so you don't overlook or forget what you have made a commitment that date.



'OUT & ABOUT' – BLUE

'DINING OUT' – PINK

'MORNING MELODIES' - GOLD



Activities

Please Contact Chris '*Activities Coordinator*' to Book and to cancel in time

Please Note: All payments in an envelope with name, amount of payment and Activity name. This will be a great help. Thank you, Chris

'*Out & About*' – Blue' '*Dine Outs*' – Pink' '*Morning Melodies*' – Gold'

MORNING MELODIES @ The International Hotel Maroondah Highway Lilydale
Please note: *Order* **lunch before show at 11.00am. Lunch 12.00noon**

Wednesday 4 Nov @ 11.00am	'***The Sounds of Broadway'*** – Anthony Gerace
Thursday 5 November @ 6.30am	***'Hoks Restaurant'*** Main Street Lilydale
Wed 11 November @ 10.00am	***'Millers Homestead Tour'*** Cnr Dorrigo Dr & Melrose Ct Boronia (1 Hr) **Lunch** @ Boronia Hotel 112 Boronia Road Boronia
Friday 13 November @ 6.00pm	'***Caladenia Trivia Night'*** Mooroolbark Bowles Club 170 Hull Rd Mbark
Sat 21 & Sun 22 November	***'Lost Children Area'*** **Lilydale Show – ROSTER (Need WWC Card)**
Monday 23 November @ 6.30pm	***'OOM INN Thai Restaurant'*** 133 – 139 Main Street Lilydale
Monday 30 November @ TBC	***'Yarra River Cruise up the Yarra'*** @ **11.15am** **Cost $24.00** Plus **Lunch** Train to and from Flinders Street
Wednesday 2 Dec @ 11.00am	'***The Baby Boomers Duo'*** - Christmas Show
Sun 6 December @ 10.00am-3.00pm	***'Lilydale Melba Festival & Street Fair' Marquee*** Main Street Lilydale
Sunday 6 December @ 5.30pm	***'Christmas Dinner & Raffle'*** @ Eastwood Golf Club 332 Liverpool Rd Kilsyth South
2027	
Thurs 7 January @ 6.00pm	***'Fish'n'Chips by the Yarra'*** @ Stiggants Reserve 45 Yarra Road Warrandyte. BYO Chairs & Drinks etc

Musicals & Ballets (TBA) — Please book with Lyn F

Sunday 21 March @ 1.30pm	'***Annie'*** **Nova Musical** @ The Round Theatre Nunawading
Sunday ? May @ 2.00pm	'***Frozen'*** **CLOC Musical** @ The National Theatre St Kilda
Sunday 30 May @ 1.30pm	'***Guys & Dolls'*** **Babirra Musical** @ The Round Theatre Nunawading
Sunday 20 June @ 1.30pm	'***Billy Elliot'*** **MDMS Musical** @ The Karralyka Theatre Ringwood

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

Please Note – Saturday Walks start at 9.00am

These 2 photos are from the same walks – do you know where? Answers in next '*Grapevine*'
Photos 1 & 2 in the **'Aug & Sept'** ***Grapevine*** **– Wandin to Seville Walk**



Sat 7 Nov	Lilydale to Mt Evelyn
Sat 14 Nov	Killara to Seville
Sat 21 Nov	Lilydale Lake
Sat 28 Nov	Barngeong Res Croydon Nth
Sat 5 Dec	Dorset Reserve Croydon
Sat 12 Dec	Norton Road Croydon
Sat 19 Dec	Mooroolbark Comm Centre
Sat 26 Dec	Lilydale Lake
Sat 2 Jan 2027	Mullum Mullum Burnt Bridge
Sat 9 Jan	Wandin to Seville



Note: If there is an **all day** '***Out & About***' organised, we won't be walking

OTHER NEWSY BITS!

Contributions to our Newsletter



Have you been travelling?
Have you attended a good show*?*
Have you read a good book?





Is there something you have experienced, that you would like to share with the members of the Branch?
A story? One-liners? Photos from outings?

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Mystery Trip?

9.30am was the time to be at the Kiosk under Lilydale Station. 13 Members were on time and willing to see where we would be going on this Mystery Trip?
Chris organized our $3.00 tickets and we crossed to the other side of Maroondah Highway to catch a V Line Coach heading out of town. Our tickets gave us our destination of – Yarck.



Arriving at Yarck about 11.30am just in time to order our coffee at our favourite '*Harvest Wholefoods Organic Café*'. Unfortunately, we didn't let them know we were coming and so there were no blueberry muffins available. They are a favourite after last time when we even had 'take aways'.

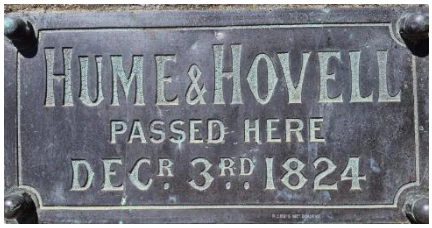


Lunch was at the Yark Hotel with a good choice and a Seniors Menu too. There were a few steaks ordered as the meat is sourced locally. We were a little surprised to see the V Line Coach return during our lunch as its destination was Mansfield. It was very unfortunate and very sad that we later learnt of a fatal accident that had occurred on the highway on the other side of Yark. We were over an hour late in leaving Yark in the afternoon as we had to wait on a small

bus coming from Mansfield with the people who were returning to Melbourne and to pick up the people who wanted to travel to Mansfield.



After lunch we walked the small town and found the Book Shop, the Yark Hall (formally the Yark Mechanics Institute & Library 1888), Two Churches, Memorial plaque to explorers Hume & Hovell who passed this way in 1824 and the World War I Memorial



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The Lighter Side of Life!

A blonde and a lawyer are seated next to each other on an aeroplane flight.
The lawyer asks if she would like to play a fun game?
The blonde, tired, just wants to take a nap, politely declines and rolls over to the window to catch a few winks.
The lawyer persists and explains that the game is easy and a lot of fun.
He explains, "*I ask you a question, and if you don't know the answer, you pay me $5.00, and vice versa*".
Again, she declines and tries to get some sleep.
The lawyer, now agitated, says, "*Okay, if you don't know the answer you pay me $5.00, and if I don't know the answer, I will pay you $500.00*".
This catches the blonde's attention and, figuring there will be no end to this torment unless she plays, agrees to the game.
The lawyer asks the first question.
"*What's the distance from the earth to the moon?*"
The blonde doesn't say a word, reaches into her purse, pulls out a $5.00 bill and hands it to the lawyer.
"*Okay*" says the lawyer, "*your turn.*"
She asks the lawyer, "*What goes up a hill with three legs and comes down with four legs?*"
The lawyer, puzzled, takes out his laptop computer and searches all his references, no answer.
He taps into the air phone with his modem and searches the net and the library of congress, no answer.
Frustrated, he sends e-mails to all his friends and coworkers, to no avail.
After an hour, he wakes the blonde, and hands her $500.00.
The blonde says, "*Thank you,*" and turns back to get some more sleep.
The lawyer, who is more than a little miffed, wakes the blonde and asks, "*Well, what's the answer?*"
Without a word, the blonde reaches into her purse, hands the lawyer $5.00, and goes back to sleep.
And you thought blondes were dumb!

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GETTING OLDER

A distraught senior citizen phoned her doctor's office. *"Is it true,"* she wanted to know, *"that the medication you prescribed has to be taken for the rest of my life?" "'Yes, I'm afraid so,'"* the doctor told her. There was a moment of silence before the senior lady replied, *"I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS!'*



An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anaesthesia, he asked to speak to his son.
"*Yes, Dad, what is it?" "Don't be nervous, son; do your best, and remember if it doesn't go well and something happens to me, your mother is going to come and live with you and your wife! "*

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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.

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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.

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MORE STICKERS HAVE ARRIVED!

'*Keep Cash*' Campaign



We have obtained more stickers from Head Office in Brisbane for distribution to local traders and retailers who wish to continue receiving CASH. These are available now.



NSA wants to help buck the 'cashless society' trend and keep cash circulating. To do this, they need our help to encourage retailers that accept cash to display our new ***'We accept cash'*** sticker.
Let's get our message out there. All we need to do is encourage retailers in our local area to display the ***'We accept cash'*** sticker for customers to see.
You could even take a photo of the sticker being displayed and email it to us at policy@nationalseniors.com.au Participating businesses are added to NSA website page and shared on our social media.

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National Seniors AUSTRALIA

Some News Items from National Seniors that you may have missed

Feeding your future brain:

How food affects long-term cognitive function

Dr Libby (PhD) offers nutritional insight into how to protect your brain now and into the future.

Research is challenging the idea that dementia is solely down to genetics and other factors beyond our control.

There are specific dietary patterns associated with better cognitive health over time. Your brain is highly metabolically active, with significant energy and nutrient requirements. A brain-friendly plate doesn't require an elaborate new diet; a variety of whole real foods is key. Small choices, repeated often, can add up to a very different way of feeding your future brain.

We tend to think about dementia as something that happens to us. Something determined by age, genetics or perhaps luck. But research is increasingly challenging that idea.

A major **2024 report from the Lancet Commission identified 14 potentially modifiable risk factors** and estimated that addressing them across the course of our lives could prevent or delay around 45% of dementia cases.

That doesn't mean dementia is always preventable. Age and genetics still matter, as do factors outside our individual control. But it does tell us something important: how we live throughout our lives may influence how our brains age. What we eat is one part of that picture. And when researchers look at the dietary patterns associated with better cognitive health over time, some remarkably consistent themes emerge.

So, what does eating for your future brain actually look like?

It's the pattern that matters

Two of the most researched approaches to eating for brain health are the Mediterranean diet and the MIND diet.

The Mediterranean diet centres around vegetables, fruit, legumes, nuts, wholegrains, and olive oil, with fish and some minimally processed foods regularly included.

The MIND diet combines elements of the Mediterranean and DASH (a way of eating that emphasises whole real foods, particularly those rich in potassium, magnesium, calcium, and fibre to help lower blood pressure) diets, with an additional emphasis on foods such as leafy greens and berries.

Rather than hinging on one "brain food", both approaches have something important in common: they create an overall pattern rich in vegetables, beneficial fats and naturally occurring compounds including antioxidants and polyphenols. Research has linked greater adherence to Mediterranean-style eating with better cognitive outcomes.

In the **PREDIMED-NAVARRA randomised clinical trial**, older adults following Mediterranean diets supplemented with either extra virgin olive oil or nuts showed better cognitive outcomes than the control group over the study period.

Why might these foods matter?

Your brain is extraordinarily metabolically active. Although it accounts for only a small proportion of body weight, it has significant energy and nutrient requirements.

That makes the quality of the raw materials we provide important. Omega-3 fatty acids, particularly those found in oily fish, are components of brain cell membranes and are involved in normal neuronal function.

A **systematic review examining omega-3 fatty acids, Mediterranean-style eating and cognitive function** found evidence of an association with healthier cognitive ageing, although the researchers noted that findings across studies were not entirely consistent.

Then there are antioxidants and polyphenols, found abundantly in colourful vegetables and fruit including berries, herbs, nuts, and extra virgin olive oil.

These compounds are of particular interest because oxidative stress and inflammation are among the biological processes being investigated in relation to cognitive ageing.

Extra virgin olive oil is especially interesting. Beyond its high concentration of monounsaturated fats, it contains a variety of phenolic compounds. In a **2024 study following more than 92,000 US adults for 28 years**, consuming more than 7 grams of olive oil per day was associated with a 28% lower risk of dementia-related death compared with rarely or never consuming it.

What does a brain-friendly plate actually look like?

The encouraging part is that eating with your future brain in mind doesn't require an elaborate new diet. It can be as simple as making vegetables the foundation of meals and choosing plenty of different colours across the week.

Add legumes such as lentils and beans regularly. Snack on nuts and seeds. Choose wholegrains (if you digest them well) over more heavily refined options. Include oily fish and make extra virgin olive oil a regular kitchen staple.

Berries and leafy greens feature particularly prominently in the MIND approach, but variety matters too.

Different plant foods provide different combinations of vitamins, minerals, fibre, and phytochemicals, which is another good reason not to pin your hopes on one supposedly superior food or ingredient.

Feed the brain you want to take into the future

None of us can completely control what happens to our cognitive health as we age. Yet, that doesn't mean our everyday choices are insignificant.

Perhaps the most useful shift is to stop thinking about brain health as something that begins in old age. The meals you eat today are part of a dietary pattern that builds over years and decades.

You don't need to overhaul everything overnight. More plants, more colour and more whole foods alongside beneficial fats from foods such as nuts, seeds, fish and extra virgin olive oil.

Small choices, repeated often, can add up to a very different way of feeding your future brain.

Author



Dr Libby
Dr Libby has a Bachelor of Health Science (Nutrition and Dietetics) (Hons), a PhD in Biochemistry, and 25 years of clinical experience. Subscribe to Health Matters below.

Your body is not something to fight against or 'fix.' It is a masterpiece – resilient, wise, always working for you. Nourish it, trust it, listen to it and watch how it transforms in response to care, rather than deprivation and judgement.
– Dr Libby

YARRA RANGES BRANCH ID 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 _____

Last name _____ Date of birth ____ / ____ / ____

Address _____

Suburb _____ State _____ Postcode _____

phone _____ Mobile _____

Email _____

JOINT MEMBER DETAILS

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

Last name _____ Date of birth ____ / ____ / ____

Phone _____ Mobile _____

Email _____

Are you a current branch member ☐ Yes ☐ No Branch name _____

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

MEMBERSHIP AND PAYMENT DETAILS

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

1 Year	☐ Single $49.50	☐ Joint $80	**2 Year**	☐ Single $88	☐ Joint $143
3 Year	☐ Single $120	☐ Joint $180	**5 Year**	☐ Single $220	☐ Joint $325

TOTAL PAYABLE: $ _____

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

☐ Please charge my credit card ☐ Visa ☐ MasterCard

Card number ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ CVC ☐☐☐

Cardholder's name _____ Expiry ____ / ____

Cardholder's signature _____

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

Please return this coupon with payment to:

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



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

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

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