

Yarra Ranges Grapevine

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

SEPTEMBER & OCTOBER 2019

**Branch Meetings are held on 2nd Monday of the Month at the
Lilydale Senior Citizens Centre 7 Hardy Street Lilydale.
(Unless advised otherwise)**

Next Branch Meetings will be on

**Monday 9 September at 7:00pm for 7.30pm start @ Hall (as above)
& Monday 14 October at 6.30pm Dinner Meeting @ 'The Crown'**

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 also receives a small retainer for your membership - thank you

[Click here for Membership Form](#)

Guest Speakers for the Branch Meeting

**Monday 9 September
2019 AGM**

'Show & Tell'

Hall Meeting
7 Hardy Street Lilydale

**Monday 14 October
Dinner Meeting**

@ **6.30pm** at the
The Crown Hotel
Main Street Lilydale

**Monday 11 November
John Lowry**

'Mooroolbark Mens Shed'

Hall Meeting
7 Hardy Street Lilydale

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

President's Report

It is good to see plenty of members at our last monthly meeting.

We still have more new members to welcome maybe at the next meeting.

It was nice to celebrate Dorne and Chris's Big "O" birthdays.

Last meeting our guest speaker Yvonne from 'Gifts & Gadgets' was very good. By all accounts she made some serious money. Thanks to all the members, the Branch received a % so we used this to purchase some gifts for raffles.

Next meeting 9th September at Lilydale Senior Citizens, 7 Hardy St Lilydale.

Happy Reading

Trevor.



'Chick Magnet!'



SPRING HAS SPRUNG!

And it is the start of the allergy season. Please look after yourself and stay safe

Yarra Ranges Branch Committee

President

Trevor - ☎ 9735 1104

Vice President

Pamela - ☎ 9735 5449

Secretary

Lyn- ☎ 0459 155 527

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

Treasurer

Anne - ☎ 97265135

Activities Coordinator

Chris - ☎ 9735 1249

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Denise

☎ 9723 1403 or 0400 179 086

Newsletter Editor

Lyn ☎ 0459 155 527

Committee Members

John and Connie - ☎ 5964 4646

Elaine - ☎ 9739 4642

Happy Birthday & Congratulations to!



<i>9th September</i>	<i>Fay</i>
<i>27th September</i>	<i>Olga</i>
<i>1st October</i>	<i>Doris</i>
<i>4th October</i>	<i>Steve</i>
<i>8th October</i>	<i>Gordon</i>
<i>22nd October</i>	<i>Elaine</i>

We would like to celebrate your day!

Don't forget to email / phone your birthday & month to Lyn

DIARY DATES

'WELCOME' to our BRANCH MEETING Dates - 2nd Monday of the Month

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

9 SEPTEMBER AGM @ HALL - 7 Hardy Street Lilydale

'Show & Tell'

Please bring along something of interest to share with members



14 OCTOBER

***'Dinner Meeting'* @ 6.30pm @**

***'The Crown Hotel'* Main St Lilydale**

11 November

@ HALL - 7 Hardy Street Lilydale

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

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



Wed 18 Sept

***'Dialogue in the Dark'* travel by train to Melbourne**

Wed 25 Sept

***'Terracotta Warriors from China'* Exhibition Nation Gallery**

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

Thur 3 October

***'Trivia Morning'* for Seniors Week @ 10.00am for 10.30am start at Lilydale Bowls**

Club **\$5 entry** includes Devonshire Tea / Coffee **Bring all your friends!**

Thur 16 October

***'Rock of Age's'* Karalyka Theatre Mines Road Ringwood @ 7.30pm \$50.00 (50-70s)**

Thur 7 November 'Oaks Day' at Yarra Glen Racecourse

Sun 10 November 'Mystery Car Rally' – see more information near back of the 'Grapevine'

Wed 27 November 'Telecommunications Museum' by train Lunch at a Glenferrie Hotel

'DINING OUT' - Contact Chris Activities Coordinator to Book



Tues 27 August 'William Anglis' **Lunch Buffet** Lilydale @ 12.00 noon \$20

Sun 8 September 'OTree' Café **Brunch** Maroondah Highway Lilydale @
9.30am – 11.30am \$29

Tues 8 October 'William Anglis' **Lunch a la Carte** @ 12 noon from \$20 for 2 or 3 courses

Sat 5 October 'Rowannas' Switchback Road Chirnside Park @ 6.30pm

Sat 2 November 'Kilsyth Club' Cnr Canterbury & Colchester Roads Kilsyth @ 6.30pm

Sun 8 December 'Sanctuary House' Badgers Weir Road Healesville @ 5.30pm – Christmas Breakup

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

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

(Note: order & pay for lunch first)- Lunch – 11:30am (1 course \$12.00)

Thurs 12 September

Natalie Jay '50s, 60s, 70s Show'

Thurs 10 October

Col Perkins 'John Denver Show'

Thurs 14 November

Tony Diamond 'Good Times & Classic Hits'

Thurs 12 December

Marty Fields 'Christmas Show' 2 course lunch \$30



COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place Meet @ 7.30pm

Monday 2 September

Monday 7 October

Monday 4 November



'SATURDAY WALKS' - Contact Chris Activities Coordinator for details

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

Photos in the July & August 'Grapevine' - Answers!

1st & 2nd- Along the Warburton Trail from Old Gippsland Road Lilydale to Mount Evelyn return Walk

Photos from our walks – do you know where they are?

Come and join us to find out?

Both photos are from the same walk.

Answer in the next edition of the 'Yarra Ranges Grapevine'

Sat 7 September

Wandin to Seville

Sat 14 September

Lilydale to Lilydale

Sat 21st September

Barneong Reserve Croydon North

Sat 28th September

Mullum Mullum Burnt Bridge



Sat 5th October

Lilydale Lake

Sat 12th October

Norton Rd Croydon

Sat 19th October

Wandin to Seville

Sat 26th October

Lilydale to Mt Evelyn



Tradies Corner

Carpenter Hans ☎ 0418 111 499	Electrician Shockfree Electricians ☎ 0411 035 345	House Renovations Tandin Constructions Tim ☎ 0412 185 353
Kitchens Touchwood Kitchens ☎ 0418 542 130	Painting Craig ☎ 0421 889 326	Plumber Lachy ☎ 0438 563 788
Tile & Bathroom Renovations Stephen ☎ 0419 894 874		

OTHER NEWSY BITS!



An homage (or should that be damage) at the city that ought to have been the servant of wisdom, aka...

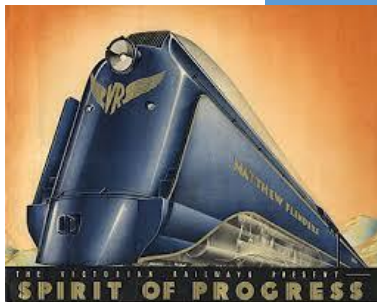
the Bendigo Blitz

Words by Constantine Veloute

Bendigo Trip

'Tudors to Windsors'

Our intrepid Reporter alias Constantine Veloute has given us an insight into the Bendigo 'Out & About'. Enjoy the humour.



I was hoping this would be our locomotive

In winter, Melbourne can be cold, damn cold. So what made eleven, normally sane, seniors, myself included, leave their comfortable homes well before dawn on a mid-winter Wednesday morning? We were heading to various railway stations to all meet-up in the famous second last carriage in order to make a lightning visit to Bendigo, some 200kms distant, and thence to see the icons of our 'liege lord' her antecedents and her progeny.



Bendigo Railway Station

And as if to pay us back for filling what would have been eleven extra commuter seats on the journey to Southern Cross Station, Vic Rail ran the Bendigo train out of a through platform causing us all to do a rapid about face, roll-call and then a scramble for seats. Your reporter was hoping an 'S class' loco, pictured in this article, would be our motive power however that task was adequately provided for by a vLocity160 diesel set-up. The next 2 hours were spent jawing as we sped half way across the state of Victoria in comfort before arriving at Bendigo's charming Victorian station. We then bussed to the Gallery precinct and because travelling makes one hungry we dined at the *Riffle Brigade Hotel* (Country food at Capital City Prices) while we awaited our allotted exhibition time slot at the Bendigo Art Gallery.



Bendigo Art Gallery

Architecturally, the Art Gallery is an amalgam of early and late Victorian buildings blighted by a 1960's, albeit practical, entrance. One feels that going subterranean with the entry would have been a more sympathetic option. The building housed a largish permanent collection in stylish gallery rooms as well as hosting the exhibition we had loyally travelled so far to see.

The exhibit was quite extensive filling several rooms with portraits of the Royals and their entourage and accoutrements from the time of Henry VII



TUDORS TO WINDSORS
British Royal Portraits

INTRODUCTION BY DAVID CANNADINE



The Exhibition Program



Queen Elizabeth II by Dorothy Wilding, 1952
© William Husler and Georgina Husler/National Portrait Gallery, London



onwards. This reporter found to his surprise the whole thing very interesting. My take-away being that the Stuarts were better looking (or had better artists) than the Tudors. The Hanoverians wore ornate pyjamas all day, and the Saxe Coburg Gotha's (the current lot) can be quite attractive particularly when young. I think the Brits kept some of the rarer pictures of our queen at home though. I did not see the regaled Wilding Portrait nor the famous Annigoni portrait (both used extensively on postage stamps) and where was the Rolf Harris portrait of the Queen? And then there was everyone's favourite Royal. The late Princess of Wales. There were pictures of her well into her thirties still casting shy glances. And, for those of us with hope in our hearts, there have been reports of Dianna and Elvis sightings at numerous chip shops around the world.

While waiting for the more curious of our party to satisfy their royal voyeuristic urges, I sat in an antechamber and noticed several paintings of a place called Sandhurst. I asked an usher why so. To my surprise I was told that the town of Bendigo was called Sandhurst for its first 40 years of existence. It seems that the government was not prepared to have the town named after a cockney verbal corruption of an English bare-knuckled boxer's middle name, 'Abednego' (meaning the servant of Wisdom). This misguided governance was corrected in that period of Australian Nationalism which led up to federation when a plebiscite decided to rename the town Bendigo. Too late however was this upsurge of nationalism to stop the greater part of Australia's Gold Rush windfall wealth from being expropriated to the 'Old Dark' to prop-up what was already a waning empire.

Anyhow, after all the excitement we headed back to the station and two hours more to jaw before arriving back at Sothern Cross station. Despite the fact that it was the evening commuter rush, using our Seniors smarts, we all managed to get seats for the last leg of the journey. A final roll-call finding that all eleven of us had made it back home. Though exhausted, I thoroughly enjoyed the whole experience.



Did I miss seeing this famous Annigoni portrait?



In Cheek

Member profile – Constantine Veloute, former saute chef and wanabe journo

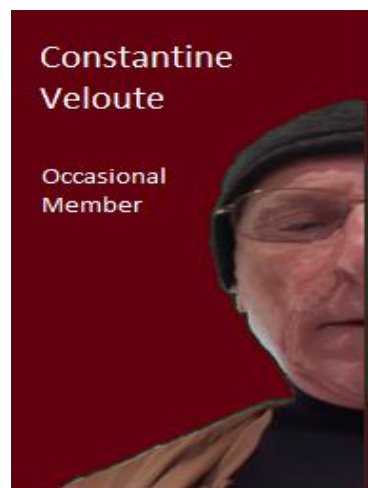
Con is that strange breed of person who complicates everything he does. He fancies himself as a bit of a wordsmith but I've read his piece in this journal and have trouble understanding what he is on about. Doesn't he realise that *Spirit of Progress* was scrapped while Bob Menzies was running the show.

Constantine is a keen sky diver. His friends looking at him perform have been heard to say, "*That's Con descending*".

Enjoy your time with us, Constantine.

**Constantine
Veloute**

Occasional
Member



This is a new segment we would like members to contribute to

'Getting to Know You'

Chris our Activities Coordinator's story

I am the eldest of 6 children and grew up in North Balwyn.

In the early days after the war, things were tight. We might have lived from week to week but our life was not tough, in fact it was a pretty good childhood with lots of good times and camping holidays.

At 14 I started a part time job at a Chinese restaurant in Camberwell working Friday, Saturday and Sunday nights. Also Coles in Richmond after school every night and Saturday mornings.

I attended Vaucluse Convent in Richmond and left school at 16. Obtained employment as a typist with the Land Tax Department in the city. It was there I met Terry and we married 4 years later. We have two girls Meredith and Janelle.

I started work as a waitress on Friday, Saturday and Sunday nights at an Italian restaurant. We bought a 17ft runabout boat and used to go down to Rosebud on the Saturday, come back home and I would go to work, then down again to Rosebud on the Sunday with the boat. Later I worked at Condell's Coffee Shop in Lilydale for 14 years (we even got raided for an illegal Poker Game!!)



When the girls reached Grade 3, Basketball started to take over our life. Our family's involvement with Basketball started with the 2 girls playing for 2 clubs, then we became more involved when Terry and the girls started coaching. I was on the Committee and was the Team Manager for all their teams. Then I started organising all the fundraising and social functions for the Ringwood Hawks and also coordinated the girls side of the club which was about 12 - 14 teams.

During this time I also started a Canteen at Aquinas for our Basketball Club, pancakes for breakfast at training on Sunday's were very popular!! Plus starting the Canteen at the Maroondah Basketball Stadium 'The Rings' in Ringwood.

Basketball also saw us go around the countryside, Bendigo every year in January, Gippsland and going to Canberra when Meredith played in the under 14 girls National Titles. Hiring a bus for all the families in the team to go to Adelaide for a couple of years for a tournament.

Having spent at least 10 years on the Committee and raised about \$75,000, I was given a Life Membership.

When the coffee shop closed down I began working part time at Kmart Ringwood and was there for 21 years. Terry and I split up about 17 years ago, but we still remain friends.

Some years later when everyone had flown the coup, I decided to get back into being involved, so when the Lilydale National Seniors Australia Branch was started up I put my hand up to go on the Committee and as you all know, I am still here. I have enjoyed all the clubs etc that I have been involved with and made a lot of friends through them which gives me plenty of excuses to meet up with different ones for lunches!

Also as most of you know over the past 12 years I have been lucky enough to travel and more importantly have some great friends to travel with. I did a count the other day and am up to 54 countries that I have visited so far. To name a few - Europe, China, Japan, Scandinavia, South America, Canada, Alaska, North America, Africa, Galapagos Islands, New Zealand, Fink, Bali, Vanuatu and parts of every state in Australia.



My parents were lucky enough to travel in their latter years and went to over 90 countries, so I'm not sure if I will catch up to them. I think my grandparents (Mum's parents) started the ball rolling years before when they went on the ship to England twice and stayed for 18 months each time and travelled some of Europe from there. I think they are responsible for my wanderlust as I remember getting postcards from all these exotic places that I never I would have the privilege to see.

I have 3 grandsons, 19, 17 and 13 and a granddaughter 11. The Basketball legacy still lives on and they have all played the game at some stage, plus the boys played football. Meredith and Scott started a Basketball Club down at Carrum Downs a few years ago. Janelle coaches and Hayden (grandson) has coached and is currently a Basketball Referee as well.



Ruth & John's Trip - 'Melbourne to Cairns by Rail'

On June 4th Ruth and I along with Ron and Maureen Mac Donald departed on the 8.30 XPT train from Southern Cross on our 15 day adventure by train to Cairns.

We arrived at Sydney central station around 8.00 pm, with a 5 minute walk to our hotel in the rain. Our three night stopover in Sydney included a Sydney Harbour cruise, visit to the Chinese Gardens near Darling Harbour. From Sydney an early morning start on the next leg of our train journey, the train winds its way past some very interesting scenery, over some wide rivers along the NSW east coast area.

The day train to Brisbane terminates at Casino then a three-hour bus ride to Brisbane bus/rail terminal, arriving around 9.00pm. A friend met us at our hotel to take us to get the ferry to North Stradbroke Island.



The Ferry trip is about 30 minutes, then bus around the island to hotel for lunch, then some necessary leg stretching for a short while before bus back to ferry then drive to our hotel.

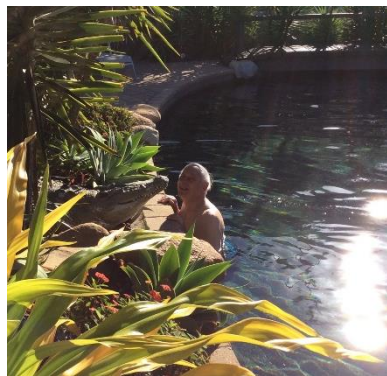
The train from Brisbane to Maryborough was the tilt train, very comfortable seats, plenty to see out of large windows.

We were met at Maryborough by private hire car for transfer to Harvey bay ferry terminal, then 30



minute trip to Fraser Island. Three nights at Fraser Island included a bus ride around the island, a short

scenic flight, landing and taking off from the sand, no whales to be seen. Maryborough to Townsville train was overnight, the seats convert to a bed, a double seat then isle then a single seat across the carriage, no partitions.



From Townsville we caught the ferry to Magnetic Island where we had hire car, to see the sights of the island. Townsville to Cairns train trip was about four hours, short taxi ride to our hotel for the next three nights.

Cairns hotel was very new with large pool and spa, short walk to some very nice eateries.

From Cairns we flew to Melbourne, a very enjoyable experience, one to cross off the list of things to do.

Sounds like a great trip and I think one that will be on everyone's bucket list!

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?

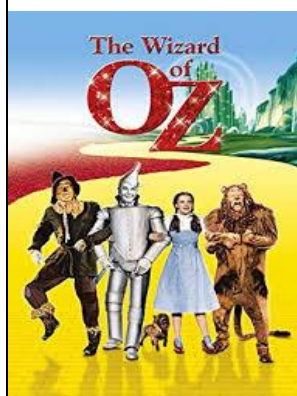


If you are interested in any of the following Musical, please contact Lyn ☎ 0459 155 527 or email: ford.lyn.s@edumail.vic.gov.au by the due date with payment.

Saturday

9 November 2019

8.00pm



'The Wizard of Oz' - Nova Music Theatre

Based on the Books of: [L. Frank Baum's](#) 1900 children's book '[The Wonderful Wizard of Oz](#)'

Music by [Harold Arlen](#) and [Herbert Stothart](#)

When a tornado rips through Kansas, Dorothy and her dog, Toto, are whisked away in their house to the magical Land of Oz. They follow the Yellow Brick Road toward the Emerald City to meet the Wizard, and enroute they meet a Scarecrow that needs a brain, a Tin Man missing a heart and a Cowardly Lion who wants courage. The wizard asks the group to bring him the broom of the Wicked Witch of the West to earn his help.

Cost: \$42.00 Payment by 14 Sept / Meeting

Whitehorse Centre

Whitehorse Road
Nunawading



National Seniors
AUSTRALIA

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

New Scam Warning – Home Care Seniors Targeted.

Older Australians continue to be targeted by online and telephone scammers. The latest scam is aimed at people wanting or already receiving Home Care Packages.





Who are Senior Surfers?

National Seniors
AUSTRALIA

Older Australians connect with Technology

It's one of the most frustrating misconceptions older Australians suffer from – they are too old to stay up to date with digital technology.

New research by National Seniors Australia helps shatter that myth.

The findings:

We surveyed more than 4,500 of our members to complete one of our most comprehensive and insightful pieces of research. The findings revealed just how connected older Australians are to digital technology.

These include:

- 70 per cent of you told us you use an internet search engine every day
- 40 per cent use Facebook daily
- If you are over 80, more than half of you regularly use internet banking, while 20 per cent are on Facebook daily
- 68 per cent of you don't get frustrated using new technology, while two thirds of respondents said they don't think technology is aimed at younger generations.

National Seniors Australia CEO, Professor John McCallum says the findings challenge negative stereotypes about older Australians and technology.

"There are just too many blanket statements that are very negative about older people's skills, such as 'they're behind the times', 'they're digitally illiterate' or 'there is a digital divide between young and old.'"

Which surfer are you?

Using the term "surfers" - as in surfers of the internet, the research categorized respondents into four different levels of ability.

These are:

- **Super Surfers** - If you are very comfortable using digital technology in your everyday life, then you are a Super Surfer. Our research found 31.4% of respondents were rated in this category.
- **Savvy Surfers** - If you are very comfortable using digital services but not as frequently as a Super Surfer, then you are a savvy surfer. 41.6% of respondents were rated in this category.
- **Sometimes Surfers** - You're a Sometime Surfer if you use digital technology when necessary but are not always comfortable or proficient. 21.8% were rated in this category.
- **Seldom Surfers** - If you can use the internet and digital technology but rarely do, then you are a Seldom Surfer. Just 5.2% were rated in this category.

Professor McCallum says 'Super Surfers' are more likely to be women.

"The odds of being a 'Super Surfer' are also higher for participants with children, who are in good health and still participating in the work force."

Your Feedback:

The survey also gave you the opportunity to tell us about your experience and the perception of younger Australians about your ability to use digital technology.

One respondent said, "*Many of us are beyond 'good' and would rate ourselves as excellent.*"

Another respondent wrote, "*I was part of the generation that developed the online world and I think understands it sometimes better than the younger generation.*"

Many of you also expressed a desire for more training, as seen in this response:

"I feel I started late for this modern stuff. I have tried to learn at libraries but with only 1 hour and so many people, it's not easy to receive 1 on 1 training."

Another respondent told us, *"I am 64. One of my biggest regrets is that I didn't teach my 87-year-old mother to use the internet. I taught her how to send texts but the internet would be SO helpful as her mobility is now declining."*

Not Divide – a Multiplication:

One of the terms that gets used a lot when it comes to seniors and technology is the *"digital divide"* between younger and older Australians. Professor McCallum says the research does not reflect this.

Instead of a divide, he says there are multiple levels in the skills of older Australians using the technology with those less skilled more vulnerable online.

"Those who have less skills are more likely to be victims of scams than those who are more skilled."

"They're also likely to find the costs of mobile and internet services a barrier to them using the internet and devices."

"What we are looking at here is digital literacy as the new factor in the accumulative disadvantage experienced by vulnerable older Australians."

A full report is in the NSA website.



Retirement life gets more expensive

According to research by the Association of Superannuation Funds of Australia (ASFA), retirees are having to spend up to 0.8 per cent more of their savings to maintain a "comfortable" standard of living.

ASFA, the peak policy, research and advocacy body for Australia's superannuation industry, found cost of living pressures were driving up expenditure.

June quarter 2019 figures indicate that couples aged around 65 who are living a comfortable retirement need to spend \$61,522 per year and singles \$43,601, up 0.8 per cent on the previous quarter. At the modest level, there was a 0.6 per cent increase for singles and a 0.5 per cent increase for couples.

The costs that increased substantially over the past 12 months include:

- bread up by 4.8 per cent
- beef up by 6.0 per cent and lamb up by 13.5
- milk up by 2.9 per cent
- fruit up by 4.9 per cent and vegetables up by 6.2 per cent
- beer up by 2.5 per cent
- property rates up by 2.3 per cent
- hairdressing up by 2.9 per cent
- private health insurance up by 3.25 per cent on average
- dental services up by 2.3 per cent
- domestic travel up by 3.5 per cent and price of international travel by 4.1 per cent.

According to ASFA, the most significant price increase in the June quarter was for automotive fuel (10.2 per cent). The rising cost of medical and hospital services (2.6 per cent) and international holiday, travel and accommodation (2.7 per cent) were also noted as posing significant cost increases for retirees.

More Information on Costs and summary figures can be accessed via the ASFA website.

Mystery Car Tour

Please mark Sunday 10th November in your diary and start thinking about your cars team name: -

e.g. Grey Nomads ? Sunday Drivers ? Tasty Tourers ?

The ideal situation is 3, or 4 per car, with the driver, the navigator and 1 or 2 working out the answers to the clues and writing them down. It would be a good idea to bring a Melway, plus a clipboard and biro for the tour and some money for yummies afterwards !

Meet at Tudor Village Drive, 520 Maroondah Highway, Lilydale between 2.00 p.m. to 2.30 p.m. to get your instructions and the cars will depart every 3-4 minutes.

When you've completed the mystery tour and arrived at our destination, the answers will be checked and the winning team declared.

After that it's time for a meal, a drink and a chat about the great day you've had. There will possibly be some hard luck stories as to why you didn't win as well !

Contact Pamela Bingley - pamanne43@hotmail.com

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

*Yarra Ranges Branch
No. 100132*

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

- I would like to receive '50 Something' Magazine by Mail (also available online at 50Something app.)

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