

# Yarra Ranges Grapevine

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

## SEPTEMBER & OCTOBER 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 any of our many and varied 'Out & About', 'Morning Melodies' 'Saturday Walks' or 'Dining Out'.**

### **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,*

*Well not much has changed since our last Grapevine edition. We, like most people have been doing what everybody have been asked to do during the pandemic.*

*I have been able to catch up on some home maintain.*

*Have re-built our back stairs and deck and covered it with colour bond roof.*

*Lorraine has been busy with paper work from the Lilydale & District Historical Society.*

*Still no monthly meeting until further notice.*

*So till then everyone keep safe. Happy Reading Trevor*

### *Vale*

Ted (Edward) Arrowsmith passed away peacefully in his sleep on Sunday 16 August, he was one month off turning 96 years. Ted is survived by his wife Valda (member of YRNSA), his children and their partners, grandchildren and great grandchildren. Ted served in the Royal Australian Air Force during WW2, was involved in various community projects, RSL and Whitehorse Historical Society. He will be greatly missed by all who knew him.

**Yarra Ranges Branch Committee**

**President**

Trevor - ☎ 9735 1104

**Vice President & Welfare Officer**

Pamela - ☎ 9735 5449

**Secretary**

Lyn- ☎ 0459 155 527

Email: [ford.lyn.s@edumail.vic.gov.au](mailto:ford.lyn.s@edumail.vic.gov.au)

**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

**Committee Members**

John and Connie - ☎ 5964 4646

Elaine - ☎ 9739 4642

*Please contact our Welfare Officer 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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**BIRTHDAYS  
THIS MONTH**

*1 October Doris*

*4 October Steve*

*8 October Gordon*

*22 October Elaine*

*27 October Pauline*

**Congratulations to!**

*It's all the Ladies in September!*

*9 September Fay*

*16 September Janice*

*27 September Olga*



**BIRTHDAYS  
THIS MONTH**

*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

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

**12 October Speaker @ HALL 7 Hardy St Lilydale ?**

**Cancelled**



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

@ Chris' place Meet @ 7.30pm

Monday 7 September ?  
Monday 5 October ?



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**'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



**To Be Confirmed - the following:**

**Sat 10 October** 'Beautiful' - Allen Ross Centre at Bill... Cardigan Road Mooroolbark (Payment by 11 Sept)

**Sat 17 October** 'Mamma Mia' 8pm Karralyka Theatre Mines Rd Ringwood (Payment by)

**Sun 18 October** 'Priscilla Queen of the Dessert' 2pm National Theatre St Kilda (Payment 15 Aug)

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

**Sun 13 September** 'Ora D'oro C... Wisn Rad Croydon

(This may be cancelled due to the virus. ... will just have to go one step at a time)



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**'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 (for 10:30am \$14.00)

Thurs 14 May 'Early Rock Legend' with Col Perkins

Thurs 11 June 'Frankie Bow' with Frank Powell



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

Walks start **10.00am** during Winter time

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

Come and join us to find out?

Answer in the next edition of 'Yarra Ranges Grapevine'

1<sup>st</sup> Photo Egrets in flight Barneong Reserve

2<sup>nd</sup> Photo saying 'Hello to Woody' Lilydale to Coldstream

Saturday Walks will recommence when Victorian Government health advice gives everyone the 'Green Light' to do so.

In the meanwhile....

Please exercise during covid-19 to keep fit, healthy and chance to have some fresh air. Exercise also stimulates the endorphins, the 'feel good' compound produced in the brain and pituitary gland, which is important for our mental as well as our physical health.

## CORRESPONDENCE RECEIVED



*It is with great regret the Lilydale & Yarra Valley Show Committee have made the difficult decision to cancel the Annual Show originally scheduled for 21st November & 22nd November 2020.*

*With the COVID-19 restrictions and requirements we have decided this would have put an almost unmanageable burden on our hard working volunteers.*

*Health and safety is the top priority for our Members, Volunteers, Community Groups and Exhibitors. We are also unsure if large events can even be held by November.*

*Our Show depends on local Businesses, organisations and generous patrons for their sponsorship and in-kind support to make the show happen and we do not want to burden these people during this economic downturn.*

*We would like to thank all of our supporters that have been involved with the Lilydale & Yarra Valley Show in the past and would like to take this time to say we will be back with the most amazing show for 2021.*

*Lilydale & Yarra Valley Show Committee*



There was many Mushrooms to pick this year with all the damp weather



but be careful of toad stools



The Wattle is out and Spring is blossoming



140 days in lockdown. I'M FINE. Thanks for asking.



# Tradies Corner

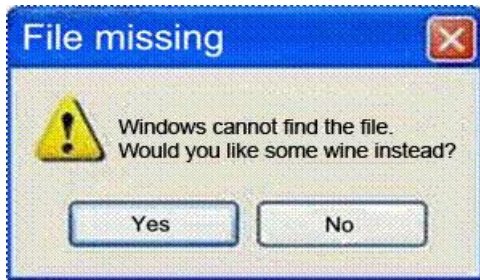
Carpenter Hans ☎ 0418 111 499	Electrician Shockfree Electricians ☎ 0411 035 345	House Renovations Tandin Constructions Tim ☎ 0412 185 353
Kitchens Touchwood Kitchens ☎ 0418 542 130	Painting Craig ☎ 0421 889 326	Plumber Lachy ☎ 0438 563 788
Tile & Bathroom Renovations Stephen ☎ 0419 894 874		

## OTHER NEWSY BITS!

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



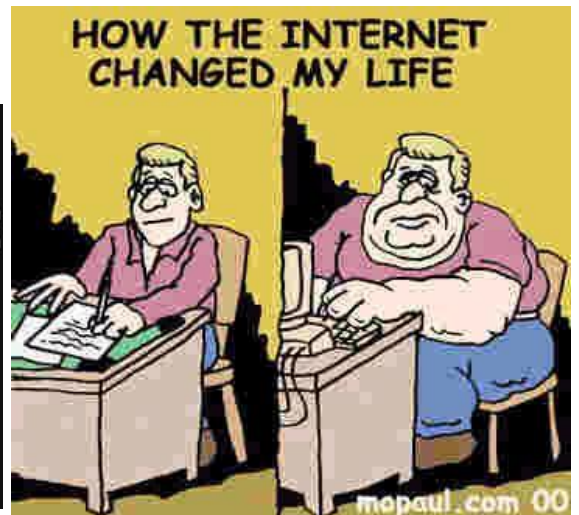
Finally some Computer setting we can understand!!



Day 7 of the quarantine  
My wife took up gardening but won't tell what she's going to plant



Day 7 at home and the dog is looking at me like, "See? This is why I chew the furniture."



## MOVIE REVIEW 'The Current Wars' by Judith

Thomas Edison and George Westinghouse -- the greatest inventors of the industrial age -- engage in a battle of technology and ideas that will determine whose electrical system will power the new century. Backed by J.P. Morgan, Edison dazzles the world by lighting Manhattan. But Westinghouse, aided by Nikola Tesla, sees fatal flaws in Edison's direct current (DC) design. Westinghouse and Tesla bet everything on risky and dangerous alternating current (AC).



## MOVIE REVIEW 'Love Sarah' by Lyn

Determined to fulfill her late mother's dream of opening a bakery in charming Notting Hill London, 19 year old Clarissa enlists the help of her mother's best friend Isabella and her eccentric estranged grandmother Mini.

These three generations of women will need to overcome grief, doubts and differences to honour the memory of their beloved Sarah while embarking on a journey to establish a Bakery filled with love, hope and colourful pastries from around the world



My wife said "Watcha doin' today?"  
I said "Nothing."  
She said "You did that yesterday."  
I said "I wasn't finished."

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## Castlemaine Trip

The Midland Hotel is the first building to greet you when arriving in Castlemaine by train, except it was Rail Bus from Southern Cross Station, which was good as it gave a different view of the countryside. Social distancing was observed on board the bus in these C-19 times of course.

The Midland Hotel, originally known as The Castlemaine Coffee Palace, was built in 1879 in late Victorian style. However it was 'modernised' to the latest style in 1930 and so there are many original internal Art Deco elements today too, which makes this place very unique and interesting. It has always been operated as an accommodation hotel not a pub, even today.



As we headed along the street, could not help noticing the art work on this building. Wonder what they were trying to say??

This is what the red sign says on the front of the bicycle building Nearby was also a very thoughtful mural of 'Live Lightly for a Safe Climate - see below



Beautiful lead light windows on shop front  
Castlemaine Library building on the right (1855)

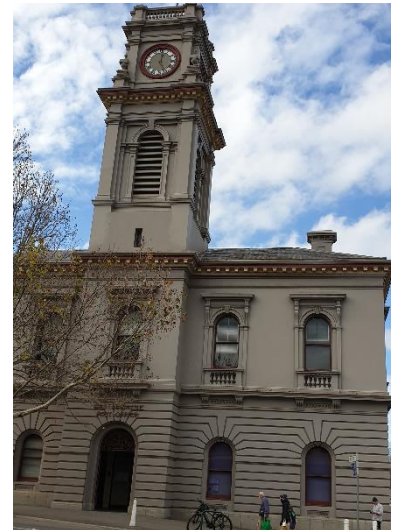


Below - The Faulder Watson Hall (1880) The building to the right is the Telegraph Station built in Castlemaine stone was opened in January 1857 and was part of the Sandhurst (Bendigo) line.



The first Post Office was established in 1848. This building was built in 1875 and is heritage listed.

The bell in the tower was the first one to be cast in Victoria.



Now that's **A PIE!**  
Country cooking is good eating too.



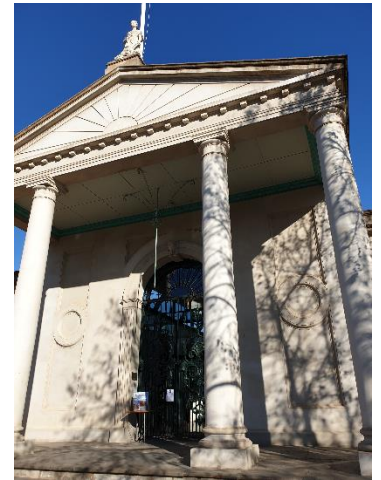
The last time I saw 'The Emyre' it was nearly derelict. Look at her Now!!





This was the Castlemaine High School built in 1918. Now when you walk through the doors of the original building, there is a huge barn like extension which is a supermarket. The extension from the outside has been built from the same brick and style as the original building - it looks great.

The Castlemaine Market Building on the right is one of the most distinctive examples of *Classic Revival Styles* in Australia. Designed by William Beynon Downe and built in 18561 - 1862.



A beautiful Victorian style drinking fountain outside the Market Building. Note the old fashion post box (pillar box as they were sometimes called) in the background.



The *Town Hall* built in 1898  
Note the beautiful lamp attached to the building

*School of Mines and Industries* below.  
The foundation stone was laid in 1889.  
This school was established to meet the demands of local industries.

The *Imperial Hotel* Is in need of rescuing

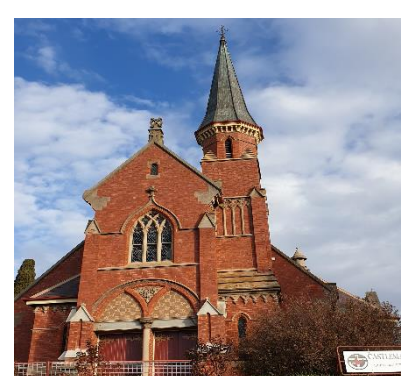


The street names have history written under them.

Court House built 1878 - 1879

Presbyterian Church 1861-62

Uniting Church 1894





## 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?*



**National Seniors**  
AUSTRALIA

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

This article appeared in the 'Connect Newsletter' - July 2020 - *WHAT AN INSPIRATION!*

### Melbourne's 85-year-old Street Muso keeps on playing

Natalie is winning fans on the sidewalk and on YouTube!

As cities have become deserted through COVID-19 lockdowns, Natalie Trailing, who has been playing pianos in city public spaces for 20 years, has been absent - receiving rehabilitation treatment for anaemia and nerve damage in her leg that prevented her from walking

It began when she started playing on a piano in a local shop. One day she went to play but the piano had been sold. She walked to the Bourke St Mall and played on the piano at David Jones instead.

For the last 10 years or so she's been playing on the streets of Melbourne with her well-loved keyboard, moving it around with the help of her son Matthew. It's thanks to Matthew that Natalie's music has been shared all over the world. He put a video of her playing on his YouTube channel, which now has more than 9 million views. For Natalie, "It was just a terrific thing, to be out there amongst the people."

Natalie calls her music "spontaneous composition". She doesn't practice and she doesn't play music as it's written. Sometimes she will improvise on a melody.

*"I do that with Beethoven. I do that with Bach. I do that with Chopin. I do it with Schubert. I do it with all the composers, as many as I know."*

Some say she sounds like Mendelssohn; some compare her to Satie, but for Natalie, *"I've developed a style that I haven't deliberately developed, it has actually evolved."*

People have suggested to her that her music has changed according to her age, but she disagrees.

*"No, I haven't adjusted anything. It has evolved to the way that I play over the years, as it unfolds."*



Just like her life.

*"And my life is still doing that now, it's unfolding. So that every day is really a new day ... there's always something that unexpectedly, excitingly made me think, 'Oh, gosh, isn't that fantastic that's happening."*

Natalie's playing clearly has an impact on people. How does that feel?

*"I don't know. It's a great feeling of some sort of contentment. It's actually a uniting."*

One day a young man was watching her play in the Victoria Hotel and asked her, "How do you know how to get into people?" Her response: "I play."

Natalie just loves playing: "I don't care if there are crowds, or if there is hardly anyone there. I love the feeling." You can watch Natalie play on YouTube.

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## Is there an Art to Ageing?

August 2020

From Humble Beginnings



"I began a mechanical apprenticeship at 40 years of age at the local shire where I worked for 10 years", said Andrew.

"That's where I learnt to weld. I started going to the back shed and building things."

"I entered my first sculpture in the Farm Art Show in Lockhart, 10 years ago, where I won. I [have] pretty much entered every year since then."

When it comes to creating sculptures, Andrew has big plans ahead.

"I'm only about one-third of the way into my career."

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## A better immune system starts in your gut

July 2020

Pop a pill or do you have the stomach to do more?

At this time of year, it is no surprise that many of us re-entering society post lockdown are thinking about how we can best support our immune system right now.

A recent study commissioned by global bioscience company 'Chr. Hansen' showed that many people are actively looking for ways to do this through food.

While some might jump straight to medication and supplements, when thinking about our immune system there are actually some extremely effective ways we can ensure optimal immune function with everyday habits and dietary choices.

Nutritionist Steph Geddes shares her top five tips for reducing your risk and keeping well this winter.

### 1. Gut health

With 70-80 per cent of our immune cells residing in our gut, it makes sense that foods supportive of gut health are also helpful for immunity.

Probiotics are particularly helpful as they can communicate with the immune cells in the intestine and have a direct effect on creating an optimal environment for gut and immune function.

While diversity in probiotics is helpful, it is also important to look for probiotic strains that are clinically demonstrated to provide immune benefit. For example, clinical studies have shown that B-12 increases the body's resistance to common respiratory infections as well as reduces the incidence

of acute respiratory tract infections. Similarly, many clinical studies have demonstrated the impact of probiotic strain LGG on reducing the incidence and duration of flu-like sickness.

Probiotics are available in supplement form but can also be found in wholefoods such as yoghurt, kefir, fermented vegetables, miso and tempeh.

## 2. High-fibre foods

Fibre is what feeds the good bacteria in our gut so aim to pack out your diet with a mix of fruit, vegetables, wholegrains, legumes, nuts and seeds. It also happens that these foods are some of our best sources of immune supporting nutrients like Vitamin C, zinc and Vitamin D so it's a win-win.

## 3. Hydration

Increasing the fibre content in your diet can leave you with sluggish bowel movements and unpleasant digestive symptoms. Drinking at least 2 litres of water a day is extremely important help to soften and bulk your stools which will help to keep gut and immune function optimal.

## 4. Exercise

Exercise can stimulate the growth of beneficial bacteria in our gut which can also support our immune system. Whilst more research needs to be done in this area to determine the best type, intensity and duration of exercise - what we know is that consistency of exercise is important as any changes in the composition of bacteria that occur from exercise are lost once the exercise is ceased.

## 5. Stress management

Stress can suppress our immune system and there is a lot of research looking into how the relationship between the gut and the brain may play a part in this. With our gut and brain being able to communicate directly (also referred to as the gut-brain axis) studies are indicating the immune system is one of these communication pathways. Although more re-search needs to be done in humans, employing stress management tools will go a long way to improving not just your gut and immune health but also overall health.

*Note: Steph Geddes is a Registered Nutritionist who also writes recipe books. Her recipes and nutrition advice are featured in everything from worldwide cafes, to blogs, mainstream media and celebrity cookbooks.*

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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.

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)

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