

Yarra Ranges Grapevine



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



JANUARY & FEBRUARY 2024

PLEASE NOTE: Membership Renewals & Joining Members

Please ensure you use the 'Yarra Ranges NSA Application Forms' at the end of this 'Grapevine' & give to the Branch Secretary. By using our form, 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](#)

Branch Meetings 2024

Monday – 12 February
7.00pm for 7.30pm start
**'In One Way or Another We
All Travel a Similar Journey'**

Guest Speaker:
Laurie Smale

Monday – 10 March
7.00pm for 7.30pm start
**'1979 to 1990 My Experience
on local Council and as
Mayor'**

Guest Speaker:
Valda Arrowsmith OAM

(Speaker ideas please)
**If you have a suggestion for a
'Guest Speaker' please let a
Committee Member know**

President's Report

Hi Members,

*Welcome to our
new members –
Pat, Boris and
Lyn J.*



*Another year
has ended.*

*Thank you to everyone who volunteered to 'man' the
Awareness Tent and the Lost Children pavilion at the
Lilydale & Yarra Valley Show in November.*

*The Lilydale Street Fair was also good. Thanks to
everyone who volunteered to 'manned' the Awareness
Tent. As far as I know, no new members.*

*The EOY Picnic at the Lakeside Community Room was
also good and it was good to sit around and chat,
where we also acknowledge Alan's 'Casey Community
Volunteer Award' for his contribution to the
community for 69years. Shirley was presented with a
beautiful rose to acknowledge her support and
involvement in Alan's endeavours. Read more about
this in further on in the 'Grapevine'.*

Happy Christmas everyone! See you in February 2024

Happy reading Trevor President

Yarra Ranges NSA Branch Committee

President

Trevor - ☎ 9735 1104

Vice President & Welfare Officer

Pamela - ☎ 9735 5449

Secretary

Newsletter Editor

Lyn - ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Treasurer

Anne - ☎ 97265135

Activities Coordinator

Chris - ☎ 0419 528 446

Email: chrishill3@bigpond.com.au

Guest Speaker Coordinator

Vacant

Web Administrator

Patrick

☎ 0413 726 726

Committee Member

Elaine - ☎ 9739 4642

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 Pamela on ☎ 9735 5449



Congratulations to!

9 February John W 10 February Jean
11 February Judy J 16 February Sandra
18 February Pamela 23 February Patrick

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

Meet at: 'Lilydale Lake Community Room', Lilydale Lake Rd, off 435A Swansea Rd Lilydale
@ 7:00pm for 7.30pm start

Monday 12 February @ 7.00pm for 7.30pm Start
'In One Way or Another We All Travel a Similar Journey'
Guest Speaker: Laurie Smale



Monday 11 March @ 7.00pm for 7.30pm Start
'1979 to 1990 My Experience on local Council and as Mayor'
Guest Speaker: Valda Arrowsmith OAM

Monday 8 April @ 6.30pm
Dinner Meeting at *The Crown* Main Street Lilydale

Please email your ideas for **Guest Speakers** or **Activities** to -
yarrarangesnsa@gmail.com

COMMITTEE MEETINGS - 1ST Monday of Month

@ Trevor's place for September & October Meet @ 7.30pm

Monday – 29 January 2024 - (Note: Change of Date)

Monday – 4 March Monday - 1 April



* NOTE FROM CHRIS *

Everyone needs to please text or email Chris - ☎ 0419 528 446

Email: chrishill3@bigpond.com.au

with any changes they want to make after they have put their 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

Friday 5 January @ 6.00pm

'Fish & Chips' Steggants Reserve Warrandyte
BYO Chair, Drinks, Coffee / Tea etc

Monday 22 January @ 11.00am

'Lilydale Fire Station Tour' – Main St Lilydale & light Lunch \$10

Thursday 1 February @ 12.30pm

'Locavore Studio' – Café 148 Main Street Lilydale

Wednesday 7 Feb @ 10.30am

'Morning Melodies - Song & Dance Man' – Brendan Scott

Sunday 18 February @ 12.30pm

'Chris Cafe' – 3 Mangan Street Lilydale

Sunday 25 February @ 2.00pm

Nibbles, Punch, Spit Roasts, Salad, Desserts, Coffee / Tea

Wednesday 6 March @ 10.30am

'Swan Lake Ballet' – Karralyka Theatre Mines Rd Ringwood (see Lyn)

Thursday 7 March @ 6.30pm

'Morning Melodies' – Frankie Boy

Saturday 23 March @ 7.30pm

'Hoks Café' 236 Main Street Lilydale

Thursday 21 March @ 12.00noon

'Oliver the Musical' - 'The Round' Theatre Nunawading (see Lyn)

Wednesday 3 April @ 10.30am

'High Tea on the High Seas' on Board the Ferry from Sorrento to Queenscliffe and enjoy a 'High Tea' on board
Ferry - \$55 includes ferry ride \$20 and return (we stay on board)
RSVP ASAP so I can Book

Wednesday 1 May @ 10.30am

'Morning Melodies – Turn Back Time' – Peta Balcombe

Friday 17 May @ 7.30pm

'Morning Melodies – All My Lovin Beatles Tribute' – Alex Kyle

Sunday 19 May @ 2.00pm

'Little Mermaid Ballet' – Karralyka Mines Rd Ringwood (see Lyn)

Sunday 9 June @ 2.00pm

'Billy Elliot' Musical – National Theatre St Kilda (see Lyn)

Sunday 16 June @ 2.00pm

'Priscilla – Queen of the Desert' – The Round Nunawading (see Lyn)

Sunday 18 August @ 2.00pm

'Phantom of the Opera' – Karralyka Mines Rd Ringwood (see Lyn)

'Beauty & the Beast' – Karralyka Mines Rd Ringwood (see Lyn)

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

Please Note - Walks start **9.00am**

These 2 photos are from the same walk – do you know where? Answers in next 'Grapevine'
Photos 1 & 2 in 'November & December' Grapevine' was from the 'Rhododendron Gardens' Olinda

- Sat 30 December** Norton Road Croydon
- Sat 6 January** Mooroolbark Community Centre
- Sat 13 January** Lilydale to Lilydale
- Sat 20 January** Killara to Seville
- Sat 27 January** Barngoeing Reserve Croydon North
- Sat 3 February** Lilydale Lake
- Sat 10 February** Mooroolbark Community Centre
- Sat 17 February** Norton Road Croydon
- Sat 24 February** Lilydale to Mt Evelyn
- Sat 2 March** Mullum Mullum Burnt Bridge
- Sat 9 March** Barngoeing Reserve Croydon



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

OTHER NEWSY BITS!

Contributions to our Newsletter



Have you been travelling?

Have you attended a good show ?

Have you read a good book?

Is there something you have experienced, that you would like to share with the members of the Branch?

A story?

One-liners?

Photos from outings?

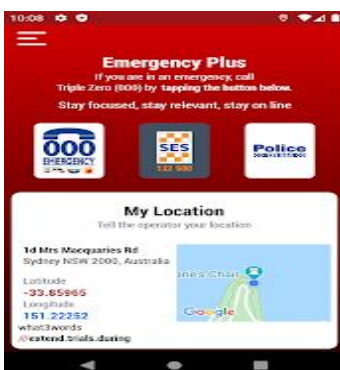


Update your medicines list now – you'll need it if you go to hospital



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.



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.

Save the App that could save your life.

[\[Free Download\]](#)

[\[Free Download\]](#)

The **000 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.



The Lighter Side of Life!

SCHOOL 1950 vs 2022

Scenario:

Johnny and Mark get into a fight after school.

1950s - Crowd gathers. Mark wins. Johnny and Mark shake hands and end up best friends.

2022 - Police called, and they arrest Johnny and Mark and charge them with assault. Both expelled and ordered to go to anger management programmes for 3 months.

Scenario:

Mark gets a headache and takes some Aspirin to school.

1950s - Mark gets glass of water from Principal to take aspirin, and passes exams.

2022 - Police called, locker searched for drugs. Mark expelled from school for drug taking. Ends up as a drop out.

Singers of the 60's are revising their hits with new lyrics to accommodate baby-boomers

New Releases Include:

Herman's Hermits

Mrs Brown, You've Got A Lovely Walker

Ringo Starr

I Get By With A Little Help From Depends

The BeeGees

How Can You Mend A Broken Hip?

Roberta Flack

The First Time Ever I Forgot Your Face

Johnny Nash

I CAN'T See Clearly Now.

Paul Simon

Fifty Ways To Lose Your Liver

The Commodores

Once, Twice, Three Times To The Bathroom

Procol Harum

A Whiter Shade Of Hair

Leo Sayer

You Make Me Feel Like Napping

The Temptations

Papa's Got A Kidney Stone

Abba

Denture Queen

Helen Reddy

I Am Woman, Hear Me Snore

Lesley Gore

It's My Hormones & I'll Cry If I Want To

Willie Nelson

On the Commode Again

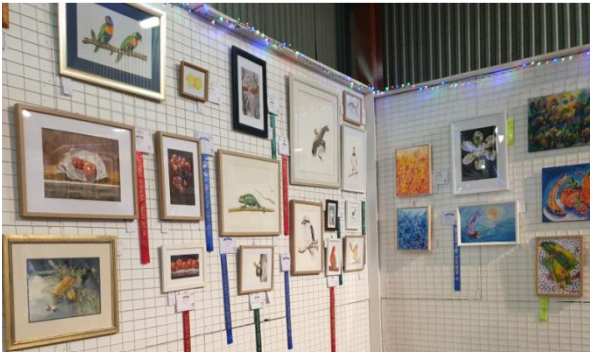
Lilydale & Yarra Valley Show 2023 - Saturday 18 & Sunday 19 November

We had our 'Awareness Tent' set up in our usual spot opposite the Stage and when we weren't chatting to passersby we were totally entertained by our talented locals. The weekend was overcast, but it didn't stop a great crowd from attending on both days. We handed out our brochures and talked to fair number of over 50s about our Branch and the good work that National Seniors Australia do in the interest of older Australians and that we are the only Seniors group that lobby and advocate with a voice to Government.

Our stalwarts of 'Working with Children' card holders presided over the 'Lost Children' area. Think we had a lost child for a short time this year – well done everyone!

If you were not at the Show here are a few photos of what you missed....





Above right is our member Huey who entered his much-prized Bonsai in this year's Show and won in every section – 1st Novice Bonsai – any type, 1st One Container of any Single Trunked Bonsai – any type, 1st One Container of any Group Plantings of Bonsai – any style and Best Exhibit Ribbon. Congratulations Huey!

Lilydale Street Fair 2023 – Saturday 2 December



It was certainly a damp day with misty rain on and off all day. At our 'Awareness Tent' we had a 'Lucky Dip' for children 4 – 12 years and our Brochure handed out to and a chat with, the more senior people to spread the word of our great Branch.

The Street Fair parade was led by a College Drum core with colourful characters and classic cars.

There was a Main Stage with various performances, market stalls of locally made handcrafts, produce and wares. Family Zone with free children's activities, entertainers and

animals. Lilydale based social enterprises, non-for-profit community groups and services. Lilydale CFA had an Open Day with activities and vehicle displays. Following are a few photos of the day...





CHRISTMAS DINNER – SUNDAY 3 DECEMBER



Talk about no time to rest!

The day after the Lilydale Street Fair we were seen relaxing at *Yering Meadow Golf Club* for our annual *Christmas Dinner* of our choice from the menu of three main courses and three dessert courses, just had to remember what we had pre-ordered??

It was a great venue with a fantastic view across the Yarra River Valley, Yarra Glen and the Christmas Hills in the background. All 44 of us agreed that the meal was good too and the staff friendly and helpful.

Our Christmas Raffle was a great success as usual with 14 shopping bag size prizes to be won. Some of the lucky bags had a piece of Elaine's patchwork as an added bonus!

The winners were – Dorne, Vlada, Alan S, Ann, Trevor, Elaine, Janice, Robyn, Chris, Alan S, Lorraine Sc, Kathy, Ruby (c/- Julie O), Kathryn S



CONGRATULATIONS & WELL DESERVED



69 years Volunteering!

One of our founding Members and first President of the Branch has been nominated by our YRNSA Committee to receive a 'Casey Community Volunteer Award' for his tireless volunteering to the Community.

Starting first in St Johns Ambulance in the Youth Cadet Program from the age of 12 years, Quartermaster in the Scouts for 20 years, volunteering for St Vincent de Paul since 2008 and continues to be involved and is now President of the Upper Yarra Area.

Alan organised, along with Maroondah Council, the *Maroondah Art Show* each year with the proceeds from the show being donated to the *Bone Marrow Institute* for over 29 years.

After the Black Saturday February 2009 Bushfires, Alan and a team of 6 people from St Vinney's drove to the worst affected areas for 6 days each week with vouchers for purchasing from local suppliers the resident's needs. The areas covered were - Marysville, Taggart, Buxton, King Lake, Alexander and Yea.



Alan's team of 6 were on the scene again helping the Mallacoota fire residents in their hour of need with vouchers, driving there and staying from Monday to Friday for 3 weeks. It is the fundraising and welfare arm of St Vinney's that make this support possible for the people affect by disasters.

Please congratulate our CCVA recipient Alan, along with Shirley for her support, in his amazing efforts and involvement in supporting the Victorian community.

We acknowledge at our EOY Picnic in December, Alan's achievements in obtaining the *Casey Community Volunteer Award*. We also acknowledged the support and work Shirley has given to Alan over the past 65 years with a beautiful pink rose aptly named 'Duet'.





Some News Items from National Seniors that you may have missed

Your Legacy isn't just about Money

Passing on material possessions is one thing, but there is also wealth in the wisdom and values that are passed down through generations.

When we think about the legacy we leave behind, it shouldn't just about the wealth or possessions we accumulate during our lifetime. True legacy goes beyond material possessions; it's about the lasting impact we have on our family, friends, and community. Here are a few ways to build a legacy that transcends generations so you will be fondly remembered long after you're gone.

Document your wisdom

One powerful way to leave a lasting legacy is to share your knowledge and experiences with future generations. Consider writing a memoir, creating a family history, or even recording videos sharing your life lessons. These personal insights can provide guidance and inspiration for your loved ones, offering them a connection to your wisdom long after you're gone

Philanthropy

Get involved in philanthropy and community service during your lifetime. Establishing a culture of giving within your family. Participating in charitable activities not only benefits the community but also sets an example for future generations. Consider creating a family foundation or contributing to existing ones that align with your values.

Passing on values

Your values are an integral part of your legacy. Take the time to articulate and share them with your loved ones. Encourage open discussions about ethics, compassion, and responsibility. By instilling these values in your family, you contribute to the creation of a legacy that goes beyond material possessions.

Education and mentorship

Invest in education and mentorship programs. Whether it's supporting scholarships, creating mentorship opportunities, or actively participating in educational initiatives, you can help shape the future by empowering others to learn and grow. The knowledge and skills you pass on can create a ripple effect that extends far beyond your own lifetime.

Environmental stewardship

Consider the environmental impact of your actions. Sustainable practices and a commitment to environmental stewardship can leave a positive mark on the planet.

Whether it's through conservation efforts, sustainable living practices, or supporting eco-friendly initiatives, your contribution to a healthier planet can be a significant part of your legacy.

Financial planning

While money isn't everything, responsible financial planning can ensure that your resources continue to benefit your family and community. Establishing trusts, endowments, or contributing to charitable organisations can create a financial foundation that supports causes close to your heart.

Remember, the true measure of a legacy is not what you leave behind, but the positive change you inspire in the hearts and minds of those who follow.

Disclaimer: Any links provided are for general information only and should not be taken as constituting professional advice. National Seniors is not a financial advisor. You should consider seeking independent legal, financial, taxation or other advice to check how any information provided relates to your unique circumstances.

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 _____ Membership Number: _____

JOINT MEMBER DETAILS

Mr / Mrs / Miss / Ms / Dr First name _____
Last name _____ Date of birth _____ / _____ / _____
Phone _____ Mobile _____
Email _____ Membership Number: _____

MEMBERSHIP AND PAYMENT DETAILS

*Yarra Ranges Branch
No. 100132*

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: \$ _____

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

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