



JULY & AUGUST 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 a small annual payment for your Membership.

[Click here for Membership Form](#)

Branch Meetings 2024

**Monday – 8 July
6.30pm**

**'Dinner Meeting'
At
The Crown Hotel
Main Street Lilydale**

**Monday – 12 August
2.00pm for 2.30pm start**

***'Keven Heinz Garden
At Montrose'***

**Guest Speaker:
Eddie Tichelaar**

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

President's Report

Hi Members,

I find it amazing how two months goes by so quickly.

Morning Melodies at the Lilydale International was excellent. Five from the Branch were in attendance. Also, it was good to have Elaine and Steve at the RSL Healesville for Morning Melodies, I hope they enjoyed Country & Western singer Gavin Chatelier from Thorpdale in Gippsland, where a lot of potatoes are grown.

Our June Guest Speaker Margaret Bough was excellent with her talk on 'Walking the Camino at 73' it was very interesting.

8 July 'Dinner Meeting' will be at The Crown Hotel Lilydale at 6.30pm.

Hope to see everyone there.

*Trevor
President*

COMMUNITY INFORMATION NOTICE:

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

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

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!



5 July Trevor

27 July John K

6 August Connie

14 August Ross

15 August Chris

17 August Ruth

24 August Alan

27 August Julia J

31 August Dorne

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
@ 2:00pm for 2.30pm start

Monday 8 July 'Dinner Meeting' @ 6.30 pm

The Crown Hotel Main Street Lilydale

Monday 12 August @ 2.00pm for 2.30pm Start

'Kevin Heinz Garden at Montrose'

Guest Speaker: Eddie Tichelaar



Please email your ideas for **Guest Speakers** or **Activities** to – yarrarangesnsa@gmail.com or pop it in the **'Suggestion Box'**

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place

Monday – July - No Meeting

Monday – 5 August



*** 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

Wednesday 26 June @ 12.30pm

Thursday 18 July @ 12.30pm

Tuesday 6 August @ 12.30pm

Wednesday 7 August @ 10.30am

Tuesday 13 August @ 10.30am

Sunday 18 August @ 2.00pm

Saturday 17 August @ 7.00pm

Monday 26 August @ 12.00pm

Saturday 7 September @ 2.00pm

Wednesday 11 Sept @ TBC

Sunday 15 Sept @ 1.30pm

Sunday 6 October @ 2.00pm

Saturday 12 October @ 8.00pm

Saturday 26 October @ 7.30pm

'Lilydale International Hotel' Maroondah Highway Lilydale

'Chirnside Country Club' 68 Kingswood Drive Chirnside Park

'Vue on Halcyon' 19 Uplands Rd (off Black Springs Rd) Chirnside Park

'Morning Melodies – Sounds of Broadway' – Anthony Gerace

'Healesville Morning Melodies 'Elvis' – Andrew Portelli & Lunch

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

'Cire Fundraiser Trivia Night' – Tables of 8 BYO Drinks & Nibbles
St Patricks Hall Jones Street Lilydale

'Upper Yarra RSL' 119 Settlement Road Yarra Junction

'Ruddigore' (or 'The Witches Curse') Alexander Theatre Monash
University 48n Exhibition Walk (enter from Wellington Rd) Clayton

'Schwerkolt Cottage & Museum Heritage Week' 10 Deep Creek Rd
Mitcham

'Brigadoon' Musical – The Round Theatre Nunawading (see Lyn)

'Come from Away' Musical – National Theatre St Kilda (see Lyn)

'Gypsy' – The Round Theatre Whitehorse R Nunawading (see Lyn)

'Sweet Charity' – Karralyka Theatre 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 different walks – do you know where? Answers in next 'Grapevine' Photos 1 & 2 in 'May & June' Grapevine' was from 'Lilydale - Coldstream' Walk



- Sat 6 July** Mooroolbark Community Centre
- Sat 13 July** Norton Road Croydon
- Sat 20 July** Lilydale Lake
- Sat 27 July** Mullum Mullum Burnt Bridge
- Sat 3 August** Dorset Reserve Croydon
- Sat 10 August** Wandin to Seville
- Sat 17 August** Barneong Reserve Croydon North
- Sat 24 August** Lilydale to Mt Evelyn
- Sat 31 August** Lilydale Lake
- Sat 7 September** Norton Road Croydon
- Sat 14 September** Mullum Mullum Burnt Bridge
- Sat 22 September** Killara 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?



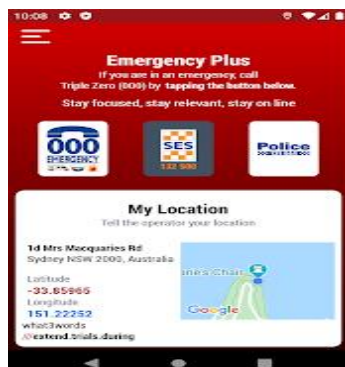
Update your medicines list now – you'll need it if you go to hospital



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. 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.

Save the App that could save your life.

[\[Free Download\]](#)

[\[Free Download\]](#)



The Lighter Side of Life!

An Airbus 380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with a Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight, isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, and then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks: "Well, how was that?"

The Airbus pilot answers: "Very impressive, but watch this!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly straight, at the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?"

The Airbus pilot laughs and says: "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is: When you're young, speed and adrenaline seem to be great. But as you get older and wiser, you learn that comfort and peace are more important. 😊

Little Boy

Travelling salesman walks up the driveway and knocks on the door.

After a while the door opens and a little boy, about 9, stands with a glass of whisky in one hand and a cigar in the other.

Salesman says "Oh, hi. is your mummy or daddy home?"

Little boy looks at his whisky and his cigar and says, "Does it look like it?"



**A QUIET MAN IS A THINKING MAN.
A QUIET WOMAN IS USUALLY MAD.**

**DIET DAY 1:
I HAVE REMOVED ALL THE BAD FOOD FROM THE HOUSE. IT WAS DELICIOUS.**

Did you know that 14 muscles are activated when opening a bottle of wine? Fitness is my passion 😎

“Once you understand why a pizza is made round, comes in a square box and is eaten in triangles, then you just might be on the way to starting to understanding women! ”



MYRTLEFORD AND NEARBY.

In late April we visited Myrtleford with the Australian Touring R.V. Club in which we are members. We were staying in a cabin in 'Arhens Caravan and Camping Park' which is on the Bright side of Myrtleford. Those with wheeled accommodation were at the Showgrounds which are on the north side of town.

Autumn was coming on and the Ovens Valley was alive with colour. We were going out to the camp in the morning, joining in the activities and sometimes

enjoying dinner with the mob. Three tours had been booked. The first was a self-drive to Glenrowan for a Ned Kelly experience. This included a museum display, not only of Ned, but also of the area. This was followed by an audio-visual display of the kerfuffle at Glenrowan. One highlight was meeting *Lazy Harry*, a local bush balladeer who lives and records in the area and he is always ready for a chat.

Most bought lunch in town, prices showing no signs of being inflated for the tourist. The second tour was to Beechworth, this time by coach. A tour of the town made a stop at the cemetery which is being tidied before we were off-loaded for lunch and a walk-around. Several brought lunch but a number headed for the Beechworth Bakery or one of the several other eateries. The last visit was to Billson's Brewery for a taste and to lighten the wallet.

The third tour, also by coach, was to Bright. First stop was to *Pepo farms* which process a particular pumpkin seed as a snack along with a number of other healthy snacks. Their products are available in health food shops around Australia. A quick tour of Bright before visiting an orchard at Wondilligong (which was a real tourist trap). Lunch was pre-paid and ordered at a deer an ostrich/emu farm out from Eurobin (another tourist trap). What is being done with the stock was interesting but the food left a bit to be desired.

On-site activities included disc bowls, talks by specialists and just talking. Most meals were self-catered but one meal was by a local caterer with a number going back for seconds despite being served a large plate. The town is reasonably large with a good shopping centre which includes two quality bakers. One unusual feature is that all the schools are in one area. These include Catholic Primary and Secondary as well as State Primary and Secondary along with pre-schools. I had the impression some facilities are shared, which means with each contributing, better facilities can be provided. Unfortunately, we had to arrive after the rally started and leave before closure but it was good to be reunited with travelling friends from around Australia.

Steve and Elaine



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

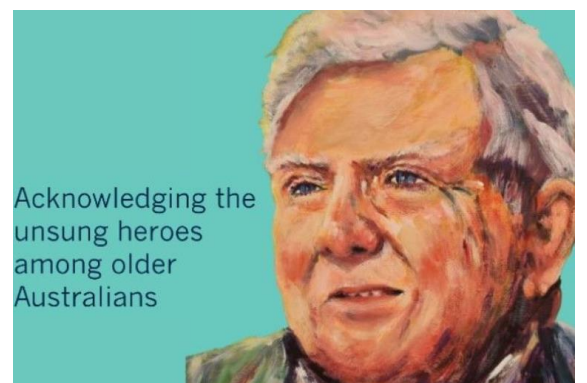
Compton medal recognises unsung heroes

The *Everald Compton Community Champion Medal* will acknowledge an older Australian for their contribution.

National Seniors Australia (NSA) has proudly launched the *Everald Compton Community Champion Medal* to acknowledge older unsung heroes while also recognising NSA's Founding Father.

NSA CEO Chris Grice said the medal honours Mr Compton's long standing and outstanding contribution to the Australian community while celebrating everyday champions whose grassroot experiences and selfless contributions make a significant difference to their communities.

"At NSA, we are constantly reminded of the amazing, yet humble members of our older community," Mr Grice said.



“Whether they’re volunteering, donating time and skills or caring for others – what they do and how they do it is often so selfless and inspiring.

“The *Everald Compton Community Champion Medal* is a distinguished accolade that acknowledges these unsung heroes among older Australians. It also reflects NSA’s values of fairness, excellence, and respect exemplified by Everald’s own experience and achievements.”

Mr Compton said he was humbled and grateful to be honoured by NSA in a way that recognises the value and contribution of older Australians – an issue close to his heart.

“When I began NSA almost 50 years ago advocating for retirees, I never imagined it would grow to a peak body, advocating for all older Australians,” he said.

“While NSA advocates on a range of issues from the Age Pension to aged care, it is the celebration of older Australians which, as the Founding Father, I feel most proud.

“Too often and too easily, older Australians get cast aside. But they’re an asset and shouldn’t be ignored.

“At 92, I am proof age brings with it experience, wisdom, and a spirit that should be appreciated and celebrated.

“I look forward to learning about the nominees – their stories and the way they help to shape their communities for the better, especially those in regional, remote, and Indigenous, and for future generations.”

Mr Grice said he’s keen to learn about and celebrate the inspiring stories of older Australians and encourages people who know an older unsung hero to check the [NSA website](#) to review eligibility criteria and make a nomination.

“This is a wonderful opportunity to honour a great Australian we all know and love and one we are yet to discover.”

‘Keep Cash’ Campaign

Calling all NSA branch members for a unique opportunity to be part of our new ‘**Keep cash**’ campaign! With a high number of bank branch closures and ATM removals taking place, NSA is concerned that the move towards a ‘cashless society’ will disproportionately impact seniors who may struggle with technology and online banking.

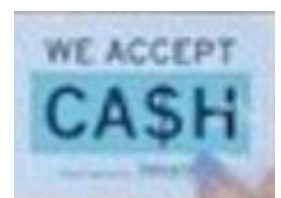
We want to buck the ‘cashless society’ trend and keep cash circulating. To do this, we need your help to encourage retailers that accept cash to display our new ‘**We accept cash**’ sticker.

We are very excited and passionate about this new venture so let’s do this together. It’s simple – we will provide the ‘**We accept cash**’ stickers through your branch, all you need to do is encourage retailers in your



local area to display the 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 our website page and shared on our social media.

Our challenge is to see these ‘**We accept cash**’ stickers in as many retail stores as we can. Let’s get our message out there.



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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