

Yarra Ranges Grapevine



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

JULY & AUGUST 2023

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 2023

Monday – 10 July
6.30pm – Dinner Mtg
'The Crown Hotel'

Monday – 14 August
7.00pm for 7.30pm start
'The Art of Sacrifice'

Guest Speaker:

George Petrou OAM

Artist, Storyteller

(Profits from his book support
Veterans – TPI Vic, PTSD
Frontline, Cam's Cause, ANVAM,
The Bravery Trust etc)

Monday – 11 September
7.00pm for 7.30pm start
'AGM & Grocery
Bingo'

(Speaker ideas please)

If you have a suggestion for a
'Guest Speaker' please let a
Committee Member know

President's Report

Hi Members,

Time for another 'Grapevine' report

The April and May Meetings at the Lakeside Community Room were down on numbers. That was expected owing to the weather.

Guest Speakers Eddie Tichelaar for his talk on the 'Tragedy of the Kyeema' plane crash and Jason Kitchingman from 'Lifestarz' giving us a talk and displaying some of the products made in the workshop for sale.

Lunch at the Mt Dandenong Hotel was also well attended - nice food.

Morning Melodies at The International Hotel was excellent this month with Alicia O'Brien singing plenty of 50s and 60s songs.

July Meeting is at The Crown Hotel on Monday 10 July at 6.30pm.



VALE: Our thoughts and sympathies are with Julia J on the passing of her sister Sylvia at 94 years.

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

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!



- | | |
|------------------------|--------------------------|
| <i>5 July Trevor</i> | <i>6 August Connie</i> |
| <i>19 July Julie O</i> | <i>14 August Ross</i> |
| <i>27 July John K</i> | <i>15 August Chris</i> |
| | <i>17 August Ruth</i> |
| | <i>24 August Alan</i> |
| | <i>27 August Julia J</i> |
| | <i>31 August Dorne</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

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

Monday 10 July @ 6.30pm (please do not arrive early)

'The Crown Hotel'

Main Street Lilydale

Dinner Meeting



Monday 14 August @ 7.00pm for 7.30pm Start

'Art of Sacrifice'

Guest Speaker: George Petrou OAM

Monday 11 September @ 7.00pm for 7.30pm Start

'AGM & Grocery Bingo' – Don't forget to fill in the Nomination Forms

Please email your ideas for Guest Speakers or Activities to – yarrangesnsa@gmail.com

COMMITTEE MEETINGS - 1ST Monday of Month**

@ Chris' place Meet @ 7.30pm

Monday – 3 July

Monday – 7 August

Monday – 4 September

Monday – 2 October



*** 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 5 July @ 10.30am

'Morning Melodies' – Joe Piastrino – International Lilydale

Tues 25 July @ 12.30pm

'Branded Burgers' Lunch Warburton Highway Seville

Saturday 29 July @ 7.00pm

'CIRE Trivia Night' Chirnside Park Football Club Rooms

Wednesday 2 Aug @ 10.30am

'Morning Melodies' – Tony Diamond

Monday 7 August @ 1.00pm

'Tour of Atheneum Theatre & Gracious Grace Afternoon Tea'

Tues 15 Aug @ 12.30pm

'Yering Meadows' Lunch Victoria Road Yering

Tues 29 Aug @ 12.30pm

'Ringwood RSL' Lunch 16 Station Street Ringwood

Wednesday 6 Sept @ 10.30am

'Morning Melodies' – Jenny Lee

Tues 13 Sept @ 12.30pm

'York on Lilydale' Lunch 138 York Road Mt Evelyn

Tues 26 Sept @ 12.30pm

'Bayswater Hotel' Lunch 780 Mountain Highway Bayswater

Wednesday 4 Oct @ 10.30am

'Morning Melodies' – Anthony Gerace

'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 'May & June' Grapevine' was from the Lilydale Lake Walk

| | |
|----------------------|----------------------------------|
| Sat 1 July | Killara to Seville |
| Sat 8 July | Mullum Mullum Burnt Bridge |
| Sat 15 July | Mooroolbark Community Centre |
| Sat 22 July | Lilydale to Mount Evelyn |
| Sat 29 July | Lilydale Lake |
| Sat 5 August | Wandin to Seville |
| Sat 12 August | Barnegeong Reserve Croydon North |
| Sat 19 August | Lilydale to Lilydale |
| Sat 26 August | Norton Road Croydon |
| Sat 2 Sept | Mooroolbark Community Centre |
| Sat 9 Sept | Lilydale to Mount Evelyn |



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?



VIVID SYDNEY

There was eight of YRNSA members plus 11 more to fill the trip from Melbourne to see the Vivid Lights of Sydney. Being collected from your home with a mini bus is definitely a bonus to travelling.

There have definitely been some changes in Sydney with Darling Harbour now looking more like our South Bank, with accommodation above, restaurants below and a docking harbour for pleasure cruises. Our hotel was at the end of the harbour near Paddy's Market. This area has all been cleaned up with wide walkway with large illuminated frog and golden bean shapes hanging from the ceiling of one of the overpass arches.

First day we drove along the harbour stopping at *The Gap* and then on to Bondi Beach for a coffee and walk along the promenade. Retracing our route around the harbour we visited Mrs Macquarie's Chair area. Lunch was at *'The Terrace'* opposite the *Art Gallery*. Good food set in the gardens. A tour of the Opera House was next and there have been a few improvements within the huge sails of the Opera House. After the tour we just had time enough to catch the cat ferry up the Parramatta River and back before dinner.



On the second day we headed for the mountains – **Blue** that is. Morning tea / coffee, scones jam and cream was at an amazing house full of Tea Pots! They were everywhere in glass cases, display cabinets, on dado rails around the rooms – approximately 6,000 of them. There were a few for sale too. Fascinating and quaint... We walked around



Leura which is as beautiful as ever to gain an appetite for lunch.



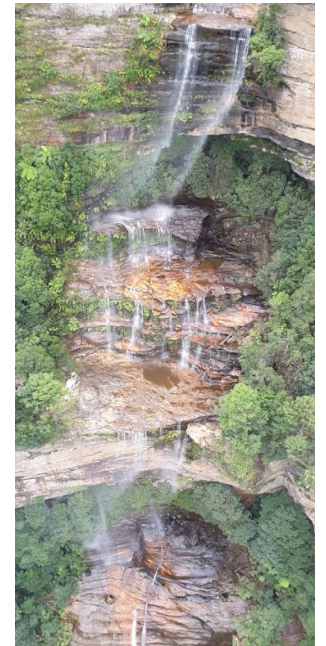
Lunch was at the beautiful Carrington Hotel Katoomba built in 1882. It is heritage listed and Australia's oldest Resort Style Hotel which has been lovingly restored to its former glory, with beautiful stained glass windows on the enclosed terrace, huge stain glass domed ceiling with a chandelier hanging from the centre of it in the centre of the hotel. The Dining that has



been restored to its glammers Victorian colour scheme with arched panel glass windows. It sits on a high position with views and terraced gardens.



At *Scenic World* we lined up and went first on the gondola down the mountain near the rack railway. From there it was a short walk along a much better board walk and track to the mine site with information boards, replica coal carts with a sturdy bronze horse pulling it. Visitors were having a great time climbing on the horse to have their photos taken. A bit further along was the furnace with information boards that John W was most interested in.



Round further we caught the latest safety-first model of the rack railway with its glass top hinged roof to keep us safe. Not like in the old days when you could get swiped by the bushes as you road the open top version. After this it was a one way ride on the Skyway to see the Katoomba Waterfall and meet our bus on the other side.

After dinner we headed off to Taronga Zoo to see the Vivid Lights there. It was beautiful and very colourful. The Zoo had put a lot of thought into how the crowds would move and made a large circuit with large animals of all types lit with LEDs. Fairy lights in the trees too to light your way. We all agreed it was well worth visiting.



Day 3 of the tour we headed off to Manly in the coach, stopping for a walk and morning tea / coffee. They have closed the main street of Manly to foot traffic only and it has really improved the town. Next the 'Q Station' is the old Quarantine Station. Sydney is sensible and have turned their 'Q Station' into a tourist

site with the main building used intact. The pier, rock carvings of migrants in the sandstone, the autoclave building and autoclaves intact, boiler house for hot water which is now converted into a restaurant and where we had lunch. The shower shed and up on the hill the hospital which was in use for infectious diseases such as the Spanish Flu, Small Pox, Chicken Pox, Measles, Scarlet Fever, Typhus Fever etc as there was no availability of today's modern medical vaccinations.

The complex operated as a quarantine station from 14 August 1832 to 29 February 1984. The concept behind its establishment was that, as an island-nation, the Colony of New South Wales, as it was then, was susceptible to ship-borne disease. Those who might have an infectious disease would be kept in quarantine

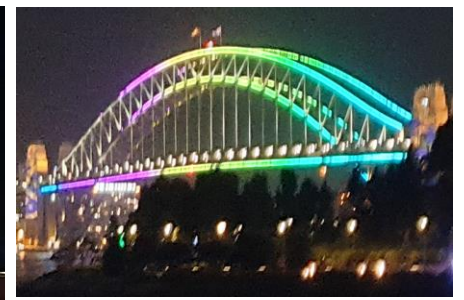
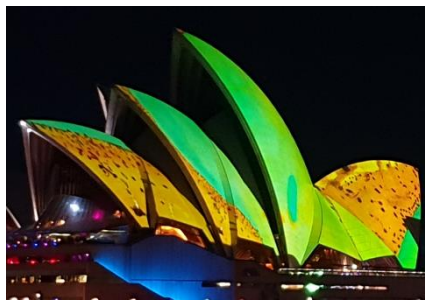
until it was considered safe to release them. The isolation and strategic role of North Head was recognised in 1828 when the first vessel, the 'Bussorah Merchant', was quarantined at Spring Cove. The importance and future role of North Head was reinforced by Governor Darling's *Quarantine Act of 1832*, which set aside the whole of North Head for quarantine purposes in response to the 1829–51 cholera pandemic in Europe

In all, between 1828 and 1984 at least 580 vessels were quarantined at the Quarantine Station. More than 13,000 people were quarantined at the station and an estimated 572 died and were buried there.

The station is now home to a hotel, conference centre, and restaurant complex known as 'Q Station', and remains part of the *Sydney Harbour National Park*.



Returning to our hotel we had time to explore around the hotel area and Paddy's Market which mainly has commercial souvenirs. Our Vivid Sydney Dinner Cruise was on the *Clearview Glass Boat Tours*. We sat at a long table in the middle of the boat and could move around easily onto an outside deck, cruising up and down the harbour. Sydney certainly has the right setting for making a 'Vivid Sydney'.



The Lighter Side of Life!

Got up at 5am, 8km run completed, came back prepared a vegetable smoothie for breakfast.... Don't remember the rest of the dream....

My therapist set half a glass of water in front of me. He asked if I was an optimist or a pessimist. So, I drank the water and told him I was a problem solver. ~Unknown



WOMAN'S ASS SIZE STUDY

There is a new study about women and how they feel about their asses, the results were very interesting.

10% Of women think their ass is too skinny.

30% Of women think their ass is too fat.

60% Say they don't care, they love him, he is a good man and they wouldn't trade him for the world.



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 😎

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 **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.

Information from Yarra Ranges Council

More subject and date available through the Book & More Information below

'Cafe Connect'

Café Connect is a casual social gathering for Adults, 50+ years, where we can come together to enjoy good company, delicious coffee, and inspiring conversation.

Are you looking for a relaxed and enjoyable social gathering where you can connect with like-minded individuals, savour delicious coffee, and engage in inspiring conversations? Look no further than Café Connect, an inviting event designed exclusively for adults aged 50 and above. We warmly invite you to join us for an enriching experience that combines great company, delightful beverages, and thought-provoking discussions.

At Café Connect, each session features a guest speaker who will share insights on a topic of interest, followed by an engaging discussion and an opportunity for questions and answers. It's a wonderful chance to meet new people, share your thoughts and ideas, and expand your knowledge, all within a relaxed and welcoming atmosphere.

Here are the upcoming Café Connect events you won't want to miss:

How to Navigate the Aged Care System

Gain valuable insights into accessing and maximizing aged care services with this informative talk. Whether you or your loved ones are considering aged care options, this session provides practical advice on navigating the My Aged Care system and making informed decisions. 3 Sessions available at various locations:

Tuesday, 4 July

10am - 12noon

Sherbrooke Family & Children Centre, 1443 Burwood Highway, Upwey

Wednesday, 12 July

10am - 12noon

Lilydale Civic Centre, 15 Anderson St, Lilydale

Thursday, 20 July

10am - 12noon

Yarra Glen Memorial Hall, 45 Bell Street, Yarra Glen

We promise you an enjoyable time, regardless of whether you're an introvert or an extrovert, a coffee lover or a tea enthusiast. Café Connect welcomes all who seek meaningful connections and engaging conversations.

To reserve your spot for any of the upcoming Café Connect events, simply book via the link or call us at 1300 368 333. Seats are limited, so we encourage you to secure your place soon.

We look forward to welcoming you at Café Connect, where great conversations and delightful moments await. Don't miss out on this opportunity to make new friends and expand your horizons.

Warm regards,
The Healthy Ageing Team

Yarra Ranges Council
seniors@yarraranges.vic.gov.au
1300 368 333

[Book & More Information](#)

You can view local events and learning opportunities specifically for older residents on the council website via [yarraranges.vic.gov.au/Over-50s-events](https://www.yarraranges.vic.gov.au/Over-50s-events)



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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