

Yarra Ranges Grapevine



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

SEPTEMBER & OCTOBER 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 – 11 September

7.00pm for 7.30pm start

AGM & 'Grocery Bingo'

Don't forget your Grocery Item!
Please check 'Used By' date

Monday – 9 October

6.30pm – Dinner Mtg

'The Crown Hotel'

Monday – 13 November

7.00pm for 7.30pm start

***VIEW Clubs supporting
The Smith Family 'Learning
for Life' Program***

Guest Speaker:

Hazel Austin

(Speaker ideas please)

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

President's Report

Hi Members,

*The Dinner Meeting at
The Crown Hotel was
well attended and the
meal was good as usual.*

*Jason Kitchingman
from 'Lifestartz' who was*

*Guest Speaker for the June Meeting was excellent,
telling us about the products they make. Chris, Elaine,
Steve and myself visited his factory at Bayswater
where the items are made. The Branch made a
donation in support of his program for materials.*

*George Petrou's talk was most interesting telling us
how he became involved in producing 'The Art of
Sacrifice' and amazing book on some 60 members of
the armed forces with the families writing the stories
and George the painting.*

*See you at our AGM Monday 11 September for
'Grocery Bingo' at the Lakeside Community Room
Should be good fun!*

*Happy reading
Trevor
President*



Welcoming Caroline & Rob to
our Branch by President Trevor

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>9 September Fay</i> | <i>1 October Doris</i> |
| <i>16 September Janice</i> | <i>4 October Steve</i> |
| | <i>8 October Gordon</i> |
| | <i>22 October Elaine</i> |
| | <i>27 October Pauline</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 11 September @ 7.00pm for 7.30pm Start

AGM & 'Grocery Bingo' – Don't forget your Grocery Item!



Monday 9 October @ 6.30pm (please do not arrive early)

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

Monday 13 November @ 7.00pm for 7.30pm Start

'Learning for Life' Program **Guest Speaker:** Hazel Austin

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 – 4 September

Monday – 2 October

Monday – 6 November



*** 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 6 Sept @ 10.30am** 'Morning Melodies' – Jenny Lee
- Wed 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'
- Sunday 15 Oct @ 2.30pm** 'Mornington Botanical Rose High Tea cnr Dunns Road & Mornington-Tyabb Road Mornington
- Wednesday 25 Oct @ 10.00am** 'Terrific Trivia' & Morning Tea/Coffee @ Lilydale Bowls Club
- Wednesday 4 Nov @ 10.30am** 'Morning Melodies' – Col Perkins
- Thurs 16 November @ 12.30pm** 'Kilsyth Club' Lunch cnr Canterbury & Colchester Rds Kilsyth
- Saturday 18 November** 'Lilydale & District Show' - Tent & Lost Children - **Roster**
- Sunday 19 November** 'Lilydale & District Show' – Tent & Lost Children – **Roster**
- Saturday 2 December** 'Lilydale Street Fair' – Tent & Children's 'Lucky Dip'
- Sunday 3 December** 'Christmas Break Up'

'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 'July & August' Grapevine' was from the Lilydale Lake Walk

- Sat 2 September Mooroolbark Community Centre
- Sat 9 September Lilydale to Mount Evelyn
- Sat 16 September Wandin to Seville
- Sat 23 September Barneong Reserve Croydon North
- Sat 30 September Lilydale Lake
- Sat 7 October Killara to Seville
- Sat 14 October Mullum Mullum Burnt Bridge
- Sat 21 October Norton Road Croydon
- Sat 28 October Lilydale to Lilydale
- Sat 4 November Wandin to Seville
- Sat 11 November Lilydale to Mount Evelyn
- Sat 18 November Lilydale Lake



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?



The Lighter Side of Life!



My Kid: I feel like you're always making up rules and stuff.

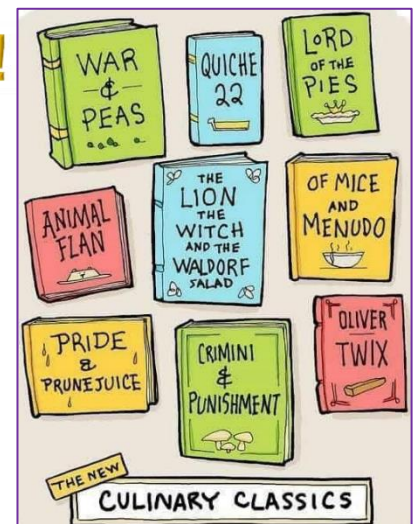
Me: Like what?

My Kid: Like if I don't clean my room a portal will open and take me to another dimension.

Me: Well that's what happened to your older brother.

My Kid: What older brother?

Me: Exactly.



Darwin & Tiwi Island Tour

Being picked up by a mini bus or car to the airport is definitely the way all tour companies should conduct their business. It certainly takes the hassle out of getting to the airport – er that would be because we still don't have a rail link!!!

Arriving at Darwin in 32 degrees heat, plus some humidity was a bit of a shock for the system coming from 14 degrees in Melbourne. The hotel was facing the lovely green expanse of The Esplanade Park with the sea beyond, but don't go into the water – jelly fish and crocs.

The next day we were off with Garry our guide to show us the 'Bombing of Darwin'. Who would have thought that Darwin was bombed over 60 times during WWII! Bombed more than Pearl Harbour. It was a fascinating tour which included the Darwin Military Museum which has a very good virtual reality section too. The thinking of the bombing of Darwin was to destroy the supply lines for the allies in the Pacific. In the afternoon we visited the Royal Flying Doctor Service Museum on Stokes Hill Wharf with a huge virtuality screen with sound effects of enemy planes coming in over Darwin – very effective. In the late afternoon we boarded the 'Spirt of Darwin Harbour Dinner Cruise'. Darwin Harbour is 2½ times bigger than Sydney Harbour! Good food, company and setting of the sun over water.

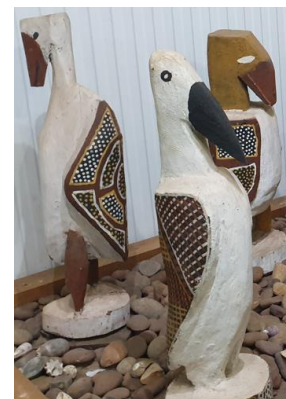


Litchfield National Park was next day. After driving for 2 hours, we came to the beautiful 'Wangi Falls' with its huge swimming hole. Did a board walk to see the Flying Foxes who are very noisy hanging upside down from the tree branches. Tomey Falls was next – not much water coming over, but the lookout gave a good panoramic view of the surrounding countryside. The Cathedral Termite Mound is enormous and over 50 years old, it is still a working mound. It is quite

strange to see all the termite mounds in a field nearby all standing in rows facing the same way just like tomb stones. Florence Falls are beautiful. Buley Rock Holes are a sequence of water pools with a clear flowing stream keeping the pools fresh – very pretty and safe for children. Humpty Doo Pub was our dinner stop. Never seen so many utes and tradie trucks outside a Pub! The meal was enormous!



7.00am start the next day as we had to catch the Sealink Ferry across to the Tiwi Island of Bathurst. After the Welcome and Smoking Ceremony, we visited the 'Patakijiyali Museum' which is small but very interesting with old photos, crafts and celebration of Tiwi Island Aussie Rules – Michael Long, Ronnie Burns, Austin Wonaeamirri and the Bathurst AFL team 'The Bombers'. 1911 Roman Catholic Missionaries arrived and in 1914 Nuns of The Sacred Heart also arrived. It took 50 years before the Christian and Tiwi Island Beliefs melded together to be what it is today. The Tiwi people have set up a great idea to engage visitors. A huge shed was set up as a screen-printing working space, with screens depicting various beliefs and symbols for us to screen print a tea towel with supervision from the Tiwis. After crossing the Arafura Sea back to Darwin, we visited the Mindil Sunset Beach Market to watch the sunset and visit the many food stalls for our dinner. It is a large market every stall imaginable.



Our last day in NT we headed south east to the Adelaide River Leaping Crocodile Tour. On boarding it would seem that you are only approx 1 metre above the water line with a sturdy bar for safety. Our guide had been conducting these tours for 5 years and he was very familiar with the crocs saying that they are very territorial and will only swim a short distance in either direction, but go back to where they call home. A large chop of meat is attached by string to a long handle pole. Crocs are expected to jump three times and on the last one rewarded with the meat. Our guide would call out to crocs by name and they seem to know the boat and came swimming over. The river is muddy, but you can still see them swimming towards us. An amazing experience. Lunch was at the café. Back in Darwin some of us visited the Darwin Museum which is excellent with a comprehensive exhibition on Cyclone Tracey Disaster which nearly flattened Darwin. Also, Aboriginal Art was on display along with



old photographs of the early days, early fishing boats and 'Sweetheart' the largest croc ever captured.



A great trip and insight into the Top End. Thanks to 'Daytripper'.

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.

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



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

I would like to receive 'My Generation' Magazine by Mail

MEMBERS

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- 'My Generation' Magazine
- Discount & Benefits
- Credit Card
- Car Buying Service
- Insurance
- Travel
- Competitions
- Online Shop

NEWS & EVENTS

- Latest News
- Policy & Media Updates
- In the Media / Media Releases
- Events

RESEARCH

- Finance
- Health & Aged Care
- Housing
- Retirement
- Social Connectedness & Communities

ABOUT US

- Board & Governance
- Leadership Team
- Policy Advisory Groups
- Careers
- Foundation Trust
- Partners
- FAQs Advertising

INFORMATION HUB

- Consumer Protection
- Healthy Ageing / Aged Care
- Social Inclusion
- Technology
- Work & Career
- Retirement
- Retirement Living Options

ADVOCACY

- How Advocacy Works
- Policy and Advocacy
- Submissions