

# **MAY & JUNE 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 – <u>13 May</u> 2.00pm for 2.30pm start

'Speech Maker'

Guest Speaker:
Peter McPhee AM

# Monday – <u>10June</u> 2.00pm for 2.30pm start

'Walking the Northern Camino Trail across Spain at 73'

**Guest Speaker:** Margaret Bauch

#### (Speaker ideas please)

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

# President's Report

Hí Members,

President Trevor welcoming new Members Pat, Colin & Pauline

Hi Members
I hope everyone is well.



The 'High Tea on the High Seas' taking the Ferry from Sorrento to Queenscliff I believe was very nice except Lyn F thought they could have had more savouries and little less cake.

It was a good 'Morning Melodies' at the International Hotel last month.

Also on Wednesday 5 June Alicia O'Brien is the Guest Artist. She is excellent in my opinion.

Hope to see everyone at the next monthly meeting on the 13 May at the Lilydale Lakeside Community Room. At the <u>new time of 2.00pm for 2.30pm</u>

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 - 2 9735 1104

#### **Vice President & Welfare Officer**

Pamela - 2 9735 5449

#### Secretary **Newsletter Editor**

Lyn- 2 0459 155 527

Email: <u>yarrarangesnsa@gmail.com</u>

#### **Treasurer**

Anne - 2 97265135

#### **Activities Coordinator**

Chris - 2 0419 528 446

Email: chrishill3@bigpond.com.au

#### **Guest Speaker Coordinator**

Vacant

#### **Web Administrator**

Patrick

**2** 0413 726 726

#### **Committee Member**

Elaine - 2 9739 4642 Kathy - 2 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 2 9735 5449



# Congratulations to!



10 May Shirley 5 June Colin F 11 May Kathy 19 June Lorraine Sm 14 May Julie F 29 June Jenny 15 May Lyn F

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 13 May @ 2.00pm for 2.30pm Start

'Speech Maker'

**Guest Speaker: Peter McPhee AM** 

Monday 10 June @ 2.00pm for 2.30pm Start

'Walking the Northern Camino Across Spain at 73'

**Guest Speaker: Margaret Bauch** 

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

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

@ Chris' place Meet @ 3.30pm for April & May

Monday – 6 May

Monday – 3 June



#### \* NOTE FROM CHRIS \*

Everyone needs to please text or email Chris - 20419 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

<u>Please Note:</u> All payments in an <u>envelope</u> with <u>name</u>, amount of <u>payment</u> and <u>Activity name</u>. This will be a great help. Thank you, Chris

'Out & About' - Blue

'<u>Dine Outs' - Pink</u>

'Morning Melodies' - Gold

MORNING MELODIES @ The International Hotel Maroondah Highway Lilydale
Please note: Order lunch before show at 11.00am. Lunch 12.00noon

Wednesday 1 May @ <u>10.30am</u> Thursday 2 May @ <u>6.30pm</u> Tuesday 7 May @ <u>12.30pm</u> Thursday 16 May @ <u>10.30am</u>

Friday 17 May @ 7.30pm
Saturday 18 May @ 10.30am
Sunday 19 May @ 2.00pm
Thursday 30 May @ 12.30pm
Wednesday 5 June @ 10.30am
Sunday 9 June @ 2.00pm
Sunday 16 June @ 2.00pm
Monday 17 June @ 12.30pm
Wednesday 26 June @ 12.30pm
Wednesday 3 July @ 10.30am
Thursday 18 July @ 12.30pm
Wednesday 7 August @ 10.30am
Sunday 18 August @ 2.00pm
Sunday 15 Sept @ 1.30pm
Sunday 6 October @ 2.00pm

- 'Morning Melodies All My Lovin Beatles Tribute' Alex Kyle
- 'Jenny's Cancer Fundraiser' Ringwood RSL 16 Station Street \$50
- 'Yarra Valley Deli & Cafe' 372 Warburton Highway Wandin
- 'Yarra Valley Gourmet Foods Tour' 814 Warburton H'way Seville Fresh locally sourced food – jams, relishes, chutneys, mustards, dressings etc. Plenty of time to shop after tour–don't forget your bags 12.30pm Lunch - 'Duckies Cafe' 579 Warburton Highway Seville
- 'Little Mermaid Ballet' Karralyka Mines Rd Ringwood (see Lyn)
- 'Wyreena Tour' 13–23 Hull Road Croydon Cost \$5 (coffee voucher)
- 'Billy Elliot' Musical National Theatre St Kilda (see Lyn)
- 'Croydon Hotel' 47 Maroondah Highway Croydon
- 'Morning Melodies Remembering Elvis' Rick Charles
- 'Priscilla Queen of the Desert' The Round Nunawading (see Lyn
- 'Phantom of the Opera' Karralyka Mines Rd Ringwood (see Lyn)
- 'Harrow & Harvest' Castella Street Lilydale
- 'Lilydale International Hotel' 471 Maroondah Highway Lilydale
- 'Morning Melodies Olivia & the Divas'
- 'Chirnside Country Club' 68 Kingswood Drive Chirnside Park
- 'Morning Melodies Sounds of Broadway' Anthony Gerace
- 'Beauty & the Beast Ballet' Karralyka Ringwood (see Lyn)
- 'Brigadoon' Musical The Round Theatre Nunawading (see Lyn
- 'Come from Away' Musical National Theatre St Kilda (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 '*March & April' Grapevine*' was from '*Killara – Seville' Walk* 

Sat 4 May Mullum Mullum Burnt Bridge

Sat 11 May Lilydale to Mt Evelyn

Sat 18 May Mooroolbark Community Centre

Sat 26 May
Norton Road Croydon
Sat 1 June
Dorset Reserve Croydon

Sat 8 June Mullum Mullum Burnt Bridge

Sat 15 June Barngeong Reserve Croydon North

Sat 22 June Lilydale to Mt Evelyn

Sat 29 June Lilydale Lake

Sat 6 July Mooroolbark Community Centre

Sat 13 July Norton Road Croydon

<u>Note</u>: 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? Pho

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 upto-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 <u>live</u> <u>buttons</u> that will automatically call that service when pressed.

Available on the App Store [Free Download]

Google play [Free Download]

Save the App that

your life.

could save

Also, you will note your 'location coordinates' appear so you can pass the

information to the service concerned as to where your location is.



A woman carrying a backpack is walking along when she sees two men staring up at a flagpole, and looking worried. So, she goes up to them and asks what is the problem. The men tell her that they've been asked to measure the height of the flagpole but they can't think of a way to do it.

The woman takes off her backpack and pulls out a set of spanners and a tape measure. She selects a spanner and undoes the bolts holding the flagpole base on its platform. Then she tilts the flagpole off the platform and lays it on the ground. She takes the tape measure and runs it along the flagpole.

She tells the men it's 18' 6", puts her things back in her backpack and walks away.

One man turns to the other and says "Now isn't that just like a woman; you ask her the height and she gives you the length!"

## Inertia Analysis

To help you process whatever you learn about yourself through your inertia analysis, here are a few useful quotes from Nicolai Tangen:

"The fewer decisions you make the better they become."

"When you are young (25) you are in such a hurry despite having your whole life ahead of you. When you are about to die like me only then you suddenly develop long-term thinking."

"The biggest bias you have is you believing you don't have any biases."

"If you call it gut feel no one believes in it but if you call it pattern recognition everyone believes in it even though it's the same thing."

"Nine out of 10 drowning victims in Norway are men. Why? Men take more risk."

"The two most important traits in high achievers.

- 1.) Bounce Back Factor how well you bounce back after a loss
- 2.) Debrief Process learning from wins and losses."

# SEAROADÍFERIES

Twenty-one of us carpooled for the hour long journey from the eastern suburbs to down along the Mornington Peninsular arriving at the Sorrento Pier in time to board the 1pm Ferry.

Chris our Activities Coordinator had organised to collect our tickets and then there seemed to a long discussion happening with the Sea Road Ferries Office. It turns out that they didn't have the bigger ferry with the front partitioned lounge where the 'High Tea' is served, available. After much

# 'High Tea on the High Seas'

It was a perfect day weatherwise with a blue sky, light wind and temperature in the 20s, for our Ferry ride on Port Phillip Bay.



negotiation, we were offered an alternative. The Queenscliffe Pier Restaurant, which has been completely rebuilt, are the people who provide the High Tea and take it onboard the Ferry to be served there and we stay onboard for the outward and inward bound trip across the Bay, otherwise it would cost another \$20 on top of the cost of the High Tea of you should wish to disembark at Queenscliffe. Sounds complicated I know, but that is how it works.

The solution to the problem turned out to be better than we hoped. At Queenscliffe our group was escorted



from the Ferry to take either the lift or the stairs down to the lovely new restaurant where they had set up a long table ladened with our 'High Tea'.

From the restaurant we could see the Sea Pilot heading out of the Bay Heads to a ship out at sea. Port Phillip Bay Sea Pilots need to bring the large ships safely into either Melbourne along the original Yarra River Bed channel on the eastern side of the bay or to Geelong along the dredged western channel.

We caught the 3pm Ferry across to Sorrento and while we were crossing the Sea Pilot was bringing in a most peculiar looking ship and it was only after it had crossed behind us that we could see the back of it and worked out it was a Vehicle Transporter heading for Fisherman's Bend Wharf Melbourne. Everyone agreed it had been a great day.

#### **DONATION TO CALADENIA**

At our April Branch Meeting we presented a donation cheque of \$500 to Sarah from *Caladenia*. Channel 9 News Programs (Victoria) recently brought to the attention of the viewing public the urgent need that *Caladenia* have to upgrade their facilities and expand their programs. They are trying to fundraise.

Who are *Caladenia Dementia Care* of Mooroolbark? *Caladenia* provides a range of services for Carers of people with any type of dementia. Carers use the day programs as respite. That means some time to relax, shop, or do something for yourself, knowing that your relative is well cared for by the Caladenia staff.



Part of the commitment to caring for people of all ages with dementia is to provide support and education to the carers of these people. Anyone is welcome to join our support groups and there is no cost.

Caladenia has been providing social programs and recreational opportunities 6 days a week to people with dementia and their carers for over 30 years. The programs are designed to be person centred, focused on wellness and reablement and designed to suit the needs and abilities of the individual attending. People living with early dementia have differing needs and interests to those living with more advanced dementia. The programs and activities cater to those differing needs on separate days.

There is also offered a three day Respite Care available to give the Carers a longer break from caring for their dementia person

Chris our Activities Coordinator volunteers on a Friday by going out with the drivers on the mini bus to collect people and staying to help with the program for the day, then going on the mini bus again to deliver the people back to their homes and carers.

Sarah will be our Guest Speaker at our November Meeting to enlighten us on their services and programs.

# THANK YOU

The Australian Touring Recreational Vehicle Club would like to thank all members who purchased Raffle Tickets for the Quilt I made for our Rally at Myrtleford to support The Flying Doctor. Approx \$1,000 was raised. Unfortunately, no one from our Branch won the Quilt, but Fay was lucky enough to win a Crochet Rug. Again, thank you all for your support. Cheers Elaine

#### 'The Little Black Book of Scams'

Is a Australian Government initiative from the 'National Anti-Scam Centre'. It is a guide to avoid and protect yourself against Scams.





- Collecting and sharing intelligence we're improving information sharing across government and the private sector to disrupt scammers and making it easier to report scams
- Coordinating action to combat scams we will bring together government and industry expertise in short term action focused working groups called Fusion cells to combat specific scams.

**Scamwatch website**: <a href="https://www.scamwatch.gov.au">www.scamwatch.gov.au</a> (We will try & obtain hard copies – no promises)



#### Alfred Nicholas Gardens - Sherbrooke

Tuesday started as a foggy day, but luckily it had lifted by the time we travelled up Mt Dandenong to Alfred Nicholas Gardens in Sherbrooke. The drive provided us with many autumn colours along the way.

Afred Nicholas along with his brother George were the developers and manufacturers of 'Aspro' and Alfred used his wealth in 1929 to build a 50 roomed house 'Burnham Beeches' plus an

extensive hillside garden with pools and a lake at the bottom. The house area is partitioned off from the gardens now and is privately owned. Parks Victoria now look after the mature garden on the side of a hill with its zig zag pathways and steps. There are pools at the top near the entrance with lovely arched wooden bridges (see photo above) and then you wind your way down to the top of a waterfall and then down again to the pool below with tall trees, shrubs and tree ferns.



Down further and at the bottom is the lake with 3 huge Gingko Trees (related to the Maiden Hair Fern), the oldest living fossil that was around when the dinosaurs roamed the earth. They were only just starting to turn their leaves to buttery yellow. There were a few ducks wandering around to see if you brought anything for them.



Percy Travaskis who was employed at the Bureau of Etymology at Key Gardens London was offered the position of Head Gardener to plan and develop the laying out of the garden with importing plants, creating rockeries, a waterfall and an ornamental lake along the lines of a hill station style garden amongst the tall Mountain Ash trees (the tallest flowering plant in the world).

The Nicholas family donated the gardens to the people of Victoria in 1965 via the local council and in 1972 *Parks Victoria* and the *Victorian State Government* gained control and maintain it to this day.

This garden is not for the faint hearted because whatever goes down has to come back up again by your own effort. But you can choose to stay at the top amongst the ponds and picnic area or even walk part way down. Well worth a visit though.

The choice of lunch at the 'Ripe Café' in Sassafras was a lovely old house with good food that also catered for vegetarians. Another great day out!



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

# Fungus link to dementia intrigues scientists

Our brains are teeming with microorganisms, so could antifungal medication reverse dementia?

Scientists are exploring the link between infections and dementia and how some infections can increase the risk of getting the disease.

For example, the bacteria behind gum disease and the herpes virus, which causes cold sores, have been linked to Alzheimer's disease.

It's been known for some time that the human body, inside and out, houses vast colonies of microbial organisms.

While the gut microbiome is well known, the possibility of there being a brain microbiome has been controversial.

Scientists have now assembled evidence that seems to confirm the existence of the brain microbiome, indicting it is made up of a wide variety of microbes in different amounts in various parts of the brain.

In people with Alzheimer's disease, certain microbes are over-represented – including Cryptococcus and Candida fungi, Streptococcus and Bacillus bacteria, as well as a currently unidentified alg

In a study at Drexel University College of Medicine in Pennsylvania, doctors examined post-mortem brain tissue from 32 individuals and found three distinctive microbial species that were associated with the development of Alzheimer's.

While the brain biome remains a mystery, researchers say clues are beginning to emerge about how good and bad pathogens are making our brains their home, and the affect they may have on our brain performance and even on who we think we are as humans.

As reported in New Scientist, a UK study found mice

with a weakened gut microbiome were more likely to have a particular microbial agent in their brain, which could have been caused by long-term antibiotics treatment upsetting the gut microbiome. It's thought the fungus then was able to breach the blood-brain barrier, entering the neural tissue.

It appears that that triggered the production of a chemical called amyloid beta, which prompted the brain's immune cells, known as microglia, to combat fungal growth. If this process goes awry, the amyloid beta might build up into the plaques associated with Alzheimer's.

Scientists say there is still much to be discovered – including treatments that specifically targets unbalanced microbiomes.

This could lead to the reversal of some dementias.

For information about the early signs of dementia click here.

Related reading: New Scientist, Dementia Australia

## Key points

- Dementia is a brain condition. It's not a normal part of ageing.
- The effects of dementia vary, but generally, dementia affects your mood, memory, thinking and behaviour.
- Dementia can happen to anybody, but it is much more common after the age of 65.
- There's currently no known cure for dementia, but there are treatments for many of the symptoms, and support is available.

#### Fact file - Human microbiome

The microbiome is the collection of all microbes, such as bacteria, fungi, viruses, and their genes, that naturally live on our bodies and inside us.

Although microbes are so small that they can only be seen with a microscope, they contribute in big ways to human health and wellness.

Together, these microbes orchestrate the immune system, influence how the brain works and grows, and affect our personality and feelings.

Over a third of the genes in the human genome have a bacterial origin, and the action of trillions of microbial genes in the gut has direct impacts on our nutrition and metabolism.



# 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
I / we would like to join for: (please tick) includes GST	No. 100132
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 Please charge my credit card: ☐ Visa ☐ Ma	
Card number:	
Cardholder's Name:	// Expiry:/
	nitted to protecting your personal Information. cy statement online at nationalseniors.com.au Mail

#### **MEMBERS**

Branches – Social & Friendship
'My Generation' Magazine
Discount & Benefits
Credit Card
Car Buying Service
Insurance
Travel
Competitions

#### **NEWS & EVENTS**

Online Shop

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

