

Yarra Ranges Grapevine



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

JANUARY & DECEMBER 2025

Membership Renewals & Joining Members

There are new Membership Renewal / Joining Application Forms on the last page of this Newsletter.
The Branch receives a small annual payment for your Membership.

Branch Meetings 2025

January 2025

No Branch Meeting

Have a Great New Year!

Monday – 10 February

7.00pm for 7.30pm

**'In One Way or Another We
All Travel a Similar Journey'**

Guest Speaker

Laurie Smale

At

Lilydale Lake Community Rm

Monday – 10 March

7.00pm for 7.30pm

'Federal Member for Casey'

Guest Speaker

Aaron Violi

At

Lilydale Lake Community Rm

(Speaker ideas please)

**If you have a suggestion for a
'Guest Speaker' please let the
Secretary know.**

President's Report

Hi Members,

*Another year has gone.
What a good year it has
been. Plenty of
activities organised by
Chris to attend.*



President Trevor welcoming Lynne
& Gail

*We have at least 6 new
members which is really good. Also, we had 47
members attend the Christmas Dinner at the
Sanctuary House convention centre in Healesville, it
was an excellent meal.*

*We had plenty of volunteers to 'man' the Awareness
Tent at the Lilydale Melba Festival & Street Fair.*

*Merry Christmas to all members and a Happy New
Year. Hope to see you all at the February meeting.*

Happy reading.

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

Steve - ☎ 0427 394 642

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 - ☎ 0427 394 642

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 Steve on ☎ 0427 394 642



BIRTHDAYS
THIS MONTH

Congratulations to!

30 January Cliff

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 at yarrarangesnsa@gmail.com

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

NO BRANCH MEETING IN JANUARY 2025

Monday 10 February @ 7.00pm for 7.30pm start

'In One Way or Another We All Travel a Similar Journey'

Guest Speaker: Laurie Smale



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 – 3 February

Monday – 3 March



*** 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

Monday 6 January @ 12.30pm
Friday 10 January @ 6.00pm

'Branded Burgers Café' Lunch 567 Warburton Highway Seville
'Fish'n'Chips by the Yarra' Dinner Stiggants Reserve Warrandyte Mel 23 C12

Thursday 23rd Jan @ 12.30pm
Sunday 2nd February @ 10.00am
Wednesday 5 Feb @ 11.00am
Sunday 16th February @ 12.30pm

'Red Relish Café' Lunch 2/2465 Warburton Hwy Yarra Junction
'Grazeland' Lunch 20 Booker Street Spotswood (Train 10.00am)
'Rock & Roll is Here to Stay' – Alicia O'Brien
'Chris" Café' Lunch Cost \$25 includes \$5 donation (fundraiser)
Spit Roast meat and salads, non-alcoholic punch, sweets, chockies, tea/coffee BYO alcohol

Wednesday 5 March @ 11.00am
Thursday 6th March @ 12.30pm
Tuesday 25th March @ 12.30pm
Wednesday 5 March @ 11.00am

'Australian Songbook' – Rene Diaz
'St Andrews Brewery' Lunch 160 Sandy Rd Fingal (near Rosebud)
'Grants Reserve' Lunch 70 Monbulk Kallista
'The Best of The Best' - Gabrelle

Contact Secretary Lyn for Musicals & Ballet

Sunday 23 February @ 2.00pm
Sunday 23 March @ 1.30pm
Sunday 18 May @ 2.00pm
Sunday 25 May @ 2.00pm

'Don Quixote' – Vic State Ballet @ Karralyka Theatre Ringwood
The Music Man' - Nova Music Theatre @ 'The Round' Nunawading
'The Snow Queen' - Vic State Ballet @ Karralyka Theatre Ringwood
'Nice Work if You Can Get it' - CLOC Musical Theatre @ The National Theatre corner of Carlisle & Barclay Streets St Kilda
'My Fair Lady' - Babirra Music Theatre @ 'The Round' Nunawading
'Mary Poppins' - MDMS Theatre @ Karralyka Theatre Ringwood
'Aladdin' - Vic State Ballet @ Karralyka Theatre Ringwood

Sunday 8 June @ pm TBC
Sunday 22 June @ 1.30pm
Sunday 24 Aug @ 2.00pm

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

Please Note - Walks start **9.00am**

These 2 photos are from the same walks – do you know where?
Answers in next 'Grapevine' Photos 1 & 2 in 'November & December'
Grapevine' were from the 'Mullum Mullum' Walk

Sat 4 January	Dorset Reserve Croydon
Sat 11 January	Barneong Reserve Croydon North
Sat 18 January	Lilydale to Mt Evelyn
Sat 25 January	Mullum Mullum Burnt Bridge
Sat 1 February	Killara to Seville
Sat 8 February	Mooroolbark Comm Centre
Sat 15 February	Wandin to Seville
Sat 22 February	Norton Road Croydon
Sat 1 March	Lilydale Lake
Sat 8 March	Dorset 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?



Lilydale & Yarra Valley Show (16 & 17 November 2024)

We have some very clever Granddaughter Emma and Great Grandchildren Hailey & Jai of our members Lorraine and Hughie. They entered into the various categories of the Shows displayed in the Craft Shed. We are delighted to share their Show results in the Horticulture, Baking, Flower Arrangements and Eggs. Emma with her fabulous Baking!



Well done, Emma! Congratulations from us all



Hailey with her Flower Arrangement and her Fairy Garden. Congratulations from all of the Members of Yarra Ranges National Seniors Australia. We are very impressed with your great effort!

Jai with his Award-Winning Eggs. Congratulations from all of the Members of Yarra Ranges National Seniors Australia. We think your Eggs are Excellent!

There was also an amazing display of Lego!



Plus, all the usual great attractions of the Lilydale & Yarra Valley Show. Well done organisers!

Whale Watching at Coolangatta Queensland



Lorraine Sc and her family were visiting Coolangatta and decided to go on a Whale Watching Cruise and they were certainly not disappointed. Great photos Lorraine.



"I was in QLD recently with our daughter, Leanne and we shared the most magnificent experience - Whale Watching! This was my first whale watching encounter. Our tour departed from the Fingal Head Boat Ramp just 10 minutes from Coolangatta.

Between May and November each year over 30,000 Humpback whales migrate between their summer feeding grounds in Antarctica and the warm waters of the tropics and the Great Barrier Reef. The Tweed Heads / Gold coast was a good place to experience the whales as they swim reasonably close to shore along the coastline. It really did feel like an intimate, up-close encounter.

Within 5 minutes of the trip beginning, we saw a mother humpback whale with her calf, repeatedly breaching and re-entering the water with a magnificent show of their tails. (fluke). We saw a pod of 3 adult whales with a calf, and other single whale sightings.

It was incredible to hear the whale's song, to learn about Humpback behaviour from the onboard marine biologist and to also see dolphins and migratory birds. I thought it was brilliant!" by Lorraine Sc



A Big Thank You to Pamela

After 6 years on the Yarra Ranges NSA Committee as the Vice President / Welfare Officer, Pamela has decided to retired from the Committee. We thank you Pamela for your support, ideas and contribution to the running of the Branch. Also, the way you kept the Committee in touch with the local community through your representation at the LTAG (*Lilydale Town Action Group*), keeping us up to date with the latest information. You will be missed from our Committee.

President Trevor presenting Pamela with a 'Certificate of Appreciation'

YRNSA Members doing 'their bit' for the Community!

Branch Members supported the local community of the LTAG (*Lilydale Town Action Group*) by bagging an estimation of 3,830 sweets (lollies) into 450 bags which were distributed to children at the 'Christmas Carols' Evening supported by the *Yarra Ranges Council* in *Melba Park*.



That was Christmas!



The Sanctuary House Healesville was our venue for the Branch Christmas Dinner. Everyone had a good time and the food was very good with a choice between three main courses and Christmas Pudding to finish. A good choice of wines and beers were also available.

Above are the 16 shopping bag Christmas Raffle prizes. The following people were lucky enough to win one! Connie, Ann B, Bev, Denise, Chris, Judy J, Sandra, Judy H, Valda, Patrick, Lorraine Sc, Lyn J, Lois, Raylene Lyn L and Vanessa.

Congratulations to our winners!

We have a new 'Baby' in the family!!

Lorraine and Hughie have just had a new addition to their family.

Lorraine has spent time sitting in their Mazda CX30 to work out all the 'bells & whistle' with the screen instead of their previous car's dials.

Congratulations!



Lilydale Melba Festival & Street Fair



On Sunday 8 December the YRNSA Branch held an 'Awareness Tent' at the 3rd Street Fair that the *Lilydale Town Action Group* (LTAG) have staged. It was bigger, better and well attended with people from near and far. Even spoke to some people from Perth WA and encouraged them to seek out their nearest NSA Branch to join.

Thank you to NSA for posting down a box of 'goodies' to use on our stall which was most helpful in getting our message across to seniors we chatted to. 'The Branch Out' booklets were a great hit with everyone. We enlarged the 'We Accept Cash' sticker to display it prominently to talk about the current NSA campaign. A couple of people tried to give us cash, but we said 'No' this is our current campaign. We also referred to the fact that Chris Grice had been on the News the week before in

reference to the banks charging \$3 for 'over the counter' cash. Chris was also on the front of one of the 'Branch Out' booklet, so we could point him out to people and hopefully he will be recognised the next time he is on the News.

Apart from our information for seniors we also run a free 'Lucky Dip' for 4 – 12 year olds which attracts families to our stall. If you want to know what's in them, you have to be in the right age group!



It was a great atmosphere with stalls of all varieties, a children area with face painting, food, stage entertainment and a street parade ably lead by the *Ringwood Highland Band* with groups, scouts, super heros, historical society ladies in period costumes, fire truck and following behind a stream of

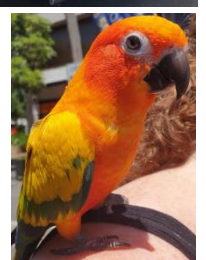


vintage cars including a Ford F100 1953 driven by our own President Trevor who has made a magnificent 'labour of love' in restoring his vehicle.

Even the animals dressed up for the occasion.



I am assured by the owner that the beautiful 'Sun Parrot' from South America sitting on her shoulder loves an outing and does not try to fly away, chatting, squawking and making plenty of noise all the time.





'Chat'n'Chew' - End of Year Picnic

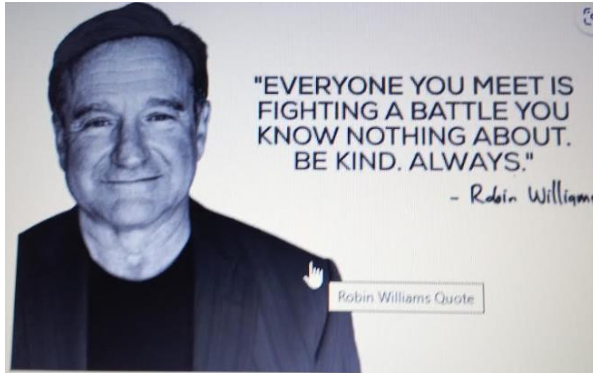
As it was a perfect evening in December for us to hold our Picnic outside the rooms, we hirer. Not like last year when we had an 'indoor' picnic. It was well attended and made a perfect relaxing end to the year with plenty of chatting as well as chewing.

Refreshments of tea / coffee were available in the room.



The Lighter Side of Life!

One evening an old farmer decided to go down to the pond, as he hadn't been there for a while.



He grabbed a five-gallon bucket to bring back some fruit.

As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of young women skinny dipping in his pond. He made the women aware of his presence and they all went to the deep end.

One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked." Holding the bucket up he said, "I'm here to feed the alligator!"

Some old men can think fast.

A greedy old man wanted to take it with him when he died. He told his wife to fill two pillow cases with cash, and leave them in the attic. As his soul ascended to Heaven he'd pass through the ceiling into the attic, grab the cash, and continue his ascent to the Pearly Gates.

After he died his wife went into the attic and found the money still there.

She said, "I knew I should have put it in the basement!"

Two brothers are real trouble makers. They are always breaking things, stealing, lying, creating all kinds of trouble. Their parents tried everything to get the boys to change but nothing they tried worked. Finally, they decided to ask their pastor for help.

He says he will talk to the boys - but one at a time. The parents drop off the older boy, He sat down in a chair across from the pastor.

The pastor believes that, if he can the boy to think of God and eternal judgement, the boys will change.

So, the Pastor starts by asking "Where is God?"

The boy just sits there and doesn't answer.

The pastor begins to look stern and loudly says, "Where is God?"

The little boy shifts in his seat, but still doesn't answer.

The pastor is starting to get angry at the boy's refusal respond and shouts loudly "WHERE IS GOD?"

The boy jumps up out of his chair and runs out of the office. He leaves the church and runs all the way home, up the stairs and into his brother's room. He shuts the door, and with sweat running down his face says, "We're in **BIG TROUBLE!** God is missing - and they are blaming us!"

Pre internet chat room using
An old version of windows...



'Keep Cash' Campaign

YRNSA has joined the NSA Campaign of 'Keep Cash'!

We are obtaining some more stickers from Head Office in Brisbane for distribution to local traders and retailers who wish to continue receiving CASH. These will be available at our next Branch Meeting in February.

NSA wants to help buck the 'cashless society' trend and keep cash circulating. To do this, they need our help to encourage retailers that accept cash to display our new **'We accept cash'** sticker.

NSA is very excited and passionate about this new campaign so let's do this together. It's simple – when we have received the **'We accept cash'** stickers, 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.

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.



*Some News Items from National Seniors that you may have missed Are We Being Conned?

Trust in government is low. Is part of the problem the lack of consumer protection in regulated sectors?

Aged care, energy, and private health. What do all these sectors have in common? They all provide essential goods and services. They are all heavily regulated by government.



The other thing in common is that they appear to operate on models based on consumer choice and competition, yet none of these markets operate under conditions of perfect competition.

Why is this last point important? Because a prevailing view of government and regulators of these sectors is that consumer behaviour and consumer choice will be powerful tools to manage prices and uphold quality.

What does this mean for you, the end user of these services?

It means you have to wade through websites, comparing products and services in some vain hope that you will find a cheaper price or higher product quality. Essentially government wants to use your time and effort to make regulated markets better.

Writing in [The Guardian](#), Caroline Baum reported how she spent three months researching aged care options for her mother - visiting facilities and comparing reviews, which she said was “time consuming and frequently misleading”.

Aged care has been at the forefront of “consumer directed care” for many years, importing the concept from the United Kingdom as a panacea for poor performance. But what has it delivered?

In rural areas, there isn’t any choice. Even in urban areas, choice is problematic. Most people need care at time of frailty or crisis when all they want is high quality care and support.

What they don’t need, is to be the arbiter of quality – that is the role of government regulators.

Faux choice

In the electricity “market”, we are bombarded by retailers with a myriad of choice, each with a slight tariff variation supposedly saving you money. But most of these deals have a catch.

You have additional charges and fees if you fail to pay on time or move house and your special offer usually expires after a time, unless you renegotiate or switch.

We are told by government to shop around, get a better deal. But really, who has the time? Who could be bothered for a product that has no perceivable differences in quality (the same electrons are delivered regardless of your retailer)?

It’s the same in private health. There are 34 private health insurers (25 that are open to anyone), all selling the same product with variations on a theme. All competing for your dollar. All different, but impossible to compare. Yet the mantra is the same, shop around and get a better deal. But really, are they any different and can you be bothered?

Every dollar they spend on advertising to get you to switch, is a dollar that you don’t get when you make a claim. And does it make them more efficient or their premiums more competitive? Arguably not.

If you can’t shop around, or shopping around or comparing prices isn’t an option, then it’s not a fair market, so we should stop trying to pretend that a market exists.

We believe this faux competition isn't just frustrating for consumers, as it was for Caroline Baum (and the many like her trying to get access to essential services), it's also a drag on the economy as we waste millions upon millions of dollars promoting competition and choice, when markets are not competitive.

This is a problem for government, because they are the ones using market and market tools as means to control pricing or uphold quality.

National Seniors is the defender, protector, and promoter of older Australians. We think it's time that government started acting in the interests of consumers.

In aged care, that means setting price caps for home care services and demanding better quality of care – as outlined in the new '*Aged Care Act*'.

In electricity, that means removing offers that are hard to compare, banning unfair charges and fees, and giving people access to their usage data (in real-time).

In private health, it means using a *Productivity Commission* inquiry to look under the hood of the sector and see where your contributions and tax money is going.

If these things annoy you too, we have campaigns on [energy](#), [health costs](#) and [aged care](#) that you can join or support via a donation.

Best of all, if you are not one already, please consider becoming a member of National Seniors today to help us help fight for you!

Author



Dr Brendon Radford
Director of Policy and Research,
National Seniors Australia

National Seniors Australia Membership Application

ABN 89 050 523 003

Please complete and return the following form to begin reaping the benefits of your new National Seniors membership. If you would prefer to talk to a consultant, please call 1300 76 50 50.

Renewing members please provide your National Seniors membership number: _____

PERSONAL DETAILS

Mr/ Mrs/ Miss / Ms/ Dr / Mx First name _____

Last name _____ Date of birth ____ / ____ / ____

Address _____

Suburb _____ State _____ Postcode _____

phone _____ Mobile _____

Email _____

JOINT MEMBER DETAILS

Mr/ Mrs/ Miss / Ms/ Dr / Mx First name _____

Last name _____ Date of birth ____ / ____ / ____

Phone _____ Mobile _____

Email _____

Are you a current branch member Yes No Branch name _____

I would like my nearest National Seniors Branch to contact me about attending branch events (meetings, social get-togethers & more)

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: \$ _____

Cheque/money order enclosed (payable to National Seniors Australia)

Please charge my credit card Visa MasterCard

Card number CVC

Cardholder's name _____ Expiry ____ / ____

Cardholder's signature _____

Credit card payments may also be made by phoning 1300 76 50 50

Please return this coupon with payment to:

National Seniors Australia, GPO Box 1450, Brisbane Qld 4001.

National Seniors will keep you informed about special offers, deals on member benefits and other products and services from National Seniors and its partners. You may opt out of receiving emails about these items at any time via the Unsubscribe link at the bottom of our emails, by visiting the National Seniors website nation@liseniors.com.au or by calling our Membership Team.

By completing this application form, I/we agree to the customer terms set out on the National Seniors website nation@liseniors.com.au

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