

Yarra Ranges Grapevine



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

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 – 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 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

Hi 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 new time of 2.00pm for 2.30pm

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!



- | | | | |
|--------|---------|---------|-------------|
| 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 - 1ST 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 - ☎ 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 1 May @ 10.30am

Thursday 2 May @ 6.30pm

Tuesday 7 May @ 12.30pm

Thursday 16 May @ 10.30am

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** Barngcong 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



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.

emergencyplus

Available on the **App Store** [\[Free Download\]](#)

GET IT ON **Google play** [\[Free Download\]](#)

'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.



- Helping people spot and avoid scams – through our *Scamwatch* services we share up to date information on scams and ways you can protect yourself
- 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: www.scamwatch.gov.au (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.

Alfred 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 Ginkgo 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, indicating 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](#)

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.

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.



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

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

MEMBERS

Branches – Social & Friendship
'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