

Yarra Ranges Grapevine

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

MARCH & APRIL 2022

PLEASE NOTE: Membership Renewals & Joining Members

Please ensure you use the 'Yarra Ranges NSA Application Forms' at the end of this 'Grapevine' & pay through the Branch. 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

**Monday
14 March**

7.00pm for 7.30pm start

**Guest Speaker
Alan Somers**

'Welfare Arm of St Vinnies'

**Monday
11 April**

6.30pm for 7.00pm start

**'Dinner Meeting'
At the
Crown Hotel
Main Street
Lilydale**

at

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

President's Report

Hi Members,

It's good to be out and about now after the relaxing of the covid regulations.

It was great to see so many at our monthly meeting of the 14 February to Beverley Blenner Hassett talk on the sinking of the 'Titanic'. An excellent talk I thought.

Sunday 20 February was 'Chris Café' which was well attended by 30 members and enjoyed by all. Many thanks to Chris, Julie, John and Ruth W, also everyone who contributed towards a very nice meal.

Hope to see you at our next monthly meeting on Monday 14 March.

Happy Reading Trevor

Please Note: 3 Musicals -

'Jersey Boys' at St Kilda & 'Le Misérables' at Karralyka Theatre Ringwood in May. 'Mamma Mia' in June at the Karralyka Theatre Ringwood. Info near back of 'Grapevine'

Yarra Ranges NSA Branch Committee

President

Trevor - ☎ 9735 1104

Vice President & Welfare Officer

Pamela - ☎ 9735 5449

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Guest Speaker Coordinator

Denise

☎ 0400 179 086

Web Administrator

Patrick

☎ 0413 726 725

Committee Members

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



BIRTHDAYS
THIS MONTH

Congratulations to!

*3 March Judy H 20 April Huey
27 March Bill*

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

@ 'Lilydale Senior Citizens Centre Hall', 7 Hardy Street Lilydale @ 7:00pm for 7.30pm start

Monday 14 March @ 7.00pm for 7.30pm Start

Guest Speaker - Alan Somers



Monday 11 April @ 6.00pm 'Dinner Meeting' at The Crown Hotel Main Street Lilydale

COMMITTEE MEETINGS - 1st Monday of Month

@ Chris' place Meet @ 7.30pm

Monday 7 March

Monday 4 April





'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

- Wednesday 2 March @ 11.00am** 'Gabrielle Sings Abba' Morning Melodies @ International Hotel
- Sunday 13 Mar @ 12.30pm** 'Dixons Creek Café' 1925 Melba Highway Dixons Creek
- Thursday 17 March @ 10.00am** Backpack 4 Vic Kids' Cranbourne until 4.00pm
- Thursday 24 Mar @ 10.00pm** 'Mornington Botanical Rose Garden Tour & Morning Tea' after Picnic / Café at Snapper Point
- Thursday 31 March @** 'Elvis Costume Exhibition' Bendigo – train 7.30am Lilydale
- Sunday 3 April @ 10.20am** 'Grazeland' Footscray – 2 trains medium walking. International Pop up Food stalls
- Wednesday 6 April @ 11.00am** 'Lino Dino – Dancing through the Ages' Morning Melodies
- Wednesday 13 April @ 10.00am** 'Backpack 4 Vic Kids' Cranbourne until 4.00pm
- Sunday 24 April @ 11.00am** 'Yarra Valley Train Ride' Lunch in Healesville RSL
- Wednesday 3 May @ 11.00am** 'Joe Piastrino - One Night in Vegas' Morning Melodies
- Wednesday 13 April @ 10.00am** 'Yarra Valley Zoo' 125 Clegg Road Mount Evelyn
- Wednesday 1 June @ 11.00am** 'Jennifer Lee – From Doris to Dusty' Morning Melodies
- Thursday 9 June** 'Mystery Day Out'

MORNING MELODIES @ The International Hotel Maroondah Highway Lilydale

Please note: Order lunch before show at 11.00am. Lunch 12.00noon

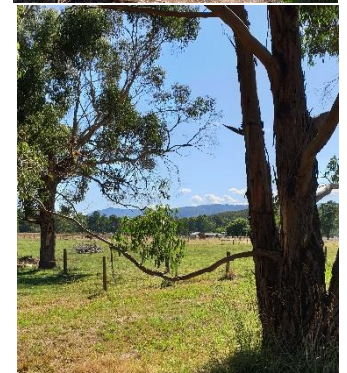
'SATURDAY WALKS' - Contact Chris 'Activities Coordinator' for details

Please Note - Walks start **9.00am** for summer. **8.30am** if the temperature is over 30 degrees

These 2 photos are from the same walk – do you know where? Answers in next 'Grapevine' Photos 1 & 2 in last 'January & February Grapevine' were from the Lilydale Lake walk

- Sat 5 March** Chirnside Park Community Centre, 33 Kimberley Drive
- Sat 12 March** Norton Road Croydon
- Sat 19 March** Dorset Reserve Jenkins Lane
- Sat 26 March** Barneong Reserve Croydon North
- Sat 2 April** Mooroolbark Community Centre
- Sat 9 April** Mullum Mullum Creek Burnt Bridge
- Sat 16 April** Wandin to Seville
- Sat 23 April** Lilydale to Mt Evelyn
- Sat 30 April** Lilydale Lake
- Sat 7 May** Chirnside Park Community Centre
- Sat 14 May** Millgrove to Warburton **10.00am start** Car Pool & Lunch
- Sat 21 May** 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?

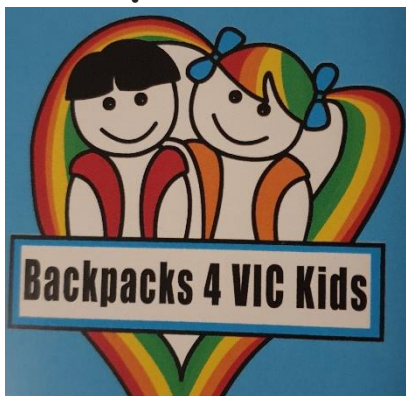
A story?

One-liners?

Photos from outings?



'Backpacks 4 Vic Kids' by Chris



On Wednesday 2nd February 6 of us headed over to Cranbourne West to visit Backpacks 4 Vic Kids.

An organisation that makes up thousands of Backpacks for kids that have had to leave their homes in a hurry with nothing.

It could be abusive household, home burned down, floods, etc. many reasons.

They are made up of undies, toiletries etc and each includes some little extras like pencils, games soft toys etc. The backpacks become theirs to keep.

Something that is theirs only. Very important.

They are sent around Victoria and sometimes Tasmania. Some other states have organisations doing the same thing.

It is a sad fact of our society that so many are needed.

It just so happened that they were doing a stock take that day, so that is what we did. Got stuck into the counting!!!

The aim is for 6 of us to go there once a month from 10.00am to 4.00pm for this year to help in any way they want.

We also presented them with a \$500 cheque from the club to help them.

I had Judy Jessup and Margaret Dobson my cousin on board. After a couple of hiccups, we finally headed off down Stud Rd to the freeway and arrived about 5 minutes after 10.00am.

Trevor had Pamela on board and decided to go across the hills. Unfortunately, he encountered roadworks and had to detour through places unknown!! causing him to get there about 10.10am.

We were given our counting tasks to do and set to work. Before we know it, it was time for lunch so we headed off to a café nearby. When we returned, we continued on for as long as we wanted to stay.

Trevor, Pamela and Judy headed off, and Margaret and I stayed a bit longer. They were very grateful to us for giving our time.

Upon talking to Lisa and Sally the founder we found out that they had a lot of Queen size Terry Towelling fitted Mattress Protectors that were destined for New Zealand when Covid hit so they were donated to them to sell.

They retail for \$160 but they are selling them for \$20, so if anyone wants one please let me know and I can get them when we go back on Thursday 17th March for our next trip.

They also have other fitted Mattress Protectors in all various sizes, made of different fabrics like Bamboo etc, some waterproof that are seconds and they are selling them for \$5, so if you would like any of them, the same applies.

We all thought it was a good day and enjoyed the experience.



BAREFOOT BOWLS by Elaine

Approximately 17 members attended the Barefoot Bowls Evening at the Lilydale Bowling Club on the 21 January. It was a rather warm day, but by 6.30pm when we started it was nice. Some chose not to play but sat in the shade and enjoyed the breeze.

I think about 12 of us ventured out onto the rink, we weren't were very good except for Colin who plays lawn bowls, but we all enjoyed ourselves. We played a few ends and then had a break for a Sausage Sizzle the Bowling Club provided for us, which was very nice. Then it was back to try a few more games – don't think any of us will make it into a team, but we had fun. A good night was had by all.

GRANTS RESERVE LUNCH

Grants Reserve in the Dandenong Ranges is a pleasant place to walk as well as to indulge in good food at the café.

Three of us decided to arrive early and enjoy a short 3 – 4 kilometre walk in the Australian bush with good paths. Occasionally we came across small out crops of tree ferns, in gullies. They were like tall umbrellas and you could almost imagine some magical creatures living there.



Our other members arrived in time for lunch which was held out on a large deck overlooking the bush. We were warned of the resident kookaburra who would occasionally swoop across a table trying to gather food as he went. He didn't seem to bother with us as I think we were a large group of 17, but one poor couple found him to be quite a pest and had to chase him away a few times!



FISH'N'CHIPS BESIDE THE YARRA

Friday 25 February approximately 18 people enjoyed an evening by the Yarra at Stiggant Reserve Warrandyte. Our usual Fish'n'Chippery had closed down in Warrandyte, so we moved further downstream to nearer the Goldfields shopping centre on Andersons Creek.

It was a perfect evening for eating outside. Stiggant Reserve is a good choice because there is a rotunda if the weather turns inclement and the vital necessity of a Loo too.

Well, would you ever! As I was walking back to my car from the Carriage Café at Seville who should I meet, but this husband and wife!

We had quite a discussion about the comfort of riding a 'Penny Farthing' on the Warby Trail. Apparently one of the best 'Penny Farthing' manufactures is here in Melbourne – who would have guessed that one!

The bike is made to his body specifications eg length of leg etc. There is an amazing spring configuration under the saddle, so it is a very comfortable ride, I am assured. I was told it would only take me 30 minutes to learn to ride it – I wasn't going to try.

The people are from Healesville and are practicing on the Warby Trail to improve their stamina to join the Launceston Great Bike Ride in a few months' time. I wished them all the best in their adventurous pursuit. Amazing!

And yes, that is my car in the background.



Chris' Café

It was a 'winner' as usual. Just look at the spread of goodies to eat!! A huge thank you to all who helped to make this yet another



highlight of our year.

Yummm!



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.

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.

National Seniors AUSTRALIA

Some News Items from National Seniors that you may have missed Experts Call for Pension Certainty

National Seniors' research found 92% of older Australians want to stay in their home as they age, but for many, their family home is no longer suitable.

Many older Australians need to downsize, but that move is made harder by rules that affect their pension when they sell the family home.

Mr Henschke says this rule traps thousands of older Australians into staying in their larger, high-maintenance homes.

“Pensioners who stay in larger homes, which may no longer be suitable to them, have a higher risk of injury or are forced prematurely into residential aged care,” he said.

If the barrier of impacting their Age Pension was removed, more people would downsize, improving their mental and physical health, and taking pressure off the residential aged care sector.

Smishing – the scammers latest phone threat to your savings

'Smishing' is a bit of a word mish-mash. It combines 'SMS' – for short message service, the technology behind texting on your phone – with '[phishing](#)', which is the practice of stealing personal or financial information through deceptive communications, primarily emails.

Basically, it's the same as phishing but is delivered as text messages on mobile devices.

Like phishing emails, smishing texts try to manipulate you into turning over sensitive data

such as credit card numbers and account passwords, or gaining access to your phone and or computer.

Scammers do this by imitating a person – or more likely, a trusted institution or source – urging you to take action to get some benefit, resolve a problem, or avoid a threat.

For example, you might get a text from a company you do business with, such as your bank, a mobile provider, or a tech service like Netflix or PayPal. You're told your account has expired or been locked on some pretext like suspicious activity, and you need to provide personal information or click on a link to reactivate it.

That's all the scammers need to steal your money or identity or to infect your device with malware.

Other Smishing – What you need to know

There are all sorts of ploys smishing scammers use, usually imitating a credible source. You could receive a text that you've won a lottery prize or a gift card, or promise a break on a loan debt.

It could look like an alert from a bank or government agency such as Centrelink or the Australian Tax Office, or a message from Australia Post about a package delivery. It may link to a phony invoice or cancellation notice for a product or service you supposedly bought.

Fake messages related to COVID-19 testing and contact tracing have also contributed to the rise of smishing.

These messages can ask you to confirm payment information or other financial details, or ask you to click on a link or respond to a question. This alerts the hacker that the phone number is credible and active, which then opens them up to receiving malware or compromising personal information.

The Guardian reports the rising threat is not just a concern to individuals but is catching the attention of corporate IT executives, mainly because of the ease these scams can be carried out through employees' smartphones.

“It’s far easier to block email phishing on corporate-owned PCs, but today’s remote workers are now using their personal devices to access corporate apps and data,” writes Phil Richards, the Chief Security Officer at security software firm, Ivanti.

“And frankly, there’s just no easy way to verify the authenticity of URLs on smartphones, so users often just click and hope for the best.”

The best way to counter these attacks is to simply be more aware. While corporations such as banks and delivery services may send text messages from time-to-time, they’ll almost never require customers to respond with personal information or passwords

Sources: [The Guardian](#) & [AARP](#)

<u>Do</u>	<u>Don't</u>
<ul style="list-style-type: none">• Do contact the company or organisation that supposedly sent the text, using a phone number or website you know to be legitimate.• Do report suspicious activity to the federal government’s ScamWatch.• Do consider using tools that filter or block unwanted messages or unknown senders:• Your mobile device may have built-in spam protection. Check the settings on its messaging app.• Most major wireless carriers offer call-blocking services.• Some call-blocking apps also filter out junk texts.	<ul style="list-style-type: none">• Don't provide personal or financial data in response to an unsolicited text or at a website the message links to.• Don't click on links in suspicious texts. They could install malware on your device or take you to a site that does the same.• Don't reply, even if the message says you can “text STOP” to avoid more messages. That tells the scammer or spammer your number is active and can be sold to other bad actors.• Don't assume a text is legitimate because it comes from a familiar phone number or area code.

MUSICALS

For further information or bookings, please contact: **Lyn ☎ 0459 155 527**
All Payments in an envelope with Name, Show & Amount by due date please
Or by direct bank deposit



‘Les Misérables’

MDMS Musical Society Production
Karalyka Theatre, Mines Road,
EAST RINGWOOD (Melway 50 A 6)

SATURDAY 14 May 2022 @ 7.30pm

Adapted into a musical in 1980 by Alain Boublil who wrote the book and lyrics. Claude-Michel Schonberg wrote the music.
An adaption of Victor Hugo’s book of 1862. (Set in France in 1823)

Jean Valjean, "prisoner 24601," is released on parole for stealing a loaf of bread for his sister’s child by the prison guard Javert. By law, Valjean must display a yellow ticket of leave, which identifies him as an ex-convict ("On Parole")

As a convict, Valjean is shunned wherever he goes and cannot find regular work with decent wages or lodging, but the Bishop of Digne offers him food and shelter. Desperate and embittered, Valjean steals the Bishop's silver, angering a farmer and other merchants as he flees.

He is captured by the police, but rather than turn him in, the Bishop lies and tells the police that the silver was a gift, giving Valjean a pair of silver candlesticks in addition. The Bishop tells Valjean that he must use the silver "to become an honest man" and that he has "bought (Valjean's) soul for God" ("Valjean Arrested, Valjean Forgiven"). Humbled by the Bishop's kindness, Valjean resolves to redeem his sins ("Valjean's Soliloquy (What Have I Done?)" and tears up his yellow ticket, breaking his parole but giving himself a chance to start a new life free from the stigma of his criminal past.

COST: \$44.00 (20 Tickets only)

PAYMENT BY - WEDNESDAY 30 March PLEASE



‘JERSEY BOYS’

CLOC Musical Theatre Production

National Theatre

Cnr Barkly & Carlisle Street ST KILDA (Melway 2N)

SUNDAY 22 May 2022 @ 2.00pm (Matinee)

Music by Bob Gaudio, Lyrics by Bob Crewe
and the Book by Marshall Brickman and Rick Elice

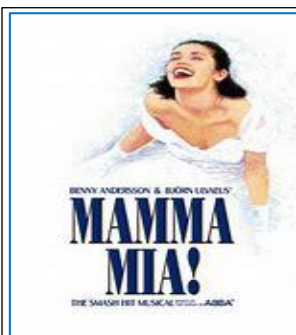
Jersey Boys is a 2005 jukebox musical.

It is presented in a documentary-style format that dramatizes the formation, success and eventual break-up of the 1960s rock 'n' roll group 'The Four Seasons'.

Winner of Best *Musical* at both the Tony Awards® and Olivier Awards®

COST: \$52.00 (20 Tickets only)

PAYMENT BY MONDAY 14 March 2022 PLEASE



‘MAMMA MIA’

Babirra Musical Theatre Production

Karalyka Theatre, Mines Road,

EAST RINGWOOD (Melway 50 A 6)

SUNDAY 12 June 2022 @ 2.00pm (Matinee)

Mamma Mia! is a jukebox musical written by British playwright Catherine Johnson, based on the songs of ABBA composed by Benny Andersson and Björn Ulvaeus, members of the ABBA band.

The title of the musical is taken from the group's 1975 chart-topper "Mamma Mia".

Ulvaeus and Andersson, who composed the original music for ABBA, were involved in the development of the show from the beginning. Singer Anni-Frida Lyngstad was involved financially in the production and she was also present at many of the premieres around the world.

COST: \$44.50 Including 50c booking fee (20 Tickets only)

PAYMENT BY MONDAY 9 MAY 2022 PLEASE

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 \$45 Joint \$75
- 2 Year Single \$80 Joint \$125
- 5 Year Single \$195 Joint \$295
- Lifetime Single \$425 Joint \$650

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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