

Yarra Ranges Grapevine



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



JANUARY & FEBRUARY 2026

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 2026

No Branch Meeting

January 2026

Monday – 9 February

7.00pm for 7.30pm

**'Will Dyson – Australia's
Radical Genius'**

Presenter: Ross McMullin

Lilydale Lake Community Rm

all

Monday – 16 March

(NOTE: 3RD MONDAY)

7.00pm for 7.30pm

'The Art of Humanity'

**Presenter: George Petrou
OAM**

Lilydale Lake Community Rm

(Speaker ideas please)

If you have a
suggestion for
a 'Guest Speaker'
please contact
the Secretary



President's Report

Hi Members,

*It is daylight saving now
so the Branch Meeting
will be 7.00pm for a
7.30pm start.*

*We have a lot of new
members this year,
welcome to you all.*

*The Annual Christmas
Dinner at The Sanctuary 9
Healesville where
we drew the Christmas
Raffle prizes, all 19 of them!*

*The EOY 'Chat'n'Chew' Picnic at the Lake was well
attended with everyone enjoying the relaxed
atmosphere.*

*The YRNSA Branch also donated \$200.00 to the
Lilydale Fire Brigade to help with their summer needs
in helping keep us safe*

*I would like to thank Ann B for her contribution as
Branch Treasurer for the past 8 years.*

*Also, welcome Lynette J as the new Branch Treasurer.
Thanks to everyone for their kind thoughts while I
haven't been well.*

Happy reading. Trevor President



President Trevor presenting our
past Treasurer Ann with a
'Certificate of Appreciation' for 8
years' service on the Committee

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 - ☎ 0418 532 595

Vice President & Welfare Officer

Steve - ☎ 0427 394 642

Secretary Newsletter Editor

Lyn F – ☎ 0459 155 527

Email: yarrarangesnsa@gmail.com

Treasurer

Lyn J - ☎ 0418 598 521

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



Congratulations to!

28 Jan - Sandra H 9 Feb - John W

10 Feb - Jean

11 Feb - Judy J

16 Feb - Sandra S

18 Feb - Pamela & Maria

23 Feb - 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

Monday 9 February 2026 @ 7.00pm for 7.30pm

'Will Dyson – Australia's Radical Genius'

Presenter: Ross McMullin

(Biographer, Historian, Writer & Speaker)

NOTE CHANGE OF DATE:

Monday 16 March @ 7.00pm for 7.30pm

'The Art of Humanity' (NOTE: 3rd Monday of the Month)

Presenter: George Petrou OAM (Patron to TPI Veterans Vic)

(Artist. Graphic Designer & Portrait Artist)



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

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place

Monday - 12 January 2026

Monday – 2 March



*** NOTE FROM CHRIS ***

Everyone needs to please text or email Chris - ☎ 0419 528 446

Email: chrishill3@bigpond.com.au

with any changes you want to make after they have put your 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

Thursday 15 Jan @ 6.00pm

'Fish'n'Chips at Warrandyte' at Stiggants Reserve BYO chair, and Drinks

Wed 28 Jan @ 10.30am

'Moonlit Sanctuary' 550 Tyabb/Tooradin Pearcedale **Cost: \$27.00**

Wednesday 4 Feb @ 11.00am

Car Pool Virtually all flat walk friendly and not far between animals.

Wed 11 Feb @ 7.30am from Lilydale

'Piano Show' – Brendan Scott

Wednesday 4 Mar @ 11.00am

'Maryborough by Train' Tour of old station 2 course **Lunch:\$33.00**

Wednesday 11 Mar @ 12.30pm

'Australian Songbook' – Rene Diaz

Sunday 22 March @ 12.00pm

'Noojee Pub' Lunch 411 Mt Baw Baw Tourist Road Noojee

Monday 30 March @ 10.30am

'Chris' Café' @ 3 Mangans Road Lilydale - Providing - Nibbles, Spit Roast, Salads, Desserts, Tea / Coffee **SOLD OUT**

Wednesday 8 April @ 11.00am

'The Eagle Arthurs Seat' Lunch 1085 Arthurs Seat Rd Arthurs Seat

'Cliff Richards & Friends' – Col Perkins

Musicals & Ballets

Please book with Lyn F

Sunday 1 March @ 2.00pm

'Swan Lake' Ballet at Karralyka Theatre Ringwood **(By 12 Jan 2026)**

Sunday 29 March @ 1.30pm

'The Sound of Music' Musical at The Round Theatre Nunawading **(By Monday 12 Jan 2026)**

Sunday 17 May @ 2.00pm

'Alice in Wonderland' Ballet at Karralyka Theatre Ringwood

Sunday 24 May @ 2.00pm

'The Hunchback of Notre Dame' at The National Theatre St Kilda

Sunday 7 June @ 2.00pm
 Sunday 21 June @ 1.30pm
 Sunday 23 August @ 2.00pm
 Sunday 18 October @ 2.00pm

'42nd Street' **Musical** at The Round Theatre Nunawading
 'Beauty & the Beast' **Musical** at Karralyka Theatre Ringwood
 'Giselle' **Ballet** at Karralyka Theatre Ringwood
 'The Nutcracker' **Ballet** at Karralyka Theatre Ringwood

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

Please Note – Walks start during **EST** at **9.00am** (Daylight Saving). Over 30deg **8.30am**

These 2 photos are from the same walks – do you know where? Answers in next 'Grapevine'

Photos 1 & 2 in the 'November & December' Grapevine' – Killara to Seville Walk Why was the horse wearing shoes in the photo? Because he has bad knees

Sat 3 January

Lilydale Lake

Sat 10 January

Mooroolbark Comm Centre

Sat 17 January

Norton Road Croydon

Sat 24 January

Killara to Seville

Sat 31 January

Dorset Reserve Croydon

Sat 7 February

Wandin to Seville

Sat 14 February

Barneong Res Croydon Nth

Sat 21 February

Lilydale to Mt Evelyn

Sat 28 February

Millgrove to Warburton

10.30am start Lunch at Warburton Bakehouse

Sat 7 March

Mullum Mullum Burnt Bridge

Sat 14 March

Norton Road Croydon



Note: If there is an all day 'Out & About' organised, we won't be walking

Come rain, hail or shine the intrepid Saturday Walkers will be there especially for the Coffee & Cake!!



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

Lorraine Sc
great
granddaughter
Hayley won first
prize with her
beautiful floral
wreath.

The family had
entered about
50 items from all
the family.

Great achievements.



Our Yarra Ranges NSA Branch provided coverage for the 'Lost Children Area' as we have volunteered for over 8 years plus now and NO we didn't end up with any lost children. By covering this area, we are also permitted free entry to the Show, which gave us a great opportunity to view the exhibits and activities.

LOST CHILDREN



Beautiful Craft in the top photos, Irish Dancers showing their talents and the Wood Chop Competition was in full swing too. Sheep shearing was also on the menu.



Caladenia Trivia Night

Two tables of our members and friends supported the *Caladenia Trivia Night* held at the Mooroolbark Bowls Club on Friday 14 November.

The fundraising helps to support the good work Caladenia does with their *Day Care for Dementia* people. Apart from giving the dementia people a fun day out, it gives the Carers time for themselves too. There was a Silent Auction as well as the Trivia Quiz which was good fun. I think we came somewhere in the middle. It was a good night out with friends and some went home with Silent Auction items.



On the Trivia Night Caladenia raised \$3,287.00 towards their fundraising.

NATIONAL SENIORS AUSTRALIA'S VICTORIA FORUM Held on 25 November in Melbourne



CEO Chris Grice and Community Engagement Manager Karen Furnivall host a very interesting forum. Covering – Advocacy and importance of this to ensure Victorian Seniors have their voice to government.



On the NSA website - Tools and Resources eg guides, calculators, financial information, travel, insurance, credit card, discount app for Eat/Play/Save.

A representative from three of our Victorian NSA Branches (*Metropolitan Melbourne, Greensborough and Yarra Ranges*) had a chance to talk about the benefits of belonging to a Branch, which is the social arm of NSA giving interested attendees how the Branches support friendship, inclusiveness, interests, guest speakers and activities.

After morning tea / coffee and time to chat with other people about NSA the Commonwealth Bank representatives gave a very informative presentation on *Protecting Yourself from Scams and Keep Scam SAFE*.

After lunch members of the branches were asked to attend with Chris and Karen giving everyone an opportunity to bring us up to date on NSA developments and strategic updates, branch toolkits, support in growing branches, maximizing discounts, etc. Also, an opportunity for the members to interact and exchange ideas with everyone

HAVING A SWEET TIME!

The Lilydale Township Action Group (LTAG) once again asked for our help in bagging 300 small bags of sweets (lollies) for Father Christmas to hand out to children at the 'Carols in the Park 2026'.

This is held at Melba Park Market Street Lilydale on **Saturday 13 December from 5.30pm to 8.00pm**. Our YRNSA Branch has an invitation to attend this event with a free sausage sizzle.



Melbourne Botanical Gardens



On Thursday 29 October we caught the 9.40am train Flinders Street and then the tram down to the Shrine near the Botanical Gardens entrance.

We had booked a trolley ride for us to go around the gardens for 1/2 hour, which everyone said was a great idea and \$12 well spent as we couldn't have walked all the way around as it was a bit hilly and would have taken us too long. We had great views across to the city skyline a couple of times, and a chance to see all the beautiful and diverse plants, shrubs and trees the garden holds.

After we arrived back, we had lunch at the Botanical Garden Cafe. It was very nice and not overly expensive. When we were ready, we headed back in the tram to catch the train home. Everyone had a lovely day and the weather was perfect. The new ladies enjoyed themselves so much they have decided to join our National Seniors Australia Branch.

Lilydale Melba Festival & Street Fair

We were set up ready to go by 9am with plenty of 'Branch Out' magazines, brochure, bags etc, plus of course our most popular 'Free Lucky Dip' for 4 – 12 year old children. This latter item is very popular so much so we had completely run out of Lucky Dip by 12 noon!



There were 40 more stalls than last year making it a total of 200 for 2025. Entertainment was on the stage with a variety of acts showcasing the local talent - dance, exercise routines, musical acts etc. The grand parade was ably led by the Ringwood Bagpipe Band, various clubs and the vintage cars which sparkled in the sun. The Street Fair definitely drew a larger crowd than last year.

Hopefully we have managed to spread the good word and works of *National Seniors Australia* and that there is a local Branch for the socialisation of members. We even met some people who are members of NSA but knew nothing about a local branch, which just proves that it is beneficial for us to be being involved in these public events for people of our demographics





CHRISTMAS DINNER & RAFFLE

My goodness there was plenty of food at Sanctuary House Healesville. As older members of society we are not used to such huge helpings.

There were 19 Raffle prizes this year and the lucky winners were - Ann L, Lorraine Sm, Lynne L, Pat Bu, Lorraine Sc, John K, Bev J, Les, Pat Br, Robert, Helen, Gail, Chris H, Jean P, Lois, Ross, Adrian L, Patrick, Tanisha W.



Angie's Dumplings Restaurant

Angie's Dumplings next to the Reading Cinema complex in Chirnside Park was a good choice for lunch. It has been completely redecorated and is a very relaxing atmosphere. There were a large selection and a wide variety of dishes to choose from. Everyone enjoyed the food.



An accountant dies and goes to heaven.

St. Peter, of course, is there, looking through the files and asking a few quick questions.

"What sort of accountant were you?"

"Oh, I was a CPA", was the reply.

"Name?" asks St. Peter.

The accountant gives his name and St. Peter finds his file.

"Oh yes, we've been expecting you. You've reached your allotted time span."

The accountant says, "I don't get it. How can that be? I'm only 48 years old."

St Peter looks again at the file and says,

"Well, that's impossible."

"Why do you say that?" asks the accountant.

"Well," says St. Peter, "we've been looking over your time sheets and the hours you've charged your clients..."

...By our reckoning, you must be at least 93 years old!"

+++++

There once was an elderly gentleman in Boston, his name was Alfonso (Al). Al lived alone. It was time to plant his tomato garden, but it was getting to be very difficult for the old man. The ground seemed exceptionally hard this year. Our elderly soul was finding that he was not physically able to prepare the soil. Al did have one son, Vincent (Vinnie). Unfortunately, Al's son was in prison. Al wrote to his son and described the situation:

Dear Vinnie,

I am quite unhappy because this year I will not be able to plant my tomato garden. The ground is so hard that I am simply unable to dig it up. I know that if you were here, you would gladly dig up my garden, like in the old days.

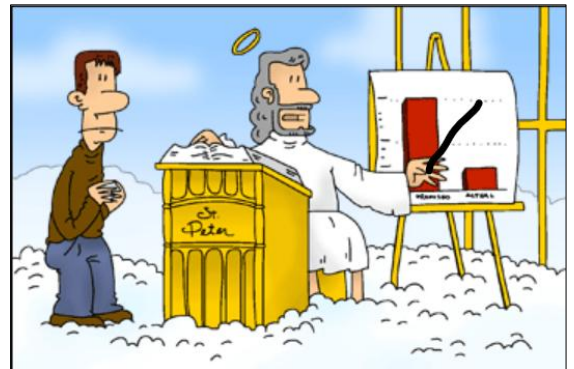
Love, Papa

In just a few days, Al received a letter back from his Vinnie:

Dear Papa,

Whatever you do, do not dig up the garden. That is where the bodies have been buried.

The Lighter Side of Life!



Love, Vinnie

At first light, the very next morning, the FBI and the police were digging up Alfonso's entire garden plot. They failed to find a single body. They apologized to Al and left.

Later that day, Al received another letter from his son:

Dear Papa,

You can plant your tomatoes now. Under the circumstances, this was the best that I could do.

Love, Vinnie



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.

MORE STICKERS HAVE ARRIVED!

'Keep Cash' Campaign

We have obtained more stickers from Head Office in Brisbane for distribution to local traders and retailers who wish to continue receiving CASH. These are available now.



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.



Let's get our message out there. All we need to do is encourage retailers in our local area to display the '**We accept cash**' 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 NSA website page and shared on our social media.



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

New NSA Research about Online Scams

Many seniors have been scammed online but banks often helped, NSA research suggests.

Between 30% and 35% of older Australians may have been scammed online, according to [new NSA research](#).

The figure comes from the 2025 National Seniors Social Survey, in which 4,766 people answered the question, *"Have you ever been the victim of online fraud or a scam where you lost money or had your identity used fraudulently?"*

A total of 30.4% of respondents answered "yes" and a further 4.4% were unsure. No time limit was put on the survey question, so answers included scams that occurred years ago. Nevertheless, these high numbers are high.

However, they may not be surprising given [over \\$159 billion was scammed from Australians aged 55 or over in 2024](#) alone. And that only includes scams reported to the National Anti-Scam Centre – the real number may be much higher.

Groups who got scammed the most

When we looked at the social and personal characteristics of the survey participants, we found that not every group is equally likely to have been scammed.

The proportions were higher among people who described their level of financial comfort as "tight" rather than "comfortable". Almost half the people experiencing a "very tight" financial situation at the time of the survey had been scammed (47%).

People who described their health as "poor" or "very poor" had also experienced scams in high numbers (43%), and those in "fair" health were scammed more than those with good or excellent health too (37%).

Greater proportions of people with less than \$200,000 in savings and investments, and people with a religion that is important to them were more often scammed than their counterparts too. Notably, age was not a significant factor despite the stereotypes of older people being more vulnerable to scams.

Common scam types

Scam victims were invited to write a comment about the scam and most (around 1,080 people) did so.

Their comments touched on various topics, but a common one was a description of what happened to them. From these comments we gleaned the most common scam types they experienced.

In almost half the cases the victims did nothing to make themselves vulnerable other than engaging in ordinary online transactions.

Around 450 of these had funds taken from their credit card or bank account, often without their knowledge.

Others were scammed by buying items from dodgy online sellers that seemed legitimate. The scammers took their money but never sent the item or sent a poor-quality item instead.

But respondents also reported numerous scam types in which the victims were enticed to take actions that ultimately made them vulnerable.

Some were duped when the scammer emailed or called them pretending to be a known business such as a telco or energy company or intercepted an invoice and changed the payment details. The victims then unlocked their online bank access for the scammers or paid bills that weren't real.

The "Hey mum, I dropped my phone in the toilet" scam also caught a few respondents out, as did other similar scams in which scammers pretended to be someone they knew and asked for cash.

Fake security warnings on a computer screen and investments too good to be true were other relatively common scam types reported in the survey.

Some commenters had their identities stolen instead of money. Scammers then used their identities for nefarious purposes, including to take out loans, to post child pornography on Facebook, or to scam people in the victim's network.

Banks helped many of the victims

What was somewhat surprising but wonderful to read was the level of help people received when scammed.

Around a third of commenters mentioned how the relevant authority – most often their bank – responded to the scam.

Among the 388 commenters who mentioned the outcome of an authority's actions after losing money to a scammer, 70.4% recouped all their money.

Another 19.3% recouped some of it or were assisted to prevent further losses.

One person wrote:

"I was targeted at night (as seniors often are – just when you are tired) by a bogus Telstra scam – early next morning I contacted my bank – [bank name] - the female manager [name] was amazing and sorted it all out (and cleared me with online E-First Aid) promptly without judgement about my 'stupidity'. Consequently, I lost 'face' but no money etc. I wish there were more [manager name]!"

Only 10.3% of this group did not receive help from authorities to recoup their funds. In some cases, the authority's response was extremely poor, as in this person's example:

“I had one of my bank accounts cleaned out when I was going through treatment for cancer and I wasn't thinking straight. The worst thing was the bank told me I was a silly old woman.”

What you can do

The government website **Scamwatch** outlines some basic steps we can all take to minimise the risk of being scammed. They have a three-part slogan to help us all remember:

- **STOP.** Don't give money or your information to anyone if unsure.
- **CHECK.** Ask yourself if the message or call is fake.
- **PROTECT.** Act quickly if something feels wrong.

There is more information about scams in *Scamwatch's* [Little Book of Scams](#).

If you do happen to get scammed, don't be embarrassed. There's no cause for shame and you're not alone.

If someone scams you remember it's not you being stupid – it's them being smart. Successful scammers are very clever, and they do this because they're good at it.

Commenters often noted how persuasive the scammers were, or that they caught them out while they were feeling distracted or sick or tired.

But their experiences also show it is definitely worth reporting a scam and insisting the relevant authority do what they can to help you.

Contact your bank (or other authority) as soon as you become aware of the scam to maximise your chance of getting back what you lost.

Also, please report your experience through *Scamwatch's* [report-a-scam](#) interface because it can help warn others of new scams and can help authorities take action to catch or stop scammers.

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@lseniors.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@lseniors.com.au

National Seniors Australia 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

OurGeneration

Membership includes
subscription to
Our Generation
digital magazine.



1300 76 50 50

nationalseniors.com.au

National Seniors

AUSTRALIA