

Yarra Ranges Grapevine



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

MAY & JUNE 2022

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 an annual payment for your Membership.

[Click here for Membership Form](#)

Branch Meetings

Monday

9 May

7.00pm for 7.30pm start

Guest Speaker

Max Harris from RACV

'Seniors Stepping Out Safely'

Monday

13 June

7.00pm for 7.30pm start

Guest Speaker

John Howell

'The Only Woman at Gallipoli'

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

President's Report

Hi Members,

Another excellent attendance at the Crown Hotel for our monthly meeting, nice meal also.

Many thanks to Alan Somers for his information on our donation to St. Vincents at our meeting in March, good to know that people in need are getting help.

We wish Olga & Bill all the best for health and happiness in their recent Sea change to New South Wales.

Dixons Creek Café was a well attended dine out. The meal was excellent and company great.

Happy Mother's Day to all the mums.

Hope to see everyone at our next monthly meeting on Monday 9th May at our new venue, the Lilydale Lake Community Hall (see 'Branch Meeting Dates' for address.

Happy Reading Trevor



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

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



Congratulations to!



11 May - Shirley

9 June - Colin F

11 May - Kathy

19 June - Lorraine Sm

14 May - Julie

29 June - Jenny

15 May - Lyn

26 May - Sonia

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 @ 7:00pm for 7.30pm start

Monday 9 May @ 7.00pm for 7.30pm Start

Guest Speaker - Max Harris '*Seniors Stepping Out*

Safely'



Monday 13 June @ 7.00pm for 7.30pm Start

Guest Speaker - '*The Only Woman at Gallipoli*'

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place Meet @ 7.30pm

Monday 2 May

Monday 6 June

Monday 4 July





'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

Monday 2 May @ 2.00pm
Wednesday 4 May @ 10.45am
Thursday 12 May @ 10.00am
Friday 13 May @ 12.30pm
Wednesday 25 May @ 10.00am
Thursday 26 May @ 10.30am

Sunday 29 May @ 10.45am
Wednesday 1 June @ 10.45am
Saturday 4 June @ 7.00pm
Tuesday 7 June @ 10.00am
Thursday 9 June @ 10.39am
Wednesday 15 June @ 1.30pm

Thursday 23 June @ 12.30pm
Wednesday 7 July @ 11.00am
Thursday 21 July @ 12.30pm

Dine Outs - Pink

'Father Bob Maguire' Maroondah NSA Dorset Gardens
'Joe Piastrino - One Night in Vegas' Morning Melodies
'Back Packs 4 Kids Vic' Cranbourne
'Lunch - Bayswater Hotel' Scoresby Road Bayswater
'Yarra Valley Zoo' 125 Clegg Road Mount Evelyn
'Jenny's Morning Tea for Cancer Council' \$20 entry
Heathmont Football Club H E Parker Reserve Heathmont
'Yarra Valley Train Ride' Lunch - Terminus Hotel
'Jennifer Lee - From Doris to Dusty' Morning Melodies
'Trivia Night' Mount Lilydale College
'Back Packs 4 Kids Vic' Cranbourne
'Mystery Day Out' - 10.39am Train from Lilydale
'Friendly Feud' @ The Community House Tudor Village
Lilydale - Capacity 64 People - 48 Tudor & 16 YRNA
'Lunch - Upper Yarra RSL' Settlement Road Yarra Junction
'Brendon Scott Multi-Instrumentalist' Morning Melodies
'Lunch - Chirnside Country Club' 68 Kingwood Dr Chirnside

Morning Melodies - Gold

MORNING MELODIES @ The International Hotel Maroondah Highway Lilydale

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

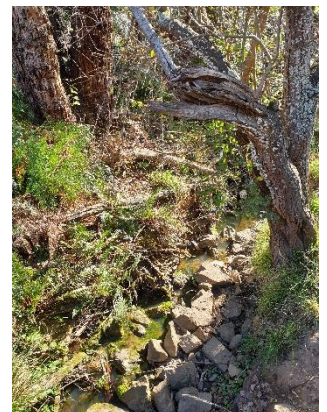
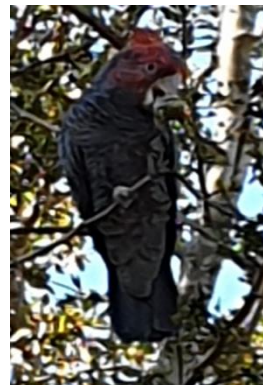
'SATURDAY WALKS' - Contact Chris 'Activities Coordinator' for details

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 'March & April Grapevine' were from the Seville to Killara walk

- Sat 7 May** Chirnside Park Community Centre Kimberley Drive
- Sat 14 May** Millgrove to Warburton **10.00am start** Car Pool & Lunch
- Sat 21 May** Norton Road Croydon
- Sat 28 May** Lilydale to Lilydale
- Sat 4 June** Lilydale to Mt Evelyn
- Sat 11 June** Wandin to Seville
- Sat 18 June** Norton Road Croydon
- Sat 25 June** Barneong Reserve Croydon North
- Sat 2 July** Lilydale Lake
- Sat 9 July** Lil to Mt Evelyn
- Sat 16 July** Seville to Killara



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

OTHER NEWSY BITS!

Contributions to our Newsletter



the Branch?

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

A story?

One-liners?

Photos from outings?



'Mornington Botanical Rose Garden Tour & Morning Tea'



It was an overcast morning when we headed off for the Mornington Peninsular, but that didn't matter as we were greeted by the enthusiastic volunteers who invited us to a morning tea / coffee with home made sandwiches, slices and cake. We were encouraged to enjoy a second helping to everything – yum!

While we were enjoying such hospitality, Jill told us the story of how it all began. A Mornington City Councillor had the idea that they needed more 'colourful attractions' in the town. And so, the idea of the Rose Garden was born.

They are also affiliated to the Werribee Botanical Rose Garden.



Princess Diana



Mornington Rose

With 4,000 roses of hybrid tea, floribunda and David Austin types to attend to, it keeps the volunteers very busy. They prune the roses twice a year and are constantly tending to the roses for thrips, black spot or any sign of pests and diseases also flower beds, pathways and lawns. There are no climbing roses in the garden. They sometimes have roses donated to them, but they are very selective of what is introduced into the garden. A local rose grower created a new rose and called it the 'Mornington Rose' which appears on their signage and pamphlets (see left picture).

Apart from conducting tours for groups of 10 or more and providing morning or afternoon tea, they hold a few 'High Teas' each year which are understandably very popular and book out early.

The garden also has a display of heritage roses that are planted around their meeting room. The Heritage Rose Association tend to these plants.



Jill weeding path

Jill conducted our tour of the rose garden pointing out various types and their background, even gave a demonstration of how they kept the weeds out of their pathways – see photo.

After leaving the garden, we went down to the pier at Schnapper Point and had a short walk around the pier / beach area before heading to the Dava Hotel along the Esplanade for a lovely lunch and chat.



Chris then took her passengers on a tour down to Safety Beach, and up to Arthurs Seat and Seawinds National Park before heading home across country.

Everyone had a great day out on the 24 March.

Turner Institute for Brain and Mental Health, Monash Biomedical Imaging, School of Psychological Sciences, Monash University

Navyaan has made contact with our Branch to see if anyone would be willing to participate in their research to help the Brain and Mental Health Research Laboratory - see below Summary and flyer at the end of the 'Grapevine' Newsletter.

Summary:

"How does your brain age and change the way it uses energy?" We know that with age the brain experiences slower information processing, poorer memory, attention deficits etc.

The *CogNeuro Lab* at the *Turner Institute for Brain and Mental Health* at Monash University is looking to better understand the mechanisms of brain ageing & to explore new ways we might be able to keep our brains younger and healthier for longer.

A \$100 Coles/Myer voucher will also be provided as reimbursement for your time.

We have a flyer at the end of this Newsletter and here is the link to our website if you would like more information (bit.ly/metconn).

NAVYAAN SIDDIQUI

Research Assistant | Turner-MBI Cognitive Neuroimaging Laboratory

Turner Institute for Brain and Mental Health

Monash Biomedical Imaging

School of Psychological Sciences

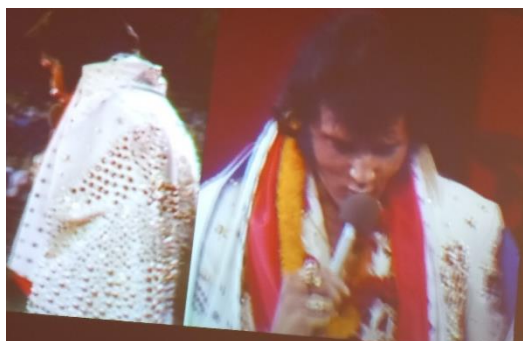
Monash University

770 Blackburn Road Clayton

VIC 3168

Australia

ELVIS is in the Building at Bendigo! By Chris



On Thursday 31st March 5 intrepid travellers set off for Bendigo on the trains to see the '**Elvis Expo**' at the Bendigo Gallery. Upon arriving in Bendigo, we walked down to the city centre and stopped for lunch before continuing up to the Gallery for our 1.30pm time frame.



Walking through the rooms at our own pace we read stories, listened to Elvis' music, watched videos and saw some of his magnificent costumes. Apparently, Priscilla opened the exhibition in Bendigo.



Then we came out at 3 o'clock, we wandered down to the 'Talking Tram' and hopped on to sit and relax while we went through the town and up to the 'Joss House', that is currently closed. Then the tram went

back and continued over to the other side of town to the mines, which had already closed for the day, but we weren't intending to go down the mine anyway.

As we had to get off the train at Box Hill and on to a Bus to Camberwell on the way there, we decided to catch the 109 Tram home to Box Hill from Southern Cross station. As it was past our tea time by the time we arrived at Box Hill we stopped at a Vietnamese restaurant and had something to eat before continuing home on the train to arrive home about 10.45pm.

Everyone agreed that it was another great day / night out.
 But I think someone's family looked at their watches when she arrived home!!!!!! Ha Ha



After catching the train, bus, train to the city, we then transferred across to the Williamstown train line to Spotswood. We headed off in the direction of Science Works and just before you get there at the end of the street is a T intersection and it is 'GrazeLand'! We waited about 15 minutes in a queue before the gates opened at 12noon, showing our double vaxed and QR coded in.

Chris suggested we walk up and down the 3 huge undercover sections with aisle ways on either side and table and chairs in the middle. This was to familiarise ourselves with the huge variety of cooked food that was on offer from various countries around the world. Apparently 'GrazeLand' only allow one stall from each country and so there is no competition from each other, only from each country.



To choose was hard and took a lot of thinking! All the kitchen are of the same size as they are all shipping containers with the sides cut out of them for serving, personalised by painting and decorating. Actually, the whole place is like a 'pop up' all put together with shipping containers, even the stage area where they were 3 high on either side to create a stage effect. Music is played after lunch from 2 – 4pm on a Sunday.

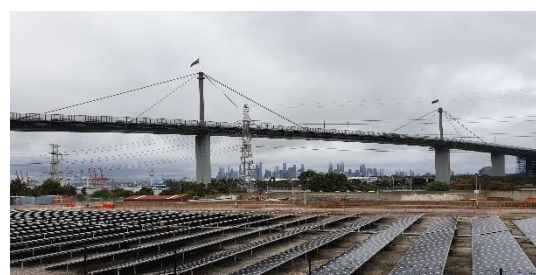
What did we have for lunch? There was – goats meat curry, Vietnamese noodle salad with prawns, a mix of Vietnamese spring rolls, rice etc, African BBQ, Japanese Okonomiyaki (vegetable omelette)
 Dessert was just as hard to choose – Japanese Macha Soufflé, Cannoli, gelato, pancakes, churros etc.



How we found out about the fact there is only one stall allowed from each country was from the coffee stall when we asked *why there weren't more coffee / tea stalls* and the lady behind the counter told us why.



If you walked out the back area behind the stage in the main area there was a lovely open deck area of tables and chairs with a magnificent view of the Westgate Bridge with the Melbourne city skyline underneath it. On looking down over the balustrade, there was a huge bank of solar panels to help generate electricity for the site – what a great idea!



Another great day out and we'll definitely be back again!

27th Annual Mayoral Art Exhibition

Our Alan and Shirley Somers have supported, organised and overseen this *Maroondah City Council Community Initiative* that is a fundraiser in support of the *Bone Marrow Donor Institute Croydon Branch* for many years. Please support this worthy cause by going along to the **Maroondah Federation Estate, 32 Greenwood Avenue Ringwood.**

Open from **Tuesday 19 April to Friday 17 June 9am to 5pm**

27th Annual
Mayoral Art
Exhibition

Call for
entries

Reflection



The 27th Annual Mayoral Art Exhibition is a fundraiser in support of the Bone Marrow Donor Institute, Croydon branch and generously sponsored by Maroondah City Council and the Ringwood East Community Bendigo Bank.

The theme for 2022 is **Reflection**. We encourage artists to explore reflection on recent challenges and, in a time of recovery and transition, upon hopes for the future.

Artworks of all mediums are eligible to enter including photography, sculpture, drawing, painting, printmaking and ceramics.

Announcement of both the Mayoral Acquisition and the Ringwood East Community Bank Acquisition will be made at the opening on Thursday 28 April.

Further information: Alan Somers BMDI
0419 134 300 | asom9346@bigpond.net.au

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.

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

How Deeming might impact you

To figure out how much pension to pay eligible Australians, the government uses a 'deeming' system. National Senior's partner QSuper, now a part of Australian Retirement Trust, explains how it works.

This content is sponsored by QSuper.

Deeming rules are used to work out income from your financial assets. Learn more about financial assets [here](#).

If you receive a payment from the Department of Human Services, such as the Age Pension, you should understand how current deeming rates might affect you.

The Australian Government reduced the deeming rates in 2020 as part of a package to address the impacts of the COVID-19 pandemic and market volatility.

The rate of 0.25% currently applies to financial investments up to \$53,600 for singles and \$89,000 for couples.

Key Points

- Deeming rates remain at the reduced rate effective from 1 May 2020. That means the upper deeming rate is 2.25% and the lower deeming rate is 0.25%.
 - Your super retirement income account is considered to be a financial investment and the balance will be 'deemed' to earn a certain amount of income based on the balance at 1 July each year.
-

What is Deeming

For Australians receiving a regular payment from Centrelink (such as Newstart, Disability Support Pension, or Age Pension) or Department of Veteran's Affairs (such as a Service Pension), the government assesses your financial ability to support yourself so that it can work out how much payment you are entitled to receive. There are two tests that are used to assess that financial ability, the assets test and the income test.

1. The assets test looks at the value of the assets you have that you could sell or use to support yourself.
2. The income test considers the income you receive from all sources that you can use to live on, including financial assets. This may include interest from term deposits, dividends from shares and payments from a superannuation income stream.

To simplify the calculation of the income test and treat different types of financial assets in the same way, the government sets a tiered rate of return for all financial investments. These are known as the deeming rates. They assume you are earning income at this fixed rate, regardless of the amount of income you are actually receiving.

Disaster Scams and How to Avoid Them

In the wake of a disaster, the Aussie spirit and neighbourly kindness that sees many people offer a helping hand to their local community, can often become a target for scammers.

In amongst all the legitimate charities and organisations providing financial aid, there are many scammers posing as non-for-profit groups, seeking to take advantage of peoples heightened generosity.

It's not only fake donation sites and relief funds that scammers will attempt to dupe people with, but victims can be targeted by scammers claiming to be from an insurance company or a branch of government offering direct assistance.

There are a number of tips and steps you can take to avoid being scammed.

Warning signs to look out for

- If you've never heard of the charity before, or if it sounds like a charity you know, but there is a slight change to the name.
- If they do not provide you with a receipt or there is no charity name on the receipt.
- They pressure you into donating or make you feel guilty for not donating

Tips to protect yourself

- Genuine charities are registered – you can check an organisation's credentials on the [Australian Charities and Not-for-Profits Commission](#) (ACNC) website.
- Approach a charity directly if you wish to donate, rather than donating to a person who has contacted you through phone, text, or email.

- Never send money or provide personal details (including credit card information) to anyone you don't know.
- Never click on suspicious links or attachments in text messages or emails. If in doubt, do an online search of the phone number to see if it has been reported as a scam.
- Lastly, be aware that scams exist. While no one would like to think they would fall for a scam, almost 40,000 scams have been reported and over \$72,000 lost as of March 2022, according to the Australian Competition and Consumer Commission's [Scamwatch](#).

If you've sent money or shared your banking details with a scammer, contact your financial institution immediately. They may be able to stop a transaction, or close your account if the scammer has your account details. You can also report scams to the ACCC via the [Report a Scam](#) webpage.



HOW DOES YOUR BRAIN AGE? RECEIVE A \$100 COLES-MYER VOUCHER TO PARTICIPATE IN OUR BRAIN IMAGING STUDY!

By looking at patterns of brain activity in different groups of people, we hope to gain a better understanding of how to keep the brain healthy and active for longer.

Duration: 3 sessions (1 online, 2 in-person)

Location: Monash Biomedical Imaging (Just over the road from Monash Clayton Campus).

If you are:
65 - 80 years old

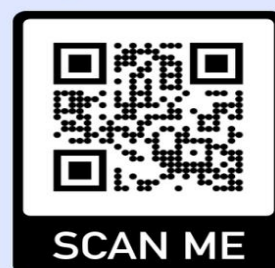
Right-handed
Have no history of psychiatric illness

Then you can register or find out more:

go to bit.ly/metconn OR

Email us at:

cogneurolab@monash.edu



This research has been reviewed by the Monash University
Human Research Ethics Committee

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

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

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