

Yarra Ranges Grapevine



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

MAY & JUNE 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



**Monday
11 May**

2.00pm for 2.30pm

**'20th Birthday
& Cake!!'**

Presenter:

'Special' Guest Speaker?

Lilydale Lake Community Rm

Monday – 8 June

2.00pm for 2.30pm

'Lamp Lighters'

Presenter: Anne MacLeish

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,

Lunch at The Terminus Hotel Healesville was very good yesterday, there were 13 of us enjoying a senior's meal and the outlook.



Trevor welcomes June & Joanne

The last two meetings have been well attended. It's good to see so many enjoying the fellowship.

Hope to see all members at The Lake House in May at 2.00 pm as it will be our 20th Birthday of our Branch. We will have a Birthday cake to celebrate.

Look forward to seeing everyone there.

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	2.30pm to 5.00pm
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



BIRTHDAYS THIS MONTH

Congratulations to!

10 May - Shirley

5 June - Colin F

11 May - Kathy

8 June - Anne L

14 May - Julie

19 June - Lorraine Sm

15 May - Lyn F

29 June - Jenny

24 May - Chris K

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 11 May @ 2.00pm for 2.30pm

'20th Birthday Celebration & Cake!!'

Presenter: 'Special' Guest Speaker



Monday 8 June @ 2.00pm for 2.30pm

'Lamp Lighters'

Presenter: Anne MacLeish

Please email your ideas for **Guest Speakers** or **Activities** to – yarrarangesnsa@gmail.com or **speak to the Secretary**

COMMITTEE MEETINGS - 1ST Monday of Month

@ Chris' place

Monday - 4 May

Monday - 1 June



*** 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

- Wednesday 6 May @ 11.00am
- Monday 18 May @ 12.30pm
- Wednesday 3 June @ 11.00am
- Thursday 4 June @ 12.30pm
- Thursday 25 June @ 12.30pm
- Wednesday 1 July @ 11.00am
- Wednesday 8 July @ 12.30pm

- 'Piano Show' - Brendan Scott
- 'Branded Burgers Café' 567 Warburton Highway Seville
- 'Retro Jo'
- 'Eastwood Golf Club' 332 Liverpool Road Kilsyth South
- 'Hendriks Restaurant' 54 John Street Lilydale
- 'Hits of Motown Duo, Xmas in July Show' - Lino
- 'Dorset Gardens Hotel' Dorset Road Croydon'

Musicals & Ballets

- Sunday 17 May @ 2.00pm
- Sunday 24 May @ 2.00pm
- Sunday 7 June @ 2.00pm
- Sunday 21 June @ 1.30pm
- Sunday 23 August @ 2.00pm
- Sunday 18 October @ 2.00pm

Please book with Lyn F

- 'Alice in Wonderland' Ballet at Karralyka Theatre Ringwood
- 'The Hunchback of Notre Dame' at the National Theatre of Kilda
- '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

Booking Closed
Booking Closed

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

Please Note - Saturday Walks start at 9.00am

These 2 photos are from the same walks - do you know where? Answers in next 'Grapevine'
Photos 1 & 2 in the 'March & April' Grapevine' - Wandin to Seville Walk

Sat 2 May

Dorset Reserve Croydon

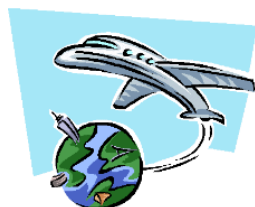
- Sat 9 May Norton Road Croydon
- Sat 16 May Mooroolbark Comm Centre
- Sat 23 May Mullum Mullum Burnt Bridge
- Sat 30 May Wandin to Seville
- Sat 6 June Lilydale Lake
- Sat 13 June Barngoon Res Croydon Nth
- Sat 20 June Killara to Seville
- Sat 27 June Lilydale to Mt Evelyn
- Sat 4 July Dorset Reserve Croydon
- Sat 11 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?



The Lighter Side of Life!



A Doctor, a Lawyer, and an Accountant are plotting something nefarious. They agree to take a row boat out on the ocean, so they can plot in privacy.

They row offshore and make their nefarious plans. Only then do they realize that the oars have slipped into the ocean and the rowboat is surrounded by sharks. Knowing one of them has to swim to shore, sharks or no sharks, they draw straws and the Lawyer loses. He strips off his jacket, takes off his shoes and jumps into the shark-infested waters. To the astonishment of the Doctor and the Accountant, the sharks not only leave the lawyer alone, they clear a pathway for him. The Lawyer makes it to shore without a scratch.

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.

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

How to Detect AI Deepfake Scams

AI deepfakes have been more prevalent and even more accessible than ever. How do we spot and protect ourselves from scams using AI deepfakes?

It looks like the real person, it sounds like a real person, but is real?

We're all familiar with deepfakes and we might even have the skills to spot a few. But with technology advancing by the minute, AI deepfakes are fooling even the most educated and confident people as they grow in sophistication.



How do they work?

Deepfake technology can mimic not only a person's appearance but also their voice. This technology has become even more accessible, cheap to use (sometimes even free) and require little to no technical skills.

With just 30 seconds of audio and video, scammers can make convincing deepfakes that look exactly like the real person they want to impersonate.

This has made scams using AI deepfakes even more prevalent and harder to spot, where scammers impersonate someone trustworthy, like a boss, family member, or celebrity.

Is it a real person or deepfake?

While nine out of 10 Australians say they can confidently spot an AI-generated scam, research from CommBank's Behavioural Science team has found that Australians can only correctly identify AI scams 42% of the time – which is a lower percentage than a random guess.

And for those that might think it's Australians ages 65+ who are being fooled, they're only 6% less accurate than those younger than them. In this case, age isn't a significant factor and it shows that deepfakes can fool anyone, no matter the age.

This overconfidence factor is certainly dangerous in the world of advanced AI deepfake scams, where Australians are unlikely to stop, check, and reject when it comes to making payments and transfers under pressure.

Scammers know that humans will trust familiar faces and voices, and so, deepfakes are the perfect tool for manipulation. You might be reading this and think, that wouldn't be me. However, these deepfakes are so convincing, the difference can be (literally) by a hair!

Protecting yourself from deepfakes

Nevertheless, knowing that AI deepfakes are advancing by the minute, we shouldn't be scared or overcome by them. Instead, we ought to be vigilant when we're asked to make any transaction under pressure, even if it's by someone you trust.

Here are some of the ways to practically protect yourself from AI deepfake scams:

- Scammers use deepfakes of well-known experts and celebrities to promote fake investment opportunities. It's important to speak with someone you trust like your independent financial advisor before transferring money and check **ASIC's Moneysmart Investor Alert List**.
- Scammers can use voice cloning technology and deepfakes of loved ones to gain trust and manipulate people. Set up a safe word that only your family knows to protect each other.
- Scammers can create real-time face swaps that appear authentic to pretend to be a potential love interest in photos and video calls.

Never send money to a romantic interest if you've never met them in person. Remember, even video calls can be faked. It's important to talk to a friend – secrecy is a major risk factor – and arrange to meet them safely in person.

Lastly, approach any transfer or payment under pressure with caution – the same principles of **"Stop. Check. Reject"** should still be applied.

Slow down, check the details, speak with someone you trust, and if it's a scam, stop contact with the scammer and block all contact with them.

For more information and videos on AI scams, search "CommBank Safe".

Stay Scam Safe
Stop. Check. Reject.



Learn more

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

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OurGeneration

Membership includes subscription to *Our Generation* digital magazine.

