

Hillarys & Districts Branch

Branch meets at 10:00am on the first Wednesday of each month at the Flinders Park Community Hall, 137 Broadbeach Boulevard, Hillarys.

March 2024 Newsletter – Issue 215

National seniors Australia is an advocacy group for the over 50 population representing issues at Local, State and National Governmental levels. If you have an issue that you would like the NSA Policy Advisory Group to consider, mention it to your committee and they will start the process."



Help Needed:

Can we please have some able-bodied men turn up a little early for the meetings and help set up the hall, and help pack up the hall at the completion of our meetings.

Our March meeting is going to be a very special event for us. It is the 20th Anniversary of the beginning of the Hillarys' Branch. Please make sure you put Wednesday the 6th of March into your calendar. There will be some presentations to long time members and a representative from Head Office to help us celebrate.

Member's Welfare

If you become aware of a member who is dealing with illness or hear of a member who has passed, please contact one of the Committee Members. Notification can then be sent to other members who wish to visit or pay their respects.

General Update regarding our dealings with the Joondalup Council

The application to the city of Joondalup to waive our hall hire fees is apparently still in progress. They have advised me not to make any payments until further notification. Apparently, they have had a lot of applications to have the hall hire fees rescinded.

The submission Cheryle put in to get some funding for a laptop and Microsoft office was submitted on February 21st. These submissions will be considered in March, we will be notified of our success or otherwise in April. If successful we should receive the funding in May. That is the timeline Cheryle has been given by the city of Joondalup.

President's Report:

March is going to be a very interesting month for us all.

Not only do we have a pleasant venue for our monthly lunch arranged and another picnic in the park planned we also have our Branch's 20th anniversary to celebrate.

For those of you who are new to the club, this year marks the 20th year since the inauguration of this particular Branch in 2004. I have sent an invitation to all inaugural members and to those members who have been long-term members of National Seniors in general. I was very pleased with the

National Seniors Australia – Hillarys & District Branch

response, as most are planning to attend our birthday celebrations on the 6th of March. I hope all of our regular members also intend to help us celebrate the longevity of a great Branch.

As I have previously mentioned in other newsletters Chris Grice, Ross Glossop and Karen Furnivall are all coming to the branch network forum, BNF, on 11 March at 1 pm. You all heard me talk about Karen Furnivall, the community engagement officer at our last meeting. I have had a lot of interaction with her over the past month and I am looking forward to meeting her.

I will be attending this meeting, which I am sure will be very informative, and I can invite up to three members to accompany me. If you would like to attend, and you are very welcome, I take the train to Citiplace where the meeting is held. I believe there will be morning tea provided as well.

A bit closer to home, Chris Grice, Ross Glossop and Karen Furnivall, will also be speaking at the Joondalup National Seniors Branch on 12 March. Once again, I will be attending their meeting which is held at Connolly Community Centre, 5 Glenelg Place, Connolly. Visitors are welcome. Let me know if you would like to attend this meeting contact me for further details and we can organise a light lunch together afterwards.

You may be aware that I have applied to the city of Joondalup for a waiver of their hall hire fees. The plan was to charge us approximately \$700 a year for the higher of the hall. This would decimate the already small budget that we currently operate with. I expect to hear the outcome of that by the middle of March.

I have also applied for some funding from the City of Joondalup to purchase a computer and the current Microsoft Office program. The success or otherwise of this submission will be known in April. Watch this space, as soon as I am notified of the outcome of the submission, I will let you all know. Fingers crossed.

The following is important information for you all to be aware of. Lottery West has provided a grant of \$52,592 to Advocare. Advocare provides advocacy and support services to Seniors. If you know of anybody who requires support with any issues, accessing aged care services, elder abuse, or social isolation then Advocare can be contacted on the following numbers:

1800 655 566, or the W.A. elder abuse helpline 1300 724 679

Stay Happy, Healthy and Safe
Cheryle Medcalf
President

Membership Renewals

The new membership schedule:

One year – \$49:50 single or \$80 joint

Two years – \$88 single, or \$143 joint

Three Years - \$120 single, or \$180 joint

Five years – \$220 single, or \$325 joint

Please remember members that there is a discount code that you can use up until the 5th of November allowing you to pay the previous rate.

Membership payments cannot be paid via our local branch they must be paid directly to the Head Office.

You can do this via one of these three options

Via the website:

<https://nationalseniors.com.au>. Login and pay online using a debit or a credit card.

Via your phone:

Phone them on 1300 765050 or 073233 9191 they will be able to find your membership

details and debit your account for the membership payment.

By cheque:

the postal address is:

National Seniors Australia – Hillarys & District Branch

GPO Box 1450,
Brisbane,
Queensland 4001
Please make sure you include your name, club,
and the reason for the cheque.

For the payment of outings etc. use our local
branch account

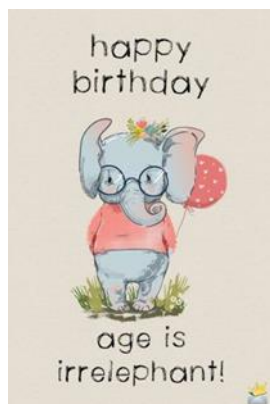
Account Name: National Seniors Assoc
Hillarys.

BSB: 036-226 A/C No: 24-9794

Please include Surname and keyword in the
transfer.

Do NOT combine payments for multiple
functions, only pay for one function at a time.

Name Badges: If you want a name badge
you need to speak to our treasurer Bronwen
Mears. She will arrange this for you. **The cost
to you for a name badge is \$12.**



To all our members celebrating birthdays in March

Wishing you all a very
happy birthday filled with
love, laughter, pressies and
cake.

Members if you bring in items for the freebie
table, please remember that if no one has
picked them up you are responsible for taking
the items home with you again.

For Your Calendar

Next Meeting: Wednesday 6th of March

As it is our 20th anniversary branch celebration
there will be no guest speaker.

The next committee meeting is being held
on 20th March.

Social Events



Monthly Morning Tea

Please join Paul and other
Branch members in a pleasant
morning of stimulating
conversation. Please wear your
name badge. Friends are also welcome.

When: Friday 15th March

Time: 10am

Where: Caffissimo, Whitfords

Come along and let's get a good turnout!

Monthly Dinner – There will be no March
dinner.

Monthly Lunch – A time for members to
celebrate a birthday, anniversary, or just
“celebrate life” with fellow members and
friends.

When: Wednesday 13th March

Time: 12:30

Where: The Heart (upstairs)
Hillarys Beach club
20 John Wilkie Tarn
Hillarys

No BYO

Elevator available to The Heart Restaurant on
the upper floor

National Seniors Australia – Hillarys & District Branch

If you want to attend a lunch or need to cancel, please contact Karen on 0437510204 or email her on karenlea1000@gmail.com so the venue can be given accurate numbers.

Picnic in the Park

When: March 27th

Time: 5:30pm

Where: at our usual spot on the North Side of Mawson Park

There is no need for anyone to bring food, lots of nibbles will be provided.

Let's have a good turnout, a chance to enjoy the outdoors and good company before the weather turns

Upcoming Social Events

Tuesday, 11 June: A visit to the Harry Perkins Institute for a talk and a tour. Cost \$10 per person

We can either eat at the canteen or at a nice restaurant that we can book for lunch. Participants can drive down or carpool.

August, tenpin bowling followed by lunch at the Greenwood Tavern

Late October John Forrest National Park, on the bus meeting Paul Udinga at the park, morning tea. Lunch at the Mundaring Weir hotel, followed by a walk across the weir and ice cream and coffee at the café there.

Christmas Lunch: It was decided that we will return to the Peel Manor House for this year's Christmas Lunch. It has been scheduled for Tuesday 10th of December. Cheryle will organise the Joondalup bus.

Cheryle's lovely Plum Desert cake



THIS is a delicious cake to savour the sweet tangy of fresh plums. It will work equally well with other fresh summer fruit – like peaches, nectarines or apricots.

8 plums, halved and stone removed

3 tablespoons butter

1/3 cup sugar

1 tablespoon extra sugar

1 teaspoon vanilla

1 egg

1/3 cup buttermilk

3/4 cup self-raising flour

Method:

Heat oven to 180°C. Grease and line a 23 cm round cake tin.

Whisk together butter and sugar till creamy. Add egg, vanilla and buttermilk. Whisk till well combined. Fold through sifted flour till batter is smooth then pour into prepared cake tin.

Arrange plum pieces onto cake. Sprinkle with extra tablespoon of caster sugar. Bake for 25 to 30 mins or until cake is cooked when tested. Cool to room temperature. Serve with a dollop of cream and dusted with icing sugar.

Scammers:

On the Australian Government BE Connected page there is a very helpful download link for 10 top tips to protect yourself against impersonations scams. The download is a 2.36mg PDF file.

<https://beconnected.esafety.gov.au/download-free-scams-guide>

It addresses issues such as:

Spoofing

Tech Support scams

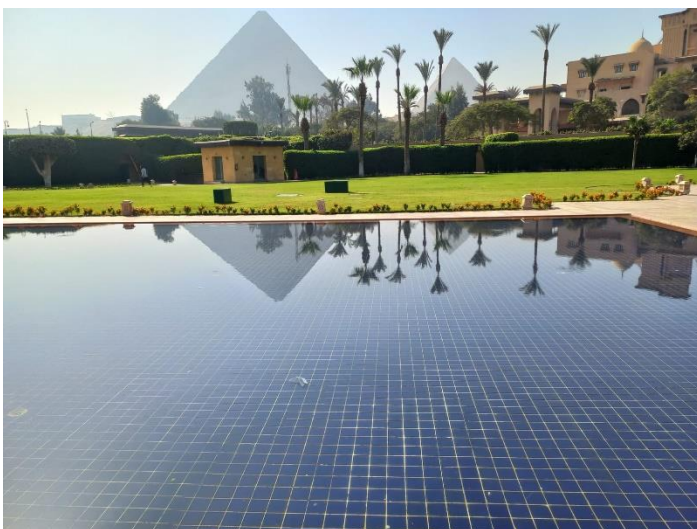
Unsuccessfully delivery scams

Fake investment scams

Account suspension scams

Shelly and Boyd's trip to Egypt

We travelled with Scenic and commenced our trip with a Special Stay at the iconic Marriott Mena House Hotel, Giza. From the magnificent, lush gardens we were able to soak up stunning views of the Great Pyramids. We also enjoyed sundowners as the sun set over the pyramids – so special! We visited the Giza plateau where we were able to marvel at the pyramids and sphinx up close.



Shelly and Boyd's trip continues with an attachment. The attachment makes very easy reading and has some very interesting photos. So here is everyone's opportunity to see some of Egypt through Shelly's eyes.

Helpful Information

Elder Abuse Helpline WA: 1300 724 679
Seniors Card (WA): 6551 8800
Centrelink (Retirement): 132 300
Employment Services: 132 850
Seniors Info Services: 6551 8800
Older People's Rights Services: 9440 1663
Aged Care Complaints Commissioner:
1800 550 552
National Carer Gateway: 1800 422 737

Dept of Veterans Affairs: 133 254
Dementia Australia - 1800 100 500.
Justice of the Peace - Saturday Morning at
Joondalup Library. 10.00am – 12.30pm
Woodvale Library 9.30am – 11.30am

WA Scam Internet Site:-

www.scamnet.wa.gov.au

BRANCH CONTACTS

Please note members as I'm both the Secretary and the newsletter Editor I'm only checking the Newsletter Editors email account, **NOT** the Secretary email account. If you wish to email me about any NS matter, please use the Newsletter Editor email account.

President
Cheryle Medcalf: 92064918
(presidentnsahillarys@gmail.com)
Vice President
Karen Hope: 0432 364 655
karenisliphone@outlook.com
Treasurer
Bronwen Mears (0409260247)
(Bronwenmears13@gmail.com)
Newsletter Editor + Secretary
Lyn Massam
(newsletternsahillarys@gmail.com)

