

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.

October 2023 Newsletter – Issue 212

National seniors Australia is an advocacy group for the over 55 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.

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.

President's Report:

Don't the years go by quickly?
Here I am writing another report for the AGM and thanking those vital members of the club who organise events for us.

It has been another busy year and thanks to members of the committee our monthly dinners and lunches continuing as normal.

The same few people are attending these outings. I encourage you be a voice that is heard, and if there are venues you would like committee members to book, just have a quiet word with them. Better still, come along to a committee meeting and have your voice and opinion heard. Everyone has something valuable to contribute. Do not let the club stagnate when you may have good ideas to share.

Robin is stepping down from the lunch coordinator and I know we would all like to thank her for organising the lunches and choosing pleasant venues over the past few years.

Shelly Boyd is doing a great job coordinating the monthly dinners and she goes out of her way to choose different restaurants each time. Thankfully Shelley will continue as lunch coordinator into next year.

Do not forget about our Christmas lunch this year. Shelley has booked a wonderful venue for us so dig out the holly and the ivy and make sure you have booked your place at a table.

The monthly morning teas are also very popular with a lot of members. It is nice to sit over a cup of tea or coffee and cake and just get to know fellow members in a very informal setting. Thank you to Paul for arranging and hosting the morning teas this year.

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Our picnic in the park in January is always a lovely way to start the year. It is a real pleasure just sitting around in an informal atmosphere and chatting with the other members.

Thank you to Nita who sets out wine and a cheese platter for us to share. We will continue with the picnic in the park for 2024 in early January.

We have had a variety of interesting guest speakers this year thanks to Jan Hooker with her contacts and booking skills. A few mishaps with the computer and overhead projector which, we now have resolved.

Another shout out to Bronwen Mears, Wendy Rose and Elsie Tester. Bronwen manages the finances efficiently and Wendy and Elsie make sure that everyone coming to the table are greeted with welcoming smiles. It is reassuring to have competent ladies managing these roles.

Last but not least is Lyn Massam. She creates and sends out a great newsletter and is really the right-hand person to not only myself, but for all the committee members. Nothing is too much trouble for her and we all appreciate her amusing quips and efficiency.

Looking back on all the excursions we did in 2022 this year has been quite light on. Possibly due to my time constraints and lack of imagination.

We had a great turnout for our trip to Penguin Island earlier this year. The weather was kind to us and a very enjoyable day was had by all. Being able to hire the Joondalup bus at a very nominal rate is certainly a bonus. However, I have been told that they are purchasing a smaller bus later in the year which may not be suitable for us.

There has been a very small response to the planned outing to John Forest National Park. The last opportunity for you to put your name down for this outing is the October meeting. If we do not get enough members signing up it will have to be cancelled.

I am not sure why this is not a popular outing, so if there are any outings that you have in mind, then please come forward and share your ideas. It is always difficult for one person to think up day trips and outings.

So, as your President, I ask that you ACT – step forward and nominate for a committee position.

BELONG – to a group of contributors; and
COMMIT – to a worthwhile involvement.

Lastly, I have to thank Michael Morland who has been my right-hand man while I have been president. Michael happily took over the reins when I was unable to attend meeting this year and he has been my go-to person when I, quite frankly, “haven’t had a clue.”

Michael is always first in when the hall needs to be set up and repacked.

At committee meetings Michael is a great leveller, with his calm and sensible contributions.

Thank you, Michael, for everything you do, your laughs and your friendship.

Stay Happy, Healthy and Safe

Cheryle Mecalf

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

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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:
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

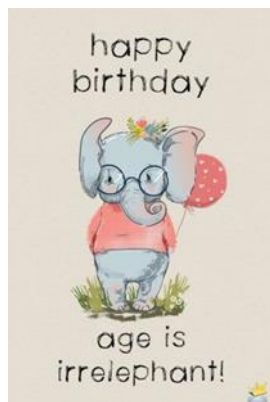
Account Name: National Seniors Assoc Hillarys.

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: please contact our Treasurer Bronwen Mears who will order these for you, **cost is now \$12.**



To all our members celebrating birthdays in October

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 4th of October

Time: 10am.

Followed by lunch at Mia Cucina at the Hillarys Boat Harbour.

Speaker: Paul Udinga

Paul is the Senior Ranger for the Avon Valley, Walyunga and John Forrest National Parks.

Topic: A Day in the life of the Perth hills National Parks.

He will speak on some of the issues and challenges as well as the rewards of working in a natural environment. He has worked in national parks all over the state, from the Kimberley to Esperance.

The next committee meeting is:

Wednesday 18th October, starting at 10am.

Members are welcome to attend the meetings, they are informal and last no longer than an hour.

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 20th October

Time: 10am

Where: Caffissimo, Whitfords

Come along and let's get a good turnout!

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

When: Sunday 15th October

Time: 6pm

Where: Eccolo Italian Restaurant
Hillarys Shopping Centre
5/110 Flinders Ave
Hillarys

This is fully licensed. NO BYO Alcohol

contact Shelly on - mobile:0419 918 311 or email her on:
b.stanley@bigpond.com if you wish to attend.
If you put your name on the list and need to cancel, please contact Shelly directly.

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

When: Wednesday 11th October

Time: 12:30pm

Where: Sittellas
100 Barrett St,
Herne Hill

Please contact Robyn on 0427 478 681 if you wish to attend.
Please let Robyn know if you have signed up for a lunch but then need to cancel out. This is so she can contact the venue and alter the booking number.

Upcoming Outings:

We are sadly lacking in numbers for our proposed trip to John Forrest Park. So far only 9 people have booked to go on the trip

When: Wednesday 8th of November

Bus is booked to take us up to the National Park for a BYO morning tea.

We will have enough time here for a bit of a walk or a sit and chat or lunch we will head to Mundaring Weir Hotel for lunch followed by a walk to the weir.

Cost will be \$15 per person

As you can note the bus is only going to be \$15 per person. It sounds like a lovely little outing, out in the forest breathing the clean air, sitting down having morning tea with the sound of running water in the background, surrounded by the excellent company of fellow NS members.

Is it possible to find a better way to spend the morning? I think not.
Then off to lunch at Mundaring Weir Hotel and a walk to the weir.

All this for \$15 plus paying for your lunch.

The October meeting is your last opportunity to sign up for the outing, so if you do want to come along for a good day out but can't make the meeting, give Cheryle a ring and ask her to put your name down. If numbers don't pick up the outing will have to be cancelled

CHRISTMAS BOOKING

The numbers are a bit lower than we would like for our Christmas Dinner Booking at the Peel Manor House. The cost is \$49.50 pp. People taking their own car will be subsidized \$10 by the club.

The venue looks lovely, so come and make merry with your fellow club members. Being on a bus you'll be able to sink a drink or two and kick your heels up. It will be great if we can get more people to sign on for this lovely Christmas Lunch.

A little bit of self care:

10 ways to be kind to your hands

Our poor old hands have had a bit of a rough time of it over the past couple of years - constantly being washed, sanitised and thrust

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into gloves for protection. Here are 10 things you can do to give your hands a bit of well-deserved TLC.

Wash with warm - not hot - water.

Avoid harsh and highly perfumed soap.

Try a liquid, non-soap cleanser.

Rinse hands well and dry by patting or blotting gently. Don't rub.

Apply moisturiser regularly, particularly after washing, to keep them soft and smooth.

Avoid strong fragrances in products as they may cause irritation.

Protect your hands from harsh cleaners by wearing rubber gloves when cleaning the house. Use an inexpensive pair of cotton gloves as a liner to prevent sweating and itching.

Wear gloves when gardening to protect your hands and nails.

Apply sunscreen to your hands all year round, whenever you're outdoors. This is particularly important for the back of your hands.

In cold weather, wear gloves to prevent your hands from getting dry and cracked.

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:-

National Seniors Australia (NSA)

www.scamnet.wa.gov.au

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A bit of fun 😊

Positive proof of global warming



