

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.

September 2023 Newsletter – Issue 211

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:

It is nice to be back after three months absence and I know you all managed very well without me and for that I am appreciative and delighted.

The first two months of my absence I travelled around small villages and towns in France with a dear friend and then we spent time with her family in Denmark.

An overall wonderful experience

The third month was not quite so pleasant, as I had my knee chopped up and rebuilt. Not something I want to do again in a hurry.

I would like to thank all the committee for standing in while I was away. In particular, Michael Moreland and Lyn Massam, who both ensured that everything carried on as normal.

It is that time of year again where the AGM looms over us.

It was decided at the Committee Meeting in August to postpone the AGM until our meeting in October, partly so as I could have a chat to you all and partly because we need to assemble paperwork. We have a couple of roles that need to be filled.

Due to health reasons Janet Beevers has stood down from her role as Secretary. I would like to thank Janet for the 3 years she managed this role. Janet put her hand up when no one else did, just to keep the club viable.

The secretary's role is not an onerous task. If you attend meetings regularly and have a computer and can spare a couple of hours each month, then please consider helping us out. The secretary does not create the agenda for each meeting it is simply keeping a record of who affirms and who seconds proposals. The agenda and minutes are all typed up ready for you just to fill in.

Michael Moreland is also stepping down from his role as Vice President. Michael has been on the committee, both in the capacity as

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President and Vice President, for many years and he has certainly contributed substantially to our club.

The role of the Vice President is to run through the agenda at meetings when the President is not available. So, if you think you might like a chance to sit out the front for a couple of meetings next year, then your assistance would be greatly appreciated.

Lastly, I just want to mention our plans for the Christmas function. Shelly has managed to secure a booking at Peel Manor House, Karnup and I have managed to secure the bus to transport us down there. Both Shelly and I will mention more about this at the meeting so make sure you put the 7th of December in your diary.

Stay Happy, Healthy and Safe
Cheryle Medcalf
President

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

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

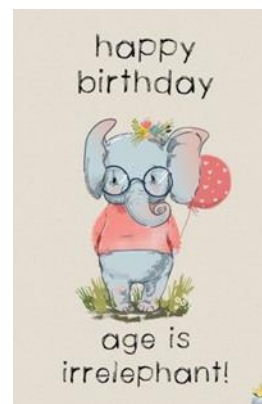
Account Name: National Seniors Assoc Hillarys.

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 September

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 your again.

For Your Calendar

Next Meeting: Wednesday 6th of September

Time: 10am.

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

Speaker: Rita and Rob Phillips

Topic: The Eyre Bird Observatory

In 2015, Rita and Rob Phillips were caretakers at the Eyre Bird Observatory, on the Nullarbor coast, 1200 km east of Perth. This presentation will share their experiences over three months, illustrated by Rita's photos. They will share the challenges of simultaneously maintaining the observatory and garden, managing bird counting, weather reporting and catering for multiple guests. they will also share the natural wonder of this beautiful, but isolated, part of Australia, from landscapes, sunrises, and sunsets, to the diverse bird, animal, and sea life.

The next committee meeting is:
Wednesday 20th September, 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 15th September

Time: 10am

Where: Caffissimo, Whitfords

Come along and let's get a good turnout!

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

When: Sunday 24th September

Time: 6pm

Where: Eccolo Italian Restaurant
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 13th September

Time: 12:00pm

Where: The Swans Rest
10481 West Swan Rd
Henley Brook

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. That was she can contact the venue and alter the booking number.

The Open Friday Ballet rehearsal

When: 29th September

Time: 9:45am

Where: West Australian Ballet centre
134 Whatley Crescent
Maylands

Cost: \$15 per person

Pay online into the club account

Following the rehearsal, we will be having

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lunch at Rifo's Italian café.

Parking will be at a premium so carpooling has been arranged.

Community Events

Whittle and What Knot with Out of the Woods Show.

When: Saturday 23rd & Sunday 24th Sept

Time: 9:30am to 3pm

Where: ECU Joondalup Sports Centre

Come along and see the amazing wood show and exhibition, then visit the woodworkers, the metal workers, the silversmith, and potters.

Immerse yourself in the craftsmanship of old now created by the young and young at heart.

Shop up a storm on handmade craftsmanship and one-of-a-kind pieces.

What's on in our local Libraries

Don't know what you can trust on the internet, this talk could be helpful to you



Discovery Session - Newsfeed Fact Checking

Friday 1 September, 2.00pm, Woodvale Library

Unsure what to believe on social media newsfeeds? Join Lucy Jarvis as she shares tips to identify fake news and check facts. A former journalist, Lucy shares newsroom insights and demonstrates how people can develop skills to counter a flood of misinformation online.

Cost \$5.00. Book and pay online.



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:

National Seniors Australia (NSA)

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

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A bit of fun:)

