

## 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.

Postal address: PO Box 141 Hillarys 6923

## August 2021 Newsletter – Issue 188

A sad message from your newsletter editor:

Unless someone has a change of heart and steps up to be the secretary of our branch, this will be my last newsletter as the Branch cannot continue without a secretary.

### President's Report

Well, 2021 and Covid19 restrictions continue to present challenges. Just as we were thinking we were well on our way to a post-Covid world, events in New South Wales and Victoria and right here in Perth have reminded us that this pandemic is far from over. Unfortunately, some of those restrictions and other circumstances prevented us from meeting in July. I want to thank the membership for their understanding and Cooperation with the decision to cancel.

Another immediate challenge we face as a branch is to fill vacancies on the Committee. If we are to grow, and in fact, if we are to exist at all, I must encourage members to put their hands up and contribute to club operations.

After the unexpected departure of our secretary earlier this year we have been managing as best we can. **But from here on in, we really are in need of a secretary whose role it would be to take the minutes at the monthly General meeting and the monthly Committee meeting.**

**According to head office, if we do not have anyone to take up the secretary's**

**role within 14 days after the AGM then I'm afraid we have to shut the doors.**

Please email or call me if you would like more information on the secretary's role  
[presidentnsahillarys@gmail.com](mailto:presidentnsahillarys@gmail.com)  
or 0438 996 186

Lyn, our Newsletter Editor would always also like a break, so if you have skills that you would like to share, please put your hand up to take on this role. There will be plenty of assistance available, should you do so.

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.

### YOUR MENTAL HEALTH IS IN YOUR HANDS

While Australia has been remarkably successful in combating this health crisis there has been a noticeable increase in stress, anxiety and depression during the past eighteen months.

Cancelled overseas holidays, separation from family outside WA, and the ever-present threat of another "lockdown" has all taken its toll on many people's mental wellbeing.

We are all familiar with the lifestyle that protects our physical health – a good diet, exercise and sleep – we now know that being active, spending time with others and doing things that we find meaningful make us feel

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good. These activities are essential for our mental health.

Seniors are particularly vulnerable to poor mental health. The Act Belong Commit message equips us with the knowledge of the things we can do to protect our mental health. So put your hand up to be involved and give yourselves the best chance of a happy, mentally healthy life by doing more, connecting more and adopting a new cause or passion.

**Stay Happy, Healthy and Safe**  
**Cheryle Medcalf**

### Membership Renewals

**One year** – \$45 single or \$75 joint m'ship.

**Two years** – \$80 single, Save \$10 or \$125 joint m'ship, Save \$25.

**Three Years** - \$99 single, Save \$36 or \$149 joint m'ship, Save \$76.

**Five years** – \$195 single, Save \$30 or \$295 joint m'ship, Save \$80.

Payable at branch Meetings or send to National Seniors Australia,  
Reply Paid 1450, Brisbane QLD 4001.

Members who use internet banking, can use Electronic Fund Transfer (EFT) facility to pay for Membership Renewals, name badges, events that require prepayment, etc.

**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 Joe Varischetti who will order these for you, cost is \$10.

National Seniors Australia (NSA)

### 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.



### Members celebrating birthdays for August

4<sup>th</sup> August : Patricia Eardley  
12<sup>th</sup> August : Marianne Ezzy  
7<sup>th</sup> August : Janette Hooker  
24<sup>th</sup> August : Jan Jones  
25<sup>th</sup> August : Roslyn Loadsman  
2<sup>nd</sup> August : Joe varischetti

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

Anyone wishing to add their birthday to the birthday spread sheet, please let me know

### For Your Calendar

**Next Meeting:** Wednesday 4<sup>th</sup> of August

**Time:** 10am.

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

**Speaker:** Richard Offen

**Topic:** Titled Quirks and Oddities

British eccentricity - There are no people more eccentric than the British when it comes to quirky buildings and structures.

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### Social Events

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

**When:** Saturday 28<sup>th</sup> August

**Where:** Greenwood tavern

**Time:** TBA

Please contact Nita (Mobile Ph 0400 063 143) if you wish to attend.

**BiMonthly Lunch** – A time to have a social get together lunch with a bunch of your fellow members and friends

**When:** Sunday 22<sup>nd</sup> August

**Where:** Pinelli Winery, 114 Bernara Rd,  
Caversham

**Time:** 12:00

Please contact Robyn on 0427 478 681 if you wish to attend.



### Monthly Morning Tea

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

This is a great little social occasion to catch up with other members for coffee, cake and a chat. A very pleasant time is always had by all.

**When:** Friday 20<sup>th</sup> August, 10am

**Where:** Shingle Inn at Whitford Shopping Centre.

Remember, to add your name to the lists at the meetings, or, contact Nita on 0400 063 143 for Dinners or Robyn on 0427 478 681 for lunches and Cheryle on 92064918 for outings.

### Upcoming Social Outings

**Perth Observatory** (proposed)

**Where:** 337 Walnut Rd Bickley WA 6076.

**When:** Saturday 26<sup>th</sup> February

**Time:** 8:30pm

Experience our amazing night sky through our wide range of telescopes. Our volunteers will take you on a grand tour of the most stunning objects in the Southern Hemisphere including nebulas, dying stars, enormous star clusters, and the Moon and the planets when they are in the sky. You will also be able to browse our museum and see historical instruments, our meteorite exhibit, astrophotographs & artwork, and admire the beauty of the Atlas Coelestis, the first Star Atlas ever printed in 1729 from the work of John Flamsteed, the First Astronomer Royal at the Greenwich Observatory in Great Britain.

I'm hoping to make this booking quite soon but before I do I need numbers. There will be a name sheet available at the meeting.

I also require payment of \$30 pp upfront because once I go online to make the booking they will debit my credit card immediately.

I know this seems like a long way off but I'm finding that a lot of the moonless night tours are booking out quite quickly. The fainter objects such as globular clusters and nebulae show up better against the darker background of a moonless sky.

If you are interested please put your name down on the list at the meeting or email me directly at [presidentnsahillarys@gmail.com](mailto:presidentnsahillarys@gmail.com)

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Once I've made the booking I will contact everyone with my bank details and we can discuss car pooling and pre tour dinner .

### Community Events

#### Community Theatre

**The Darlington Theatre Players Present:**  
Their One-Act Season. Three one-act plays.

**When:** 27 August – 4 September

**Where:** Marloo Theatre, 20 Marloo Rd, Greenwood

**Time:** Fri, Sat – 7:30. Sun -2pm

**Cost:** \$10

**Tickets:** [trybooking.com/BSONE](http://trybooking.com/BSONE)

#### Anatomical Heart Productions presents



### Emilie: La Marquise Du Châtelet Defends Her Life Tonight

Written by Lauren Gunderson and Directed by  
Michelle Ezzy

**SUBIACO ARTS CENTRE**  
**11-14 August 2021**

Passionate. Brilliant. Defiant. Tonight, eighteenth-century scientific genius, Emilie du Châtelet, is back and determined to answer the question she died with: love or

philosophy? Head or heart? Join Emilie in this highly theatrical rediscovery of one of history's most intriguing women as she makes sense of her life and legacy.

**Cost:** Adult - \$30 and Concession (Children and Seniors) - \$25 (7:30pm Wednesday, Thursday, Friday and Saturday and a Matinee on Saturday)

**Tickets:** [www.ptt.wa.gov.au](http://www.ptt.wa.gov.au), or ph. 6212 9292 or at the Subiaco Art Centre's box office.

### 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](http://www.scamnet.wa.gov.au)

#### A bit of fun:

##### AN IRISH FRIENDSHIP WISH:

May your purse always hold a coin or two.  
May the sun always shine on your windowpane.  
May a rainbow be certain to follow each rain.  
May the hand of a friend always be near you.  
May laughter fill your heart with gladness to cheer you.

##### A PUZZLING RIDDLE FOR YOU:

This is an unusual paragraph. I'm curious as to just how quickly you can find out that is so unusual about it. It looks so ordinary and plain

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that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out.

( ask Cheryle at the meeting for the answer)

**AWKWARD PROBLEMS:** - I can relate to some of these

Staring at your phone in silent horror until the unknown number stops ringing

Hearing a recording of your own voice and deciding it's perhaps best never to speak again

The relief when someone doesn't answer their phone within three rings and you can hang up

Mishearing somebody's name on the second time of asking, meaning you must now avoid them forever

Leaving it too late to correct someone, meaning you must live with your new name forever

Changing from 'kind regards' to just 'regards', to indicate that you're rapidly reaching the end of your tether

"You'll have to excuse the mess" – Translation: I've spent seven hours tidying in preparation for your visit

The overwhelming sorrow of finding a cup of tea you forgot about

Saying hello to a friend in the supermarket, then creeping around like a burglar to avoid seeing them again

Watching with quiet sorrow as you receive a different haircut to the one you requested

Overtaking someone on foot and having to keep up the uncomfortably fast pace until safely over the horizon

Deeming it necessary to do a little jog over zebra crossings, while throwing in an apologetic mini wave

Punishing people who don't say thank you by saying "you're welcome" as quietly as possible

Looking away so violently as someone nearby enters their PIN that you accidentally dislocate your neck

Repeatedly pressing the up button while waiting for the lift even though it's illuminated, to assure your fellow 'waiters' you have the situation in hand

The huge sense of relief after your perfectly valid train ticket is accepted by the inspector

Worrying you've accidentally packed 3 kilos of cocaine and a dead goat as you stroll through "Nothing to declare"

Not hearing someone for the third time, so just laughing and hoping for the best

### **Newsletter Submissions:**

All Submissions for the September Newsletter need to be in by the 24<sup>th</sup> of August.

### **BRANCH CONTACTS**

#### **President**

Cheryle Medcalf 92064918  
(presidentnsahillarys@gmail.com)

#### **Vice President**

Michael Morland 93068668

#### **Secretary**

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#### **Treasurer**

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#### **Newsletter Editor**

Lyn Massam([newsletternsahillarys@gmail.com](mailto:newsletternsahillarys@gmail.com))