

Meeting Details:

- Branch Meetings are held on the 3rd Tuesday of the month from January to November at the Lighthouse Community Church, cnr Jetty Road and The Crescent, Brighton, on the beach side of the railway line. Meetings are from 10.00 am to 12.00 noon. Members should start to arrive from 9.30 am. Morning tea is between 10.30 am and 11.00 am. Guest Speaker or entertainment from 11.00 am to 12.00 pm. In August there will be a Branch Birthday Cake.
- In December there is a Christmas lunch instead of a meeting. This year it will be on Wednesday, 2 December 2026 at the Seacliff Beach Hotel, 221 Esplanade, Seacliff.
- Before the meetings begin, helpers are needed to put up trestle tables in the Church Hall and on the stage. This needs to be done soon after 9.15 am. Helpers are also needed to put the trestle tables back in the storeroom at the end of the meeting.
- Please bring your own cup or mug for morning tea. This reduces the need for throw away cups.
- Door entry fee is \$5.00 which includes morning tea and a chance to win a door prize.
- Name badges and Emergency Badges should be worn at all Branch Meetings and all activities.
- Minutes of the previous meeting are now being circulated with the current month's Newsletter. Members are able to read the minutes before voting to approve them. It also means that members who were unable to attend the meeting are now informed of the proceedings.



Lighthouse Community Church

Lunches After the Meetings:

- There is a lunch after every meeting at various venues. All lunches, including the Christmas lunch are at own expense. In August there will be a Birthday Lunch.
- This month's lunch after the meeting will be at the Warradale Hotel, 234 Diagonal Road.
- If you wish to attend, please put your name on the sheet at the back table at the meeting before 11.00 am. The lunch venue needs to be advised beforehand of the number attending the lunch.

Payments:

Payments for membership fees and outings, and expense reimbursements can be made as follows:

1. Cash at branch meetings.
2. Credit card payments – available at branch meetings.
If you use your card, Brighton Branch does not pass the merchant fee on to you.
3. Electronic Funds Transfer (EFT) direct to the branch accounts at BankSA
BSB: 105-042 Account no. 0579 62340 Account name: National Seniors Brighton
Please include your name and reason for payment in the description/reference field.
Send an email to Marilyn Smith at marcoladelaide@gmail.com once the transfer has been completed.
4. Reimbursements for expenses incurred on behalf of the Branch will be made by EFT only.
Supporting invoices and documents will be required.

Annual General Meeting

At the Branch Committee Meeting on 10 June 2026 the decision was made to hold the Annual General Meeting in August instead of the usual month of July. Electing the new Committee will be done at the AGM. Several current Committee Members will not seek re-election. Please consider joining the Committee to fill the vacancies. Full details of the AGM will be in the July Newsletter.

June 2026

Next Meeting – Tuesday 16 June 2026

Forthcoming Meetings, Activities and Events:

- **Wednesday 17 June 2026 – Movie – Follow the Fleet** at Wallis Cinemas, 38-42 David Witton Dr, Noarlunga Centre. This is an opportunity of seeing the 1936 movie starring Fred and Ginger on the big screen. You can decide for yourself whether all the fuss about their performing is justified. 10.00 am for tea, coffee and biscuits. The movie starts at 10.30 am. Cost \$17.00 or \$15.00 if you are a Wallis Cinemas member. Pay at the cinema.
- **Thursday 25 June 2026 – 12.30 pm - Lunch** at the Belair Hotel, 141 Main Road, Blackwood. Drive there or take the train to Glenalta Station. Booking has been made for 20 in the Hills Room. Seniors 20% discount for main course.
- **Friday 26 June 2026 – The Mercury Cinema**, 13 Morphett Street, Adelaide, alongside the Morphett Street Bridge near the City West tram stop. The movie will be "**A Private Life**", a crime/drama/mystery story about a psychiatrist who investigates the death of one of her patients whom she believes has been murdered. Arrive at 10.00 am for morning tea. Movie is at 10.30 am. Cost \$12.00 for Seniors Card holders.

Walking Group:

There is an active Walking Group. It meets every Tuesday at 9.30 am except when there is a Branch Meeting on that Tuesday. The walks are then on the following day which is Wednesday. The next walks will be as follows:

- Wednesday 17 June – meet at the Broadway Hotel car park, on the Broadway, Glenelg
- Tuesday 23 June – meet northern end Esplanade North, Glenelg North at Anderson Avenue
- Tuesday, 30 June - meet at Oaklands Reserve, near the toilet block at the end of the driveway
- Tuesday, 7 July – meet at Adelaide Sailing Club, Barcoo Road (off Military Road), West Beach
- Tuesday, 14 July – meet at the Brighton Jetty
- Wednesday 22 July – meet at the Broadway Hotel car park, on the Broadway, Glenelg

If you would like to join in any of the weekly walks, contact either **Barbara Hansen on 0448 223 075** or **Rose Cearns on 0405 537 910**.

Entertainment for the Branch Meeting on 16 June 2026:



At 11.00 am after morning tea we will be entertained by the Ukelele group called "**The Flukes**". They say that they are never happier than when they perform together.

They are a group of enthusiastic amateur musicians who have a mutual love of music and performing.

Using ukuleles of various sizes and types to accompany their music, they play various genres of music with a good mix, as well

many songs that aren't so often heard using a ukulele as an accompaniment.

More information about the group is on <https://theflukesgroup.wordpress.com/>.

Guest Speakers for 19 May 2026 were Frank Miller and Jim Coombe from the SA Sea Rescue Squadron



The Squadron is fully staffed by volunteers. It has bases (flotillas) in the Adelaide Metro area, Wirrina, Edithburgh and Copper Coast, with Marine radio operation centres that monitor all of the marine radio emergency channels on a 24/7 basis. Sea Rescue Adelaide conducts regular patrols between Grange and Port Willunga every weekend and public holiday weather permitting.

Boats are stationed at the Headquarters at West Beach and at the boat shed at Lonsdale and while on the water are in constant contact via radio with the operations centre at West Beach. In the event of an incident, the patrol boat is dispatched to the distressed vessel where appropriate action is taken to ensure the safety of the vessel and the people on board.

They stressed that lifejackets are an essential item of safety equipment for all people on boats. It is extremely concerning that many people do not wear lifejackets. They said, "there is no cure for stupidity". For information on lifejackets see https://marinesafety.sa.gov.au/your-safety-and-operations/carrying_and_wearing_lifejackets

Everald's Rules for Health

(Extract from "The Senior – SA" issue dated 4 June 2026)

At 94 years of age, Everald Compton is still brimming with excitement for life. He has written six books and is planning to continue writing "a book a year".

Five decades ago, Mr Compton founded National Seniors Australia, the not-for-profit advocacy group fighting for a better deal for all Australians over 50. He continues advocating for older people, serving as the organisation's patron.



Everald Compton with National Seniors CEO Chris Grice

Mr Compton, who is also an adjunct professor at the University of the Sunshine Coast, was the chair of the National Seniors Productive Ageing Centre. During this time, he learned the following key steps to preventing dementia:

1. Make sure you get enough sleep. Most adults need seven to eight hours of sleep a night, but this varies between individuals.
2. Stay physically active and exercise regularly.
3. Keep your mind sharp. Like writing, crosswords, painting, cooking, playing an instrument or learning a language.
4. Eat healthy. The Mediterranean Diet, which includes regular serves of vegetables, fish and legumes, has been associated with healthier ageing and preventing age-related diseases.
5. Maintain an active social life. Taking time to nurture your social life and keeping loneliness at bay is important for healthy ageing. While some might like an active and busy social life, others might be satisfied with quality time here and there.

Free Financial Wellbeing Workshop

Presented by The Smith Family in Partnership with ANZ

A poster for a 'Free Financial Wellbeing Workshop'. The title is in large blue letters. Below it, a list of topics: 'Scam protection', 'Digital banking', and 'Support in times of need'. To the right is an illustration of a woman with dark hair holding a smartphone, with icons of a padlock, a hat, and a speech bubble above her. A 'Register now' button is at the bottom left. Logos for 'The Smith Family', 'MoneyMinded', and 'ANZ' are at the bottom. Small text at the very bottom reads '© Australia and New Zealand Banking Group Limited (ANZ) ABN 11 005 357 522'.

The workshop is designed to help Australian communities build confidence and security in managing their money.

Where:

Woodcroft Morphett Vale Neighbourhood Centre,
175 Bains Road, Morphett Vale, SA 5162

When:

10.30 am to 11.30 am, Thursday 30 July 2026

Followed by light refreshments

Limited availability – registrations essential

To register for this event, and to find out more visit:

[Financial Wellbeing Workshop](#)

Information on Scams

From *The Conversation*, 9 June 2026

From 1 July, when you get a text claiming to be from the Australian Taxation Office, Australia Post or any other organisation, the first thing to check for will be one little word: “unverified”. **If it says that, be extra careful.**

Until now, scammers have been able to mislabel the top of their texts to pretend to be from banks, government or other legitimate businesses. From 1 July this year, that’s changing.

Currently, when you receive a text message, it shows the sender’s name if that’s saved in your contact list, or else the phone number if it’s not saved. Businesses can also text their customers with their organisation’s name at the top of a message. That’s known as the “sender ID”. Scammers have been taking advantage of this process for years to trick their victims. For instance, you might get what appears to be a message from “AusGov” or “AUPost”: fake sender IDs close enough to the real “myGov” or “AusPost” IDs that they can fool people.

From 1 July, under a much-needed government initiative, those scam text messages will show up on your phone under a single “unverified” message thread.

It’s a new way to signal it may be a scam. Over time, the goal is to eventually block more of those scam texts.

For additional and regular updates on scams, click on <https://www.scamwatch.gov.au/>

KNOW YOUR COMMITTEE MEMBERS – SECRETARY, JULIE HOCKLEY



I was born in Adelaide in 1955 and have a sister who was born 2 years after me. We grew up at Findon and attended the local schools.

In 1973 I went to 'Hale's Secretarial College' in Currie Street, Adelaide. My first office job for just over a year, was at 'George Laurens' Debt Collection Agency' in Pultney Street. Then I became employed by the SA Housing Trust in Angas Street and worked there for 12 years.

When I was 19, I met Kym Hockley, who I married in 1976. We purchased a home at Sheidow Park, where we still live today. Although we knocked down our first home after 40 years of living with bad cracks from highly reactive soil. In 2016 we moved to a rental home for 10 months while our home was knocked down and a new home was built. I drew the design for the home to suit the block. Kym and I have now lived in our new home for nearly 10 years.

Our son was born in 1984, and our daughter was born in 1987. We have three granddaughters. Our children live only 12 and 13 kilometres from us, so it is handy for child minding and family catch ups.

I stayed at home while our children went to school. I occupied my time with being on the Parents and Friends Committee, School Council, Hallett Cove Scout Group committee and Happy Valley Scout Group committee.

In the late 1990's I attended 3 different TAFE colleges. They were O'Halloran Hill, Noarlunga and Panorama. I did a few different courses, learning word processing, 'Women's Studies' and Certificate 3 in 'Aged Care'.

In the early 2000's I worked for a few years part time at Gillingham Printers, on Holbrooks Road.

Then in 2009 became employed by 'Home Instead Senior Care', who assisted private people in their own homes. It was a part time job, and I did enjoy it. I finished working there in 2017.

I had a friend who had terminal cancer. She was an amputee, and her cancer spread all over her body. For the last 2 years of her life, when she could not attend work, I used to go to her house at Reynella and play scrabble, as we both loved the game. Playing with her improved my game, as she taught me to play defensively. She passed away in April 2018.

Then I joined NSA Brighton Branch. At the AGM in July 2018, I nominated to become Secretary, which I still am today.

I play scrabble at the 'Brighton Over 50's Club' on Brighton Road, Hove. I'm group leader of the Scrabble Group, and have been a Club Committee member since 2018.

I also love playing cards on Fridays at 'Happy Valley Over 50's Club'. We play 'Hand and Foot', which is slightly similar to Canasta, but more complex.

Kym and I have had a caravan parked permanently at Mannum on a river front block since the early 1990's. We used our first caravan; which was not under any cover; for just over 30 years. It started to deteriorate, so we upgraded a few years ago with another second-hand caravan. Our current van has a slide-out, which increases the size by 3 square metres. We have 2 Jason recliners in it to watch TV. Much more spacious than the old van.

I have always loved gardening, but nowadays it is not so easy, so I don't do as much. I record home renovation programs and cooking shows, which I like to watch. I also do a fair amount of sleeping. They say that while you sleep; your body is rejuvenating; so we should all do more of it.

Julie Hockley, Secretary

June 2026

Next Meeting – Tuesday 16 June 2026

National Seniors SA Zone 110 Forum

Where: Marryatville Hotel, 239 Kensington Road, Marryatville

When: Thursday 23 July 2026

Time: Registration from 9.00 am, guest speakers from 9.30 am to 12.00 noon.

Guest Speakers: Karen Furnivall, Community Engagement Manager, Brisbane Head Office, Chris Grice CEO, NSA Brisbane Head Office.

All members of National Seniors Australia and friends are cordially invited to attend this forum.

If any members wishing to attend but would like a ride, please contact President Maureen or Secretary Julie as soon as possible.

If anyone has a particular concern they would like discussed at the abovementioned forum, can they please let President Maureen know so she can put it to the Forum guest speaker on the day. Mr. Chris Grice, the CEO of NSA, is a very strong ADVOCATE for seniors. He's spent considerable time advocating the successful campaign to KEEP CASH. You may see Chris from time to time on the TV advocating for Age Pensions, Concessions, Housing, Age Care and this list goes on, all to benefit us seniors.

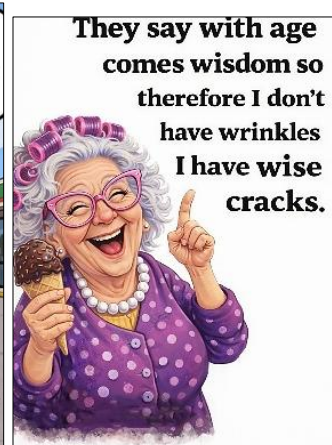
Know Your Members

After the "Know Your Committee Members" comes to an end it will become "Know Your Members" so please start thinking about submitting your story!



Sir David Attenborough Turns 100 years of age

Time for Humour



- Why do Kamikaze pilots wear helmets?
- Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!
- Why do banks charge a fee on 'insufficient funds' when they know there is not enough money?
- I was always taught to respect my elders, but it keeps getting harder and harder to find one?

Contacts for NSA Brighton Branch:

President: Maureen Cook 0414 454 970 or cookmaureen43@gmail.com; **Vice President:** vacant;
Secretary: Julie Hockley 0410 053 973 or brightonseniorsnsa@gmail.com; **Treasurer:** Marilyn Smith 0481 399 729 or marcoladelaide@gmail.com; **Newsletter:** Shirley Golding 0417 408 615 or freewill@bigpond.net.au; **Branch Activities:** Graham Gurry 8296 7646, **Welfare Officer:** Lyndall Ingram; **Guest Speaker Coordinator:** vacant; **Committee Members:** Hans Broweleit, Brenton Coad 0402 414 211, Brian Hockley, Loretta Schubert and Heather Williams.

