

## 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

Newsletter proudly printed by **Jessica Stojkovski** **Member for Kingsley**

**KINGSLEY, GREENWOOD, WARWICK, WOODVALE**

**4/923 Whitfords Ave. WOODVALE WA 6026**

## February 2021 Newsletter – Issue 182

### Presidents Report:

Welcome one and all to 2021. I hope everybody had a lovely Christmas and celebrated well the beginning of the New Year. We all had high hopes that we would be past Covid in 2021 but sadly it looks as though it's will be us for some time. So, we must continue to remain vigilant.

The club secretary will ensure that there are tracking procedures in place at each of the meetings and outings so please make sure you login each time we meet, either using the phone app or the login sheet provided as usual.

With the unprecedented and troubling times around the world at the moment, we should be grateful that we live in Australia and possibly even more pleased that we are comparatively safe in Western Australia.

Political reports and messages from head office have been put on hold for the holidays it seems, so my report is a short one.

We have an eventful year planned with dinners lunches and outings and some extremely interesting guest speakers.

As you are all aware National Seniors is a non-partisan organisation that uses community members to advocate all levels of government on issues affecting older Australians.

Attached to this newsletter is a short but interesting presentation on the achievements

of the organisation in 2020 in lobbying for a better deal for us now and into the future.

Stay Happy Healthy and Safe

**Cheryle Medcalf**

### Covid Information: The SafeWA app

As I'm sure many of you would already be aware, the State Government now has a QR Code to record patrons entering businesses, public venues, cinemas and the like for contact tracing purposes.

The app can be downloaded using the app store for iphones and google play for android phones.

We are encouraging our members to download the app if you haven't done so already.

It is not compulsory to download the app.

All City of Joondalup Community Halls have been issued their own QR Code sheet.

As members/patrons enter, they are required to record their presence by either using the QR app, or, completing the Mandatory

Contact Register Sheet which will be on the table along with the usual National Seniors sign in Register.

The National Seniors sign in will continue to be required for insurance

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purposes, and a register of who was present at the meeting.

The Mandatory Contact Register has to be emailed by myself to City of Joondalup within 24 hrs of the meeting. This will also apply to our Committee Meetings. These forms are to be kept for a minimum of 28 days.

The attachment above shows a picture of the SafeWA app. The picture on the phone is what the app looks like, and it is free.



### 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.

### 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 February

27<sup>th</sup> February: Jean Arkley  
1<sup>st</sup> February: Marina Laroux  
1<sup>st</sup> February: Wendy Lunt  
28<sup>th</sup> February: Danny Riddell

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

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### For Your Calendar

**Next Meeting:** Wednesday 3rd of February 2021.

**Time:** 10am.

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

**Speaker:** Belyssa Radzivanas

**Topic:** her research into the fascinating culture of Raqs Shari (Danse du Ventre or Belly Dance) and the everyday dilemmas of an artist's career in the Middle East and Western society. She will share her knowledge of Bedouins, belly dancers, walzing and long nights in the Egyptian deserts.

#### REMINDER:

**Entrance fee increase to \$5** from 2021. This will facilitate the increase to the guest speaker payment, and, also filter back to members via subsidies to outings.

New members: we have a 'free table' set up at the meeting where members put items, for example books for anyone to take.

If you do bring items for the table and no one takes them you are expected to take them back home with you after the meeting.

### Social Events

Remember, to add your name to the lists at the meetings, or, contact Nita on 0400 063 143 for Dinners, or Jan for Lunches/Outings on 0407 426 191

#### New Event!!!!



#### Australia Day - Picnic in the Park

National Seniors Australia (NSA)

**When:** Tuesday 26 January

**Where:** Northern end of Mawson Park

**Time:** 5pm

BYO everything - food, drink, chair, glass and your happy smile.

Our prior Picnic in Park held on 6<sup>th</sup> of January was a rip roaring success. In spite of it being a very hot day it was beautiful and cool down at Mawson Park. We were sitting in the shade of the lovely big trees luxuriously enjoying the light sea breeze.



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So if you are at a loose end on Australia day please considering coming and joining us in the park. It will be a great evening.

**Please Note:** Times TBA are because venues are affected by the pending COVID19 Phase 5 restrictions being lifted.

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

**When:** Sunday 14th February 2021

**Where:** Villa Da Vinci, Ballajura

**Time:** 12 noon

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

**When:** Saturday 27th February

**Where:** Kingsway Tavern

**Time:** 6pm

Please contact Nita (Mobile Ph 0400 063 143) 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.

Please note: the coffee shop has moved the senior's table into the middle area.

**When:** Friday 19<sup>th</sup> February, 10am

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

### Electrical Appliances - never throw them in the bin

Upgrading your electrical appliances? Or maybe you'll get something new for Christmas. Either way, your old electrical appliances should never go into your general waste bin. Here's what you do with them instead.

Everything deserves a second chance!

If your unwanted items are in good condition, pass them onto someone who can make good use of them.

Electrical appliances that still work can be taken to some charity shops (including the Salvos) that have appliances tested and tagged before they sell them. Check with the charity first before donating.

Give them away to friends, or their kids who are leaving home for the first time.

Offer the items for free on Buy Nothing or Gumtree. Some charities will also take them to pass directly onto those in need. This includes charities such as SOS (Starting Over Support), which provides furniture and household items to people who have escaped crisis situations and are setting up a new home and life. [sos@startingover.org.au](mailto:sos@startingover.org.au)

### If it's beyond repair

If the appliance no longer works, it can be collected through your local government's Bulk Waste Service. Please refer to information provided by your local government or visit their website to check what they will and won't collect.

There are also recycling business that will take old electrical appliances. They are then dismantled, and the different components are sorted. Many of the materials, including glass, copper, plastics, metals and precious metals, are recovered for further processing and eventual use in the manufacture of new products.

Find a local business near you: <https://recyclingnearyou.com.au/>



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Why your general waste bin is a big no-no

Electrical appliances are made up of a broad range of materials including precious metals (such as gold and platinum), toxic heavy metals, metal circuitry, mixed plastics, fire retardants and glass.

Heavy metals such as lead, cadmium, mercury and arsenic, as well as flame-retardants can cause environmental contamination through leaching from e-waste in landfill into water systems.

By recycling your electrical appliances, this dangerous contamination can be avoided.

### **Fun Stuff**

#### The Bathtub Test

During a visit to my doctor, I asked him, "How do you determine whether or not an older person should be put in an old age home?"

"Well," he said, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person and ask them to empty the bathtub."

...

"Oh, I understand," I said. "A normal person would use the bucket because it is bigger than the spoon or the teacup."

"No" he said "A normal person would pull the plug. Do you want a bed near the window?"

ARE YOU GOING TO PASS THIS ON ... OR DO YOU WANT THE BED NEXT TO MINE?

### **The wonderful Pam Ayres...now 73 years old and penned her latest ode ~ to coronavirus...**

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates  
You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died  
They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told  
We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!  
There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts  
Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?  
We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like a red rag to a bull!  
So here you find me stuck inside  
For four weeks, maybe more  
I finally found myself again  
Then I had to close the door!  
It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no flaming flour!  
Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer  
At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!  
So let's all drink to lockdown

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To recovery and health  
And hope this awful virus  
Doesn't decimate our wealth  
We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!

### 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)

### Newsletter Submissions:

All Submissions for the February Newsletter  
need to be in by the 22<sup>nd</sup> of January.

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