

## 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.

# February 2025 Newsletter – Issue 225

National seniors Australia is an advocacy group for the over 50 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.

### Presidents Report

Welcome everyone to our first newsletter of 2025. I hope everybody had a very enjoyable Christmas, spending time with friends and family. As for all of those New Year resolutions, don't sweat the small stuff, forget about them and have a good, guilt free year.

We kicked off the year beautifully on Tuesday the 14th with our annual picnic in the park. We had 30 participants who enjoy a few hours sitting in the park chatting and socialising. Even though there was a little chill in the wind everybody appeared to be enjoying themselves. Thank you to those people who mingled and to those who assisted passing around the plates of food and packing up.

This year is going to be another fabulous year for the branch with a plethora of interesting guest speakers already booked, our normal monthly dinners and eat monthly evening meals. We have a couple of interesting full day excursions planned. More information about that at a later date so keep an eye out for and make sure you read your newsletters.

National Seniors Head office campaign of keeping cash seems to have paid off. Senior Australians have spoken out, and the government has heard our voice and acted.

NSA has welcomed the government proposal, for a mandate, for businesses selling essential items to always accept cash. The government will mandate that major businesses will need to offer both cash and credit card payment methods to customers. Among those that made the essential list are supermarkets, pharmacies, dentists, GPs, hardware stores, insurers, pet stores, vets, service stations and mechanics. This comes into effect in 2026.

An email this week from the Policy Advisor Group NSA contained Submissions for the budget for consideration for the upcoming State budget. It is attached to this email for you to read at your leisure.

I received an interesting email this week entitled Historical Photos. Now, everyone has seen the original version of Wizard of Oz. Do you remember the scene where Dorothy, Scarecrow and Lion fall asleep in the fields of

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poppies and Glinda waves her magic wand and it starts to snow?

Well, that 'snow' was 100% asbestos!  
I'll just leave you with that scary image.



Stay Happy, Healthy and Safe  
Cheryle Medcalf

### 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.

### Membership Renewals

**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

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.

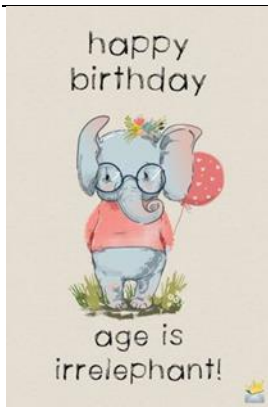
**Name Badges:** If you want a name badge you need to speak to our treasurer Bronwen Mears. She will arrange this for you.

**The cost to you for a name badge is \$12.**

**To all our members celebrating birthdays in February**

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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 5<sup>th</sup> of February

**Time:** 10am.

**Speaker:** Barb Howard

**Topic:** Encouraging a healthy and positive lifestyle.

Barb has been working in the exercise and sport science industry in a variety of roles since 1999. After completing a Master of Science in 2005, she lectured in exercise science before starting her own business. Though still teaching at ECU, R8 is now her focus and she enjoys working with the local Community, encouraging individuals to have a positive and healthy lifestyle.

The meeting is followed by lunch at Mia Cucina at the Hillarys Boat Harbour.

**Next Committee Meeting: February 19<sup>th</sup>**

### QUOTE OF THE MONTH

I want AI to do my laundry and dishes so that I can do art and writing, not for AI to do my art and writing, so that I can do my laundry and dishes.

- Joanna Maciejewska -

National Seniors Australia (NSA)

### 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 21<sup>st</sup> February

**Time:** 10am

**Where:** Caffissimo, Whitfords

New members this is a good opportunity for you to get to know some of our members. You will be made to feel most welcome.

#### Monthly Dinner

A time for members to celebrate a birthday, anniversary, or just "celebrate life" with fellow members and friends.

**When:** Thursday 20<sup>th</sup> February

**Time:** 6:30 pm

**Where:** Eat Italian  
1/379 Scarborough Beach Rd  
Innaloo

Parking in the open carpark

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 12<sup>th</sup> February

**Time:** 12 noon

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**Where:** Hamptons Restaurant  
179 Challenger Parade, City Beach

Licensed, no BYO

Gluten-free, vegan and vegetarian options available

NB No individual billing for tables of 6+. Please bring some cash.

If you want to attend a lunch or need to cancel, please contact Karen on 0437510204 or email her on karenlea1000@gmail.com so the venue can be given accurate numbers.

### Prior Social Events

#### Christmas Dinner

Our Annual Christmas Lunch was held at the Peel Manor House on December 9<sup>th</sup>. Unlike the previous year when the venue was filled, and the decorations and meals were delightful. This year the venue was nearly empty; the decorations were scant and the meal was bad.

Never the less we won't be returning there. Trish and Shelly checked out the Christmas Lunch at The Brook in Ellenbrook. They were very impressed so The Brook is where we'll probably go next year.

#### Picnic in the Park

As reported by Cheryle a great time was had by all.



#### Festive Lights and Dinner at the Wanneroo Botanic Gardens

On Saturday January 4<sup>th</sup> we met up at the Wanneroo Botanic Garden for a meal and to look at their Christmas Lights display.

Seventeen members attended so it was a good turnout. The meal was great and the lights were very impressive. It was a delightful evening wandering around enjoying the lights



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Tricia's LEMON AND APRICOT AND ALMOND SLICE recipe as requested by our members.

400g plain biscuits  
3/4 cup (70g) almond meal  
3/4 cup (130g) diced apricots  
3 teaspoons grated lemon rind  
125g melted butter  
1/2 cup condensed milk (Tricia used coconut flavoured condensed milk)  
1/3 cup chopped roasted almonds (can substitute chopped walnuts)

### LEMON ICING

1 1/2 cups of icing sugar  
1 1/2 to 2 tablespoons lemon juice. (add water if necessary)

Grease and line an 18 x 28 slice pan

Process the biscuits in a processor until fine.

Transfer the crumbs to a large bowl, add almond meal, apricots, rind, butter and condensed milk. Stir until well combined.

Press the mixture firmly over the base of the pan.

To make the icing:  
Place the icing sugar in a bowl, gradually add lemon juice. Stir until smooth and spreadable. Add some water if necessary.

Spread over the biscuit base, Sprinkle with almonds or walnuts.  
Refrigerate for six hours or overnight until firm.  
Remove from pan and cut into suitably sized squares.

### 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)

### BRANCH CONTACTS

**Please note members** as I'm both the Secretary and the newsletter Editor I'm only checking the Newsletter Editors email account, **NOT** the Secretary email account. If you wish to email me about any NS matter, please use the Newsletter Editor email account.

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