

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

March 2021 Newsletter – Issue 183

Presidents Report:

Welcome back to everyone, to our first general meeting of 2021. I'm sure I mentioned in last month's newsletter that we were looking forward to a much improved year. However, 2021 seems to have started with much uncertainty, making long term plans difficult. Sadly, Covid seems to be still with us so we must remain vigilant but optimistic, that everything will get better as the months progress. Whilst there are mixed reactions with regards to the vaccine, hopefully, once that is widespread, things will start to look up, for not only individuals, but family, community, the state and the country in general.

Please make sure that you follow all requests to sign in when you attend the meeting in March.

The dedicated members of the committee have ensured, in order to maintain enthusiasm, that we have our dinners, lunches and outings all planned and ready to go for the next few months. Please keep an eye on the calendar and join in whenever possible.

The committee is very proactive in advertising our meetings in various publications in order to increase our membership. Word-of-mouth and inviting friends and family to come to join our program is still the best form of communication. If do you know of anybody that you think might enjoy our group, please encourage them to come along, even if it's just a visit.

Stay Happy, Healthy and Safe
Cheryle Medcalf

KEEP AN EYE OUT FOR COVID SCAMS

"You've received a new message regarding the COVID19 safety line symptoms and when to get tested in your area", a new next message says, encouraging the viewer to click on a link for more information. While it claims to have been sent from the government, it's an example of one of the many COVID19 scams currently targeting unwary consumers. It's a phishing scam designed to glean personal information, such as passwords, and financial details from people.

Since the start of the pandemic in March last year, the ACCC has reported over \$6 million in reported losses due to scams. Scammers are impersonating official organisations such as the World Health Organization and the Department of Health or legitimate businesses such as travel agents and telecommunications companies. To protect yourself from this type of scam, do not click on links in emails, messages or open attachments from people or organizations you don't know or recognise and never give out personal details, credit cards or bank account details.

Notice from the City of Joondalup

The City of Joondalup is planning for the next 10 years and is seeking feedback from senior residents and seniors' groups. An Online Survey is available for anyone interested to complete by Wednesday 31 March 2021.

The City wants your ideas to help build a vibrant and positive local community and

National Seniors Australia – Hillarys & District Branch

would like to invite up to two representatives from our organisation to participate in a workshop. Your ideas will be used to inform the development of the City's new Strategic Community Plan 2022–2032. Please see attached flyer for further details

Covid Vaccine Rollout

Australia's COVID-19 Vaccination Program will commence from next week.

People in priority groups who are most at risk and who need protection the most - will receive a vaccine first. The rollout will begin with the

Pfizer/BioNTech vaccine, and following the approval by the Therapeutic Goods Administration (TGA) on Tuesday, will include the AstraZeneca/Oxford vaccine from early March. The initial priority groups include aged care and disability care residents and workers, frontline healthcare workers, and quarantine and border workers.

Find out more about the rollout and priority groups at: www.aus.gov.au

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 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.

National Seniors Australia – Hillarys & District Branch

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.

VALE ROBERT (BOB) SAMMELLS



Members, especially long-standing ones, will be saddened to learn of the passing of Bob Sammells at the age of 84. Bob was one of our branch's earliest members and was a regular attendee at meetings. In the early years, his wife Maureen also attended meetings and functions.

Bob joined our committee in its second year and went on to serve for the following five or six years. In 2009, he suggested that we offer to host the Zone Conference the following year. Initially, Bob was part of the organising committee and was responsible for investigating and subsequently coming up with the suggestion of Hillarys Yacht Club as the venue. It proved to be an ideal choice, providing National Seniors Australia (NSA)

an opportunity for us to showcase what the northern suburbs had to offer.

Bob's attendance at meetings declined over the years and it is probably four or five years since we last saw him. Nevertheless, he made a significant contribution to our branch in its formative years.

Our sincere condolences go to Maureen and family with Bob's passing. He was a very sincere person who was well liked by all who knew him.



Members celebrating birthdays for March

12th March: John Dickson
7th March: Judy Hollinshead
15th March: James Murphy

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

For Your Calendar

Next Meeting: Wednesday 3rd of March

Time: 10am.

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

Speaker: Bob Mead

Topic: Bob Mead is a lecturer at Murdoch University, who will give a talk on: The Body in the Bag: A toxic death California case and Accused and Convicted, Investigator bias in homicidal poisoning case Forensics, The Angel Case.

This sounds like it's going to be a very interesting lecture.

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.

National Seniors Australia – Hillarys & District Branch

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.

NEW MEETING SIGN IN PROCEDURE

Outside the door will be a table with sanitiser, a mandatory sign in form and a QR code, manned by Robyn.

If you have the SafeWA app on your phone, check in using that and you are not required to sign in using the Form.

If you DO NOT have the app, you are required to sign in using the mandatory form.

Sanitise your hands and proceed indoors to Nita where you pay your \$5 entrance fee and sign in using the NSA form.

The NSA form is required for insurance purposes and shows the full attendance of members at the meeting.

Do try to keep your 1.5m distance from each other where possible.

Enjoy the rest of your morning with your fellow members.

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

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

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

When: Saturday 27th March

Where: Greenwood Tavern

Time: 6pm

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

National Seniors Australia (NSA)



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 19th March, 10am

Where: Shingle Inn at Whitford Shopping Centre.

March Community Events

Sculpture by the Sea will be returning to Cottesloe Beach for its 17th annual art exhibition.

When: Friday, 5 March 2021 to Monday, 22 March 2021

It will feature over 70 sculptures from local and international artists displayed along Cottesloe Beach transforming the coastal strip into a sculpture park overlooking the Indian Ocean.

Farmer on Your Plate returns to Forrest Place.

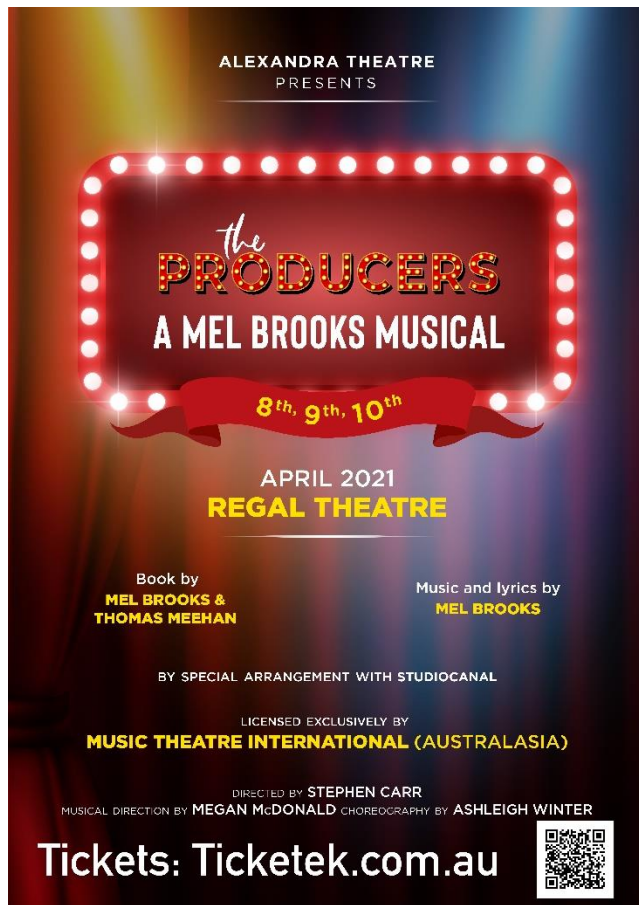
When: Thursday 25 March

Time: from 10am to 5:30pm

This year's theme is 'Walk, Talk and Taste the Regions'. For a gold coin donation, you can enjoy amazing Chef-created sample dishes, showcasing WA's finest produce

National Seniors Australia – Hillarys & District Branch

THE PRODUCERS



Our 2021 **Australia Day Picnic in the Park** was a resounding success. There was quite a big turnout and the conversation and happy vibes flowed freely.

Here are some images to mark the day:



A number of members have already booked their tickets for “The Producers”. Anyone interested in going should book tickets via the link.

Graham and Marianne’s daughter and partner are in the chorus. 8 - 10 April at the Regal Theatre. Book now while tickets are still available.

When: 8th to the 10th April

Where: Regal Theatre

Book now while tickets are still available.

Did you know that Whitfords senior Citizen’s now has a website?

<https://www.whitfordseniors.org.au/>

National Seniors Australia – Hillarys & District Branch



National Seniors Australia – Hillarys & District Branch

Helpful Hints from your Kitchen

DIY SR flour

Turn plain flour into self-raising flour by adding 2 teaspoons of baking powder per cup of flour. Sift well before using.

Skim fat from soup

Drop an ice cube into your pot of soup or casserole. As it melts, excess fat will congeal on the surface and can be skimmed off easily.

Five household uses for herbs and spices

1. Cayenne: Stop aphids from ruining your roses by mixing a teaspoon of cayenne with a dash of liquid soap. Put it in a spray bottle then fill with water. Spray the leaves lightly and also the surrounding soil.
2. Cinnamon: Mix one teaspoon of cinnamon with two cups of water in a spray bottle. Shake well and spray directly on plant stems and leaves to prevent plant fungus.
3. Thyme: For a natural disinfectant, pour one cup of boiling water over one tablespoon of dried thyme leaves. Leave for at least 8 hours, strain and add two tablespoons of rubbing alcohol. Pour into a spray bottle.
4. Cloves & black peppercorns: Make your own moth-repelling sachets. Combine equal amounts of whole cloves and peppercorns, put them on fabric square and tie with a ribbon.
5. Mustard powder: To get rid of food smells from containers make a paste of a little water mixed with mustard powder, rub on the container and rinse.

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
National Seniors Australia (NSA)

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

Newsletter Submissions:

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

BRANCH CONTACTS

President

Cheryle Medcalf 92064918
(presidentnsahillarys@gmail.com)

Vice President

Michael Morland 93068668

Secretary

Jan Jones 0407426191
(secretarynsahillarys@gmail.com)

Treasurer

Joe Varischetti 9447 2120
(jvarisch@yahoo.com.au)

Newsletter Editor

Lyn Massam(newsletternsahillarys@gmail.com)

Thanks to Jessica Stojkovski for the printing of our newsletter.