

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.

March 2026 Newsletter – Issue 237

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.

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.

President's Report:

Cheryle, our most cherished president, is currently partaking of rest and recreation over in Bali. She will be back in time for our March meeting.

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

National Seniors Australia – Hillarys & District Branch

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.

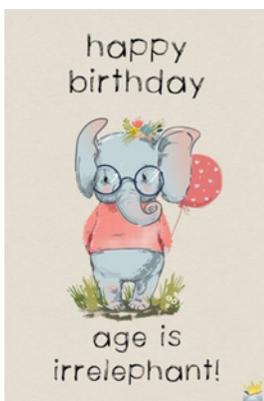
The cost to you for a name badge is \$12.

Any apologies for the oncoming meetings need to be emailed through to:
newsletternsahillarys@gmail.com

Guest Speaker Parking

The first parking space on the top left in the car park **NEEDS** to be kept vacant for our Guest Speaker. Please do not park in it.

To all our members celebrating birthdays in March



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.

What's happening in Perth:

parkrun

parkrun is a free, community event where you can walk, jog, run, push a pram or wheel chair, volunteer or spectate.

Parkrun is 5k and takes place every Saturday morning at 8am.

Junior parkrun is 2k, dedicated to 4-14-year-olds and their families, every Sunday morning.

If interested, checkout your nearest park...Carine is one place in our area that hosts the park run.

More information on the website.
(parkrun.com.au)

Caitlin Collins, our member for Hillarys is holding a free scam prevention forum.

When: Wednesday March 4th

Time: 10:00 – 11:00 am

Where: Fleur Freame Pavilion, MacDonald Park, Padbury.

Come and listen to Consumer Protection WA and enjoy some light refreshments

If you wish to attend, contact her office on

(08) 9402 0070

For Your Calendar

Next Meeting: Wednesday 4th of March

Time: 10am

Speaker: Don Briggs

Topic: JOSEPH FARMER -WATSON

Don Briggs will present the life story of a Western Australian Mounted Policeman - Joseph Farmer-Watson. The story will take you from the time of the New Holland first fleet arrival at the Swan River Colony to the story of

his three times married Mother, her marriages, and families.

Joseph's work with the Perth Police force, travel, to the mid-west area of WA as a mounted Policeman and the events of intrigue – murder, tracking, court cases, executions, farming, and Sheep Station pioneering.

Don is a retired Manager from Telstra, ex City of Canning Councilor, with a deep interest in history, a researcher, and a marathon cyclist. He has written five books on various subjects of Western Australian history

Next Committee Meeting will be on:
Wednesday 18th March at 10 am

QUOTE OF THE MONTH

The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge

- Stephen Hawkins -

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 20th March

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 Lunch

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

Day/Date: Wednesday 11 March

Time: 12:00

Where: Cray Restaurant

Address: 1Hobson's Gate, Currambine

Licensed:

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.

A bit of humor

I am old, and I just realized I still have so many unanswered questions.

I never found out who let the Dogs Out...

how to get to Sesame Street...

why Dora doesn't just use Google Maps...

why eggs are packaged in a flimsy paper carton, but batteries are secured in plastic that is as tough as nails...

why women can't put on mascara with their mouth closed...

why lemon juice is made with artificial flavour yet dish-washing liquid is made with real lemons...

why do The Alphabet Song and Twinkle Twinkle Little Star have the same tune...

why did you just try to sing those two previous songs... and just what is Victoria's secret?

National Seniors Australia – Hillarys & District Branch

Cricket - A Lovely Poem

This was written by a cricketer's wife in fun.

New Zealand's greatest all-rounder, the late Martin Crowe's wife, Lorraine Downes, a former Miss Universe, wrote this on his 7th death anniversary on March 3, 2023 in Auckland.

(I've included the first few verses, the poem in its entirety will be on an attachment)

Come all ye fair young maidens,
harken unto me!
Never trust a cricketer,
whoever he may be.

Randier than a sailor
who's been six months at sea,
Never let a cricketer's hand
an inch above your knee.

First let's take the paceman,
pure speed from first to last,
My darlings do be careful;
his balls are hard and fast.

Then there's the medium pacer,
his balls swing either way;
He's really most persistent
and can keep it up all day!

Watch out for the off-spinner girls,
another awkward chap.
If you leave him half an opening,
he will slip one through the gap!

Then there's the wily 'slow',
pure cunning is his strength;
He'll tempt you, then he'll trap you
with his very subtle length.

So ladies, do be careful,
your mothers would agree.
Never trust a cricketer,
whoever he may be.

And what about the opening bat,
his struggles never cease!
He has only one ambition,
to spend all day at the crease.

National Seniors Australia (NSA)

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

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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