

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

May 2021 Newsletter – Issue 185

Presidents Report:

A very short Presidents report this month in which I would like to wish all Mothers a very happy Mother's Day for 9 May. I hope you all are able to spend the day with someone you love.

ANZAC Day will have passed by the time you receive this newsletter, but we can all still take time out to remember the sacrifices made by millions across the world when war affects their country. I know we all continue to live in the hope that for our children and grandchildren, both internal and international conflicts were a thing of the past. Sadly, with all Anzac Services cancelled across Perth due to the 3-day lock down to we were again unable to our honour our Veterans and Anzac soldiers. This is disappointing for everyone involved. However, our respect and gratitude still goes out to everyone involved.

Preventing Dementia Course.

I do believe that Dementia is something we all dread and fear as we age. As such I am sharing the following online awareness course with you.

'Join the growing global community of participants in the 4 week, Preventing Dementia Massive Open Online Course (MOOC) to examine the latest evidence on dementia risk factors and learn ways to reduce the risk. Each week you will complete an online module which is not difficult or time

taxing.' For those interested follow the link below to register.

<https://mooc.utas.edu.au/index.php>

CARE 360 - Special offers for National Seniors Members

Finding the right aged care home for you or your loved ones can be an emotional and overwhelming task. Care360 has reviewed over 2,500 aged care homes and 207,000 rooms and can help streamline the process – putting all the information you need at your fingertips.

Simply enter a few details online, and you will receive a 25-page personalised, independent report showing the top aged care homes matched to your requirements. FREE for National Seniors Members. Valued at \$349.

Visit

[Care360 Special Offers for National Seniors Members | Care360](#)

or phone 1300 76 50 50 for assistance.

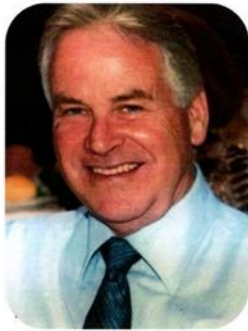
Stay Healthy, Happy and Safe Cheryle Medcalf

Just to clarify - Mother's Day is the official name of the holiday. It is for each family to celebrate its mother. Of course, grammatically speaking, it could be Mothers' Day, a day to celebrate all the mothers in the world.

National Seniors Australia – Hillarys & District Branch

Glen Kenneth Moore

25th September 1946 — 10th March 2021



Glen was our inaugural President and served in the role for the first five years of our branch. He then remained on our Committee for a period after this. Gradually, his appearances at meetings declined but he would often surprise us by turning up on significant occasions such as AGMs and special anniversaries. A few years ago, when the position remained stubbornly vacant, he even put up his hand to be Vice President.

Glen spent his formative years in India. By the time he was 20, he was in Australia and was conscripted in the birthday ballot to serve in the army for two years. This was during the time of the Vietnam War and Glen saw service in the medical corps.

Following his discharge from the army, Glen joined the WA Police and served with them until his retirement in 2001. Some years before retirement, Glen attained the rank of Sergeant and went on to serve as a Prosecuting Sergeant in the Courts.

Sadly, Glen died suddenly on 10 March, at the young age of 74. He left behind five children and 11 grandchildren and his partner of the past 12 years, Vicki Sheppard.

Glen made a valuable contribution to our branch, especially in its earlier years. He was

an affable fellow and was well liked by those of us who were fortunate to know him.

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 May

8th May : Bill Hooker
8th May : Bruce White
29th May: Elsie Tester

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

For Your Calendar

Next Meeting: Wednesday 5th of May
Time: 10am.
Followed by lunch at Mia Cucina at the Hillarys Boat Harbour.
Speaker: Meg Abercromby
Topic: The role of the Royal Life Saving Society, their achievements and how they obtain donations.
She will be giving a general talk regarding fishing, boating and swimming etc as well as provide information for members who have grandchildren or great grandchildren on water safety.

Social Events

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

When: Saturday 29th May

Where: Currambine 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.

When: Friday 21st May, 10am

Where: Shingle Inn at Whitford Shopping Centre.

OVER 55'S SENIORS OPEN DAY

You're invited to a **FREE YOGA CLASS**, studio tour and afternoon tea at Flow Hot Yoga & Pilates studio in Wangara.

When: Saturday 22nd May @

Where: 1 Edison Rise, Wangara, 6065

Time: 3pm - 4:30pm

Free 60 min Slow Flow Yoga Class for over 55's followed by a tour of the studio, afternoon tea and cake.

BOOKINGS ESSENTIAL:

admin@contactus@flowhot.com.au

Outings:

These bookings are very much reliant on any Covid restrictions imposed at the time

Craigie Ground Water Treatment Plant
AND for those who want to continue with

National Seniors Australia – Hillarys & District Branch

Lunch at Northshore Tavern

When: 20th May

Visit the Water Corporation's Groundwater Replenishment Visitor Centre and find out about water recycling and how groundwater replenishment plays a role in sustaining Perth's water supplies. This is a really interesting tour of this facility conducted by guides who really know how to impart relevant and interesting information. Participants will be taken on the water cycle journey through the use of interpretive walkways, a purpose-built multimedia centre and viewing stations. The tour will provide participants with an understanding of wastewater treatment processes, water recycling processes and how groundwater replenishment can play a role in sustaining Perth's water supplies.

Follow the link for more detailed information

<https://www.watercorporation.com.au/-/media/WaterCorp/Documents/Education/Incursions-and-excursions/GWR-visitor-centre-site-information.pdf>

His Majesties Theatre

When: 15th June

We have a tentative booking on the 15th of June to participate in the GRAND HISTORICAL Tour of His Majesties Theatre Perth. Duration 2 hours. Adults \$25. Concessions \$20. The company is only able to confirm the booking date one month prior, this of course, is due to the availability of the theatre. If there are rehearsals or performances at this time, we will have to choose another date.

"Ivan King OAM, His Majesty's Theatre's Theatre Historian, takes you on a gossipy and anecdotal wander through ten decades of colourful show-business history, viewing front-of-house, auditorium, stage, and

backstage spaces. You will also be able to view memorabilia from the Museum of Performing Arts collection. The tour commences in the ground floor foyer and is only suitable for and is suitable for able walkers as staircases need to be navigated.

We have a tentative booking for the **14th of July for a "Christmas in July Dinner."**

Kindly read below, if you would like to attend, place your name on the booking sheet which will be on the table at the meeting. We need at least 20 participants to make this outing viable.

If you can't attend the meeting but would like to put your name down, please contact Cheryle on 0438996186

**Christmas at Stringy Bark Winery \$79
9.00am-3.30pm.**

We head off for a traditional Club 55 picnic morning at Whiteman Park where you will have free time to visit the Craft village or the Motor Museum.

We continue our journey into the beautiful Chittering Valley stopping along the way to sample and purchase tree-fresh fruit at the Golden Grove Orchard.

Next stop is the Stringy Bark Winery where we can relax, taste the latest vintage, and enjoy a hearty Christmas lunch. After a delightful visit, we will slowly make our way back to home with a stop in the Swan Valley for wine or chocolate tastings.

Remember, to add your name to the lists at the meetings, or, contact Nita on 0400 063 143 for Dinners or Robyn on 0427 478 681 for lunches and Cheryle on 92064918 for outings.

National Seniors Australia – Hillarys & District Branch

Recycling Information

What to do with your metal container lids

We're all used to recycling our used containers these days, but when it comes to the lids, things get a bit more complicated. Here is some information about what you can do with metal container lids.

Metal lids from glass containers

Metal twist caps from glass jars, such as your pasta sauce, salsa or jams can be recycled, but separately from the container. Simply ensure that all food-residue has been removed from the lid and then pop it straight into the recycling bin.

Metal lids from food cans

Rinse the can and put into your recycling bin. You can put it inside the can and squeeze closed. The lid must be made of the same material as the can (aluminium or steel).

What about metal bottle caps?

Metal bottle caps such as those on beer and glass soft drink bottles can also be recycled. However, they are quite small and either slip through in the sorting process or have the potential to jam the recycling plant machines. The best way to recycle them is to keep a collection of them until you have a few and then put them inside another container made of the same material (such as a tin can made of steel or aluminium) and squash them closed so the small lids don't fall out.

Tip: To check what type of material a lid is made of, use a magnet. A magnet will stick to steel, but not to aluminium.

Helpful Information

Elder Abuse Helpline WA: 1300 724 679

Seniors Card (WA): 6551 8800

National Seniors Australia (NSA)

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

Newsletter Submissions:

All Submissions for the June Newsletter need to be in by the 25th of May.

BRANCH CONTACTS

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JOKE OF THE MONTH:

I bought a tin of evaporated milk. When I opened it, it was empty!