

Meeting Details:

- Branch Meetings are held on the 3rd Tuesday of the month from January to November at the Lighthouse Community Church, cnr Jetty Road and The Crescent, Brighton, on the beach side of the railway line. Meetings are from 10.00 am to 12.00 noon. Members should start to arrive from 9.30 am. Morning tea is between 10.30 am and 11.00 am. Guest speaker or entertainment from 11.00 am to 12.00 noon.
- In December there is a Christmas lunch instead of a meeting. This year it will be on Wednesday, 2 December 2026 at the Seacliff Beach Hotel, 221 Esplanade, Seacliff.
- Before the meetings begin, helpers are needed to put up trestle tables in the Church Hall and on the stage. This needs to be done soon after 9.15 am. Helpers are also needed to put the trestle tables back in the storeroom at the end of the meeting.
- Please bring your own cup or mug for morning tea. This reduces the need for throw away cups.
- Door entry fee is \$5.00 which includes morning tea and a chance to win a door prize.
- Name Badges and Emergency Badges should be worn at all Branch Meetings and all activities.
- Minutes of the previous meetings are now being circulated with the current month's Newsletter. Members are able to read the minutes before voting to approve them. It also means that members who were unable to attend the meeting are now informed of the proceedings.



Lighthouse Community Church - our venue for Branch Meetings

Lunches after the Meetings:

- There is a lunch after every meeting at various venues. All lunches, including the Christmas lunch are at own expense.
- This month's lunch after the meeting will be at the Broadway Hotel, Broadway, Glenelg South.
- If you wish to attend, please put your name on the sheet at the back table at the meeting before 11.00 am. The lunch venue needs to be advised beforehand of the number attending the lunch.

Payments

Payments for membership fees and outgoings can be made as follows:

1. Cash or Debit Card at branch meetings.
2. Credit card payments – available at branch meetings.
If you use your card, Brighton Branch does not pass the merchant fee on to you.
3. Electronic Funds Transfer (EFT) direct to the branch account at BankSA
BSB: 105-042 Account no. 0579 62340 Account name: National Seniors Brighton
Please include your name and reason for payments in the description/reference field.
Send an email to Marilyn Smith at marcoladelaide@gmail.com once the transfer has been completed.
4. Reimbursements for expenses incurred on behalf of the Branch will be made by EFT only.
Supporting invoices and documents will be required.

Annual General Meeting – 18 August 2026

- At the Branch Committee Meeting on 10 June 2026 the decision was made to hold the AGM in August instead of the usual month of July.
- The first part of this meeting will be the ordinary **Branch Meeting**. Then after it is closed it will become the Annual General Meeting.
- **Bill Adams** will convene the AGM and conduct the election of officers.

Annual General Meeting - continued

- Please arrive by **9.45 am** to see the cutting of the Branch's 25th Birthday Cake by Carol Holt who is one of the first members of the Brighton Branch.
- The Birthday Cake is large and needs to be taken to the kitchen to be sliced in time for morning tea.
- Thanks to **Lleyan Adams** for baking the cake.
- The **new Committee will be elected at the AGM**. Several current Committee Members will not seek re-election. Three members have nominated to join the Committee. Please consider joining the Committee to fill remaining vacancies.
- **Brian Victory**, who instigated the Brighton Branch, has been invited to attend the AGM as a Special Guest.
- After morning tea, certificates will be presented to the **20 Year and 25 Year** members. **NSA 25 Year Badges** will also be presented.
- Graham Gurry will bring his **photo albums** from the beginning of the NSA Brighton Branch.
- Julie Hockley will pin up some **older Newsletters** in the morning tea-room.

Recent Activities and Events

- Attendees at the Branch meeting on 21 July 2026 was 54.
- The **Branch Anniversary Lunch** was held at Club Marion, Sturt Road, Marion on Wednesday 5 August 2026. 32 members attended the lunch. It was very pleasant with an interesting choice of meals.



Forthcoming Meetings, Activities and Events:

- **Friday 11 September 2026 – Mercury Cinema**, 13 Morphett Street, Adelaide. Movie "Colours of Time" – Cousins inherit a house in rural Normandy and retrace the lives of their ancestors in 19th century Paris. Arrive at 10.00 am for morning tea. The movie begins at 10.30 am. NSA members receive two-for-one tickets when showing their membership card and requesting the NSA offer.
- **Friday 2 October 2026 – Mercury Cinema**. Movie "Primavera" – A talented violinist, Cecilia, living in an orphanage, meets Vivaldi who becomes her music teacher and helps her to achieve her musical dreams.
- **Bus Trips** – Bus trips have become quite expensive and will not be undertaken in 2026.
- **Wednesday 28 October – Historic Cummins House**, 23 Sheoak Avenue, Novar Gardens. Requires 20 people to attend. Cost \$15.00 per person. Meet there before 10.30 am. Morning tea will be served first and then there will be a tour of the house and garden. Please put your name on the list at the back table.

Guest Speakers

- **Tuesday 15 September 2026** – Lesley McCauley will speak about "Secrets Behind Nursery Rhymes".
- **Tuesday 20 October 2026** – John Zwar will speak about "Open Gardens SA".
- **Tuesday 17 November 2026** – entertainment will be by singer **Marianne Riccio**.

Walking Groups:

There is an active Walking Group. It meets every Tuesday at 9.30 am except when there is a Branch Meeting on that Tuesday. The walks are then on the following day which is Wednesday. The next walks will be as follows:

- Wednesday 19 August – meet at the Broadway Hotel car park, on the Broadway, Glenelg.
- Tuesday 25 August – meet at Oaklands Reserve, near the toilet block at the end of the driveway.
- Tuesday 1 September – meet at Adelaide Sailing Club Barcoo Road (off Military Road) West Beach. Walk to the West Beach Sailing Club.
- Tuesday 8 September – meet at Brighton Jetty and walk to Inclusive Café (Minda Café) Jack Frost Drive behind the Somerton Life Saving Club.
- Wednesday 16 September – meet at the Broadway Hotel car park, on the Broadway, Glenelg.
- Tuesday 22 September – meet near the end of Adelphi Terrace, Glenelg North opposite Brooklyn Avenue.

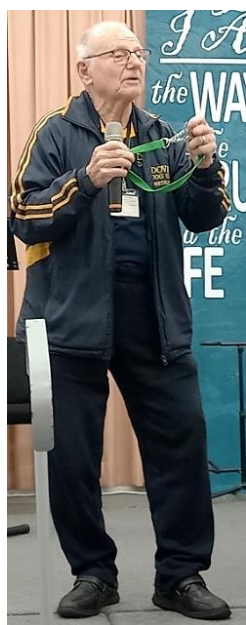
If you would like to join in any of the weekly walks, contact either **Barbara Hansen on 0448 223 075** or **Rose Cearns on 0405 537 910**.

Guest Speakers at the July Meeting:

We were pleased to hear from two long-standing members – **Bon Jordan** and **Carol Holt**

Bon Jordan – 54 Years of Dog Obedience Training

Bon explained the following:



types of dogs.

- The ways to use collars.
- This comes first and then the training can begin – how to heel, sit, stand, drop, down, halt.
- Training is done on a short lead.
- There are different grades of training.
- Explained about dog trials.
- Utility training, which is advanced obedience and complex classes.
- Companion dogs require a special type of training.
- The difference between

Carol Holt – The Beginning of the Branch and her Army Career



- Carol is an original member of the Branch and explained its beginning.
- She then went on to talk about her career in the Army.
- She was a Registered Nurse which meant she was a Lieutenant.
- She was in casualty and nursed soldiers who came back from Viet Nam.
- Nurses faced a high volume of trauma and unprecedented numbers of massive combat injuries.

Ed. The Brighton Branch looks forward to hearing more from Carol when she writes her "Know Your Members" article.

KNOW YOUR COMMITTEE MEMBERS – MARILYN SMITH



I was born in Cardiff, which is the capital of Wales in May 1945, at the end of WW2. I am the eldest of five girls. My mother was Welsh, and my father was of Italian descent.

My first memories were of many bomb

sites, as Cardiff was bombed heavily due to the docks. Because of the housing shortage after the war, I spent the first five years of my life living with my grandmother in a small, terraced house.

I remember when we moved to a new estate outside of Cardiff, into a 3-bedroom house with a garden. Lots of green fields around us, with cows and horses, something I had never experienced before. My younger sisters and I went blackberry picking and bike riding down country lanes. I had a lovely childhood and many freedoms that today's children will never know.

I left school at 15, which was common at the time, and began my first job as an office junior at an insurance company. I found the work very dull, so I moved as a clerk at a building society. I must have always loved new challenges and travel, because at 18 I left home to spend the summer working at a holiday camp in North Wales. I enjoyed meeting people from across Britain and overseas, and I was responsible for managing the finances of the camp's many shops. As I wasn't into drinking, I decided to work evenings, in the many bars and entertainment venues. It was while I was there that I met my future husband and in 1965 we married.

I had many various jobs during the next few years, shop assistant, waitressing and a few years working as a bus conductress. Although I loved the job, I didn't like the shift work and the cold winters. Plus, I thought that being paid less for doing the same job as a man was very unfair.

This was around the time of the beginning of Women's Lib.

Our first son was born five years later and because of him we decided we wanted a better future for us all. I could foresee that the UK held no future for us, so we decided to emigrate to Australia and give it a go. I have to say it was the best ten pounds I ever spent. We left London in a snowstorm and arrived in Adelaide 30 hours later, on 1 November 1970, in intense heat.

We spent the next three months at Pennington Hostel, which was awful. Living in Nissen huts during summer, without air conditioning, was unbearable, so as soon as our packing crates arrived, we moved into a unit in Hillcrest. We saved for a house deposit and bought our first home in Para Vista. The house was fairly new and surrounded by vineyards and paddocks. Later that year, my second son was born.

I was a stay-at-home mum until my children started school. I then made the decision to find a job as living on one wage was a struggle. Luckily, I found a part-time job at Bonaire Industries in their office at Edwardstown. Unfortunately, my husband did not like me working and our relationship suffered. Needless to say, we eventually separated. Long story, but in hindsight, it was for the best. It was hard being a single parent with no family to help. But it made me a stronger person. Strangely my ex-husband and I managed to keep our divorce civilized, and without blame, which was good. Marrying at 19 was too young. I matured into a different person and so did he.

I returned to work to support my children and enjoyed temping through an employment agency. The assignments usually lasted a week or two, covering staff who were on holiday, and I could choose my jobs and times. No working during school holidays for instance. I socialized with other single parents and eventually met my dear husband Colin, who like me, was divorced with

Continued on the next page.....

Know Your Committee Members – Marylin Smith - continued

children. Our friendship developed but we were very wary of marriage. Together we spent weekends with all our five children, which remarkably meant the children became very close. In 1985, Colin proposed and we married in a small church in Greenwith, with a small house party afterwards. Colin is truly my soul mate, and we have been together for 43 years. During this time, we have done lots of travelling, both overseas and caravanning all around Australia.

Sadly, my eldest son passed away at the age of 45 with cancer. I still miss him dearly. Our other four children are very close and we have five grandchildren.

I joined NSA in 2008 and was secretary for 4 years, but after we both retired, we moved to Normanville for 10 years. I did enjoy the country life. Now we have downsized and live at Mitchell Park, and we started going to NSA Brighton Branch again and I am now your treasurer.

This is my life and I am enjoying every day!

Report on the National Seniors SA Zone 110 Forum

Held at the Marryatville Hotel, 239 Kensington Road, Marryatville, on Thursday, 23 July 2026 from 9.00 am to 12.00 pm. Branches meeting was from 12.00 pm to 1.00 pm.

- National Seniors Australia **CEO Chris Grice** from Brisbane headquarters was the main speaker and was assisted by Karen Furnivall, Community Engagement Manager.

The Agenda was as follows:

- Welcome from the **SA Zone Chair, Ed Staunton**. SA is now the only NSA Zone.
- **Advocacy Campaigns Updates** – Aged Care, Better Housing, Essential Services, Retirement Income and Superannuation, Fix Pension Poverty, Health Costs, and Keep Cash.

- **Concession Calculator** - Karen provided information on NSA Tools and Member Resources such as guides and calculators.
- **Tips to Save** – Karen then informed members about NSA discount apps, travel, insurance, and comparison tools.
- **Staying Social and Local Branch Activities** – Karen gave an overview of the Branches and concluded with **"Why Join NSA"**.
- Morning tea and networking. Attendees could look at the various NSA displays and speak with branch members.
- **Dr Victoria Cornell** conducted a Regional Consultation for NSA and provided a detailed report.
- **Guest Speaker - Senator Anne Ruston** and her team spoke on the proposed Private Health Insurance rebate cuts and the future of aged care.
- There was a **Q&A with the Guest Speaker, the CEO Chris Grice and CEM Karen Furnivall**.
- Closing remarks by Chris and Karen.

The optional Branch Committee Meeting was held from 12.00 noon to 1.00 pm.

- 8 Members from the Brighton Branch attended the Forum.



Other:

- After the "Know Your Committee Members" comes to an end it will become "Know Your Members" so please start thinking about submitting your story!
- Good attendance at our meetings means good guest speakers. So please come to our meeting.

Report on the Financial Wellbeing Workshop on 30 July 2026

As advertised in the previous copies of this Newsletter the Workshop was presented by The Smith Family in Partnership with ANZ at the Woodcroft Morphet Vale Neighbourhood Centre from 10.30 am to 11.30 am.

There were approximately 23 attendees, and I was the only one from NSA Brighton. The session was very informative with practical tips on:

- Scam protection.
- Digital banking.
- Accessing support when needed.



The following useful website resources were discussed to help us stay safe and manage our finances:

- **Scamwatch** – latest scam alerts and advice on how to protect yourself
<https://www.scamwatch.gov.au>
- **National Debt Helpline** – free financial counselling and support <https://ndh.org.au>
- **Moneysmart** – practical tips on budgeting, saving, and avoiding scams
<https://moneysmart.gov.au>

If you would like to obtain information on the above topics, contact:

Lisa Gissing, National Financial Wellbeing Facilitator, The Smith Family:
www.thesmithfamily.com.au
Mobile phone: 0413 161 686, Email:
Lisa.Gissing@thesmithfamily.com.au

Investment Scams – From Scamwatch

Investment scams promise big returns, but the goal is stealing money from you. Australians lose more money to investment scams than any other type of scam. These scams can be hard to spot.

Criminals impersonate legitimate investment and finance companies. They also use convincing marketing and new technology to make their investment sound too good to miss. They promise you big payouts with little or no risk. They often use pressure tactics to get you to act fast, so they can steal your money before you have a chance to check the deal.

They may also approach you through online dating or social media, building a relationship before asking you to invest in a fake opportunity. This is known as a romance baiting scam. Scammers create fake data to make you think your investment is growing. They may build your trust by allowing you to make small withdrawals, but when you try to withdraw all your funds they will come up with reasons not to pay you. You can lose access to your money.

Some Humour

- Don't stress about your eyesight failing as you get older. It's just nature's way of protecting you from shock every time you look in the mirror.
- A hacker called me and said he had all my passwords. I got a pen and paper and said, 'Thank God for that, what are they?'
- My doctor asked if anyone in my family was suffering from mental illness. I said; 'no, we all seem to enjoy it'.
- Never seen anyone jogging and smiling, so that's all I need to know about that.

Contacts for NSA Brighton Branch – prior to August 2026 AGM:

President: Maureen Cook 0414 454 970 or cookmaureen43@gmail.com; **Vice President:** vacant;
Secretary: Julie Hockley 0410 053 973 or brightonseniorsnsa@gmail.com; **Treasurer:** Marilyn Smith 0481 399 729 or marcoladelaide@gmail.com; **Newsletter:** Shirley Golding 0417 408 615 or freewill@bigpond.net.au; **Branch Activities:** Graham Gurry 8296 7646, **Welfare Officer:** Lyndall Ingram; **Guest Speaker Coordinator:** vacant; **Committee Members:** Hans Broweleit, Brenton Coad 0402 414 211, Brian Hockley, Loretta Schubert and Heather Williams.

