

November 2025

National Seniors Joondalup WA Inc

AUSTRALIA

Joondalup branch supported by the City of Joondalup.

NSA is an advocacy group for the over 55's representing issues at WA and National levels. If you have an issue that you would like the NSA

Policy Group to consider fill out the online form to start the process.

www.nationalseniors.com.au/research/share-your-story

At the last meeting at least half the attendees did not bring a cup and it makes so much more work for us doing morning tea as we have to wash them and put away. **Please bring your own cup and take it home again!**

There are no general meetings, coffee mornings in December and January, keep reading.

Morning Teas/Coffees

10:00 am Tuesday 4 November Dome Hillarys

Nominations at the prior meeting or SMS Aurora 0448 784 909

Speakers

Tuesday, 11th November – “Outback Grave Markers”, Trevor Tough.



We research, record, publish and mark the last resting place of those who perished in the outback whilst building this great country. Stories and facts are published and available freely on their website.

Meals

12:00 Tuesday 9 December Christmas Lunch Kingsway Bar & Grill



211 Kingsway, Darch Pay at the venue.

Please nominate at the next General meeting or by emailing the address at the end of this newsletter. Nominations close

2nd December

12:00 Tuesday 13 January 2026 ‘The Byford’ tavern



As usual this lunch close to a railway station. This is similar to this year's train trip to Ellenbrook. Other than a short walk to and from stations, it will be air conditioned.

The train trip is free for Seniors' card holders. We all travel together in the front of the second carriage. The train leaves between 09:58 – 10:48

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depending on your location. I will publish the time at your local station closer to the time.

There are à la carte and Senior's (for around \$20) menus available. You pay on ordering.

Thank you to Patrick for dining with me and his advice in this project.

Please nominate if you wish to come. Non-members are welcome. The outings desk will have the nomination form in November & it will be circulated at our Christmas lunch. If you wish to add or cancel nominations please email our branch address

[NSA\[dot\]Joondalup\[dot\]com](mailto:NSA[dot]Joondalup[dot]com), state your member name and the changes.

On Tue 6 January I will be notifying the venue of final numbers.

Walking Group

The monthly email will give members a list of locations and maps. There is a walk every Monday except the Christmas-New Year fortnight.

November to the end of summer we meet prior to 08:30. All walks are close to the ocean to keep them cool.

Welfare

Please advise Ruth if you know anybody who is sick or in hospital 0481 573 646.

Fundraising



CHECK FOR THE 10¢ MARK. YOU MUST REMOVE THE CAPS and bring them in a separate bag so that the caps can be recycled as well. Summer container use increases. It's an easy revenue raiser for us.

Only bring the following;

- Most single-serve water and cool drink containers up to and including 3L.
- Most single-serve alcohol containers, like beer bottles and pre-mixed spirits.
- Flavoured milk containers that are 150ml to 999ml.
- Coconut water, pure fruit, or vegetable juice containers that are 150ml to 999ml.

In July 2026 many wine containers will be included **provided they have the 10¢ mark.**

You can bring them to a meeting for Ruth or take them to one of their depots. **National Seniors Australia C10352263** is our registration and it automatically deposits their donation into our account.

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Beach Days

Today, just perfect for the beach.
Don't forget your thongs or sandals,
Scorching sand will burn your feet.
Ah, there's a nice spot on the grass
So spread the blanket out
And bask,
Lulled by gentle wash of waves.
Cloudless sky is china blue
Cobalt sea, a deeper hue,
Bordered by a frill of foam.
In the esky, cooling drinks.
Oh no, the ants have found my
lunch!

Time has moved on as I dozed
Sun has shifted, shade has gone.
Use more lotion
Still might burn.

Kiosk's selling crisp hot chips.
Red-eyed seagulls crowd around
In hopes I'll spill some on the
ground.
Asphalt path is molten tar.
Kids line for ice-cream
Feet are bare!!
Smear on lotion or I'll burn
With the searing mid-day heat.

Time has moved on as I dozed.

Perhaps it's time to hit the road.
Many more hot days to come.
So grateful for the summer sun.
So grateful for my Aussie home.

Mhairi MacLeod © October 2025.

Paying NSA Joondalup for outings, trips etc.

Wherever possible, use electronic banking National Australia Bank which is **BSB 086 495** Account number **567 060 215**. Please include the purpose of the payment in comments. You can transfer the money at your bank. **Cash payments must be in an envelope** labelled with your name and what the money is for. Place in the suggestion box at the meeting. There is no change available.

Receipts: Please collect them from the indexed box on the outings desk, within 2 meetings or they will be destroyed.

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NSA Joondalup emails. If you are not receiving the newsletter, agenda, minutes, treasurer's reports and walking group emails please contact Alan, Treasurer at the meeting.

Web & email addresses. To prevent our newsletter being sent to spam, all links contain 'dot'. Type the address with ' .' instead of [dot]. Similarly with email addresses replace the 'at' with @.

The Committee for 2025 – 2026

President	Paul Johnson 0412 073 358	V President	Aurora Stergiou 0448 784 909
Secretary	Deb Duffy	Treasurer	Alan Hughes
Speaker Organiser	Trish Eardley	Committee Members	Lyn Clark Margaret Newton Ruth Read Aurora Stergiou Elsie Tester Julie Todd
Walking Group/ Newsletter/BNF	Alan Hughes 0457 437 313		
Refreshments	Heather Cleaver Teresa Goring	Welfare	Ruth Read 0481 573 646.

If you wish to contact the Committee, please use NSA.Joondalup@gmail.com or ring a Committee Member. If you wish to unsubscribe to our emails ask to unsubscribe to the above address.