

August 2026



Joondalup WA Inc

Est Nov 2001

Joondalup branch is supported
by the City of Joondalup.

NSA is an advocacy group for the over 55's representing issues at WA and National levels.

[https://nationalseniors\[stop\]com\[Stop\]au/advocacy/advocacy-wins](https://nationalseniors[stop]com[Stop]au/advocacy/advocacy-wins)

If you have an issue, 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

The Joondalup Branch is having its Annual General Meeting 11 August Nomination forms are at next meeting.

Please remember to bring a reusable cup to General Meetings

August

10:00 AM Tuesday 4 August Dome, 7/74 Delamere Ave, Currambine

10:00 AM Tuesday 11 August, Connolly Community Centre: Stay on Your Feet community organisation will present on reducing our risk of falls and supporting healthy aging.

09:00 Wed 19 August Araluen Botanic Park. Meet at the Connolly Community Centre to leave at 09:00. It costs \$25 (Visitors \$30) and you must bring your morning tea and lunch or please check close to the date to see if the restaurants will be open.

More information and a link to the map can be found at [https://araluenbotanicpark\[stop\]com\[stop\]au/](https://araluenbotanicpark[stop]com[stop]au/) Type in this address but replace [stop] with '.' Without the inverted commas. There is a map of the park. Please pay using either a bank transfer before or cash to the outings desk this month.

Bus trip to include Jadran Wines on the way back to the Connolly Community Centre. [https://www.jadranwines\[stop\]com/](https://www.jadranwines[stop]com/) and select the price list on the pull-down menu.

10 AM Thursday 20 August Ellie Malonzo Strings, NSA Music

Wonderful for your members to come, always most welcome. The cost is \$20. Pay us as shown in the box at the end of this document or in cash on 11 Aug at the outings desk.

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Anyone in financial hardship can be accommodated. Main thing is for people to come and enjoy the morning.

September

10:00 Tuesday 1 September Dome 6 Wadhurst Road Butler

10:00 Tuesday 8 September Connolly Community Centre Cyril Ayris who is a former reporter for the West Australian from 1950's – 1970s will share some of the interesting stories he came across.

12:00 Wednesday 23 September Mia Cucina 1/45 Northside Drive
Hillarys <https://miacucinawa.com.au>

Walking Group

The August walking list email was sent out on Any Issues please contact Alan 0457 437 313

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.

It's easy to save your 10¢ containers from general waste so they can live another life — just check for the 10¢ mark!

Acceptable

Most plastic and glass bottles as well as drink cartons, cans and pouches that are between 150 ml and 3 litres

Water bottles, cool drinks, juice bottles flavoured milk bottles and sports drinks in plastic bottles.

Water, beer, pre-mixed spirits, and soft drink in glass or plastic containers.

Flavoured milk, juice cartons and boxed water

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Wine in glass or plastic containers, Spirits

All fruit and vegetable juice and cordial containers will be accepted

A separate container containing lids will be accepted.

Comedy

True Blue Aussies

A foreign man sees all the adverts on TV to attract tourism in Australia and thinks it would be a good place to live so he decides to move to Australia. He buys a small piece of land in a peaceful country town.

A few days after moving in, his friendly Aussie neighbour decides to go across and welcome the new guy in town. He goes next door but on his way up the drive-way he sees the foreign man running around his backyard chasing about 10 chooks.

Not wanting to interrupt any foreign custom, he decides to hold for the day.

The next day, he decides to try again, but on his way next door, he sees the foreign man leading a bull down the driveway, pause, and then put an ear next to the bull's buttocks. The Aussie bloke can't handle this, so he goes up to the foreign man and says,

"Jeez mate, what the hell is it with you and your foreign customs? I was coming over yesterday to welcome you to the neighbourhood, and I see you running around the yard after your chooks. And then today you have your head so close to that bull's backside, it could just about land you in the mire."

The foreign man is very taken aback and says, "Sorry Sir, you no understand These no foreign customs I doing. These Australian Customs....."

"Oh, yes they are. "replied the foreign man. "Travel agent man said to me to become a true blue Aussie. I must learn to chase the chicks, and listen to bullshit".

**Paying NSA Joondalup for outings, trips etc.
Joining and renewing is done directly with Head Office
NationalSeniorsAustralia.com.au or 1300 76 5050**

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.

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 A new committee is selected at this meeting

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	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.