

March 2026

# National Seniors AUSTRALIA

Joondalup WA Inc

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.** 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](http://www.nationalseniors.com.au/research/share-your-story)



## March

**10:00 am Tuesday 3 March** 6 Wadhurst Rd Butler

Nominations at the prior meeting or SMS

Aurora 0448 784 909

**10:00 AM Tuesday 10 March Alison Cook**, Cross Migrant Support discussing the challenges of migrants and the Australian government response. Please arrive between 09:30 – 10:00, \$5. New person's first visit which is free.

## Thursday 19 March Sculpture by the Sea – Cottesloe

Yanchep - Fremantle					
Depart	Location	Bus	Depart	Location	Bus
9:14	Yanchep		13:56	Cottesloe Beach	102
9:19	Eglinton		14:03	Cottesloe Stn	
9:22	Alkimos		14:01	Claremont Park	
9:25	Butler		14:09	Claremont Stn	
9:30	Clarkson		14:24	Perth Platform 8	
9:33	Currambine		14:33	Perth Ug	
9:36	Joondalup		14:42	Stirling	
9:39	Edgewater		14:46	Warwick	
9:43	Whitfords		14:49	Greenwood	
9:46	Greenwood		14:52	Whitfords	
9:49	Warwick		14:55	Edgewater	
9:53	Stirling		14:58	Joondalup	
10:04	Perth Ug		15:01	Currambine	
10:16	Perth Platform 7		15:05	Clarkson	
10:30	Claremont Stn		15:11	Butler	
10:38	Claremont Park		15:14	Alkimos	
10:35	Cottesloe Stn		15:17	Eglinton	
10:39	Cottesloe Beach	102	15:22	Yanchep	

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There is also an exhibition of small artwork in the Cottesloe Golf Club on the way home.

## April

**10:00 AM Tuesday 7 April** – Dome 66 Creaney Dr Kingsley

Nominations at the prior meeting or SMS Aurora 0448 784 909

**10:00 AM Tuesday 14 April** – music from Paul Spencer, followed by pizza lunch

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The Outings Group will not be organising an outing or lunch in April and in May it will be our 20<sup>th</sup> anniversary.

## Walking Group

An email should have been sent as to the walks for February by now.

## 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.**

Most plastic and glass bottles, as well as drink cartons, cans and pouches, that are 150ml to 3L are accepted.

This includes:

- 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.

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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### Poem from Mhairi

Junk – or spring clean  
Oh dearie me, whatever's the matter?  
How did I garner so much clutter?  
Just look at my sink!  
Junk is breeding underneath.  
There's jars and bottles, old chipped plates,  
Cans of food, past 'use by' date.  
Spices, curry, damp and old  
Some of them collecting mould.  
How to stop collecting stuff?  
Don't let me start on bedroom clutter  
Clothes I never wore last summer.  
And in the lounge, books and papers  
Magazines from '82  
The garden shed?  
Fertilizer, hard as stone,  
Rusted tools, a perished hose . . .  
I chide myself; here's what to do,  
The old must out, make room for new.

On the verge, the council skip  
Stands waiting to devour my clutter.

I tell myself,  
'This year I WILL DO BETTER'

Mhairi MacLeod © January 2026

### 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.**

**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	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](mailto:NSA.Joondalup@gmail.com) or ring a Committee Member. If you wish to unsubscribe to our emails ask to unsubscribe to the above address.