

Hillarys & Districts Branch

The 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

www.nationalseniors.com.au

Proudly printed by

Jessica Stojkowski

Member for Kingsley

KINGSLEY | GREENWOOD | WARWICK | WOODVALE

At 4/923 Whitfords Ave WOODVALE WA 6026

NOVEMBER 2019 Newsletter – Issue 171

Notes from the President.

I am currently in Bali, sitting on the balcony of a villa, watching the sun sink behind what is left of the rice fields in the hills around Ubud and pondering the changes I have seen in the island over the years.

I have been coming to Bali for 35 years when there were 2 hotels and only a few motor bikes to rent. At the time our homestay was located right on the beach and Nenek 'nana' cooked eggs for us while squatting over a primus stove behind the bungalow.

I remember in 1986 I bought my then 62 year old mum to Bali and her comment was that the next generation will want more of a western lifestyle. How right she was!

There is an element of reincarnation in their belief system and one young man told me that he wanted to come back as a 'rich American' in the next life. I find that quite sad, but it is us, the tourists who have generated this change in the young peoples' thinking. On the other hand doesn't everyone have the right to higher education, technology and progress.

I am constantly confronted by the changes in the island and how the locals are selling off their land to overseas investors all in the name of progress and the chasing of the western lifestyle.

Talking to one of the young locals who welcome this change, he stated that we, as tourists want the luxuries around us but still expect to see the

'traditional Bali. Sadly one has to give way to the other.

It is a Catch 22 dilemma without the tourism industry there is no longer any economy on the island while with the tourists come a depletion of traditional culture, farming and village lifestyle.

Enough of my rambling and back to business.

This media release came into my email this week. If anyone is interested in receiving further information let me know and I can provide that for you.

The Stop Elder Financial Abuse campaign today held a Federal Parliament launch to brief Members and Senators on the actions needed to tackle the growing problem.

"Elder financial abuse disproportionately affects women, with six in ten Australians saying they are worried someone they know will be the victim of financial abuse.

The campaign specifically calls on governments across Australia to act and establish:

- 1) Power of Attorney laws which are the same across the country and protect people from this kind of abuse.
- 2) A National Power of Attorney (POA) register to check if POA documents are legitimate and current.
- 3) Somewhere to report abuse in each state that can investigate and act.

Dementia Australia welcomes the announced \$17.8 million funding boost for palliative care in Western Australia.

The funding will help provide improved support and services for all Western Australians in need of palliative care, including Western Australians living with dementia. There is an estimated 41,630 people living with dementia in Western Australia.

Without a medical breakthrough, the number of people living with dementia is expected to increase to an estimated 56,886 people by 2028.

I am looking forward to seeing you at upcoming events.
Melbourne Cup Dinner
Christmas Function
Nita's Saturday evening dinner get together
Monthly Coffee Club

In the meantime - Stay happy, healthy and safe

Cheryle Medcalf

Membership Renewals and Name Badges

On renewal (*please note the fee increases*),

- 1 year memberships are available for \$45 for a single membership, or \$75 for a joint membership.
- 2-year membership is available for \$80 for a single member, or \$125 for a joint membership.
- 5-year membership is available for \$195 for a single member, or \$295 for a joint membership.

If you cannot attend a branch meeting, the membership amount with your details can be sent to our PO Box

address. Members are able to pay by *cheque*, money order or credit details.

To order a name badge, please contact our Treasurer. **For those who have paid you can pick up your badge from the Treasurer.**

Payments to our Treasurer

For those members that use internet banking, you can use your Banking Institution Electronic Fund Transfer (EFT) facility to pay for Membership Renewals, name badges, events that require prepayment, etc.

BSB: 036-226

A/C: 24-9794

Include Surname and keyword in the transfer, if possible.

If you wish to use this facility and have not used EFT before or you have any problems please contact a committee member.

Member's Welfare

If you become aware of a member experiencing a problem such as illness please contact one of the Committee members. Thank you to the members that have been giving information from the emails to those who don't have an email address.

If you are aware of a death of one of our past or present members could you please notify the President or Secretary. An email can then be sent with regard to funeral arrangements to our members who wish to pay their respects.

For Your Calendar

Next Meeting – 10am Wednesday 6th November. **Speaker** Nigel Ridgway

Topic: "Sailing the Indian Ocean in a 29 foot Yacht - "Lotus 11"

Nigel learnt to sail at high school in Germany. His father was in the R.A.F. and was posted to Germany in the 50s. Nigel attended a co-ed boarding school (very interesting!) at Plon, near Kiel, where one of the summer sport options was sailing on the lake.

He emigrated to Australia in 1966 as a "Ten Pound Pom" – arriving on the east coast totally broke after three weeks fun on the ship! He eventually ended up in Perth after hitchhiking across the country.

Nigel took up sailing again in the early 70s and joined Perth Flying Squadron where he began to race. He was division 4 champion in 1984. Always a bit of a dreamer, he began offshore cruising in the late 80's after relocating to Hillarys Yacht Club where he and his wife, Aileen, began the Cruising in Company section of the club.

Nigel owned a total of 10 yachts over thirty years, starting off very small with a locally designed 17foot Red Jacket. He sailed to Cocos Keeling with Aileen in 1998. Three years later they sailed across the top to Queensland and NSW as a retirement project. That trip took two years and was full of adventures! Aileen and Nigel eventually arrived back in WA in 2003 to build a home in Mandurah Quay; later selling up to move back to Perth (Gwelup).

Today's story is about a voyage Nigel made to South Africa and back in 1990 – sailing one of his favourite yachts, the 29 foot Lotus 11. He sailed to Africa

with a friend (Aileen was too sensible to go on such a small yacht!) and sailed home single-handed to Fremantle taking 51 days to complete the Southern Ocean crossing non-stop.

A reminder that it would help the Guest Speaker Organiser if everyone gave some thought to potential guest speakers. If you have any suggestions please relay them to Graham Ezzy. Email: ezzy1951@gmail.com

Social Events - November

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.

When: Friday, 15th November 2019 at 10am

Where: *Shingle Inn* (Opposite Concierge Desk) – Whitfords City Shopping Centre (15% discount on any purchase).

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

When: Saturday 23rd November

Where: Carine Tavern

Time: 6:30pm

Please Contact Nita (Mobile Ph 0400 063 143) or if you wish to attend.

Melbourne Cup Lunch

Tuesday 5th November at 11am
Kingsley Tavern
90 Kingsley Dve, Kingsley.

Helpful Information

Elder Abuse Helpline WA:

1300 724 679

Seniors Card (WA): 6551 8800

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.

WA Scam Internet Site:

www.scamnet.wa.gov.au

Free online security advice – Cyber Check.me will teach basic precautions that can be taken to protect you against loss of time, money, private information and damage to reputation.

Look out for these days and celebrations:

Twilight Swan River Sailing on the Duyfken (December 2019 to March 2020)

It's time for you to step aboard and experience the joy of sailing on a replica 16th Century tall ship on the calm waters of the Swan River, Perth - so seasickness is not an issue!

Your voyage begins at the South of Perth Yacht Club where your crew will welcome you to the ship. After the safety briefing, you will be invited to join the crew in some of the hands-on activities (optional) to get the ship sailing. From South Perth, you will head down river towards Mosman Bay, and if everything goes according to plan, the famous "Fremantle Doctor" - the delightful sea breeze that cools the City of Perth during the summer months - ought to be a blowing! Sails will be set for a glorious sail back up the river. As Duyfken glides gracefully across Melville Water, you will be captured by the skyline of Perth as sunset arrives. A drink and food to complement your late afternoon twilight sailing experience....what could be better!

Each Twilight Sail is limited to a maximum of 24 passengers so that you get plenty of space to enjoy your time aboard Duyfken.

Ready to Step Aboard?

Ticket Prices:

Adults (16 yrs +): \$145

Children (8-15 years of age): \$85

Seniors/Concession: \$120

There is more information including sailing dates at <http://www.duyfken.com/Sailing>

Live and Learn is the most popular and longest-running program offered by Joondalup Libraries. These community sessions promote life-long learning, enhance social inclusion and encourage personal development. Each session offers an opportunity to learn about something new.

Events can cover a range of topics such as:

- Travel
 - History
 - Health and personal wellbeing
 - Inspirational stories
 - Entertainment and music
-
- **Live and Learn – Discovery Session – The Tricky Art of Travel Photography:**
 - When: Tuesday 12 November, 6.00pm at Woodvale Library.
 - The biggest challenge most travelling photographers face is having the confidence to photograph people. In this presentation, experienced travel photographer Mike Pelusey will go through his tips for capturing evocative images of people while travelling. There will be plenty of great images to illustrate his points.

- Cost \$5.00. Book and pay online

Meet the Author - Peter FitzSimons

Date: 6 November 2019

National Seniors Australia – Hillarys & District Branch

Start Time: 6.00 pm

End Time: 7.30 pm

Venue Details:

Joondalup Resort, Country Club
Boulevard, Connolly

Price: A\$12.00

James Cook

Captain James Cook is one of the most recognisable in Australian history - an almost mythic figure who is often discussed, celebrated, reviled and debated. But who is the real James Cook?

With his masterful storytelling talent, Peter FitzSimons brings James Cook to life. Now, 240 years after James Cook's death, FitzSimons reveals what kind of man James was at heart. His strengths, his weaknesses, his passions and pursuits, failures and successes.

Peter FitzSimons is Australia's bestselling non-fiction writer, and for the past 30 years has also been a journalist and columnist with the *Sydney Morning Herald* and *The Sun Herald*. His passion is to tell Australian stories, our own stories: of great men and women, of stirring events in our history.

Copies of Peter's books will be available for purchase and signing on the night.

Finger food will be provided and a cash bar for drinks will be available. This event is held in partnership with Dymocks Joondalup.

Cost \$12.00. Payment must be made at time of booking.

For further information on this event please call the City on **9400 4751**.

Please note: the presentation will run for approximately one hour, followed by refreshments.

You can Register online:

<https://events.joondalup.wa.gov.au/event-registration/?ee=17839>

• For further information

- Ask library staff about the eSmart Libraries program.
- Check the event [calendar](#) for upcoming digital device and security events.
- Check out resources at the [eSmart website](#), the [Office of the eSafety Commissioner](#) or the [Stay Smart Online](#) website.
- Community Information Service – This service provides community information and events hotline as well as an online community directory which is a wealth of information. For further information call 9400 4705

BRANCH CONTACTS

President

Cheryle Medcalf 92064918
(presidentnsahillarys@gmail.com)

Vice President

Michael Morland 93068668

Secretary

Jan Jones 0407426191
(secretarynsahillarys@gmail.com)

Treasurer

Joe Varischetti 9447 2120

Newsletter Editor

Lyn Massam
(newsletternsahillarys@gmail.com)