

## Hillarys & Districts Branch

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

Newsletter proudly printed by **Jessica Stojkovsky** Member for Kingsley

**KINGSLEY, GREENWOOD, WARWICK, WOODVALE**

4/923 Whitfords Ave. WOODVALE WA 6026

## November 2020 Newsletter – Issue 180

### President's Report

With communities starting to open up with restaurants, shops, galleries and cinemas re-opening people are now on the move. As a group we have been fortunate that, as far as I know, no one has been ill with anything Covid related. Let us hope that, as a country, we are now able to better manage any outbreaks and that world-wide, this virus is well managed so we can all start travelling again.

I was delighted with the response I received from an email I sent out regarding hearing testing. I know several of you took that on board and are now part of the trial. Well done to those participants for seizing a good opportunity.

### Guest Speakers

I am sure everyone will agree that our presentation on Climate Change from David Urquhart was indeed fascinating and interesting. I personally appreciated the way David just gave us the facts with no doom and gloom and no dire future projections. David is currently working on another presentation on "World Population" which I am sure will be just as interesting. He is certainly on our radar to return for 2021.



Happy Snaps taken before last week's meeting.



## National Seniors Australia – Hillarys & District Branch

Pavillion Restaurant TAFE

There was a very good turn up at the Pavilion Restaurant in Joondalup. This restaurant is the training ground for those young people that want to make a career in the hospitality industry.



While there were a couple of surprises during the lunch, everybody was making the best of it, smiling and enjoying their meal.



It's important that we support these venues and be prepared for the odd little surprises because after all, the main priority of the luncheon is to provide these young students with hands on experience. They did a fabulous job even though it was obvious some of them were extremely nervous. Smiling faces of us in the photos just showed that everyone enjoyed the gathering.



Following are summaries of emails that have come across my desk this month. Please contact me if you require further details.

To All, Stay Safe, Happy and Healthy

**Cheryle Medcalf**  
**President**

### **Online Safety Book for Grandparents and Carers.**

Using computers and other internet connected devices can be a great way for kids to play, learn and socialise – but there are also risks. As a grandparent or carer, you have an important role to play in protecting the online safety of the children in your life. But knowing how to help them can be tricky, especially if you are not a tech expert. So this free book makes it easier for you.

'Online safety for grandparents and carers' covers key advice about online safety issues that can affect children and young people. It includes a range of practical tips, to help you talk about issues and manage them.

You will find information on many topics, from setting up devices safely right through to managing time online, dealing with cyberbullying and preventing unsafe contact from strangers.

There is also a section about online gaming and social media use, with a handy guide to some of the most popular sites and apps.

## **National Seniors Australia – Hillarys & District Branch**

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Follow this link for further information  
<https://www.esafety.gov.au/seniors/online-safety-grandparents-carers>

### **Recommendations from National Seniors Head Office to the Federal Government**

#### **STAMP DUTY**

“Any of us thinking of downsizing are hit with the onerous burden of stamp duty. We are already suffering from minimal returns on any money we have invested. Interest is a mere pittance. The share market is suffering huge hits of late so any money in superannuation is suffering as well. What about lashing out and dropping the stamp duty for pensioners who are downsizing? This will free up a lot of the large houses with empty-nesters in them”.

#### **PRE-PAID FUNERAL SCHEMES**

The government has approved a new mandatory code of practice for the prepaid funeral industry that aims to safeguard the estimated \$170 million being held to pay for future funerals. The code, which comes into effect on March 1, 2021, will ensure the funds are managed within secure investments under the name of the client until they are required. Payments received by the prepaid funeral seller must be forwarded within 16 days of receipt to specified investment managers that are restricted to life insurance companies, friendly societies, licensed trustee companies or the Public Trustee of WA.

#### **DID YOU KNOW THIS IMPORTANT INFORMATION?**

It is always a traumatic time when a family member passes away.

This website aims to make it easier for families to cope with the loss of a loved one. The one-stop online Australian Death Notification Service allows families to notify relevant organisations when someone close to them dies so their accounts can be closed or transferred. Often there are up to 40 government, private organisations and non-government organisations that need to be

notified. These notifications can be stressful and traumatic, taking up to several months and often requiring multiple physical visits with a certified copy of a death certificate.

The service validates details about the deceased against the Australian Death Check, a system that holds death registration data recorded by Birth, Deaths and Marriages Registries. The customer simply enters the details of the deceased, chooses which institutions and services they wish to notify, and adds their contact details. Then they will receive communication back on the next steps within 10 business days from the chosen service providers.

[www.deathnotification.gov.au](http://www.deathnotification.gov.au)

Thank you to Joe for supplying this article for the newsletter

#### **This is heartening news indeed!**

#### **AUSTRALIAN GOVT DEPT OF HEALTH COVID NEWS. October 1st 2020**

University of Oxford COVID-19 vaccine  
The University of Oxford vaccine is one of the most progressed vaccines in development globally for Coronavirus (COVID-19). If it is proven to be safe and effective and is approved for use, it will be available in Australia from January 2021, as part of the Australian Government’s COVID-19 Vaccine and Treatment strategy

#### **Government’s COVID-19 Vaccine and Treatment Strategy.**

In Australia, the vaccine would be manufactured by Australian-headquartered multinational biopharmaceutical company CSL in partnership with the developer, international pharmaceutical company AstraZeneca. The Oxford vaccine is one of nine vaccines supported by the Coalition for Epidemic Preparedness Innovations (CEPI), a global partnership to accelerate vaccine development.

#### **Testing Process**



## National Seniors Australia – Hillarys & District Branch

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The Oxford vaccine has completed combined Phase 1 and 2 clinical trials, where it was tested in a small number of volunteers to show that it is safe. Larger combined Phase 2 and 3 clinical trials are now underway in the United Kingdom, United States, Brazil and South Africa.

### Doses For Australia

Before the Oxford COVID-19 vaccine is approved for use in Australia it must pass the Therapeutic Goods Administration's (TGA) rigorous assessment and approval processes. This includes assessment of its safety, quality and effectiveness. The TGA is actively monitoring COVID-19 vaccine development that is occurring both in Australia and around the world.

If the Oxford vaccine is successful:

- 3.8 million doses will be delivered to Australia in January and February 2021
- 30 million doses will be manufactured in Australia between January and September 2021, in monthly batches. CSL will manufacture these doses on behalf of AstraZeneca

It is likely that the first doses will be given to vulnerable people, and front-line health care workers consistent with WHO recommendations.

### Cheryle Medcalf

#### Covid-19 Safety Reminders

- everybody is responsible for their own health and safety, so if you are experiencing cold and flu like symptoms please stay home.
- No hugging for the time being
- be aware of social distancing in the hall.
- please bring hand sanitiser to the meeting and use it frequently.
- we are asking that everybody has a packet of alcohol based wet wipes in their bag to wipe down their chair before and after use.
- If you would like to bring your own mug for tea or coffee please feel free to do so and take it home to be washed.

The committee will ensure that other surfaces and equipment are cleaned thoroughly before and after use. If we are vigilant then we can ensure that we all remain healthy.

### Membership Renewals

**One year** – \$45 single or \$75 joint m'ship.

**Two years** – \$80 single, Save \$10 or \$125 joint m'ship, Save \$25.

**Three Years** - \$99 single, Save \$36 or \$149 joint m'ship, Save \$76.

**Five years** – \$195 single, Save \$30 or \$295 joint m'ship, Save \$80.

Payable at branch Meetings or send to National Seniors Australia,  
Reply Paid 1450, Brisbane QLD 4001.

Members who use internet banking, can use Electronic Fund Transfer (EFT) facility to pay for Membership Renewals, name badges, events that require prepayment, etc.

**Account Name:** National Seniors Assoc Hillarys.

BSB: 036-226 A/C No: 24-9794

Please include Surname and keyword in the transfer.

**Do NOT** combine payments for multiple functions, only pay for one function at a time.

**Name Badges:** please contact our Treasurer Joe Varischetti who will order these for you, cost is \$10.

### Member's Welfare

If you become aware of a member who is dealing with illness or hear of a member who has passed please contact one of the Committee Members. Notification can then be sent to other members who wish to visit or pay their respects.

## National Seniors Australia – Hillarys & District Branch



### Members celebrating birthdays for November

22<sup>nd</sup> November: Linda McPherson  
4<sup>th</sup> November: Lyn Massam  
20<sup>th</sup> November: Jan Smith  
8<sup>th</sup> November: Dawn Brown  
4<sup>th</sup> November: Valerie Dekenah  
Wishing you all a very happy birthday filled with love, laughter, pressies and cake.

### For Your Calendar

**Next Meeting** – 10am Wednesday 4<sup>th</sup> of November. Followed by lunch at Mia Cucina at the Hillarys Boat Harbour.

**Speaker:** Alesha Turpin

**Topic:** Behind the scenes at the Cat Haven

New members: we have a 'free table' set up at the meeting where members put items, for example books for anyone to take. If you do bring items for the table and no one takes them you are expected to take them back home with you after the meeting.

### Social Events

**Remember**, to add your name to the lists at the meetings, or, contact Nita on 0400 063 143 for Dinners, or Jan for Lunches/Outings on 0407 426 191.

### PAYMENTS DUE

**Christmas Lunch** – 2 Dec – Dwellingup Hotel  
Payment for this outing will be due no later than the 4 November meeting.

Bring to meeting in envelope marked with name, amount and any special dietary requirements.

\$55 pp for members and \$64 pp non-members.

**Please use notes only as coins can fall out.**

**Please Note:** Times TBA are because venues are affected by the pending COVID19 Phase 5 restrictions being lifted. Next Government announcement 24 October.

**Monthly Dinner** – A time for members to celebrate a birthday, anniversary, or just "celebrate life" fellow members and friends.

**When:** Saturday 28th November

**Where:** Portofinos – Mindarie

**Time:** 6:00pm

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



### 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.

This is a great little social occasion to catch up with other members for coffee, cake and a chat. A very pleasant time is always had by all.

Please note: the coffee shop has moved the senior's table into the middle area.

**When:** Friday 20<sup>th</sup> November, 10am

**Where:** Shingle Inn at Whitford Shopping Centre.

### OPTUS STADIUM TOUR – SUNDAY 15 NOVEMBER

**When:** Sunday 15<sup>th</sup> November

Tour at 10:30am followed by lunch at 12.

This event is booked and paid. **The 4 November meeting is the absolute last date to be included on this outing.**

Please advise Jan at the meeting and pay your \$20 concession or \$25 non-concession. Money in envelope with name and amount on the front please. If not attending the meeting, please contact Jan 0407 426 191 asap to arrange.

## National Seniors Australia – Hillarys & District Branch

### DETAILS FOR CHRISTMAS LUNCH – 2 DECEMBER



Here are the details of our bus trip to Dwellingup for our Christmas Lunch.

If you wish to attend, and **HAVE NOT** placed your name on the list, please do so and pay on Wednesday, 4 November at General Meeting.

If not attending meeting please contact Jan 0407 426 191 asap.

**Date:** 2 December 2020

**Departure:** Whitford Library at 9am sharp.

You are required to be there at 8.45am

**Car Parking:** Park in the shopping centre car park. Be aware of parking time limits.

Some areas have 4 hour limits.

You are responsible for your own vehicle.

**Itinerary:** We make our way directly to Pinjarra and the Edenvale Homestead where we will have our traditional Club 55 morning tea. Free time to check out the homestead and the craft shop. Our journey continues onto Dwellingup with very interesting commentary on the history of the area including the old POW Camp which was the biggest in the state.

Free time to check out the interesting craft shops in Dwellingup before sitting down and enjoying our Christmas lunch with all the trimmings at the newly renovated Dwellingup Hotel. Owner Ross and his team provide fantastic service. After lunch, we slowly make our way home with a bit of a sing along to keep us all merry.

#### **Menu:**

Roast ham

Roast turkey

Cauliflower and broccoli cheese

Mixed veg

Baked potato and pumpkin

Christmas pudding with custard

Tea and coffee

There will be decorations etc on the tables.

Drinks during lunch will be at your own expense.

No alcohol is allowed on the bus by law.

We still have payments outstanding for this event.

**Payment is required no later than our next meeting – 4 November.**

Cash is preferred. Place in an envelope with your name, amount, dietary requirements.

**Terry Pratchett's "Monstrous Regiment" to be performed by Roleystone Theatre.**

Graham and Marianne Ezzy would like to notify their friends in NSA of their daughter Michelle's latest community theatre show where she plays the lead role.

Terry Pratchett's "Monstrous Regiment" will be performed by Roleystone Theatre.

There are only six performances so get tickets early to avoid disappointment

#### **Tickets:**

<https://www.trybooking.com/BMIYO>

#### **Performance times:**

Saturday 5 December at 11 am and 7 pm.

Friday 11 December 7 pm.

Saturday 12 December 11 am and 7 pm.

Sunday 13 December 11 am.

## National Seniors Australia – Hillarys & District Branch

**HAVE A GO DAY** – Wednesday 11<sup>th</sup> November 2020

A Free Activities and Information day for over 50's

Where: Burswood Park, Great Eastern Highway.

Time: 9.00am to 3.00pm



Seniors Recreation Council of WA Inc. PATRON: The Honourable Kim Beazley AC, Governor of Western Australia

**Have a Go Day**  
A LiveLighter Event  
**Wednesday 11th November 2020**  
Burswood Park 9.00am to 3.00pm, Great Eastern Highway

**Free Activities and Information day for over 50's**  
Be Prepared to "Have a GO"  
Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies  
08 9492 9773 [www.srcwa.asn.au](http://www.srcwa.asn.au)

Free tea, coffee & bottled water available all day  
Food Vendors in attendance.  
Remembrance Day Observance Ceremony.

● FREE Shuttle Bus Service Burswood Train Station ● FREE Parking at Crown and Surrounding Carparks ●

AGE IS FREE SENIORS EVENT NO BARRIERS

**Some creative people had too much time on their hands.**

Home schooling science lesson went really well this week.



Next week - marketing and distribution.

### Do you have a question for NSA Head Office?

As most of you would be aware, National Seniors Australia has an advocate (Ian Henschke) who lobbies the Government on behalf of the members to make a difference to the lives of all older Australians for improved pensions, benefits, aged care etc.

We invite and encourage you to raise any concerns or questions you may have. We, as a branch can them put them to NSA Head Office. We will make time during general business at our meetings for you to ask your questions.

**People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.**



**How did we survive?  
Our mothers wiped our faces with spit on a hankey not an antibacterial wipe.**

Facebook.brining humor to your day with love



**Relevant this month**

**A vote is not a valentine, you aren't confessing your love for the candidate. It's a chess move for the world you want to live in.**

**BRANCH CONTACTS**

**President**

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**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.  
**Justice of the Peace - Saturday Morning at**  
**Joondalup Library.** 10.00am – 12.30pm  
**Woodvale Library** 9.30am – 11.30am  
WA Scam Internet Site:-  
[www.scamnet.wa.gov.au](http://www.scamnet.wa.gov.au)

**Newsletter Submissions:**

All Submissions for the December Newsletter need to be in by the 26<sup>th</sup> of November.