

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.

November 2024 Newsletter – Issue 223

National seniors Australia is an advocacy group for the over 50 population representing issues at Local, State and National Governmental levels. If you have an issue that you would like the NSA Policy Advisory Group to consider, mention it to your committee and they will start the process.”



Help Needed:

Can we please have some able-bodied men turn up a little early for the meetings and help set up the hall, and help pack up the hall at the completion of our meetings.



Thank you to the City of Joondalup for their generous grant to our club of \$1420 allowing us to purchase a laptop and to buy the Microsoft operating system. This will be used by committee members and guest speakers at our meetings.

We all know the importance of a busy social life as we age.

Our branch provides three functions every month which is a lot considering we are such a small branch. The joy of sharing experiences, whether it's a coffee morning or a group trip, contributes immensely to a person's happiness. Engaging with others gives a sense of purpose and belonging.

This was certainly true of the coffee morning we had on the 18th of October. There were only seven of us in attendance but in all honesty, I don't think I have laughed so much in an hour as I did on this occasion. Our branch is full of interesting people and these informal gatherings provide the ideal opportunity to sit and chat and find out more about our members and life experiences they have had cultivating a busy social life as we age is vital for maintaining both mental and physical health. The benefits of staying socially active extend far beyond simply filling up the calendar; they enrich lives, foster connections, and enhance emotional and cognitive well-being. Whether it's through family gatherings, community events, or simply making time for friends, prioritize social interactions. Not only will you feel better, but you'll also add joy and purpose to your life.

So, for those of you that don't attend a lot of our social activities, try and make the effort even if it's only every couple of months.

National Seniors Australia – Hillarys & District Branch

Having said that, don't forget our Christmas function on Monday the 9th of December. To secure your place on the bus (and it is filling up) make sure you have paid the \$60 pp for the dinner at Peel Manor House as soon as possible. There is a cut off at 29 for the seats on the bus.

All payments are due by the 25th of November

Stay Happy, Healthy and Safe
Cheryle Medcalf

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.

Membership Renewals

One year – \$49:50 single or \$80 joint

Two years – \$88 single, or \$143 joint

Three Years - \$120 single, or \$180 joint

Five years – \$220 single, or \$325 joint

Membership payments cannot be paid via our local branch they must be paid directly to the Head Office.

You can do this via one of these three options

Via the website:

<https://nationalseniors.com.au>. Login and pay online using a debit or a credit card.

Via your phone:

Phone them on 1300 765050 or 073233 9191 they will be able to find your membership

details and debit your account for the membership payment.

By cheque:

the postal address is:

GPO Box 1450,
Brisbane,
Queensland 4001

Please make sure you include your name, club, and the reason for the cheque.

For the payment of outings etc. use our local branch account

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: If you want a name badge you need to speak to our treasurer Bronwen Mears. She will arrange this for you.

The cost to you for a name badge is \$12.

To all our members celebrating birthdays in November



Wishing you all a very happy birthday filled with love, laughter, pressies and cake.

Members if you bring in items for the freebie table, please remember that if no one has picked them up you are responsible for taking the items home with you again.

Upcoming Social Events:

Joondalup Bus hire booked for **our Christmas function on Monday 9th of December**

For Your Calendar

Next Meeting: Wednesday 6th of November

Time: 10am.

Speaker: Richard Offen

Topic: HEROES, VILLIANS AND VAGABONDS

Perth's history is littered with wonderful characters that shaped the city in a multitude of ways. In this talk, Richard Offen will take you on a fascinating journey through the history of Perth, highlighting some of the people who, in their own way, for good or bad, and even sometimes a bit of both, contributed to the way Perth is today.

Ladies such as Eliza Shaw, who through her diaries and writings reveals the joys, sorrows and extreme hardships of early life in the Swan River Colony. Then there is Moondyne

Joe, the infamous 9th century Houdini, who managed to escape from many of Western Australia's jails. Were they 'mad, bad or totally eccentric'? Come along and judge for yourself!

The meeting is followed by lunch at Mia Cucina at the Hillarys Boat Harbour.

Next Committee Meeting: November 20th

QUOTE OF THE MONTH

Being President is like running a cemetery, you've got a lot of people under you and nobody is listening

- Bill Clinton -

Social Events



Monthly Morning Tea

Please join Paul and other Branch members in a pleasant morning of stimulating conversation. Please wear your name badge. Friends are also welcome.

When: Friday 15th November

Time: 10am

Where: Caffissimo, Whitfords

New members this is a good opportunity for you to get to know some of our members. You will be made to feel most welcome.

Monthly Dinner

A time for members to celebrate a birthday, anniversary, or just "celebrate life" with fellow members and friends.

When: Sunday 24th November

Time: 6 pm

Where: Mandarin Chinese Restaurant
Next to Pool WERX
Shop 5, 265 Eddystone Ave
Beldon

contact Shelly on - mobile:0419 918 311 or email her on: b.stanley@bigpond.com if you wish to attend.

If you put your name on the list and need to cancel, please contact Shelly directly.

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

When: Wednesday 13th November

Time: 12 noon

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Where: 3 Sheets on the Harbour – located inland at Hillarys Boat Harbour, near Zambros

The menu is extensive, with plenty of vegan, vegetarian and GF options.

There is a special \$29.50 lunch menu - includes a free drink.

No BYO but drinks options include craft beer and cider on tap, cocktails, mocktails, wines, spirits, liqueurs, soft drinks and juice

If you want to attend a lunch or need to cancel, please contact Karen on 0437510204 or email her on karenlea1000@gmail.com so the venue can be given accurate numbers.

A shout to two of our members



You will all recognise **Elsie**; she is a dependable helper at the registration desk from 9am at every branch meeting.

Elsie Tester joined National Seniors Australia on the 7th of

November 2001. She has been active in Perth Western Suburbs, Perth, Joondalup and Hillary's branches since then. In addition, Elsie also is a member of the Branch Network Forum. She rarely misses meetings, which is an incredible feat because she has an encyclopaedic knowledge of the Transperth public transport system and the location of lifts. Many bus drivers know that they have to extend the ramp for her wheely walker. Her entertainment, to while away the time travelling, is a vast array of puzzle books. She has raised considerable funds for branches from the sale of her handicrafts at our meetings over many years

If you ask her why she does this, her reply is "All branches need help with funds to survive, and this is my contribution".

National Seniors Australia (NSA)

When Elsie comes to our meetings, she catches the bus but still has a 15-to-20-minute walk from the bus stop to the hall and she is always there waiting for me to open the door. National Seniors Hillarys would not be the same without Elsie's valuable contribution.

Our much-loved member **Veronica** Brusaschi recently celebrated her 96th birthday.



Veronica is an inaugural member of our club.

What is happening Perth

ZOO 4 You: Perth Zoo Free Pass

Offer Dates: Monday 9 September – Saturday 30 November

Time: Perth Zoo is open 9am – 5pm every day of the year, with special extended hours for our spring lights exhibition, Lights Alive.

Tickets: Bookings are essential. Claim your Perth Zoo Free Pass via ServiceWA today.

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

National Seniors Australia – Hillarys & District Branch

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

BRANCH CONTACTS

Please note members as I'm both the Secretary and the newsletter Editor I'm only checking the Newsletter Editors email account, **NOT** the Secretary email account. If you wish to email me about any NS matter, please use the Newsletter Editor email account.

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A bit of fun...



