

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 Stojkovski

Member for Kingsley

KINGSLEY | GREENWOOD | WARWICK | WOODVALE

At 4/923 Whitfords Ave WOODVALE WA 6026

September 2019 Newsletter – Issue 169

President's Piece – In-Coming President

To all members of Hillarys & District NSA branch.

I would just like to take the opportunity to introduce myself before I take the chair for the next meeting.

I retired 4 years ago from an Associate Principal's position after a 45 year career with the Education Department both in Melbourne and Perth.

After retirement, I began investigating social groups where I could continue to learn, meet new people and attend social events at the same time.

National Seniors Australia provided all of that for me.

I have always enjoyed the meetings and rather than see the branch close, I accepted the nomination for Branch President.

So here I am, ready for the challenge!

However, I am going to start with an apology. Like many of you, I retired to travel and do so, frequently and for long periods of time. So, if you see that I am not at a meeting, it is not due to lack of commitment or interest, but that I am simply on another travel adventure.

In the meantime, I look forward to meeting all of you and sharing information and social activities.

Be safe, healthy and happy.

Cheryle Medcalf

NSA - News

National Seniors' Response to Green Paper on Retirement Income

National Seniors Australia welcomes the release of today's Green Paper

National Seniors Australia – Hillarys & District Branch

from the Actuaries Institute on Australia's retirement income system.

The report 'Options for a Better, Integrated System of Retirement', represents a significant contribution to the retirement income debate with innovative suggestions on how to improve the system.

National Seniors Australia CEO, Professor John McCallum says the debate needs to focus on the sustainability of the system.

"Our biggest concern about the future of retirement income is addressing pensioner poverty, especially the high percentage of women in that category."

"It makes political and practical sense to focus on improving the consumer experience, because people won't buy into the system without it," he said.

Professor McCallum says it's not just retirement income which needs to be looked at, but the costs associated with a larger ageing population.

"We've known since the 1980s when Professor George Myer came from Duke University in the U.S. and showed Australian demographers there was not just a baby boom, but increased life expectancy as well."

"Among the good things that have happened since, is the superannuation guarantee with the aim to enable Australians to save for their retirement and not to be a burden later in life."

"Unfortunately, what has also happened was that people were bedazzled by large account balances and had no idea of how much income

it could provide for another 30 years of life. This would also include growing health and aged care costs," Professor McCallum said.

He also welcomed the report's proposals to simplify the means and income tests of the age pension to make it fairer.

"The poorly managed interaction between means and assets testing the age pension and superannuation income, needs addressing to clean out perverse incentives."

"We find ourselves in a position where even people who are comfortably provided for, are simultaneously feeling insecure because of constant changes."

"Self-provision is the only sustainable future direction for an ageing society, but it needs to be enabled," he said.

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 4th September. **Speaker:** Dr Terry Houston

Topic: Terry is the author of "A Guide to Native Bees of Australia". Bees are often thought of as yellow and black striped insects that live in hives and produce honey. However, Australia's abundant native bees are incredibly diverse in their appearance and habits. Some are yellow and black but others have blue stripes, are iridescent green or wasp-like. Some are social but most are solitary. Some do build nests with wax but others use silk or plant material, burrow in soil or use holes in wood and even gumnuts.

So come along to our next meeting to hear from a great speaker with some fantastic photographs of bees.

A reminder - 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 ezzy1951@gmail.com

Social Events - August

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, 20th September 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 28th September

Where: TBA

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

DVD recommendation

“**Border**” was an interesting Swedish DVD. Anyone who has visited Scandinavia would love this film. Not a lot of dialogue but encompasses the lifestyle, trolls and travelling from Sweden to Denmark on the ferry. It is available from the City of Joondalup Libraries.

Newsletter Submissions:

All submissions for the October Newsletter need to be in by Friday 27th September.

All members are encouraged to make submissions as this is everyone’s newsletter.

Submissions can be such things as book or movie reviews, cooking recipes, reports on holidays that you have been on or concerts that you’ve been to.

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:

Have a Go Day: 13th November 2019.

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.

National Seniors Australia – Hillarys & District Branch

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 –**

Topic: Bush Tucker

Date: 10 September 2019

Start Time: 6.00 pm

Venue Details: Woodvale Library
5 Trappers Drive, Woodvale

Did you know that you can enjoy a backyard full of unique and delicious bush tucker fruits, roots, nuts, seeds and leaves from plants naturally designed for the Australian climate and soil? This session will show you some of the many varieties, how to grow them and how to eat them.

Cost: \$5.00. Book and pay online or at any library

well as an online community directory which is a wealth of information. For further information call 9400 4705

BRANCH CONTACTS

President

Cheryle Medcalf 0438996186
(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)

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