

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

September 2020 Newsletter – Issue 178

President's Report:

I was told today at the committee meeting that I had to write something "fabulous" for the AGM newsletter. No pressure there at all!



Well, what a year this is been!

Like many of us, I thought I would spend a few months travelling overseas and because of that I would miss several meetings. Little did I know that we would all miss several meetings because we were housebound. It has been most extraordinary year and I think we have learnt a lot about ourselves and the world we live in. The realisation of just how precarious the 'normality' of our life really is.

Even with the obstacles that we've all had to overcome this year, I feel that our club has just gone from strength to strength.

Some of our guest speakers have commented that they found us welcoming, and a happy, friendly group of people.

I know that is quite true for all of us. Interacting positively and with a laugh is what a good club is all about and I think we do that very well.

Many of our plans were put on hold this year as we know, but those that did go ahead, were well patronised by a variety of members.

But the year is not over yet! There are still plenty of dinners, lunches and outings before we close the book on 2020.

It would be very remiss of me not to thank the members of the committee that do so much to ensure that all of

the outings and meetings of our branch go ahead smoothly. Behind-the-scenes there is a lot of discussion, planning, phone calls and further planning that goes on so we can all get as much as possible from our club. I really appreciate the standing committees support and advice throughout this year.

Also thank you to you, the members, as our audience. It was lovely to see you sitting in the hall smiling at me while I sometimes, fumbled my way through the agenda. Your support has also been much appreciated.

Well I am not convinced I have written anything “fabulous” but there it is. Looking forward to catching up with you all at the next meeting, which will be our AGM.

Short and sweet, I promise !

In the meantime, stay Healthy, Safe and Happy

Cheryle Medcalf

UNCERTAIN TIMES DETHRONE CASH

Cash is no longer king with a Bankwest report showing more than a third of Australians intend on using it less, or not at all in a post-COVID world. The move towards a cashless future was in the works pre-COVID. The most recent survey, taken last year, found cash use had declined to 27% and cards spiked to 63%.

The Bankwest survey of more than 700 Australians revealed the pandemic had accelerated the decline of cash. Many businesses adopted a strong stance towards cashless payments during the height of corona virus restrictions. The Bankwest survey also showed that more than two in five people (41%) said they would use ATMs less or not at all. Overall cash withdrawals declined rapidly from the end of March to well below pre-COVID levels. While a growing number of people may become increasingly averse to cash use, it was difficult to see physical money disappearing from Australia any time soon.

Guest Speaker August I hope that everyone enjoyed our talk last week from our guest speaker Sherryn Reid from Adopt A School. Sherryn’s passion for the



organisation was obvious. They do support a lot of community projects, schools and individual families in Bali where there is no Social Security.

Guest Speaker September Jessica Stojkovski MLA - Women in Politics

Guest Speaker October David Urquhart - Facts of Climate Change

**Guest Speaker
November**

Alesha
Turpin - Behind the Scenes at the
Cat Haven



**More information from the
President**

A big shout out and thank you to Graham Ezzy who has been our coordinator for guest speakers. Thanks to him we have had some very interesting talks at our meetings. Graham has a wide range of interests and commitments and, as such, is stepping down from the committee and as Guest Speaker Coordinator.

**Advocacy Supporters Group.
(Excerpt from the National Seniors
Website)**

<https://nationalseniors.com.au/>

How advocacy works

National Seniors Australia is a not-for-profit organisation committed to making a real difference. And we do. In 2017, National Seniors embarked

Want to get more involved with this branch of National Seniors?

We are looking for someone to fill the following role.

Guest Speaker Organiser

Role :-

Under the direction of the Committee :-

- Contact and book 1 guest speakers for each meeting.
- Write 1 or 2 sentences introducing next month's speaker for the newsletter.
- Call and confirm the guest speaker 2 weeks prior to the meeting.
- Meet the guest speaker on arrival and introduce him/her to the members.

The club will provide the person who takes on this role with details for 200 guest speakers who are able to speak on a variety of topics. Also included are 30 or more organisations that have speakers available to groups such as ours. There are plenty of resources available to you.

If you think this is something you would like to do please see one of the committee members at the next meeting.

Anyone undertaking this role does not have to be on the committee but it would be easier if they were.

on a new advocacy strategy, one with a sharper focus on you, our members. We began creating new tools to collect

feedback from you to help us inform our advocacy and shape our agenda.

Do you want to be able to have a say? Participating is simple just follow this link

<https://nationalseniors.com.au/advocacy/advocacy-supporters-group/advocacy-supporters-registration>

Our new Advocacy Supporters Group will provide National Seniors with a platform to harness our strength in numbers to influence the policy agenda of government.

Through the Advocacy Supporters Group, we will gather relevant information directly from everyday seniors about the issues that matter to them.

When you sign up to the group, you will receive invitations to respond to various feedback opportunities via email. This will mostly take the form of polls and short surveys on seniors' policy issues but also invitations to participate in other activities.

We will only contact you when we have a feedback opportunity and you can participate as much or as little as you like.

By harnessing the thoughts and ideas of seniors like you, National Seniors will have the power to shape the policy cycle and to bring about changes that benefit and improve the lives of seniors throughout Australia

National Seniors has had a number of significant advocacy wins for Seniors over the past 18 months

<https://nationalseniors.com.au/advocacy/advocacy-wins>

- Energy Supplement retained for new Age Pension recipients
- A regulated price for electricity

- Improvements to the Pension Work Bonus scheme
- [Franking credit cash refunds](#)
- Extra home care packages
- Pension Loans Scheme wins
- [Pension stays at 67](#)
- Royal Commission into aged care
- National elder abuse plan
- Ending the Medicare freeze
- [Agreement for greater scrutiny of specialist fees](#)
- Lowering of the deeming rate

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
- try to 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 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

If you wish to pay by giving cash to our Treasurer you must include the payment slip that you received in the mail from the NS head office advising you that your membership payment was due.

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.

Members celebrating birthdays for September



3rd September: Paul Headley
20th September: Marilyn Jones
25th September: Glen Moore
19th September: Kenneth Riddell
22nd September: Sandra Ruscoe
4th September: Ron Smith

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

For Your Calendar

Next Meeting – 10am Wednesday
2nd of September, including the AGM.

National Seniors Australia – Hillarys & District Branch

Followed by lunch at Mia Cucina at the Hillarys Boat Harbour.

Speaker: Jessica Stojkovski

Topic: Women in Politics

Social Events

Don't forget you can pay funds towards your Christmas lunch at each meeting. Money into envelope with name and give to Joe.

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.

Please Note: Times TBA are because venues are affected by the pending COVID19 Phase 5 restrictions being lifted. Some venues are required to have set seating times, and these are dependent on Government announcements. Next announcement 24 October.

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 26th September

Where: Chapters Bistro

Time: 5:45pm

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.

When: Friday 18th September

Where: Shingle Inn at Whitford Shopping Centre

Time: 10am

Free Tour of DFES (Dept of Fire & Emergency Services)

When: Thursday 10th September

Where: Original Fire Station cnr Murray and Irwin Streets.

Time: 11am

The tour with the guide is around 30 minutes, with free time to explore at the end – followed by lunch for those interested. The suggestion is to catch the train into the city and then walk to the location.

Limelight Theatre – Quartet

When: Friday 25th September 2020

Time: 8pm

Dinner prior at Unique Thai, Woodvale at 5.30

Justice of the Peace Service

City of Joondalup Libraries – Joondalup and Woodvale

Do you need documents witnessed on a weekend? This is a free service to the community and no appointment is necessary. Available Saturday mornings:

Joondalup Library

10.00am – 12.30pm

Woodvale Library

9.30am – 11.30am

Handy Hints, Tips & Tricks

Do you have a ticking time bomb underneath your sink? (Courtesy Little Aussie Directories)

Flexible braided hoses, also known as flexi hoses, are rubber pipes encased in braided lengths of stainless steel. They are easily bent into shape and are widely used under kitchen and bathroom sinks. The bad news is that when they are a few years old, they can suddenly burst. The good news is that there are signs they may need replacing.

Here are 3 things to look out for if you have flexible braided hoses in your home:

1. Check the hose regularly for any kinks or twists.
2. Look for any rust spots.
3. Check the hose to ensure there are no loose or broken braids.

The hoses last for about 5 years, so check them regularly for any damage. Make sure that any new hoses are installed by a licensed plumber and show everyone in your home where the main water valve is located; this way, the water can be turned off quickly in the event of a burst hose.

6 uses for bubble wrap

Not just for popping!

1. Line your crisper drawer to protect produce from bumps and bruises (and it will also keep your drawer clean)

2. Fold it into a rectangle and use it as a kneeling pad when doing gardening or other jobs

3. Use it for kids' craft sessions as a stamp for paint or pressing shapes into playdough

4. If you stack your pans for storage, place a piece of bubble wrap in between to prevent scratching

5. Wrap some around the handles of your gardening tools for some additional cushioning to prevent blisters.

6. Use it to stuff your shoes and handbags to keep their shape.

Sagging ceilings

You might have a sagging ceiling and not even realise. Spotting a sagging ceiling may not be as obvious as you think and if it collapses it's expensive to replace. Keep a look out for signs such as screw holes showing, visible joint lines, cracking sounds or bowing (however slight). If you see any of these, have your ceiling inspected by a professional.

Is your cooktop off colour?

Keep an eye on the flame coming out of your gas cooktop as its colour can be a signal that something is not quite right. It should always be blue, but if it isn't getting enough oxygen it will be orange or yellow. This can be temporary and caused by dust particles, but if it continues, your cooktop needs attention from a gas plumber as it could emit unsafe levels of carbon monoxide.

National Seniors Australia – Hillarys & District Branch

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 then put them to NSA Head Office. We will make time during general business at our meetings for you to ask your questions.

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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.

WA Scam Internet Site:

www.scamnet.wa.gov.au

Newsletter Submissions:

All Submissions for the October Newsletter need to be in by the 21st of September.

BRANCH CONTACTS

President