

## 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.

# September 2024 Newsletter – Issue 221

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.

### 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.

Our fearless leader Cheryle is currently in Bali soaking up the sunshine and drinking margaritas by the side of the swimming pool. She will be back in time for our September meeting

### 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

## National Seniors Australia – Hillarys & District Branch

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

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

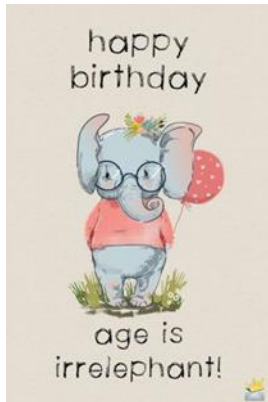
Please include Surname and keyword in the transfer.

**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 September**



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:

October 29th Bus tour to John Forest National Park for a talk by Paul Udinga and BYO morning tea. Time for a short wander around weather permitting.

Lunch at the Mundaring Weir Tavern, at own expense, followed by short drive to the weir for coffee and a look.

Cost per person \$15 for bus transport

National Seniors Australia (NSA)

\*Please note that the bus is now full\*

Joondalup Bus hire booked for **our Christmas function on Monday 9<sup>th</sup> of December**

The 29-seater bus is available

Shelly will provide more details about that when she returns

### For Your Calendar

**Next Meeting:** Wednesday 4<sup>th</sup> of September

**Time:** 10am.

**Speaker:** Dr Melanie O'Brien

**Topic:** The Genocide Convention in the International Court of Justice

Dr Melanie O'Brien is Associate Professor of International Law at the UWA Law School, University of Western Australia, and President of the International Association of Genocide Scholars (IAGS). Dr O'Brien was a 2023-24 Visiting Professor at the Center for Holocaust & Genocide Studies, University of Minnesota, and is a member of the WA International Humanitarian Law Committee of the Australian Red Cross.

Dr O'Brien has appeared before and been cited by the International Criminal Court. She has been an expert consultant for multiple UN bodies and is widely consulted by global media for her expertise on international criminal law. She has conducted fieldwork and research across six continents.

Dr O'Brien's most recent book is *From Discrimination to Death: Genocide Process through a Human Rights Lens* (Routledge, 2022).

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

**Next Committee Meeting: September 18<sup>th</sup>**

## 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 20<sup>th</sup> September

**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:** Thursday 19<sup>th</sup> September

**Time:** 6pm

**Where:** Eccolo Italian Restaurant  
Hillarys Shopping Centre  
110 Flinders Ave  
Cnr Waterford Drive  
Hillarys

Fully licensed – no BYO  
Parking available outside in open carpark

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:** Thursday 12<sup>th</sup> September

**Time:** 12 noon

**Where:** Pinelli Estate  
30 Bennett Street  
Caversham

Licensed: Cellar door is open from 10 on. Tastings are free for those dining at the restaurant

### NB No individual billing

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.

Our Ten Pin Bowling up at Warwick was small in member participation but great in enjoyment. I would be fair to say that none of the participants would make the ten-pin bowling Olympic team, but cries of encouragement were thrown their way.



### QUOTE OF THE MONTH

Without education we are in a horrible and deadly danger of taking educated people seriously

- G.K. Chesterton -

### Members Experiences:

Chris and Liz Whitehead recently visited Bali and went on an e bike tour – this is their story  
**HALF DAY UBUD E - BIKE TOUR IN BALI**



The Company that organised the tour are called "E-Bicycles Bali" and we booked before we left with Viator. The bikes are electric but are throttle controlled whereas most electric bikes in Australia have different modes of electric power. We found these types of bikes take a bit of getting used to. The tour company did an excellent job. There were about four groups with approximately six riders in each group. Each group had a leader, tail end Charlie and a floater who went up and down the group and stopping the traffic when we had to cross a road or busy intersection.

We started off riding along a minor road which lasted 15mins until we came to a temple. We then had a 40min talk on the Hindu religion

which included information about "Karma" and how you come back in the next life as a different person. For instance, if you are nasty to a dog, you will come back as a dog!

### The report in full is an attachment!

**Are you looking for after hours health care when it is not an emergency...**

Here are some options:

**The Clarkson Medicare Urgent Care Clinic** provides free, immediate treatment and care for patients with or are experiencing non-life-threatening injuries or illnesses who may otherwise have visited an emergency department.

They are located behind the Clarkson Library at 2/5 Ebb Way, Clarkson.

Hours:

Monday to Thursday

8am - 7pm

Friday - Sunday

8am- 6pm

Contact:

Phone: (08) 6200 8170

**St John Joondalup Urgent Care** at 21 Joondalup Drive, Edgewater

Hours 8am – 9pm

Please note (taken from website)

St John Urgent Care is not bulk billed due to insufficient increases to Medicare, as the Medicare rebate is unable to cover the costs of running our practices. This means that out-of-pocket fees will apply to all Urgent Care consultations to continue delivering this service. Costs may also be associated with products used, such as moon boots or wrist braces.

How much will a visit to Urgent Care cost?

I have attached the fee schedule so you guys will know how much you will be charged if you attend the centre.

**For those of you who might not be aware there is an after-hours GP Clinic at Joondalup Health Campus** which operates

## National Seniors Australia – Hillarys & District Branch

Weekdays 7pm – 11pm (excluding public holidays)

The AHGP is in the Specialist Medical Centre (West), O Block, to the west of the public hospital main entrance.

The AHGP Clinic bulk-bills all patients under the age of 16 and those patients who hold a current pension or health care card.

### 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)

### 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.

President

Cheryle Medcalf: 92064918

(presidentnsahillarys@gmail.com)

Vice President

Karen Hope: 0432 364 655

karenisliphone@outlook.com

Treasurer

Bronwen Mears (0409260247)

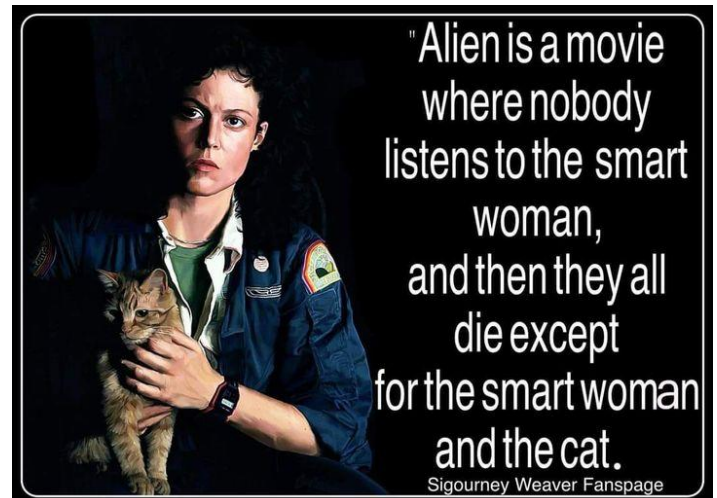
(Bronwenmears13@gmail.com)

Newsletter Editor + Secretary

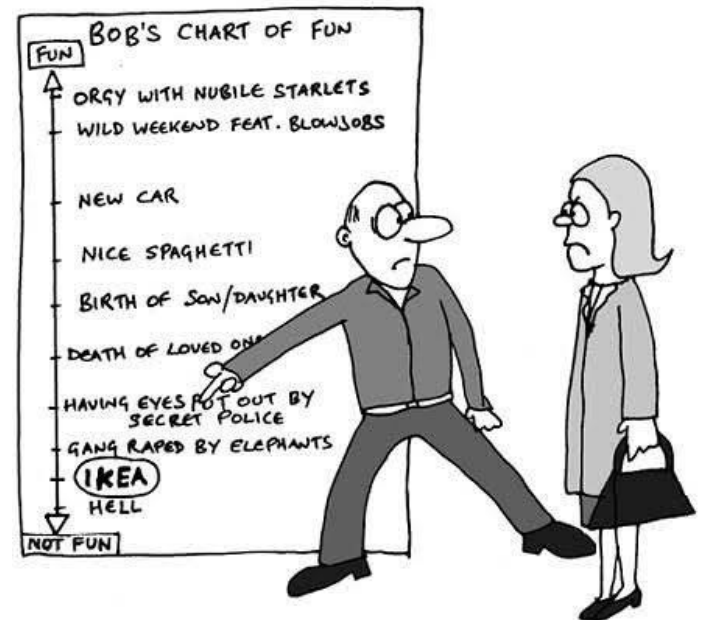
Lyn Massam

(newsletternsahillarys@gmail.com)

A bit of fun...



Never underestimate the that cat lady!



Once again Bob is forced to use the chart...

