

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.

June 2024 Newsletter – Issue 218

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.

Membership Renewals

The new membership schedule:

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.

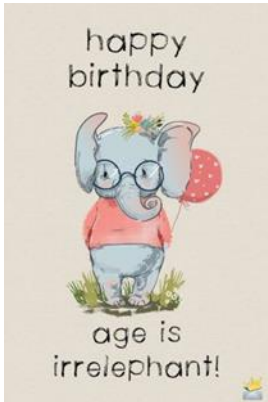
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Do NOT combine payments for multiple functions, only pay for one function at a time.

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 June



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.

For Your Calendar

Next Meeting: Wednesday 5th of June

Time: 10am.

Speaker: Britta Bienen

Topic: Introducing Offshore Wind

This presentation will give an introduction to harnessing renewable energy from offshore wind. A brief background provides the global context of the offshore wind industry and its evolution, with Australia representing one of the emerging markets. The talk will also provide a high-level overview of aspects involved in planning and constructing an offshore wind farm, before first power is

obtained.

Professor Britta Bienen is based at the Centre for Offshore Foundations Systems within the School of Earth and Oceans at the University of Western Australia, leading research activities related to foundations for offshore wind turbines.

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

Please Note: David Haimes has sorted out our lunch booking with Mia Cucina. It will be for 12 noon from here on.

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 21st June

Time: 10am

Where: Caffissimo, Whitfords

Numbers have been lagging recently at our morning teas, let's have a good turnout at this one. 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.



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Monthly Dinner

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

When: Thursday 13th June

Time: 6pm

Where: Taste Canton
Shop 3B/639 Beach Road,
Warwick Shopping Centre, near Dome
Warwick

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: Friday 21st June

Time: 12:00

Where: Topolinis Caffe, 639 Beach Road
Warwick (Inside the Grand cinema complex at Warwick)

There is lots of parking close by on the northern side of the Warwick Shopping Centre site

The cuisine is modern Italian and it is fully licensed but you can also BYO wine only for \$6 per bottle

On Friday lunchtimes all pasta dishes are available at the reduced price of \$18.50.

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.

On Tuesday, 11 June: We are going to visit **The Harry Perkins Institute** for a talk and a tour. Cost \$10 per person

Please see attachment giving information about the Institute

We can either eat at the canteen or at a nice restaurant that we can book for lunch. Participants can drive down or carpool.

June’s meeting is your last opportunity to book in for this interesting tour.

Joondalup Community Event



Monday 27 May – Saturday 15 June 2024

Lakeside Joondalup

Discover more than 200 new artworks created by the Joondalup region’s talented visual arts community.

Proudly presented by the City of Joondalup, the Community Art Exhibition offers more than \$8,000 in prizes for winning artists, and every artwork is available for sale.

Lyn’s trip to see the Mandurah Giants.

I recently went on a Senior Citizens trip to Mandurah to see the Giants. We went via a Joondalup bus and the trip cost \$45 including lunch. We were meant to see three giants but only got to see two.

The bus left at 9:15am. On arriving at Mandurah our first port of call was to have morning tea at the Hummingbird café. If you

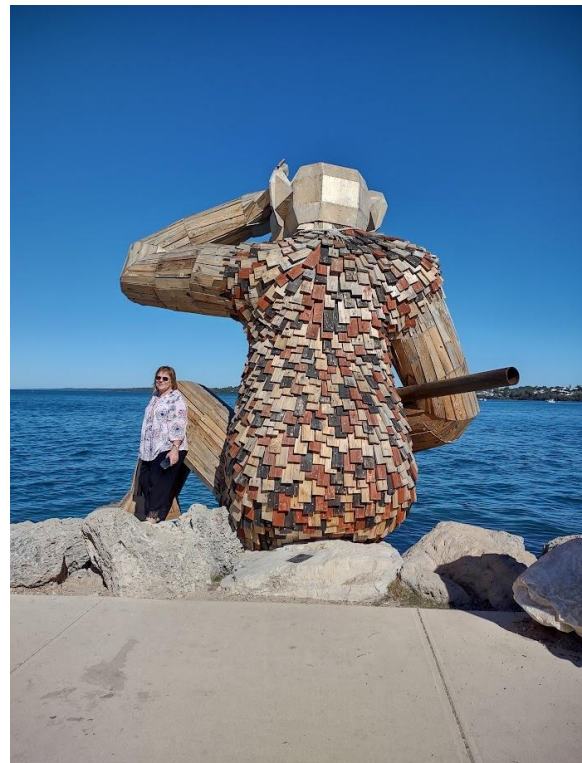
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are ever in Mandurah, give the place the flick as my carrot cake was so stale I could hardly cut it.

There were only three Giants open to the public and we expected to see all three. Our first destination was to see Santi Ikto, it took quite a bit of time to locate him as the directions are not clear. It was a supposed to be a 20 minute walk each way, the path was very hard going with high hills and deep valleys. I got about midway there and decided that if I continued, they would have to bring me back on a stretcher. Once I stopped quite a number followed my example. I waved my friend Ali on her way and told her to take some good photos that I could pretend that I took.



Our next destination was to find Seba's Song, which was tricky to locate. (I suspect that not a lot of planning/research was done by the trip organizer) Unfortunately it was looking out to sea so you couldn't see their front view.



Because time was then getting on, we didn't see the last Giant, instead we set off for the Ravenswood Hotel where we had lunch before heading back to Perth.

A Handy Hint



Like a lot of people, I have a very sensitive gag reflex when it comes to dental treatment. I read on the internet that if you spray the back of your throat with a sore throat numbing spray it dampens down the gag reflex while at the dentist.

I picked up this spray from the chemist

and it worked a treat. I had a one-hour

appointment and did not gag once

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)

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

