

## 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 2022 Newsletter – Issue 197

National seniors Australia is an advocacy group for the over 55 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**

### President's Report

Where is this year going? Aren't we all glad that the elections are over and we don't have to keep listening to the commercials on television, recycling the pamphlets that seem to fill our letterbox, and we no longer have unsolicited phone calls about political surveys on our phones.

Here we are almost halfway through the year with our AGM only two meetings away. It is that time of year again for members to start thinking about how they can contribute to successful operations of the club.

At the AGM in August, we will be looking for applications to take on the role of treasurer. Joe Varischetti, after contributing seven years of his time and effort into the club, feels it's time that he stepped down allowing for someone else to take on the role. All our thanks and appreciation go out to Joe as, over the years he has professionally managed the finances of the club.

It is vitally important that we fill this role at the AGM in August and I am sure that Joe will be happy to conduct a handover and induction for anyone who would take on this position.

If you feel that you have the skill sets to carry out this role, please let someone on the committee know. As you are all well aware the three vital positions to keep the club operating are: - Treasurer, President and Secretary. Without these three positions filled we are not able to continue operating.

Due to personal circumstances Marion Howarth is also stepping down as Guest Speaker Coordinator. Marion has done a

fabulous job over the past couple of years and could be relied upon to Contact and book some very interesting speakers. Our guest speakers are all booked up for the remainder of 2022 so we will be looking for someone to take on this role for the beginning of 2023. The position simply involves contacting guest speakers either by telephone or email, booking them in and then confirming closer to the date.

I have a complete spreadsheet of guest speakers and their contact details so there is

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no need for the coordinator to find the guest speakers themselves.

It really is important for members to take an interest in their club and participate in the activities.

That is after all what the club is about and what you joined up for.

It is disheartening when the coordinator puts in several hours of organising an activity to find that attendance is really very low. So if you're one of those people that don't often attend or outings and dinners, you really are missing out on some lovely experiences and interactions with interesting people.

It's not much of a Presidents report this month. It is more of a plea for help. That's as much as I can do, to ensure that our club continues to operate.

It's now up to you the members to decide where we go from here.

**Stay Happy Healthy and Safe**  
**Cheryle Medcalf**

### Membership Renewals

**One year** – \$45 single or \$75 joint m'ship.

**Two years** – \$80 single, Save \$10 or \$125 joint m'ship, Save \$25.

**Three Years** - \$99 single, Save \$36 or \$149 joint m'ship, Save \$76.

**Five years** – \$195 single, Save \$30 or \$295 joint m'ship, Save \$80.

Payable at branch Meetings or send to National Seniors Australia,  
Reply Paid 1450, Brisbane QLD 4001.

Members who use internet banking, can use Electronic Fund Transfer (EFT) facility to pay for name badges, events that require prepayment, etc.

**Membership payments cannot be paid via EFT**

**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:** please contact our Treasurer Joe Varischetti who will order these for you, **cost is now \$12.**

**Note: All monies paid in cash to Joe need to be put in an envelope, with your name, the reason for the payment, and the amount written on the envelope.**

### 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.

### To all our members celebrating birthdays in June



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

### For Your Calendar

## National Seniors Australia – Hillarys & District Branch

**Next Meeting:** Wednesday 1<sup>st</sup> of June

**Time:** 10am.

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

**Speaker:** Geoff Beyer

**Topic:** The History of the Gene

Marion, our excellent Guest Speaker Coordinator will be resigning from the position as of our next AGM. Will all members please give consideration to putting their hand up to fulfil this small, but crucial role?

**Next Committee Meeting:** Wednesday 15<sup>th</sup> June, starting at 10am

Members are welcome to attend the committee meetings, they are very informal and last no longer than an hour. Come along and witness the inner workings of your club.

## Social Events

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

**When:** Saturday June 25<sup>th</sup>

**Time:** TBA

**Where:** TBA

Please let Nita know in 0400 063 143 if you will be attending.

**St John First Responder App:** An App that everyone should have on their phone.

We know that sometimes pinpointing your exact location can be difficult but when a situation is life threatening, every second counts. The St John First Responder App sends your GPS coordinates to the operator when you call Triple 000 for an ambulance, speeding up the time it takes to confirm your location and dispatch an ambulance.

You could be pulled off the road somewhere having a heart attack, or injured off a walk path in Bold Hill. The ambulance service having your exact GPS location may be instrumental in saving your life.

It's very easy to install on your phone. All you need to do is go to Google Play, type St John First Responder App in the search bar, when the picture of it comes up, click on it and it will start to download.

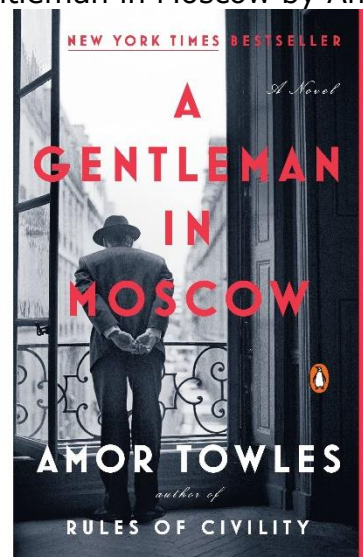
Once installed; to finish the set up your phone needs to show your location, the app will take you to the right place on your settings to turn it on, and it will ask you for the number of your mobile phone that you are using.

That's it and you're done

<https://stjohnwa.com.au/online-resources/st-john-first-responder-app>

## Book of the Month:

A Gentleman in Moscow by Amor Towles



Published: September 2016

This book is available in the Joondalup Library system

*A Gentleman in Moscow immerses us in Moscow during the Stalin era, with the story of Count Alexander Rostov.*

*When, in 1922, he is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin.*

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*Rostov, who has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him a doorway into a much larger world of emotional discovery.*

I loved this book. The basic 'plot' is that while the count is under house arrest, a little girl friends him and takes him on many adventures within the hotel.

Years pass by and the little girl, now an adult, returns to the hotel with her own little girl, asking the count to care for her child for two months when she will return and collect her.

She doesn't return and the little girl is raised in the hotel by the count and the hotel staff: the cook, waiters and seamstresses.

### 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

#### President

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#### Vice President

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#### Secretary

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#### Treasurer

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#### Newsletter Editor

Lyn Massam ([newsletternsahillarys@gmail.com](mailto:newsletternsahillarys@gmail.com))

A bit of lightness:)

- We all know mirrors don't lie, I'm just grateful that they don't laugh.
- We are not ageing we are ripening to perfection.
- Remember when we had to smack the TV because the channel wasn't coming in clearly. I feel that way about some people.
- I like to make shopping lists. I also like to leave them on the kitchen counter and then guess what's on the list while I'm at the store.
- Laughter is the best medicine, or it might be Wine yes, I'm pretty sure it's wine.

