

NEXT BRANCH MEETING: Tuesday 9th April 2024 10am, at the Kalamunda Church of Christ Multifunction Centre, 22 Mileti Road, Lesmurdie.

MANAGEMENT COMMITTEE

Richard Arnold: President 0407 945 465	Clare Arnold: Social Planner 0407 945 465
Tony Crowder: Vice President 9257 2520	Maureen Moffett: Speaker Planner 0427 084 422
Chris Milne: Secretary 0475 582 118	Noreen Townsend: Newsletter Editor 0418 952 076
Patricia Skinner: Treasurer 0428 611 835	

Arlene Quinn: Branch Policy Advisor Group (PAG) Representative: 0402 272 868

GUEST SPEAKER: SANDRA FINNERTY, SENIOR THERAPY CONSULTANT, NIAGRA THERAPY, an Australian-owned medical company specialising in Seniors' Health. SUBJECT: How the Circulation & Lymphatic Systems slow down with age and how that affects the quality of life of many Seniors. Sandra will provide some useful tips and also explain the science behind Niagra Therapy and how it can help many age-related issues'.

ACTIVITIES PLANNED FOR APRIL, MAY & OCTOBER

The Mystery tour Thursday March 21st not only was the first day trip for this year, it was also a great success and Richard kept everyone guessing all day as to where we were going.

HMAS Stirling Naval Base & Rockingham tour.

Tuesday, 16th April, Departing ex TOTH at 9:00 am. Depart Kalamunda and travel to Wells Park, the sight of the Kwinana Wreck, for a morning cuppa and cake, before travelling to HMAS Stirling Naval Base for a guided tour of the Garden Island Base, the different port facilities, and the lookout. We will enjoy a light lunch in the Base canteen before visiting the museum. Following a short comfort stop at a local park on the Rockingham foreshore, we will return back to Kalamunda by 4:00pm. Includes Coach, morning tea and light lunch. Min. 40. **Cost \$ 50 pp**

Please be prepared to advise your sandwich choice when paying at April meeting. Ham and salad or chicken and salad or beef, cheese and pickle or curried egg plus cake and a cuppa.

Drive yourself to lunch

Wednesday 22nd May 12.00pm

Richard and I will be moving to the Walridge Country Estate in Berkshire Rd (near Gracie's) in the next 6-8 weeks so we will be short of spare time to organise a day trip and have decided that rather than have nothing for May, I would book us a nice restaurant lunch in the Swan Valley. More details at the April meeting.

3 day Vines, River and Sea tour.

Tuesday 22nd to Thursday 24th October 2024.

We had a great response to this trip and have 37 booked so far. If you wish to join this trip you will need to pay a deposit of \$100.00pp at the April meeting. Last year's trip was the Vines Resort with hills and valleys this year it is the Vines with a river cruise, a train ride and the lunches by the sea plus so much more. **Cost include** Coach, accommodation, all meals, morning teas, Mini Golf, and all entry fees **Cost per person**
Min 30 \$718.00 Min 35 \$707.00 Min 40 \$681.00 Single sup \$176.00.

President's notes April 2024

By the time you read this newsletter we will be in the month of April having enjoyed a speaker relating to the history of local government in W A with a focus on Kalamunda. This was not what we had expected but our scheduled speaker fell ill, and Maureen made the necessary changes.

Eighty members were in attendance along with 2 guests.

A group of members attended a most enjoyable concert at the Romancing the Stone Garden in Maida Vale, a lovely night, a nice super plus great entertainers, and all for a good cause, what more could you ask for. The month also included a Mystery Tour to Jarrahdale for morning tea at the Post Office, yes at the Post Office. What's more, it was delicious devonshire tea. Also visits to beautiful Millbrook winery plus Mundella Dairy with Lunch at Golden Ponds then home to Kalamunda.

As mentioned last month Chris, Arleen and I attended a BNF meeting with the CEO of NSA Chris Grice and Karen Furnivall. Besides bringing us all up to date with the many projects that they are pursuing on behalf of all seniors throughout Australia. Be sure to read Arleen's excellent article in this Newsletter. There has been a trickle of members stories including the one from Maggie D here in this newsletter. Be sure to read it, it's hilarious. So come on, let's see some more coming in.

At last month's meeting we discussed the ever-disappearing banking situation. Branches closing, ATM machines disappearing and constant rumors that cash will disappear. I have spoken to the guys at the Bendigo bank in Forrestfield and as they pointed out Bendigo branches are franchised so there is little chance of them closing. Plus, they feel that there will always be the availability of cash and their branches will be dealing with it. So, if you are concerned and you are with another brand of banking you may have to give it some thought.

On Thursday, 11th of April, the City is sponsoring a Connecting Communities event at the Forrestfield Sports Centre in Hale Road Forrestfield. It will feature all sorts of organizations that are in the Kalamunda City Precinct. It will go on for just 3 hours commencing at 9.00 am and we (NSA) will be represented so be sure to come and have a look. You may find that there is something you are not aware of in the district that you may wish to get involved with.

As we move further into Autumn and the nights are cooler surely there will be no more of the 40-degree days we can look back on a rather uncomfortable summer. We haven't had any rain to talk of for more than 6 months. Is this what we can look forward to as the norm for future summers? This being the fact means we may have to treat future summers differently to be able to cope. The gardeners among us will have to re-think what we plant and where we plant it. This year I have found as have many others that plants that have been in a particular place for years were badly burnt this year. Maybe we could get someone to talk to us about the problem before next summer.

Easter will have come and gone by the time you read this Newsletter, I hope it was a happy and safe time for you and the Easter bunny called at your place. See you on the 9th.

Richard.

Arlene Quinn article on NSA Benefits.

As a member of **National Seniors Australia (NSA)**, you'll enjoy a host of valuable benefits and services. Our Kalamunda Branch offers direct Community social support through the day trips, discussion and speakers that are well supported and known to us. This article shares the content outlines by Karen Furnivall, who supports administration and other tasks with our Branch committee, on a recent visit to WA and my research from scouring the NSA website. <https://nationalseniors.com.au/>

Benefits that are available in no particular order are: (**Bolded**) to be easier to skip to something you are interested in and pass over those that make you yawn.

Advocacy and Research Support. National Seniors Australia has been advocating for older Australians for over **40 years**. Your membership directly funds **advocacy and research work**. Current efforts supported are: Fixing pension poverty; tackling the rising cost of living and healthcare; Improving aged care and ensuring fairness in retirement income and more recently Cashless Society concerns.

Of course, self-interest is important to want to pay a membership fee so there are **Discounts and Savings**: Save money with over **50 discounts** on various everyday items, including: Tours, Travel. Groceries. Fuel. Accommodation. Fitness. Health care. Motor services. Books. Theme parks Appliances. Cinemas. Gift cards, and more! Members pointed out to Karen that quite a lot of these require online sign up to obtain the savings. Have a look at Play for Purpose where buying a raffle ticket before June 2024 can bring you a \$230K first prize !!

Most members, myself included, have at some time sought out **Financial Information from an advisor or Consultant**: Did you know that NSA has it's own service? You can get independent information on: Retirement options, Centrelink benefits, aged care, Superannuation, Estate planning. investment choices, and more. Karen cautioned members to make sure the website that you landed on when seeking information was NSA and not Australian Seniors who are a private (American) company.

Financial Products such as the National Seniors Money Manager Savings Account, term deposit with competitive 5.05% for 5 months rate and credit card options of 8.99% on purchases and cash advances were described. If you are a Bankwest customer, you are going on – line anyway as Kalamunda Branch is closing.

The usual suite of **Insurance Products** Car, home, landlord, travel ^ Health insurance offers a range of discounts that many membership groups offer. The value of choosing NSA options are it funds our advocacy work, research and pays for our **Our Generation Digital Magazine** to keep providing quality articles. A recent new e-zine with four copies a year is **Branching Out**. A shorter version without external Ads, Karen sends out hard copy of this to Branches for members without internet access to feel a part of the NSA family.

Members may be familiar with receiving emails that link to sources of information called **hubs** (Money Hub, Health Hub, Technology Hub that assist you in learning more about scam and being cyber aware. Remember to have a play with the **calculators** in the resource dropdown tab: concessions (WA Has the best out of all states) , lifespan, home equity; downsizing and Private Health insurance rebate. **Competitions** to win passes and e- books may not be known to you, I hadn't looked there in the website.

Want even more in-depth benefits? We have some **news stories, member stories** or **webinars** available where NSA have invited leaders to share their thoughts e.g. on retirement wealth check and Royal Aged Care Commission. Members who are invited and complete the **National Seniors Social Survey** every year keep our ideas and concerns at the forefront to be considered a valuable resource. older people's responses to the rising cost of living article that become available in February pitched to Parliamentary Friends of Seniors Group of politicians.

Arlene Quinn W.A. Policy Advisory Group Member, Kalamunda Branch Member



Branch members at Millbrook Winery - tasting some nice wines.



I had many unusual experiences when I was living in the former Belgium Congo (Now Republic Du Congo) between 1957 and 1960.

The metal rich region Katanga needed protecting. Large quantities of uranium, gold, copper was in high demand by USA, USSR, France, ETC. The Belgian paratroopers stationed at the Air Force Base helped with the security of the mining operations.

My late husband was a Belgian Air Force Pilot and was stationed at Kamina Military Air Force Base. He took part towards the end of a ten-year project, mapping the Congo from the air. It was only possible in the dry season as there could be no clouds, and certainly no air turbulence.

The bottom of the plane was modified so the photographers and their specialized equipment, could lay flat on their belly's and photograph the ground. The pilots had fly in straight lengthy strips so that every feature on the ground could be photographed.

At the end of each days flying, it was more fun for the pilots and crew to land in Albertville (Now Kalemie) rather than return to the Airforce Base where there were too many rules and regulations. As a bonus, Airforce wives could join their husband in Albertville, staying in a hotel.

I was expecting a baby and I had to see the local Doctor due to pregnancy complications. There I was advised to go back to the base to see the Base Doctor and take it from there.

So, on the flight from Albertville to the base I was the only woman on board the plane (no first or business class on that one). That military DC3 was used for paratroopers jumping into the jungle.

The takeoff was good and we were soon safely airborne we could relax. A Sabena (Former Belgian National Airline) Super DC6 had landed in Kalemie, with supplies from Belgium. Amongst the Belgian pralines and other goodies was a package that was easily distinguishable as a bundle of Hula-Hoops. They were still in the retailers original packaging and were destined for the base commander's family.

We had heard about them, but none of us had ever seen them. The temptation was too great and before we knew it the packaging was ripped open and the men on board were trying them out whooping in delight. Soon the cockpit door opened and the senior pilot demanded "What is going on? What is all this fun?"

So, in no time, the senior pilot and my husband the co-pilot are hula-hooping away with the others when I shouted "Who is flying the plane?" With a dismissive wave of the hand, in the direction of the cockpit, "The Automatic pilot is on," was the reply.

Me, despite only being six months pregnant, nearly gave birth there and then.

We landed safely at the base with the Hula-Hoops carefully repacked. They would soon be handed over to their rightful owners. Belgian Custom Officials were blamed for the damage to the packaging.

I made it to (almost) full term and gave birth to a healthy baby boy.

Maggie D

SECRETARY'S NOTES:

Early notice of the **Branches AGM, due on the 13th August 2024**. Members should start thinking about "how can I contribute to the running of the Branch", like, taking on a Committee position, or an assistant to a current position. There will be changes at this year's AGM.

If you have recently become a member of National Seniors Australia, or renewed your membership, please see Chris at the next meeting and show him your card or receipt, as NSA Head Office doesn't supply that information to the Branch, members privacy policy. Thank you.

By paying a \$5 entry fee at the registration table does not constitute membership. It is simply a fee to assist us in our hiring, catering & guest speaker/entertainment costs. You must be a member of National Seniors Australia, to be a member of our Branch.

As postage is increasing in April, please consider changing to email, if this is available to you.