

# National Seniors

AUSTRALIA

## Melville Branch – October 2023

Well, we certainly live in troubling times with the Russian invasion of Ukraine continuing and now the Hamas bombings in Israel; the retaliatory action by Israel on the Palestinians and now Lebanon joining in with attacks on Israel, with the likelihood that Iran will join the war. It is sad that so many innocent women, children and babies have become victims of the war. While these events are happening many thousands of kilometres away, we are going to see our fuel prices jump significantly which will flow on to increasing the CPI and possibly interest rates. On a recent news bulletin, it was suggested that petrol prices could exceed \$2.50 a litre.

### National Seniors Advocacy

Some members may question what benefits members get from being members of NSA. Ian Henschke, Chief Advocacy Officer, is quite active pressuring the Federal government on issues such as aged care and allowing older Australians to work more with the income not affecting their pension, and has had significant wins in these areas.

NSA rely on people like you to become a member, or use our services to help us advocate for better outcomes for Australians aged 50+ and tackle issues such as age discrimination, accessible housing, pension poverty, health costs, aged care and improved retirement income. Subscribe to our free email newsletters to stay up-to-date with news and information for Australians aged 50+.

Members have exclusive access to discounts, a yearly subscription to Our Generation magazine, local community branches, our Financial Information Consultant for independent information, tools and resources and more.

### Christmas Lunch

Our annual Christmas lunch at the Rossmoyne Bowling Club on Tuesday the 12<sup>th</sup> of December is now only 7 weeks away.

The cost is \$20 for members and \$30 for non-members and includes 1 raffle ticket. Members are welcome to bring their partner even if they are not a member of the Branch.

The raffle prizes this year will be well worth winning and if you want to increase your chances of winning you will be able to buy additional tickets for \$5 each on the day.

## Joint 3 or 4 day trip

At the BNF on Monday, the President of the Kalamunda Branch put forward the idea of organising a trip with approx. 6 members of each Branch joining in, so members get to mix with members from other Branches and learn about the activities of other Branches. Further details and cost will be provided in the new year.

## Mandurah Giants/ Araluen Tulips

We recently had a family reunion and two of my cousins came over from Sydney. For something to do we took them to see the tulips at Araluen, which were again beautiful and on the next day we took them to Mandurah to see the giant statues. Only one was within reasonable distance of the road while the other two were quite a walk. Below are pictures taken at Araluen and 3 of the statues. One disappointment was that the cafe was not open at Araluen as management couldn't get anyone to take on the running of it.



## **SPEAKERS**

October – Paul Undinga from John Forest National Park – Talk on the life of a park ranger.

## **OUTINGS (Report by Helen/Geoff)**

Wednesday 29th November – Mt Henry Tavern – 12.00 noon. A copy of the lunch menu is at the end of the newsletter.

Tuesday 12<sup>th</sup> December – Rossmoyne Bowling Club – Christmas Lunch

Thursday 18<sup>th</sup> January – Wireless Hill – 5.00pm – Twilight byo dinner and get together

Wednesday 20<sup>th</sup> March – 8.30am – Branch Breakfast at Wireless Hill

## **THEATRE VISITS, Etc (Report by Norma)**

Norma will provide a report at the Branch meeting.

## **Containers for Change**

Ann has taken over the role of collecting the empty containers.

## **BIRTHDAYS – NOVEMBER**

**Happy Birthday!** to Lynley Davey, Lorelie Tacoma, Les Davey, Norma Davis, Valerie Payne, Barbara Smart, Annelies van Royen.

## **Protocol**

1. To attend meetings of the Melville Branch, a person must be a member of National Seniors Australia whose offices are in Brisbane.
2. Visitors are entitled to one free attendance at a Branch meeting. Thereafter, the meeting fee of \$8.00 is payable
3. The meeting fee can be paid at each meeting by being placed in an envelope with the attendee's name clearly marked on the front, or by 2 instalments January and July into the Branch's bank account.

## **Current Membership rates to be a member of National Seniors Australia are:**



### Single Membership

- 1 Year - \$49.50
- 2 Year - \$88
- 3 Year - \$120 Save \$28.50
- 5 Year - \$220



### Joint Membership

- 1 Year - \$80
- 2 Year - \$143
- 3 Year - \$180
- 5 Year - \$325

# Les Davey President

POSITION	NAME	HOME - Mobile	PHONE - Home	EMAIL
President	Les Davey	0412 709 806		<a href="mailto:les.davey@bigpond.com">les.davey@bigpond.com</a>
<b>Secretary</b>	<b>Ann Mellish</b>	<b>0438 541 102</b>	<b>94575695</b>	<a href="mailto:ann.mellish@bigpond.com">ann.mellish@bigpond.com</a>
Treasurer	Sally McCartney	0405 171 363		<a href="mailto:sally.mccartney@gmail.com">sally.mccartney@gmail.com</a>
<b>Social</b>	<b>Helen Richards</b>	<b>0415 454 322</b>		
Vice- President and Speakers	John McCartney	0433 141 152		<a href="mailto:jamboj@westnet.com.au">jamboj@westnet.com.au</a>
<b>Theatre</b>	<b>Norma Davis</b>	<b>0402 249 249</b>	<b>94572471</b>	<a href="mailto:davisnl@iinet.net.au">davisnl@iinet.net.au</a>

Associations Registration Number – A1006794T

Branch's Westpac account details BSB 036084 and Account Number 434141

Wednesday 25<sup>th</sup> October – Branch Meeting

Monday 13<sup>th</sup> November – Committee Meeting at Les and Lynley's

Wednesday 22<sup>nd</sup> November – Branch Meeting

Wednesday 29<sup>th</sup> November – Lunch at the Mt Henry Tavern

Tuesday 12<sup>th</sup> December – Branch breakup lunch – Rossmoyne Bowling Club

Thursday 18<sup>th</sup> January – Branch Picnic at Wireless Hill

Wednesday 20<sup>th</sup> March – Branch Breakfast at Wireless Hill



Mt Henry Lunch Menu

## Lunch & Seniors SPECIALS

Lunch Service Only  
Not Available on Sundays

<b>Chicken Parmigiana</b>	17!
Crumbed chicken breast topped with virginian ham, napolitana sauce & mozzarella cheese served with chips	
<b>Sirloin 200gm (GFO)</b>	21!
Cooked to your liking with your choice of sauce & served with chips & salad	
<b>Fish and Chips</b>	16!
Grilled, battered or crumbed fish served with chips & tartare sauce	
<b>Creamy Garlic Prawns</b>	17!
Tiger prawns cooked in a creamy garlic sauce served with spinach & jasmine rice	
<b>Butter Chicken (GFO)</b>	16!
Marinated chicken thigh cooked from scratch with traditional spices & served with rice	
<b>Fishermans Catch</b>	17!
Basket of battered fish, squid, battered prawns, onion rings & chips	

### BIGGER BITES

<b>Soup and Sandwich</b>	\$13.90
Chef's soup of the day together with chef's sandwich of the day (please ask a team member for the chef's sandwich of the day)	
<b>Steak Sandwich</b>	\$21.90
Scotch fillet, bacon, cheese, lettuce & basil on toasted turkish bread served with chips	
<b>Sirloin Steak 200gm</b>	\$21.90
Tender steak, grilled to your liking with your choice of sauce, mushroom, garlic, pepper or diane, served with fresh garden salad & chips	
<b>Garlic Prawns</b>	\$18.90
Tiger prawns in creamy garlic sauce served with spinach & jasmine rice	
<b>Snapper</b>	\$19.90
Snapper grilled or deep fried, served with garden salad, chips & tartare sauce	
<b>Chicken Parmigiana</b>	\$19.90
Crumbed chicken breast topped with virginia ham, napolitana sauce & mozzarella cheese, served with chips and salad	
<b>Pasta of the Day</b> (ask a team member for today's special)	\$19.90