

# National Seniors

Australia

*Central Coast - Wyong Branch*

**SENIORS INSIGHT**

[wyongnationalseniors.org.au](http://wyongnationalseniors.org.au)

**Tuesday, July 24, 2018**

I am pleased to be back with Helen after a very enjoyable but tiring trip. We cruised the French Riviera and the Adriatic coast: 12 ports in 14 days on a magnificent small ship, Le Lyrial. Scenery and weather were excellent and we have a lot of pleasant memories.

Thanks to Alan for looking after our Group in June, and I believe the Speaker, Angela Allen who was accompanied by her Guide Dog Piper, explained about life with a Guide Dog which was very well received and over \$100 was raised to assist the cause. We look forward to future Guest speakers currently arranged by Helen Leslie.

Our Committee meeting on the 17 July was very productive and focussed on Meeting prizes, subsidy policy for future Social events, recruitment policy to attract new members and Nominations for the 2018/19 Committee. More will be said at the forthcoming General Meeting in July.

Our next major Social Event is the Xmas in July at the Ettalong Diggers Club on the 26th July. We have 24 members attending and a bus has been funded by our Club to get us to and from the venue. The Committee is very much aware of subsidising the members costs for events and you will hear more about this as the year unfolds. We need our members to support these events which are well organised by our volunteers. Please find the time to get involved and develop friendships with your members.

For those people who have not been well of late I wish you all a speedy recovery and look forward to seeing you at our Meetings soon.

Kevin Leslie, President

Just another reminder that our AGM is being held on Tuesday, August 28, 2018 for office bearers 2018/2019. Nomination, Position Responsibilities and Notice of Motion Forms were available at our June Meeting and then sent via email, but I also have attached to this newsletter. You have until two weeks before the AGM to submit your nomination, so either hand in to me today or email [wyongnationalseniors.org.au](mailto:wyongnationalseniors.org.au) by August 14, 2018. Robyn Watson, Secretary

### First Monday Lunches: 11:30 am to 2pm

|                               |   |
|-------------------------------|---|
| <b>August 6, 2018</b>         | Long Jetty Hotel, 405 The Entrance Road                             |
| <b>September 3, 2018</b>      | Caves Beach, Lake Macquarie   |
| <b>October 2 (Tues), 2018</b> | Bateau Bay Hotel, cnr The Entrance Road and Lumby Drive, Bateau Bay |
| <b>November 6, 2018</b>       | Melbourne Cup, Wyong Race Club TBA                                  |
| <b>December 5, 2018</b>       | Christmas Function Wyong Golf Club TBA                              |

### GUEST SPEAKERS

- **July 24, 2018**  
**Sue Watson does Pam Ayers**
- **August 28, 2018**  
**Rudi Bartl, Health/Community Dietitian,  
Central Coast Health District,  
“Nutrition for Older People”**
- **September 25, 2018**  
**Margot from Emergency Medical Services  
SafeTCare 24/7 personal alarm systems**



As a matter of interest, our last guest speaker, Angela Allen, has penned “A letter to Hamish” at the time of her previous guide dog, Hamish’s retirement, and makes for delightful reading .If you do not have access to the internet, I will have a few copies available today. <https://www.guidedogs.com.au/news-events/news/letter-hamish>

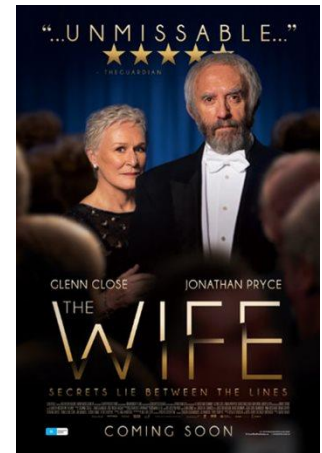
## SOCIAL OUTINGS

If you wish to cancel any of your committed social outings, Please email Helen Williams, [thwilliams63@gmail.com](mailto:thwilliams63@gmail.com) and make sure that you receive confirmation of your cancellation.

- **July 26, 2018 (Thurs) Xmas in July, Rod Stewart and Elton John Show.** Ettalong Diggers, 51-52 The Esplanade, Ettalong Beach. \$45pp 2 course meal and show, complimentary drink. (Bus no charge for our members, visitors to pay \$45+\$15), leaves Mingara 10:15am, Tuggerah 10:30am. Maximum 30. **Bus pickup for Mingara will be at the Mingara Regional Athletic Field near Mingara Club.**
- **Wyong Art House August 15, 2018 (Wed)**  
Venue tour starts 11am followed by a rundown on the Art House to date and what their plans are for the future, followed by morning tea. Gold coin donation which goes to a local charity at the end of the year. All flat walking and wheelchair friendly.
- **September 20, 2018 (Thurs): Picnic Day Long Jetty Foreshore Reserve with a view of the lake**  
Bring own tables and chairs, picnic lunch 11am to 2pm.
- **October 18, 2018 (Thursday)**  
**The Riverboat Postman.** \$45 including morning tea and lunch, cruising on the Hawkesbury Mail Boat, the famous Riverboat Postman, as they deliver the mail. Car pool. Arrive 9:30am, boat leaves 10am
- **November 6, 2018 (Tues) Melbourne Cup Day at Wyong Race Club** Prizes, champagne on arrival, buffet lunch which has always been fabulous. Details TBA
- **Holiday to Murray and High Country 7/10/2018**  
“Linga Longa in Yarrawonga” offers a truly unforgettable touring experience.
- **Australia Day BBQ January 26, 2019**  
Alison Homestead, Wyong



**Event Cinema, Tuggerah, Senior Screenings, Wednesday, August 8, 2018 10:30am The Wife** with Glenn Close and Jonathan Bryce. As the apparently perfect wife of a Nobel prize winning writer, Close gives arguably her best ever performance in an adaptation of Meg Wolitzer's novel. 10am free morning tea. \$10. Obtain own ticket



**Wednesday, August 8, 2018 Laycock Street Community Theatre, Morning Melodies.** 11am, morning tea 10am/ **Tempo Terrific Band 20<sup>th</sup>** anniversary playing familiar themes from a selection of popular musicals. \$19. See Robyn to book



**N.S.A. INFORMATION**  
**Office Bearers 2017 -2018**

|                                  |                 |                  |
|----------------------------------|-----------------|------------------|
| <b>Public Officer</b>            | <b>Graeme W</b> | <b>4958 6470</b> |
| <b>President</b>                 | <b>Kevin L</b>  | <b>4326 1883</b> |
| <b>Vice President</b>            | <b>Alan H</b>   | <b>4334 6648</b> |
| <b>Secretary</b>                 | <b>Robyn W</b>  | <b>4958 6470</b> |
| <b>Assistant Secretary</b>       | <b>Pam P</b>    | <b>4393 2030</b> |
| <b>Treasurer</b>                 | <b>Dawn S</b>   | <b>4359 3268</b> |
| <b>Assistant Treasurer</b>       | <b>Brian W</b>  | <b>4307 9359</b> |
| <b>Publicity Officer</b>         | <b>David A</b>  | <b>4359 1441</b> |
| <b>Events Coordinator</b>        | <b>Helen W</b>  | <b>4389 2589</b> |
| <b>Guest Speaker Coordinator</b> | <b>Helen L</b>  | <b>4326 1883</b> |
| <b>Welfare Officer</b>           | <b>Pat T</b>    | <b>4388 3972</b> |
| <b>Membership</b>                | <b>Jean B</b>   | <b>4334 5373</b> |

Just a reminder that new and existing members are able to join or renew membership of National Seniors by returning your application/renewal forms and your payment by cheque (payable to NSA, Central Coast - Wyong) or cash to the Branch Treasurer at a General Meeting. You may also pay by internet: BSB: 112 879 A/c No: 044189087 Name of A/c: National Seniors - Wyong, Reference: Your name and reason. A receipt will issue in due course.



**This newsletter has been published due to the purchase of computers and printer via grants awarded by Central Coast Council and Wallarah 2 Coal Project**



Our next monthly meeting will be our AGM on **Tuesday 28, 2018**  
2:15pm Canton Beach Sports Club, Hibbard Street, Toukley  
[wyongnationalseniors.org.au](http://wyongnationalseniors.org.au)

The following email address for any correspondence pertaining to the Branch:  
[nsaccwyong@hotmail.com](mailto:nsaccwyong@hotmail.com)