



Hugh Rogers State President

March 2019

SRCWA 27TH ANNUAL SENIORS CAMP AT CAMP QUARANUP

Monday 4th February 2019 a group of 40 regular and new campers arrived for the SRCWA 2019 Camp Quarunup in Albany. The camp is the ideal forum where old friendships are renewed, and new ones made.

During the camp participants took part in numerous activities such as bush walks, canoeing, archery, craft, line dancing, defibrillator instruction and revision, table tennis, exercise programs, a movie night and a camp concert. On Wednesday the camp participants were treated to a day out commencing just after lunch. The afternoon commenced at Darryl Radcliffe's, a Chainsaw Sculptor, he uses chainsaws to carve the creations from tree logs, stumps, any form of bush timber, Darryl is a very clever artist who began his craft 18 years ago, his eye for detail is second to none, then it was off to do some shopping in Albany. Then the campers went on to "the KRAKEN" food van at the Big 4 Caravan Park at Emu Point for a delicious Fish & Chips dinner. To complete the day everyone arrived at the Field of Lights display at dusk, the campers made their way up the drive, as the sun set, the light show begins, it is truly amazing, you have to see it to realise what has been created, it was a wonderful experience and well worth seeing.

SRCWA would like to thank camp Coordinator Eileen Stark and her group of dedicated volunteers and helpers also to the Camp office and kitchen staff for all their hard work in making the SRCWA Camp Quarunup an event many look forward to annually. A huge thank you to Southern Bus Charters for providing excellent service to all the campers.

TECH SAVVY SENIORS

SRCWA's TSS Project Manager Martin Yates presented a Tech Talk to 50 seniors at Crown Perth on Tuesday 19th February 2019. The Tech Talk, delivered as part of the Crown Life program, encourages their patrons to participate in healthy active and engaging activities. The main topic of the tech talk was email and security with a few questions from those in attendance. The main message was "Think Before You Click!" we have all done it before clicked on a link in an email without checking where the link may lead you. Simply placing your cursor over a link in an email can display the link for you to check, a feature on computers many are not aware of. Clicking on links in phishing (scam) emails may lead you to fake websites made to look like a financial institution where you will be instructed to enter your credit card details, there may even be a phone number to ring for help displayed on the fake site. Under no circumstances follow these instructions, always refer to an original source of truth such as your statement

and contact your financial institution to verify any requests. Another issue raised was telephone scams, a call to your number with the person making a request or demand, as with email scams always refer to an original source of truth such as your statement and contact your financial institution or look up the details of the department they claim to represent. The general rule is "Maintain a Healthy Level of Scepticism", never cave in to demands, and never call back on the number the caller gives you to verify their authenticity. Should people believe they have fallen fowl of a Scam I encourage them call WA ScamNet on 1300 30 40 54, or visit the website <https://www.scamnet.wa.gov.au>.

HEALTHY LIFESTYLES EXPO 55+

This event will be held on Friday 29th March 2019 at LeisureFit Melville, Cnr Canning Highway & Stock Road. It is a free event for over 55+, in excess of 80 static displays and activities will provide senior specific information, free light refreshments and an opportunity to take part in activities including round table discussions on specific topics relevant to seniors. This event is proudly supported by City of Melville, City of Cockburn & City of Fremantle to promote their Age Friendly Initiatives.

SRCWA ROCKINGHAM BRANCH, HAVE A GO DAY, a LiveLighter Event

On Wednesday 17th April 2019, Seniors Recreation Council of WA's Rockingham Branch is conducting a Have a Go Day at the Aqua Jetty, 87 Warnbro Sound Avenue, Warnbro, 10am to 2pm.

This free event will showcase club/groups from Rockingham and surrounding areas. There will be a variety of activities to "Have a Go" at and many static displays.

If you are a Club, Group, Community organisation or Business and you would like to attend on the day please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173 for further details.

This event is Sponsored by Aqua Jetty, City of Rockingham, Have a Go News, LiveLighter Healthway, Telstra, Kennards Hire, Simply Swing, IGA – Chelmsford Ave, Dept of Local Government, Sport & Cultural Industry & Dept of Communities.

SRCWA ANNUAL SENIORS BALL 2019

The “Winter Wonderland Ball” will be held in the Astral Ballroom, Crown Perth on Wednesday 5th June, 1pm to 4.30pm. Afternoon tea is provided with the entertainment featuring the live band “Satin Doll” and afternoon floorshow, tickets cost \$37.50pp. There will be a door prize and many other prizes donated by Crown Perth, Have a Go News and Casey Australia Tours. To book your tickets or for further information call 9492 9773.

This event is proudly sponsored by Crown Perth & Have a Go News.

KEY DIARY DATES FOR 2019

- 17th AprilRockingham Have a Go Day, a LiveLighter Event,
Aqua Jetty, Warnbro Sound Ave, Warnbro
- 5th JuneAnnual Seniors Ball, Astral Ballroom, Crown Perth.
- 10th to 17th NovemberWA Seniors Week
- 13th NovemberHave a Go Day, a LiveLighter Event,
Burswood Park, Great Eastern Highway, Burswood

For details of events and programs run by Seniors Recreation Council of WA visit our website www.srcwa.asn.au