



Hugh Rogers State President

MARCH 2020

SRCWA 28th Annual Seniors Camp at Camp Quarunup –

The Camp was held on Monday 3rd February 2020 to Friday 7th February 2020. A group of 30 campers arrived for the SRCWA 2020 Camp Quarunup in Albany. The camp is the ideal forum where old friendships are renewed, and new ones made.

Sadly, one of our long-term campers Rosalie passed away, her enthusiasm colourful personality, and contribution will be and was sadly missed.

During the camp participants took part in numerous activities such as bush walks, archery, craft, line dancing, low impact exercise, defibrillator instruction and revision, table tennis, exercise programs, a movie night and a camp concert. Unfortunately, due to inclement weather the canoeing activity was cancelled. On Wednesday the camp participants were treated to a day out at the Great Southern Museum for an Antarctica Experience, a virtual reality adventure. We explored Antarctica from the Helicopter Cockpit, had penguins waddle past at our feet, we saw the Southern Lights and met the researchers at the Davis Station it was so unreal, you really felt as if you were there in person. Lunch at Eyre Park followed and then it was time for the compulsory shopping expedition and bargain hunting in Albany. The day was rounded off with the testing your knowledge real or trivia quiz night.

The theme for this year's dress up night was Movie or TV personalities; we believe Ben Cartwright from the Ponderosa (Bonanza TV Series) made an appearance.

SRCWA would like to thank camp Coordinator Eileen Stark and her group of dedicated volunteers and helpers, also thank you 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.

SCAMS information session

On Wednesday 19th February 2020, eighty seniors gathered at Scarborough Community Centre Gildercliffe St Scarborough for a free SCAMS information session. The free information session conducted by Seniors Recreation Council of WA in partnership with NBN, Consumer Protection and The City of Stirling, provided a forum for seniors to learn latest trends, ask questions about the prevalence of scams and how they can take steps to protect themselves. Presenters on the day were Ashley Merrett Community Ambassador, nbn™ local, Martin Yates SRCWA Tech Savvy Seniors Project Manager and Merinda Willis from Community Education Team Consumer Protection Division.

There were the usual questions about nuisance phone calls, people knocking on doors and banking / credit card security. The recommended course of action with unsolicited calls is to hang up on the caller, should there be some threat or course of action required please refer to a legitimate source of truth eg. If someone calls from the tax office take their name, then look the number up independently from the number they give you and ask to be put through to them. There are strict laws around door to door selling which can lead to prosecution if the salesperson doesn't leave the property when asked to do so. Internet banking and financial transactions can be safe as long as you follow rules and remember to look for HTTPS and the padlock in the website address. The main message from these sessions is maintain a healthy level of scepticism and keep at the forefront of your thoughts "if it's too good to be true then it definitely is". Think before you click is another top hint, read the message or the link before you click on any links in web pages, emails or pop ups.

After the presentation a there was a magnificent afternoon tea sponsored by NBN and provided by the SRCWA volunteers. Thank you to Dawn, Mary and Marylyn who worked so hard to make this event possible. Thank you to Carol Kerten from the City of Stirling for your support and hard work on the day. Special mention to Peter who signed (Auslan) for 2 hours translating for the hearing impaired on the day.

Should you believe you or someone you know has been implicated in a scam STOP, call Consumer Protection WA on 1300 304 054 for advice. You can also visit Scamnet for further information and updates on the latest SCAMS. If you would like a free SCAMS Awareness session at your club or group, please contact Martin Yates on 9492 9774.

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

On Wednesday 25th March 2020, Seniors Recreation Council of WA's Rockingham Branch is conducting a Have a Go Day at a NEW venue – Mike Barnett Sports Center, Cnr Dixon Road and Goddard Street, Rockingham - 10am to 2pm.

This FREE event will showcase club/groups, Not for Profit agencies and Commercial entities who have a Senior focus from Rockingham and surrounding areas. There will be a wide variety of activities to "Have a Go" at with many static displays.

For further information please contact Carole Overington email: srcwarockingham@gmail.com or phone: 0412 715 173.

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 Industries.

Add Life to Your Years 21st Edition

Seniors Recreation Council of WA is now calling for all Clubs/Groups with a senior component to contact the SRCWA office on 9492 9773 to request a new entry or update form so that your club/group can be included in this directory for older adults. The listing in the book is provided FREE of charge and when the books are available, they are also distributed free of charge.

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