



National Seniors

Canberra North Branch Inc.

Newsletter

May-June 2008

President:

Sandra Ross

PO Box 3192

Belconnen ACT 2616

Grapevine No.

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President's Message

Well, the branch has certainly been in the press recently – well, Madam President has! There was an article and photo in the *50something EXTRA* magazine, outlining the achievements of the ACT policy group and branches in the ACT. Next there was an article and photo in the Porter Report highlighting the visit at our March meeting by Mary Porter MLA, who officiated at the handing over of a cheque to Ginninderra Gardens Nursing Home for 2 wheel chairs.

Recently we were excited to welcome two members from the Evening Branch who have joined our committee after the evening branch, sadly, closed. So welcome Jean and Brian Hughes. Jean will be working with Ann Harper on the social scene and Brian will be a valuable extra on the meeting host team.

Zone meeting

At Zone level the Chief Executive of NSA Michael O'Neill will be attending the next Zone meeting on 14 May. So I do hope a large number of our members will come to this special meeting and join in the discussions with Michael O'Neill. The meeting is at 7pm at the Weston Creek Labor Club, Stirling.

Policy

Finally, at Policy level Dannielle Little has left the Policy Office, and has been replaced by Leah Dwyer. Recently, I attended a meeting with Leah and Peter Brady, National Policy Manager, to discuss the future focus of the ACT Policy group, and outcomes of the pending ACT budget. To this end, on the 7 May I will be attending, with Leah, a post-budget briefing session for the community sector, conducted by ACTCOSS, (ACT Council of Social Service Inc) with the ACT Chief Minister Jon Stanhope speaking at the forum.

Happy 5th Birthday Canberra North, and thank you Val House for organising our super birthday cake that was a special part of the celebration at our last monthly meeting.

Sandra Ross
President

Guest Speakers

May: Karl Jordp (Centrelink):
"Update on Changes".

June: Margaret Reid
(President of the Senate – retired)

July: Eddie Wheeler
"Road Safety"

August: Richard Woolcott
"Undiplomatic Matters"

Judy McLeod

Guest Speaker Organiser

Raffle Winners

March: Judy McLeod

April: Brian Hughes

Val House,
Organiser

From Geoffrey Hardwick:

A reminder that the next Zone 116 Conference will be held on the 14th May 2008 at Weston Creek Labor Club (located on Teesdale Close (just off Freemantle Drive in Stirling.) Time: 7pm.

I would appreciate if you could advise your members of the meeting and urge them to attend. The CEO of National Seniors Michael O'Neil will be attending the zone conference and will provide a brief on the organisation and other relevant items. Question time will be held afterwards if members have any questions that they wish to ask.

The full agenda will be forwarded at a later date.

As you are aware the Evening Branch is in the throes of closing down and there will be only two Branches attending and voting.

The Labor Club has a good bistro and all are invited to attend prior to the meeting. Suggested time 6pm

Geoffrey Hardwick

Secretary Zone 116

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Social Events (from Ann Harper)

5 May "The Turner to Monet Exhibition" tour

- 9:30 am: National Gallery of Australia
- Cost: \$15.00
- Payment required at meeting on May 8.

12 to 16 May (Canberra Region Branch)

- 5 nights/6 days tour based at Bendigo, return home via Shepparton. \$680 pp twin share; \$150 single supplement.
- See the orange picture board. (Gold Star)

4 June: (Queanbeyan Branch)

"The Phantom of The Opera"

- Balance must be paid at meeting on May 8.

14 June (Canberra Evening Branch)

"Old Time Music Hall"

- Saturday Matinee (2 pm)
- NSA members: \$44.50
- Pensioners: \$40.50
- See Ann at the meeting on May 8.

2 July Billy Elliott

"Winter Heart Warmer"

- In Sydney
- See Ann for details.

24 July (Thursday)

"Christmas in July".

- Joining the Potters trip to Fountain Dale Grand Manor (formerly Ranelagh House).

14 August: **Post meeting Lunch.**

"The Chinese Buffet"

- At "The Regal Restaurant"
10 Purdue Street, Belconnen
- Only \$10.90 per person.
- A great opportunity for Branch fellowship.

19 to 24 October. (Canberra Evening Branch)

LINGA LONGA TOUR TO YARRAWONGA

- Bookings now closed
- We look forward to a trip report.

12 December. Christmas Dinner

- At West Belconnen League's Club.

To subscribe to the **free** fortnightly @boutSeniors newsletter, contact kaye@aboutseniors.com.au.

And don't forget the staff at @boutSeniors are here to help with all your queries, whatever the topic, on help@aboutseniors.com.au

Grasp the nettle !!!!

National Seniors has been invited to provide a **submission to the review of Australia's health and hospital system** being undertaken by the newly established National Health and Hospitals Reform Commission. You will recall that aged care and health services were major policy issues raised by our membership and the broader seniors' community during the development of our Election Priorities document.

The Commission will focus on tackling future challenges in the Australian health system including: the rapidly increasing burden of chronic disease; the ageing of the population; rising health costs; and inefficiencies exacerbated by cost shifting and the blame game. In particular, the Commission will explore ways to:

- Reduce inefficiencies generated by cost-shifting, blame-shifting and buck-passing;
- Better integrate and coordinate care across all aspects of the health sector, particularly between primary care and hospital services around key measurable outputs for health;
- Bring a greater focus on prevention to the health system;
- Better integrate acute services and aged care services, and improve the transition between hospital and aged care;
- Improve frontline care to better promote healthy lifestyles and prevent and intervene early in chronic illness;
- Improve the provision of health services in rural areas;
- Improve Indigenous health outcomes; and
- Provide a well qualified and sustainable health workforce into the future.

The National Policy Office (NPO) is coordinating the development of National Seniors' submission and is **encouraging all members to provide their views** on how we might respond to the above issues, particularly those that relate to seniors' interests, or to share their experiences of the health/hospital system.

The NPO will also consult directly with branches, and key non-government and consumer organisations in the areas of aged care, rural health, primary care and health services, to inform our submission.

Contributions should be made directly to Anna Perfect in the NPO at either (02) 62827677 or a.perfect@nationalseniors.com.au. Comments can also be logged onto National Seniors website (*Latest News - Have your say*). **Contributions will be accepted until 23 May 2008.**

It's who you know ...

- **Canberra North branch member.** Geoffrey Ross (but call me Geoff)
- **Where were you born and educated?** Born in Newcastle NSW and went to a 2 teacher primary school in Fassifern. I sat at the same desk as my 3 older brothers had sat at - their names were carved on the desktop. Finished schooling at Newcastle Boys High.

When did you come to Canberra? In 1970 - just married and appointed by the NSW Education Department to teach at Canberra High School.

What would be your biggest achievement in life to date? My 3 sons - Oh oops and my marriage of 38 years.

My favourite place you can find me is at Trash and Treasure at Jamison on a Sunday morning

Male or female I most admire- my eldest brother and female? Oh yes I guess my wife.

Why and when did you join National Seniors? Because my wife joined.

When? - you will have to ask her

Why? - because I enjoy the social part meeting other people.

How's your parallel parking these days??

The (Toyota) Lexus LS600hL features the Intelligent Parking Assist (IPA) system which is designed to assist drivers in entering parallel or series parking spaces. Another upcoming model, the LX570, will also feature this system.

For more information go to:

<http://www.lexus.com.au/news/2008/743786/SELF-PARKING-CAR-TO-CLOCK-UP-500KM-AT-MELBOURNE-MOTOR-SHOW>

And for the more technically minded:

<http://www.lexus.com.au/model/ls600h/interior>

'Love is ... when my mum makes coffee for my dad and she takes a sip before giving it to him, to make sure the taste is OK.'

Danny - age 7

It can happen to any of us ...

While we are on the subject of motor cars, it might be of benefit to note the following report from the USA.

It is acknowledged that the report is from the USA and therefore might be somewhat over-dramatic but nevertheless there might be an element of truth in it.

Three gentlemen were driving home in their modern car that had EFI ("*electronic fuel injection*") which means that the engine is "managed" by a computer).

One of the men was an electronics engineer, one was a chemical engineer and the third was a computer engineer.

Suddenly the engine stopped. They were some distance from a service centre and so they wondered what could be the cause of the failure

and whether they could rectify the problem themselves.

The electronics engineer, who was driving, said that he thought that an electronics component had failed without warning and that was one of the problems with modern day electronic components; it is not possible to measure the "wear" that a component has suffered, in stark contrast to the previous mechanical systems where mechanics could measure the wear and replace the components when necessary.

The chemical engineer agreed with the electronics engineer but went further and suggested that the failure was probably promoted by the chemicals in the new fuels. He said that bio-fuels did not have the same chemical composition as mineral oil based fuels and the difference placed extra demands on the electronic components. Additionally there was

the possibility that the fuel being used was "ethanol enriched" and the ethanol placed extra stress on the electronic components.

The computer engineer did not know what to make of the previous explanations but suggested if they closed all the windows, got out, got back in, then opened all the windows, it would probably work ...

Some friendly advice:

- Don't judge people by their relatives.
- Smile when picking up the phone. The caller will hear it in your voice.
- Never forget that a kite rises against, not with, the wind.
- The safest way to climb a ladder is one step at a time.

Know your Committee

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