

WELCOME – Thanks to everyone who ventured out in the horrible wet weather to attend our 12 May branch meeting. Our guest speaker, Caylie Jeffery, provided a very intriguing and entertaining talk on her book “Under the Lino” based on what she found when renovating their Milton home, and we look forward to more intrigue as she discovers more about the names written “behind the fibro” of her next renovation project! Thanks to everyone who provided items for the Care Kits For Kids collection, and in particular to those who were able to source the little books from Big W.

2022 BRANCH MEETINGS

Our June branch meeting will be held on Thursday 9 June at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:30am start with guest speaker, updates on branch and national activities, raffles and refreshments. The cost will be \$7.00 cash per person payable at the door. Our guest speaker will be Robert Lentile from the Queensland Police Services District Crime Prevention Unit to talk about personal safety.

As agreed at our last meeting, all the proceeds from the entry and raffle money will be donated to the Cancer Council as part of their Biggest Morning Tea fundraising campaign.

We hope you can join us and perhaps stay for lunch at the club afterwards (at your own cost). The remaining meeting dates for 2022 will be:

| | |
|-------------|-----------------|
| 14 July | 11 August (AGM) |
| 8 September | 13 October |
| 10 November | |

MORNING TEA CATCH-UP

Our next morning tea catch up will be on Monday 27 June at 10:00am at Easts Leagues Club, 40 Main Avenue, Coorparoo.

There is ample free parking, or it is a short stroll from the bus stops. The car park opens at 9:50am and the club opens at 10:00am. We hope to see you there.

JUNE BIRTHDAYS

Best wishes to:

| | |
|------------------|--------------|
| Carmel Bedser | Julie Jermy |
| Barbara Marshall | Joan Peacock |

who celebrate their birthdays in June. We hope you enjoy your special day with family and friends.

CARE KITS FOR KIDS DONATIONS

Some suggestions of items are listed below that can be brought to our monthly meetings and will be delivered to Care Kits For Kids. Most can be purchased at discount shops, and not everything needs to be provided each month. Every donation will help Queensland children in need.

June – Underwear, socks (all sizes to 16)

July – Hairbrush, comb, bands, clips, baseball cap

August – roll-on deodorant (no glass or spray), shampoo, conditioner (travel or small size)

September – Summer pyjamas, girls crop tops (all sizes to 16)

October – Reading book (all genres & ages), small soft toy or doll (no beads or stick-on eyes)

November – Backpack, small lunch box

MUSICALS AT QPAC...

“9 TO 5 THE MUSICAL” matinee at 1:00pm on Wednesday 15 June

One of our members who purchased tickets for this performance is now unable to attend. Ticket cost is \$69.00 each. There is still one ticket left so if anyone is interested in these tickets please advise Freya Tienan on 0409 397 330 or nsacoorparoopres@ozemail.com.au.

“GIRL FROM THE NORTH COUNTRY” matinee at 1:30pm on Wednesday 14 September

We still have four tickets available for this performance at \$79.90 each. If anyone is interested in these tickets please advise Freya Tienan on 0409 397 330 or nsacoorparoopres@ozemail.com.au.

MISSION TO SEAFARERS BRISBANE

We wish to continue to support the Mission To Seafarers Brisbane by knitting beanies and scarves during the winter months. These are donated to the Mission which then distributes them to ship’s crew members who are heading to colder climates.

We have some patterns and a box of wool that has been donated to our branch if members would like to collect some at the next meeting.

SENIOR AUSTRALIAN OF THE YEAR: CHANGING PENSION RULES ABOUT PAID WORK IS “VERY HIGH ON MY AGENDA”

2022 Senior Australian of the Year, Val Dempsey, has spent her life promoting and delivering emergency first aid training to help save lives. She believes current pension income rules could be preventing other seniors like her from doing the same.

Having experienced the obstacles facing working pensioners first-hand, Val has thrown her support behind the National Seniors' campaign to change the Age Pension income test rules to allow pensioners to work without penalty.

The life-long St John Ambulance volunteer drew on her own life experiences as a pensioner when describing the need for changes to Age Pension income rules. "As a Registered Nurse, it would be so easy to supplement our household income," Val said. "However, my hourly rate instantly puts me over any amount of money that I'm allowed to earn while being on the Age Pension. I wouldn't even be able to get three hours in a fortnight without it affecting my pension."

Her story is a powerful illustration of pensioners' frustrations with barriers to paid work in this country. In response to these barriers, National Seniors is calling on the federal government to let Age Pension recipients work without application of the income test, on a three-year trial.

"Our surveys of thousands of older Australians have demonstrated the urgent need for this change," said National Seniors CEO and Director of Research, Prof John McCallum. "Val Dempsey's story puts a human face on the statistics."

Val recounted caravanning in earlier years and wanting to work in local communities she visited but being unable to. "For myself and my husband, when we've travelled, we look at the opportunity of being able to participate in community activities for money. Because that would've meant we could have gone with our caravan, parked in some convenient place, and gone picking watermelons in our well days," she said.

"And to do that you then, of course, declare your earnings. And while we certainly don't mind paying tax to contribute to the overall economy, the idea of losing my pension because I want to work became very unfair to me."

However, it isn't simply about travel money. Val was named Senior Australian of the Year for her extensive volunteer service to the community, and for her, community service is an important reason to engage in paid work as well as volunteering.

"I'm sure there's a lot of people in the same position as myself who would enjoy contributing to the community," she said. "What I'd like to see changed is the ability for people to earn extra income without it affecting the pension. Older people, our wonderful seniors across Australia, could benefit greatly from being out there and still contributing to the community in the workforce. It doesn't necessarily mean that

we're taking jobs from juniors. It means that we're actually being involved in the community. Seniors have so much to offer. And for them to have a monetary reward for being able to contribute to the community is very high on my agenda."

Pension rules prohibit work – National Seniors believes the amount a pensioner is allowed to earn before it affects their pension is too low, and Val agrees. "Perhaps there might be some consideration to raising the threshold where one can earn a certain amount of money without it affecting the pension," Val said. "It doesn't have to be thousands and thousands of dollars. But because it is, in our case, only a few hundred dollars that changes our ability to go and work."

An additional barrier Val identified is the Age Pension rule that if a person's earned income reduces their pension payments to zero dollars over a six-fortnight period, they lose their pension entitlement completely.

"If you earn over an amount of money that stops your pension entirely, you then have to reapply for the whole thing," Val said. "That's an enormous issue for people. It means more doctor's visits, it means more going to Centrelink, it means more form filling out, it means declaring all of your assets, it means gathering and collecting bank statements. It is a very big job to apply for a pension."

The high cost of living and relatively low rate of increase to the pension in recent times are also issues Val recognises. "We know right across Australia that the pension does not keep up with the annual inflation rate, and lately it's been unfair," she said. "And I would really like personally to be able to bring extra income into the house. But I am completely put off by the fact that, first of all, it will affect my pension; and secondly, if I do it for too long and I do too much over too many weeks, I am in a position where my pension is completely taken away. And that really concerns me."

Good for pensioners, good for business – "If the Senior Australian of the Year can't engage in paid community service because of outdated pension rules, something must change," said Prof McCallum.

"Australian pensioners want work and Australian businesses want workers, so it just makes sense for the federal government to implement a three-year trial of waiving the Age Pension income test."

Ms Dempsey's perspective demonstrates the vibrance and positive attitude that many Australian seniors would bring to paid jobs.

"We do not take away the jobs of young people, we simply do jobs with a little bit more experience up our sleeves," she said. "And don't be surprised!

Pensioners are prepared to do anything and learn new skills as well. Goodness gracious, if I go picking apples, I've not done that for a very long time, and it does require particular skill. But what about if I went interstate, and I could pick up a few shifts in nursing, wouldn't that be marvellous for my experience? And it'd keep my hand in in nursing without it affecting my pension to the point of me losing it."

The point is, pensioners are not asking for free money but for more relaxed rules that incentivise re-entering the workforce. "I understand we do have to have a reduced income on the pension. I'm not asking for handouts here," said Val. "But I am asking to be supported so that I do not have to reapply for my pension when I come back to requiring the pension as my only source of income."

Let pensioners work – National Seniors is calling on the federal government to exempt employment income from the Age Pension income test so pensioners with limited wealth can work without losing their pension and help meet critical labour force shortages.

HOW CHILDREN PERCEIVE THEIR GRANDPARENTS...

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods."

The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and I said, "No, how are we alike?"

"You're both real old," he replied.

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story.

"What's it about?" he asked.

"I don't know," she replied. "I can't read."

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said, warily. "How do you make babies?"

"It's easy," replied the girl. "You just change 'y' to 'i' and add 'es'."

HOW TO CHOOSE THE RIGHT HEATER

The woollens are coming out of storage, so too are the blankets and the electric room heaters – however not all heaters are made equal or built to suit every room. So, what do you need to consider when selecting a heater?

- ✓ **Room size and type** – Some heaters are better suited to some room types than others. For smaller rooms, such as an office or small lounge room, ceramic and fan heaters are the most efficient and effective options. In the bathroom, it's best to use heaters that have drip protection. These heaters can easily be packed away when the warmer months come around.

For living rooms or bedrooms, choose a larger heater such as an oil column heater. These come in a range of sizes and features, including castors for easy transportation between rooms. You may also consider panel heaters. These are wall mountable and take up little space.

- ✓ **Power bills** – One way you can lower your running costs is through an adjustable room thermostat. You can select the desired comfort level and maintain it to optimise energy efficiency. According to consumer organisation, CHOICE, whether you run the heater all night or just the times you're getting ready for bed the costs will be similar.
- ✓ **Noise** - Some heaters will make noise, which might not be a problem in the living room but can interfere with sleeping if located in the bedroom. Many heaters have been designed to operate quietly, so if you're concerned about noise, look for a heater with a silence level.
- ✓ **Safety** – Of course, you want the grandchildren to be safe and away from any harm when they come and visit or sleep over. There are safety features to look for such as a safety tilt switch that automatically turns the heater off when tipped, cool touch surfaces so burns are avoided and an overheating safety thermal cut-off.

Convention heaters such as oil column and panel heaters are the safest heaters to use as they have lower surface temperatures, don't have exposed heating elements, and are more stable due to their greater weight or wall mounting.

While oil column heaters are relatively safe as far as space heaters go, there's always a risk of fire due to faulty wiring or connection to an unsuitable extension cord, tipping over, oil leaks (particularly if an oil with a low flashpoint was used), or fires

caused by items hung over or falling onto the heater.

- ✓ **Convenience** – How good is it on a cold morning to walk into an already warm kitchen? If you like that sort of convenience, then there are electric heaters with 24-hour timer settings, which allow you to programme the appliance's daily working time. CHOICE has done the hard yards test-driving a large range of portable electric heaters. Check their website for more information about fan, radiant, oil-column, convection or panel appliances and which is right for your home.
- ✓ **Electrical compliance** – Electric heaters must comply with Australian electrical safety standards. Buying from a major brand or retailer should ensure this. Look for the right compliance labels. If you're buying a second-hand heater, check that it hasn't been the subject of a recall at recalls.gov.au. (*Sources: Choice, Bunnings*)

5 REASONS YOU SHOULD STAY SUN SAFE THIS AUTUMN AND WINTER

The days are cooler, the evenings are creeping in faster, and the sting of summer has disappeared from the air. But just because autumn is here and winter is soon to follow, you shouldn't slack off when it comes to protecting yourself from the Queensland sun. Here are five reasons why sun safety is important all year round in Queensland.

1. **Our UV levels are dangerously high all the time**

Exposure to ultraviolet (UV) radiation can cause skin damage that leads to cancer. We measure the amount of UV on any given day with the UV Index, which ranges from 1 to 15. If the UV index measures above a 3, the amount of UV is enough to cause skin damage quickly, and you need to stay out of the sun or protect your skin.

In Queensland, the UV index measures above a 3 almost every single day of the year. This means that there's no good day to be out in the sun without protection. You can find out the day's UV forecast from the Bureau of Meteorology or your favourite weather app.

2. **80% of skin cancers are caused by sun exposure**

Around 2 in 3 Australians will be diagnosed with a skin cancer by the time they're 70, but having skin cancer isn't just an inevitable part of growing older. According to Cancer Council Australia, about 80% of these skin cancers are caused by sun exposure. This means that by limiting our time in the sun, we can greatly reduce our risk of developing skin cancer.

3. **You're already getting all the sun you 'need'**

You might have heard that you get vitamin D from

sunlight, and that's true; sunlight is the best natural source of vitamin D you can get. But you don't need to get a lot of sun on your skin to get ample amounts of vitamin D. In Queensland, you'll get your fill from everyday activities like hanging out the washing, walking the dog or walking to catch transport or go to work. Rather than being good for you, spending extra time in the sun puts your health at risk by causing skin damage that might lead to cancer.

4. **You can't tell when sun damage has started**

If you're planning to spend some time soaking up the sun's rays because you think you'll know when it's time to seek some shade, think again. By the time you can see your skin getting pink from the sun or feel it starting to sting, it's too late – sun damage, which could go on to cause cancer, has well and truly started.

5. **Winter clouds don't block the sun's rays**

Even on a gloomy winter day, clouds don't block out all the UV radiation from the sun. This means that even though you're not getting warm in the sunshine, your skin could still be getting damaged. No matter the weather, if you're out and about, remember to Slip, Slop, Slap, Seek and Slide. (*Source: Queensland Health*)

LUXURY TREAT

A lady decided to give herself a big treat for her 70th birthday by staying overnight in a really luxurious hotel.

When she checked out the next morning, the desk clerk handed her a bill for \$250. She demanded to know why the charge was so high. "I agree it's a nice hotel, but the rooms aren't worth \$250 for just an overnight stay – I didn't even have breakfast!" The clerk told her that \$250 is the standard rate, and breakfast had been included had she wanted it.

She insisted on speaking to the Manager. The Manager appeared, and forewarned by the desk clerk, announced: "This hotel has an Olympic-sized pool and a huge conference centre which are available for use." "But I didn't use them," she said.

"Well, they are here, and you could have." He went on to explain that she could also have seen one of the in-hotel shows for which they were so famous. "We have the best entertainers from all over the world performing here."

"But I didn't go to any of those shows," she pleaded.

"Well, we have them, and you could have," was the reply. No matter what amenity the Manager mentioned, she replied, "But I didn't use it!" and the manager countered with his standard response.

After several minutes' discussion, and with the Manager still unmoved, she decided to pay, wrote a cheque and gave it to him.

The Manager was surprised when he looked at the check. "But Madam, this cheque is for only \$50." "That's correct," she replied "I charged you \$200 for sleeping with me." "But I didn't sleep with you madam!" said the manager.

"Well, too bad, I was here and you could have."

JAPANESE ENCEPHALITIS (JEV) SPREADS SOUTH – WHAT YOU NEED TO KNOW

Hot on the heels of COVID-19, Japanese Encephalitis (JEV) has been found in parts of Australia where it has previously not been recorded. Its discovery outside of northern Australia has led scientists to call for a national surveillance network to predict, detect, and manage the mosquito-spread disease.

The spread of the virus shows extreme weather events and climate heating might lead to the establishment or emergence of other mosquito-borne diseases of public health significance in Australia.

There is no cure for Japanese encephalitis. It is spread to humans by the bite of an infected mosquito and is common across tropical and temperate Asia where it annually infects over 80,000 people and kills between 20,000-30,000. As of March, reports indicate the virus has been found in 40 Australian piggeries and more than 30 people have already been hospitalised (including a four-month-old boy) and three adults have died. Given that very few people exhibit symptoms, thousands of people may have been infected and not know it.

For those who do experience symptoms, the disease can manifest as a life-threatening inflammation of the brain, which can cause disorientation, seizures, coma and death. Around 30% of those who develop these severe symptoms will not survive it. A large proportion of survivors may suffer long-term neurological or cognitive disorders.

Treatment of hospitalised patients aims simply to manage and alleviate the most severe symptoms. "This is of particular concern where there are no vaccines available," said Assoc. Prof Greg Devine, Head of the Queensland Institute of Medical Research Berghofer's Mosquito Control Laboratory.

The good news is Australia currently has two extremely effective vaccines available and only a small

portion of those infected (about 1 in 250) will go on to develop severe symptoms.

It's believed recent warm, wet weather and flood events has impacted the migration patterns of wading birds infected with JEV and caused a huge proliferation of the type of freshwater mosquito that transmits the disease. Occasionally, infected birds and burgeoning mosquito populations will converge close to piggeries. Pigs are a key amplifier of the disease, easily infecting mosquitoes and allowing onward transmission of the disease between pigs and humans.

"This virus had been circulating for some time before it was picked up. That signals that Australia desperately needs a coordinated national surveillance network to monitor and manage emerging mosquito-borne viruses and other viral pathogens," said Assoc Prof Devine. "If our climate is to become warmer and frequently challenged by flood, we may find that JEV will circulate widely and continuously. JEV is expanding its range globally," Assoc Prof Devine said. (*Source: QIMR Magazine*)

HOW TO SHOW SUPPORT FOR LOCAL BUSINESSES WITH AN ONLINE REVIEW

We all have local businesses we support, whether it's the local hairdresser, family-owned supermarket or favourite Thai takeaway. These businesses have had a lot to contend with over the past few years from workforce disruptions and supply shortages caused by the COVID-19 pandemic, to multinational conglomerates swallowing up local competitors. So, how can we help them to stay afloat and show our support? One way is by leaving them an online review.

If you go back 20 years ago, word-of-mouth was the main way we would learn about or find businesses, but in our increasingly digital world, online reviews are fast becoming another trusted way to evaluate if a business deserves our money. In fact, a recent survey conducted by BrightLocal found 98% of respondents had read online reviews when evaluating businesses in the last year. Of these, 75% said a review with a positive experience influenced how they feel about that business and 58% are influenced by a high star rating.

Why should I leave an online review? Leaving a review gives you the opportunity to provide feedback directly to the company on the service you received (whether that's good or bad).

- If you had a good experience, this will help others evaluating that business decide if they also want to

use them, and the staff will get a kick out of being recognised for their efforts.

- If you've had a bad experience, it can raise with the company areas they can improve on, however it is best to try and resolve it with the company first.
- Research has found it takes nearly 40 positive experiences for a business to make up for the damage by a single negative online review. Leaving a bad review should only be treated as a last resort if your issues can't be resolved through other means.

Should I trust online reviews? It's important to be mindful when reading online reviews as they don't always accurately reflect an organisation's products and services. Ask yourself these questions when evaluating online reviews:

Are the bad reviews real? Approximately 4% of online reviews are from people who have never purchased anything from the company. Excessively negative reviews could be malicious reviews left by competitors or 'internet trolls'.

Does this company only have 5-star reviews? On the flipside, if it looks too good to be true, it probably is. It is highly unlikely a company will only have positive reviews. Even the Great Wall of China only has an average of 4.2 stars on Google! If a company has hundreds of reviews and they are all 5-star, many of them are likely fake.

When was the review posted? If it was left a couple of years ago, it may no longer be relevant to how the business is run today. Look at more recent reviews for a better idea.

Is this review for this company? Some people mistakenly leave a review for a business when it is actually a different one they have had the experience with.

How objective is the review? Sift out the emotive language and focus instead on what the review says about the business. Did they provide good customer service? Fast delivery? A high-quality product or service?

TRUSTED TRADIE

If you are interested in getting some painting done try Steve from PR Painting on 0405 316 097. He has recently completed work for Freya & Graham Tienan (his third job for them over the years)

BRANCH CONTACT DETAILS

If you have any queries please contact our Secretary, Graham Tienan, on mobile 0407 736 453 or email nsacoorparoosec@gmail.com.

SMILE

Newspaper headlines that actually appeared:

- "Man Kills Self Before Shooting Wife and Daughter" (in a local newspaper – it took two or three readings before the editor realised that what he was reading was impossible? They put in a correction the next day)
- "Something Went Wrong in Jet Crash, Expert Says" – Really? You think?
- "Police begin campaign to run down jaywalkers" – now that's taking things a bit far!
- "Panda Mating Fails: Veterinarian Takes Over"
- "Miners Refuse to Work after Death" – no-good-for-nothing' lazy so-and-so's!
- "Juvenile Court to Try Shooting Defendant" – see if that works better than a fair trial!
- "War Dims Hope for Peace" – We can see where it might have that effect!
- "If Strike Isn't Settled Quickly, It May Last Awhile"
- "Cold Wave Linked to Temperatures"
- "Enfield (London) Couple Slain: Police Suspect Homicide" – they may be on to something!
- "Red Tape Holds Up New Bridges" You mean there's something stronger than duct tape?
- "New Study of Obesity Looks for Larger Test Group" – Weren't they fat enough?
- "Kids Make Nutritious Snacks" – do they taste like chicken?
- "Local High School Dropouts Cut in Half" – Chainsaw Massacre all over again!
- "Hospitals are Sued by Seven Foot Doctors" – boy, are they tall!
- "Typhoon Rips Through Cemetery: Hundreds Dead"

