

**WELCOME** – Our October guest speaker, Richard Kinnon from Outback Pioneers at Longreach, provided a very entertaining and inspiring presentation on efforts to encourage more people “over the range” to visit the true heart of Australia. Several members enjoyed a local bus trip to New Farm Park to take in the beautiful gardens and jacaranda trees in full flower. After morning tea at the Powerhouse, they returned to Southbank via the City Cat to finish off another delightful outing. Our thanks as always to everyone who contributed to our donations to Care Kits for Kids and the community pantry which are always greatly appreciated by those in need.

## BRANCH MEETING

Our last branch meeting for 2025 will be on **Thursday 13 November** at the **Coorparoo RSL Club, Holdsworth Street, Coorparoo**. Arrival will be at 10:00am for a 10:15am start with guest speaker, updates on branch and national activities, fun time, raffles and refreshments. The cost will be \$8.00 per person payable in cash at the door.

Enjoy some Melbourne Cup fun with our Red, White or Blue theme. Wear your racing carnival hats or fascinators to show off your fashion flair. We'll also be enjoying a race (of sorts) with everyone getting a winner from previous Melbourne Cups to share in some fun prizes.

Our guest speaker will be Tom Law who will provide valuable information on fitness and wellbeing for seniors. We will also be joined by a representative from the Mission to Seafarers Brisbane to collect the knitted items.

This is the last meeting for 2025 with the next meeting being held on Thursday 12 February 2026 at the new premises for the RSL – Parkside Community & Services Club, 131 Ridge Street, Greenslopes.

## MORNING TEA CATCH-UP

Our last morning tea catch ups for 2025 will be on **Mondays 20 October and 17 November** from 10am at Easts Leagues Club. This is always a great informal way to get to know fellow members outside the confines of a branch meeting.

## NOVEMBER BIRTHDAYS

Best wishes to *Margaret Atkin, Mary Lambrose, Jan Jackson, Jenny Purnell and Elwyn Welsh* who celebrate birthdays in November. We hope you enjoy your special day with family and friends.

## CELEBRATE CHRISTMAS WITH A DAY-BUS TRIP TO NOBBY

Located between Toowoomba and Warwick, Nobby is a rural town known for its association with Steele Rudd of “Dad and Dave” fame and Sister Elizabeth Kenny, an Australian nurse recognised for her innovative treatment methods for polio.

The bus will depart from the **RSL Club, 45 Holdsworth Street, Coorparoo at 8:00am on Monday 1 December** and returning approximately 4:30pm. Cost will be \$80.00 per person which covers the bus trip, morning tea and two-course lunch at Rudd's Pub.

Lunch will be an alternate drop of Chicken Schnitzel or Crumbed Flathead served with garden fresh salad or vegetables, and a buffet selection of desserts served with fresh cream, custard and home-made ice cream. Quiche will be available for gluten free diets which should be advised at time of booking. Tea and coffee will also be available.

A Christmas raffle will be drawn during the lunch, so all members are encouraged to donate one or two small gifts, wrapped in Christmas paper, that can be used as prizes during the raffle to raise funds for our branch charities.

All bookings and enquiries should be made with Pat Will on M: 0437 774 049; T: 3398 8726 or E: [patsywill@gmail.com](mailto:patsywill@gmail.com). Payment can be made at our 13 November branch meeting or by direct deposit to the Coorparoo National Seniors, BSB: 084 391; Account 047949379. Please include your name so it can be matched to the payment.

## HELP REQUIRED

As mentioned over the past few months, Pat Will has decided not to continue organising the bi-monthly bus trips outside of Brisbane from the December 2025 trip. We are therefore looking for someone to take on this role. Pat has kindly offered to help out and guide anyone who takes on the role in the early stages. We sincerely thank Pat for providing such wonderful day trips to a huge variety of venues over the past 12 years. Unfortunately, if we can't fill this position on the committee we will not be able to continue offering these outings. Please contact Pat Will directly on M: 0437 774 049 if you are interested in the role.

## LORD MAYOR'S SENIORS CHRISTMAS PARTY

All complimentary tickets have now been allocated for the Lord Mayor's Seniors Christmas Party at **1pm on Thursday 4 December** which will be held in the main auditorium of the Brisbane City Hall in Adelaide Street.

For those who have requested tickets, Freya Tienan will meet you outside the main doors of the City Hall in King George Square at 12:40pm to distribute the tickets. If you are unable to attend, please advise Freya as soon as possible on M: 0409 397 330 so it can be offered to another member.

## BRANCH CHRISTMAS LUNCH

Join members and guests to celebrate the Christmas season with a two-course lunch at the new **Parkside Community & Services Club**, 131 Ridge Street, Greenslopes from **12:00pm on Thursday 11 December**. Cost is \$30 per person. Guests are very welcome and payment can be made prior, or on the day. Bookings close on Thursday 4 December.

If you wish to attend please advise Graham Tienan on M: 0407 736 453 or [nsacoorparoosec@gmail.com](mailto:nsacoorparoosec@gmail.com) by 4 December and advise any special dietary requirements.

## WELLBEING OFFICER

If you are, or know of any member who is ill, injured, or in need of help please notify Jan Jackson on 0411 987 174 so that we can give our support where needed.

## COMMUNITY PANTRY DRIVE

If you would like to contribute to a local community pantry to assist those in need in our local area, please bring along some items of good quality non-perishable food to our branch meetings. We will collect and distribute them to a local organisation. Please ensure that all items are well within use by date.

## CARE KITS FOR KIDS

As part of our relationship with this organisation our branch members contribute small items each month with some suggestions of items listed below that can be brought to our monthly meetings. Not everything needs to be provided each month, and most can be purchased from discount shops.

**February** – Biro, HB or coloured pencils, sharpener, eraser, ruler

**March** – Books – lined writing, colouring or scrap books

**April** – Face washer, soap, toothpaste, toothbrush

**May** – Long pants, jackets, tops, beanies (sizes 0-16)

**June** – Underwear, socks (all sizes to 16)

**July** – Hair brush, 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

## MISSION TO SEAFARERS

A reminder to members who have been kindly knitting beanies and scarves for donation to the Mission to Seafarers, which are given to any crew members visiting Brisbane who may need warm clothing when their ships are heading to colder climates, these will be presented to a representative of the Mission during our November meeting.

## BRANCH RECYCLING ITEMS

If you are interested in recycling any of the following items, please bring them along to any of our branch meetings where we will arrange recycling.

- Plastic bottle tops (ONLY coded 2, 4)
- Pens, highlighters, white outs
- Corks
- Batteries
- Soaps
- Stamps
- Blister tablet packs
- Plastic bread tabs

## COORPAROO RSL IS CHANGING TO PARKSIDE COMMUNITY & SERVICES CLUB

The Coorparoo RSL will open as the new Parkside Community & Services Club on 1 December 2025 at 131 Ridge Street, Greenslopes (the old Greenslopes Bowls Club). All current memberships of the RSL Club will be converted to the new Parkside Club with the same benefits. Please see the RSL reception if you haven't already had your membership updated for the 2026 year.

## CASH MANDATE: PROMISE OR GOVERNMENT SQUIB?

Late last year, National Seniors Australia welcomed the Federal Government's promise to legislate that cash continue to be available to Australians.

Treasurer, Jim Chalmers, spruiked, "Final details of the mandate will be announced in 2025. Subject to the outcomes of consultation, the mandate would commence from 1 January 2026." That was good news, but what's happened since?

**Our choice to pay by cash** – The government promise was, in part, a response to NSA's KEEP CASH campaign, arising from concerns that the trend to digital transactions would lead to a cashless society, and deprive people of their choice to pay by cash.

The move to a fully digital economy concerns a great many people, especially older people who are not comfortable or able to use digital technology. The fear

is some would be left vulnerable and their lives negatively affected, if they were denied access to and unable to use cash.

"It's great to see the government has listened to the needs of seniors and shows the effectiveness of people power!" NSA CEO, Chris Grice, said at the time. "As the Treasurer, Jim Chalmers, said, 'there is an ongoing place for cash'. Similarly, NSA has always maintained digital payments should be in addition to, not instead of cash payments," he said.

The government agreed. In February, Assistant Treasury Minister, Dr Andrew Leigh, told parliament: "...cash is also an important backup in instances of natural disasters. It is a form of financial system resilience. The government's consultation paper quotes numbers from the Reserve Bank around the frequency of such outages. They have occurred hundreds or, in some categories of outage, thousands of times per year. While the system has a resiliency rate of over 99%, those outages, when they occur, can be extremely damaging. We've seen, in the instance of floods and fires, the online payment systems struggle to keep pace. It is therefore critical that cash is available."

**NSA cash mandate submission** – those arguments, and more, were made in the NSA submission response to the Treasury's consultation paper. They said that not only is cash an important part of the payments system, but it is also particularly important to some sections of the population: seniors value cash and it is important to regional and remote communities.

However, the submission to government was critical of the proposed mandate. They said it included far too many exemptions and is overly complicated. Among NSA's chief concerns were:

- Restricting the mandate for "essential" goods and services is problematic when the definition of essential goods excludes things that are clearly essential. For example, is it unreasonable that water, clothing for adults, furniture, whitegoods, and most government services are excluded as items attracting a cash acceptance mandate.
- Using business turnover or legal structure as a basis for determining who must make payment by cash available is problematic and would not work in practice. For example, why should a consumer need to know the turnover or legal structure of a business to know if a business must or may not accept cash?
- There is a lack of clarity about whether cash acceptance differs by product. For example, if someone buys a loaf of bread and a cake from a bakery, does the bakery have to accept cash for

both, or only the bread which is included in the mandate?

**Why the delay?** Despite government assurances to keep the public updated, nothing more has been forthcoming despite the government setting out a clear timeline. The consultation period closed in February, however no further details about the cash mandate have been released. NSA is particularly concerned that time is running out for the government to legislate the mandate by 1 January as bringing legislation into Parliament and processing it through to law takes time, especially now as the government requires either Opposition or Greens support in the Senate.

NSA accepts the need for the government to get the mandate and processes around it right, but it is difficult to understand why it hasn't delivered on its promise to provide more information about the mandate, its progress, and how it will work.

**Reason for delay?** What appeared to be an easy, vote-grabbing announcement to protect cash, may well have ballooned into something more complex and difficult. As Assistant Minister Leigh told Parliament: "Labor's targeted approach balances the needs of the community with the impact on business. We want to avoid putting extra pressure on small businesses through big fines, particularly at a time when they're doing it tough."

As NSA submitted, agreement on the definition of "essential services" is crucial. As is often the case in law-making, the devil is in the detail. Another thing of interest, a cash mandate isn't unusual. A range of US states have them in place including Colorado, Massachusetts, and New York, as do a range of countries including Austria, Denmark, Ireland, New Zealand, Norway and Sweden. (*Source: NSA submission, Treasurer's media release*)

## KEEP COOL AND STAY HYDRATED IN HOT SUMMER WEATHER

With summer on our doorstep, it's important to stay safe and prepared.

- Find ways to make your home or building cooler like light coloured window coverings, awnings and shade cloth.
- Have air-conditioners serviced before the beginning of summer.
- Ensure you have enough food, medicine and other supplies to avoid going out or if electricity supply is interrupted.
- If you have a medical condition, ask your doctor for advice on how to manage the heat.
- Make a list of family, friends and neighbours you might want to check in on and ensure you have their current contact details.

## Drink water regularly

- Drink 2 to 3 litres of water a day at regular intervals, even if you do not feel thirsty. If you are on a limited fluid intake, check with your doctor.
- Drink oral rehydration solutions to replace fluids and body salts.
- Limit intake of alcohol, tea and coffee. Do not drink fluids that are high in sugar (e.g. flat lemonade or sports drinks). They can make dehydration worse.
- Eat as you normally would, but try to eat cold foods, particularly salads and fruit. Avoid heavy protein foods which raise body heat and increase fluid loss.

## Keep out of the heat

- Plan your day to keep activity to a minimum during the hottest part of the day.
- If you can, avoid going out in the hottest part of the day (11am-3pm). Avoid strenuous activities and gardening.
- Don't leave children, adults or animals in parked cars.
- If you do go out, wear lightweight, light-coloured, loose, porous clothes, a wide-brimmed hat and sunscreen.
- Regularly rest in the shade and drink plenty of water.

## Stay as cool as possible

- Stay inside, in the coolest rooms in your home.
- Block out the sun during the day and keep windows closed while the room is cooler than it is outside.
- Use fans and air-conditioners at home to keep cool, or spend time elsewhere in air-conditioning like a library, community centre, cinema or shopping centre.
- Take frequent cool showers or baths and splash yourself several times a day with cold water.
- Open windows after the sun has gone down/heat has gone down to allow for air circulation.
- Make sure to stay cool while you sleep. Just because the heat has gone down doesn't mean it isn't still hot.

## Keep food safe in hot weather

- Put food back in the fridge after using it.
- Don't eat food that has been left out of the fridge for 2 or more hours.
- Put leftovers in the fridge after the food has cooled.
- Eat leftovers within 2-3 days.

## Looking after your animals

Animals can also be affected by heat-related illness.

If you're in charge of an animal, you have a duty of care to provide it with food, water, and appropriate shelter. Never leave animals unattended in a hot car.  
(Source: Queensland Government Department of Health)



## OTHER NATIONS INNOVATE TO INCLUDE SENIORS IN SOCIETY – AUSTRALIA REFUSES TO LEARN

As Australia stands on the cusp of implementing its new Aged Care Act, many in the sector are questioning whether this long-awaited reform truly delivers the innovation older Australians deserve. Despite promises of modernisation, accountability and improved quality of care, the Act lacks meaningful strategies to tackle one of the most pressing issues facing our ageing population: loneliness and social isolation.

What makes this shortfall especially frustrating is that the solutions already exist. Across the globe, governments are pioneering imaginative approaches that weave social inclusion into the fabric of care, from Japan's community-based models and Denmark's co-housing networks to Singapore's housing incentives that keep families close.

These examples prove that loneliness can be addressed through thoughtful design and policy. Yet Australia's new framework offers little to encourage similar innovation. Instead, the contentious Support at Home program, with its co-payment structure, risks creating additional barriers for those most in need, potentially deepening isolation rather than alleviating it.

**Singapore's proximity housing grant** – One of the most pragmatic approaches comes from Singapore, where the Proximity Housing Grant (PHG) exemplifies



how government incentives can strengthen intergenerational ties. Introduced in 2015 and revised in 2024, the PHG provides financial subsidies of up to SGD 30,000 for families and SGD 20,000 for singles to encourage adult children to purchase resale flats within four kilometres of their parents' or child's home, or even to live together.

This isn't a mere subsidy; it's a deliberate policy to combat isolation by promoting proximity, enabling easier caregiving and emotional support. The impact on seniors is profound. Studies show that closer family living reduces loneliness and improves health outcomes, with one analysis indicating that residential proximity correlates with lower modifiable dementia risks among older adults. In Singapore's high-density urban environment, where space is at a premium, the PHG has facilitated over 10,000 grants since its inception, helping seniors maintain active roles in family life.

Beyond the PHG, Singapore's "state familism" includes schemes like the Multi-Generation Priority Scheme for housing allocation, prioritising three-generation families. These policies reflect a cultural emphasis on filial responsibility, adapted to modern realities where dual-income households predominate. For Australia, where urban sprawl often separates generations, a similar grant could incentivise co-location in regional areas or suburbs. Imagine rebates for granny flats or priority housing access for families living near seniors, ideas that could alleviate the caregiving crunch without overburdening working adults.

**Japan's community-based integrated care** – Japan, facing the world's oldest population, has pioneered a comprehensive system to prevent senior isolation. Since 2000, its long-term care insurance (LTCI) covers not just medical needs but social participation, funding community centres, volunteer befriending, and preventive programs like exercise classes and hobby groups. The "Community-Based Integrated Care System" emphasises "ageing in place", with local governments coordinating services to keep seniors connected.

A standout initiative is the *Iki-Iki Hyaku-Sai Taiso* (Lively 100-Year-Old Exercise), a nationwide program combining physical activity with social gatherings, reducing isolation by fostering peer networks. In rural areas, "Silver Human Resource Centres" employ seniors in part-time roles, providing income and purpose while integrating them into community life. These efforts have lowered loneliness rates, with one study showing improved mental health among participants.

Japan's model highlights the power of public-private partnerships. For instance, tech integrations like robotic companions and AI monitoring devices supplement human interaction, addressing caregiver shortages. Australia's vast geography could adapt this through expanded community hubs in regional towns, funded via the new Act, to mirror Japan's success in turning ageing into an opportunity for communal vitality.

## **Charting a connected future for Australian seniors**

- As the Aged Care Act dawns, Australia has a golden opportunity to innovate beyond co-payments and compliance. Around the world, we see powerful examples of how to keep older people connected, from Singapore's family housing grants to Japan's community-based care and Denmark's co-housing revolution.

Yet rather than learning from these proven successes, our government has chosen to take the narrowest path forward. By rejecting Royal Commission recommendations for sustainable public funding, and embracing co-payments that shift the burden onto older Australians, we risk creating a system where connection becomes a privilege, not a right. If Australia is to truly value its elders, it must look outward and be bold enough to adapt global best practice, rather than settling for policies that patch cracks while the foundations weaken beneath them. (*Source: Hello Care*)

## **OLDER AUSTRALIANS HAVE HAD ENOUGH**

In response to the negative sentiment, treatment, and commentary around older Australians that continues to fuel ageist stereotypes, National Seniors Australia (NSA) has launched its #enough campaign. Designed to positively change the narrative around older Australians, the campaign also seeks to restore inspiration, aspiration, and the principle of "a fair go".

NSA chief executive officer, Chris Grice, said older Australians are sick and tired of being targeted and blamed for many of today's problems that continue to drive intergenerational division and discussions of intergenerational inequity. "Older Australians have worked hard, saved, and sacrificed for themselves and their families, and have supported their communities through volunteering and mentoring," Mr Grice said. "Despite this, they are targeted through possible retirement income changes that could pit one generation against another."

"Older Australians are also being blamed for contributing to the housing crisis by not downsizing and so-called Baby Boomers are criticised for supposedly not contributing their fair share to

Australia's economy. All this commentary promotes ageist attitudes and behaviours, especially where mature-age workers either seek to stay-in or rejoin the paid workforce. It also devalues the experiences and contributions that older Australians have made and continue to make to their families, community, and country. At National Seniors Australia, we have had enough – and we know older Australians have too."

## DID YOU KNOW?

- In the 1400s a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb.  
Hence we have "the rule of thumb".
- Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden" and thus the word GOLF entered into the English language.
- Each king in a deck of playing cards represents a great king from history:  
Spades – King David  
Hearts – Charlemagne  
Clubs – Alexander the Great  
Diamonds – Julius Caesar
- In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on.  
Hence the phrase "good night, sleep tight".
- It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink.  
Mead is a honey beer and because their calendar was lunar based, this period was called "the honey month", which we know today as the honeymoon.
- In English pubs, ale is ordered by pints and quarts. So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down".  
It's where we get the phrase "mind your P's and Q's".
- Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic cups. When they needed a refill, they used the whistle to get some service.  
"Whet your whistle" is the phrase inspired by this practice.
- In 1696, William III of England introduced a property tax that required those living in houses with more than six windows to pay a levy. In order to avoid the tax, house owners would brick up all windows except six.  
As the bricked-up windows prevented some rooms from receiving any sunlight, the tax was referred to as "daylight robbery"! (The Window Tax lasted until 1851, and older houses with

bricked-up windows are still a common sight in the U.K.)

## BRANCH CONTACT DETAILS

If you have any queries please contact our Secretary, Graham Tienan, on mobile 0407 736 453 or email [nsacoorparoossec@gmail.com](mailto:nsacoorparoossec@gmail.com). Please remember to update any changes to your details. Emergency contacts need to be current.

## SMILE

An older man was in Target trying to buy a photo album. When he asked where they might be, a young worker did not know what a photo album was, so the man said it was a place to keep pictures. The worker sent him to the tech aisle. He assumed the man wanted memory to store more pictures on his phone. The man felt he was 1 billion years old!

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When older people say, "Enjoy them while they are young." They are talking about your knees and hips, not your kids.

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## 'OLD' IS WHEN...

- Your sweetie says "Let's go upstairs and make love" and you answer: "Pick one, I can't do both!"
- Your friends compliment you on your new alligator shoes and you're barefoot!
- A sexy babe or hunk catches your fancy and your pacemaker opens the garage door!
- You are cautioned to slow down by the doctor instead of by the police
- "Getting lucky" means you find your car in the parking lot.
- An "all-nighter" means not getting up to use the bathroom.
- I talk to myself, because sometimes I need expert advice.
- Sometimes I roll my eyes out loud!
- The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

