

**WELCOME TO 2026** – We hope you enjoyed the Christmas and New Year holiday period with family and friends. We are looking forward to utilising the facilities at the new Parkside Community & Services Club, 131 Ridge Street, Greenslopes (which is now the home of the Coorparoo RSL) and to providing another enjoyable social year with branch activities including our monthly meetings hosting a variety of guest speakers, morning teas and outings, as well as fundraising and charity donations. We hope you can join us at one of our upcoming events and look forward to catching up with everyone again.

## BRANCH MEETINGS

Our first branch meeting for 2026 will be on **Thursday 12 February** at the Parkside Community & Services Club, 131 Ridge Street, Greenslopes. Arrival will be at the earlier time of 9:30am for a 9:45am start with guest speaker, updates on branch and national activities, raffles and refreshments. The cost will be \$8.00 cash per person payable at the door.

We will have two guest speakers to start the new year:

- Katrina George, Regional Development Specialist of Cancer Council Queensland, and
- James Waterhouse, from Keiser Coorparoo to introduce their facilities for maintaining health for seniors.

There is ample off-street parking at both the front of the club off Ridge Street, and rear of the Club off Pear Street, or bus access is within walking distance from the South East Busway Greenslopes Station or Route 172 stop at Barnsdale Place.

Extensive facilities are available for members to stay for a light lunch after the meeting (at your own cost).

The dates for 2026 are:

12 March	9 April
14 May	11 June
9 July	13 August (& AGM)
10 September	8 October
12 November	

## MORNING TEA CATCH-UP

Our first morning tea catch for the year up will be on **Monday 19 January** 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.

The dates for 2026 are:

16 February	16 March
20 April	18 May
15 June	20 July
17 August	21 September
19 October	16 November

## JANUARY/FEBRUARY BIRTHDAYS

Best wishes to the following members *Rosslyn Dallaghy, Joan Hedger, Joan Jell and Margaret Morton*

who celebrate their birthdays in January and to *Helen Batch, Robert Cousin, Lyn Edwards, Margaret Hill, Jackie Phillips and Riitta Pyyvaara* who celebrate birthdays in February.

We hope you enjoy your special day with family and friends.

## NAME BADGES

Even in the smallest of groups, it's sometimes difficult to remember everybody's name. As the group grows, that task becomes even more difficult, so it would help us all greatly if you could wear your name badge at each meeting. Knowing another person's name breaks down barriers to conversations and makes fellowship more personal.

If you would like to obtain a Coorparoo Branch name badge, please advise our secretary Graham Tienan on 0407 736 453 or nsacooparoosec@gmail.com so we can organise for them to be made before the first meeting. Cost will be \$12.00 for either pin-on type or magnet type. Please note the magnet type is not suitable if you have a pacemaker.

## HELP REQUIRED – DAY-BUS TRIPS

Members and guests enjoyed the final day-bus trip of 2025 to Nobby where they celebrated the Christmas Season at the historic Rudd's Pub just south of Toowoomba. Our sincere thanks to Pat Will for organising this trip as well as many others to a huge variety of locations over the past 12 years.

As we have mentioned previously, Pat has decided she will step down from this position, so we are looking for another member to take on this role to organise a couple of bus trips outside of Brisbane for the enjoyment of members and guests. Pat has kindly offered to assist and guide anyone considering taking on the role. At this stage no dates have been nominated for these outings for 2026. If you are interested, please advise Freya Tienan on 0409 397 330 so we can discuss future plans.

## CARE KITS FOR KIDS

A recent Facebook post read: "As the year ends and 2026 will soon begin, we hope joy and peace finds you all – our Care Kits child recipients, our wonderful, hard-working volunteers, generous transporters and

amazing in-kind or financial giving community. We really appreciate your time, skills and contributions. If not for you, our work to provide Care Kits to children in care or crisis in any region of Queensland would not be possible. Everything you do to support Care Kits for Kids Qld results in helping children in need, without access to the essentials and comforts most take for granted. Together we make a significant difference in the Queensland community.”

Coorparoo Branch would like to continue this relationship again in 2026 with some suggestions of items 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.

**February** – Biros, 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

## COMMUNITY PANTRY DRIVE

We would like to continue contributing to a community pantry to assist those in need in our local area. If you would like to provide good quality non-perishable food items that can be passed on, please bring them along to each meeting where we will collect and distribute them to a local organisation. Please ensure that all items are well within use by date.

## BOOK SWAP

We will recommence the fundraising book swap activity again this year. If you have received some books over the Christmas break which you have finished and are happy to donate, please bring only one or two to each meeting as we don't have the facility to store many books. Books are available to take for a gold coin (\$2 or \$1) donation.

## 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.

## 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
- Blister tablet packs
- Stamps
- Plastic bread tags

## PARKSIDE MEMBERSHIP

If you haven't already had the opportunity to visit the new Parkside Community & Services Club and you hold a current membership from the Coorparoo RSL Club, please remember to have your membership card updated on arrival at the club so you can continue to earn points towards club benefits.



## A NEW KIND OF NEW YEAR PLAN – Less Pressure, More Purpose

The start of a new year has long been a moment when many of us pause, take stock, and think about what comes next. At 60+, we've lived enough years to know that big resolutions often fade fast, yet we also appreciate the quiet power of intention. Instead of focusing on what you change, the question is: *How can the new year support the life you already enjoy – with less stress, more confidence, and a clearer sense of purpose?*

**The big problem with big resolutions – and why small goals work better** – most people abandon New Year's resolutions within weeks – not because they lack willpower, but because goals are too general, too big or too vague. Research shows that resolutions framed in specific, approach-oriented terms (e.g. walk 30 minutes three times a week) are far more likely to

be maintained than broad, avoidance goals (e.g. get fit). For many older adults, this holds especially true. What feels manageable and meaningful today isn't necessarily dramatic or headline-worthy, but it matters. This is why a gentle reset – not a pressure-packed resolution – can be more powerful.

**A better framework for your New Year plan** – here's a practical strategy you can use – without feeling like you're starting from scratch:

1. **Clarify what already works** – before thinking about change, take a moment to recognise what currently supports your wellbeing. Ask yourself:
  - what routines make my day better?
  - what relationships enrich my life?
  - what activity makes me feel good afterwards?
 This isn't reflection for its own sake – it's data about your life.

*Action step:* write down three things that consistently improved your mood or energy in the past month.

2. **Choose one purpose-driven focus** (not a long list) – instead of big resolutions like "exercise more" or "eat healthier", pick one area that feels genuine and specific.

Examples that work well for many older adults include:

- Movement you enjoy: go for a 20 minute walk every Monday, Wednesday, Friday.
- Connection goals: catch up with a friend or family member once a week
- Brain stimulation: read one book and discuss it with someone each month.

*Why this matters:* when goals are specific and personally meaningful, you're more likely to sustain them – and benefit emotionally and physically from consistent progress.

**Everyday tools to keep you on track** - you don't need a planner full of sticky notes – just tools that help you stay connected to your intention.

**Habit Pairing** – Pair a new intention with something you already do.

*Example:* take your vitamins right after breakfast, or walk after your morning tea.

**Gentle Logging** – not a diary – just a simple note:

*Date | what I did | how I felt afterward*

This helps you see patterns and keeps motivation up.

**Social Accountability** – share your one focus with a friend or neighbour. Checking in weekly – even by phone – increases follow-through.

These aren't big commitments. They're nudges that build momentum without stress.

**Rethinking Motivation – it's not about perfection –** motivation isn't constant, and that's okay. Some days you'll do your focus activity easily, other days it might be a longer stretch. Here's the key difference: *Intentions that feel supportive help you adjust without giving up.*

If on Thursday you miss your walk, try a 10 minute stretch instead.

**Goal flexibility** – adapting your actions to how you're feeling – predicts greater satisfaction and wellbeing over time than strict, uncompromising habits.

**The most important intention you can set** – it's not the size of the goal – it's the relationship you build with the process. This year, think of your New Year intention not as a list of resolutions, but as:

- a supportive plan
- a statement of why you care
- a way to grow into your experience

You don't need big changes to feel renewed. Small, consistent steps, rooted in your values, are more likely to make your new year feel genuinely lighter, healthier and more connected – the kind of progress that matters after 60. (Source: [60plusclub.com.au](http://60plusclub.com.au))

## MANDATING CASH ACCEPTANCE

The Australian Government's Treasury Department has delivered on their commitment to mandate cash acceptance for essential purchases by finalising regulations that require fuel and grocery retailers to accept cash from 1 January 2026.

They're making it mandatory for businesses to accept cash when they sell these essential items. This will help to ensure Australians can continue to pay with cash for essentials if they want to. It will ensure Australians who depend on cash for fuel and groceries aren't left behind.

Community feedback confirmed grocery and fuel purchases are essential and these changes mean that from 1 January 2026 most retailers must accept cash for in-person transactions of \$500 or less between 7am and 9pm.

Small businesses with aggregate annual turnover under \$10 million will be exempted from the mandate, however, the mandate will apply to small businesses that choose to share a trademark with a larger retailer.

In addition to the cash mandate for fuel and groceries, consumers also already have the option to pay their bills, including utilities, phone bills and council rates, in cash at their local Australia Post outlet through Post Billpay on the current terms of this service. Billpay is available at post offices across Australia and is relied on by businesses and government agencies, including

utility providers and government entities across local, state and Commonwealth levels.

The Government will review the mandate after three years, to ensure it is functioning as intended. You should be able to pay with cash if you need to, and that's what these regulations are all about. (Source: [Treasury.gov.au](http://Treasury.gov.au))

## FOOD SAFETY AFTER AN EMERGENCY OR NATURAL DISASTER

Following an emergency or disaster event such as a flood, fire, storm or cyclone, there is a danger that some food in your house may not be safe to eat, especially if power has been cut, or if food has been in contact with contaminated water.

**After an emergency** - it is recommended that you dispose of:

- Food that has been in contact with contaminated water
- Food that has an unusual odour, colour or texture
- Refrigerated food that has been left unrefrigerated or above 5°C for more than four hours
- Frozen food after 48 hours (if the freezer is full) or after 24 hours (if the freezer is only half full). If frozen food has partially thawed, the food should be eaten as soon as possible
- Canned food where the can is open, swollen or damaged, or has a missing or damaged label.

Commercially canned or air-tight food containers that are sealed, intact, not bulging or dented, may be safe. It is recommended that you:

- Remove the label since it could harbour dirt, ash and bacteria
- Thoroughly wash the outside of cans by dipping them in a solution of 1.5 cups of household chlorine bleach in 10 litres of warm water for two minutes and then rinsing it in drinking quality water
- Re-label the can with a waterproof marker pen, including the expiry date
- Use the product as soon as possible

**IF IN DOUBT, THROW IT OUT!**

**Vegetable gardens** – if your vegetable garden has been in contact with contaminated water, the food may be contaminated and unsafe to eat. Contaminants may persist in the soil after the disaster event. Depending on the contamination type it may take at least a month before your home garden is suitable for replanting and/or harvesting of any produce.

**Cleaning and sanitising** – if benchtops, food utensils or kitchen equipment have been in contact with contaminant e.g. flood water, dust, fire, ash, smoke, firefighting water:

- Throw away damaged or cracked items, and items made from porous material such as wood, porous plastic or rubber (including wooden chopping boards) as these items cannot be adequately sanitised
- Wash utensils and surfaces in hot soapy drinking quality water
- Take apart and clean the non-electrical pieces of kitchen equipment and rinse in clean hot water
- Sanitise silverware, metal utensils, pots, pans and kitchen equipment in pieces by placing them in boiling water for at least three minutes
- Dishes and utensils that cannot be safely placed in boiling water (certain glassware, porcelain, china, and enamelware) should be sanitised by immersing them in a disinfecting solution of one tablespoon of chlorine bleach per two litres of warm water, then rinsing with drinking quality water
- Clean cupboards and counters with hot soapy water, then rinse with a chlorine bleach solution of one tablespoon of chlorine bleach per two litres of warm water. Rinse thoroughly with drinking quality water
- Don't use tea towels that might have been splashed with contaminated water. Wash them with non-colour stripping bleach solution or antibacterial washing detergent.

**REMEMBER TO WASH YOUR HANDS BEFORE HANDLING FOOD OR TOUCHING CLEAN SURFACES.**

**Water for drinking and cooking** - In an emergency, tap water and private water supplies from tanks, wells and bores may become unsafe to drink. If you can, you should stock up with bottled drinking water. Listen to the radio, check your local council website or Facebook page, or check with your water utility provider for public announcements about the safety of your water supply. Private water supplies should be tested before use. To ensure your water is safe:

- Use only bottled, boiled or treated water for drinking, cooking or preparing food, washing utensils and surfaces, brushing teeth, hand washing, making ice and bathing
- Filter cloudy water through a clean cloth or allow it to settle and then pour off the clear water for boiling. Boil the water then leave it to cool. Store it in a clean, covered container. Boiling will ensure water is safe for most types of harmful bacteria, but will not remove chemical contaminants
- Thoroughly clean any containers used to store water with hot, soapy drinking quality water, then

rinse with a bleach solution of one tablespoon of bleach per two litres of warm water. Rinse thoroughly with drinking quality water before use.

**After a power failure** – it is useful to make a note of the time the power failed.

Keep cold food COLD:

- Keep the refrigerator door closed as much as possible while the power is off. A closed refrigerator should keep food cold for four hours.
- Freezers will usually not defrost and spoil food for at least 24 hours, provided the door has been kept shut. If frozen foods have thawed, they should not be refrozen but should be kept cold and eaten as soon as possible.
- If you have access to ice, pack your refrigerator and freezer to help maintain a cool temperature.

Keep hot food HOT

- Throw out food that was being cooked when the power failed, if the cooking cannot be completed within two hours.
- If food is already properly cooked, eat it within two hours or throw it out. (Source: Qld Department of Health)

## SUN PROTECTION 101: Essential tips from Cancer Council for UV safety

10 facts about sun protection:

1. **Cloudy day sun safety** – sun damage is caused by ultraviolet (UV) radiation, not temperature – meaning you can still damage your skin when the sun isn't out. In fact, UV radiation can penetrate clouds and can even be more intense due to reflection from them. If it's windy and you get a red face, it's likely to be sunburn. There is no such thing as 'windburn'.
2. **There's no such thing as a 'safe' tan** – if skin darkens after exposure to the sun, it is a sign of skin cells in trauma, even if there is no sign of redness or peeling. Skin darkens as a way of trying to protect itself because the UV rays are damaging living cells. Even if you can tan easily, you are still at risk of skin cancer and need to use sun protection.
3. **Cosmetic SPF caution** – unless cosmetics are labelled with an SPF50 or SPF50+ rating, you should wear additional sunscreen under your makeup if you're going to be in the sun for an extended period. Best practice is to reapply your sunscreen every two hours – not just once in the morning underneath your makeup. Be mindful that most cosmetic products offer either no protection or protection that is much lower than the recommended SPF50 or higher.
4. **Any skin tone can be at risk of skin cancer** – regardless of skin type, exposure to UV radiation from the sun and other artificial sources, such as

solariums, can cause permanent damage to the skin. People with skin types that are less likely to burn can still receive enough UV exposure to risk developing skin cancer.

5. **SPF versus time in the sun** – sunscreen is not a suit of armour and should never be used to extend the amount of time you spend in the sun. Though it may sound like there is a big difference, SPF50+ only offers marginally better protection from UVB radiation, which causes sunburn and adds to skin cancer risk. SPF30 sunscreens filter about 96.7% of UV radiation, SPF50+ sunscreens filter 98% of UV. Cancer Council recommends applying a sunscreen that is SPF50 or SPF50+ before heading outside, every two hours, after swimming, sweating, or towel drying.
6. **Sun and Vitamin D balance** – research suggests that prolonged sun exposure does not cause vitamin D levels to continue to increase further but does increase the risk of skin cancer. When UV levels are 3 or above, most Australians get enough vitamin D with just a few minutes of sun exposure while completing everyday tasks – like walking to the car or shops. During peak UV times, it's important to reduce your risk of skin cancer by protecting your skin. If you believe you're at risk of vitamin D deficiency, speak to your doctor.
7. **Skin cancer awareness** – Skin cancer treatment can be much more serious than 'simply' having a lesion removed. It can include invasive surgery and chemotherapy, which can result in permanent scarring, as well as the need for long-term monitoring. It is important to remember that skin cancer can also spread to other parts of your body. Each year, more than 2000 Australians die of skin cancer. Be alert for any new spots or changes to existing spots and consult your GP immediately if you notice anything new or changing. Prevention is always better than cure.
8. **Fake tan doesn't equal sun protection** – fake tanning products do not improve your body's ability to protect itself from the sun. Though some fake tans have an SPF rating, this should not be relied on for continued protection.
9. **UV radiation can penetrate car windows** – untinted glass commonly used in car side windows reduces but does not completely block transmission of UV radiation. This means you can still get burnt if you spend a long time exposed to an untinted side window when the UV is high. More commonly, people get burnt in cars with the windows down, where they can be exposed to higher levels of UV radiation. Burning also adds to the cumulative effect of UV exposure, which can lead to skin cancer.
10. **Anyone can get skin cancer** – in a high UV environment like Australia we can be exposed to dangerous levels of UV radiation during all sorts

of daily activities, such as working outdoors, gardening, walking the dog or having a picnic. This sun exposure adds up over time, increasing the risk of skin cancer. (Source:cancer.org.au)

## TECH CORNER - 1 IN 3 REPORTED SCAMS HAPPEN BY PHONE

Scammers call, claiming to be from well-known organisations. This includes government organisations, law enforcement, investment and law firms, banks, or telecommunication providers. They make it sound urgent to get you to act quickly. They may try to convince you to give them your personal or bank account details, or remote access to your computer. The caller may already have some details about you, such as your name or address.

**Warning signs it might be a scam** – Stop and think. It's probably a scam call if the caller:

- Asks for personal or financial information:
  - Payment, or for you to move money between accounts
  - Your password, pin, one-time code, or some other security information
  - Credit card or banking details to process a refund or other 'overpayment'
- Wants you to install software or access a secure account on your mobile phone or computer
- Threatens you with immediate arrest, deportation, or blackmail etc.
- Suggests you or your accounts have been hacked or involved in fraud
- Tells you about a way to make quick, easy money with little risk or effort

**Steps you can take to avoid phone scams** – these simple steps can help prevent loss of money or personal information to scams.

- Screen unknown numbers:
  - Let calls from unknown phone numbers go to voicemail
  - If you are not sure if a caller is who they say they are, it's ok to hang up.

You can still receive scam calls even if you have a private number or are on the *Do Not Call register*
- Check the call is real:
  - Never use contact details given by a caller or written in an email or SMS.
  - Call the organisation or person back on a phone number you have found yourself (on their website)
  - Use the organisation's secure, authenticated portal or app (never through a link).
- Be scam aware:
  - Immediately hang up on anyone who tries to threaten or intimidate you.
  - Never give anyone remote access to your computer.
  - If an offer appears too good to be true, it

probably is. Research any investment opportunity fully before investing money. (Source: [Scamwatch.gov.au](http://Scamwatch.gov.au))

## BRANCH CONTACT DETAILS

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

## SMILE

A man asks his buddy for a cigarette. His friend quips, "I thought you made a New Year's resolution and that you don't smoke." The man replied, "I'm in phase one of quitting." Confused, his friend asked, "Phase one?" The man laughed, "Yes. I've quit buying."

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A woman took an afternoon nap on New Year's Eve. When she woke up, she told her husband, "I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?" He replied, "Aha, you'll know tonight!" At midnight, her husband handed her a small, gift-wrapped present. Excited, she opened it quickly but was even more surprised: In it was a book titled *The Meaning of Dreams!*

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A man who had too much to drink decides to walk home on New Year's Eve. A policeman stopped the man and asked where he was going.

"I'm on my way to a lecture," the man replied.

The cop scoffed, "Who gives lectures on New Year's Eve?"

The man answered: "My wife."

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An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.

