

WELCOME – Thanks to our guest speaker Trevor Hamley for his very entertaining talk about his time working in Antarctica with a Russian team and his stories about life in such a remote and harsh environment. We're sure his book will make interesting reading for those who purchased a copy. The August general meeting was followed by our Annual General Meeting. As we were unable to fill the required executive positions on the committee, we will commence the process of cancelling the incorporation of the branch and proceed to becoming a social branch under the NSA banner. Members should note that the branch will continue the current schedule of activities as per the information below.

Our thanks as always to everyone for your generous donations to Care Kits For Kids and the community pantry which are greatly received, and especially to Jan and Stephen for kindly delivering the goods.

BRANCH MEETINGS

Our next meeting will be on **Thursday 10 September at the Parkside Community & Services Club**. Arrival will be at 9:30am for a 9:45am start with guest speakers, updates on branch and national activities, raffles and refreshments. The cost will be \$10.00 per person payable in cash at the door.

We have two guest speakers:

- John Siganto from BGC Fixed Income Solutions, an organisation that provides a personalised approach to clients in the fixed income sector; and
- Donna Rennie from Emergency Medical Services, a provider of personal medical alarms and monitoring to help Australians live independently and safely

Remaining meeting dates for 2026 are: 8 October; 12 November

ANNUAL GENERAL MEETING

The Annual General Meeting was held on Thursday 13 August. As we were unable to fill the required executive positions on the committee, we will commence the process of cancelling the incorporation of the branch, and distribute the remaining funds as agreed by all members present.

Our thanks go to the committee for their continued support throughout the year, and we look forward to the transition to a Social Branch under the NSA banner with a group of volunteers to provide the social activities as we currently do. These will include monthly meetings at Parkside, guest speakers, morning teas at Easts, public transport outings or bus trips, all on a cost-per-use basis. Our current charitable donations of goods to Care Kits For Kids, the food pantry, and Mission to Seafarers will continue, but should we wish to raise cash funds for a particular charity this will be as a donation box type collection.

We will retain a branch page on the NSA website and financial members will still be covered by NSA insurance if participating in branch activities. There is no committee to run the branch, only a group of willing volunteers.

We look forward to you continuing to enjoy some of the activities of the club. If you need any further clarification please contact either Freya on 0409 397 330, or Graham on 0407 736 453.

MORNING TEA CATCH-UP

Our next morning tea catch up will be on **Monday 21 September 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 remaining dates for 2026 are: 19 October; 16 November

SEPTEMBER BIRTHDAYS

Best wishes to *Clyde Anderson, Carole Clayton, Merv Field, Chris Green and Robyn Wöbcke* who celebrate birthdays in September. We hope you enjoy your special day with family and friends.

EXPLORE BRISBANE BY PUBLIC TRANSPORT AND ENJOY A VISIT TO HAMILTON AND PORTSIDE

Our next local outing is planned for **Monday 31 August** where we will meet at the Cultural Centre Bus Station at 10:00am to catch the 300 bus route to Bretts Wharf at Hamilton, arriving at approx. 10:30am. From here you can have morning tea at one of the local cafes on Racecourse Road or Portside Wharf, or you can enjoy lunch at the Hamilton Hotel. We can then return to South Bank via the City Cat with departures every 15 minutes departures, depending on what activities you choose to do.

Please advise Freya Tienan on 0409 397 330 by 24 August if you wish to join in this activity so we can keep an eye out for you.

LORD MAYOR'S SENIORS CHRISTMAS PARTY

We have been offered 20 complimentary tickets to the Lord Mayor's Seniors Christmas Party. We have requested **1pm on Thursday 10 December**, but have also had to provide a second date which is Wednesday 9 December if we are unsuccessful with

the Thursday. This is held in the main auditorium of the Brisbane City Hall in Adelaide Street.

Because tickets are very limited, if you are interested in attending, please advise Freya by Friday 28 August on 0409 397 330 or nsacoorparoopres@gmail.com as they will be allocated on a first in first served basis.

If you are subsequently unable to attend, please advise as soon as possible so your ticket can be passed on to another member.

CARE KITS FOR KIDS

Coorparoo Branch continues our relationship with this not-for-profit organisation 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.

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

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

NAME BADGES

Please remember to wear your name badge to each meeting to assist new members. If you don't have a name badge and would like to obtain one, please advise Graham on 0407 736 453 or nsacoorparoossec@gmail.com so we can organise for them to be made before the next meeting. Cost will be \$12.00 for either a pin-on type or magnet type. (Please note that magnet type is not suitable if you have a pacemaker.)

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.

MISSION TO SEAFARERS

In the past, our members have been kindly knitting beanies and scarves which are donated to the Mission to Seafarers. These items are available to any crew members visiting Brisbane who may need warm clothing when their ships are heading to colder

climates. If anyone is interested in continuing this activity during the winter months, we will collect items for donation to the Mission in November.

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
- Pens, highlighters, white outs
- Batteries
- Blister tablet packs
- PLASTIC bread tags (not cardboard tags)
- Corks
- Soaps
- Stamps

A TRUE AUSSIE POEM FROM A BYGONE ERA...

They were funny looking buildings, that were once a way of life,
If you couldn't sprint the distance, then you really were in strife.

They were nailed, they were wired, but were mostly falling down,

There was one in every yard, in every house, in every town.

They were given many names, some were even funny,
But to most of us, we knew them as the outhouse or the dunny.

I've seen some of them all gussied up, with painted doors and all,

But it really made no difference, they were just a port of call.

Now my old man would take a bet, he'd lay an even pound,

That you wouldn't make the dunny with them turkeys hangin' around.

They had so many uses, these buildings out the back,
You could even hide from mother, so you wouldn't get the strap.

That's why we had good cricketers, never mind the bumps,

We used the pathway for the wicket and the dunny door for stumps.

Now my old man would sit for hours, the smell would rot your socks,

He read the daily back to front in that good old thunderbox.

And if by chance that nature called sometime through the night,

You always sent the dog in first, for there was no flamin' light.

And the dunny seemed to be the place where crawlies liked to hide,

But never ever showed themselves until you sat inside.

There was no such thing as Sorbent, no tissues there at all,
Just squares of well-read newspaper, a hangin' on the wall.
If you had some friendly neighbours, as neighbours sometimes are,
You could sit and chat to them, if you left the door ajar...

When suddenly you got the urge, and down the track you fled,
Then of course the magpies were there to peck you on your head.
Then the time there was a wet, the rain it never stopped,
If you had an urgent call, you ran between the drops.

The dunny man came once a week, to these buildings out the back,
And he would leave an extra can, if you left for him a zac.
For those of you who've no idea what I mean by a zac,
Then you're too young to have ever had a dunny out the back. (*Author: unknown*)

LARGEST AGE PENSION INCREASE SINCE 2023

When indexation is applied in September, it could be the biggest since March 2023 when Covid-19 induced high inflation. Based on the latest Australian Bureau of Statistics (ABS) data, National Seniors is estimating the September pension indexation at \$55.60 for a combined couple and \$36.80 for singles. This would take the maximum combined couples fortnightly pension to \$1,866 and \$1,237.70 for singles.

Such an increase would be the highest pension indexation since March 2023, which followed high inflation during the Covid pandemic. This is an estimate prepared by NSA based on the currently available ABS data, with the official government announcement likely to come in early September.

This follows from the indexation to a number of pension thresholds on 1 July, which would have increased pension payments for some recipients. Additionally, the announcement of updated deeming rates – which impact the income test – is due by 20 August. The rates are currently 1.25% up to the lower threshold, which varies for singles and couples, and 3.25% for the rest of financial assets. In March 2026 both rates were increased by 0.50%, the second such increase after the rates were frozen. One factor that will flow through to investments, and so has bearing on

the deeming rates, is the RBA decision to hold the cash rate at the last meeting on 11 August.

Note also that the pension indexation and deeming rate update occurs at the same time as the automatic bi-annual revaluation of assets by Services Australia. This means the final pension change could be the result of multiple factors pulling in different directions.

Age pension benefits from higher of two inflation measures – the age pension is subject to a complicated indexation process which is intended to keep the age pension in line with the cost of goods and services. So, the pension indexation is highest following periods of high inflation, and lower as inflation declines. Though this doesn't mean that prices are coming down, just that they are increasing at a slower rate.

The age pension indexation isn't just based on the widely known Consumer Price Index (CPI). Instead, it takes the higher of CPI and the Pensioner and Beneficiary Living Cost Index (PBLCI), which is meant to account for the different spending patterns of people receiving the age pension. The age pension indexation is based on the previous six months of inflation. So, for September, it is based on the inflation from January to June.

For the latest ABS data, NSA estimates that the upcoming age pension indexation will use the PBLCI figure. On a six-month basis CPI has been steady at around 2%, while PBLCI has been increasing and reached 3.2% in the six months to June 2026. It is not the raw percentage changes that determine the increase, rather separate categories of spending, such as 'food and non-alcoholic beverages' or 'transport', are weighted based on the approximate proportion of typical spending. Since the PBLCI is higher, the largest changes in prices for the six months up to June 2026 using that index were in health (7.08%), housing (5.86%), then insurance and financial services (5.57%). But once the weightings are applied, housing was the largest contributor to the increase, followed by health. (*Source: NSA*)

RETIREMENT: A NEW BEGINNING

Retirement is often described as the reward for decades of hard work, but new research suggests that enjoying retirement is much more than simply having free time. According to academic researcher and Genealogical Society of Queensland Vice President, Dr Fleur Creed, retirement is best viewed not as an end point, but as the beginning of a new phase of life that requires purpose, structure, and connection.

Drawing on findings from the *Communities of Meaning* research project, Dr Creed will soon be addressing the Childers branch of NSA, exploring how seniors can

successfully navigate the transition into retirement and continue to find fulfilment as their circumstances evolve over time.

One of the key messages from her presentation is that retirement is not a static stage of life. "Retirement isn't the end of anything, just a new beginning, but it needs to have structure, and it keeps changing," Dr Creed says. While many people look forward to the freedom retirement brings, Dr Creed notes that a common challenge emerges once the holidays, travel plans, or long-awaited projects are completed.

"Many people retire, then feel aimless or bored," she explains. "They travel and then return home to feel bored again. Retirees need to have a purpose in life, just as they did when they worked, and they need to find the right fit for the life stage they're in."

During a recent question-and-answer session ahead of her presentation, Dr Creed addressed one of the most common concerns she hears from retirees: *"I thought I would just take it easy and enjoy myself, but the kids are busy and have their own lives, and every day just seems the same."*

Her advice is simple but powerful: "Find something you are passionate about and do it. Many people find a cause or take up a hobby that they love. Volunteer, help others, but become part of something." Research consistently shows that social connection, meaningful activity and a sense of contribution are strongly linked to wellbeing in later life. For many retirees, this can mean volunteering, joining community groups, learning new skills, pursuing creative interests or reconnection with long-held passions.

The challenge, Dr Creed says, is recognising that retirement often requires as much planning for purpose as it does for finances. One example featured in Dr Creed's presentation is Malcolm Benoy, South Australia's Senior Australian of the Year. After a career in government and academia, Benoy retired in 2002. Rather than stepping back completely, he continued his longstanding commitment to volunteering through organisations including Scouts, the Red Cross, and Life Without Barriers.

His interest in climate science eventually led him to volunteer with the Bureau of Meteorology, where he became project manager of a team dedicated to preserving and digitising historic weather records dating back to the 1800s. More than two decades later, those records are being used by researchers around the world.

The story illustrates how retirement can provide an opportunity not only to pursue personal interests, but also to make a lasting contribution to the broader

community. For seniors, the message is an encouraging one. Retirement does not have to mean slowing down or stepping aside. Instead, it can be a chance to redefine priorities, strengthen social connections, and discover new avenues for personal growth and contribution. (Source: NSA)

HEALTHY BONES

Healthy bones are bones that are dense, strong, and able to heal effectively. Your bones are a living part of your body, and despite their strength, they are flexible. They can heal themselves when broken, and are constantly renewed by your body. Your bones grow throughout childhood and adolescence. Bone renewal (known as 'remodelling') occurs throughout life. They are made from calcium, collagen and bone marrow, and are affected by your diet and lifestyle. Looking after your general health will help to keep your bones healthy.

What happens to bones as you age? Your bones continuously renew themselves. Your body breaks down and rebuilds bone tissue throughout your life. However, from your 30s onward, more bone is broken down than rebuilt. This leads to your bones becoming weaker over time. Weaker bones are more likely to break even from a small injury. They may also develop tiny fractures, which can be painful.

Osteopaenia is more common in older people. It means that your bones are less dense than normal, but not so fragile as to be diagnosed with osteoporosis. If you have osteopaenia, you are at greater risk of developing osteoporosis. It's an early warning sign that you should take action to improve your bone health. This can lower your chance of breaking a bone in future.

Osteoporosis is a chronic (long-term) disease of your bones. They become porous and fragile, so that even a minor injury can damage the bone.

What can you do to improve your bone health?

You can improve your bone health by:

- Having enough calcium, vitamin D and protein in your diet
- Keeping active
- Reducing or stopping smoking or vaping
- Drinking alcohol in moderation
- Doing regular weight bearing exercise

Eating healthy foods is one of the most important things you can do for your bones. A healthy diet provides your body with all the nutrients it needs. The needs of your body change depending on your stage of life.

Your diet should include at least three servings every day of a calcium rich food such as milk, cheese, yoghurt, almonds, firm tofu. Choosing low fat cheese and milk doesn't reduce the amount of calcium you get. It can help you keep a healthy weight.

Vitamin D allows your body to absorb the calcium in your food. This keeps your bones from becoming weaker. Getting enough vitamin D is important to keep your bones strong and healthy. For many Australians the main source of vitamin D is from sunlight. How much sun you need will depend on many factors including your skin tone and the climate you live in. If you have fair skin, spending 5-10 mins in the summer sun will give you enough vitamin D. You will need to have your face, hands and arms exposed. Aim to be outside before 10am or after 3pm. Vitamin D is found in foods such as liver, fatty fish and egg yolks.

Protein is vital for bone and muscle health. Eating enough animal and plant proteins helps reduce your chance of fractures.

Staying active helps keep your bones healthy. A combination of different exercises is important. Weight bearing exercise uses your skeleton to support the weight of your body. This is an effective way to keep or increase bone density. Weight bearing exercise can include brisk walking, hiking, stair climbing, running and skipping. Resistance training (strength training) places strain on your muscles and encourages strong bones. You should try to do moderate to vigorous resistance training two or three times a week. Have at least one day off in between sessions.

Speak to your doctor about your bone health if you have a family history of osteoporosis; you are over 50 years of age and have signs of poor bone health; you spend most of the day indoors and are mainly covered up when outdoors; or you have broken a bone from a minor injury or slight fall. (*Source: Healthdirect.gov.au*)

LOOK OUT! IT'S SWOOPING SEASON

Spring in Australia brings warmer mornings, blooming gardens, and, for a few weeks, the unnerving rush of flapping wings overhead. "Swooping season" usually runs from about August to November, when magpies and some other native birds defend their nests, eggs, and chicks.

The first thing to understand is that the behaviour is protective, not malicious. The birds are simply trying to move a perceived threat away from their young. Magpies get most of the blame, but they are not the only swoopers. Noisy miners, pied butcherbirds, magpie-larks, kookaburras, red wattlebirds, swallows, and marked lapwings can also defend nesting areas.

The good news is that most magpies do not swoop, and the risk is usually limited to a small "defence zone" around the nest, often about 100 to 200 metres.

For older walkers, gardeners, and cyclists, the main danger may be not the bird itself but the fall, trip, or sudden swerve that follows a fright. The best tactic is simple: avoid known nesting spots for a few weeks. Cross the road, choose another walking route, or check local warning signs and community reports before heading out.

If you must pass through a swooping zone, stay calm. Walk quickly but do not run, shout, wave your arms, or throw anything. University of Queensland bird expert, Prof Bob Doneley, warns that waving a stick or trying to hit the bird may make matters worse by convincing it that you are a predator.

What you should do is protect your face and eyes. Wear sunglasses and a broad-brimmed hat or carry an umbrella held above your head. If a bird is swooping, keeping your eyes on it can help, as magpies are less likely to attack when watched. Walking with another person or in a group can also reduce the chance of being singled out.

Cyclists should be especially cautious because speed and movement can trigger defensive birds. If swooped, dismount and walk the bike out of the area. Helmets are essential, but the popular trick of attaching cable ties to your helmet to look like spikes does not really work.

Finally, never feed swooping birds or approach fledglings on the ground. A young bird may be under parental watch, and getting too close can make adults more defensive. A little caution, a hat, and a temporary detour can make spring safer for us – and for our wonderful native birds. (*Source: UQ, NSW National Parks, Birdlife Australia, Qld Government*)

BIRD FLU UPDATE

As concerns about the spread of H5 bird flu rise, experts are warning Australians to keep themselves and their pets well away from dead birds.

Assoc Prof Lara Herrero, a specialist in infectious diseases and virology, said transmission to humans was rare, but people in the poultry industry and wildlife carers were vulnerable. She said human transmission is possible through close contact with airborne droplets and the bodily fluids of infected birds.

Symptoms are similar to normal influenza, but more extreme with "higher fevers, sore throat (and) bigger headaches". If you believe you have come in contact with bird flu, seek urgent medical attention.

UNDERSTANDING ASPIRIN

This common headache remedy may also play a role in preventing serious conditions. Aspirin has been used for more than a century to relieve pain, reduce fever and calm inflammation, but its medical story is far from finished.

Once seen primarily as a household remedy, this inexpensive drug is now the subject of renewed scientific interest for its potential to help prevent serious illnesses such as heart disease and some forms of cancer. One of aspirin's most established benefits lies in its effect on the blood. By reducing the ability of platelets to clump together, aspirin lowers the risk of dangerous blood clots forming in arteries. This is why it is commonly prescribed in low doses to people who have already had a heart attack or stroke, where it significantly reduces the likelihood of another event.

Australian health authorities, including the Federal Government's HealthDirect website, emphasise that this use is most effective when part of a doctor-supervised treatment plan, as the benefits are clearest for people with existing cardiovascular disease.

In recent years, aspirin has also emerged as a promising agent in cancer research. The BBC recently reported that scientists are uncovering how aspirin may help the body fight cancer by weakening tumour cells and allowing the immune system to detect and destroy them more effectively. The strongest evidence to date relates to bowel cancer, particularly in people with a high genetic risk such as those with Lynch syndrome. Large studies have shown that long-term aspirin use in this group can significantly reduce cancer incidence.

Researchers believe aspirin's anti-cancer effects stem from its impact on inflammation and immune signalling. By altering chemical pathways involved in both processes, aspirin may limit cancer cells' ability to spread to other parts of the body. These insights are already shaping new clinical trials, and experts suggest they could eventually influence how some cancers are prevented or treated alongside existing therapies.

Beyond these long-term benefits, aspirin remains widely used for everyday conditions. It is effective for headaches, muscle pain, arthritis, and flu-related symptoms, and its low cost makes it accessible around the world.

However, aspirin is not risk-free. HealthDirect warns that it can irritate the stomach lining and increase the risk of ulcers or internal bleeding, particularly in older people or those with underlying health conditions. For this reason, doctors caution against taking daily aspirin

without medical advice. While the drug's benefits are real and increasingly impressive, they must be carefully weighed against the risks. (Source: BBC, HealthDirect, University of Cambridge)

BRANCH CONTACT DETAILS

If you have any queries please contact Graham Tienan, on mobile 0407 736 453 or email nsacoorparoossec@gmail.com. Do remember to update any changes to your details. Emergency contacts need to be current.

SMILE

A lost dog strays into a jungle. A lion sees the dog from a distance and cautiously thinks, "Hmm, this guy looks edible. Never seen his kind before."

The lion starts rushing toward the dog menacingly.

The dog notices and begins to panic, but just as he's about to run, he spots some bones nearby. Thinking quickly, the dog loudly exclaims, "Mmm...that was some good lion meat!"

Hearing this, the lion abruptly stops in his tracks and thinks, "Whoa! This guy seems tougher than he looks. I better leave while I still can." The lion retreats cautiously.

Up in the treetops, a monkey witnesses the entire scene. Realising he could gain favour with the lion the monkey decides to spill the truth. He swings down and tells the lion what really happened. Furious, the lion growls, "Get on my back! We'll deal with him together!" The lion and monkey rush back toward the dog.

Spotting them, the dog panics again but quickly comes up with another idea. He shouts loudly, "Where the hell is that monkey? I told him to bring me another lion an hour ago?"

