

National Seniors

Australia

ADELAIDE EAST BRANCH

AE News – May 2026

~~~~

### **A WORD FROM OUR PRESIDENT, WENDY STEWART**

I hope that the success of the Artemis expedition gave you some joy in these very unsettling times. Australia and the rest of the world are being affected in many ways by the conflict in the Middle East. I hope that you are coping with the ramifications. Being able to continue normal routines and having social interaction can lessen the stress that these conditions can create. I hope that participation in our Branch meetings and events can assist in this regard.

Our move back to Kensington Gardens has gone relatively smoothly. The room looks fresher and the toilets and storage space are a great improvement. The AV is top of the range, which improves the quality and clarity of presentations. Our last two meetings provided a lot of important information about the Aged Care system and training in the use of defibrillators. I hope that you found the information useful.

National Seniors Australia 2026-2027 pre-Budget submission to the Federal Government contained thirteen recommendations covering the following topics: the Age pension; concessions; housing; superannuation; banking and financial services; health, and aged care. A summary is set out in the Autumn edition of 'Our Generation' magazine, which also provides a link enabling a download of the full submission. To access this log into the NSA website and click on Member Benefits. 'Our Generation' magazine is near the bottom of the list. For members who took a 'Branching Out' magazine at our April meeting, you will find the same article there.

The Zone 110 Forum will be held on Thursday July 23<sup>rd</sup> at the Marryatville Hotel. Chris Grice, NSA Chief Executive and Karen Furnivall, Community Engagement Officer will attend. More details will be shared as they become available.

We have a variety of events coming up (see details later in this edition) and ACH offerings have also been circulated. I hope that you can join us for some of these.

For information about our Branch feel free to contact us. We welcome new members.

Email: [nsaadelaideeast@gmail.com](mailto:nsaadelaideeast@gmail.com)

Phone: Wendy Stewart - 0407974864



Be  
heard

# National Seniors

Australia

## A WORD FROM OUR EDITOR, GARY BYRON

In case you may have missed it, there is an interesting (and important) article on the new aged care changes in the National Seniors Australia 'Connect Newsletter' of 1 May, 2026.

"We live in interesting times" is a quotation attributed to British politician Joseph Chamberlain, or perhaps more accurately, it was "May you live in interesting times". This was a reference to the turmoil of the times; not so much pleasurable or exciting times. Change is not something that we humans always welcome. We prefer the warmth, stability and certainty of our own comfort zones. Nevertheless, we have to live with it. As the ancient Greek philosopher Heraclitus (c.585-c.475 BC) said, "The only thing that is constant in life is change". It seems that both of these observations describe the times in which we now find ourselves. In addition to unsettling world events, the Federal budget; the Aged Care changes; the ongoing struggle to get the Health Care issues sorted, and the threat of inadequate fuel supplies, amongst a number of other issues, will occupy our attention in the weeks and months ahead. How will we fare? Time will tell.

Some of the issues of interest and concern to seniors are referred to in this edition of AE News. There seems to be no shortage of things to write about.

## NSA ZONE 110 REPORT – WENDY STEWART, BRANCH DELEGATE

The Zone 110 Committee consists of representatives from the five remaining South Australian branches. It is the only Zone still operating in Australia. Gary Byron and myself are our current Branch representatives. I have voting rights on behalf of our Branch. The Committee meets only four times per year. The State Forum and the Zone AGM are included in that number. It is possible to conduct business by email and phone calls at other times. It does not appear to be a very effective body in terms of what is achieved, but this may not be necessarily, its own fault. Members' priority is running their branches and over time, have found two-way communications with NSA Head Office to be somewhat difficult, more so in recent years. This may be so because the focus and staffing of NSA has changed and it would appear that greater emphasis is now being given to the commercial and business activities of NSA possibly to the detriment of the core business of dealing with issues of concern to seniors. It is hard to tell. Nevertheless, the Zone Committee does inform Head Office of the areas and issues of concern that we want them to address.

NSA has created a National Advisory Council to which State representatives can be appointed. Ed Staunton, Chairperson of Zone 110, has offered himself for

# National Seniors

## Australia

appointment as a member so that South Australia can be represented on that body, but his appointment, if it is to happen, has not yet been confirmed.

The Zone Committee recently collated a package of issues of concern from our five branches and will be forwarding them to Head Office with a request to follow them up with the Federal Government. Our Branch submitted the following:

1. Request for detailed information regarding the amalgamation of the Commonwealth Home Support Program (CHSP) into Support at Home;
2. Request investigation and action to be taken regarding over charging in the Support at Home Program;
3. Request more Aged Care funding, including for more Aged Care beds, and
4. Review of the whole Aged Care Sector.

Since those issues were submitted, it has been announced that the Private Health Rebate for people over 65 will be removed in order to provide funding for the changes to the Aged Care system. This could cause many seniors to cancel their Private Health care cover, which would put more pressure on the struggling Public Health system (see the item 'PRIVATE HEALTH INSURANCE REBATE' hereunder). NSA was already calling for a review of our Health system. Following this announcement, I hope that they will take further action.

Events and dates to note are:

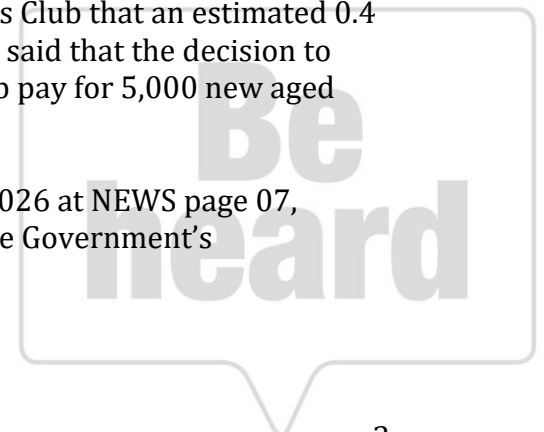
**July 23<sup>rd</sup> State Forum.** The venue is the Marryatville Hotel. Speakers from Head Office will attend and possibly, a high-profile guest speaker. The event is free for NSA members. Details to follow shortly.

**October 22<sup>nd</sup> Zone 110 AGM.** Details to follow in due course.

### PRIVATE HEALTH INSURANCE REBATE

The Commonwealth Government's proposed changes to the NDIS and other aspects of health care, includes a cut to the private health insurance rebate, affecting more than 1.4 million Australians over the age of 65. The Health Minister, Mark Butler recently told the National Press Club that an estimated 0.4% will drop their cover as a result of this change. He said that the decision to remove the higher subsidy in that age group will help pay for 5,000 new aged care beds a year.

According to The Advertiser on Thursday April 23, 2026 at NEWS page 07, National Seniors Australia said it was "shocked by the Government's announcement." It goes on to report –



# National Seniors

## Australia

“Many of these older people would have paid private health for decades” NSA Chief Executive Chris Grice said. “Now, at a time in their life when they really need that insurance – when affordability is paramount – it has been swept from under their feet.”

“State and Territory governments are already concerned about the capacity of the public hospital system. While the investment in aged care could reduce the issue of older stranded patients, the influx of older people dropping their private health could ramp up demand” [Mr Grice said].

This controversial decision will no doubt be of great interest and concern to many older Australians, particularly those who may be already affected by the pressures of current cost of living conditions. NSA will undoubtedly have more to say about this issue over the weeks ahead.

### **NATIONAL SENIORS AUSTRALIA CONSTITUTION ISSUES**

Some time ago, major constitutional changes were made by NSA. It is not clear how these changes may affect the Organisation, its branches and members. It is concerning that no attempt has been made by NSA to clearly explain why these changes were made; how these changes affect the way in which NSA operates; if and how these changes impact on branches and members, and whether there are any other implications and/or developments that ought to be outlined. Branches and members were not informed or consulted prior to these changes being introduced. (Members will recall that the services of former Chief Advocate, Ian Henschke were dispensed with last year, without explanation. It seems that this action may be relevant to the way in which NSA intends to operate in the future, following the constitutional changes. We don't know.) The matter is currently being pursued with NSA Head Office by Zone President, Ed Staunton. We await the outcome of his inquiries.

### **SMALL DAILY CHOICES THAT CAN TRANSFORM YOUR HEALTH**

NSA 'Member Matters' dated 12 January 2026 contained a most informative article by Dr Libby PhD, who offered a gentle guide to the small daily choices that can turn your health around this year. The article is too long to reproduce here, but it is definitely worth reading – even if you have to retrieve it from your NSA folder or (heaven forbid), your delete folder.

She covers the following:

- The foundations of good health are built on simple, sustainable choices made consistently.



Be  
heard

# National Seniors

## Australia

- Always consider the basics such as nourishment, blood glucose balance and quality sleep.
- Make daily choices that support your liver rather than adding to its load.
- Strengthen your digestion to reduce the symptoms like reflux or bloating.
- Lower stress hormone production by nurturing your nervous system.
- Check for nutrient deficiencies like iron or magnesium that may be detracting from your energy.
- Focus on what is doable and what feels achievable for you.

Dr Libby says that many people assume that low energy is just part of getting older, yet in fact it is often a signal that something in the body needs attention. Before jumping to conclusions, it is worth reviewing the basics. For example, are you eating enough whole, minimally processed foods? Are you spacing your meals in a way that keeps your blood glucose steady? Are you sleeping deeply enough for true restoration? [Perhaps we could also add, “Are you getting enough exercise?”]

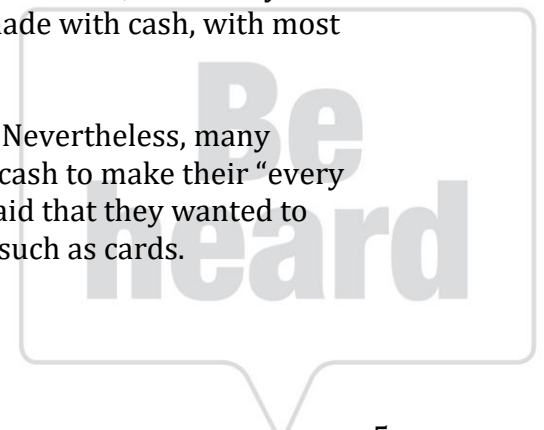
This was a sponsored story, the theme of which is, “Your wellness, your way”. Consult the original article for further valuable and detailed information.

### KEEP CASH CAMPAIGN

National Seniors Australia is but one of many organisations that have been campaigning strongly to keep cash. Conflicting reports appear in the media from time to time as to the success or otherwise, of this campaign. Given the growth in the use of ‘tap-and-go’ and online payments, it is easy to assume that cash is on the way out. However, according the Reserve Bank of Australia, about half of Australians continue to use cash every day and this practice is now on the increase. The RBA says that cash is still very important particularly among older Australians.

“Cash supports economic inclusion, serves as a fallback if electronic payments are unavailable and is an important store of value, particularly during periods of economic uncertainty,” it said in a recent survey. In-person cash payments, typically in shops totaled almost 20%, which was up from 16.4% in 2022. Cash is used more frequently for low value transactions. Moreover, the survey revealed that 25% of transactions under \$10 were made with cash, with most people carrying a median of \$65 in cash with them.

Cash usage has declined slowly in the past 20 years. Nevertheless, many Australians across all demographics continue to use cash to make their “every day payments.” Interestingly, 20% of respondents said that they wanted to avoid the surcharges of other methods of payments, such as cards.



# National Seniors

## Australia

The survey showed that 15.4% of payments by number, were made with cash in 2025, which is an improvement on the last survey in 2022 which revealed a usage of 13.3%.

The Government introduced a cash mandate from January, 2026, expected to cover supermarkets, utilities, petrol outlets and other essential service providers.”\*

Will the digital tsunami overtake the modest recovery that has occurred? That remains to be seen. In any event, it seems unlikely that the 69% cash usage at the time that these surveys first began, will ever be seen again. Nevertheless, it is encouraging to note the National Australia Bank’s recent announcement that it proposes to install over 700 ATMs throughout Australia over the next 2 years.

\*[The New Daily, 21 April, 2026]

### MORE ABOUT SCAMS

It seems that scams are pretty much a part of life these days. If that is so, we need to be cautious and know how to deal with them. Scams can take any form and look legitimate. People who are perceived to be vulnerable, whether they are or not in fact, are regarded as prime targets.

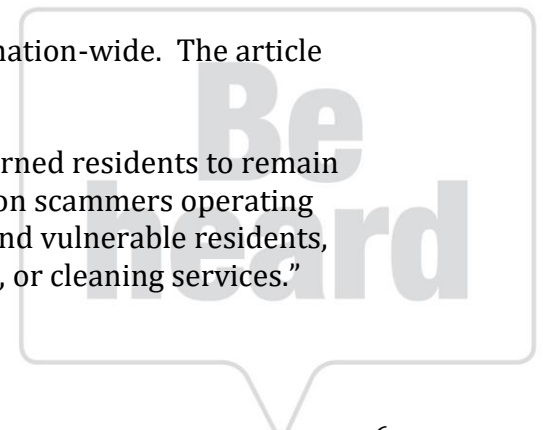
An article in a recent edition of ‘YourLifeChoices’, an informative and helpful publication for older people, highlights the point.

The article is ‘Roofing Scammers are targeting older Australians’. It said:

“A 73year-old woman recently had a stranger knock on her door, claiming that her unit building’s roof needed urgent repairs. He was convincing, well-spoken and entirely bogus. Police are now appealing for public assistance after reports of this so-called roofing scam in Sydney’s inner west. The following day he returned, drove her to her local bank and pressured her into handing over a cheque for tens of thousands of dollars – for ‘repairs’ that were never going to happen. Thankfully, the woman cancelled the cheque and called the Police. But not everyone catches on in time.”

Apparently, this scam is not restricted to NSW. It is nation-wide. The article goes on to say:

“This isn’t a one-off. Queensland Police have also warned residents to remain vigilant following reports of travelling roof restoration scammers operating across the State. The network targets older people and vulnerable residents, offering low-cost roof maintenance, tile replacement, or cleaning services.”



# National Seniors

## Australia

The consequences can be devastating!

The article goes on to say that in May 2022, 3 men were sentenced for defrauding elderly Victorians of over \$434,000 using almost identical tactics. The playbook is remarkably consistent: scammers demand large, up-front payments then either disappear without doing the work or deliver rushed, poor-quality repairs that worsen the problem.

Police have described the Sydney scammer as Caucasian, about 180 centimetres tall, aged in his 40s or 50s with a distinctive, possibly Irish, accent. He drives a white van and has a male accomplice. But the warning extends beyond one individual. Signs that scammers are operating in your area include flyers or door-to-door promotions advertising unusually cheap work. Another red flag is that scammers invariably avoid putting anything in writing. A legitimate trades person will always provide you with a written quote and a formal agreement.

What to do? The Police say that these scammers are deliberately targeting older people and claim that urgent home repairs are necessary, demanding large sums of money for work that is not needed. Their advice is never to let an unsolicited stranger inside your home and do not accompany them to a bank. Furthermore, you should check their license, ask for a written quote, and always involve a trusted family member before agreeing to any work. If you suspect a scam cancel any payments immediately and call the Police.

The article concludes:

“There is no shame in being cautious – and absolutely no shame in reporting these crooks. Have you or someone you know been approached by a dodgy door-knocker?” The advice is to share your experience with others – your story might just protect someone else.

As most people these days are aware, there are many sources of good information and advice about scammers and how to protect yourself. One such source is the National Seniors Australia publication, ‘Stay One Step Ahead: Your Essential Guide to Scam Protection’.

BTW: Be careful what personal details you put on Facebook: it is there for the whole world to see!

BTW: Also, watch out for card skimming. According to the Australian Bureau of Statistics, more than two million Australians lost a combined total of \$2.2 billion to card fraud last year. Card skimming is an older but almost routine activity, particularly at ATMs. A small device is illegally attached to an ATM or a payment terminal to capture your card’s data when you swipe or insert it. A tiny camera or overlay keyboard often captures your PIN at the same time. It is wise to

# National Seniors

Australia

always inspect card readers at ATMs before using them – particularly if there seems to be anything loose, crooked, damaged or otherwise suspicious.

## THE COST OF LIVING

In the February 2026 edition of AE News, we referred briefly to the fact that it is possible to save money by a little bit of lateral thinking, albeit not necessarily an earth-shattering invention or idea. We invited members to submit their ideas that might save a little money. The member adjudged to have the best idea would receive a bottle of fine wine. Entries closed on Thursday 30 April, 2026.

We were not exactly overwhelmed by the response. In fact, there was only one entry and that came from our President, Wendy Stewart. She said:

“I have a water diverter attached to a downpipe so that stormwater is directed onto the garden. A piece of normal hose runs from the device to the chosen placement in the garden where it is then connected to ag-pipe (soaker hose). I am saving water each time it rains and therefore helping water costs and the River Murray. I bought this 18 years ago. There are now many types readily available.”



Congratulations Wendy! A great idea! You have won a bottle of Reilly's 'Epitaph' Clare Valley Shiraz, 2018. Enjoy!

Be  
heard

# National Seniors

Australia

## INSIGHTS

**Raelene Gloyne** and **John Cheesman** are the two members who have provided some insights about themselves, for publication in this edition of AE News.

**Raelene** says, “Having read about some of our members, it seems it is my turn.

Well, I was born Raelene Lewis at Sister Lewis [no relation] Private Hospital, the building which is still on Portrush Road almost next to Clayton Church. We lived in Beulah Park, walking distance to Girton School for Girls, where I attended until Intermediate, whereupon I embarked on a secretarial course at Chartres Business College. I found my calling there which led me to various secretarial positions for the rest of my working life until retirement.

My first pay packet was earned while working in the typing pool at Goldsbrough Mort, North Terrace – catching the bus (sometimes a double decker) into Rundle Street each day. After two years, and having been promoted to the Property Department, I applied for a job at Radio 5AD as Secretary to the Advertising Manager and then the General Manager. Life was fun and never boring, with regular contact with people such as Dick Moore (remember the Kangaroo Club),

Bob Fricker, Ron Sullivan, Mortimer Marsh, Roberta Russell, Len Sweeney (and Rodney Rabbit), and of course ‘Big’ Bob Francis and his never-ending supply of jokes. During this period, I married, changing my name to Brook and in due course managed to divorce. Life had not been uneventful!

After 8 years there I moved on to Delhi Petroleum, working in the production Department, which was responsible for the operation of the Moomba gas fields. (I even joined in a trip up there to see what our guys got up to). The Company was run by Americans bought to Australia by Santos after the discovery of the gas. Life as a secretary was never boring and once again, a very good choice.

Then, it was time for a change. Taking a bold step, I upped stakes and relocated to Mildura for a couple of years, living on site in a brand-new motel as Head Receptionist, travelling back to Adelaide frequently, then finally returning here, as secretarial work beckoned.

Following a short stint at Sutton Metters Real Estate, I found myself working as Secretary to Mr Tom Hardy at Hardy’s Wines at the Mile End Cellars. This led to a life-long enjoyment of wine and my involvement in the establishment of the inaugural Ladies Club of Beefsteak and Burgundy, the Alexandra Club, which was formed for the ‘enjoyment of good food, good wine and good fellowship’. My long stint as Secretary of the Club was followed by several years as President, both enjoyable positions and, in those days, there was a myriad of wonderful restaurants from which to choose for our monthly dinner meetings.

# National Seniors

## Australia

Work did not stop during this time and I found myself working for the developer of the soon-to-be the Adelaide International Hilton Hotel. I eventually transferred over to become the Secretary to the General Manager, a position I held for the 20 years prior to my retirement. Life at the Hilton was very exciting in those days, being the first international hotel in Adelaide. International cabaret artists introduced to two, packed dinner shows each night and I was lucky enough to meet most of them – Peter Allen, Sammy Davis Jnr., Tina Turner, the Village People, Neil Sedaka, Liberace and the list goes on.

During this time, I married Chris, the celebration taking place on the grand staircase in the Hotel foyer. We subsequently celebrated 25 wonderful years together. Working at the Hilton enabled us to enjoy many magical holidays around the world staying at Hilton hotels wherever we could- London, Bali, Hawaii, Tokyo, New Zealand, Singapore and many more including all of those situated in Australia.

We also enjoyed many road trip adventures travelling around this wonderful country of ours after our retirement.

Following my loss of Chris, I decided I needed some ‘occupational therapy’, so I did a stint as a volunteer at Ayers House, learnt and then joined a Mah Jong group, attended a monthly wine group, became a member of the Burnside History Society, joined in the weekly singing with Sing Australia and, of course, I look forward to attending the monthly meetings of our Seniors’ group. I continue to keep busy and the little grey cells are still working! I also enjoy the odd bus trip with the Burnside Council, plus organized day and weekend trips with friends on some of the commercial bus companies’ vehicles in Adelaide. We usually manage to have fun and an enjoyable time together.

That’s me – well, most of it, so hopefully it may have brought back a few memories of the good times to some of our members.”

**John** presents his article, ‘Chances and Choices’, as follows:

“When asked by President Wendy to share my profile with you, I thought that as one’s profile changes during a lifetime, I would rather tell you about chances and choices that I have not spoken about. Chances and choices made by me and by others for me and the outcomes of those choices. Because at eighty-eight years old one’s curriculum vitae is history and no longer relevant.

First, without doubt, the most important and mutual choice of our life was marrying my beloved Wendy. She has been my stabilizing rock, a sounding board...advisor and partner throughout our 59 years of mutual respect and loving marriage. And our three children come a very close second to her.

# National Seniors

## Australia

In early 1947 when 9 years old, due to my father's concern regarding the danger of the Salisbury Muniton Works to Adelaide, we moved from Prospect to Port Noarlunga. The best three years of my school life began when I commenced at the Port Noarlunga primary school. Grades 5, 6 and 7 – we were all in one classroom and had the one teacher. There were about 28 children in the room, most from farming and fishing families so I quickly learnt much from them, particularly self-assurance and self-reliance.

Soon, I developed my own vegetable garden, with the assistance of an old fisherman, on a vacant block next door to home, selling the produce to others. At 11 years old I was shooting with a single shot .22 rifle and trapping, stripping, cleaning and selling rabbits. My brother and I saved diligently and purchased a small dinghy in which we went fishing, cleaning and selling the catches.

During my teenage years I began establishing goals and achieving them. A leaving certificate. A Commonwealth scholarship. Football first eighteen and rowing. And I was a school cadet under officer. Also, sailing from Adelaide to Sydney, then in the Sydney to Hobart yacht race and then sailing back home.

But, in the end, at 17 years of age, I had lost any sense of life's purpose and direction. What was my vocation? Where was I to go from here? I had no idea. Over Christmas 1955, against my Mother's protestations, our Father took my brother and I to a convention in Melbourne. Because I was in a venerable state, at a loose end and seeking direction, I was quickly brain washed and swept up into an altruistic "god" centered, morality-based ideology seeking to bring all races and creeds to live in harmony together. That movement was formally disbanded in early 1990. So, when invited to travel with this group, first to New Zealand and later through Europe and on to America, I accepted. It was an escape route from my loss of direction.

For four years I was moneyless and entirely supported by the group. Never having been out of Australia, my eyes, ears and mind progressively came to grips with the enormity of the concept. As I gained more mature insight I grew less and less enamoured and more uncertain. In the United States, in North Michigan, still with no income, I began tradesman's work pro-bono for the group, on a major construction site, getting involved in a range of trades work.

Being in the Great Lakes, the site closed its external works during the harsh, iced-in, three months of winter. At the beginning of February 1960, although the ground was still frozen hard and the snow was just abating, it was deemed safe to restart external work. In almost zero daytime conditions I was on-site early one day, thawing concrete blocks with portable gas furnaces, ready to lay them with heated anti-freeze cement and covering them with tarpaulins, with heat entrained through them.

heard

# National Seniors

## Australia

Then apparently, I fell about 3 or 4 metres from the first floor onto the rock-hard ground. Why? No one knew! No one saw me fall. In due course I was found unconscious, bleeding from my eyes, nose and ears. Someone raced to fetch Doctor Joseph Solomon, an ex US Marine Corp Medic, who lived close by.”

And there we pause! There is much more to tell! Obviously, John survived to tell the tale albeit his situation was desperate. What happened next will be revealed in the next edition of AE News, to be published in August this year.

### ADELAIDE EAST BRANCH WELFARE

Just a reminder that Beryl Lester is our Branch Welfare Officer and is keen to hear from members who may need assistance and support or who may know of other members who do. It is important that no member should be overlooked when they are ill or grieving following a death of a friend or family member, or are experiencing some other serious adversity.

Beryl's contact details are: mobile 0421 087 454 and email [nsaadelaideeast@gmail.com](mailto:nsaadelaideeast@gmail.com)

### ADELAIDE EAST BRANCH UPCOMING EVENTS

The social activities of the Branch are important aspects of our membership and attendance at monthly meetings. Even though information is passed on to members, it is easy to lose track of the details and even at times, that a social outing is planned. The following list has been provided for publication in this edition by our Events Manager, Helen Thomas, for your information.

**Friday May 15<sup>th</sup>:** Tour of Capri Theatre and Organ demonstration. This tour is open to the public so, although the NSA booking is closed, tickets are still available on line. The event will be repeated on Friday 29 May. Cost \$15.

**Wednesday May 27<sup>th</sup>:** Regal Theatre. Tea and Talkies. Commences 9.45 am. The film is “The Sheep Detectives”. Cost \$9.50.

**Friday May 29<sup>th</sup>:** Capri Theatre. Morning Memories. 10.15 am – 12.15 pm. South Australian Police Band in Concert. Cost \$10.

**Saturday May 30<sup>th</sup>:** Annual Quiz Night at the Kensington Gardens Bowling and Tennis Club. Limited to 12 tables of 8. Cost \$20 per person includes 5 raffle tickets. A flyer has been emailed to members with the details. If you have misplaced it you can contact the organizer, John Lewis, direct asap, on [jlewispng@gmail.com](mailto:jlewispng@gmail.com) or by phone at 0402 890 616.

# National Seniors

Australia

**Friday June 5<sup>th</sup>:** Dinner at the Kensington Gardens Bowling and Tennis Club.

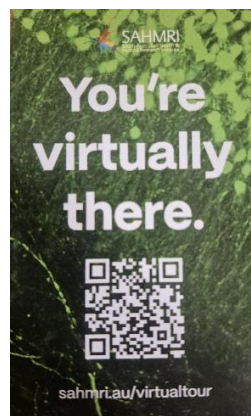
We hope that members may be interested in attending some theatre attractions at the Arts Theatre, Angus Street in the City. A list of productions will be presented at the next Branch meeting to gauge interest.

## **SAMHRI TOUR – PRESIDENT WENDY STEWART**

On 29 April some of our members enjoyed a very interesting tour of the iconic SAHMRI building.

We were impressed by the stunning architecture but more so, when hearing of the world leading research being carried out there. On one floor we heard very detailed accounts of neurology research into childhood dementia. There we saw some of the very specialized equipment being used. On another floor we heard of a clinical trial into cognitive retention during ageing. We were reminded to keep mentally, physically and socially active.

SAHMRI is something of which all South Australians can be very proud. Many have already benefitted from their research. If you have not participated in a tour, I highly recommend it. Tours are held on the morning of the third Wednesday of the month. Below is a QR code that links to a virtual tour.



Be  
heard

# National Seniors

Australia

## TALKING ABOUT FOOTIE

Have you noticed, whatever the code of football you follow, that the period after half time is universally referred to by commentators as the “secanarf”? I wonder if the period before half time is the “fursarf”? Just saying!

## MORE ICONIC AUSTRALIAN INVENTIONS

**Stainless steel teeth braces** were invented by Western Australian orthodontist Percy Begg in 1956. He began devising a new technique for repositioning teeth back in the 1940s. When his use of stainless steel was introduced in 1956, he became an international sensation as the use of light wire eliminated the need for head gear.

**Ultrasound.** The work of Australian Department of Health researchers David Robinson and George Kossoff has been credited with the development of the first ultrasound in 1961. The first images of an unborn child were seen in 1962 at the Royal Hospital for Women.

**Sarich Orbital engine.** The Sarich Orbital engine is an internal combustion engine that had no high-speed contact with engine walls. However, the engine never made it into production as it was prone to over-heating. Never the less, the process developed for the engine can be seen in other, later orbital engines. It was created by Ralph Sarich in 1972.

**Tim Tam.** The Tim Tam was created by Ian Norris and was first introduced on 16 February, 1964. The name for this chocolate biscuit creation was the work of Ross Arnott, who decided that the name of the 1958 Kentucky Derby winner would be a good name for this biscuit line, and so it came to be.

## A BIT OF TRIVIA

It is said that a cat has 32 muscles in each ear; a goldfish has a memory span of 3 seconds; a jiffy is an actual unit of time for 1/100<sup>th</sup> of a second; a shark is the only fish than can blink with both eyes; a snail can sleep for three years; an ostrich’s eye is bigger than its brain; there are more chickens than people in the world, and in the last 4,000 years, no new animals have been domesticated.

I guess we can always check with Google to see if these propositions are correct or not!

Be  
heard

# National Seniors

Australia

## THE LAST WORD

[I have been told that the following is a true story. However, I am not so sure. What do you think?]

A Police patrol car was parked outside of a local pub one evening. The officers noticed a man staggering out of the hotel in an apparently, highly intoxicated state. He stumbled around the car park for a few minutes while being closely observed by the two officers. He proceeded to try his car keys on 5 different vehicles and eventually found his own car. He slumped into the front seat, where he sat for a few minutes with his head resting on the steering wheel. In the meantime, other patrons filed out of the hotel, climbed into their vehicles and drove off.

Eventually, the man started his car, switched the windscreen wipers on and off; flicked the indicators on and off; tooted the horn, and finally, switched on the lights. The vehicle moved forward a few metres, reversed a little and then remained stationary as more pub patrons continued to drive off in their vehicles.

He then drove slowly from the car park, veering at times towards the wrong side of the road. The Police officers followed him, turned on the flashing light on the Police car and promptly pulled him over. They asked, "How much have you had to drink tonight sir?" The man mumbled something incomprehensible and closed his eyes. With much difficulty, he eventually submitted to a random breathalyzer test.

The Police officers were quite dismayed when the breathalyzer failed to record any trace of alcohol consumption. They said, "We will need you to accompany us to the Police station as this breathalyzer equipment appears to be malfunctioning." To which the man replied, "Well, if you insist officers, but I don't think that will help - tonight, I am the designated decoy!"

ooOoo

