

National Seniors

AUSTRALIA

Melville Branch – October 2019

Sixteen members of the Branch visited Parliament House on the 1st of October. The guided tour and talk given by the Public Relations Officer was both informative and interesting. After the visit the members went on to the Charles Hotel for a very nice senior's lunch.

The past couple of weeks have not been good for aged pensioners and self-funded retirees with the Reserve Bank cutting interest rates to .75%, with indications that they could be cut to as low as .5% and also the Share market suffered a severe decline. With the possibility of a Global recession, things will probably not get better in the near future. National Seniors Australia needs to continue the fight over deeming rates. Most of us would remember when we were paying 17.5% interest on our housing loans. Haven't times changed.

The Branch has now opened up a Community Organisations account with the Westpac Bank. The account incurs no bank charges. There are excellent safeguards in that the Treasurer can raise an online bank transfer but requires either the President or Secretary to go online to approve the payment. The Bank also assured us that there are sufficient safeguards of members' bank details if they provide the Branch with their details for the making of payments online.

With just 2 months to our Christmas lunch the committee has been involved in organising what should be a very enjoyable and entertaining day. We have booked the Divas to provide 2 hours of entertainment. This is a professional duo. The following are details on Petrina Bishop who is one of the members of the duo. *Petrina Bishop is a powerhouse of exceptional musicianship, strength, and raw emotion. Trained by Jackie Love, Petrina Bishop has led an extraordinary career working with the likes of Kylie and Danni Minogue, Tina Arena, Hugh Jackman, and Nicole Kidman. Under the tuition of Amanda Colliver, she became a resident mezzo soprano soloist with Opera Australia, performing regularly with Sydney Symphony Orchestra, at the Sydney Opera House. And she is back in Perth, to share with her home audience her new repertoire. Accompanied by Australia's pre-eminent accompanist David Wickham, Petrina will be showcasing her incredible versatility and range.*

Also a reminder that you need to pay for the Christmas Lunch at the October Branch meeting.

CHRISTMAS RAFFLE

A further reminder that we will be doing up a Christmas Hamper to raffle at the Christmas Lunch on the 11th of December. We are seeking donations from each member to go towards the hamper. This could be a bottle of wine, minced fruit pies, chocolates, biscuits, etc. If we get sufficient donations we hope to have more than one prize. **Could members please bring a donation for the raffle to either the October or November Branch meetings.** Raffle tickets on the day will be \$2 or 3 for \$5.00

STAY SMART ONLINE

I have received an email from the Government Department responsible for the Stay Smart website. The email was titled "Take control of your online identity" which members should take time to read. This is attached to the foot of this newsletter.

BRANCH ACTIVITIES AND OUTINGS

Wednesday 6th November – Luncheon at 12.00pm at the Barrel House, South Street, O'Connor. Cost \$15 which includes a glass of wine or beer.

Wednesday 11th December – Christmas Luncheon to be held at the Community Room, Riverside West, 10 Roebuck Drive, Salter Point. The committee has agreed to subsidise \$10.50 towards the cost. Therefore the price per member will be \$25.00 and we request that you put your name down in the book and make **payment by no later than the October Branch meeting.**

Possible outings in 2020 include a visit to the factory that makes wheelchairs for 3rd world countries and a visit to the Dwellingup History museum and visitors centre.

Tuesday 14th January - picnic on the Shelley Foreshore at the base of Beatrice Avenue at 6 p.m.

GUEST SPEAKERS

Tuesday 22nd October - Linda Bettenay –Author. We had Linda last year and what a great speaker. Linda will be talking on the pioneers of WA.

Tuesday 26th November - Geoffrey Thomas, Aviation Expert, will be the guest speaker.

THEATRE VISITS, Etc.

Lorelie is currently away on holidays and at this stage no theatre visits have been organised. Lorelie will be back in time for the October Branch meeting and will advise members of any planned visits.

ZONE 108 CHAIRMAN'S REFLECTIONS

Graeme's September reflections was received too late to be attached to the September newsletter. Please find attached hereunder.

Les Davey
President

President	Secretary	Social Co-ordinator	Theatre	Treasurer
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Associations Registration Number – A1006794T

ZONE 108 REFLECTIONS FROM THE CHAIR – SEPTEMBER 2019

"Have you ever noticed that anyone driving slower than you is an idiot and anyone driving faster than you is a maniac?"

The day I presented myself at the Perth Traffic Office in 1953 to gain my Driver's Licence is an event which I clearly recall 66 years later. In those days we didn't have L plates or P plates and speeding wasn't an issue because the second hand four cylinder British cars that most of us drove were battling to reach 60 miles per hour flat out. Austin, Hillman, Morris, Vauxhall, Standard and Ford Anglia was about the limit of our wallets and my 1948 Morris Eight, which I purchased in 1956, had a canvas hood that leaked like a sieve!

Gaining a Driver's Licence was and still is to this very day a giant leap from adolescence into the adult world; a sense of achievement and satisfaction, which I believe in my day was regarded by most as a privilege. I think that many of today's P platers regard it as a right, which entitles them to drive aggressively, selfishly and sometimes recklessly. They're the ones that leave us feeling more than a little exasperated and wondering why the police aren't around to catch them doing silly things; they always seem to be there when we're doing 52 in a 50k zone!

There's no doubt that having a licence to drive gives you freedom to journey as you wish, in your own time, at your own pace and I guess that most of those who read this paper have done just that whilst taking it as a given; it's something that we achieved a long time ago and it's become an integral part of our lives. However, things aren't always as they seem and on any given day, a journey to the local shopping centre can be a frustrating affair, sprinkled with annoying, irritating and frightening moments which we all encounter from time to time. Let's imagine that parking is at a premium and we're desperately looking for a spot to park;

- You find a spare bay but a driver coming from the other direction steals it, even though your indicators are flashing;
- You find a bay but the SUV's either side have left you enough room that you need a shoehorn to get out of your car;
- Seniors parking bays have been commandeered by those who are not;
- You find a bay where someone has left a shopping trolley parked smack in the middle;

- You return to your car to find dents and scratches, courtesy of a neighbouring vehicle now long gone;
- You try backing out but vehicles passing through ignore your intent or people returning with loaded trolleys walk behind oblivious to your reversing lights.

As someone once said, "Life wasn't meant to be easy" but it just seems for some that negotiating traffic streams can provide more than a fair share of uneasiness. The once referred to 'Peak Traffic' time of day has become an all day affair and every second vehicle seems to be an enormous truck barrelling along with total disregard for anything in its path. . Many of us have witnessed enormous changes to the way people travel; from horse and cart to motorised vehicles of moderate speed, to vehicles with the capability to travel at 200ks per hour, leaving in their wake the roar of a volcano in eruption mode.

However, when we reach the age of 80 years young our GP has the authority to recommend the renewal of our Driver's Licence for the ensuing twelve months and a negative outcome can be devastating for those living alone. All of a sudden life becomes a whole lot more complicated and getting to the National Seniors branch meeting requires a member picking up a member and branches need to be in tune with that.

Wow, what a ride and there are a million other stories that we have all encountered along the way. My highlight was polishing my Morris 8 on a Sunday to take my girlfriend for a drive; do young people do that today?

CARPE DIEM

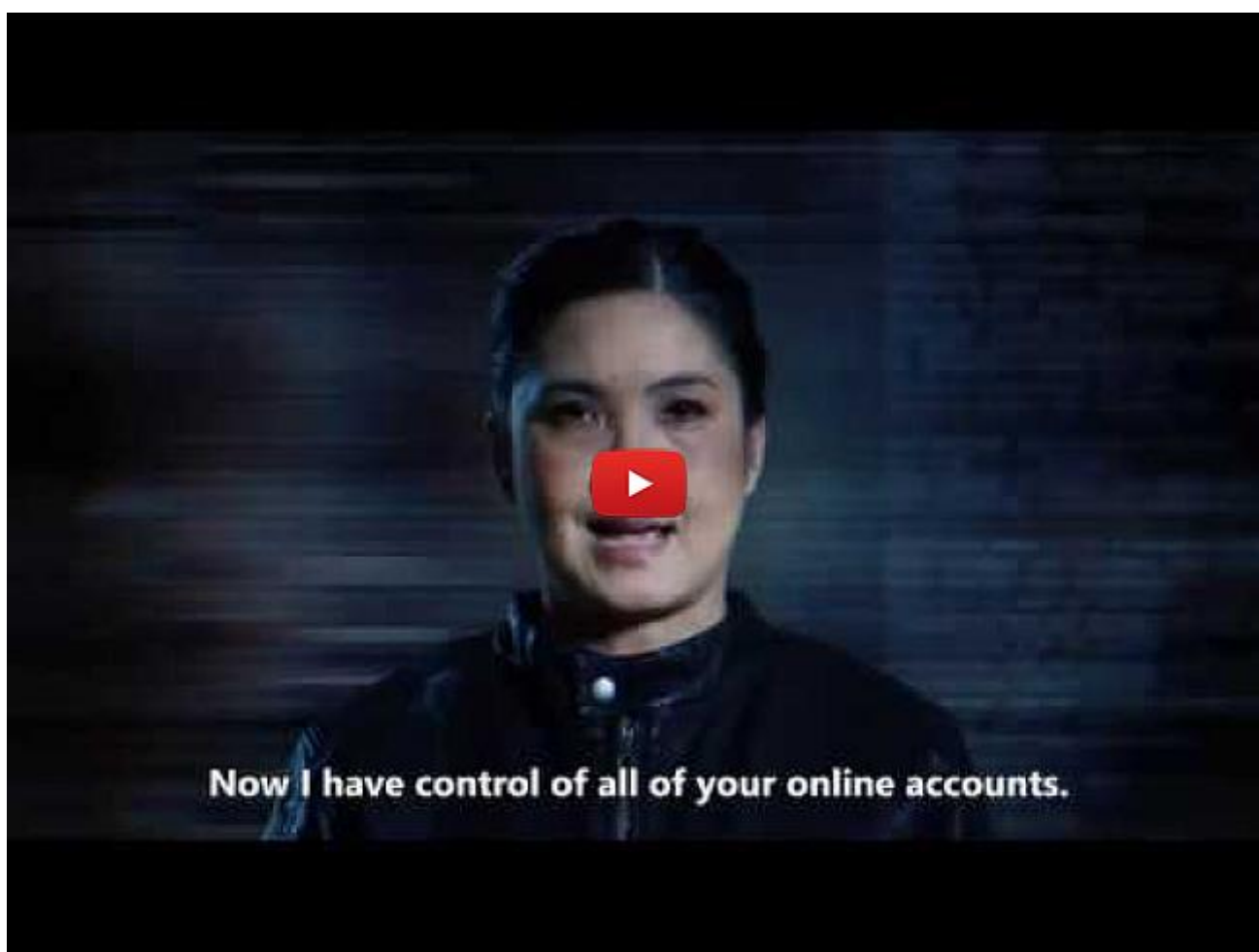
Graeme



7 October 2019

Take control of your online identity this Stay Smart Online Week!

It's Stay Smart Online Week and you might have noticed things look a little different! We have reversed our website to black and white for the week to draw attention to cybercrime. Many of our partners, which include some of Australia's biggest organisations, have joined us in changing their websites and social media to black and white so we can help raise awareness to reverse the threat of cybercrime, together.



Every day cybercriminals steal the online identities of people just like you. It doesn't matter if you're young or old, whether you are male or female, or where you live, cybercriminals look to take advantage of people who make it easy for them to steal from.

The statistics tell us that the risk of falling victim to online crime is climbing every day.

Almost one in three Australian adults were impacted by cybercrime in 2018, and victims can spend so much time, energy and emotion recovering from the damage caused.

But Australians still think about their personal information differently to their physical belongings. Isn't

it strange how we always lock our front door, but not our computer?

Don't wait for a cybercriminal to steal your identity – take control of your online identity today with a few easy steps:

- **Setting your social media to private.** Cybercriminals can piece together info from your social media and all over the internet to steal your identity. Check the privacy settings on your devices, apps and social media so that you're only sharing information with people you know. [Complete your privacy check-up.](#)
- **Using a different password for each of your important online accounts.** Passwords are the first line of defence against cybercriminals. If you're using the same password on multiple accounts, by guessing one of your passwords a cybercriminal could access all of your accounts. [Make a pledge](#) for better password security.
- **Never provide your details via a link in a message.** Scam messages are one of the most common ways cybercriminals try to steal your information online. Think you know how to spot a scam? Put your skills to the test – [take the quiz.](#)

Each year, Stay Smart Online Week brings a focus to our online security. Get more tips on simple ways to take control of your online identity and [reverse the threat](#), and follow us on [Facebook](#).
