

National Seniors

Australia

ADELAIDE EAST BRANCH

AE News – November 2022

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## A WORD FROM OUR PRESIDENT

At the outset, we pause to reflect on the recent and untimely death of Ian Henschke's brother, Mark. The premature and sudden loss of a sibling is quite catastrophic. On behalf of the members of our Branch, I extend our sincere condolences to Ian and his family at this very sad time. *Vale* Mark.

Christmas is almost upon us, along with another surge of COVID-19 being on the cards. Let's hope that it does not get out of control!

I am sure that many of us are hopeful that there will be no requirement to revisit the mandatory wearing of masks along with constraints on our daily lives by lockdowns and other restrictions. The economic cost is great and such restrictions are obviously not sustainable over the longer term. However, life has changed and it is sensible for us to play it safe by resorting, as necessary, to social distancing; perhaps voluntary wearing of masks in crowds and other relevant circumstances; improved hygiene practices individually and collectively, along with due consideration for ourselves and others by ensuring that we are fully vaccinated. The fact that we are told that the peak of the new variant has been reached is good news, but the high rate of infection and the increase in deaths in South Australia and elsewhere, should encourage us not to become complacent.

National Seniors Australia continues to advocate for a fairer deal for pensioners who wish to engage in paid work without affecting their pension. Some progress has been made but this ought to be just the start. It is a 'no brainer' when it is clear that there is a chronic shortage of staff in so many areas where a person of pension age could fill a role and assist to alleviate the staff shortages that currently exist. There is also the issue of ridiculously low pay to employees in the Aged Care Sector, when we need to overcome the staff shortages in this area: not merely in terms of improving incomes but importantly, in quality of staff and in training.

An informal conversation has been started with the Kensington-Marryatville Bowling Club (the Bowls Section of the Kensington Gardens Bowling and Tennis Club) with a view to some joint activities with our members, in the context of its fortnightly Friday Night Dinner and Happy Hour. This idea arose from the great response from Club members and a good number of our Branch members, to a recent event at which Dr Rob Fassini, Orthopedic Surgeon, addressed the

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audience on the use of robotics in knee and hip replacement surgery, as well the history of robotics and their wider use in operating theatres, generally. I have been informed that a number of participants have already had discussions with Dr Fassini who operates at the Burnside Hospital. At \$20 per head for a two-course meal and discounted drinks, along with the opportunity to socialize in the evening and listen to high quality speakers on subjects of interest to us, is a very attractive proposition. We will keep you informed of any developments in the New Year.

Finally, I wish all Branch members an enjoyable Festive Season and a Happy and Prosperous 2023.

Geoff Haygreen  
President

### 2022 CHRISTMAS LUNCHEON

**JUST A REMINDER THAT THE BRANCH CHRISTMAS LUNCHEON IS SCHEDULED FOR MONDAY 19 DECEMBER AT 12 NOON FOR 12.30 PM AT MOUNT OSMOND GOLF CLUB. COST \$50 PER HEAD INCLUDES A WELCOME DRINK ON ARRIVAL, A MAIN COURSE AND A DESSERT, ALONG WITH TEA AND COFFEE. MEMBERS AND FRIENDS ARE ALL WELCOME.**

**THE GUEST SPEAKER IS IAN HENSCHKE, CHIEF ADVOCATE OF NATIONAL SENIORS AUSTRALIA AND AN ADELAIDE EAST BRANCH INAUGURAL MEMBER.**

**PLEASE RESPOND TO THE BRANCH TREASURER BEFORE 12 DECEMBER 2022.**

**BRANCH BANKING DETAILS: BSB 085232 – ACCOUNT NUMBER 755505656**

**If using EFT to pay, please show your number and “Xmas” on the transfer so that the Treasurer will know to what the payment relates.**

**ALL WELCOME!**

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SOCIAL EVENTS – contributed by Dawn Lamont, Branch Membership Officer and Events Committee Member

The Events Committee has been quite busy over the past few months organizing what it hopes have been a number of enjoyable functions for members. Since August, the following events have taken place:

- 9 August – visit to Karkoo Nursery and Garden Centre, Oakbank
- 25 August – coffee morning at Zeea’s, Portrush Road, Glenside
- 29 September – coffee morning at Zeea’s, Portrush Road, Glenside
- 19 October – visit to the Planetarium, Mawson Lakes followed by lunch at the Mawson Lakes Hotel
- 28 October – attended production of “Guys and Dolls” at the Arts Theatre
- 1 November – attended Melbourne Cup event, including lunch, at On Statenborough, organized by Geoff and Gail Haygreen
- 9 November – attended musical hour at Living Choice, followed by a delightful meal
- 25 November – attended production of “Laughter on the 23rd Floor” at the Arts Theatre (tickets organized by Branch member Carlien Gray)

Upcoming events are:

- Monday 19 December – Branch Christmas Luncheon at Mount Osmond Golf Club (see reminder above)
- Tuesday 17 January 2023 – lunch at the Earl of Leicester*- 12 noon for 12.30 pm

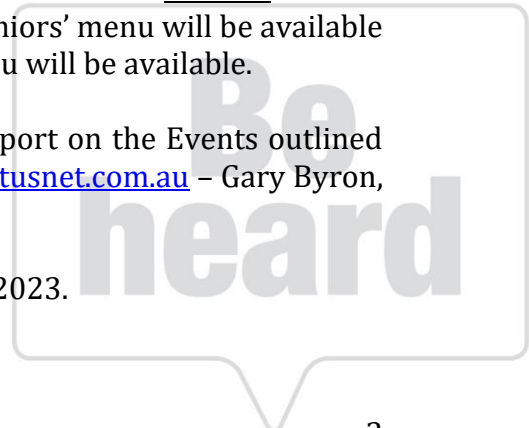
*Note from Dawn:

“There is no National Seniors Adelaide East Branch meeting in January, so instead we have arranged a lunch (lunch and drinks at your own cost) at the Earl of Leicester Hotel, Leicester Street, Parkside (off George Street). The lunch would have been held on the normal date of our NSAAE meeting, but the hotel is not open on Mondays, so we have reverted to Tuesday. We have held a National Seniors lunch there previously, which was most enjoyable.”

If you wish to attend, please call Dawn Lamont on 0409 797 615 no later than 10 January 2023 so that she can make the booking. A Seniors’ menu will be available on the day or alternatively, the normal *a la carte* menu will be available.

Note: if you wish to receive a copy of Dawn’s full report on the Events outlined above, please contact me by email on garybyron@optusnet.com.au – Gary Byron, Editor.

We look forward to a great social events program in 2023.



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BRANCH WELFARE OFFICER

In recent weeks, the Branch Management Committee has been examining a proposal for the establishment of a Branch Welfare Officer. Sandy Williams, the most recent appointee to the Committee, not only supported the suggestion, she came up with a Job Description for the position. Furthermore, she volunteered to take up in the position herself. As you might imagine, the Committee agreed, unanimously.

The Role:

1. To keep in touch with sick or bereaved members or those members feeling isolated or lonely or who may be in need of moral support or physical help.
2. Follow up on 'no contact' from attendees at the regular Branch meetings

Reports to:

Branch President and Management Committee

The Welfare Officer should:

1. Send cards with appropriate messages to sick or bereaved members
2. Advise the Committee if support is needed, either by member visits or transport to meetings.
3. Contact 'no contacts' to ascertain whether all is well and make suitable notation in the record book.
4. Offer relevant suggestions to the Committee.
5. Report to Management Committee as require, giving details of activities
6. Provide relevant feedback at Management Committee meetings and monthly Branch general meetings, the details of members who are unwell, with their permission.
7. Ensure the level of privacy requested by any member.
8. Ensure that members who are absent from meetings by reason of illness, bereavement or other personal issues, are kept up to date on branch matters.
9. Maintain appropriate record of activities for Committee reporting purposes only.
10. Consider and recommend non-active membership for members with long term illness or personal constraints.
11. Ensure that the Branch Welfare Officer's current contact details are listed in the Branch Newsletter.

Thankyou Sandy.



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OUR GENERATION

The Summer edition of 'Our Generation' has just been released and contains a variety of interesting and important information. Not the least of this information is found in the Chief Executive Officer's Message, 'New year, new challenges'. The CEO, Professor John McCallum, reflects on the enormous year of change behind us and what lies ahead. His summary is succinct and insightful, and contains encouraging and positive, albeit some challenging, observations about life in the future.

He states, amongst other things, "There's no doubt that coming months will bring some big changes for us all. The current generation of older Australians are now the pioneers of the 'new deal' for seniors. Some of the challenges we have seen before, like rising cost of living, and others, may be difficult for us. However, with the wealth of experience we have accumulated over our lifetime, we are equipped to make the best of the worst. National Seniors will do all it can to provide advice and other support to you through the challenges and changes ahead."

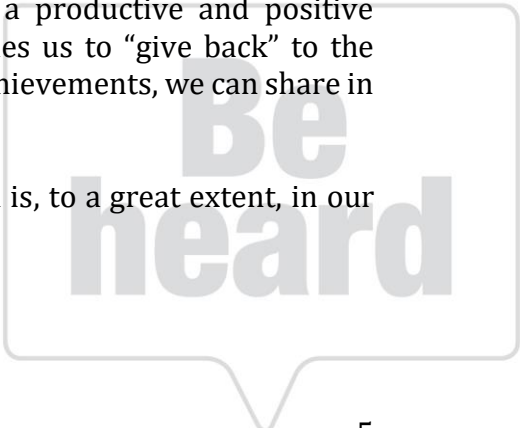
Branches have a role to play in this regard.

First, by reason of our exposure in the community, we have a unique opportunity to increase NSA membership by encouraging our senior friends and relatives to join the Organisation and participate in Branch activities. Clearly, NSA will only retain its credibility, relevance and authority as the voice of Australian seniors if it is able to sustain a solid, diverse and active membership. The steady growth now being experienced in our Branch is testament to the influence that Branch members can exert.

Second, there are ample opportunities for members to become active rather than passive members of NSA. Branches can encourage this higher level of participation. Regularly accessing the NSA website can provide all of the information you need from time to time, in addition to enabling you to speak more authoritatively about NSA activities, benefits of membership, as well as opportunities for greater involvement.

Finally, most retired seniors look for ways to socialize and participate in interesting activities. Many organisations can provide such opportunities. However, NSA offers the added benefit of making a productive and positive difference to the lives of older Australians. It enables us to "give back" to the community, and through its research and advocacy achievements, we can share in the satisfaction of seeing progress being made.

In the final analysis, the future of seniors in Australia is, to a great extent, in our own hands.



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There is a good deal more of interesting reading in the Summer edition of 'Our Generation': it is highly recommended reading for senior Australians.

A WORD FROM THE EDITOR

Thank you to members who have provided suggestions and ideas for *AE News*. In particular, I am grateful to my colleagues on the Branch Management Committee for their input. I will have plenty of reading to occupy my time over the 2022/2023 break.

Following a suggestion from one of our new members, the Management Committee agreed that the contact details of members of this Committee, should be listed at the conclusion of each edition of *AE News*. However, there are some privacy issues involved in this, which need to be taken into account. Only the details that each member of the Management Committee has agreed to be published will be included.

I wish you all a Happy Christmas and a safe and prosperous New Year, and look forward to resuming activities again in February 2023.

Gary Byron AM
Editor

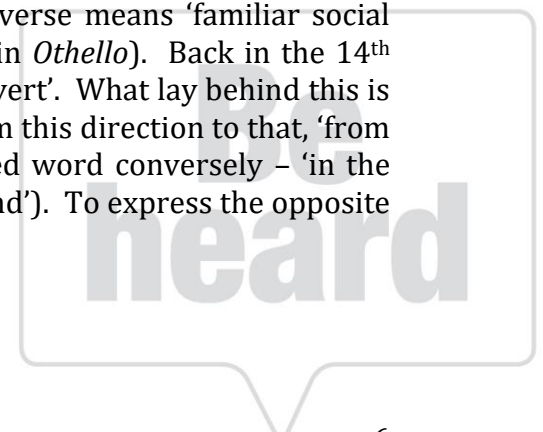
OTHER WORDS

ABC's Classic FM's 'Word of the Day' by Kel Richards 'with interruptions by Clive Robertson', first published in 2004 is said to be "The perfect book for those who share the national obsession with words and language". If you share this national obsession and can find it in a bookstore or on line, this little book is a fascinating and entertaining read that you may like to acquire.

The word that I have chosen to address is "converse" and I quote:

"This is one of those words with many meanings. The verb to converse is used mainly to mean, 'to communicate or exchange ideas'. However, it has also been used to mean 'to keep company with', or 'be familiar with'. In the 14th century it meant 'to live with, or mix with'. The related word 'conversant' means 'to have knowledge of' or 'be familiar with'. The noun converse means 'familiar social intercourse' (in this sense Shakespeare employs it in *Othello*). Back in the 14th century, converse could also be used to mean 'a convert'. What lay behind this is the idea of a life that is 'turned around' – turned from this direction to that, 'from this way of living to that'. Thus, there is the related word conversely – 'in the converse order or manner (also meaning 'turn around')'. To express the opposite point we can say, 'conversely'."

So, there you are!



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THE LAST WORD

A certain gentleman was feeling a little off-colour so he went to see his doctor. After a thorough examination the doctor says, "I am afraid that you have a very nasty virus called 'Yellow 24'. In due course it will turn your blood completely yellow and you will die within the next 24 hours. There is no known cure. I advise you to go home to your family and enjoy the precious time that you have left."

The poor fellow goes home and breaks the bad news to his wife. She is devastated, but in order to make the most of their time together she invites him to go to the bingo game at the local RSL hall. He had never accompanied his wife to the bingo game before, so away he went.

At the commencement of the game, he buys his first card. He gets 4 corners and immediately wins \$35. Then, with the same card, he gets a line and wins \$320. Then he gets a full house and wins \$5,000. Finally, the National Game comes up and he wins that as well, getting the sum of \$780,000.

The bingo caller is amazed. He says, "My friend, I have been in this business for over 30 years and I have never seen anyone win 4 corners, a line, a full house and the National game all on the same card. You are indeed a lucky man!"

"Lucky?" exclaims the poor man, sobbing. "What do you mean lucky? I will have you know that I've got Yellow 24!"

"Unbelievable!" says the bingo caller, "You've won the raffle as well!"

MANAGEMENT COMMITTEE MEMBERS

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