

Christmas Lunch number one

Wednesday 4th December

Seacliff Beach Hotel Esplanade, Seacliff
(for those who have booked)

There will be a Raffle and donations are welcome.

Please bring them to the next Branch Meeting.

Contact is Graham Gurry phone 8296 7646

Enter the Hotel carpark from Wheatland Street

Christmas Lunch number two

Thursday 12th December

Glenelg Club, in the grounds of
the Glenelg Oval

priority seating for those who could not book
Lunch number one

The lunch will start at Noon and will be
a pay on the day event, but you must
book, so we know numbers attending.

Contact is Bill Adams phone 0418 804 373



ZONE ANNUAL GENERAL MEETING

On Thursday 31st October, the Zone 110 Annual General Meeting was held at the Alberton Hotel. Chris Grice, (pictured below) CEO of National Seniors Australia was the guest speaker.

The usual business was attended to, and during "Business arising from previous meetings" among discussions was the establishment of new branches being encouraged in Victor Harbor, Seaford/Aldinga and Mount Barker. It was discussed that there needs to be a plan of how to begin, and that support from Head Office was deemed necessary. It was mentioned that the need for new branches was suggested many years ago but nothing ever happened, however it has now come up again. The Zone Committee plans to work on this in the new year.

Constitutions are to be updated and corrected by HQ. They have not been updated since 2008. We were informed by Chris Grice that the new Constitution will be available online.

Other topics brought forward in "Business arising from previous meetings" were:

- The new Aged Care Act has updates available. It was suggested we have further talks about the Aged Care Act in the near future. Kathy Hancock, the Zone Secretary, suggested all members should register with MyAgedCare, even if not wanting an assessment for a Commonwealth Home Support Program as yet, at least register, as by 2027 there will be another 1 million people registering and not enough packages. ■ CONTINUED OVERLEAF



BRIGHTON BRANCH MEETINGS

Our Branch Meetings are held at the Lighthouse Community Church, corner of Jetty Road and The Crescent, Brighton (on the beach side of the railway line) on the **3rd Tuesday of each month**, except for December when we do not meet. **The meetings start at 10am**, so arrive from 9.30.

Door entry is \$5 and this includes morning tea and a chance to win a door entry prize.

Payment of your Annual Subscription can be made at Branch Meetings, and door entry and outings payments can be made using cash, Visa, MasterCard or Debit Card.

ZONE ANNUAL GENERAL MEETING

■ FROM PREVIOUS PAGE

More topics brought forward in “Business arising from previous meetings” were:

- It was mentioned that many pedestrian crossing lights do not allow enough time for seniors or the disabled time to cross. If you are aware of any examples, send them to Kathy Hancock, and she will send them onto the SA Transport Department. (See a Committee Member regarding this)
- Modern Technology was discussed – not everyone can use a computer or keep up with the expectations of doing everything online. A Member applied for Travel Insurance online with NSA and was asked for a digital signature, which they had no idea how to go about. NSA is getting grants to work with “Be Connected” magazine to help with this.
- Cashless Society - NSA is working with Branches to keep cash in our everyday lives.

Chair of the Meeting, Hans Broweleit, formerly introduced Chris Grice, CEO of National Seniors Australia, and asked him to inform members what was happening within NSA and answer any questions. Chris gave a presentation and some facts he brought to the meeting are printed below:

- NSA have almost 250,000 members and supports not only these members but the other 10 million Senior Australians as well.
- NSA are trying to get the message out to as many Seniors as possible the fact that National Seniors are supporting: Self-Funded Retirees, Part-and Full-time pensioners, all retirees, plus 50+ people.
- NSA supported Government assisting with HECS debts as those debts will stop people with HECS debts buying homes, which in turn will stop them being able to look after themselves when they become Seniors
- Baby Boomers are the ones who are busy supporting and caring for each other and volunteering.
- The NSA Vision and Purpose is very important, it is imperative to hear about issues from Seniors and advocate for them.
- NSA needs members to be independent of government money, to get to politicians and advocate, and to be able to push harder and not have to worry about losing funding.
- NSA began the Friends of Seniors Group with Rebekah Sharkie and spoke to the parliamentarians in Canberra at the request of Milton Dick, the House Speaker.
- NSA are getting Sponsors and Politicians so they can get in front of them, show they are a major Seniors Organization and be able to advocate to get things done.
- Chris has spoken to the Prime Minister and Rebekah Sharkie about having a Minister for the Aged. So far, they have achieved getting Kate Thwaites as Assistant Minister for the Aging but are still pushing for a separate Minister to keep an overall eye on things for the Aged.
- The Aged Care Act is very important as it will change things for the next 30 years or more. Chris has been called before the Senate Hearing and asked about the changes to the Act proposed. The report to come out 31st October with recommendations.
- NSA sent two submissions to the Senate who are to vote on the Act in November.
- There are 76,000 on the Aged Care waiting list, 310,000 packages but \$1.2million saved by the government.
- NSA are proofreading the Bills and making sure your voices are heard.
- NSA created the Productive Institute website for Politicians to access reports on Seniors and what they want. Members can access it as well but it is primarily for politicians to access.
 - Together with the Friends of Seniors Group NSA is trying to keep Seniors in the forefront of the politicians’ minds. They have advocated Home Equity, Private Health Insurance, Doctors’ costs.
- Previously gained the freeze on deeming, and since a further freeze due to the Cost- of-Living issues.
- Their election priorities next year will be on banking, keeping cash, public health, Age Pension increases, Cheques being phased out by 2030, 14 banks cancelling their phone banking, money orders cancelled and the recent IT breakdowns where people can not access their money.
- Chris has been doing a lot of media on the Keep Cash Campaign in July to September. It is important to keep using cash, so the banks know it is still needed or it will go too.
- The Concession Calculator is available to work out what concessions members are entitled to.

■ CONTINUED OVERLEAF

As previously mentioned the
**November Branch
Meeting**

is the last for 2024
as there is no meeting
in December.

Remember to bring any
donations for the
Christmas raffle
so they can be
gift wrapped.

Please give to
Vice-President
Graham Sporn who has
the pleasure of
gift wrapping



AT THE OCTOBER BRANCH MEETING...



At the October Brighton Branch meeting we were delighted to have as a special visitor Louise Miller-Frost, (pictured far left) Federal Member for Boothby. Louise had provided the Branch with a Federal Grant earlier in the year.

We were also pleased to have Branch Member Carol Holt (pictured left) recite beautifully a poem “Military Reflections” by Ian Coat in recognition of Remembrance Day.

Entertainment for the meeting was the Jazz band **“All 4 Jazz”**. Their concert was well received, with some members joining in singing more familiar tunes.

ZONE ANNUAL GENERAL MEETING ■ FROM PREVIOUS PAGE

More highlights of Chris Grice’s report to members at the Zone Annual General Meeting of what is happening at NSA:

- Member Discounts Application shows the discounts to be received from the local businesses. Chris showed a short video advertising the app on Channel 9 in Queensland.
- Information about the app was sent to all members emails. If anyone has any questions or problems ring the NSA phone line 1300 76 50 50.
- The Constitutions have been rewritten and show the changes to the organization.
- Social Groups have been written up and are on the website, they are covered by the public liability insurance at an event or for volunteer workers. It does not cover travelling to and from an event, it is to cover NSA from liability.
- A new Holding Company has been created to sit above NSA where other companies who want to partner with NSA, can go to work together, but stay separated from NSA. This is due to some organisations closing or not being able to manage on their own and need our support from a director in that holding company.
- There is no longer a National Council but a new Advisory Council which will do some work and advise the Board about specialist issues.
- To attract younger members, the App and the HECS are important to get them involved. The Experience Matters Campaign was to help with this too.
- Appearing on National programs or activities at no cost is a very important part of our program rather than paying \$900K for advertisements.
- The Australian Shareholders Association have recently come to NSA to say we are a great support organization for our members, and they give us some context and help with advocacy.
- The CBA has promotional activities – created an E-guide about scams and how to stay safe.



UPCOMING BRANCH MEETINGS PROGRAM

Author David Kilner will be the speaker at the Branch Meeting on **November 19th**. His topic is **"The Life of Sir Arthur Conan Doyle"**. There will be some of David's books for sale. **This is the last Branch meeting for 2024 as there is no meeting in December.**

In 2025 there is an exciting program ahead for National Seniors Brighton Branch members. On Thursday 30th January, enjoy lunch at the **Maid of Auckland Hotel**, 926 South Road, Edwardstown.

Our guest speaker at the first meeting next year, on 21st January, is **Dr Chris Bollen**. He will chat about "Healthy Aging" and "Why should I have a Muscle Health Check?" Dr Bollen is highly thought of, speaking and consulting internationally on medical issues affecting the elderly.

On Wednesday 26th February a visit to the **Port Dock Railway Museum** with lunch, catching a train to and from the Adelaide Railway Station. The Railway Museum is the largest undercover railway museum in Australia, with more than 100 major exhibits. It is a self-supporting non-profit enterprise which is focused on the preservation of Australia's Railway history.

REGULAR NOTICES

After each Branch meeting there is a lunch for members who wish to attend. **On 19th November** the lunch will be at the **Watermark Hotel**, corner of Anzac Highway and Adelphi Terrace, Glenelg. If you wish to attend, please put your name on the sheet on the back table at the meeting, so we can advise the hotel of the number of members attending.

To minimise the use of disposable cups, even if they are compostable, members are encouraged to **bring their own cup or mug** for morning tea. **And besides tea or coffee tastes better out of a real cup!**

THE WALKING GROUP meets at **9.30am EVERY TUESDAY** except when there is a Branch Meeting. That week the walk is on the following day.

Our next walk is on **Wednesday 20th November**, a delightful walk in the Oaklands Reserve. Meet in the carpark at the end of The Parade (opposite Hendrie Street) Oaklands Park, walk along the Sturt River walking track to Cafe Finniss and return. **The following week, Tuesday 26th November**, meet at the corner of



Whyte Street, Somerton Park and the Esplanade, walk to Mamma Carmella's, Jetty Road Glenelg and return.

As there will be **NO Branch Meeting or Newsletter in December**, the following walks are scheduled:

Tuesday 3rd December, meet at the carpark behind the Broadway Hotel, Glenelg South, walk to Mamma Carmella's, Jetty Road Glenelg and return.

Tuesday 10th December, walk in the Oaklands Reserve. Meet in the carpark at the end of The Parade (opposite Hendrie Street) Oaklands Park, walk along the Sturt River walking track to Cafe Finniss and return.

Tuesday 17th December, meet at the end of Adelphi Terrace, Glenelg North opposite Brooklyn Avenue. Walk along the Patawalonga to Oaks Plaza Hotel for refreshments and return. **Tuesday 24th**

December, meet at the Adelaide Sailing Club, Barcoo Road (off Military Road), West Beach. Walk along the coast to West Beach Surf Life Saving Club for refreshments and return. **Tuesday 31st December**, meet at the carpark behind the Broadway Hotel, Glenelg South, walk to Mamma Carmella's, Jetty Road Glenelg and return. **Tuesday**

7th January, meet at the carpark behind the Broadway Hotel, Glenelg South, walk to Mamma Carmella's, Jetty Road Glenelg and return. **Tuesday 14th January**, meet at the end of Adelphi Terrace, Glenelg North opposite Brooklyn Avenue. Walk along the Patawalonga to Oaks Plaza Hotel for refreshments and return.

We'd love to have more walkers, so if you'd like to join us (the walks are quite leisurely - or you can just just meet for refreshments) contact **Barbara Hansen** 0448 223 075 or **Rose Cearns** 0405 537 910.

If the weather is inclement, individuals can choose whether they wish to walk or not, otherwise meet at the designated refreshment venue.



Printed by

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