



NEWSLETTER

Speakers

February—A speaker from the Canberra Arboretum

March—A talk about the immigration bridge proposed over the lake to the museum.

May—Lousie Maher from the ABC radio

June—Health and Aging is the theme this month.

Luncheons

17/3/10 Wednesday –
Aladdin Indian Restaurant Manuka

15/4/10 Thursday – Enjoy Federation Square

12/5/10 Wednesday – China Tea Club
North Lyneham

New directory a link to services

A new free directory which provides Important Information for older people and their families has been launched by the Federal Government. The directory Includes chapters on accessing aged care, legal rights, finance and health. The directory will assist older Australians to find the services that may best suit their needs. 'Knowing what assistance is available from the government and where to go to get that assistance is very important for older Australians and their families,' Minister Justine Elliot said. The directory also Includes a chapter on services that help protect the rights of older people. Copies of the directory are available by contacting the Aged Care Information Line on 1800 500 853, by contacting a Commonwealth Respite and Carelink Centre on 1800 052 222, or through Centrelink offices. An online version Is available online on the Department of Health and Ageing website at www.health.gov.au.

MEETINGS 2010 National Seniors Canberra South Labour Club Stirling 10.30AM

FEBRUARY 24TH

MARCH 31ST

APRIL 28th

MAY 26TH

JUNE 30TH

WCHM Survey of Older Women in the ACT 2010

Are you a woman living or working in the ACT or Queanbeyan who is 55 years or older? And do you have a spare 10 minutes? Then perhaps you could assist us by completing our short online survey?

The Women's Centre for Health Matters Inc. (WCHM) is a community-based organisation that works in the ACT and surrounding region to improve women's health and wellbeing. We believe that women's health and **their** ability to live healthy lifestyles is affected by **both** social and economic factors, and we endeavor to understand how the circumstances and experiences of ACT women can be improved to ensure better health and wellbeing outcomes.

The Women's Centre for Health Matters has been developing a survey about the older women in the ACT **to better understand** how they measure their own health and wellbeing, how socially connected and valued they feel, and how well they think that service organisations represent and respond to their needs.

By sharing your thoughts and experiences, you will be assisting WCHM to develop a fuller picture of the diverse needs and circumstances of women in the ACT. **Your responses will be completely confidential.**

We will be collecting responses to the Survey **until Sunday 28th February**. The more responses that we receive in this time, the more useful the results will be in helping WCHM to develop a better understanding of older women in the ACT. **You can access the survey by following this link:** <http://www.surveymonkey.com/s/WCHMolderwomenssurvey2010>



Once you have completed the Survey please feel free to forward this email, with the link to the online survey, to as many friends, contacts, **workmates** and family members **in the ACT** as you like.

If you have any queries or concerns, please do not hesitate to contact me on 6290 2166.

Please note that this survey is only for women 55 years or older who live or work in the ACT or Queanbeyan.

Thank you for your assistance
Marcia Williams

Executive Director

Women's Centre for Health Matters

02 6290 2166

E: ed@wchm.org.au

W: www.wchm.org.au

CRESCENT HEAD HOLIDAY

Canberra North has organised this tour and if you are interested in going you should contact Jean Hughes on 62418780 and put your name down. Limited numbers.

Dates:- Depart Sunday Sept 19th Return Friday Sept 24th

Where: Wombat Resort, Crescent Head on the NSW Coast

Inclusions :- 5 nights accommodation at Resort, with rooms serviced daily, all rooms are ground floor. All rooms are villa style and are set in nearly 2 acres of landscaped gardens.

All meals, with Hot Breakfast available every day, morning tea, and lunches on tour days. Evening meal consists of 3 courses, with choice of 2 dishes per course and complimentary tea or coffee. Special diets can be catered for. All meals are served in the Resort's Restaurant.

Tours to attractions in the local area daily. Happy Hour 5.30-6.30 each evening. Evening Entertainment after dinner. (Tour days).

Resort amenities include, Guest Laundry, Solar Heated Swimming Pool, Heated Spa and Turkish Steam Room.

Itinerary :

Day 1 Travel to Crescent Head. 5 Star luxury coach with seatbelts, audio/visual system etc.

Day 2 Crescent head Lookout, Wigay Aboriginal Food and Cultural Park (a taste tour!). In the afternoon tour Kempsey and step back in time at Barsby's Department Store.**Day 3** Port Macquarie with a 2 hour scenic cruise on the Hastings River, if we are lucky we'll see the dolphins. On to the Vickers Fudge Factory and then a tour of Timbertown at historic Wauchope, steam trains, bullock-teams and blacksmiths.**Day 4** A scenic drive to South West Rocks for a short tour before we go on to

Smokey Cape Lighthouse with a talk by a National Parks guide. Take a walk up to the lighthouse for spectacular views. In the afternoon visit Trial Bay Goal. Drive home along the Belmore River. **Day 5** Visit Bowraville Folk Museum, lots to see here. Then it's on to the legendary Pub with no Beer for a BBQ lunch.. Return to Wombat's via the scenic route for our final evening at dinner various prizes will be awarded, but you have to come to find out about that. The evening entertainment tonight will be Troppo Bob the Magician!**Day 6** Sadly we have to head home to Canberra.

We have secured the 2009 basic price of \$660 per person which includes coach travel to and from Sydney. A charge of app \$60 pp(dependant on numbers) for pick up and drop off in Canberra. Total Cost \$720 approx.

Deposits of \$50 per person are required April 2010. Final payment on arrival at Wombat Beach Resort.

For those members that require a copy of this newsletter by post, please send \$12 to PO Box 5020 Chisholm ACT 2905 or pay at the meeting.

See the Treasurer. (Please no cash in the envelope—it is illegal by law)

The online community for over 50s

- It's **FREE**, it's **FUN**, it's **EASY TO USE**
- Have your own unique web page and stay in touch with family and friends.
- Make new friends and reunite with old ones.
- Create a journal, upload photos, participate in forums, and stay informed on issues for over 50s.
- Voice your opinion on featured articles.
- Listen to live radio in your state.
- Noticeboard and events calendar for activities in your local area — **find a friend to accompany you to events.**

We are choosing to work longer, play harder and ignore preconceived ideas of how we should live our lives. We may have retired from work, but we haven't retired from life. This website is dedicated to all of us who want more out of life.

Visit the web site you might find it interesting:

<http://www.aboutmyage.com/>

Southport Holiday

I would like to take this opportunity to offer your Members a special holiday package that we have available at the moment.

We are a holiday resort located in Southport on the gold coast and we would like to offer your members affordable accommodation for their next trip up and around our area.

Our prices start at:-

Studio Room sleeping 2 persons \$70.00 per night min 3 nights stay

One bedroom sleeping 2 person \$90.00 per night min 3 night stay.

Two bedroom sleeping 4 person \$130.00 per night min 3 night stay.

Any extra person rate is \$15.00 p.p.per night.

These prices are available to 31/03/11 but not available through Christmas, Easter or school-holidays.

If you would like any further information please do not hesitate to contact us either via email or on 07 5591 6666 or e-mail address: bookings@harboursideresort.com.au

Kind Regards John & Dee Haddock Resident Managers Harbourside Resort
www.harboursideresort.com.au

On Australia Day Sylvia Kenyon and David Clinch attended a reception in the grounds of the PM's residence. The picture below shows Sylvia and David meeting Kevin Rudd and Thérèse Rein



Australian Tax office scam emails

Older Australians are being encouraged to be more vigilant following the circulation of a new scam email which claims to offer a refund from the Australian Tax Office. The latest scam has a bogus Tax Office form attached to it which asks for personal details including credit card details and ATM card PIN numbers. The email header even has a fake Australian Tax Office logo making it look real. The email asks for the form to be completed, printed, and sent in to a genuine Tax Office address. The email states that 'after a recalculation of your fiscal activity, we have determined that you are entitled to receive a tax refund of AU\$ xxx'. When the victim fills out the form and clicks the 'print' button, all of the personal details are instantly sent to a third party overseas. After submitting personal details, victims are redirected back to the genuine Tax Office website. Anyone who receives a suspicious phone call or email should immediately contact the Australian Tax Office on 13 28 61 or by forwarding the entire email to

ReportEmailFraud@ato.gov.au.

Switchover to digital television

Between 2010 and 2013 analog free-to-air television (TV) signals will be switched off and replaced with digital-only signals.

Household Assistance Scheme

To help you make the switch to digital, Centrelink customers may be eligible for the Australian Government's Household Assistance Scheme. The scheme includes a free high definition set top box and installation. You may be eligible for the scheme if you or someone in your household is receiving the maximum rate of one of the following payments, and you do not already have access to digital TV:

- Age Pension
- Disability Support Pension
- Carer Payment
- Department of Veterans' Affairs (DVA)
- DVA Income Support Supplement.

Knitting - For some, volunteering may be difficult due to disability, lack of transport or suitable time to give. If you're handy with a pair of knitting needles, then you can help others from the comfort of your own home.



Knitting and crocheting can be relaxing and most often enjoyed when someone benefits from your hard work. Knit4Charities coordinates the woolly requirements of charities, so whether Mission Australia need scarves in April, or animal rescue organisations need blankets in June, you can put your skills to good use. Get knitting Find out which charity needs what and get knitting, visit www.knit4charities.webs.com

What's on in Canberra.

21 to 28 February 2010 - National Organ Donor Awareness Week

26 to 28 February 2010 - Royal Canberra Show - At Exhibition Park.

Throughout March to 5 May 2010 - Of Love and War - Exploring the impact of war on relationships and the ways in which Australians incorporate affairs of the heart into their wartime lives. Open daily from 10.00 am to 5.00 pm at the Australian War Memorial, Treloar Cres, Campbell.

Throughout March to 14 June 2010 - Emerging Elders - Honouring senior Indigenous artists. Open daily from 9.00 am to 5.00 pm at the National Gallery of Australia, Lawson Crescent, Acton Peninsula

8 March (Monday) 2010 - International Women's Day

8 March (Monday) 2010 - Canberra Day

13 March (Saturday) 2009 - 6th Annual Giant Market Day Festival

- With an animal farm, rides, live entertainment, handmade craft, fresh produce, jewellery, clothes, books, and more. Entry is by gold coin donation. 9.00 am to 3.00 pm at Riverbank Park, Comur St (main st), Yass.

14 March (Sunday) 2010 - The Smith Family - Government House Open Day and Art Exhibition - Local performers include the the National Capital Orchestra and Ques-tacon. Children's entertainment includes storytelling, face painting, singing, and pony rides. Proceeds from the event and a percentage of artwork sold will go towards The Smith Family's learning and education programs for financially disadvantaged children within the ACT and across Australia. Entry is \$10 for adults, \$8 for concession, and \$20 for a family. 10.00 am to 4.00 pm at Government House, Dunrossil Dr, Yarralumla.

21 to 28 March 2010 - ACT Seniors Week

Great Idea - Government to trial 40km/h speed zones around shops

A 40 km/h speed limit will be trialled at one or more busy shopping centres in an effort to make Canberra's streets safer and reduce the risk of road fatalities,

The trial will start in the next financial year at one or more locations, which are still to be determined, where there are a higher number of pedestrians and motorists.

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