

Frankston Branch  
National Seniors  
Australia  
PO Box 1214  
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Incorp Reg No.  
A0021438T

# Frankston Branch Newsletter

**We meet last Wednesday of the month at St Francis Xavier Church Hall. Come for a cuppa at 9:30am, meeting starts at 10am**

## Roy's Ramble

January/February 2012



**W**ell here we go for another year and I take this opportunity of wishing everybody all the best of health and happiness for the year 2012.

As you are probably aware, the Chairperson of NSA, Dr Sloan resigned after one year in the job and a new Chairman has been appointed. He is David Carvosso, a former teacher from WA, who has risen from membership grassroots to the board in 2007 and is now chairman. Dr Sloan has moved to "The Australian" newspaper, and who can top Rupert? Her stay at the helm was short but this seems to happen with regular monotony with NSA, a point I raised at the last Zone meeting. It's a pity David was not offered the appointment 12 months ago as reading his background, he knows the NSA and how it works. Perhaps the opinion of the 4 per cent who attend meetings and have their elected representation attending zone meetings, should be listened to a bit more, this is where the genuine support is, not with the majority, most of whom are after a discount card to tide them over until

they reach the age when they qualify for Senior's Card. At least it looks as though, with David, we might get somewhere as his grassroots experience is what is needed to raise the level of expectations from NSA which will in turn bring more members, genuine members, into the ranks. All our branches are suffering from loss of members and we need to get them back.

The above is my own personal opinion; my committee and membership are unaware of my opinion.

Meanwhile back to the business of Frankston Branch. Jan 17th saw our luncheon group at Stacks of Pancakes, at Karingal Hub, 20 attended. and we have some future plans but as usual we will always listen to any member with some new suggestions. One event to look forward to is our Birthday Picnic at Cruden Farm. We are going to be exploring some new ideas this year to increase the attraction of our branch.

Just another reminder regarding badges. New badges cost \$6, contact me if you are interested.

Roy McLaren

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*With a quarter of a million members Australia-wide, National Seniors is the consumer lobby for the over 50s. It is the fourth largest organisation of its type in the world.*

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**NEPEAN HEARING**

## Here's to 2012 and all the new Gizmos

A very happy New Year to everyone.

It's hard to image that here we are in 2012. I was saying the other day that I can remember watching Towards 2000 on the telly, thinking it was going to be such a wonderful adventure to be alive in 2000 and beyond, and I was trying to remember what they were predicting. Well, I bet it wasn't iPhones, iPods, Tom Toms and laptops. As I can remember the program was about planetary mixers and wonderful ovens, super fast and ground hugging cars and all the other things that occupied us during that era. How our lifestyles have changed. The young now have unbelievably wondrous kitchens and don't know how to cook, gad about in huge, petrol or diesel guzzling 4 wheel drive cars, while banging on about climate change, but they absolutely leave us in their wake when it comes to electronic gadgetry.

All this pondering has come about because I got an iPod in my stocking this year, all good but had to ask my beautiful 13 year old granddaughter, Kiara how to use it, she's had one for ages.

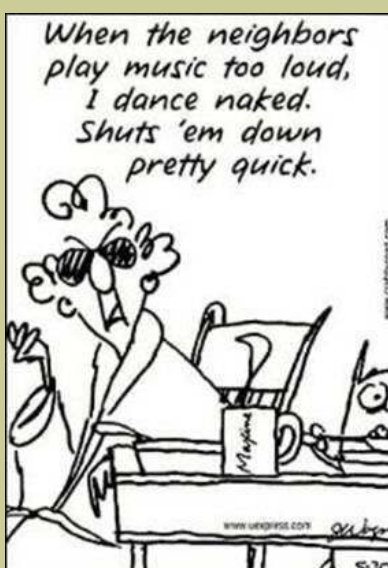
This really dented my ego because I was considered to be very "with it" in my heyday. I mean, I worked on mainframe computers in the 60s and thought I was really cool! Oh how the mighty fall! Somewhere between sweet 16 and now, my knowledge has taken the low road and it's going to be a scramble to get a handle on the basics of these new gizmos.

The other present in my stocking was a Tom Tom. Now, it's been a long standing joke for anyone who knows me well that I can't even find my way around Karingal. Yep, if I want a certain shop, odds on I'll take the scenic route to get there. My usual method is to walk around in circles until I find it, so having satellite navigation makes sense for me, and it's such fun to use. We went to number 1 son's house at Gembrook on Boxing day and thought we'd give it a go. For the first time in recorded history, Joe and I didn't argue about the route. We decided to let the very English lady's voice direct us. Now if you think it funny that I take the scenic route at Karingal, Tom Tom decided we should come home via Cardinia Dam, Wellington Road and the South Gippy freeway. What can I say. They've turned my affliction into an art form. The strange thing is, having gone all over the place to get home, we made it in record time, on lovely smooth roads, no twists and bends like the normal route. I'm waiting for a wristband version to come out, then I may even tackle Bayside Shopping Centre.

Cheers Carol

***"The weak can never forgive. Forgiveness is the attribute of the strong."***

***Ghandi***



## Win's Way



Hello everyone Happy New Year hope you all had a great Xmas, thank you all for your lovely Xmas greetings.

Another year begins and hopefully it will be a good year for us all.

A reminder that all our trips, wherever possible, are on the second Wednesday of the

month.

First of all our usual plea is for donations towards our Easter raffles, it comes around so quickly, and eggs or chocolates to fill some baskets would be much appreciated.

Just a mention that this year, as expenses are constantly rising, we are considering having less trips. We have the one in February then the free picnic in March, save on this one, then one in April and May but no trip in June to allow you to save for the Xmas in July. This year it is more expensive but the venue is highly recommended. So make a note in your diary and save for this very special event.

Also a note for those of us going to Norfolk Island, the \$300 deposit is required at the February meeting together with your booking form. As you know this deposit is non-refundable, nothing to do with the club – a requirement of the travel agent.

Also check if your travel insurance covers a cancellation fee. Full payment is required in June 2012.

**8<sup>th</sup> February 2012 leaving time 9a.m. Cost \$48.**

Come and stroll around the beautiful gardens of 'Arden' home to C.J.Dennis the famous Australian bush poet. Wander among the beautiful mountain ash, and follow the mud map detailing the gardens. Morning tea en route and a light lunch of salad followed by scones jam and cream, with tea or coffee. Also tasting of local wines will be enjoyed.

**Annual free picnic at Dame Elisabeth's Cruden Farm. Wednesday 14<sup>th</sup> March 2012 starting at 12 noon. Entry via Cranhaven Road. disabled access via McClelland Drive, entrance opposite Peninsula Private Hospital.**

We are very lucky again to have the use of this beautiful garden for our annual picnic, and even though the weather wasn't up to the mark last

year, we were quite comfortable in the stables. The food is free and consists of chicken salad and desert, but **PLEASE REMEMBER TO BRING YOUR OWN KNIFE FORK AND SPOON, ALSO YOUR OWN DRINKS. THIS IS OUR 'THANK YOU' TO ALL OUR MEMBERS FOR THEIR SUPPORT DURING THE YEAR.** Chairs and tables are provided.

**11<sup>th</sup> April 2012 proposed trip to The Big Bouquet leaving time 9am. Cost \$40.**

Morning tea and lunch included. The Big Bouquet is a modern working cut flower farm and alpaca stud located in the heart of the Yarra Valley. Take the opportunity to visit and look behind the scenes; learn firsthand about the growing of top quality gerberas, and the breeding of alpacas.

**9<sup>th</sup> May 2012 Proposed trip to the National Wool Museum in Geelong. Leaving 9am. Cost should be around \$40. Actual cost to be advised.**

Visit the Wool Museum in Geelong and marvel at the machinery involved in textile processing including the grand centrepiece – a 1910 Axminster Jacquard carpet loom that continues to weave its splendid rugs for delighted visitors. Stories of life on the farm or of working in the textile industry are told by our Honorary Staff as you explore the Museum. Each has a different tale to tell. This trip hasn't been confirmed yet but will advise in next newsletter.

**13<sup>th</sup> June will be a self drive lunch to a venue locally, those who are unable to drive can put their names on a list to be assisted with transport.**

This is just a trial for this year to see how we go because the Xmas in July is to be a special one to Alfred's Homestead in Warrandyte, a lovely setting with lunch and entertainment will cost about \$55. It is proposed for Wednesday 11<sup>th</sup> July 2012.

**Stay Tuned for More**

## Carbon Tax & The Energy Payment

## Thai Fish Cakes

### What will you receive?

#### A one-off lump sum advance

Australian recipients of a Disability Support Pension or a Carer Payment will receive assistance in two ways.

Firstly, a separate **Clean Energy Advance** will be paid to pensioners. This will amount to \$250 for a single pensioner or \$190 for each eligible member of a couple.

This payment is designed to cover the costs passed on by those top-500 polluting companies to which the carbon tax will be applied from 1 July 2012. This supplement will cover costs from 1 July 2012 to 20 March 2013 when pension increases will be applied.

It is worth noting that these payments will automatically be implemented by Centrelink of the Department of Veterans' Affairs, you will not need to claim.

#### An ongoing increase in the pension

The second benefit is the increased pension rate as mentioned above. This assistance will be delivered as a new, permanent **Clean Energy Supplement** and will be paid in line with regular pension payments. This equates to an annual increase of up to \$338 for a single pensioner and \$255 for each eligible member of a couple. This payment will be indexed for CPI so it stays in line with general price increases and will be paid in addition to the existing Pension Supplement.

This information published on the "YourLifeChoices" website

Preparation time:

15 – 30 mins

Serves 8

### Ingredients

500g white fish fillets, uncooked

1 egg beaten

3 tbs cornflour

1 tbs fish sauce

3 tsp red curry paste

½ cup fresh coriander leaves

1 tsp red chilli chopped

10 green beans, sliced

2 spring onions, chopped

Peanut oil

Sweet chilli sauce



### Method

- Process the fish fillets in a food processor
- Add the egg, cornflour, fish sauce, curry paste, chilli and coriander, process until combined.
- Transfer mixture into bowl and add beans and spring onions, mix well
- Form mixture into large patties using a spoon or wet hands
- Heat oil in large frying pan
- Fry patties and turn when golden brown. Remove when cooked and drain.

Serve with sweet chilli sauce

### Just for laughs: Karmic Justice...

The chief woman 'Greenie Tree-Hugging Activist', who was responsible for getting horses banned from National parks and State forests, was climbing a tree to have a look out over the forest when a Tawny Frogmouth Owl attacked her for invading its nesting site.

In a panic to escape, she slid down the tree, getting a great number of splinters lodged in her crotch area. In considerable pain she hurried to the nearest doctor, told him she was an environmentalist and how she got all the splinters.

The doctor listened with great patience and then told

her to go into the examining room and he would see if he could help her. She waited for 3 hours before the doctor reappeared. Angry, the woman demanded, 'What took you so long?'

'Well...' replied the doctor, '...I had to get permits from the Environmental Protection Agency; the Forestry Service; the National Parks and Wildlife Service; the Wilderness Society and the Department of Conservation and Land Management before I could remove 'old growth timber' from a 'recreational area' ... I'm sorry but they all turned me down.'

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Vacant - awaiting a volunteer

**Non Committee****Welfare Officer**

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**Major Musicals**

Brian Hawley 9770 0061



If you would like to suggest a speaker or topic, please give Des a call, or email

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Check out our website & add to your favourites list

<http://nationalseniorsfrankston.blogspot.com/>

Or access the Zone page to see what other branches are doing or read our newsletter at:

[www.zone106.org.au](http://www.zone106.org.au)

Don't forget, you can contact Carol after 3:30 pm by phone or email at

[nsafrankston@gmail.com](mailto:nsafrankston@gmail.com)

if you have any newsy bits, gossip, pics or articles or ads you want posted on our website or in our newsletter.

Your Media

Mogul, Carol



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