



SECOND NEWSLETTER FOR 2011

Some of you may have thought you had been taken off the mailing list for our newsletter. That might have been good news for some but, if you're reading this, it's obvious you were mistaken.

The last *Cota Mail* was in May of this year. The reason for the reduction of editions is simple. I haven't had time to write them and it has not been possible to find someone willing to take on the job of compiling the newsletter.

It is important that we communicate with our members and others who are interested in seniors issues. It is also important that the content of our newsletter represents a mixture of information, articles of substance and some entertainment. All of this takes time and effort to write and compile as anyone knows who has undertaken the task of writing at this or any of the more substantial levels of communication.

I have tried to find someone with journalistic experience to help with our newsletter and I've invited submission of articles and other items. We have had some responses but not enough to really help.

I'm not intending to give up but want to inform our readers that I will be able to produce only as many editions as I can manage. I'm not happy about this but there are many other tasks which must be completed which have to take precedence over the newsletter.

In the meantime, if there are some writers out there who would like to help, please let me know. I can be contacted through the office.

Tony Christinson, President

Seniors Information Plus

SIP



**It's full steam ahead
for this new initiative of
RDCOTA**

**Volunteers,
trained and with plenty
of references at their fingertips,
are on staff at the office at
57 Wynyard Street Cleveland**

**Stop by and chat
If you need to know where you
can find information**

Office hours

**9.30am to 2.30pm
Monday/Friday.**

For more information:

**Phone 3488 0680 or
Email: seniors@rdcota.org.au**

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SENIORS WEEK 2011

As another seniors' week fades into history, it's worth considering what we can learn from it and what shape it ought to take in 2012. I can only comment on events that I attended or about which I have had reliable reports. Some of you will have your own experiences to colour your view.

I missed the Alexandra Chorale at the Cleveland Anglican Church. Reports are that it was great but that the attendance could have been better. Attendances were down at a few excellent events and we will have to consider whether some events are not what seniors want to attend or whether we need to promote them more. I believe that better promotion is the likely answer because some of the events I attended were really enjoyable and, with the numbers of seniors in Redland City, it would be safe to assume that more would attend events if they knew more about them. Of course, the other explanation could be that I have strange tastes.

The Redland City Council Seniors Walk on the first Sunday morning was fully subscribed with 250 registrations but the weather was unkind. Threatened rain prevented some from attending and actual heavy rain caused many to walk and go straight home to dry off. We've had one walk in glorious winter weather and a wet one. Let's hope that number three will be fine. Unfortunately the rain persisted to wash out the Seniors Golf Day at Redland Bay so we'll have some others urging for better weather next year.

On Monday morning 22 August, at the Donald Simpson Centre, teams from Cleveland High School and U3A went head to head in an intergenerational debate on the ways in which older and younger generations can support each other. The standard of debate was very good and there was a good-sized audience made up mostly of U3A members who always arrive in numbers for the Monday morning "Life in Australia" series. I'm sure there are many more seniors who would have enjoyed the debate and contributed to the after-debate comments.

On Wednesday morning, U3A again contributed to the action by guiding visitors around their

delectable vegetable garden at the Delancey Street Horticultural Station. There was a good attendance from U3A members as well as a few others who were no doubt envious of the red soil which grows such great fruit and vegetables, due, of course, to the excellent skills and careful attention of the U3A gardeners.

Later that day there was a bush poetry session really worth attending at the Redlands Museum. A good-sized audience enjoyed a selection of poetry and songs from bush poet, Anita Reid. At the same time, a dance was being held at the Donald Simpson Centre which was again attended by the usual devotees with only a couple of extras. This is an event that should be promoted more next year as a number of seniors wanted more dances following Cloudland at Cleveland in 2009.

On a Wednesday packed with events, the Cleveland State High School "Decemsextet" turned their rehearsal into a twilight concert which was a pleasure to hear. We were entertained with a scaled-down big band playing selections from Duke Ellington and Porgy and Bess, Zoot Suit Riot from the Cherry Poppin' Daddies, with really great vocals. This is certainly an event which would have attracted many more seniors if only they had known the treat in store for them. As it was, about six of us as well as some high school students, some of whom were performers, were treated to a really great musical afternoon. If you don't believe me, go to the Cleveland State High School's Musical Showcase at the Redlands Performing Arts Centre on 19 October and let us know what you think.

Thursday featured a seniors' tour and morning tea at Indigiscapes which was well attended for an event which could not have catered for very great numbers. It was informative and enjoyable and Indigiscapes puts on great food which is always a draw for seniors.

The next major events of which I have knowledge were the Redland Council Perpetual Tennis Shield on Sunday morning and the Bands Concert on Sunday afternoon. Reports suggest that the tennis was well

attended and contested and, though I promised myself that I would drop in or even enter one of these years, I still didn't make it. I did attend the Bands Concert at the Community Hall in Smith Street and this was well patronised and, as usual, most enjoyable. The first session was a performance by the Redland Brass Band which was very good and this was followed by a mandolin band which really iced the cake.

Though Seniors Week was officially over, there was still the U3A breakfast held on Monday because guest speaker, Leneen Forde, Vice-Chancellor of Griffith University and former Governor of Queensland, was unavailable during the official Seniors Week. This was an admirable follow-up to the 2010 breakfast and all who attended this sell-out event would have thoroughly enjoyed a frank and interesting account of her life presented by Ms Forde.

In summary, Seniors Week was the usual mix of well attended events and some at which attendances were disappointing given their excellent quality. We are considering ways in which to publicise key events more next year and of trying to encourage organizers to undertake publicity themselves as well as listing in the Seniors Week Program. It seems that many seniors saw the program in *The Redland Times* but that others did not expect to find it there and threw the paper away without discovering the treasure inside.

SENIORS

Are you having trouble taming your mobile phone?

**What do all those buttons mean?
Don't tear your hair out trying to figure it out. Bring along your phone and manufacturer instruction book to the RDCOTA office for a pre arranged appointment.**

**Bookings are being taken.
Small groups also welcome.
Ring 3488 0680 to book.**



SENIORS

**Feel like a break
when shopping in Capalaba?
Call in to the Blue Care/RDCOTA**

REFRESH SPACE

**The Refresh space offers
visitors a cup of tea or coffee
and something to eat
for a small donation of a gold coin.**

**Refresh Space will be operating
at the Capalaba Library
on the following dates:**

13, 27 October

10, 24 November

8 December (last for 2011)

MEALS ON WHEELS

- Balanced and nutritious meals delivered to your door 5 days a week
- Menus planned in association with Dietitians.
- Special diets can be catered for, e.g. gluten free, diabetic, etc.
- Referral from a doctor or other health professional is NOT NECESSARY
- 3 Course Meal for \$7.00 consisting of soup, main meal (meat & 3 vegs), dessert and fruit juice.
- Alternatives available

VOLUNTEERS

We are looking for volunteers able to give a few hours to deliver. Drivers and Assistants needed to deliver meals. If using your own vehicle for deliveries a petrol allowance is available to help offset costs.

MEALS ON WHEELS

Capalaba: 3390 3450
Cleveland: 3286 2626
Victoria Point: 3207 7126



SENIOR FRIENDLY MOBILE PHONE

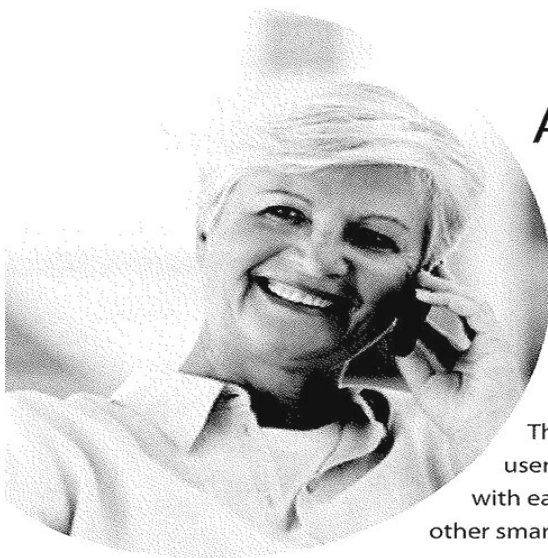
The advertisement below appeared in the first edition of "ONECOTA" the new Australia wide magazine, exclusive to COTA members. There are other articles in this newsletter drawn from "ONECOTA" but this advertisement will interest

many of our members and other seniors in Redland City.

It seems easy to use, has some obvious useful features such as its large display and buttons and some not so obvious ones such as an emergency button.

Its launch price is \$99 for COTA members and \$119 for non-members.

Available in Black, White and Gold



At last. A mobile phone that is EASY TO USE in every way.

The new COTA Mobile phone is so easy to use. It's user-friendly because it has a big button keypad with easy to read numbers and comes with many other smart options.

THE COTA MOBILE PHONE IS DESIGNED TO MAKE LIFE EASY. SIMPLY EASY.

- Superbright LED TORCH.** (Callout to the top light)
- SOS BUTTON** One touch emergency (Callout to the SOS button)
- FM RADIO,** Clear reception. No external antenna required. (Callout to the FM radio slot)
- HANDS FREE LOUDSPEAKER** with hearing aid button (Callout to the hearing aid button)
- Display with extra large numbers.** (Callout to the screen showing '3456')
- Big button KEYPAD** (3 times larger than average button size). (Callout to the keypad button '5')
- Easy to use SPEED DIAL** for immediate family contact (up to 10 shortcut keys can be used). (Callout to the speed dial button '#')

The new COTA Mobile phone is a quality product made in Singapore and comes with a 2 year warranty, a free protection case and is unlocked for any GSM network so it can be used anywhere in Australia.

**For more information or to purchase please contact
COTA Member Services on 1300 1400 50
or visit www.cotamembership.org.au**



Companies you should not deal with*

List of unlicensed overseas companies

If you have received a call or email from someone you don't know offering you a great investment opportunity or a loan, be very wary. The caller may be a scammer trying to take your money. Australians lose millions of dollars every year to scams and you do not want to be the next victim.

Protect yourself by checking this list of overseas companies and individuals that are not licensed by ASIC. If the company that called you is on this list, do not deal with them.

[Check the list of unlicensed overseas companies](#)
[Why overseas scammers target Australians](#)

[What if a name is not on the list?](#)

[HOW ASIC CAN HELP IF YOU HAVE BEEN SCAMMED](#)

CHECK THE LIST OF UNLICENSED OVERSEAS COMPANIES

The overseas businesses listed below have made [unsolicited calls](#) and emails to Australians and do not hold a current [Australian Financial Services licence](#) or Australian Credit Services Licence from ASIC. Although new names are added as quickly as possible, **this is not a comprehensive list.**

Names recently added to the list (most recent at the top):

- Tortola Capital
- China Mineral Company Limited (CMC)
- Pretium Ventures
- North Point Commodities
- Tokyo Bay Traders
- International Mergers
- Sparen FX
- Cayo Flow Capital
- Sauer Capital S.A.

*This article is an excerpt from the MoneySmart website run by the Australian Securities and Investments Commission (ASIC). Those of you who are able and wish to read more (and there is much more) about this topic can read at the following web address <http://www.moneysmart.gov.au/> (Press "control" and left click to follow).

NOTICE BOARD

DO YOU HAVE EMAIL?

You can receive your *Redlands COTA Mail* by email in colour.

Simply send us an email saying you will accept an electronic newsletter and we'll include you on our list.

It saves us postage.

ARE COMPUTERS AND THE INTERNET STILL A MYSTERY TO YOU?

Join our Broadband for Seniors program and learn to use the computer, surf the internet and send and receive emails

There is no charge

Phone 3488 0680

Or drop in to 57 Wynyard Street

Our website has just been redesigned. There is much to be added, so such items as links to other organisations, all of our projects news and notices will be reintroduced progressively.

Our address is still

www.rdcota.org.au

If you have suggestions for items that you would like to see on our website, please phone us on 3488 0680 or email us at seniors@rdcota.org.au

Would you like to access information from one of the websites mentioned in the **CotaMail** but don't know how?

Visit the RDCOTA office during business hours: 9.30am-2.30pm and one of our helpful volunteers will access the internet site on your behalf and let you read the information on screen or provide you with a printed copy of the article in which you are interested.

Printed copies will be charged at 5c per page for black and white prints.

SENIORS INFORMATION PLUS (SIP)

Volunteers Needed

Do you have a half or full day that you could and would make available to help seniors find the information they are seeking? RDCOTA needs trained volunteers to maintain Seniors Information Plus as a reliable service to seniors.

Training is provided for those who are reasonably proficient with computers. Ring us on 3488 0680 if you can help.

2012 RDCOTA RENEWAL MEMBERSHIP FORM

Please indicate:

I wish to become a financial member for 2012

Our organisation wishes to become a Financial member for 2012

I/We would like to know more about Volunteering with RDCOTA

I/We wish to make a financial contribution in support of RDCOTA

Our organisation would like a guest speaker from RDCOTA

Name (Individual/Organisation):
.....

Address:.....

.....Telephone:.....

Name of Contact person.....

Email address

Annual Subscription

Individual: \$5.00 _____; Organisation: \$20.00 _____; Donation: \$ _____

Cheque enclosed \$ _____

Please send payment to: RDCOTA, PO Box 1051, Cleveland 4163

Your support is sincerely appreciated. Redland District Committee on the Ageing Inc. ABN 89 778 445 390

I've always wondered this myself.. and now I know !!

People born before 1946 were called **The Silent Generation..**

The Baby Boomers are those born between 1947 and 1959.

Generation X people have been born between 1960 and 1979.

Generation Y were born between 1980 and 2010

Why do we call the last group Generation Y ?

Y should I get a job ?

Y should I leave home and find my own place ?

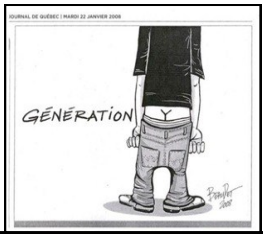
Y should I get a car when I can borrow yours ?

Y should I clean my room ?

Y should I wash and iron my own clothes ?

Y should I buy any food ?

A cartoonist explained it very eloquently below....



BROADBAND FOR SENIORS TUTORS NEEDED

Do you have computer skills?
Can you access the internet and email?

Are you able to use WordPad, negotiate the keyboard and screen and use email?

We need tutors to assist at our Internet Kiosk on a one-to-one (sometimes two) basis.
Contact us if you would like to help.

NOMINATION FORM FOR MEMBERSHIP OF RDCOTA MANAGEMENT COMMITTEE 2012

NOTIFICATION OF POSITIONS VACANT ON THE MANAGEMENT COMMITTEE



REDLAND DISTRICT COMMITTEE ON THE AGEING INC.

4th ANNUAL GENERAL MEETING

THURSDAY 23 February 2012

9.30am - 11.30am

Redland Sporting Club, Anson Road, Wellington Point

I hereby nominate _____ for the position of:

PRESIDENT	
VICE PRESIDENT	
SECRETARY	
TREASURER	
MANAGEMENT COMMITTEE	

Proposer _____ (must be financial member)

Seconder _____ (must be financial member)

I _____ accept nomination & confirm that I am a financial member of Redland District Committee on the Ageing Inc.

Please return by 2.30pm on Thursday 9 February 2012

To The Secretary, RDCOTA

P.O. Box 1051, Cleveland 4163

57 Wynyard Street, Cleveland 4163

VOLUNTEERS NEEDED—CAN YOU HELP?

Volunteers are people who lend their time and talents, for no reward or remuneration, to support, encourage and enhance the lives of others in the community.

Do you have a spare hour or more each week to visit and use your special talents to entertain and be a friend to residents at **Redland Residential Care**—Weippin Street, Cleveland.

If so, I would love to hear from you.

Please contact Tanya Barton (Volunteer Coordinator)

0409 274 625

Low-Tax State

A campaign speech by a mythical politician making promises which you are invited to judge.

“Distinguished guests, ladies and gentlemen. It is with great pleasure and not a little pride that I announce, as a key strategy in my election campaign, that, when elected, I will immediately set about to implement my plan to make this the country with the lowest taxes of all time.

“I constantly hear, as I travel round this great land, that people at all levels of society, from the lowest paid to the captains of industry are struggling to make ends meet because of the drag of over-taxation.

“The hard-earned pay of the nation’s battlers is unduly taxed reducing funds spent on consumer items which keep business and employment from growing. Our progress is stunted by over taxation.

“This cannot continue. I today announce that from the time of my election, everyone will pay tithes. That’s right! Only one-tenth of your taxable income will go to keep essential government services functional. No more will the sweaty hand of the taxation office be outstretched to take more than is needed.

“How will government manage, I hear you ask? The unnecessary involvement of government in providing services will be reduced. So-called public hospitals and schools will be run by private enterprise. Those which are not profitable will be closed.

“Local Government will be charged with responsibilities for their own areas. Roads, flood mitigation, bushfire control and many other responsibilities, which vary greatly in different geographic areas, will be managed locally. The people will be empowered to control their own affairs. The days of big government and central control are over.

“My government will achieve what no other before us has done. We will create a genuine low tax state with services to match. Thank you for your attention.”

By Stingray

How to find the cheapest flights



4th Oct 2011

Finding cheap flights can be tricky if you don’t know where to start your search. To make things simpler, Sarah has put together ten

hot tips to ensure you get the best deal possible for your next flight of fancy.

1. The early bird gets the worm

The earlier you buy the ticket, the more you can save. Travellers seeking tickets at the last minute should be aware that domestic carriers generally put the prices up at this time. This is especially so for domestic flights around the Christmas period, long weekends and school holidays. Major airlines usually offer their cheapest seats 11 months in advance.

2. Be flexible

Being flexible with your dates can mean big savings when it comes to crunch time. The prices for travel vary everyday so sometimes it pays to hold off flights a week or so until they are selling at lower prices. Remember, no two people on a flight will have paid the same price for a ticket. If you want to fly cheaply, it pays to book early.

3. Dates to avoid!

When looking for the cheapest flights, there are a few key dates to avoid. Travelling from October to February is generally more expensive as this is considered to be the main tourist season. The Christmas/New Year period can be equally as hectic, if not more so.

4. Thank goodness it’s Friday

Quite a few airlines release their weekly sales on Friday afternoons. Their dramatically decreased prices cause other airlines to respond. The cheapest time to buy is considered Friday afternoon as most sale fares are published at this time. The second-best time to buy is considered Tuesday at 4pm.

5. Stay in the loop

Most airlines will have their own newsletter or Facebook page. Signing up to email newsletters from airlines is a fantastic way to find out about the latest sale fares not long after they are released. Facebook is another great resource for the would-be bargain hunter. Jetstar, for example, offers Facebook fans sale fares 24 hours before they are on its website.

6. Ask for wholesale fares

When you book through a travel agent, asking for a packaged deal can save you money on your airfares.

Continued on next page

Sometimes wholesale airfares are only available as part of a package. Packages can be great for savings on hotel stays, too. Most will include add-ons like massages, extra nights, free cocktails and buffet breakfasts so this could be a great way to save all-round, and make the most of your travel budget.

7. Compare online

As with anything in life, the first quote you get won't necessarily be the best. Comparing on line can sometimes save you a significant amount of money, so why not give it a try? After you have found the best deal, see if the airline carrier will offer you a cheaper price on the same flight (sometimes sites will tack on a surcharge for their

service). Also make a note of any cancellation fees that may be hidden in fine print just in case.

We've sourced some of the best comparison websites for you:

<http://www.zuji.com.au>

<http://www.cheapflights.com.au>

<http://www.bestflights.com.au>

<http://www.jetabroad.com.au>

<http://www.wotflight.com>

So have a go!

From YOURLifeChoices, 4 October 2011

<http://aboutseniors.taguchimail.com/public/broadcast?sevt=25466641&e=af01c00d> (Control + left click to open)

RDCOTA would like to acknowledge its sponsors:

Rotary Club of Cleveland

Rotary Club of Capalaba

Lions Club of Capalaba

Redlands Sporting Club

Redlands RSL

Redland City Council

Mater Private Hospital - Redland

Great Southern Garden of Remembrance

Without our sponsors, Redland District Committee on the Ageing Inc. would not be able to reach out into the community as much as it does.

RDCOTA welcomes all contributions to this newsletter.

DISCLAIMER

Whilst every care is taken by RDCOTA in the compilation and publication of this newsletter, RDCOTA does not warrant or represent that the newsletter is free from error nor accept responsibility for any listings, entries, or articles published therein.

In particular, without limiting the generality of the foregoing, RDCOTA expressly denies any responsibility regarding qualifications, expertise and/or experience claimed on behalf of a person or entity referred to in the newsletter, including any product or service offered by any such person or entity. Should any concerns exist, then RDCOTA recommends that independent inquiries should be undertaken by the reader.

RDCOTA shall not be legally responsible for any misrepresentation, loss, damages, cost or expense as a result of any reliance, act, or omission, referred to herein or undertaken by any person or entity howsoever arising.



Mail: P.O. Box 1051, Cleveland. 4163

Phone: 3488 0680 FAX: 3488 0681

Office: 57 Wynyard St, Cleveland. 4163

Email: seniors@rdcota.org.au

Website: <http://www.rdcota.org.au>

**Office Hours: 9.30am to 2.30pm
Monday to Friday**

Space reserved for address label