



The following was Kylie Lang's column in "The Sunday-Mail" on 21 October. It is so good that we have reproduced it here, complete with Angela Lansbury's photograph which accompanied the article. We didn't want you to miss it and we couldn't have better expressed the sentiments it contains.

IT IRKS me the way we treat older people.

Too often we start from a premise that if they have amassed a certain number of wrinkles then they are also senile, timid, stupid and hard of hearing.

We speak to them more s-l-o-w-l-y than we would a younger person and we choose our words carefully - you know, in case they don't get it.

We assume their brain has seen better days, like their outer shell, and we treat them like fools.

I groaned when I read an interview with the indefatigable Angela Lansbury in this newspaper last Sunday.

The 86-year-old actor is coming to Queensland next year to star in the stage version of *Driving Miss Daisy*.

That's wonderful news for theatre lovers. I can't wait.



Why spoil the interview with an ageist slur? "And despite her age, she has no fears about learning the lines in the 90-minute play or the gruelling schedule." Why should she? As Lansbury herself said: "Learning lines is my business."

She might have added, "Now run away, pipsqueak," but didn't.

Ageism is so rife, those of us who are still young (enough) often fail to notice it.

Last week I heard a silly girl on TV promoting a make-up foundation that was so fabulous it suited everyone, "even grandmothers!"

Ask anyone over a certain age about being patronised or treated as invisible and they'll rattle off a story.

My parents decided to check out the Brisbane Retirement & Lifestyle Expo last weekend.

They left feeling so miserable that they were forced to seek emergency ice cream in a trendy James St bar.

Mum, 67, says people talked to her like she was a half-wit.

When she asked one woman why the retirement villages she was representing were located in the sticks away from family or in high-crime areas with poor infrastructure, the woman replied: "Oh, but you'd be safe, dear, inside the gated complex."

Prison, more like it, for the wrong people.

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There is no denying that ageing brings physiological changes to our bodies and mental agility can deteriorate, but human beings are individuals; we age differently. Some people never see 60. Others jump out of planes and run marathons at 80.

I know of a Brisbane woman in her 90s who teaches languages to a group of spring chickens aged 70 plus.

Not all elderly motorists are incompetent. Statistically, the most dangerous drivers on our roads are young men under 25.

Not all people nearing the determined age of retirement are ready to give up work.

Many of them have vast stores of knowledge, wisdom and experience that employers can ill-afford to lose.

And yet we write off older people with apparent ease. We consider them unproductive and a burden on society, according to a recent study. Deakin University researchers asked 113 young people and baby boomers about their views on the over-65s.

Older people were seen as friendly and pleasant, but ultimately fragile and lacking ambition.

Associate Professor David Mellor said the research revealed many reasons older folk were poorly regarded.

"Smaller family size, broken families, the pressure of time that affects people who are working, and the rise of technology - all of these factors were seen to be barriers to younger people giving or expressing respect to older people."

Here is another reason.

Our culture values youth, not age. Were we to be less superficial, less individualistic and more inclusive, we might treat older people with greater care and courtesy as they do in Japan, China, Kenya, Italy and many other countries.

In Australia, older people are the bedrock of the volunteer movement.

They're the ones serving meals on wheels, hosting tours of art galleries and helping out in schools and community and sporting clubs. It is in everyone's best interests that they keep active and are appreciated.

As Australia's population ages and governments chop community funding and services, it's imperative that we nurture a culture of service - to others rather than to self.

The next generation of oldies, the boomers, are the healthiest and best educated group of older Australians we've seen.

Central to a cohesive nation will be finding ways to tap their talent and put their vast skills to ongoing use.

Dismissing them as useless just because they're old would be folly. And let's face it, we'll all be old one day, God willing.

Why wait until we get there to try to change attitudes?

[Email Kylie Lang](#)

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.**

The RDCOTA Management Committee extends the compliments of the season to volunteers, members and seniors in Redland City.

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.

Worst passwords of 2012

1st Nov 2012

Drew Patchell



Password management application firm SplashData has released its annual list of the most common passwords used on the internet with some surprising results. Drew shares the list and explains how to create a secure password.

The biggest movers on the list this year at the top end of the scale are '111111' and 'dragon'. While we don't have an explanation for the move by '111111', we were not surprised to see 'dragon' move up the list with 2012 being the Year of the Dragon.

The three most common password from last years list have remained at the top of this year's list with 'password', '123456' and '12345678'. find out how to keep your passwords safe by reading Drew's password tips to keep your data secure and how to choose a secure password.

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SENIORS

*Feel like a break
when shopping in Capalaba?*

Call in to the 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:*

November 22; December 6

*And will reopen on
14 February 2013*

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 \$8.00 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



SLEEP APNOEA

Each night, thousands of Australians stop breathing – sometimes with potentially serious ramifications. Find out what causes sleep apnoea, and how to manage it.

Snoring loudly enough to wake the dead?

Getting up during the night to urinate?

Exhausted during the day despite plenty of night-time kip? Chances are that these seemingly unrelated factors have a common thread – sleep apnoea. Sleep apnoea is a condition in which a person stops breathing during sleep. For the word lovers among you, ‘apnoea’ is adapted from the Greek word apnoia, derived from apnous, meaning ‘breathless’.

How does it develop?

“When you’re awake and breathe in, your muscles tense up and stop the throat from closing,” says Dr Christopher Worsnop, respiratory and sleep physician in the Department of Respiratory and Sleep Medicine at the Austin Hospital in Melbourne. “When you sleep, the muscles relax and the throat collapses a little.”

If the muscles relax too much, or your throat is very narrow to begin with, it can collapse further. The air you breathe in becomes turbulent and produces a vibration in the throat tissues, creating the dulcet tones of snoring. If your throat collapses even more, the lungs may not get enough oxygen.

The brain realises there’s something wrong, so it wakes itself briefly from sleep to get the throat muscles working again. Experiencing apnoea episodes is not unusual. However, the number and/or length of nightly episodes can determine whether the condition is serious enough to interfere with your quality of life and, in the longer term, affect your health.

Key symptoms

Depending on the severity of your condition, symptoms can include:

- poor night-time sleep quality
- extreme day-time sleepiness
- loss of concentration
- slow reaction times
- poor memory

- Irritability
- correlation between sleep apnoea, reduced circulation of testosterone and erectile dysfunction).
- Impotence (a number of studies show a Night-time urination (nocturia) can also be a symptom. The bladder normally makes less urine during sleep. But if you wake frequently, your bladder makes daytime amounts, so you have to visit the bathroom. In a 2009 study of more than 1000 American sleep apnoea sufferers, around 85 per cent reported nocturia.

At its most serious, sleep apnoea can cause a dangerous drop in oxygen levels. “Every time you wake up to restore breathing, your body releases adrenalin,” says Dr Worsnop.

“Consequently, your pulse rate and blood pressure shoot up. Over time, this could put you at greater risk of high blood pressure, heart attack and stroke.”

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Top 25 most common passwords

1. Password	14. 12345678
2. master	15. abc123
3. 123123	16. qwerty
4. welcome	17. monkey
5. shadow	18. letmein
6. ashley	19. dragon
7. football	20. 111111
8. jesus	21. baseball
9. michael	22. iloveyou
10. ninja	23. trustno1
11. mustang	24. 1234567
12. password1	25. sunshine
13. 123456	

This information is provided to impress on computer users the importance of secure passwords.

For more information visit www.spashdata.co

From

YOURLifeChoices newsletters@yourlifechoices.com.au vi clients.tagu
chmail.com

You did what in Seniors Week?

Irene and I try to attend as many Seniors Week events as we can to keep in touch with the events and, from my point of view, so that I can write a report and develop ideas for next time.

This year, I am pleased to report, the canoeing on Tingalpa Creek was very well patronised. Unfortunately, I was not able to wet my kayak on the Tuesday morning but around ten seniors launched from the new ramp at Thorneside and, with some wobbly starts, were happily paddling around when I left. Digby, who organises the canoeing on behalf of the Wynnum Redlands Canoe Club, said that there was a similar number on Monday.

The Redland City Council Seniors Walk was well patronised as far as registrations were concerned with 241 registrations but we calculate that around 200 attended the walk. It was a great morning with perfect weather and the walk proceeded with no hitches that we are aware of. The prize draw was a little delayed to allow all walkers to be present and some lucky seniors won a range of prizes kindly donated by mostly local but some distant donors.

Monday morning presented us with a surprise at the U3A Redlands breakfast when Spencer Howson the ABC 612 breakfast program presenter generously substituted as guest speaker. Spencer delivered an entertaining talk on the progress digital radio as we move towards the eventual switching off of analogue broadcasts.

There were a number of musical events at different venues and we were unable to attend all of them. The Cleveland District State High School again supported Seniors Week with their flute ensemble providing an excellent performance at Stockland in Cleveland and their Decemsextet presenting an audience, much larger than last year's, with a great jazz presentation, both instrumental and vocal. The Donald Simpson Centre Theatricals gave us a taste of their upcoming performance at Stockland which was enjoyed by shoppers. The U3A Redlands Choir was our first event for the week. All seats were full and more were brought out and the audience was well-rewarded by the choir, its sub-groups and the trombone quartet from the Brisbane Jazz Club Big Band.

When we were at the U3A Redlands Community

Garden at the Horticultural Station in Delancey Street, there was a good crowd of people inspecting the productive gardens of vegetables, fruit, herbs and more. There were more people coming as we left making this another success for 2012. This year, we decided to attend at least one of the island events and four of us from RDCOTA spent an enjoyable morning with the Bay Island Bloomers on Macleay Island. We were entertained with song and dance and offered to work to provide more seniors events next year.

The traditional closing event is the Redland City bands concert, held last year and again this year at the Smith Street Community Hall. The band was again great to hear and the accompanying performances by the Brisbane Banjo Band and soprano, Kate Stuart, rounded out an afternoon of entertainment that the capacity audience obviously enjoyed.

During the week, there were a number of events at Stockland, Cleveland, Victoria Point Shopping Centre and Bunnings Victoria Point. These retailers really added to Seniors Week activities and their contribution is really appreciated.

As a percentage of the total number of seniors in Redland City, seniors attending events is fairly small; but their enjoyment is obvious. For those who attend, Seniors Week events are well worth the effort. Hopefully, numbers will grow to reward those who take the trouble to organise and perform for their own enjoyment and the enjoyment of their audiences.



Seniors Walk Prize

One of the prizes drawn at the conclusion of the Seniors Walk this year was a four night stay for two kindly donated by Bayview Tower, Yeppoon. Management and Seniors Week Committee member, Fay Doherty presented the prize to winner, June Hughes.

SENIOR FRIENDLY MOBILE PHONE

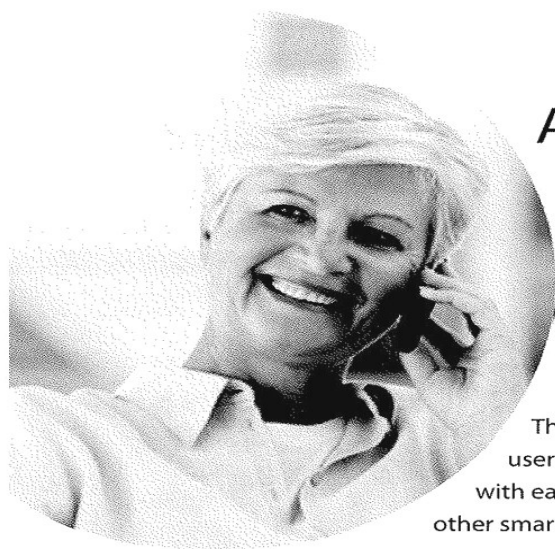
RDCOTA Redlands Fifty Plus has a demonstration COTA Mobile Phone (advertised below) in our office at 57 Wynyard Street, Cleveland.

It has great features such as large buttons which can voice the numeral pressed, an

emergency button, easy to read screen and even a torch.

It is available from COTA Member Services for \$99 for COTA Queensland members and \$129 for non-members, both with \$9 postage to be added.

Call in any time to examine and handle the phone to see if it suits your needs.

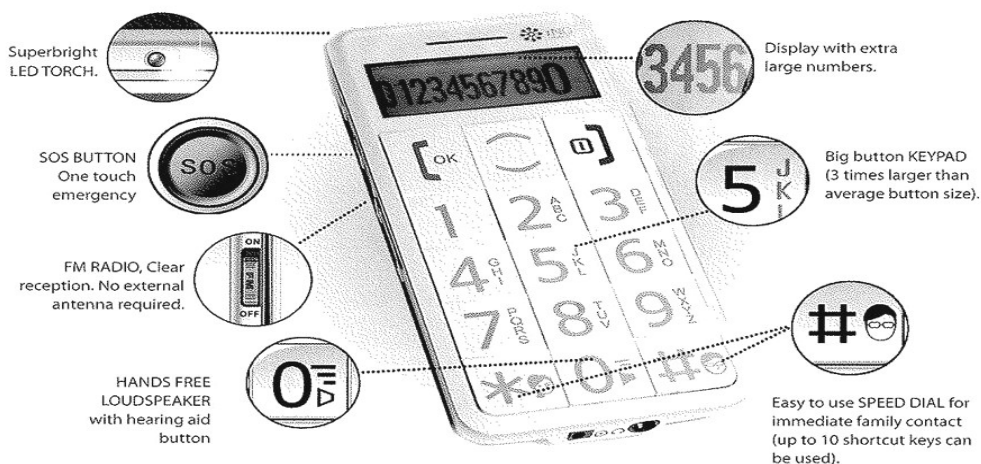


Available in Black, White and Gold

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.



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**

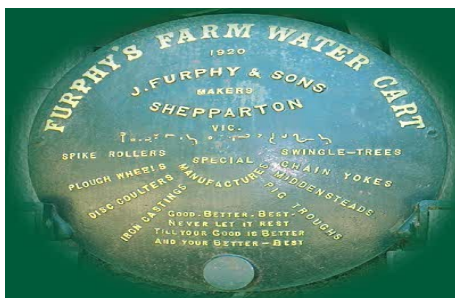
iNO
MOBILE
IT'S SIMPLY EASY.

The importance of drinking water.

– or is it a furphy to drink 8 glasses of water per day?

Remember to drink plenty of water throughout your day. Your body needs to be hydrated for a number of reasons – two important reasons are: to keep digestive and elimination systems operating smoothly and to keep muscles & joints mobile. Good quality fresh water has been available to us here in Australia for a long time and supplied to the public in many different ways. Some of us will remember the days when each household had a galvanised iron water tank on a stand in the back yard which collected rainwater from the house corrugated iron roof. Sadly the days of drinking fountains in public places have disappeared. The introduction of trendy but expensive plastic bottles filled with water from exotic locations has become the norm.

Travelling in outback Australia, popping into small town museums is an enlightening pastime. It's an excellent way to learn about the history and the pioneers of the area. Whilst visiting the Northern Territory and stopping at a local park in Adelaide River, we noticed a sign indicating the site of WW2 original hospital. It was still standing and open for inspection honouring the memory of a time when our country was under attack. In the front yard on display was a galvanised steel water tank with words and symbols stamped on its end. Naturally it could logically be assumed there was an intriguing story attached to this antique. Our computer provided the answers.



.... In 1864 an Engineer & Blacksmith, Joseph Furphy (1843 – 1912) set up a small Foundry in Shepparton Victoria. He employed a small staff and manufactured farm machinery, including water tanks –Eventually the business became J Furphy & Sons and continues to operate to the present day, still family owned and now fifth

generation. In 1878 the tank and water cart were developed to serve Australian farms.



Years later the Australian government provided Furphy water carts to military camps in Australia and overseas during the First World War, with the drivers of the carts being notorious sources of information and gossip as they moved from camp to camp. Men gathered around the water carts to swap stories and pass on rumours, much as is done today around office water coolers, thereby giving rise to the term "furphy" for such rumours and suspect information.

In 1920 John's son, William added a Pitman's shorthand inscription to the water tank's embellishments, which reads "Water is the gift of God, but beer is a concoction of the devil, don't drink beer." In 1942 this was changed to "Water is the gift of God, but beer and whisky are concoctions of the devil, come and have a drink of water."

John's brother Joseph went from farm labouring to owning and operating his own bullock teams up into the Riverina [N S W] and was later to become one of Australia's most prominent authors with his works "**Such is Life.**" It is known that much of his writing was carried out while living and working in his brother's foundry and adjacent cottage when his bullock teams failed through the drought years of the 1890's.

Yes there was an amazing story surrounding the galvanised tank located in Adelaide River – since then we have discovered more tanks, in the Darwin War Museum. If you are travelling the outback, look out for these ICON's and remember the amazing history surrounding them. Then again also think about drinking enough water to stay healthy and to carry plenty of water with you wherever you travel.

Acknowledgment: <http://www.furphys.com.au/history14.html>

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.

Our website is intended to provide you with information you need about our services. 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
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

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—tutorials at Cleveland, Victoria Point, Macleay and Russell Islands

Phone 3488 0680

Or drop in to 57 Wynyard Street, Cleveland
(9.30am to 2.30pm)

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.

2013 RDCOTA RENEWAL MEMBERSHIP FORM

Please indicate:

I wish to become a financial member for 2013

☐

Our organisation wishes to become a Financial member for 2013

☐

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 _____; Organization: \$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

MACLEAY ISLAND COMPUTER TUTORIALS



Macleay Island tutorial in progress

Our popular Broadband for Seniors free tutorials to introduce seniors to the internet were launched at the Macleay Island State School on Friday, 12 October. The Macleay Island School has generously allowed us to use computers in their library to conduct the tutorials and our two Macleay Island tutors, Merle Bowden and Trish Cation, give of their time on Friday afternoons to assist seniors in searching the internet, email and other basic computer functions.

RDCOTA is extremely thankful to Gaynor Brennan and Ann Carlaw for their cooperation in providing this service to seniors. Free tutorials are also offered at Cleveland, Victoria Point and Russell Island.



Macleay Island State School Principal, Gaynor Brennan, and RDCOTA President, Tony Christison address Macleay Island seniors and RDCOTA volunteers at the launch of Broadband for Seniors tutorials at the school.

RDCOTA REDLANDS FIFTY PLUS



SENIORS INFORMATION PLUS

Seniors Information Plus

SIP



An RDCOTA service

Face-to face information service for seniors

**Volunteers,
trained and with plenty
of references at their fingertips,
are ready to help at our office at
57 Wynyard Street Cleveland**

**Stop by and chat
if you need to know where you can obtain information or ring 3488 0680**

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

VOLUNTEERS NEEDED—CAN YOUR 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

NOMINATION FORM FOR MEMBERSHIP OF RDCOTA MANAGEMENT COMMITTEE 2013

NOTIFICATION OF POSITIONS VACANT ON THE MANAGEMENT COMMITTEE



REDLAND DISTRICT COMMITTEE ON THE AGEING INC.

40TH ANNUAL GENERAL MEETING

THURSDAY 20 March 2013

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 6 March 2013

To The Secretary, RDCOTA

P.O. Box 1051, Cleveland 4163

57 Wynyard Street, Cleveland 4163

GOOD NEWS IS NO NEWS

By Stingray

Heading the news today is a sweep of news agencies around the world that reveals that there is no news.

In the last 48 hours there were no murders, robberies, nuclear leaks, refugee boats or other occurrences worth reporting. Many news outlets are apologising to their readers in editorials which range from references to bankruptcy to claims that the increased advertising space and additional public notices, cartoons and inane fillers written by staff have been brought about by the complete absence of sensational news in the 24 hour news cycle.

Even sporting news suffered as there were no players appearing before tribunals, no drug breakthroughs, no shock losses and no drinking or sex

scandals.

Editor of the Simpsonville Daily Blurb, Perry Kent, said, "It's unbelievable. We have the best newshounds on the planet and they've turned up nothing but stories on peace in the world and pleasure in the cities and on the beaches."

When asked if that meant there was no story worth reporting anywhere in the world, Mr Kent said, "Absolutely. Nothing but happy stuff that nobody would read. It's been a disaster."

"Hey!" he shouted, "that's a story in itself. Hold the front page."



To all our readers

RDCOTA would like to acknowledge its supporters, sponsors and donors:

***Rotary Club of Cleveland
Rotary Club of Capalaba
Lions Club of Capalaba
Redlands Sporting Club RSL Cleveland
Redland City Council
Mater Private Hospital - Redland
Great Southern Memorial Park
Brumbys Alexandra Hills***

The many prize donors for the Redland City Council Seniors Walk

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.

Poinsettia

A native Mexican plant, poinsettias were named after Joel R. Poinsett, U.S. ambassador to Mexico who brought the plant to America in 1828. Poinsettias were likely used by Mexican Franciscans in their 17th century Christmas celebrations. One legend has it that a young Mexican boy, on his way to visit the village Nativity scene, realized he had no gift for the Christ child. He gathered pretty green branches from along the road and brought them to the church. Though the other children mocked him, when the leaves were laid at the manger, a beautiful star-shaped flower appeared on each branch. The bright red petals, often mistaken for flowers, are actually the upper leaves of the plant.



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