

## NEWSLETTER

On reverse of Notice of Meeting to be held on 5 September 2012

### MONTHLY MEETING 1 August 2012

Kelcie Howard outlined to those in attendance at this meeting on the day the role of the National Stroke Foundation in the community. The NSF is the lead agency for Stroke in Australia. It has expanded its role in Queensland with the opening of an office in Brisbane. It has also offered support to individual Qld Stroke Support Groups.

It was quite obvious from the large number of questions that were asked of Kelcie that those in attendance were very interested in what she had to say on the day. Kelcie has subsequently informed me that a number of people had contacted her with a request for further information.

We extend our thanks to Kelcie for the giving up of her time to come and address our group on the day. It is only a pity that we did not have more attendees to hear and learn about the role of the NSF in Qld.

There were ten prizes in the raffle held on the day. Prizes consisted of dairy products of a (1) one litre plastic container of **NORCO LITE FRESH MILK**; (2) A plastic container of **NORCO VANILLA CUSTARD** 600g; (3) Two **SKI D'LITE Honey Buzz YOGHURT 99% Fat Free** 200g & (4) One **NORCO MAMMOTH Iced Coffee** 500ml kindly donated by Norco Milk our Local Milk Manufacturer. There was also a *St John USB stick* which can contain all your medical information and in the case of an emergency will be easily identifiable by the appropriate authorities.

### 2012 GOLD COAST SENIOR'S FORUM & EXPO

Bill & Caryl Callcott conducted a GCSSG Display Stand at the *Fadden Senior's Expo & Forum* held at the Jupiter's Pavilion in the Parklands Showgrounds on Wednesday, 1 August 2012 which was on the same day as our last meeting day

The event was hosted by Stuart Robert MP Federal Member for Fadden. Bill and Caryl told me that there

was a big turnout at the event at which they handed out a large amount of NSF brochures and literature on Stroke on the day.

### NATIONAL STROKE AWARENESS WEEK

This year National SAW is being held from Monday, 10 to Sunday, 16 September 2012.

Activities organized to date include: -

#### 1. MONDAY, 12 SEPTEMBER 2012

Gold Coast launch of National Stroke Awareness Week. Please refer to the attached Notice for details of this event to launch SAW here on the Gold Coast.

#### 2 WEDNESDAY, 12 SEPTEMBER 2012;

#### 3. THURSDAY, 13 SEPTEMBER 2012 AND

#### 4. FRIDAY, 14 SEPTEMBER 2012

There will be a Display Stand in the Australia Fair Shopping Centre on each of the above three (3) days at which free blood pressure tests will be available to members of the public. I remind you all of the words of the late Dr Max Williams when he addressed our group in February 2008. Dr Williams told us on the day that the three highest risk factors for Stroke are: – (1) High Blood Pressure; (2) High Blood Pressure and (3) High Blood Pressure. Dr Williams further told us that he could not place enough emphasis on the importance he placed on controlling high blood pressure to avoid a TIA and/or a Stroke.

Volunteers are required to man the Display Stand for two shifts on each day from 9:00 am to 1:00pm and from 1:00 pm to 5:00 pm. Please let me know if you are available to assist in handing out Stroke brochures & literature on any of the three days.

### GUEST SPEAKER

I am advised as follows: -

*Smith Legal Solutions was founded by Tracey Smith, a Queensland Law Society Accredited Specialist in Succession Law. She began the firm after becoming aware of alarming statistics that almost 70% of Australian either do not have a Will or do not have a valid and up to date*

*Will. Tracey first began working in Wills and Estates matters in 1992. She has been in full time legal practice as a Solicitor since 1994 and has developed a great passion for wills and estates matters over. Tracey became an Accredited Specialist in Succession Law through the Queensland Law Society in 2003. She is one of only 29 Succession Law Accredited Specialists in Queensland to be bestowed the honour to hold herself out as an expert in the practice area of Wills and Estates. Tracey is a member and regular participant at seminars and workshops of the worldwide organisation STEP (Society of Trust and Estate Practitioners). Tracey is a committee member of the Succession Law Section of the Queensland Law Society. The Succession Law Section focuses on the law relating to probate, wills and administration of estates. Tracey is experienced in all aspects of estate planning, estate administration and estate litigation. She is the principal of Smith Legal Solutions where she assists a whole range of clients with their personal service needs. Tracey has advised individuals, trustee companies, accountants, financial advisors, and other legal firms and their clients. She has more than 19 years experience in advising on the preparation and construction of wills, as well as the administration of estates and trusts. Tracey is passionate about Succession Law and her goal is to see that everyone, no matter their background, have access to the necessary legal services through an experienced solicitor in an effort to ensure that all Gold Coast residents have a Will.*

Please endeavour to make an effort to attend this meeting. I believe that the meeting will be very informative to assist us to learn more about the rules of succession as applicable here in Qld. I urge you to attend and remind you:-

***“You’ll never, never know  
if you never, ever go”.***

I look forward to welcoming & seeing as many of you as is possible at this meeting. Thank you.

Colin A. Oxenford

Chairman and Co-ordinator

29 August 2012

## NATIONAL STROKE AWARENESS WEEK 2012

[FROM MONDAY, 10 TO SUNDAY, 16 SEPTEMBER 2012]