

NEWSLETTER

On reverse of Notice of Meeting to be held on 3 October 2012

MONTHLY MEETING 5 September 2012

Tracey Smith's presentation to the attendees was on "The Law of Succession". She commenced by asking those present if they had made a Will or had a Power of Attorney. It was surprising how many people responded in the positive. It was quite obvious from the large number of questions that were asked of Tracey that those in attendance were very interested in what she had to say on the day. One particular question was – "if a couple have a joint bank account and one partner dies do the funds in the joint bank account form a part of the deceased person's estate?" Tracey's answer was that the funds in the joint account belong to the surviving partner. The questioner had quite obviously been given incorrect information and she appeared to be quite relieved with Tracey's answer.

We extend our thanks to Tracey for the giving up of her time to come and address our group on the day. Regretfully, we did not have more attendees to hear and learn about the very important subject of the Law of Succession as it applies in Qld.

RAFFLE: 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 single strand necklace made and donated by Sylvia Dick and five of Stuart Robert MP Member for Fadden's Calico bags obtained at the senior's event held at Parklands on 1 August 2012.

AVOCADO MAY BE A LIFESAVER

The following article appeared in The Courier-Mail on

23 April 2012: -

LONDON: Avocado oil may have anti-ageing properties, according to researchers. Fat pressed from the exotic fruit could be a potent weapon against conditions such as heart disease and cancer.

Avocado oil is similar in composition to olive oil, consumption of which is associated with unusually low levels of chronic disease in some Mediterranean countries. New research conducted in Mexico, the world's largest avocado producer, has now demonstrated its power to combat rogue oxygen molecules.

Previous research has shown that avocado lowers cholesterol.

Press Association

NATIONAL STROKE AWARENESS WEEK 2012

Associate Professor Luke Haseler officially launched *National Stroke Awareness Week 2012* here on the Gold Coast at a Barbecue Luncheon held at the Southport Bowl's Club on Monday, 10 September 2012. There were 44 people (20-8-16) in attendance at the Launch with 34 apologies (9-5-20). Two of our elected representatives (Dr Alex Douglas MP Member for Gaven and Michael Hart MP Member for Burleigh) attended the launch. Dr Douglas was also one of the speakers on the day.

A Display Stand was conducted at the Australia Fair Shopping Centre on the Wednesday, 12; Thursday, 13 and Friday, 14 September 2012 at which free blood pressure tests were given to members of the public. Volunteers manned 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. We took approximately 169 blood pressures over the 3 days and found a large percentage of the people tested to have very high blood pressure with the highest reading over the three days to be 198/109. This

lady was unaware that she had high blood pressure and told us that the machine must be wrong.

Channel Nine *Gold Coast Local News* featured a segment on our week's activities in its news on the Tuesday evening. As a result there were a number of people waiting to have their blood pressure taken each day.

Jenny Crewes from Somerville Funerals, Lan Gao and Bev Blair both carer members of our group each did two sessions over the three days taking the blood pressures.

Muriel Duncan, Barry Mulquin, Kevin Cleveland, Brian Arnold and I handed out National Stroke Foundation brochures and literature on the days we manned the Display Stand.

I take this opportunity to thank all those who assisted at the Display Stand during the week. A large number of Stroke brochures & other literature were handed out on the three days.

Please endeavour to make an effort to attend this meeting. The guest speaker will be telling us all about King Island cheeses.

I believe that the meeting will be very informative. 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

25 September 2012

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!