

NEWSLETTER

On reverse of Notice of Meeting to be held on 6 November 2013

MONTHLY MEETING 2 October 2013

Brad Stamp is a Local Business Development Specialist with Telstra, Gold Coast. He was our guest speaker at this monthly meeting and gave an extremely interesting Power Point presentation to the attendees on "TELECOMMUNICATIONS". Those people not present missed a great opportunity to learn more about their Telstra and other telecommunication services. From the number of questions asked of Brad it was quite obvious that the attendees very much enjoyed his address. In fact his address extended well over our usual finishing time such was the interest shown by those in attendance.

We extend our thanks to Brad for the giving up of his time to come and address our group on the day.

Regretfully, we only had twenty-five attendees (14 Stroke Survivors and 11 Carers) present on the day. Our monthly meeting attendance numbers have been in sharp decline since 2004 when we had an average of sixty-four (64) people attend our twelve meetings held throughout that year. This number reduced to an average of forty (40) attendees to our twelve meetings last year.

If anyone has any suggestions as to how we can increase the attendances at our monthly meeting please feel free to discuss the matter with me.

RAFFLE We continue to have a raffle at our monthly meetings with ten prizes in the raffle held on the day. We are extremely grateful to NORCO MILK our Local Milk Manufacturer for their continued support with prizes usually consisting of their 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 YOGHURT 99% Fat Free** 200g & (4) One **NORCO Real Iced Coffee** 500ml.

BANK ACCOUNTS

I have been requested to give advice to some of our members in relation to the different types of Bank accounts that are available from time to time. It amazes me that a number of people who have sought my advice over the years who have an account with their bank that only offer a very miniscule interest rate.

This is to inform everyone that all banks offer their customers a DEEMING ACCOUNT. These Deeming Accounts offer a rate of interest set by the Federal Government from time to time. At the present time the Deeming Account interest rates are as follows: -

SINGLE

0 – 46,600	2.5%
above 46,600	4.00%

PENSIONER COUPLE

0 to 77,400	2.50%
Above 77,400	4.00%

The above rates are not very generous however they are well above some of the miniscule rates that I have seen paid on some of our member's accounts.

CHRISTMAS LUNCHEON

Our Christmas Luncheon this year will again be held at the Southport Bowl's Club, Marine Parade, Southport. The price for our Christmas Luncheon will be \$12.50 per person which remains the same as every year since 2005. There is ample parking at the club.

A Notice for the Christmas Luncheon is enclosed with this newsletter for your information. The function is recommended and we should have a very enjoyable day so book and pay early to reserve your seat.

Bookings and prepayments may be made on our 6 November 2013 meeting day.

GUEST SPEAKER

For some years now our November monthly meeting has been an "Open Forum" meeting with Stroke Survivors and/or their Carers giving a short address on the circumstances surrounding their experience with Stroke and how it has affected them and how they are coping after their Stroke. The first such meeting was held on 1 October 2003 and the next year it was changed to the November meeting date and has been held in November since 2004.

This now annual meeting is one of our most successful yearly meetings. These Open Forum meetings where Stroke Survivors and/or Carers tell us about their own personal experience with Stroke have proved to be very popular in past years. I recall one of our members coming to me after one such meeting and saying to me that she did not know that one of the speakers had had a Stroke and was amazed to learn that the speaker had had not one, but five TIAs and how well she was now coping.

It is these individual stories that allow us to learn that little bit extra about one another's experiences after Stroke.

Please endeavour to make an effort to attend this meeting. You may be surprised at what you may be able to learn about another Stroke Survivor's experiences.

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

28 October 2013

STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!