

## From the Committee

Things are improving with our new found easing of restrictions. The date booked for the AGM is now 26 November 2020.

Paul Ford will not be standing for a position on committee and we thank him for his very valuable contribution to our success, both as a Tutor and committee member.

The committee at its last meeting decided that the website will now list activities on a calendar year to make it easier to follow. It was also decided to further extend all current memberships until 26 November 2020. A motion regarding fees will be put to the meeting when we hold our AGM. Our guest speaker Alain Young from Equip-4 Life is available for the new date.

Bill hopes to get his wine group “All that Shiraz” going in November. You can get a refund of your payment if you do not want to wait. Just let us know and we will arrange it.

Bill will also be taking expressions of interest for the new wine group he is starting next year “Random Acts of Corkage”. This group will meet on a monthly basis and sample wines from different regions and wineries. There will be a small charge to cover the purchase of wines and nibbles.

Croquet has resumed as it is possible to physically distance and it is an outdoor activity. If a tutor feels that their group can also resume, contact Colleen; it is good to be able to resume even a couple of activities.

We are always interested in your input on new activities, whether you are interested in running a group, or have ideas we can implement, contact Colleen 0407 274 362 to discuss.



Thinking of a holiday? Maybe you should consider this.



Tourism NT will launch its \$5 million NT Summer Sale incentive campaign from 1 October to 31 March 2021, offering cash incentives for holidays to the territory.

Tourism NT has partnered with all Australian shop front travel retailers including Holidays of Australia, Helloworld and Flight Centre, aiming to incentivise demand for the Territory over the summer period. Travellers can get \$200 off for every \$1000 spent on an NT booking made through campaign partners (up to a maximum of \$1000 discount). So a \$6000 trip could effectively end up costing travellers just \$5000.

The discounts apply to bookable flights, accommodation, tours and attractions or hire vehicle through campaign partners, and bookings must be made between 1 October 2020 and 31 March 2021 for travel within these dates.

“The global pandemic has caused a lot of hurt for our tourism and hospitality operators. We know it’s been hard,” said NT Minister for Tourism and Hospitality Natasha Fyles. “Our largest ever summer tourism campaign will help drive visitation to the NT in what is our traditionally low period. The campaign is aimed at non-COVID hotspots, and the Northern Territory has the lowest incidence rate of COVID-19 among Australian states and territories, making an already desirable destination even more desirable.



## SHEEP APNEA



Historic note: Until his life's destiny was further clarified, Robin Hood spent several years robbing from the rich and giving to the porcupines.

**I watch so many crime programmes that when I turn off the TV, I wipe my fingerprints off the remote!!**



**“What’s a good hand signal for backing onto a freeway?”**



**“This ‘Bottled in 1835’ is written in ballpoint pen.”**

**I just saw some idiot at the gym put a water bottle in the Pringles holder on the treadmill.**



# Creswick Trails Update

## Hammon Park Master Plan Adopted

On 15 September 2020, Council unanimously adopted the Hammon Park Trailhead – Community and Youth Hub Master Plan.

The master plan shows a series of interconnected cycling and recreational elements for people of all ages to come together to ride, learn, play and gather. Hammon Park will be the primary trailhead for the Creswick Trails mountain bike and shared use trail network and will feature as a staging ground for cycling and community events, as well as being a stand-alone recreation feature.

The Hammon Park Masterplan elements include:

- **Cyclocross, trials and dirt jumps** areas
- **Skills Track** – A sampling of the types of mountain biking challenges that will be experienced within the Creswick Trails Network. Offers the opportunity for beginner and experienced riders to build skills, confidence and experience.
- **Safety School Circuit and Skills Loop** – An opportunity for young children to learn on and off road cycling in a safe location.
- **Bike Playground** – Elements and infrastructure for riders of all abilities to play and develop their riding skills. Caters to multiple age groups to allow for families and mentoring to take place.
- **Nature Play Ground** – designed to mimic natural environments and encourage imaginative play in nature in a controlled space. Caters to toddlers and young children.
- **Community viewing and gathering areas** with a BBQ, seating, shade and seating for, birthday parties and a comfortable place for parents to supervise their children.
- **Landscaped areas, shade tree planting, seating and water bubbler.**
- **Event space to host local, state and national events.**
- **Accessible paths, amenities block and seating.**



## Next steps

As part of Council's resolution to adopt the master plan, funding was allocated to progress the master plan to detailed design. This stage of design will mean that the plans necessary to construct the elements in the master plan will be generated, making the projects shovel ready.

## Creswick Trails Update

We have made significant progress on a series of collaborative discussions with Land Managers and Traditional Owners regarding the background reports that support and guide the Detailed Design Alignments (proposed trail map for construction) for the Creswick Trails. Once this process is complete, the Detailed Design Alignments and associated reports will be released to the community for further discussion and comment, as part of the formal planning permit application process.

As part of this process a multidisciplinary team composed of a trail designer, arborist and botanist are undertaking some additional detailed assessments of the proposed trail path. These assessments will yield more information to assist us in minimising the ecological impact of the trail network.

You can view the full master plan at: <https://creswicktrails.com/progress>



## Pensions latest

Pensioners looking for a 20 September Age Pension increase, although forewarned, may have been disappointed yesterday. But news of a budget boost for pensioners should lift their spirits.



The Minister for Social Services, Anne Ruston, said on the weekend that age pensioners can expect a cash boost in the October budget.

“Further support around our pensions is something that is contained in the budget,” Ms Ruston told *The Sydney Morning Herald*.

However, the minister declined to say what form the increase would take, but it will reportedly land in bank accounts within weeks. There is speculation that it could come as a one-off payment or ongoing increase, although neither has been confirmed at this stage.

## Birth of the Weber

After his attempts at cooking on a brick fireplace barbecue resulted in the food going up in flames because he couldn't control the fire, George Stephen, a welder from Chicago, decided to take action.

He was working at Weber Brothers Metal Works where they made buoys for the Chicago harbour system. Half spheres of steel would be welded together to make a buoy and Stephen took one of the half spheres, put legs on it, punched holes in the bottom to get air moving through and put a lid on top. That was how the first kettle barbecue evolved in 1952.



He was looking for a grill that would allow him to create great-tasting food for his family.

By adding a lid and vents he discovered he could control air flow, maintaining a constant cooking temperature for outstanding results.

This concept of lid-on cooking revolutionised charcoal barbecuing, and holds true today with all Weber grills, banishing the notion that barbecue food is burnt on the outside and raw in the middle.

## Consumer groups outline 10 key points for the future of aged care in Australia

23 September 2020

*Aged Care Reform, Royal Commission*

An alliance of aged care consumer and carer groups today outlined their shared vision for aged care.

It comes at a time when the aged care system has never been under such intense scrutiny and pressure. Failures have been exposed during the COVID-19 pandemic and through the Aged Care Royal Commission, which this week concluded its last scheduled hearings. The alliance includes Carers Australia, COTA Australia, Dementia Australia, the Federation of Ethnic Communities Council of Australia, National Seniors Australia and the Older Persons Advocacy Network.

The 10 shared principles will help all older Australians get the support they choose, when and where they need it and be treated with dignity and respect, by an aged care workforce that is trained and equipped to provide the standard of care older Australians and their families expect and deserve.

The full statement is available and can be summarised as including:

1. A better *Aged Care Act*.
2. A simple system where care is guaranteed within 30 days.
3. Full transparency and easy to understand indicators to help inform consumer choice.
4. A trained, registered and qualified workforce.
5. Proper recognition and support for the role of unpaid family/friend carers.
6. Easy to understand information and local solutions.
7. A strongly resourced regulator that takes robust action to ensure consumer protections.
8. Services that are inclusive, culturally safe and sensitive.
9. A funding model that ensures sufficient taxpayer funding, control by consumers over their funding, independent pricing and transparency in how funds are spent.
10. Better integration of other health and wellbeing services with aged care.

# SCAMS

## From Scamwatch

Our personal information is valuable. You have a lot to lose – and not only money. Once lost, it can take years to recover your identity. But there are some simple ways you can protect yourself.



### Do your own research to independently verify if someone is who they claim to be.

- If you receive a phone call from someone you suspect is a scammer, hang up, find the organisation's number yourself and call them back. Never use a number they give you.
- Don't trust a site or an ad just because it's advertised on social media or classified website, or claims it's endorsed by a celebrity. Check independent reviews and be wary of offers too good to be true.

### Be suspicious of emails and messages asking for your personal information, even if they seem to be from a trusted source.

- Watch out for tell tale signs of a scam in unsolicited emails and messages, like not using your correct name, typos and grammatical errors, or suspicious web addresses.
- Don't click on links in unexpected emails or messages, even if it appears to have come from a legitimate source.

### Don't share personal information online with someone you've never met in person.

- Don't give financial or account details, or copies of your identity documents to someone online who you've never met in person.
- Never give strangers remote access to your computer.
- Limit what personal information you share about yourself online, including on social media.
- Use strong passwords for your accounts and internet network, and never share them with others.

### Use tools that help you check and protect your online security.

- IDCare's free Cyber First Aid Kit can help you work out what to do if you think you've been scammed.
- Check your credit report for free using a reputable credit reference bureau at least once every year – this can help you catch any unauthorised activity.
- Install anti-virus software on your devices and keep it up to date.

IDCARE is Australia and New Zealand's national identity and cyber support service and is the only one of its type in the world. IDCARE has helped thousands of Australian and New Zealand individuals and organisations reduce the harm they experience from the compromise and misuse of their identity information by providing effective response and mitigation.

<https://www.idcare.org>

If you go to their website and log in to the learning centre there are a number of videos on how to protect yourself from scammers, block scam emails and other very useful information.