

THE CAIRNS Pager

*"Grow old along with me
- the best is yet to be"*

Robert Browning 1864

Newsletter from Positive Ageing Cairns Incorporated Issue 2 Vol 1 April 2010.

NEWSTIME

Reporting

2010 Events

Ambassador

Moth Website

Solar Numbers

Info Booklet

Telstra Seniors

World Abuse Day

Key Dates

May 6

Celebration of Living Day

June 15

World Abuse Day

July (date to be organised)

AGM

August 19

Positive Ageing FAIR



Reporting

Greetings to all readers,

In this issue the font size has been increased a little to make reading a little easier for those with low vision.

Time passes quickly and now 3 months of 2010 is history.

The first decade of the new millennium has also been consigned to history. The world continues to witness major calamities, Australia had its own share of fire and flood. Our treasurer is in Haiti helping through her financial expertise as part of Lutheran World Service. LWS is akin to the Red Cross and other major AID organizations. For me the years go by all too quickly and soon too I may be history. Still I really enjoy the older years.

Take life one day at a time and make the most of every opportunity. Patience is the key and it is needed in abundance especially if health appointments and medical tests are needed.

Celebrate milestones in your life, birthdays, anniversaries etc.

In the Celebration of Living Day at Cazalys – Let's Celebrate !!!!
President John.

Cairn's Regional Council's terms of reference for the official Seniors Advisory Group went to a Council Meeting recently. A full report will be heard at the Celebration of Living Day.

The Positive Ageing Inc Grant application to the Council was unsuccessful in this round. Very disappointing but other Applications have been submitted – Reef Casino – Gambling Fund Community Benefit – Department of Communities.

A Grant of \$3100 was received from the Australian Government.

Plans for the Celebration of Living Day at Cazalys are all in place.

From United Kingdom – About a month before he died, my grandmother covered my grandfather's back with lard. After that, he went downhill very quickly.

Celebration of Living Day at Cazalys Thursday 6th May
9.30 am to 1.00 pm

EVENT is FREE MEALS at CAZALYS PRICES

A TIME of social fellowship, reflection, learning, entertainment.

A TIME to LIGHT a CANDLE

to remember past loved ones

to think of our country Australia

to remember sad things in the world

to be thankful

Program * Light a candle



* Generational Inspiration

* Prep school kids from Peace Lutheran College

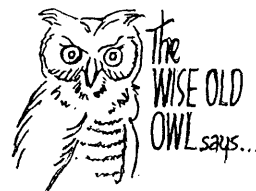
*Interesting

speakers * update on Council's plans for all seniors Adele Wright

* the OWLS program Acting Sergeant Russell Parker

* exercise and fitness Sonya Barber

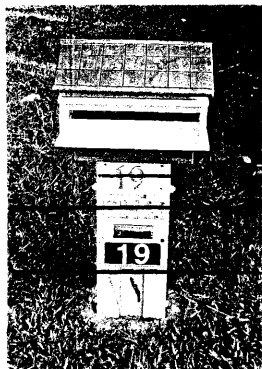
* Living with a Disability Councilor Rob Pyne



* Freewill collection for Australia Care-AID

Listen to ABC Radio Far North with Fiona

Wednesday 21st April 9.30 am Interview with President John.



Solar powered house numbers
\$35.00 Contact Thelma Spelta
of Neighborhood Watch fame
Phone 4052 4466 email
thelmaspelta@bigpond.com.au

Matters of Heart author John Ehm

Launches his website

www.mothmatters.com.au

Secretary Marj Dun has taken up a somewhat full time volunteer position with Meals on Wheels so the committee is seeking a replacement, please call John 4054 3250. Thank you Marj for your input to Positive Ageing Cairns INC, you are a true pager and the committee wishes you well.

A word from the Ambassador;

Greetings North Queenslanders,

My role as Australia's first Ambassador for Ageing takes me to many wonderful places around Australia, far away from my home in the Southern Highlands of NSW.

Over the last two years I have had the opportunity to meet many inspiring people who just might have watched some of my old TV programs, such as 'the Mavis Bramston Show', 'the Naked Vicar', and 'Blankety Blanks'.

As an older Australian myself I feel privileged to have been asked by the Federal Government to take on this important role and I look forward to meeting some of you and hearing your stories at the FAIR in August.

It is some years that I last traveled to Cairns and I am looking forward to my visit enormously.

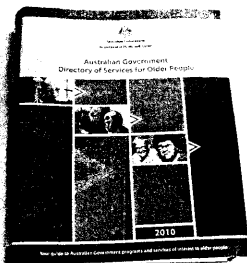
Noeline Brown.

Editors Note;

Noeline is a true Pager in her golden years, her ambassador's role is part time as her stage career keeps her busy. She will be very welcome in Cairns to meet with fans.

PAGERS are people who have a positive attitude towards growing older.

New Publication from the Australian Government - very good - easy to read
"Directory of Services for Older People"
For free copy phone
Commonwealth Carelink 1800 500 853



CAIRNS Pagers

POSITIVENESS * PEOPLE-CARING
PATIENCE * PERSERVERANCE

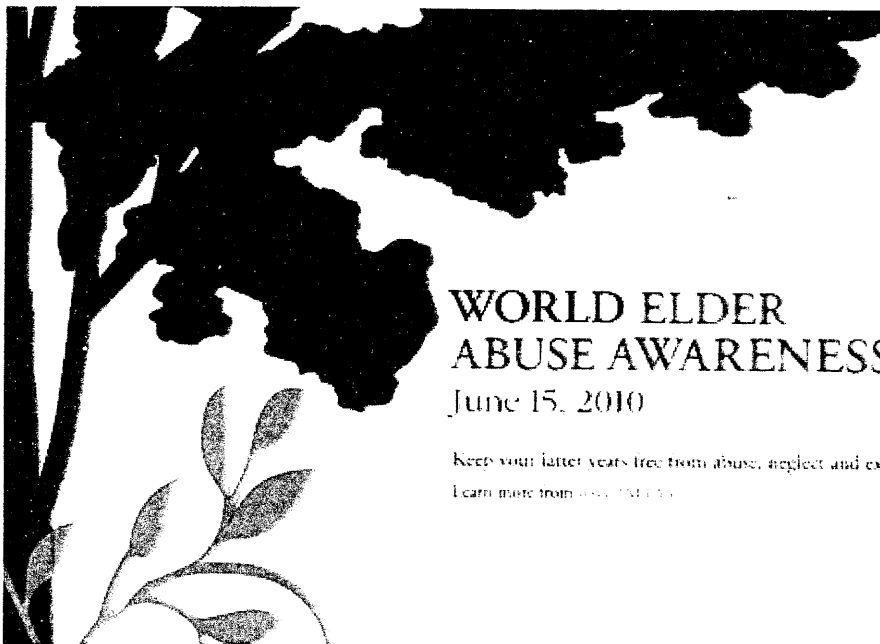
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2010 World Elder Abuse Awareness Day in Cairns

World Elder Abuse Awareness Day activities will be held in Cairns on Tuesday the 15th June 2010 from 10 am to 12 noon. The event will be a celebration of positive ageing and Cairns as a safe community for older people. World Elder Abuse Awareness Day is a UN sanctioned day of acknowledgement of the importance of keeping older members in our community safe.

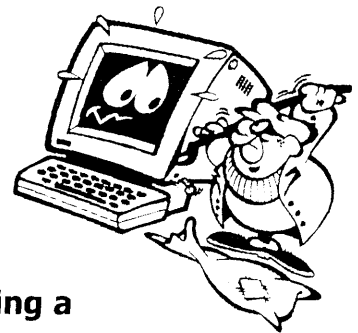
A working group has been formed and the event is starting to take shape. In 2010 the Cairns Seniors Legal and Support Service and Elder Abuse Prevention Unit along with other local community groups will be holding the event in City Place. There will be singing, dancing, information stalls and of course morning tea. "Keep your latter years free from abuse, neglect and exploitation" is the International slogan. In Cairns we will do it with a recognition and celebration of what older people contribute to our community.

Date Claimer: World Elder Abuse Awareness Day Activities - City Place and Sound Shell from 10am – 12noon on Tuesday the 15th June.



**WORLD ELDER
ABUSE AWARENESS DAY**
June 15, 2010

Keep your latter years free from abuse, neglect and exploitation
Learn more from www.welda.org



Stop press

Positive Ageing Cairns INC has been successful in receiving a

TELSTRA CONNECTED SENIORS GRANT

To STAGE 3 COMPUTER LEARNING CLASSES in the near future

All will be revealed by TELSTRA COUNTRY WIDE at the

Celebration of Living Day at Cazalys.
