

WESTERN AUSTRALIA SELF FUNDED RETIREES INC.

State and Federal Advocates for Fully and Partly Self Funded Retirees



WASFR NEWS

VOLUME 3 ISSUE 4 WINTER 2014

PRESIDENT'S REPORT

Well, it would be fair to say that the fallout from the Federal Budget has become one of the major talking points amongst a large proportion of Australians. Whilst many will say that we needed a big change in the raising of revenue, together with a rationalisation of Government spending, others might not agree. Perhaps the overall picture may not have been as black as first thought, nevertheless when Australia's debt is projected to jump to more than \$600 billion then we all need to sit up and take notice.

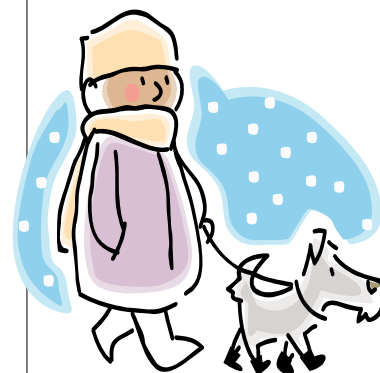
On a personal level (some may not agree), I am of the opinion that it was time for the Government to make some unpopular decisions regarding increasing the revenue available to them. Unfortunately, every decision they have made can be heavily criticised by any number of people—including us!

The raising of the pension age to 70 (in 21 years time) is something that had to happen one day. The original setting of the pensionable age of 65 years was set in 1909. No-one can argue that, in the last 105 years, we have all managed to live longer. Whilst the Government, back in 1909, could reasonably expect to be able to manage funding of an age pension for the population as it then existed, it will be impossible for any current government to continue to fund retirees who will live well into their eighties, and even into their nineties. Additionally, we have seen the statistics that, in 40 years time, there will be only 3 workers for every retiree (currently it is 5 workers for each retiree). I happened to see a segment on TV last night that featured the huge advance that technology has made in the use of robots in many industries—I hope they pay their share of income tax!

The reduction in the rate of indexation of the age pension down to the CPI alone (though not until September 2017) did come as a large surprise. Perhaps many people are not aware that, as the years pass, this reduced rate of indexation will be felt in the hip pocket. Maybe not immediately—but the cumulative effect will become noticeable after a few years. Of course, this initiative has to pass through a hostile Senate and there is a reasonable chance that it won't get up—or else be modified somehow.

INSIDE THIS ISSUE:

PRESIDENT'S REPORT	1-2,4
NOTICE OF ANNUAL GENERAL MEETING	3
GUEST SPEAKERS	5-8
OPEN LETTER FROM RAC WA	9
EDITORIAL	10
ON THE LIGHTER SIDE	11
FUTURE SPEAKERS AND CREDITS	12



Continued Page 2

PRESIDENT'S REPORT *Continued from Page 1*

The \$7 Medicare co-payment has many critics. Perhaps the overall philosophy can be said to have some merit (we do pay a similar co-payment for prescriptions), but the many hardship cases that are being spoken about in the media will almost certainly result in a drastic watering down of the original decision—or it could even be defeated in its entirety.

The situation with the proposed deregulation of University fees, plus an increase in the interest rate being charged, has certainly met with howls of anguish. There are sound arguments why this decision was taken, but there are also several hardship cases that say it is extremely poor government. Many of us have grandchildren who are going to be affected by this issue and, I suppose, some of us are wondering if we are going to be asked to assist financially. If so, we should all remember that, one day, it will be their money anyhow!

There are changes to the Commonwealth Seniors Health Card, Account Based Pensions, costs of aged care establishments, increases in the excise payable on fuel, costs of prescriptions under the PBS, together with other changes that we will just have to get used to.

On a brighter note, we should be grateful that some recommendations from the Commission of Audit have not been taken up: rejection of including the value of the family home in the Assets Test is one that we should all be grateful for. There are also changes to superannuation that could have been introduced—thank you Tony for not doing so. Some of you are aware that one recommendation was to increase the taper rate for additional income from 50 cents in every dollar to 75 cents when calculating entitlement to a part age pension—we should be thankful that this was not accepted.

There are other issues that you would be aware of, and I am sure that many of us have mixed feelings about this Budget—and this Government. However, we could not have continued to go on as we have done in this past. Some things had to be changed. Wasn't it Paul Keating who said "We got the recession we had to have."?

Having said all the above, you may be interested to know that, soon, we will be considering what issues we are to include in our Federal Pre-Budget Submission for 2015-2016. Yes, even though the 2014-2015 Budget has just been announced, it is time for us to think ahead for the next one—it has always been our intention to finalise any Pre-Budget Submission before the end of October in order to allow distribution in November/December.

Continued Page 4

YOUR COMMITTEE**President:**

Ron de Gruchy: Ph. 9447.1313

Vice-President

Colin Atkinson

Secretary:

Position vacant.

Treasurer and Editor:

Margaret Harris: Ph. 9381.5303

Committee:

Bob Dewar

Joe McPhail

Ian Moller

Vera Payne (Membership and Speaker
Liaison)

Rosemary Stevenson

Margaret Walsh

John Yeatman

Meetings:

Meetings start at 10.00 am and are held at Cambridge Bowling Club, Floreat Sporting Precinct, Floreat on the Second Friday of each month excluding December and January.

WASFR NEWS

Material for inclusion in the Newsletter should be sent to:

Address:

Margaret Harris

201 Bagot Road, Subiaco, 6008

Phone: 9381.5303

Email: marg39201@optusnet.com.au

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given in accordance with the Associations Incorporations Act (1987) (“the Act”) that the Annual General Meeting of Western Australia Self Funded Retirees Inc. will take place at the Cambridge Bowling Club, Chandler Avenue West, Floreat, on **FRIDAY 11 JULY 2014**, commencing at 10 a.m.

AGENDA

1. Opening and Welcome
2. Apologies
3. President’s Report
4. Treasurer’s Report
5. Election of Office Bearers
Returning Officer has been appointed in accordance with Clause 11.5.2 of the Constitution
The positions of President, Vice President, Secretary and Treasurer are vacant
Positions for Committee members are also vacant (Clause 9.1 of the Constitution applies)
6. General Business
7. Close

GENERAL MEETING TO FOLLOW

PRESIDENT'S REPORT *Continued from Page 2*

If anyone has a particular concern about any issue affecting our age group then please pass on the details to a member of the Committee—A small word of caution here: we don't need a lengthy shopping list of problems (we don't believe in "ambit claims").

The WA Seniors Consultative Forum continues to meet three to four times each year and there still remains a level of support for the various retiree organisations to work together.

Our website is up and running and we are interested to hear any comments there might be from those of you who have taken a look at it. **

Our 2014 Annual General Meeting is scheduled to take place on 11 July and, once again, we are calling for volunteers to serve on our Committee. There is not a lot of work involved and we would value some input from those of you who are interested in the wellbeing of retirees. The Committee meets on the Friday before the General meeting (same venue) for about one and a half to two hours.

Finally, a quote from Dr Seuss "Today was good, Today was fun. Tomorrow is another one".

Ron de Gruchy

30 May 2014



** TO VIEW OUR WEBSITE JUST GOOGLE:

W A SELF FUNDED RETIREES

AND LOOK FOR THE LINK

FEDERAL BUDGET 2014 AS IT AFFECTS SELF FUNDED RETIREES (e & oe)

*(prepared by Sid Breeden from information in The West Australian (14 May) with some clarification by Michael Keenan's office)
Of course, all of these proposed changes must be passed in the Senate, which at the moment appears unlikely.*

Seniors Supplement (\$876 single, \$1,320 couple)

- CSHC holders lose supplement after June 2014 final payment.

Co-payment \$7—up to \$70 p.a. each for GP + out-of-hospital pathology + imaging services

- 10 visits (\$70) applies to a combination of the three nominated categories' services (NOT just GP)

PBS Prescriptions

- \$5 extra (80c for concession card holders) until safety net is reached.

Petrol excise

- About 1c/litre additional petrol excise, increasing twice a year with CPI.

Private Health Insurance Rebate

- Thresholds frozen so over time increasing income may lower or remove eligibility for rebate.

CSHC

- Current and future WASFR members who do not hold a CSHC will find it more difficult to qualify because untaxed* income will become part of the threshold (*Account based pension which we've already paid tax on). Current holders are protected by "Grandfather clause" and unaffected by new eligibility rules.

CSHC Thresholds

- Thresholds \$50,000/\$80,000 stay with recent CPI increases rule.

Aged Pension

- Will be more difficult to access.

GUEST SPEAKERS

MEETING: 14 MARCH 2014

“USING YOUR MATURE VOICE”

MARY SHERBORNE:

Mary Sherborne has an Associate Diploma in Speech and Drama teaching and is a member of the WA Association of Speech and Drama Teachers. She has experience in teaching adults, seniors and children. She stressed she was not a speech therapist.

As we get older, we notice loss of muscle strength in our bodies. It might be harder to climb the stairs or run for the bus or lift heavy parcels. Lots of people do something about that – they go to the gym or start exercise programmes to maintain muscular strength and physical flexibility.

But most people don't realize that their voices are aging too. Speaking is an activity that is so natural and automatic that most of us aren't even aware of how our voices sound, or that they are changing.

Speech is a physical activity. With age, the muscles and cartilages that you use to speak can lose bulk and elasticity, and the voice starts to sound 'old' – it might be softer or a bit quavery – lacking the firmness and strength of a youthful voice. Or you might find that you are losing breath capacity and control, and when you speak you have to take a breath more often, so the words don't flow as well as they should.

The above are Mary's own words to introduce herself. Her brother James, who accompanied her to our meeting, is a teacher of English as a second language.

Mary warned us that during the morning we would be asked to do some exercises – voluntarily, of course, and not if it was medically inadvisable.

Mary said the spoken voice is the most efficient and effective means of communication we have available to us.

Other means of communication suggested by the audience include body language, sign language, semaphore, and written communication, e.g. email. But, the most effective and immediate is the spoken word.

Take the word “No”, and think of the different meanings this word can have, simply by changing the tone of your voice.

We learn to speak at a very early age by observation and imitation; our speech improves as we get older, and by the time we are in our teens we have mastered the art of speaking. We do it all the time – from the moment we get up in the morning until we retire in the evening.

Usually we do not think about HOW we speak – it comes naturally – but to speak properly we must use the whole of our body. We should be relaxed, watch our posture, concentrate on our breathing, and the need to amplify the sounds we make that form speech. And the changes that happen in our bodies as we age change the way we speak. There are disadvantages if we allow our voices to deteriorate as we grow older – if we do not speak distinctly and cannot readily be understood we will lose the interest of our audience; if we speak softly we cannot be heard; and if our voices sound old we will be thought of as old.

Then we came to the interactive session. Mary asked us all to stand (if we wanted to – and almost without exception we did).

We were asked to stand relaxed with our hands by our sides and copy the sounds she made, taking special notice of our posture and breathing and the use of our lips, sounds like “ma, ma ma, and ma ma ma, and la, la la and la la la.

We were shown how to “throw” our voices without actually shouting – bring your voice up from your diaphragm – thus allowing your voice to be heard without straining the vocal cords. This is how people using their voices professionally make it all sound so easy.

Continued Page 6

Practice: Practise every day. Practice does make perfect. In no time, all the exercises shown to us by Mary will help the quality of your voice.

Mary certainly 'practises what she preaches'. Her diction was perfect and she was a delight to listen to. And no-one had any trouble hearing her.

Mary's business is called *PEAK SPEECH* and her phone number is 9221.3911 and her email address is:

mary@peakspeech.com.au

And website : www.peakspeech..com.au



Margaret Harris

MEETING: 11 APRIL 2014

KEN EDWARDS

GARVAN FINANCIAL PLANNING

With 75 avid listeners, our April Guest Speaker, Certified Financial Planner Ken Edwards, generously regaled us on matters financial until well past our normal 12-noon finish. At 71, Ken says that if he were not still working, he would be a WA Self Funded Retiree. He works 3 days a week with Garvan Financial Planning Northbridge (*which does not take commissions*) and travels extensively at home and abroad. He left the meeting with a WASFR pamphlet.

The wise Roman, Cato, observed that while work stops, expenses don't. Retirees basically want a regular and dependable income, access to their money, and security. (And hopefully, a bit left over for our offspring).

Ken began the talk by asking for a show of hands in response to the following: Who pays tax? Who has an account based pension or an allocated pension? Who has an accountant and who an administrator? (Almost if not all, have an accountant) Who has investment property? Is the intention to sell or to keep it? Who runs a small business? Who gets an age pension (or part of)? Who has given an Enduring Power of Attorney to anyone? Who has considered aged care?

Income resources for retirees may be from an allocated pension, from a super fund, from term deposits, from rents, from share dividends, from managed funds, from an overseas pension or from an age pension.

Why have Superannuation? Because there is no tax on any income, including investment earnings. There is also no tax on capital gains. (Of course, these taxes are paid up-front when the Super Fund is first established). *Ken said that hardly any of Garvan clients pay tax.* He talked at some length on why people from age 55 should have Super, but most of us are well over that age and there are currently constraints on taking out or adding to Super after age 75.

Many people have Self-Managed Super Funds (SMSF); in Australia this figure is about 30%. But, opined Ken, a lot of people shouldn't have them! He believes they are paying a high cost by not having fund managers, who may be costly—and the charges are not always disclosed—but it is the NET RETURN which matters. There has been strong long-term growth, and the Global Financial Crisis had only a limited impact, although it was actually during the GFC that so many people started managing their own Super Funds.

In a SMSF the costs are not insignificant. You must pay for an accountant and an auditor. But if there is a problem, you as the Trustee are held responsible. Regarding the question of preference between accountant or administrator, the administrator, unlike the accountant does SMSF only. The accountant may not be as well versed in SMSFs.

We know that even a part pension is valuable. But on a full pension the comparable investment figures for the same return are staggering. On an 8% investment-return, one needs close to \$274K investment to get the equivalent of the single pension (close to \$22,000 per annum), or \$413K investment for a couple (\$33,000 p.a. pension). However, very few of us are getting an 8% return. On a 4% return, the figures are \$548K needed for singles and \$826K for a couple. Additionally, even a tiny amount of pension secures the not insignificant pensioner discounts.

One of the major worries of SFRs is that the money will not last as long as we do.

Continued Page 7

MEETING: 11 APRIL 2014**KEN EDWARDS (cont.)**

But risk is viewed differently by different people. Term deposits don't generate much money, but they are safe—although, of course, cash is subject to inflation. *Loss is always felt more acutely than gain*, and this even more so by retirees. Invest where you are comfortable, but do your risk assessment first. **Diversify your investments!** As well as Australian stocks there are global shares, which have done very well—especially so, surprisingly, European shares.

Ken spoke about specific stocks, and then illustrated where Australian SMSFs are currently invested: Cash 29%, Australian shares 32%, Managed Funds 17%, Property (which has increased in value enormously) 15% but only 1.1% of this in residential property!), Other 7%. In that "Other" there is virtually no global investment—please reread the last sentence in the above paragraph for the import of this. He pointed out that Telstra has been giving a good return, even though the capital is down (and don't those of us who bought at over \$7 a share, know it!).

Garvan pride themselves on their in-depth research. Not one of their investments has folded in the 26-year life of the company. There are regular updates from economists of major banks, as well as meetings with people who invest the money, including overseas managers.

Many changes can affect our lives: on a personal level, on Government levels, and in the investment market. There are proposed changes to legislation from January 2015, e.g. higher interest rates will incur higher deeming rates. Ken touched on the matter of aged care (we have had several speakers on that subject and will have more), informing us that one of the changes from 1 July will be the elimination of the low/high care delineation—there will be only one type of aged care. There will be a wholly refundable Accommodation Bond, with a maximum of \$550K, but in addition there will be a basic care fee, a means-tested fee, an extra services fee, etc....and even with the Age Pension there will be a shortfall. To sell or not sell your home? Expert advice should be sought; Aged Care will be a complex area.

Ken again stressed the need for an Enduring Power of Attorney, because the chances of "losing our marbles" increase as we age. (We have had excellent speakers on that subject also, together with the Advanced Health Directive—Living Will, but as rules and regulations change, we will re-visit these topics). And what tax might your beneficiaries pay? Is there a better way for you to invest for them? So many questions for us all to ponder, so many decisions to make.

But that's not all. Garvan also provides Travel insurance. You might like to compare their prices.



Vera Payne

MEETING: 9 MAY 2014**ERIKA PERSAK****THE KERRY STOKES COLLECTION**

Erika Persak, the Executive Administrator of the Kerry Stokes Collection was our guest speaker in May. Erika has worked for Mr Stokes for seven years. There is a full time staff of seven people employed solely to take care of the collection, which is spread around eight sites in Australia. The collection is vast—it contains 20,000 items and is increasing.

Like John Paul Getty, Kerry Stokes "had no plan at all but just took it a day at a time. I never thought I would have to build a museum to house it."

There is a gallery in West Perth which is not open to the public. Items in the collection, predominantly maps and manuscripts are made available to academics, students, and "important people" who have an interest in specific subjects. When asked, Erika was not able to put a value on the collection, but as you can imagine the entire collection is insured for many, many millions of dollars.

As we all know Mr Stokes has fingers in more pies than we can dream of. His media interests are well documented, but this basically very private man is also Chairman of the National Gallery of Australia and the National War Museum in Canberra.

Continued Page 8

MEETING: 9 MAY 2014:**ERIKA PERSAK**

Items from the collection are lent to galleries all around the world—New York, Philadelphia, London, Oslo.

Recently we in Perth have been fortunate to view an exhibition at the Art Gallery of WA of paintings by Picasso, Monet, Matisse and other artists of that period, and another exhibition in the Art Gallery at New Norcia comprising, among other items, 12 rare and precious illuminated manuscripts dating from 1520.

Whatever you may think of Kerry Stokes, the man, without his passion (and money) much early Australian history would probably be in museums around the world. He has purchased charts and journals going back to the earliest European exploration in Australia—notably VOC (Dutch East India Company) charts drawn on vellum, and Pelsaert's original journal of the voyage of the *Batavia* (in its original case) and coins, candlestick holders and other relics recovered from the wreck of the *Batavia*. Sadly, many early vellum maps were destroyed when they were cut up to cover books.

Moving on to more recent Australian history, he bought the cabinet used by Sir Joseph Banks to display specimens he collected on Cook's expeditions (1773-1776).

In the Stokes collection are 12 volumes of drawings of Fish by Marc Bloch who sailed with Louis de Freycinet on l'Uranie (1817-1820) which was wrecked near the Falkland Islands while returning to France from Sydney. Scientific data and specimens aboard were saved.

What is very interesting and possibly not well known is the fact that the Australian coastline was mapped by Nicolas Baudin and Louis de Freycinet and published in 1811. Matthew Flinders' 1814 map is usually regarded as the first map of the Australian continent. Both these maps are in the collection.

Conrad Martens was the official artist on the *Beagle* with Charles Darwin (1830).

Four sketchbooks and watercolours exist; Mr Stokes owns two, the others being in a Cambridge University library. Mr Stokes has 30 of the watercolours. Conrad Martens' journal (1836) is owned by the Mitchell Library in Sydney.

The collection includes manuscripts, charts, prints and photos of early Western Australia: J Lilburne, Robert Neal, George Fletcher Moore and more recently, the diver responsible for finding the *Batavia*, Hugh Edwards.

Sir Douglas Mawson and photographer Frank Hurley are remembered for their exploration of Antarctica in 1912-1914.

You will remember that a few years ago many glass photographic plates were found in a shed in Vignacourt, France. These photos are now known as the Lost Diggers of Vignacourt. Approaches to the Australian Government to buy the plates were turned down, so Mr Stokes bought the entire collection of 300 plates of the unknown Australian soldiers who were in Vignacourt for r and r. The original backdrop and the original trunk were also bought. Mr Stokes paid for a number of prints to be made—they are very moving—and the collection is being shown around Australia to try to identify the soldiers.

Conservation of the collection is carried out mainly in Sydney. There is one man here in Perth. Conservation of rare books is carried out in Paris.

The big question—The future of the collection?

Erika doesn't know, but she feels he would not like to see it dispersed, and she is sure he has some plans in place.

Just in case you were wondering—there is no information on the collection on the internet, but Fremantle Press has produced a hard cover book.

Erika's presentation was accompanied by wonderful slides of some of the many items referred to in her talk.

Vera Payne and
Margaret Harris



OPEN LETTER FROM RAC WA

You are encouraged to tell your local State Government Member of Parliament that the 2014-15 WA State Budget has delivered inflated fees on motorists and users of public transport, which are unjustified.

Motoring and Parking

The State Budget has delivered motor vehicle registration, licensing and compulsory Third Party insurance costs which are expected to increase by around 12%. The vehicle licence charge on its own will rise by 24.71%. This is despite the WA Government telling Western Australians before the State election that the cost of motoring would be kept low and affordable, and that any increases in motoring costs and charges will be kept at or below the rate of inflation.

Commuters to the city will also be among those affected with a \$365 increase in the Perth parking levy over two years. This has again increased despite the Perth Parking Account having an estimated \$48 million already sitting there in unspent funds. The budget also delivers a double blow for Western Australians following the recent deferral of major public transport infrastructure projects, with a 4% increase in public transport fares this year.

Road Safety

The Budget also forecasts that around \$73 million will be left unspent in the Road Trauma Trust Account at the end of the next financial year. This is funding from red light and speed camera fines that should be flowing sensibly to important road safety initiatives capable of saving lives in Western Australia each year. It is important that this money does not sit idle in the account like it has this year.

There is also no change to the decision to cap the level of road funding provided to local government, despite the Auditor General in 2009 identifying an \$800 million road maintenance backlog across the State.

"WE ARE HERE ON EARTH TO DO GOOD
UNTO OTHERS: WHAT THE OTHERS
ARE HERE FOR I HAVE NO IDEA" *Anon*

SCAMWATCH



SCAMwatch is warning consumers to be on the lookout for energy billing scams currently doing the rounds.

A new 'phishing' email pretending to be from reputable energy companies is currently circulating which claims you owe money for an outstanding gas or electricity bill. The email will ask you to click on a link to view or update your account and arrange payment via money transfer. If you click on the link, you risk infecting your computer with malware and having your personal information stolen. If you pay this "bill" via money transfer you will never see your money again.

BEWARE: Reports have also been received about scammers approaching consumers via phone, SMS and post.

Protect yourself:

- If you receive an email out of the blue from someone claiming that you owe money for outstanding energy usage—just press 'delete'.
- If you are not sure whether an email is a scam, verify who they are by using their official contact details to call them directly. Never use contact details provided by the sender—find them through an independent source such as a phone book or online search.
- Watch out for tell-tale signs—whilst the sender may claim to be from an official source, their email may contain spelling mistakes or poor grammar.
- Never tick on links or open attachments in an email from an unverified sender—they may contain a malicious virus.
- Keep your computer secure—always update your firewall, anti-virus and anti-spyware software, and only buy from a verified source. If you think your computer's security has been compromised, use your security software to run a virus check. If you still have doubts, contact your anti-virus provider or a computer specialist.
- Never send money to someone you don't know and trust—it's rare to recover money from a scammer. If you think you have provided your account details to a scammer, contact your bank immediately.

Many thanks to Margaret Walsh for this timely information.

Editorial

John Randall, a Mandurah self funded retiree, was featured in The West Australian at the time of the release of the Federal Budget. He said:

"I do not recommend being a self funded retiree. I think it's punishment for being provident."

Of course, he is exactly right. We all feel the same when the Government penalises us for our providence. But I would reliably bet that not one of us would choose the other option available to us—relying on the Age Pension for the rest of our lives.

Also in The West Australian on 26 May was an article by Bruce Brammall, an adviser with Castellan Financial Consulting. The upshot of Bruce's article was that NO politician is going to tell him when he can retire.

Bruce's article "*Sacrifice now so you decide when to retire*" should be required reading in all high schools and universities, and by all young people already in the workforce. He paints a very vivid picture of what life could be like in the future for the young of today. Working until you are 70 is a bleak prospect. But he explains very clearly that today's workers do have an option—save for your future through superannuation and share and property investments.

He finishes his article with: "*The writing is on the wall. Does the Government want us all to work longer? No. They want people who are going to be relying on the taxpayer to fund their retirement incomes to work longer. Act now to make sure you're not part of that group.*"

Very wise advice.

I remember clearly when I retired and collected my superannuation, one of the young girls in the office admin section saying "Gee, you're lucky to have that much in super." I also remember, and I told her so, that I lived very frugally for many years to put extra into my super every week, and it paid off. I certainly am very thankful that I do not have to be beholden to Centrelink and have the Government tell me when I can retire.

And, what's more, we must keep reminding the Government, of whatever persuasion, that it is people like us who are saving them millions in Centrelink payments, and for them to recognise this fact when they are considering taking away the few crumbs we get from their handouts.

Margaret Harris

Editor



Pumpkins and apples are at their best right now, and this is delicious:

DELICIOUS PUMPKIN NUT SLICE

185g butter or margarine

1 cup caster sugar

1 cup plain flour

1 teaspoon bi-carb soda

1/2 teaspoon baking powder

1/2 teaspoon salt

1 1/2 teaspoon cinnamon

1/2 teaspoon allspice

1 eggs, lightly beaten

1/2 cup chopped pecan nuts

1/2 cup raisins

3/4 cup cooked, mashed pumpkin

1 cup cooked apple

1/2 teaspoon vanilla

Beat butter and sugar until light and fluffy. Sift dry ingredients together and add to mixture alternately with beaten eggs. Stir in remaining ingredients, mix well.

Pour into a 28 x 18 cm deep lamington tin and bake in a moderate oven for 1 hour or until cooked.

Icing:

1 1/2 cups sifted icing sugar

1/2 teaspoon vanilla

250g Philadelphia cream cheese

1 teaspoons lemon juice

Beat all ingredients until light and fluffy. Spread over cooled cake and decorate with pecans.

ON THE LIGHTER SIDE

THE BATHTUB TEST

During a visit to my doctor, I asked him “How do you determine whether or not an older person should be put in an aged care home?”

“Well,” he said, “we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the person to empty the bathtub.”



“Oh, I understand,” I said. “A normal person would use the bucket because it is bigger than the spoon or the teacup.”



“No,” he said. “A normal person would pull the plug. Do you want a bed near the window?”

A distraught senior citizen phoned her doctor’s office.

“Is it true,” she wanted to know, “that the medication you prescribed has to be taken for the rest of my life?”

“Yes, I’m afraid so,” the doctor told her.

There was a moment of silence before the senior lady replied.

“I’m wondering, then, just how serious is my condition because this prescription is marked ‘NO REFILLS.’”

BUDGET CUTS

The AMA has weighed in on Joe Hockey’s changes to Australia’s health services:

- The allergists voted to scratch them, ...but the
- Dermatologists advised not to make any rash moves.
- The Gastroenterologists had a sort of a gut feeling about it, but the....
- Neurologists thought he had a lot of nerve.
- The Obstetricians felt he was labouring under a misconception.
- Ophthalmologists considered the ideas short-sighted.
- Pathologists yelled “Over my dead body!” while the....
- Paediatricians said “Oh, grow up!”
- The Psychiatrists thought the ideas were madness, while the....
- Radiologists could see right through them.
- The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing.
- The ENT Specialists didn’t swallow it, and just wouldn’t hear of it.
- The Pharmacists thought it was a bitter pill to swallow, and the....
- Plastic Surgeons said “This puts a whole new face on the matter”
- The Podiatrists thought it was a step forward, but the....
- Urologists were pissed off at the whole idea.
- The Anaesthetists thought the ideas were a gas, but the....
- Cardiologists didn’t have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the a***holes in Parliament.

It doesn’t take long for these gems to circulate through space, and thanks to Sid Breeden for passing them on.

APPLICATION FOR MEMBERSHIP

Name/s:

Address:

Telephone:

Pre-retirement Occupation/Interests
(optional)

Annual Subscription: Couple \$30.00
Single \$20.00

Please forward application and subscription to:

The Treasurer
Margaret Harris
WA Self Funded Retirees Inc.
201 Bagot Road
Subiaco WA 6008

GUEST SPEAKERS

13 June

Professor Ralph Martins: Alzheimer's Research

11 July

Annual General Meeting followed by
Len Rathman: Seniors Card and Commonwealth
Seniors Health Card

8 August

Belyssa: Full Moons, Bedouins and Belly Dancers

It is our aim to present guest speakers whose topics are pertinent to our members, i.e. people who are ageing gracefully, keen on preserving or enhancing their income and of quick wit and high intellect.

So, please let us know whom you would like to hear or the topics which interest you most. And as many of our members belong to more than one organisation it will be helpful if you can nominate a speaker whom you have heard and whose presentation was impressive and interesting, to a group such as ours.

Our Guest Speaker coordinator is Vera Payne and Vera can be found at most meetings, but if she is not present on the day that you plan nominating a speaker, any committee member will be happy to receive your suggestion.

DISCLAIMER

Please note that nothing written or spoken in the course of WASFR meetings, talks given, or in any publication is to be construed as advice to members or visitors.

THANKS

To the Cambridge Bowling Club for extending the use of their facilities to us for our Committee meetings, at no extra cost.

WASFR NEWS

Is printed by
MICHAEL KEENAN
MP for Stirling

As a Community Service