

# National Seniors

## AUSTRALIA

### ADELAIDE NORTH-WEST BRANCH NEWSLETTER

June, 2023

Meeting at 2 pm on the fourth Wednesday of each month at  
Lockleys Baptist Church house,  
244 Henley Beach Road, Underdale (pictured right)



Entrance & Parking - Drive through carport to rear of building

### COMMITTEE

President..... Brian Mibus (0417 887701)  
Vice-President.. Trevor Molde (0417 838740)  
Secretary.....Kathy Hancock (0432 101372)  
Treasurer..... Mavis Smith  
Activities Coordinator .....Annie McCall  
Committee .....Jeanette Molde  
Newsletter .....Trish Mibus (0407 605091)

### 2023 CALENDAR

**Our June Guest Speaker will be**

**David Jarman**

**The subject will be**

**Hubert Wilkins**

**WEDNESDAY, JUNE 28, 2023, 2 PM**

*Afternoon Tea – Lucie Bray*

**WEDNESDAY, JULY 12, 2023, 12 NOON**

**Outing – Christmas in July, Findon Hotel**

**WEDNESDAY, JULY 26, 2023, 2 PM**

**Speaker – Denise, City of West Torrens  
Waste Recycling**

*Afternoon Tea – Jeanette Molde*

**WEDNESDAY, AUGUST 9, 2023, 12 NOON**

**Outing – Lunch at Lockleys Hotel**

**WEDNESDAY, AUGUST 23, 2023, 2 PM**

**Annual General Meeting**

**Speaker – Katherine – My Home Hospital**

*Afternoon Tea – Dawn Thomas*

**WEDNESDAY, SEPTEMBER 13, 2023, 12 NOON**

**Outing – Lunch – Birkenhead Tavern**

**WEDNESDAY, SEPTEMBER 27, 2023, 2 PM**

**Speaker – Bee Man – Les Turner**

*Afternoon Tea – Yvonne Waters*

**WEDNESDAY, OCTOBER 11, 2023, 10.30 AM**

**Outing – Charles Sturt Museum**

**Lunch – Grange Café**

**WEDNESDAY, OCTOBER 25, 2023, 2 PM**

**Speaker – Mataan Dunning - Finances**

*Afternoon Tea – Annie McCall*

**WEDNESDAY, NOVEMBER 8, 2023, 12 NOON**

**Outing – Lunch – Halfway Hotel**

**WEDNESDAY, NOVEMBER 22, 2023, 2 PM**

**Botanical Gardens and lunch at café**

## SA POLICE – PERSONAL AND HOME SAFETY

Our May Guest Speaker was Pavlos Economou from SA Police who gave a very informative and humorous talk about personal and home safety. His main message was to do what makes you feel comfortable and safe.

### Personal Safety

Let someone know where you are going  
Be alert and aware of surroundings  
Walk against the traffic  
Carry a personal alarm or phone  
When meeting someone for the first time, do so in a public area  
Trust your instincts  
Don't carry large amounts of money  
Secure bags, wallets and mobiles

### Using your car

Secure your shopping and your car  
Don't put your handbag in the car in view of others  
Don't leave bags, backpacks or money in sight in the car  
Don't pick up hitch hikers  
Be wary if the car stops  
Use a well lit car park  
Keep your windows up and door locked if comfortable

### Celebrations

Use public transport, taxi or Uber or a designated driver  
Be aware of your surroundings  
Look out for mates  
Set drinking limits  
Safely drink and say NO  
Do not walk alone

### ATMs

Locations – be alert  
Keep your PIN secure  
Avoid large cash withdrawals  
Keep your receipts  
Secure your money  
Don't count it aloud  
Report lost cards ASAP so your account can be locked

### Transport

Check timetables  
Stand in well-lit areas  
Be aware of where you sit  
Secure personal belongings  
Ask family or a friend to pick you up at the bus stop or train station  
Use taxi rank, book taxi or Uber. or sit with others  
If you don't feel comfortable don't get into a car  
Decline offer to share fares with strangers

### Australian Culture

Australia is basically a gentle culture – criminals want a fast and easy gain; violence is minimal.  
Lock doors  
Ignore aggressive road users – let them go  
If you are being followed – drive to the nearest Police Station  
Don't pick up hitch hikers  
Fuel and vehicle servicing – fill up in the daytime  
Don't leave children or keys in a car  
If the car should break down, use your mobile to let someone know where you are – ring RAA, family, or leave your car and ring a taxi

### Online safety

Change passwords regularly  
Don't allow computer to remember passwords  
If you don't know who is communicating with you, don't answer, delete the message  
Never give personal details or credit card details online  
Don't click links in emails from people you don't know  
Visit [www.cybersmart.gov.au](http://www.cybersmart.gov.au)

### SAPOL Home Assistance Program - Home and Community Care (HACC):

SAPOL Security Audits will come to your house free of charge to advise you on security  
SAPOL does group presentations on security  
Bunnings have \$300 fireproof safes you can drill to a cement floor, pin or key opened  
All guns must be in a locked cupboard, with ammunition stored separately  
Report all crimes to 000 or 131444  
Alarms that make a noise are suitable to scare offenders, put in front and back yard and bedrooms

**Cars** – don't leave bags, keys or laptops in cars  
Don't have large amounts of money in the house; put it in the bank

**THESE ARE ACTUAL COMPLAINTS RECEIVED BY "THOMAS COOK VACATIONS" FROM DISSATISFIED CUSTOMERS:**

1. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
2. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."
7. "It's lazy of the local shopkeepers in Puerto Vallartato close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."
8. "No-one told us there would be fish in the water. The children were scared."
9. "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."
10. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."
11. "The roads were uneven and bumpy, so we could not read the local guidebook during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun."
12. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."
13. "I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was significantly smaller."
14. "The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."
15. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."
16. "We had to line up outside to catch the boat and there was no air-conditioning."
17. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
18. "I was bitten by a mosquito. The brochure did not mention mosquitoes."

