



Welcome to Our New Newsletter

Inside this issue:

<i>Evening Meeting</i>	2
<i>Christmas Luncheon</i>	2
<i>Inside Story</i>	2
<i>Inside Story</i>	3
<i>Inside Story</i>	4
<i>Inside Story</i>	5
<i>Inside Story</i>	6

Welcome to the first edition of our newsletter. In the future we hope this will develop into an interesting and exciting publication keeping us all informed about what is happening locally (and nationally) with National Seniors.

As President I was happy to take on the job of editing this publication because I have access to all of the necessary resources but it is YOUR publication and I can't make up all of the content. So, I am looking to all those budding writers, ex-teachers etc. out there to contribute stories for me.

Perhaps you can write up a story about our meeting and summarize the speaker for

those who couldn't be there. Or, perhaps you can write something about a future speaker or just recount a story that will be of interest to our members.

If you are willing to help or if you just have a suggestion about the newsletter (or anything else) approach me at the meeting, phone 9879-0622 or e-mail peter@innsys.com.au

Our new branch has got off to a great start. We have a very keen committee eager to listen to and implement your ideas. The first real meeting (organized by ourselves) was a great success with Karen Ivanka leading a lively discussion of the quality use of medicines.



Peter Feeney, Branch President and editor of this newsletter

We had a few teething problems; like the room layout but this and other minor problems we will overcome with practice and experience.

What is coming up:

- October 11th 2:00pm our next meeting "Living Longer Living Stronger"
- November 8th 7:30pm John Hutchinson of Eastern FM Radio
- December 14th 12:30pm Christmas Luncheon at the Bird and Bottle

Our First Evening Meeting

Many of the National Seniors members who responded to the original survey are still employed or are otherwise unable to attend daytime meetings. To give these people a chance to participate we have decided to hold some of our meetings in the evening.

The first such meeting will be on November 8th at Federation Estate starting at 7:30pm. The speaker will be John Hutchinson of Eastern FM Radio. John is an excellent and very interesting speaker and this is a good opportunity to meet different members or

perhaps renew old acquaintances. If you can't get to the meeting in the evening contact one of the committee and we will try to arrange transport for you. Please invite along anyone you know who can't make the daytime meetings.

Christmas Luncheon



I know it is a long way off, but you have to plan Christmas luncheons well in advance.

Carolyn (our Branch Activities Coordinator) has done a great job organizing this our first social event.

This will be held at the BIRD & BOTTLE SPORTING CLUB 333 Maroondah Highway Croydon on Tuesday December 14th at 12:30pm for 1pm start.

The cost will be \$20 per person and this includes a delicious 3 course Christmas Lunch, nibbles and soft drink.

The venue has an open bar and there will also be door prizes.

This is a wonderful opportunity to get together at our first 'official' function as a brand new branch of the National Seniors Association.

You will need to pay in advance at either our October or November meetings but more

importantly you need to book your place by ringing Carolyn Vagnkjaer 9725-0901.

I look forward to having a chance to meet you all there in a relaxed social environment.

Book early numbers are strictly limited!

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Help Needed

Jan Sparke is looking for assistance with a big mail-out National seniors have planned in the week beginning 18 October. This is to distribute a survey about new branches planned for Ballarat, Reservoir/Epping, Essendon/Moonee Ponds, Berwick/Narre Warren.

She writes "Diane and I would very much appreciate your assistance for 2 to 4 hours, or more if you like, on any day during 18-22 October or 25-29 October. The cost of your transport will be refunded, lunch will be provided and tea, coffee, and biscuits will be available. A

chance for a chat and a 'catch up' with members from other branches too!"

If you can help please let Diane know by phone: 9564 4442, fax: 9654 4456 or e-mail:

receptioncotans@cotavic.org.au



Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be

used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

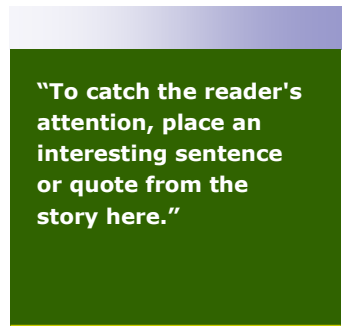
You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.



"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images

that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an

image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

National Seniors Association Maroondah-Ringwood Branch

John Longayroux

Secretary

National Seniors Association

333/67-81 Maroondah Highway

Croydon 3136

Phone: 9879-0622

Fax: 9879-0594

E-mail: peter@innsys.com.au

Visit us on the web at
www.innsys.com.au/seniors



Our Committee

President:	Peter Feeney	9879-0622
Vice-President	Gino Barba	9876-3619
Secretary	John Longayroux	9725-7798
Treasurer	Harold Davidson	9876-3921
Policy Officer	Stephanie Mitchinson	9725-2181

Activities

Coordinator	Carolyn Vagnkjaer	9725-0901
Committee	Rae Feeney	9876-1577
Committee	Sandra Price	9720-9797
Speaker Organizer	Lenore Macdonald	9893-2032

General Committee

Jan Black	9870-8662
Rod Blundell	9879-1205
Tony Hampton	9876-1946
Thelma Licheri	9876-4014
Gary Tatnell	9725-0891

So what's a Policy Officer



A very important role of National Seniors is the lobbying of all level of government on behalf of seniors. A pre-requisite of this is the establishing of policies; i.e. setting down exactly what we stand for and what we want government to do. These policies are setout in a National Policy Document which is a living document constantly being revised and expanded.

The formulation of these policies is by necessity a lengthy and complex process. Individual branches raise resolutions which are then collated nationally and circulated to branches.

The branch then discusses these resolutions and decides which resolutions they wish to support.

Branch representatives then take this decision to a Zone Conference which determines the Zone's attitude to each resolution.

The NSA Directors & Zone Chairpersons then debate these resolutions to determine the NSA official policy.

This is a simplified version of the process (which is currently being revised). However the relevant point is that a significant amount of policy material needs to be considered at a branch level. The role of the

Policy Officer is to co-ordinate this discussion and to provide a communications link with the Zone Chairman and the National Office. Our branch has decided that these policy resolutions should be discussed by a sub-committee of interested persons and the Policy Officer will organize the meetings of this sub-committee.

So if you are interested in policy or have an issue to raise you should talk to our Policy Officer Stephanie Mitchinson 9725-2181

I will eventually publish more about this on our web site.