

# MONTHLY NEWS



## Editorial

Hi Everyone,

It has been the kind of year that makes the old saying 'Queensland winter? – Yes I remember that day!' so true. Still, there have been some cold snaps and, if anyone needs a hand, we want to know.

To MG, from Nerang group, please accept my deepest thanks for your help regarding getting **notices of our meetings in local papers**. I have had responses from these that have absolutely blown me away.

It has been a very important need that I was not able to fulfil due to the other "stuff" I also had to attend to.

Talking of volunteers, my daughter-in-law is currently undertaking a TAFE course and has volunteered to assist KinKare as part of an assignment. We are still working out the details but you may well see some advertising in the near future.

I have also approached another organisation which **may be able to supply a volunteer**. The more the merrier at this point in time.

Please also find in this issue an article about information sent to me by **the Hon Phil Reves MP, Minister for Child Safety and Sport**, re some camps his sporting side provides. They are not up to the "Time for Grandparents" standard, but perhaps we can "tweak" them some way.

Now to the most important information, in my opinion!

I can't remember the last time that I felt as "on edge" as I do right now. After 5 consultants and some of the most bizarre events trying to impede the way, **our online consultation re the national body has "officially" gone live**.

For more information please refer to the article on page three.

Hope you enjoy this newsletter,  
Love as always,  
Maree

## Grandparents Taking Care of the Future

Conference November 2009

### Great News!..Great News!

We are over the moon to announce that the Federal Government has approved our funding proposal or conference.

**The Honourable Jenny Macklin MP, Minister for FAHCSIA**, has officially sent letters to us re the **success of our application**. At present there is still some red tape to negotiate as to how it is all to happen, but the end result is now determined.

We owe a very big thank you to my local Federal Member, **Brett Raguse MP**, for assisting us with the application.

It is our hope that you will be able to meet with both of these people at conference.

Minister Macklin has offered to have members of her Department present information on the recently approved Framework for Children that was approved by COAG on April 30<sup>th</sup> this year.

The line up of presenters for conference is growing beyond our first hopes and dreams, so make sure you have put the dates in your diary as this will be a conference much bigger and better than the Queensland ones you may have been to before.

Please bear in mind though that a conference is not appealing to children. We are therefore not encouraging people to bring children.

COGs intends to provide as much as we can in order for you not to miss out because of looking after children, but cannot stretch our funds to providing for children.

We have had offers by other organisations to provide **some child care** but all other expenses for children must be provided by grandparents/carers and **it is expected that all subsidised people will attend all conference sessions**.

**Expect conference registration forms out soon.**



## MEETING DATES

*Please call first as many groups do not meet in school holidays*

### KinKare EAGLEBY

Meets the second Friday of each month @10:30am,  
Eagleby Community Centre  
Ph Maree 3287 1664

### KinKare NERANG

Meets the fourth Wednesday of the month @12:30pm  
Nerang Neighbourhood Ctr  
Ph Maree 3287 1664

### SUNSHINE COAST KinKare

This group now meets with Community Solutions.  
Please see below

### KinKare INALA

Meets 2<sup>nd</sup> Tuesday of the month @ 10:30am,  
The Hub, Corsair Ave  
Ph Maree 3287 1664.

### KinKare CLEVELAND

Meets 3<sup>rd</sup> Friday of the month @ 10:30am  
The Donald Simpson Centre  
Ph Maree 3287 1664 or Maged 3207 7200

### KinKare BEAUDESERT

Meets 4<sup>th</sup> Friday of the month @10:30am  
Beaucare, 44 Tina St  
Ph Michelle 5541 3290

### KinKare GOODNA

Starts on November 17<sup>th</sup> 10:30am  
Neighbourhood House 33 Queens St  
PH Maree 3287 1664

### ZILLMERE & SOUTHBANK

Indigenous Grandparent Support  
Group

Meets twice monthly  
Please ring Tess Ph 3252 4371

### Grandparents As Parents

Community Solutions Inc.

Sunshine Coast and Wide Bay

Please phone Sharon 5437 9499

### CAIRNS & DISTRICT

### G'parents Support Group

Meets the first Wednesday of each month @9:30am,  
Hambledon House Community Centre, Edmonton  
Ph Janet or John (07) 40 555 161  
Email [johnjanet@internode.on.net](mailto:johnjanet@internode.on.net)

### TOWNSVILLE region

### Nth Q'ld G'parents in Need of

### Support

(GINOS)

For details of this group, please contact  
Ph. Nev (07) 4723 3520  
Email [trcota@bigpond.net.au](mailto:trcota@bigpond.net.au)

### WESTERN AUSTRALIA

### Granpower

[www.granpower.org.au](http://www.granpower.org.au)

For details Ph Saz 0409 294 231

### Group Meetings

For those who would like their meetings placed in this column, just drop me an email or letter and I would be only too pleased to spread the word.

**There is no requirement to be a KinKare group.**

### Newsletter Items

Another reminder to all groups, the newsletter articles are for distribution to any relative carers. Don't hesitate to pass on the newsletter in its entirety or relevant articles as you see fit. The only thing we ask is that the intent/content of the article is not compromised.

***We are considering going to a PDF format. Please advise if this will not suit you.***

### Please Note

If you need someone to chat to, we are always happy to hear from you.

Phone Danni 3299 1764 or Maree 3287 1664,  
or your local support group leader.



## National Body Update

[www.nationalbodyforgrandparents.net](http://www.nationalbodyforgrandparents.net)

### Instructions for using the site

I hope by now all of you have checked out this site. It is very important that you not only look at it but also post a comment onto it.

To do that, you must first register by **"opening an account"** under the "log in" title. This will ask you a couple of basic questions and **send you an email** within seconds. You then go **back to the site and "log in"** using the username and password you have created. It is safest for you to use a screen name in this section.

After that **go to the "discussion questions"** section of the site and a comment box will appear under each question. **Write your comment** and then **click on the "send" button** at the bottom on the comment box. Your comment then should appear above the box and you can either add more or edit it as you see fit. Under the comment box is **an arrow to go to the "next" question**. After the first question, there will also be an arrow for the previous question.

### Extra information

As is always the case with any new site there are bound to be clitches. If you find one please let me know. The onsite help section is quite good and there are even some tips in the terms and conditions section.

If none of these instructions get you to posting a comment, please ring me and I will help you through it. I have asked some grandparents to trial it for me but there are always some minor points that need adjusting at this stage.

**Those of you who have mailed in comments will have your views put up on the site by me** and also have regular updates posted out to you.

Please remember anything you post to this website is able to be read by anyone throughout the world. We have therefore put some tips on how to ensure your privacy in the "help" and "terms and conditions" pages. So make sure you read these more than you would normally.

Getting the site up and running has taken quite a large slice of my time lately so I apologise for the late newsletter and some tardy replies to emails in the last few weeks.

**I now have a PO Box . The address is PO Box 5273, Eagleby, Q'ld 4207**

## The Importance of our Website

To my knowledge this is the first such website for grandparents in Australia and I want to particularly thank Michelle for putting in so much of her time, and money, in order to bring this to fruition. She says she has done so as she believes in our cause. You will see a very small "greyed" notice at the bottom of the site mentioning her company. I have told her to make it more prominent as she deserves the accolades.

I would also like to thank the other 4 consultants also for their help. It took a great joint effort to make this all happen. I am not forgetting Danni, and the other grandparents, who tested the site so that we could make sure it is user friendly. I do want to stress that **this site is for consultation**. That means if you agree with something, you must say so, or if you disagree, you must also say so! Either way, reasons and questions from you are important.

At conference in November, we have been given time to get together on this issue. The discussion/actions will hinge on the comments raised on the site. Also, if experts are needed to answer questions they can be brought in but we will need to know what advice you are wanting.

**The site is NOT just for grandparents**. I know there are **organisations** which strongly disagree with some of the points I have raised. GOOD!!! Get on the site and put your objections up for comment.

Of course, I am happy to take calls/emails if there are queries, but please remember, **I am not the person responsible for the final outcome**. That will be decided by the consensus reached by those who participate.

**If there is enough support**, from grandparents then we will be able to look at getting some funding to go ahead. **Otherwise**, we will have to say the time is not yet right to establish such a body.

A national body will take time and a very committed, hard working group of volunteers to operate. It would be unfair to ask anyone to take on such a role if the grandparents themselves are not willing to play their part in it all.

So please do your little bit at this stage so we can eventually see a body formed that does as you want it to do. What is "your little bit at this stage"?

**We need you to post comments as well as spread the news of this website. Everyone is invited to participate**. In the registration section you can sign on as a carer, denied access, group leader, service provider or other. Please make sure "others" know they are welcome to participate.



# Laughter is the Best Medicine

## Importance of Walking

Walking can add minutes to your life This enables you at 85 years old to spend an additional 5 months in a nursing Home at \$7000 per month.

My grandpa started walking Five miles a day when he was 60.. Now he's 97 years old And we don't have a clue where he is.

I like long walks, Especially when they are taken by people who annoy me.

The only reason I would take up walking Is so that I could hear heavy breathing again.

I have to walk early in the morning, Before my brain figures out what I'm doing..

I joined a health club last year, Spent about 500 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, But fortunately my stomach covers them.

The advantage of exercising every day, is so when you die, they'll say, Well... Looks good anyway.'

If you are going to try cross-country skiing, Start with a small country.

I know I got a lot of exercise The last few years,..... Just getting over the hill. In theory it should be all down hill from here

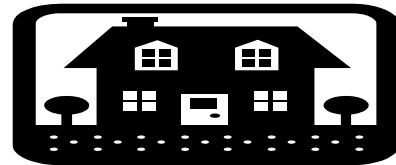
We get heavier as we get older, There's a lot more information in our heads.

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.



**Where would you be:**  
If - you had all the money your heart desires?  
If - you had no worries?  
If - you came home and the finest meal is awaiting you?  
if - your bath water had been run?  
If - you had the perfect kids or pets?  
If - your partner was awaiting you, with open arms and kisses?  
**SO, WHERE WOULD YOU BE?**  
Well..... HELLOooo!!!!!!!

## **YOU'D BE IN THE WRONG**



## **HOUSE!**

## **The computer swallowed grandpa.**

Yes, honestly its true! He pressed 'control and 'enter' And disappeared from view. It devoured him completely, The thought just makes me squirm.

He must have caught a virus Or been eaten by a worm. I've searched through the recycle bin And files of every kind;

I've even used the Internet, But nothing did I find. In desperation, I asked Jeeves My searches to refine.

The reply from him was negative, Not a thing was found 'online.

So, if inside your 'Inbox,' My Grandpa you should see,

Please 'Copy, Scan' and 'Paste' him And send him back to me.



This is a tribute to all the Grandmas and Grandpas who have been fearless and **learned to use the Computer....**

**They are the greatest!!!**  
**We do not stop playing because we grow old;**  
**We grow old because we stop playing .**

