



# Launceston School for Seniors



May 2024

Patron: The Honourable Don Wing AM  
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Chair: Marijke Lockwood | Vice-Chair: Liza Snow  
Secretary: Carol Titmus | Treasurer: Carmel Coombs  
Editor: Tina Pinkard

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## From the Chair

Hello everyone, and a very warm welcome to our newest members. Membership at Launceston School for Seniors (LSS) as at the time of writing is 517 active members which equates to 466 full fee paying members. If the second semester continues this trend, LSS is well on the way to getting back into the black by the end of this year, even with the increased costs involved.

This is a great result for all the efforts so many have made to make LSS more known in the wider community. I thank all those who have put in so much effort. It makes me immensely proud to be part of this great community organisation.

Being more involved with the school over and above attending classes and activities can be extremely satisfying. We are always looking for more assistance, especially if you can contribute at a Sub-Committee level. This will take pressure off the Committee Members, as well as Vicki, in the office.

If you have any skills or experience which you feel can contribute to LSS administration, please contact a Committee Member, or let Vicki know. Your Committee is currently discussing the kind of sub-committees which will be beneficial to the running of the school. Even if you have no formal qualifications, many skills learned in life can be as beneficial, and sometimes more so, and can be applied to assist LSS. Please consider playing a bigger part if you are able.

Enjoy the second half of this first semester for 2024 and keep up the enthusiasm and the friendly atmosphere I encounter and absorb each time I am at 8 High Street and at the R.A.O.B. Hall. I plan to visit all of you who participate in activities external to High Street, to ensure you know you are also an integral part of the LSS family.

**Marijke,**  
Chair

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## Annual General Meeting

The Annual General Meeting was held last month and several new members were elected to the Committee. Trevor Curtis-Flynn, Mick Farrell, Martin Mackowski and Dr Paul Friedman were thanked for their past service to the school.



Back row left to right: Rod Howell, David Waters, Vera Roberts, Ian Kershaw, Liza Snow (Vice Chair), Anne Griffin, Jennifer Williams, Andrew Smith  
Front row: Marijke Lockwood (Chair), Don Wing (Patron), Carol Titmus (Secretary), Pat Cluley (Public Officer), Carmel Coombs (Treasurer)  
Absent: Tina Pinkard, Bernadette Grimes MBE, Sue Newman

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## Suggested new course

A member has indicated they would like to start a course in **Japanese for Tourism**. If you would be interested in participating in such a course could you please let Vicki know by the end of this month so that arrangements can be made for it to start next semester.

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## Social Function

A mid-year Lunch with a Trivia Competition has been booked for Tuesday 16 July at the Riverside Golf Club commencing at 12.30.

Food will be light finger food with drinks at your own expense. Tea and coffee will be provided. Dietary needs should be advised for catering at the time of booking but numbers need to be given to Vicki in the office before 17 June with payment. The cost per person is \$20.

Round tables of 8 so why not create a group and come along.

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## Trivia Night fundraiser for safe water in Bhutan

The West Tamar Rotary Club will be holding a trivia night fundraiser with funds going towards providing safe water for a remote village in Bhutan.

**When:** Saturday 15 June starting at 6.00pm

**Where:** Exeter RSL Club, Murray Street, Exeter

**Cost:** \$15 per head. Dinner of BBQ and salad will be available for an additional \$8.

If possible form a team of 4-8 members but groups of 1-3 can be amalgamated with other groups. It is essential to register by phoning Paul Friedman on 0448 675 993 or email [Secretary.westtamar@rotary9830.org.au](mailto:Secretary.westtamar@rotary9830.org.au) by 11 June.



**FUNDRAISER**  
All proceeds support the purchase of an ultrafiltration system to prevent water-borne diseases in Bhutan.

**TRIVIA NIGHT**  
Saturday, 15 June, 2024  
Time: 6.00pm start  
Location: Exeter RSL Club -  
10 Murray Street, Exeter

**\$15.00 per person.**  
Essential to register as a team (max 8 people) or as an individual to Paul 0448 675 993  
or email: [secretary.westtamar@rotary9830.org.au](mailto:secretary.westtamar@rotary9830.org.au)  
by Tuesday, 11 June, 2024

Great prizes on offer + WIN a hamper -  
Raffle tickets available for purchase on the night

Rotary  
Club of West Tamar

DINNER AVAILABLE ON THE NIGHT - \$8.00  
OPTIONS: BBQ & SALAD

## Bus Tours

Over the years many of our members have enjoyed school-organised bus tours of one day or multiple days in length under the care of Jo and Kerry Franklin. Although the School is no longer organising such trips, you can still enjoy travelling with Franklins Tasmania. Coming up in April and June are a single Mystery Day, a Tri-Mystery trip and a trip to Far North Queensland.

For more information, contact Jo on 0419 514 255 (in **office hours only** 10am-4pm Monday to Friday) or visit their website [www.franklinscoaches.com.au](http://www.franklinscoaches.com.au).



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March 2024

## Wear Purple Initiative 2024

The United Nations has designated 15 June **World Elder Abuse Awareness Day (WEAAD)**. On this day each year, communities all over the globe take a stand against the abuse of older people.

Each WEAAD, COTA Tasmania organises Walks Against Elder Abuse in cities around the State, supported by the Tasmanian Government, the City of Hobart, the City of Launceston and Burnie City Council.

The **Wear Purple Initiative** is a new campaign by COTA Tasmania and supported by the Tasmanian Government to help raise more awareness and understanding of elder abuse in the lead up to WEAAD, and throughout the whole year.

### Preventing elder abuse is a serious issue

- One in six (1 in 6) people experience elder abuse.
- The most widespread type of abuse is psychological (includes coercive control) followed closely by multiple types such as neglect, financial, physical and sexual abuse.
- Abuse is usually by someone known to the person.
- Only one third of people seek help.
- Ageism is the main driver of abuse.

### How can you help?

Lifelong respect for the awareness and prevention of the abuse of older people is a serious issue that needs highlighting every day and you can help us with this.

We have put together some ideas for activities or events that your organisation or group can do to help grow awareness (see attached poster). Choose one or more activities or come up with a unique idea for your community.

We especially ask that you think about how you can involve a diversity of people, of all ages and abilities. It should be something that is easy and fun to do, simple, no or low cost, and/or fits in with your organisation business plans.

Let us know what you are doing and send us pictures! We will help to promote and celebrate your initiatives and help with social media messaging and graphics.

Patron

Her Excellency the Honourable Barbara Baker AC,  
Governor of Tasmania





LIFELONG  
RESPECT

10-15  
JUNE

# WEAR PURPLE

## Stand up against elder abuse

Dress your dog in purple for a morning walk



In June attend a Lifelong Respect World Elder Abuse Awareness Day Walk in Hobart, Burnie or Launceston



Make purple blankets to donate to people experiencing homelessness



Deck the Men's Shed in purple and talk



Host a purple cupcake morning tea



Organise a community awareness session with COTA and partners



Organise a purple fashion parade



Plant purple flowers



What can you come up with? Share with us at [www.facebook.com/COTATas](https://www.facebook.com/COTATas)

## Suggestion Boxes

If you have any ideas or thoughts about improving any areas of operation at LSS, there is a Suggestion Box in the Lunchroom and another one on the table in front of Vicki's Office. If you have a suggestion, please explain how you think this could be implemented and the benefit this will provide for our members. Ensure you put your name to the suggestion. The boxes will be emptied daily and will be locked to enable privacy. They won't be there to vent any frustrations.

## Used Stamps

Did you know that your used postage stamps can benefit overseas missions? There is no need to steam them off the envelope, simply cut around them and drop them into the office!

## Harvest Market

We will be attending Launceston's Harvest Market on Saturday 20 July to publicise the School and its activities. If you are able to spend part of that morning talking to people about what is so good about LSS, please let Vicki know before the end of semester.

## Things to Remember...

### Badges

You are required to wear your badge whenever you are involved in any activity connected to LSS, whether at 8 High Street, or at external venues or outside activities. Not only does this make it easier for everyone to call you by name, but your emergency contact details are on the back of the badge. Should anything ever happen to you where we need to contact your chosen contact, you can be confident this will happen.

### Friendly and Social

LSS is a non-denominational, apolitical, multi-cultural and all-inclusive organisation. We don't know most LSS members' history, religious affiliations or life experiences, and we don't need to know. We must always be aware LSS is a friendly and social organisation, where consideration and respect to all is expected.

### Car Park and Driveway

Be careful when entering or departing the car park. Always park in marked parking spaces only. **The marked space at the front door is ONLY for dropping off class participants.** Follow the arrows and give way when leaving the car park. Check the mirror to see if any vehicles or pedestrians are coming from either side.

At the end of the drive, **stop** at the white line and check in new mirror on nature strip if anyone is coming up or down the footpath. Also check if any vehicles are coming out from the road or the driveway next to the LSS driveway.

### School TV Sets

If you use a television as part of your class equipment, please dust it after use and cover it with one of the new blankets when you return it to Room 5. Each TV stand has now been provided with a small pouch attached to the stand to ensure that remote controls don't go wandering.

## LSS Facebook Page

A new Private Facebook Group was set up earlier in the year which is open for all members of LSS to join. This group is intended as a fun and informal way to share photos or videos, stories and anything of interest to do with LSS. We will learn more about what is happening at LSS and, of course, it will demonstrate the wonderful activities taking place, and the people within our great organisation.

Below is the link to our **Members Only Facebook Page**. If you are not yet a member, click on the link, answer the questions, and request to become a member. One of our administrators will then approve you as a member.

[Launceston School for Seniors Members Facebook](#)

## Dates for 2024

<b>Semester 1, 2024</b>	Recommence: Monday 29 April – Monday 24 June
<b>Winter Break</b>	Tuesday 25 June – Friday 2 August
<b>Mid year lunch &amp; trivia</b>	Tuesday 16 July, 12.30 at Riverside Golf Club
<b>Harvest Market</b>	Saturday 20 July
<b>Registration Days</b>	Online Friday 26 July, from 11am onwards School Help <b>Monday 29 July</b> 9.30am-12 noon
<b>Semester 2, 2024</b>	Start: Monday 5 August School break: Monday 30 September - Friday 11 October Recommence: Monday 14 October – Monday 9 December
<b>Summer Break</b>	Tuesday 10 December – Friday 14 February 2025