

Living as a Senior in Launceston

Newsletter

Edition 25, SEPTEMBER 2022



Welcome to the Spring 2022 edition of Council's Living as a Senior in Launceston Newsletter.

Spring brings the return of warmth in the sun, as we observe the rebirth of our gardens. This year Spring will also bring another season of change in my world. You will hopefully be aware that Council elections have been called for October this year. However, I won't contest my seat in this election. Instead I will call time on my career in local government.

My calling to serve on Council has spanned 17 years, 15 of them as Mayor. Finishing my time has been a difficult decision, because serving as Mayor of Launceston has been a tremendous honour and something I have thoroughly enjoyed. Launceston is an incredible city. I have been proud to work closely with some remarkable, committed and talented people within council and alongside an amazing community of passionate, innovative, and caring people.

I am grateful to have served as an ambassador for this phenomenal community. A community which makes Launceston one of the best cities in the world. I would like to take this opportunity to thank the people of Launceston who have put their faith in me to serve as Mayor — your support has meant a great deal to me.

Launceston is a city with enormous potential and a very bright future and I'm excited to see the

city's next steps under the leadership of a new Mayor. It has been my privilege to serve.

While my role as Mayor finishes in early November, I do still hope to see many of you at some of the wonderful events our community has to offer over the coming months.

Check out the events section of this newsletter for some great ideas to get you out and about this spring.

During Seniors Week in October we will host a number of free Celebrating Seniors Morning and Afternoon Teas in conjunction with a number of community partner venues. As an added treat, our Guest Speaker Dr Frank Madill will also give one of his wonderful Medical Mysteries talks. We hope you will join us! More information can be found in this newsletter.

Wishing you a happy, healthy and positive season of change this spring!

Albert van Zetten
Mayor



**Shake the cold off at NORTH festival
or join us at a Seniors Morning/Afternoon Tea
or at a free QVMAG Senior's Week program.**

Celebrating Seniors

Medical Mystery Morning Teas

Enjoy a cuppa and morning (or afternoon) tea, meet the Mayor or Deputy Mayor of Launceston. Hear what Council offers to Seniors living in Launceston as we celebrate Seniors Week, then listen to Dr Frank Madill's talk on Medical Mysteries. This is a free event. Bookings essential.



Medical Mysteries

Fans of City Park Radio may have heard Dr Frank Madill talk about Medical Mysteries: Ancient and Modern. In his radio segment Frank compares medical conditions of some fascinating characters in history alongside some modern medical mysteries. Book a seat to come along and hear Frank speak at our Celebrating Seniors Morning or Afternoon Teas.

Celebrating Seniors Bookings

Book early. Limited seats. **RSVP:** close 10 Oct 2022

Tue 18 October | 12.30pm | Medical Mysteries

Northern Suburbs Community Centre
49 George Town Road, Newnham
6323 5506 | Email: pc@nscctas.org.au

Wed 19 October | 10.00am | Medical Mysteries

Starting Point Neighbourhood House
6 Prossers Forest Road, Ravenswood
6339 2861 | Email: reception@ravenswoodnh.org

Wed 19 October | 1.00pm | Medical Mysteries

COTA + City of Launceston
Town Hall, Reception Room, Civic Square
6323 3684 | Email:
rsvp.communitydevelopment@launceston.tas.gov.au

Fri 21 October | 10.30am | Medical Mysteries

Dilston Memorial Hall | 308 John Lees Drive DILSTON
RSVP: 0414 657 578 | Email: fiona.miller@jeder.com.

Tues 18 Oct | 10am - Diabetes & Healthy Eating

Migrant Resource Centre (North)
21 Haig Street, Mowbray
ph: 1800 672 586 | Email: admin@mrcltn.org.au

Seniors Week at QVMAG

Queen Victoria Museum and Art Gallery
Free programs (with Seniors Card) | 17 to 21 October 2022

Tales from the Bottom Drawer

Museum at Inveresk | Nuala O'Flaherty Auditorium

During the first lock down of 2020 the Tales from the Bottom Drawer initiative invited our community to share personal stories about an object of personal significance, often stored away in a wardrobe or garage, that has travelled with them through life.

With each story unravelling an intriguing tale, like the one about a pair of red shoes that have been in and out of a bottom drawer for 35 years, or the May Queen who was kissed by David Bowie. You can now explore this heart-warming series of conversations as we showcase memorable moments from the lives of community members across Launceston. Episodes will be screened daily on repeat. Bookings not required.

Windows to my World

Seniors Week Art Workshop | 10:30 AM to 01:00 PM Art Gallery at Royal Park | Mon 17 & Fri 21 Oct 2022

Learn how to paint and draw using Middle-Eastern geometrical and flourish patterns, fill in a pattern or draw your own - it's easy and fun for all!

Be inspired by Mehrangiz's work "Windows", as she teaches Middle-Eastern classic techniques using acrylic paint, charcoal, bamboo, ink and more. Windows to my World is an invitation to create bridges across cultures by sharing stories of old and new migration.

All levels and abilities are welcome. Morning tea will be provided. Bookings essential. Call 6323 3777 or book online at: www.qvmag.tas.gov.au/Events

Seniors Week at the Planetarium

Wednesday, 19 October 2022 | 01:30 PM

Join us for a free screening of "Birth of Planet Earth" at the Launceston Planetarium.

"Birth of Planet Earth" is a show that tells the twisted tale of Earth's origins. Our planet formed four and a half billion years ago, and scientists now think that our galaxy is filled with planetary systems, including planets roughly the size of our own. How was the Moon formed? According to a major hypothesis, it came into being as a result of a catastrophic collision, which is depicted realistically on our planetarium dome. Examine questions about how Earth became a living planet in the wake of our Solar System's violent birth, and what its history tells us about our chances of finding other worlds that are truly Earth-like.

**See the events section of this newsletter for other upcoming events at Queen Victoria Museum and Art Galleries.*

NORTH Fest returns for 2022



Spring will soon be here, and the city is waking up from its cool season slumber. To shake the cold off, NORTH festival is returning for its second year.

After a resounding success in 2021, the now award-winning series of bite-sized events will run throughout the city this October from the 12th until the 26th. The calendar of events is shaping up to be even bigger and brighter than last year, with live music and art being incorporated into many of the food and drink occasions.

To stay up to date with the full event program on offer (to be released soon) including details of participating businesses, and where to get tickets head to: www.northfestival.com.au

Seniors' Flu Immunisations

The City of Launceston runs a free weekly immunisation clinic for people over 65 to receive their annual flu vaccination. Clinics are run at Town Hall every Wednesday 10am–11am. Book online at www.launceston.tas.gov.au/home and click on the Immunisation Bookings button | Phone bookings 6323 3000.

Department of Health also offers free flu shots for everyone over 5yo at community clinics. Phone 1800 671 738 to book and find your closest clinic.

NILS - No Interest Loan Scheme

Cost of living increases are impacting many people. The No Interest Loan Scheme (NILS) helps low income Tasmanians get safe, fair and affordable loans (up to \$3000) for things like: car registration & repairs, fridges and freezers, computers & tablets, home furniture, medical & dental services, Bond & rent in advance. Eligibility criteria applies. More information: <https://nilstasmania.org.au/> or Ph: 1300 301 650

Rates Remission Plans

If you are struggling to pay your rates, particularly this time of year, please don't hesitate to speak to Customer Service Centre phone: 6323 3000. A payment arrangement solution may be available.

Ready - Set - Plant

Now is the time to start preparing your garden for planting in October. However, avoid burning green waste. Vegetation can take 6 to 12 months to be dry enough to burn, and smoke can affect people with respiratory health concerns.

So how can I get rid of my green waste?

- FOGO it – Council's Food Organics and Garden Organics (FOGO) collection service is available to all residents. FOGO diverts green waste such as small branches and garden debris away from landfill and into the compost used to maintain our beautiful public gardens and open spaces.
- Compost it – start your own compost bin.
- Green manure it – plants such as marigolds, brassicas, beans and peas can be cut down and dug into the soil to improve soil health. **TIP:** do this before plants start to flower and go to seed.

For more information search FOGO at:

www.launceston.tas.gov.au | Ph: 6323 3000.

New Ash Placement Garden



The Carr Villa Memorial Park is pleased to announce the opening of a new ash placement garden created on a previously vacant southeast area of land in the park.

Cremation is now a common method of internment. The new ash placement garden is capable of housing more than 4700 ash placements, and features granite columbarium walls and plantings set in granite terraces, as well as irrigation systems, and accessible pathways.

Council is proud to continue investing in Carr Villa Memorial Park as an extremely important community asset which has personal connections to families across Tasmania.

This Carr Villa Memorial Park project has created another beautiful, peaceful place of remembrance for bereaved families.

Free legal advice for Seniors



Free legal advice for older Tasmanians

Are you an older Tasmanian needing legal advice? Or are you worried about an older person you know? Legal Aid's clinics at COTA Tasmania offer free, private and confidential appointments. Our friendly lawyers are especially skilled in helping you future-proof yourself against elder abuse, but you can talk to us about any legal matter.

Over the years, many older people have sought our advice on:

- preventing and responding to elder abuse
- estate planning and wills
- protecting your finances
- guardianship
- end of life planning
- disputes with family and neighbours
- frauds and scams
- the implications for your pension of gifting money to your children
- many other matters that affect older people.

Bookings are essential

We take bookings regardless of where you live in the state. Just ring COTA Tasmania on **6231 3265** or email admin@cotatas.org.au.

Clinic times

Hobart: 10am to noon on the first Wednesday of every month except January.

Launceston: 10am to noon on the third Thursday of every month except January.

If you can't attend in person, you'll be offered a phone consultation or advised of other options.

You can also ask questions about elder abuse by ringing the **Tasmanian Elder Abuse Helpline on 1800 441 169**.

In an emergency ring 000.



Uncovering the true Lonnie/Launny/Launnie

A brand is so much more than a logo.

Great place brands inspire community through a unifying cultural expression that adds value, enrichment and pride of place. Over the past 18 months City of Launceston has embarked on a major project to understand this place's authentic identity: who we are, what we do, what we like, what we don't like. In essence, what makes 'Lonnie/Launny/Launnie' unique? To help us articulate to others why this place is so special.

Broad consultation through countless conversations saw a layered and intriguing story of a small city with significant natural, cultural, and edible assets and experiences emerge.

Contact Us

Customer Service

Town Hall | 18-28 St John Street | Launceston
Ph: 6323 3000 | Emergencies (24hrs) 6323 3333
Email: contactus@launceston.tas.gov.au
Opening Hours: Monday to Friday 8.30am - 5pm

Find Help is TasCOSS's online site to help you find community support, health, welfare, wellbeing, activities and more.
Web: FindHelpTAS.org.au

National Relay Service (NRS)

If you have a hearing or speech impairment, phone the NRS on 1300555 727 and ask to be connected to 6323 3000.
Or visit www.relayservice.com.au

LAUNCESTON

Welcome to Launceston - Launnie for short.

The meeting place of three waterways, our beautiful valley has been a cultural hub and gastronomic centre for more than two thousand generations.

The first to love this land were the Tasmanian Aboriginal people, who have one of the oldest continuing cultures in the world. Today, around 110,000 people call Launnie home. There are no tourists here - just locals and temporary locals still discovering their true north.

Our city is human scale; a series of green and wild spaces linked by heritage streetscapes and thoughtful adaptations; a real blend of old-world and new, tradition and innovation. We've honed our craft and aren't scared to experiment either - there's always something exciting bubbling away.

Our natural and built heritage, food, wine and spirit have drawn together a diverse community of makers, artisans, storytellers and nature lovers from all over the world. Culture takes many forms, and we've made life's simple pleasures an art.

We aren't much into big-city swagger, but you'll find plenty of charm. Our close-knit community always has time for people, time to connect. Here, the farm gate is the local store, nature is our playground, and the cellar never runs dry.

The table is set, the company is excellent - enjoy.



More about the Launceston placebrand at: www.launnie.com.au

Local Government Elections

Voting is now mandatory.

Voting in the Local Government elections is mandatory?

Recent amendments to the Local Government Act 1993 mean that voting in local government elections is now compulsory for all electors on the State roll. Elections, conducted by postal ballot, will be held to fill councillor, mayor and deputy mayor positions for all 29 local councils state-wide. Each council has between 7 and 12 councillors (including a mayor and deputy) who will be elected for a four-year term of office.

Do I need to vote?

Everyone on the state electoral roll is automatically enrolled and required to vote at the local government elections. If you are currently on the electoral roll, you are automatically on the local government roll for the municipal area (council) in which your enrolled address is located.

Other people who own or occupy land in the municipal area or are the nominated representatives of a corporate body which owns or occupies land in the municipal area, may also be eligible to enrol, but must lodge an application with the General Manager.

How do I know if I am on the state roll?

You can check your detail on the roll online at: www.tec.tas.gov.au/local-government/Enrolment.html or contact the TEC.

Where do I vote this year? This year's local government elections are a 100% postal ballot. See the calendar below to know when your postal ballot will arrive at your home.

Who is standing for election?

A list of candidates in your municipality will be sent with your ballot pack.

More information

Tasmanian Electoral Commission
Phone 1800 801 701

Website: www.tec.tas.gov.au/local-government/elections-2022

How do I return my ballot?

Post your ballot at any mailbox or Australia Post Centre. Remember it needs to arrive before the polls close (2pm 25 October).

TIP: allow time for postal delivery and delays.

What if I own a 2nd property in another municipality to the one I am registered? A shack, a rental property or a shop?

You must vote at least once in this local government election. You will usually be on the state roll for the home that you live in.

You are also eligible to be on the local government roll if:

- you own or occupy land in a municipal area different from where you are enrolled on the state electoral roll, or
- you are the nominated representative of a corporate body which owns or occupies land in the municipal area.

To enrol under these special provisions you need to complete the appropriate enrolment form and return it to the General Manager of the relevant council. Ensure that the address you want the postal ballot sent to is on the roll. You can then vote more than once.

How do I change my address or other information?

You can do this online at the Australian Electoral Commission www.aec.gov.au/enrol/update-my-details.htm or contact them on 13 23 26. The AEC administer the state roll.

Key Dates Calendar

	Saturday 3 September	Notice of election published
9am	Monday 5 September	Candidate nominations open
6pm	Thursday 8 September	Electoral rolls close
12 noon	Monday 19 September	Candidate nominations close
12 noon	Tuesday 20 September	Announcement of nominations
	Monday 3 October	Polling opens
From	Monday 3 to Friday 7 October	Postal ballot packs delivered to electors
2pm	Tuesday 25 October	Close of poll

Living as a Senior

What's on in Launceston this Spring?

SEPTEMBER 2022

Out of the Shadows Walk | 09 Sept | 6am | City Park

Raising awareness & overcoming stigma surrounding suicide and prevention. Book on [Eventbrite](#) for breakfast catering.

Tasmanian Poetry Festival | 10-18 Sept

Various Launceston venues including the Library, Best Western + Australian Italian Club

Women's 5km Walk Run | 11 Sept | City Park

Junction Arts Festival | 14-18 Sept

Princes Square + Surrounds

Tamar Valley Peace Festival | 18 - 24 Sept

Launceston Festival of Dance | 30 Sept - 08 Oct

OCTOBER 2022

Tassie Trail Fest | 1-2 Oct | Cataract Gorge & Trevallyan

Launceston International Bowls Classic | 01-02 Oct
East Launceston Bowling & Community Club

Run & Walk for your Heart | 02 Oct

UTAS to Heritage Forest

www.cliffordcraig.org.au/run-and-walk-for-your-heart.au

Weber Circus Entertainment | 03 -23 October

Royal Park Regatta Grounds

RIVAL in the North | 08 Oct | Cataract Gorge Reserve

Wellways Dog Walk | 12 Oct | Heritage Forest

Jersey Boys | 14-29 Oct | Princess Theatre

Run4reef | 16 Oct | Civic Square

Choosing Hope Walk | 16 Oct | Riverbend Park

Day for Bereaved Parents

Special Olympics | 16 -22 Oct Various venues

World Street Eats | 23 Oct | Civic Square

Anti-poverty Week | 16 - 22 October

Celebrate Seniors Morning Tea | 18-21 Oct

Grab a cuppa and a treat with the Mayor or Deputy Mayor during Seniors' Week and hear Dr Frank Madills tales of Medical Mysteries - Old and New. Free Event. Venue and RSVP details in this newsletter.

QVMAG - Seniors Week Program | 17 - 21 Oct

Details in this newsletter.

Youth Spectacular | 20 Oct

Children's Week | 22-30 Oct | Various free events

Spooktacular Lights | 29 Oct | Alanvale Road

NOVEMBER 2022

JDRF End of Walk Celebration | 06 Nov

Veterans Cricket Australia Over 70's National Championship | 09 -15 Nov | Numerous venues

Remembrance Day | 11 Nov | Cenotaph

The Complete Works of William Shakespeare (Abridged) | 11 Nov | Earl Arts

Primary Stompin -30th Year | 17 Nov | Princes Sq

Tamar Valley Cycling Challenge

20 Nov | City / West Tamar | sallysride.com.au

AusCycling BMX Racing National Championships

21 - 27 Nov | St Leonards Athletics Centre

Tour of Tasmania | 23 Nov | touroftasmania.com

16 Days of Activism | 25 Nov-10 Dec | 3km

Lunchtime walk each workday to Say No to Violence

Thai Food +Cultural Festival

27 November | Launceston Civic Square

What's On for the Whole Family?

QVMAG - www.qvmag.tas.gov.au/Whats-on

Princess Theatre - www.theatrenorth.com.au

Albert Hall - www.alberthalllaunceston.com.au
(closed for renovations)

Launceston Leisure & Aquatic Centre
www.launceston.tas.gov.au/lac

Can you help us be Sustainable?

Do you have an email address? If so, please email us and request to receive these newsletters and other useful updates by email. You will help save your council's resources so we can do more for you.