



Newsletter

**Manawatu Branch
APRIL 2016**

Branch Secretary
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Palmerston North 4412
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Branch Committee

Chair: Gordon Batchelar.
Deputy Chair: Roger Openshaw
Committee: Neil Crawford. Arthur
Evans: Grahame Mclver: Gordon
Bennett: John Lowen: Cath Purdie.
Ian Knowles: William White.

Delegates to Council.

Gordon Batchelar.
Roger Openshaw
Secretary/Treasurer. Meg Vining
Reviewer: Helen Sussmilch.

Annual meeting and luncheon

All members, spouses, and partners are welcome to our meeting and luncheon. *(See details below)*

Date: Wednesday 25th May 2016

Meeting time: 10.00 am

Meal time: 12.00 Noon.

Venue: Hunterville Room. Hotel Coachman. 140 Fitzherbert Avenue. Palmerston North.

Parking available.

Membership

As of 31 March 2016 membership totaled 1,070

It now totals 1094 (see database)

Member Categories	31 st August 2015	31 st March 2016
Annuitant	594	577
Annuitant spouse	300	291
Surviving spouse	163	163
Pre-annuitant	19	20
Pre-annuitant spouse	19	19
Total	1095	1070

It is worth noting that although the membership figures have decreased. We have just recently added 20 new members and those figures do not figure in the above chart.

Chairman's report

Last year we changed the venue for our luncheon to the Hunterville Room at the Hotel Coachman and judging from the comments received, and all 45 attendees seemed happy with our choice we are holding our Annual General Meeting again at the Hotel Coachman.

We are having a competition this year, for those attending.

All those who attend will go into a draw for a "special" prize of a \$20.00 Prezzie Card. Those advising attendance will be numbered in the order received by Meg and one of the guest speakers will make the draw. REMEMBER the numbers are from the RSVP's as Meg receives them, not who arrives first, on the day.

The committee have worked hard on membership with very little being achieved by the adverts in Feilding and Dannevirke, giving contact information along with a meeting in

Dannevirke. More has been achieved by our President Janice Campbell's letter sent out to those in receipt of the Government Superannuation, and I commend Janice on her most informative and well written letter.

All committee members have expressed a willingness to continue on the committee, but we need more, and will be calling for nominations at the AGM. It is not an onerous job and we have only 7 meetings per year and that includes the 2 general meetings. The committee meetings are in a comfortable venue and we usually partake of Megs cooking.

My thanks to all my committee for their work during the past year with special thanks to Roger Openshaw for stepping in while I was indisposed.

Thanks also to Meg for her invaluable support and help.

Gordon Batchelar.

Chairman.

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Secretaries/Treasurers Report

Not a lot to report this time. The administration part of my job just keeps on keeping one. It is a saddening job sometimes, sending condolence mail, but is offset by the thanks from the recipients for the help. A pleasing aspect from the Treasurer's point of view is that this year we did not run at a loss. We actually made a small profit.

One thing that does concern me is that some folk (including my friends and family) often don't open their emails on a regular basis and miss out on news etc., My personal view is that if one has a mailbox on the front path it is usually checked daily. My question is, why would you not check the mailbox on your computer the same as you do your postal box? It only takes a few minutes and you may be surprised who has thought of you and dropped you a line.

My thanks to Gordon and the members of the committee, and a special thank you to Helen Sussmilch the Reviewer for their help and consideration over the past year.

I feel it is timely to thank both Alan Peck and Cathy Trewby at Head Office for their unstinting help. Both are always there to help and it is very much appreciated.

You will note that we have made a small profit this year, which is very pleasing.

Meg Vining.

Secretary/Treasurer.

A reminder to members with spouses who are not yet members to please register your spouse on the GSA website or call your branch secretary? There is no extra cost for a spouse to join.



Mental Fitness

The saying "use it or lose it", is true for both *the body* and for *the brain*. Building up mental fitness increases mental alertness and decreases the risk of developing Alzheimer's. Completing a difficult Sudoku every day is not necessary; however, we do need to turn *off the television*, a notoriously passive activity!

Engaging your brain

The key is to actively engage our brain in new ways. A lifestyle that includes stimulating *mental activity* and *social interaction* is clearly linked to healthy brain ageing. The brain is a learning machine. It craves novelty and challenge. Acquiring new skills and seeking out new experiences will help ensure the machine continues to perform at its best. Social activities such as dancing, playing cards, travelling with friends, golfing or joining an exercise class are hugely beneficial.

Keep your memory sharp

Practice these memory skills:

- RELAX: Tension and stress cause memory lapses, however, managing stress improves memory
- FOCUS: Try to reduce distractions and minimize interferences
- ORGANISE: Keep important items in an easily accessed place
- WRITE IT DOWN: Carry a notepad and calendar, and note all important things
- REPEAT IT: *Repetition improves recall*; use this when meeting new people and learning new things
- VISUALISE IT: Create a visual image to aid your memory.

Source: <http://www.neurological.org.nz/brain-health/mental-workout>

RAFFLE.

\$2-00 PER TICKET OR 3 FOR \$5-00

ANNUAL GENERAL MEETING AGENDA.

10-00 a.m. Welcome and Apologies.
Minutes from AGM 2015
Chairman's Report.
Secretary/Treasurer's Report.
Nominations for Committee.
Guest Speakers. Jim Turner (Liason Officer)
David Stroud. Life as a Drover.

12-00 Noon. Luncheon.

I/We will be attending the Luncheon on
Wednesday 25th May 2016.

Name/s.....

Address.....

.....

Phone ().....

Number attending.....

Cheque.....

Annual Financial Report.
Statement of Financial Performance
Year Ended 31st March 2016.

<u>2015</u>	<u>Income</u>	<u>2016</u>
5690	Subscriptions (deducted) GSF	5607.00
310	Subscriptions (deducted) NPF	327.00
189	Subscriptions (deducted) paid direct	180.00
2102	Functions	1690.00
	Raffle	265.00
<u>156</u>	Interest Received	<u>161.00</u>
<u>8717</u>		<u>8230.00</u>
	 <u>Expenses</u>	
4804	Functions	3264.00
	Raffle	165.00
216	Membership Recruitment	544.00
	Printing & Stationery	171.00
215	Technology	179.00
1371	Postage	192.00
2489	Secretary's remuneration	2790.00
1055	Committee Expenses	481.00
<u>365</u>	Sundry Expenses	<u>38.00</u>
10515		7824.00
<u>(1798) deficit</u>		Surplus <u>406.00</u>
8244		<u>8230.00</u>

Financial Position as at 31st March 2016

10042	Accumulated Funds	8244
<u>(1798)</u>	Surplus	<u>406</u>
8244		8650

Represented by.

Assets.

1608.	Cash Account	2206.
1088.	Savings	1226.
5075	Term Deposit	<u>5218</u>
<u>473</u>		8650
8244		

Signed.....*Meg Vining*.....Meg Vining, Treasurer

Signed.....*G. Batchelar*.....G. Batchelar, Chairman

Signed.....*Helen Sussmilch*.....Helen Sussmilch, Reviewer.

I have reviewed the financial statements above for the year ended 31 March 2016.

A review is limited primarily to enquiries of branch personnel and an analytical review of compliance with policy and procedures as applied to the financial data. I have not performed an audit and accordingly I do not express an audit opinion. On the basis of my review, nothing has come to my attention that causes me to believe that the above financial statements do not give a true and fair view.