

Centrelink help for Greek Pensioners

Minister for Human Services, Senator Joe Ludwig, urged thousands of pensioners to return their Greek Old Age Pension forms to Centrelink, or miss out on the extra income.

The social security agreement between Australia and Greece came into effect on 1 October 2008.

“Australian Age Pension customers who have spent part of their working life in Greece, may be entitled to additional money through a Greek pension,” Senator Ludwig said.

“During October, Centrelink sent 56,000 letters to customers in Australia and Greece whose records suggested they might be eligible to

receive a Greek pension under the Agreement,” Senator Ludwig said.

“Customers have nine weeks from the date on the letter to return their forms.”

So far, 43,500 people have responded by returning a claim form or contacting Centrelink to explain why they are not entitled to a Greek pension.

“That means about 12,500 customers still haven’t returned their forms to Centrelink.”

“I encourage you to send your details to Centrelink now so you don’t miss out on the additional money, and risk suspension of your Australian Age Pension.”

Senator Ludwig warned Centrelink was required by law to consider suspending payment of the Australian Age Pension if people failed to return the claim form.

“The Australian Age Pension is subject to an income and assets test, including overseas pensions,” he said.

“If you received a Greek pension claim form from Centrelink, it’s important that you return it as soon as possible, or contact Centrelink to discuss whether a claim needs to be lodged.”

“I understand you may find it hard to recall all the details of your work history, but I urge you to get your

form in as soon as possible.”

Senator Ludwig’s Media Contact: Sarah Cosson 0423 823 843

In order to make the process as easy as possible, Centrelink is drawing on the Centrelink Multicultural Call centre, which has dedicated staff fluent in Greek to help customers understand and meet the requirements.

Anyone who would like help from Centrelink to complete the form should contact Centrelink International Services on 13 1673, or Centrelink Multicultural Call on

13 1202 to speak to someone in Greek. More information is available at www.centrelink.gov.au



Celebrating 25 Years of Australia’s World Heritage at Mount Tomah Botanic Garden

The summer holiday season is always a popular time at Mount Tomah Botanic Garden, but this season is bound to be even more so with the visit of an inspiring photographic exhibition.

Opened on Monday 5 January and running until Friday 13 February, ‘Celebrating 25 Years of Australia’s World Heritage’ captures the rich and diverse natural and cultural attributes of our listed sites.

Created to mark the 25th anniversary in 2006-7 of the first Australian property being inscribed on the World Heritage list – the Willandra Lakes Region in south-western New South Wales – the images contained in this photographic exhibition provide a window into some of the most outstanding places on Earth. We hope it inspires your imagination and encourages you to explore our wide land.

With the recent listing of the Sydney Opera House, Australian World Heritage properties now number 17 and represent an amazing diversity of places and values. From Uluru-Kata Tjuta, a fundamental part of the tradi-

tional belief system of one of the world’s oldest human societies, to the Great Barrier Reef, the world’s largest living organism, the exhibition is an opportunity to view these remote and disparate sites in one place.

There is a certain amount of local pride with the exhibition coming to the Blue Mountains given the area’s own World Heritage inscription. Covering over 1 million hectares of bushland, the Greater Blue Mountains received World Heritage listing in 2000 based on its distinctive and evolving eucalyptus communities.

Surrounded by eucalypts as far as the eye can see, Mount Tomah Botanic Garden makes both a stunning and fitting setting for this touring exhibition. In conjunction with the National Parks and Wildlife Service (NPWS) and the Department of Environment & Water Resources (DEWR), the Garden hopes to open the Greater Blue Mountains World Heritage Centre in late 2009 to help visitors interpret and better understand the area’s unique biodiversity.

Following its stay at Mount Tomah, the photographic exhibition will travel across the mountains to the NPWS Visitor Centre at Blackheath. The exhibition will be a focus for three celebrations: 25 years of World Heritage, 40 years of the NPWS and 75 years of the Blue Gum Forest.

To find out more about the ‘25 Years of Australia’s World Heritage’ photographic exhibition and other upcoming events at Mount Tomah Botanic Garden this holiday season, visit www.rbgsyd.nsw.gov.au or call 4567 2154.

Pass the buck

The donkey called the rooster bigheaded

Greek proverb

The contemporary Goliath
the Cerberus of the universe
the expert of mass deception
the hoarder of armaments
the possessor
of weapons of mass destruction
the instigator of wars
the indiscriminate bomber
the launcher of lazer-guided missiles
the scornor of human rights
calls David with the catapult
a terrorist.

David
who lives in abject poverty
who is under the spell of zealots
who has become delusional
and in desperation
wires himself with explosives.

Yota Krili

Curves and US Weight Control Registry Study Reveals

A new research study has revealed that people fail to keep New Year’s resolutions about weight loss because they try to change too much, too fast. With more than 5 million female members in over 10,200 Clubs in 65 countries, Curves has heard every excuse in the book. But this year, it will be different.... Curves, the world’s largest fitness franchise, worked with the U.S. National Weight Control Registry (NWCRC) to determine characteristics of individuals who have lost a significant amount of weight and kept it off for a long period of time.

Four key lifestyle changes that made all the difference:

78% made breakfast a priority

This is key. Breakfast literally “breaks the fast” from a night of z’s. Your metabolism is the lowest when you are sleeping. If you wake up and hit the road without eating breakfast, your body’s metabolism is still in fasting mode and will burn as few calories as possible.

75% visited the scale at least once a week

A study conducted at the University of Pennsylvania found a weight gain of ten or more pounds (4.5 kilos) over the course of five years to be fairly common among women. That’s an average gain of less than a quarter pound per month, which can creep up on you if you aren’t weighing yourself on a regular basis.

62% watched fewer than 10 hours of TV each week

The fact that they are not parked in front of the tube tells you they are up doing something else, and whatever that something else is, it probably burns more calories than watching TV.

90% exercise on a daily basis

Most people today have sedentary jobs, and many get to those sedentary jobs by car. By the end of the day, few find time to exercise. As we all know, exercise is crucial in both weight loss and weight maintenance. Of the four behaviours that lead to successful weight maintenance, exercise is the most common behaviour shared by this group.

The weight loss journey is not easy, but the end result is worth far more than we can measure in terms of how we feel about ourselves and, most importantly, how healthy we are. So this year, try to keep that resolution. Maybe then next year, you won’t have to make the same one!