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Newsletter
December 2015

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Saving versus Investing

The terms 'saving' and 'investing' are often used interchangeably but they are actually very different.

Saving is putting money aside for some short-term goals or as a back-up in case of an emergency. While relatively safe, savings are generally placed in a basic savings account earning relatively low rates of interest. The return on your savings may be outweighed by inflation, tax and account charges.



Investing, on the other hand, is putting your money to work strategically for the longer term, to build wealth and increase your financial security over time.

Reinvesting dividends utilises the magic of compounding interest, making your money work even harder.

There are many factors that will determine the nature of the investments that are suitable for you. These include:

- your objectives – what do you want to achieve?
- your timeframe – how long do you have to invest?

- your risk tolerance – how comfortable are you with fluctuations in the value of your investment?

All investments carry a level of associated risk. Generally, those investments with higher rates of return over the long term have a greater level of risk over the short term. Similarly, those investments with lower risk usually have a lower long-term return.

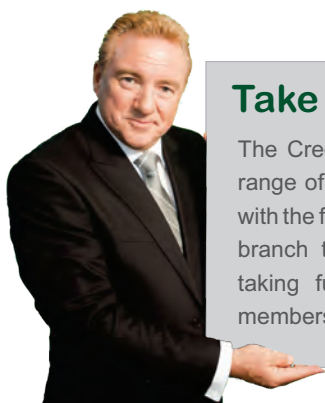
Diversification is a strategy that spreads the 'risk' across a variety of different asset classes. Minimising the overall risk helps build the value of your portfolio.

There are many types of investments available to help you build your wealth:

- Cash
- Fixed interest
- Property
- Australian shares
- International shares

Why not take a look at our savings calculator which can give you an idea of how much your savings will be worth over time, so you can work out how much you need to save. Financial advice is not a 'one size fits all' approach. A successful financial plan is one that has been tailored specifically for you. Everyone's situation is different and a Bridges financial planner can help identify appropriate strategies and investments just for you.

Your local branch can arrange an obligation free referral to discuss your personal circumstances with a Bridges financial planner.



Take full advantage of your membership

The Credit Union offers a wide range of financial services. Talk with the friendly staff at your local branch to make sure you are taking full advantage of your membership.

- Savings Accounts
- Business Loans
- Internet Banking
- Salary Allocation
- Christmas Club
- Investments
- Financial Planning
- Telephone Banking
- Visa Debit Card
- Health Insurance
- Home Loans
- Travel Money
- Home & Car Insurance
- eStatements
- Car Loans

Healthy Kickstart: 6 ways to reignite your health



As the weather warms up and with the busy season behind us, it's good to make sure you're looking after yourself.

1. Sleep

Being awake for over seventeen hours can lead to a decrease in your performance, equivalent to a blood alcohol-level of 0.05%. According to the Australian Centre for Education in Sleep, keeping regular sleep (and wake) times, restful sleep in a darkened room with coverings that are not too warm on your body, lends itself to optimum sleep conditions.

Sleeping in one day each weekend has additional health benefits (if you can manage to get it into your weekend). In fact, the extra-hour of sleep received when clocks are put back at the start of daylight savings has been found to coincide with a fall in the number of road accidents.

2. Diarise Your Life

Feeling in control can help minimise stress. Start by putting all your significant dates; birthdays, anniversaries and things like payment due dates into your diary (both the actual day and maybe a suitable time before to ensure a card or present is bought or payment warning a week before hand). You'll be surprised how this simple exercise can help you feel on top of things.

3. Eat Fruit

The experts recommend five servings of vegies and two of fruit daily but the reality is most adult Australians get nowhere near that. Just buy a few pieces twice a week and have them at your desk. Fruit's a readily available snack food that you won't feel guilty about having and there are so many delicious summer fruit options.

4. Get Close to Nature

Whilst you're looking at eating habits, try and eat food that looks as much in its natural form

as it was grown. By ingesting the least amount of additives possible you will be easing the load on your system and making mindful food choices.

5. Address One Unhealthy Habit

New resolutions can be tough to stick with and we often overload ourselves with unrealistic expectations. By committing to address one unhealthy habit you could be offering yourself the opportunity to actually eradicate the habit altogether.

By singling out one habit, seeking the proper support and advice to address it and mindfully taking steps to change the unhealthy pattern, you will be giving yourself the best chance of changing the behaviour. Be kind to yourself along the way, as most habits take a minimum of three weeks to start to change. Seeking advice and support is paramount, and making the choice to make the change is the first step.

6. Keep your body and mind moving

At any age, keeping your brain active through mind games and crosswords and participating in social activities are wonderful ways for everyone to keep their mind active. However physical activity is also paramount in assisting with ongoing good health.

There is increasing evidence that active travel reduces the risk of cardiovascular mortality and its risk factors. Physical activity levels were 123 minutes a week lower among those whose active travel decreased and 137 minutes a week higher among those whose active travel had increased.

Private Health Insurance is a simple way to protect your health. For an obligation free quote for GMCU members, please visit our website.

Looking after you every day

GMHBA is dedicated to helping our members stay healthy and happy. When selecting health insurance, we are here to help you at every step of the way, looking at the needs of you and your family to help determine the best cover.

Join or switch to GMHBA Health Insurance and if you find better value health insurance within 60 days of joining and have not made a claim we will refund your money in full

GMCU members can get an obligation free quote today at:
gmhba.com.au/gmcu



Are you bush fire ready?



The recently released national report, **Southern Australia Seasonal Bushfire Outlook 2015-2016** has forecast an above average fire potential for the coming bushfire season. This Outlook is developed by the Bushfire Cooperative Research Centre.

The above normal forecast is mostly due to a strengthening El Nino over the Pacific Ocean. Experts say it could be one of the strongest on record but is made even more complex in 2015-2016 by the influence of warmer sea temperatures in the Indian Ocean. ⁽¹⁾

Are you adequately insured?

Often arising without warning, bushfires can have serious consequences for uninsured homeowners. Underinsurance is also a problem, with 83% of homeowners admitting they probably don't have enough cover. ⁽⁴⁾

Make sure your Home Building and Contents insurance is up to date and that it provides enough cover to replace your home and contents, should the unthinkable happen.

Are high-cost new purchases or home improvements factored into your insurance policy? If not, you could be out of pocket should your home be destroyed. With adequate insurance in place you will at least have the peace of mind knowing your home and contents can be replaced without financial loss. ⁽⁵⁾

Make sure you are prepared

Any person living in an area near bushland is at risk of a potentially devastating bushfire and is urged to plan ahead to minimise the threat to them, their homes and their loved ones by unexpected fires.

Ensure your family is prepared for a bushfire threat. Sit down together and develop a plan. Encountering a bushfire can be very frightening. Electricity and water supplies may be cut off. It may be dark, noisy and extremely

demanding both mentally and physically. Make sure everyone knows what to do in the event of a fire.

Even if you've made a plan before, check it and update it if needed. Hesitating or adopting a 'wait and see' approach could have deadly consequences. For more information on how to create a bushfire survival plan visit <http://www.myfireplan.com.au/>. ⁽⁶⁾

And a well prepared home is more likely to survive a bushfire too. Here are a few simple measures you can take:

- Create a 20 metre circle of safety around your home and other buildings by clearing all rubbish, long dry grass, bark and material that may catch fire
- Keep gutters clean and install metal gutter guards
- Keep woodpiles away from the house
- Store flammable fuels and chemicals away from the house and secure in an enclosed shed.
- Install sarking behind weatherboards and beneath existing roofing. Sarking is reflective non-combustible sheeting.
- Replace decking with non-combustible material
- Replace glass with toughened or laminated safety glass
- Install shutters or metal flyscreens to doors and windows.

To discuss all your home building and contents insurance needs visit your local branch, or visit our website to get a quote.

Protect your most valuable assets

Ask at your GMCU branch about our range of insurance solutions

Allianz 



Managing bills with online banking has never been easier



You can change the way you manage your bills. BPAY View® sends your bills and statements straight to your GMCU Internet Banking for payment, saving you from shuffling paper.

With convenient email message reminders and secure online or mobile access, BPAY View makes it easy to pay on time, every time† from anywhere in the world[^]. And BPAY View is easy on the environment too.

You can enjoy these benefits when you register for BPAY View:

Easy access

You can look after bills 24/7 over the internet from wherever you are and be notified when a new bill arrives[^].

Get organised

Have a summary of bills and their due date in one place. If you want to view a detailed bill, it's only a few clicks away.

Choose how you pay

For your convenience, you can still use BPAY to pay bills received via BPAY View and pay from your bank account. You can also pay via any other method your biller allows.

Pay on time

Make payments immediately with BPAY or schedule payments for a later date†.

Be kind to the environment

Cut down on paper by choosing to receive bills online.

Say goodbye to paper bills! Register for BPAY View and receive, pay and store your bills in your GMCU Internet Banking.

News, Tips & Updates

rediCard withdrawn

It has been mandated that all eftpos card issuers must implement changes to allow online purchasing and tap-and-go functionality.

Once these changes are in place, GMCU's rediCard will be almost identical to our Visa Debit Card - except that the Visa Debit Card offers

enhanced member protection against fraud.

Rather than offer two cards with the same features, GMCU will cease to support the rediCard from March 2016.

Existing cardholders will receive more details and a replacement Visa Debit Card in the mail before March.

Internet Banking safety

You can register to receive a unique SMS code every time you use Internet Banking to add new payment recipients.

This will stop anyone stealing from your account using an internet login.

Ask in your branch, or log in to Internet Banking and register using the 'set up security' option in the 'services' menu.

Contacts



Find more:

follow us on facebook

connect at gmcu.com.au

visit a branch

Branches:

Shepparton	91 95 Fryers Street	(03) 5821 9033
Benalla	30 32 Bridge Street	(03) 5762 3380
Echuca	2 / 130 Hare Street	(03) 5482 5333
Euroa	36 Binney Street	(03) 5795 1771
Kilmore	85a Sydney Street	(03) 5781 1221
Kyabram	145 Allan Street	(03) 5852 2211
Mooroopna	112c McLennan Street	(03) 5825 1999
Numurkah	102 Melville Street	(03) 5862 2894
Seymour	72 Station Street	(03) 5792 1075
Violet Town	33 Cowslip Street	(03) 5798 1761

Agency: Alexandra
1 / 46 Downey Street (03) 5772 1915

Telephone Banking (03) 5831 6666 or
1300 652 822

Visa / rediCard Hotline 1800 648 027

BSB 803 078

Office Hours Monday Friday
9am 5pm

eStatements

Logon to Internet Banking and register to securely receive statements electronically

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