

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 13:
DATE: 4th August 2024



MESSAGE FROM EDITOR

Info of Interest in this edition:

- ◇ NO WONDER IT GETS SO COLD IN MELBOURNE
- ◇ Have you been scammed?
- ◇ Walking Football Fundraising Lunch
- ◇ COTA Working Together for a Better Age Care System
- ◇ City Of Whittlesea Asset Plan – Have your say.
- ◇ Speak to Class Coordinator for updates on New Programs and the Editor for new Beveridge Classes.

Enjoy the "Have a Laugh"

Looking forward to hearing your feedback on these initiatives.

Glen Wall

PRESIDENT—Whittlesea U3A

Mobile: 0422 852 593 Email: president@whittleseau3a.org.au

Whittlesea U3A AGM will be held on Monday 2nd September beginning at 10.00. It will be held at Epping RSL. Active members will be receiving a formal notice of the AGM from the 12th August. Information will be sent by email or for those without an email address by normal mail.

Message from the President.....



After seven years as President of Whittlesea U3A I have advised the Committee of Management that I will not be nominating for the position of President at the 2024 Annual General Meeting. I have enjoyed the role as President and believe a lot has been achieved. We now have over 800 members, 84 Volunteer Tutors and offer in excess of 140 classes and activities. Whittlesea U3A is respected in the City of Whittlesea as a major provider of life long learning and engaging activities for seniors.

My role as Chair of U3A Australia, member of the U3A Network Victoria Committee and work in developing relationships with Government on behalf of the U3A organisation has caused me to rethink where can I best contribute to Whittlesea U3A. I also have a personal need to assist in managing a family health issue. I propose nominating for a committee position and continue to support Whittlesea U3A sourcing resources and strengthening its connection with other organisations.

I thank you the members and the current and past Committees that have supported me over my term as President. I have been proud to be your President.

OFFICES HOURS FROM MONDAY 5th AUGUST

PETER LALOR CAMPUS

OFFICE WILL BE CLOSED Monday (Monthly Morning Tea) and Friday

OFFICE WILL BE OPENED Tuesday and Wednesday 10.00 TO 2.00 & Thursday 10.00 TO 1.00.

MAY ROAD CAMPUS OFFICE WILL BE OPENED: Tuesday 1.00PM TO 4.00 & Thursday - 9.00 TO 4.00PM

MONTHLY MORNING TEA - MONDAY 5TH AUGUST - TO BE HELD IN MEMBER'S LOUNGE

NO WONDER IT GETS SO COLD IN MELBOURNE

Thanks John Darnley for sharing this knowledge and experience of Antarctic in response to the item of interest in the last "Breaking News"

Hi Glen,

I notice the small item in today's Breaking News about the closeness of Melbourne to Antarctica compared to Darwin. I thought you (and readers) might like to know that Australia is approximately 7.7 Million Sq Km in size, whilst Antarctica is 13.7 million Sq km.. almost twice the size of Australia !!



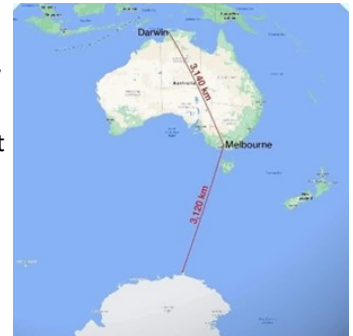
In winter when the sea ice around Antarctica is at it's maximum, it effectively doubles the size of Antarctica (any wonder it has such a big influence on our weather).

This diagram gives an idea of the comparative issues.

I know this because I have been to the Australian Antarctic base Casey twice.

Cheers,

John Darnley



Tech Café for Seniors



Need help with your Smart Device – Phone, Android or Apple, iPad or Tablet.

GO TO Mernda Senior Support Centre Fridays (10:00 am to 12) on Fridays or Thomastown Library on Fridays (1:00 pm to 3:00 pm) or PLC Robert St Lalor Monday 9:30 am.

Technology Corner – Monthly Forum Program Live Life Digitally Connected Topics

2024 monthly forums will be on ZOOM on the third Wednesday of the month at 10:00 am to 11:30am.

Further details regarding dates and times will be provided. Please check regularly our Facebook page Tech Corner" (<https://www.facebook.com/groups/2957658941217497>) for updates.

Has someone tried to scam you? Or have you actually been the victim of a scam?

Scams and cybercrime are a scourge that has grown in recent years and is disproportionately impacting older Australians.

With that in mind, COTA Australia will host a webinar presented by NAB's Group Security team to help you identify the signs of potential scams, provide advice on what to do if you think you've been scammed and offer tips on staying more secure online.

The session, to be held on Friday, August 30, 2024, at 12pm (AEST), will cover: how to spot the common scams that impact older people, such as investment scams, remote-access scams and romance scams; how to avoid them; scenarios and the actions you should take; and ways to be more secure online.

The webinar will run for one hour, with around 45 minutes of content and 15 minutes for questions and answers. NAB's Group Security team has invested a huge amount of time and resources into this problem area, so it promises to be a very useful and highly informative session.



Scams Awareness Webinar: [Click here to register](#)

Hear Patrick Muldoon sing at the WU3A Walking Football Pan Pacific Fund Raising Luncheon.



Pan Pacific Games Fund Raiser
Epping RSL – 195 Harvest Home Road Epping
Friday September 6th 2024
12 noon to 2.30pm
Everyone Welcome

- 3 Course Meal
- Songs by Patrick Muldoon – Whittlesea U3A
- Speeches of Support by Whittlesea U3A, City of Whittlesea, Football Victoria
- Presentation of Kits to players
- Slideshow showing the Walking Football Journey
- Raffle

Cost - \$30 per person

Children under 12 free (but meals must be ordered and paid for separately)

See Menu below

Please advise if you have special dietary requirements

Bookings – Contact Gerry Fay on 0418 137 631 or gerry4919@hotmail.com before 16th August 2024

Menu

3 Course Meal

- *Entrée – Soup of the day (will be known on the day)*
- *Main Meal - Chicken or fish. As meals are brought out chicken will be served to one person and then fish to the person sitting next to them.*

Meals served with chips and salad

- *Dessert – New York Cheese Cake or Apple Crumble. Served in the same way as the main meal.*

Working together for a better aged care system

IN APRIL, COTA Australia attended a conference hosted by the Aged Care Quality and Safety Commission, titled *Getting in on the Act! – Working together for better aged care*. The conference, which attracted more than 2000 delegates, brought together residential and home-services providers to explore and share how the sector can best be prepared, and to look at how the sector is continuously improving to deliver safe, quality aged care.

COTA participated in a pre-conference workshop discussing better practice in [Open Disclosure](#). Complaints Commissioner Louise Macleod refers to Open Disclosure as a "super power" that providers can use in their approaches to receiving feedback and complaints. It was great to hear from aged care providers who are using this framework to explain why something went wrong, including an apology for the poor experience that older people may have had.

If you have any further interest in the conference presentations, recordings are available [here](#). Also of interest was the session which discussed the perspectives of older people on the new Aged Care Act and strengthened Quality Standards. You can hear the views of some aged-care and home-care recipients [here](#), from around the 7min 30sec mark.



We invite you to have your say to help develop the Asset Plan 2025-2035.

Council held three community focus groups as well as an internal focus group between 20 May – 4 June 2024. The 59 participants provided valuable insights that will help shape the draft Asset Plan 2025-2035. We'd love to hear what you think about the findings.



To view the findings on key priorities in servicing assets and key asset management principles visit engage.whittlesea.vic.gov.au/assetplan25



Do You Remember Epping Railway Station in 1967?
Thank Mary Leeds.

THE FOLLOWING PROGRAMS HAVE CHANGES PLEASE READ THE INFORMATION CAREFULLY AS IT MAY AFFECT YOUR CLASS

NEW CHANGES ARE ADDED AS THEY BECOME AVAILABLE. IF YOUR CLASS IS NOT LISTED HERE IT MEANS THERE ARE NO CHANGES AND THE CLASS IS AS ADVERTISED ON THE CALENDAR

If a class is cancelled or changes are made those enrolled in the class will be notified by email or SMS

LEPRECHAUN TRIVIA AFTERNOON with **PATRICK** is having a break this term. Patrick will be back in the last week of term 3

EXERCISES FOR FITNESS with **HELEN** will be having a break for the last 3 weeks of term 3

LINE DANCING ADVANCED with **TITA AND CATHY** - will not be on Monday 5th August and Monday 12th August

LINE DANCING FOR BEGINNERS with **CATHY** - will not be on Thursday 8th August

LINE DANCING FOR EXERCISE 1 with **CATHY** - will not be on Friday 9th August

LINE DANCING FOR EXERCISE 2 with **CATHY** - will not be on Friday 9th August

DISCOVER MELBOURNE GARDENS with **MICHAEL** - will not be held in July and August. The adventure will resume in September.

LAPTOP WINDOWS 10/11 with **KEVIN** has moved back to Thomastown Library

COMPUTERS LEVEL 1 with **PETER** has moved back to Thomastown Library

Subject:  **FUN**

I'm watching this Show for like, 10 minutes and the Lady is Listing all these really Great things to do. Then I realize it's the Religious Channel and she was listing Sins.

The distance it takes for me to forget a number between 1 and 10

