

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 16:
DATE: 15th September 2024



MESSAGE FROM EDITOR

I would like to congratulate Natalie Lim for being elected President of Whittlesea U3A for 2024/25 and the incoming committee members. I would also like to thank all members for the support they have given me over my term as President of Whittlesea. Good news for the readers of Breaking News I have committed to Natalie to continue to produce Breaking News and welcome any member contributions that I can include. Items of Interest in this edition:

- ◇ 2024 Whittlesea Update
- ◇ Class news - Pickleball Commences 4th Term.
- ◇ Eating for Healthy Living
- ◇ COTA announcing the new rights based Aged Care Act
- ◇ DPV Vaping Conversation Resource Guide
- ◇ Incognito Art Show.
- ◇ Tech Café for Seniors
- ◇ Little Book of Scams
- ◇ DPV Health Message
- ◇ Is your Home Old Fashioned?

Enjoy the "Have a Laugh" Looking forward to hearing your feedback on these initiatives.

Glen Wall – Editor Whittlesea U3A Breaking News

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WHITTLESEA U3A 22nd ANNUAL GENERAL MEETING

Over 120 of our Members attended the Whittlesea U3A 22nd Annual General Meeting. The 2023/24 Annual Report to members is available on the Whittlesea U3A website www.whittleseau3a.org.au.

At the meeting the following members were elected to the 2024/25 Committee of Management:

President: Natalie Lim

Vice President 1: Kathy Lizio

Vice President 2: Christine Czerny

Secretary: Jodie Lang

Treasurer: Peter Rodaughan

General Committee Members: Glen Wall, Kevin Whelan, Peter Cleary, Kumar Chandrakumar, and Marion Gaylard

The meeting approved membership subscriptions for the 2025 year same as for 2024

OFFICE HOURS for Week beginning Monday 16th September

PETER LALOR CAMPUS

OFFICE WILL BE OPENED MONDAY, TUESDAY, WEDNESDAY & THURSDAY 10.00 TO 2.00

CLOSED ON FRIDAYS

MAY ROAD CAMPUS

OFFICE WILL BE OPENED: TUESDAY 1.00PM TO 4.00 & THURSDAY - 9.30 TO 4.00PM

THE OFFICE IS CLOSED BETWEEN MONDAY 23RD SEPTEMBER AND FRIDAY 4TH OCTOBER FOR THE TERM BREAK.

PICKLEBALL COMMENCES 4TH TERM 9th October 2024.

LOCATION: TRAC Recreation Main Street Thomastown

DESCRIPTION: Come and try out this new and exciting game which is played on a modified tennis court. Easy to learn, providing good opportunity to build up fitness whilst having fun. Beginners welcome. The program is conducted by fully qualified coaches. Some admission costs may apply.



Those wishing to join the class please enrol via the website. (243WED27) or contact the office during office hours for assistance

EATING FOR HEALTHY LIVING

(Course code 24 FRI16)

Reminder – Practical Cooking Session with DPV Dietitians this Friday 20th September.

Class members will receive an email reminder.



[Download publication \(5.88 MB - PDF\)](#)

[Listen to publication Accessibility](#)

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The best way to defend against scams is through awareness and education. The Little Book of Scams is recognised internationally as an important tool for consumers and small businesses to learn about scams including:

- ◇ the most common scams to watch out for
- ◇ the different ways scammers can contact you
- ◇ the tools scammers use to deceive you
- ◇ the warning signs
- ◇ how to defend against scams
- ◇ where you can find help.



Vaping Conversation Resource Guide Available

Parents and carers play a vital role in shaping their child's thoughts and attitudes around smoking and vaping behaviours. We encourage parents and carers to have open, honest and non-confrontational conversations with their child about the dangers of smoking and vaping before their child is exposed to tobacco industry advertisements.

VicHealth in partnership with **The Behaviour Change Collaborative** has developed a guide that can help you have a meaningful, non-threatening conversation with your teen about vaping.

[For more information & to download the guide click here](#)



Yesterday's announcement by the Prime Minister Anthony Albanese MP, Minister for Aged Care Anika Wells MP and Treasurer Jim Chalmers MP announcing means the new rights based Aged Care Act has been introduced into the Parliament. It actions the number 1 recommendation from the



Royal Commission into the Quality and Safety of Aged Care. The Act contains a range of reforms and it was pleasing to see the focus on improving Support at Home, with an additional \$4.3B investment, which is where the majority of older people want to be.

We have been pushing for the Act to be introduced to put the system on the rights based footing as recommended by the Royal Commission. It was important for bipartisan discussions to occur but it is more important that it is now in the public domain and open to parliamentary scrutiny.

The Act also includes a new fees and charges regime. The approach will see Government continue to be the main funder of all aged care services, including paying 100% of any clinical care services an individual is assessed as needing, but introduces a range of means tested fees in both home and residential care.

There will be no change to the fees of people currently receiving a home care package, living in a nursing home, or are on the national prioritisation system waiting for services (as at the date of announcement 12 September). Importantly for these people they will continue under current arrangements throughout their aged care journey – that means if you're getting a home care package today, you'll be under current arrangements when you move into residential care for any clinical, non-clinical and everyday living charges. For new people entering the system, the new arrangements will come into effect from 1 July 2025 and include a \$130,000 lifetime cap.

COTA Australia is now analysing the detail in the 550 plus pages of legislation and we will share more information with you when we have it. We are looking at how the Act will improve the quality of care received, respect the rights of older people and remain fair and affordable with a strong safety net so no one is left behind. In the meantime, you can access a variety of resources Government has made available

In addition there are some webinars you could join to hear more about the Act - follow the links to register for a webinar or view the media and information links.

We'll be back in touch in the coming weeks about with more opportunities of how you can have your say on these important reforms. In the meantime, feel free to email us at cota@cota.org.au with your thoughts.

COTA Australia :

Patricia Sparrow, CEO of COTA Australia was interviewed today on Channel 9's TODAY show. Watch the full interview [HERE](#)

For a summary of COTA's view, you can read our Media Release [HERE](#)

Webinars:

OPAN: Register for OPAN's free webinar - New Aged Care Act: an update

(featuring COTA Australia's CEO Patricia Sparrow)

Date: Tuesday, 24 September 2024, Time: 1 – 2 pm AEST [Register HERE](#)

Dept of Health and Aged Care free webinar - Residential care funding update,

Wednesday 18 September, 2:00 pm - 3:30pm (AEST), [Register HERE](#)

Dept of Health and Aged Care free webinar -Support at Home program update,

Thursday 19 September, 2:00 pm - 3:30 pm (AEST), [Register HERE](#)

Media:

Australian Government Information:

Introducing the Aged Care Bill 2024 to Parliament [READ HERE](#)

Response to the Aged Care Taskforce [READ HERE](#)

Details of the Support at Home program [READ HERE](#)

Update on the success of the WU3A Art for Fun group participation in the Incognito Art Show.

The WU3A Art for Fun group participated earlier this year in the 2024 Incognito Art Show. I understand they received approximately 18,000 artworks this year. To date they have sold around 9000 of these.



Six of our paintings have sold so far, which is pretty amazing really. We are very proud to have taken part in this event and we are looking forward to participating again next year.

Note: Artworks are still available online to purchase if anyone is interested. They all sell for \$100.00 each. You won't know the artist until you receive your purchase in the mail.



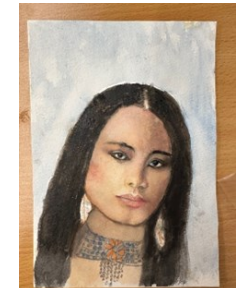
Profits raised will go towards funding programs that support artists working with disabilities.

Copies of artworks by group member that have sold are included here.

Kind regards,

Noelene.

WU3A Art for Fun.



IS YOUR HOME OLD FASHIONED

Revealed: The 20 signs your home is old-fashioned

Story by Emily Cooper

Hold the phone! Having a landline at home is now considered by most Britons to be 'old-fashioned'.

It tops a list of items and decorations which people view as signs a house is outdated.

Others include net curtains, DVD players and avocado-coloured bathrooms. Cottage-style kitchen units and word art on the walls – such as a 'Live, Laugh, Love' sign – also feature.

But still having a landline telephone was considered the top sign a house is outdated by 66 per cent of respondents to a survey – even though most homes still have one.

The concept of the perfect home is changing as a result of people being more conscious about their property's impact on the environment, according to the report from heating and air-conditioning specialist Daikin UK.

HOME FEATURES CONSIDERED OUTDATED ...

<ul style="list-style-type: none"> 1 Landline phone 66% 2 Wood chip wallpaper 56% 3 Single glazing 55% 4 DVD/CD player on show 38% 5 Coloured bathroom suites 37% 6 Carpeted bathrooms 34% 7 Net curtains 32% 8 Lace tablecloths 31% 9 Pebble dash 28% 10 A separate dining room 27% 	<ul style="list-style-type: none"> 11 Word art (e.g. live, laugh & love signs) 24% 12 Cottage-style kitchen units 23% 13 Floral patterns 23% 14 Shag-pile carpets 22% 15 Cream or white painted walls 21% 16 Bean bag furniture 21% 17 Wooden decking in the garden 16% 18 Frosted glass 16% 19 A fishpond 13% 20 Shabby chic furniture 13%
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... AND THE MODERN MUST-HAVES

<ul style="list-style-type: none"> 1 Open-plan living spaces 50% 2 Solar panels 44% 3 Triple glazed windows 43% 4 Ensuite bathrooms 41% 5 Boiling water tap 38% 6 High levels of insulation 36% 7 Smart lighting 36% 8 Air conditioning 35% 9 Kitchen island 35% 10 Smart energy meter 35% 	<ul style="list-style-type: none"> 11 LED lighting 35% 12 A vegetable patch in the garden 34% 13 Underfloor heating 32% 14 Home office 32% 15 A garage or allocated parking 30% 16 EV charging point 28% 17 Integrated music system 25% 18 Air purifier 21% 19 Garden fire pit 20% 20 Low-carbon heat pump 18%
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Having a landline tops a list of items and decorations which people view as signs a house is outdated, according to heating and air-conditioning specialist Daikin UK



2024 FREE WEBINAR SERIES

GET BUSHFIRE RESILIENT

INFORMATION FOR HOUSEHOLDS IN RURAL AREAS AND ON THE URBAN FRINGE

Prepare for bushfires and hazardous weather.

BRI's webinars are presented by eminent subject matter experts.

Learn what your family can do to reduce your risks.

Register so you can ask questions before or during the webinar and so we can send you a link to webinars, recordings and website updates.

To register visit br.org.au/webinar or scan the QR code



To learn more about our presenters head to br.org.au/presenters

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Know about insurance for bushfire, storm or flood events - avoiding the pitfalls

17 October 2024

- Annabelle Butler, Hollard Insurance Australia
- Peter Gartlan, Financial Counselling Australia
- Denis Nelthorpe AM, Consumer Lawyer

Insurance and financial challenges after bushfire, storm or flood - when things go wrong

28 October 2024

- Annabelle Butler, Hollard Insurance Australia
- Peter Gartlan, Financial Counselling Australia
- Denis Nelthorpe AM, Consumer Lawyer
- Sharon Keith, Disaster Legal Help Victoria

Best practice property bushfire risk reduction

12 November 2024

- Justin Leonard, CSIRO
- Kevin Hazell, Town Planner
- Mark Holland, CFA

Understanding our changing bushfire weather

28 November 2024

- Justin Leonard, CSIRO
- Kevin Parkyn, BOM
- Mika Peace, BOM

- ◇ If 4 out of 5 people SUFFER from diarrhea...does that mean that one out of five enjoy it?
- ◇ If a pig loses its voice, is it disgruntled?
- ◇ If it's true that we are here to help others, then what exactly are the others here for?
- ◇ If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
- ◇ Do Lipton Tea employees take 'coffee breaks?'

Subject:  FUN

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 OFTEN 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

FRENCH CONVERSATION with CHRISTIANE - has finished for Term 3. Christiane will return in Term 4

COMPUTER, ANDROID, SOCIAL MEDIA SUPPORT with SHOUKRY - has finished for Term 3. It will return later in term 4 from the 20th October.

EXERCISES FOR FITNESS with HELEN has finished for Term 3. Helen will return in Term 4

BEGINNERS DRAWING CLASS with JILL has finished for 2024. Jill will be returning in 2025 with some even greater ideas.

BEGINNERS TAI CHI with CHRISTINE - will be cancelled on Friday 13th September. It will return the following week.

BODY WEIGHT AND STRENGTHENING with PATTIE - will be cancelled on Wednesday 18th September.

LEPRECHAUN TRIVIA with PATRICK - has finished for Term 3. It will return in Term 4

BUSY HANDS with FEDERICA - will be cancelled on Friday 20th September. The members will be meeting for lunch. Organisation of the event will be done during class this week.

INDOOR WALKING AEROBICS with MARY has been cancelled on Monday 16th September. The activity will resume in Term 4

Subject:  **FUN**

