

**WHITTLESEA U3A**  
**BREAKING NEWS FORTNIGHTLY INFO**  
**OF INTEREST**



**EDITION 17:**  
**DATE: 29th September 2024**

**MESSAGE FROM EDITOR**

*Hope everyone is enjoying the Term Break. This is a shorter mid term break BREAKING NEWS which provides information about upcoming activities.*

*Thank you to the members who are providing content to include in Breaking News. I am receiving comments that these contributions are well received.*

*Items of Interest in this edition:*

- ◇ Free Seniors Travel
- ◇ NGV Exhibitions
- ◇ Living Longer Healthy Living
- ◇ Tech café for seniors
- ◇ City of Whittlesea Council Elections
- ◇ DPV Community Health First Survey
- ◇ News from COTA
- ◇ Keyton Rightsizing for Retirement
- ◇ Get Bush Fire Resilient

*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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**To our Lions Supporters**  
**Enjoy the Moment and Celebrations**

**OFFICE HOURS for Week beginning Monday 30th**  
**September**

**PETER LALOR CAMPUS**

**OFFICE WILL BE CLOSED THIS WEEK**

**MAY ROAD CAMPUS**

**OFFICE WILL BE CLOSED THIS WEEK**

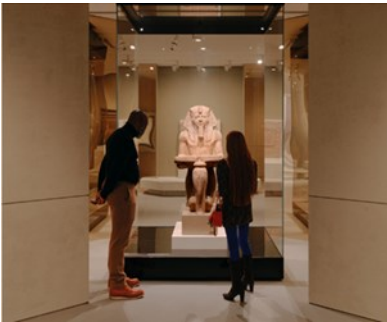
**BOTH OFFICES ARE CLOSED UNTIL THE WEEK BEGINNING**  
**7TH OCTOBER**



**Mark your calendar – Victorian Seniors Card holders can enjoy eight days of free public transport throughout Victoria from 6 to 13 October 2024. This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the myki-enabled area. Learn more [here](#).**

**Note: The Seniors Festival organisers have taken particular care with transport for the Celebration Day 6 October at Federation Square.**

## NGV Exhibitions



**The National Gallery of Victoria (NGV) is home to two blockbuster exhibitions this season – Pharaoh and Africa Fashion. Enter the draw to win one of 10 double passes to each of these exclusive exhibitions. To enter, click on the relevant links in Senior's Online E-Newsletter. Haven't subscribed? [Subscribe to the e-News \(seniorsonline.vic.gov.au\)](#)**



## Living longer, healthier lives

In celebration with 2024 Victorian Seniors Festival, WEHI is delighted to invite U3A members to a rare glimpse into the medical research to discover lifesaving cures and breakthrough treatments for Parkinson's and Dementia. Over a cup of tea or coffee, U3A members will have the opportunity to meet our presenters, ask questions and discuss what the future of medical research holds. Please find the link to the event here: [Living longer, healthier lives – medical research to stop Parkinson's disease and Dementia | Seniors online](#)

### Event Details:

**Venue: The Walter and Eliza Hall Institute of Medical Research (WEHI),**

**Address: 1G Royal Parade, Parkville, VIC 3052**

**Date: 15 October 2024**

**Time: 2:00 pm to 3:30 pm**

This event is free, but bookings are essential for catering. RSVP by 30 September 2024 via the link [2024 Senior's Festival 15 Oct.](#)

## TECH CAFÉ FOR SENIORS Digital Skills Mentoring Program



Need help with your Digital Technology – Phone, Android or Apple, iPad or Tablet. Go To Thomastown Library on Fridays 1:00 pm to 3:00 pm, Lalor Library Thursdays 1:00 pm to 3:00 pm, Mernda Senior Support Centre Fridays 10:00 am to 12.

### NEW WU3A TECH CAFÉ AT SHERWIN RISE

TUESDAY AFTERNOON 2pm Club House 40 Chetwyn Drive Wollert

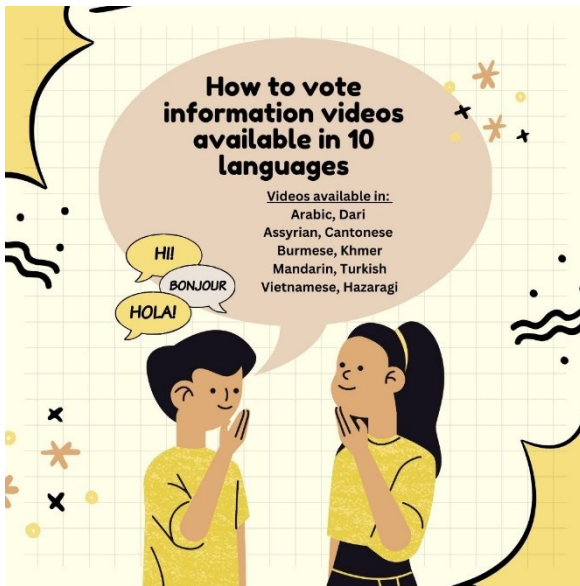


### Peter Rodaughan Digital Skills Mentor assisted two visitors to Thomastown Library with technology issues.

*A recently retired man approached a library staff member about how to occupy himself now that he has nothing to do during the days ahead. The library staff member turned to Peter Rodaughan who was hosting a Tech Café for Seniors session for assistance. Peter introduced himself to the man and informed him about Whittlesea U3A and the Tech Cafe. He decided that he needed help with using a computer and his Android Mobile 'phone. The man returned the following week and was shown how to access a library computer, use a computer mouse and keyboard to access the internet. He commented that this was his first experience in using a computer. He is now being assisted in purchasing an inexpensive computer for PC Australia. The man has joined Whittlesea U3A and has a Yarra Plenty Regional Library card.*

*A lady visited Thomastown Library for assistance in helping her turn on and use a new mobile phone her son had bought for her and was referred to Peter Rodaughan by library staff. She told Peter that her son had transferred data from her old G3 'phone to the new phone but she could not turn it on. The battery was flat and Peter identified that she required a new charger for the cable her son had given her with the phone. The lady can now charge the battery in her mobile phone and has started to use it. She has joined Whittlesea U3A and has returned for more assistance in the use of her mobile phone.*

## CITY OF WHITTLESEA COUNCIL ELECTION – REGISTER and VOTE



**How to vote informational videos** by the Victorian Electoral Commission are now available in **10 languages**. The videos will cover information on how to vote in the upcoming October council elections, what will be included in the ballot pack and contact information for the Victorian Electoral Commission.

**The videos will be available in:**

Arabic, Dari, Assyrian, Cantonese, Burmese, Khmer, Mandarin, Turkish, Vietnamese and Hazaragi

The videos can be found by visiting

[https://www.youtube.com/playlist?list=PLes1N\\_mb0wQQSaCYwT68bB7arz1nJAHRt](https://www.youtube.com/playlist?list=PLes1N_mb0wQQSaCYwT68bB7arz1nJAHRt)

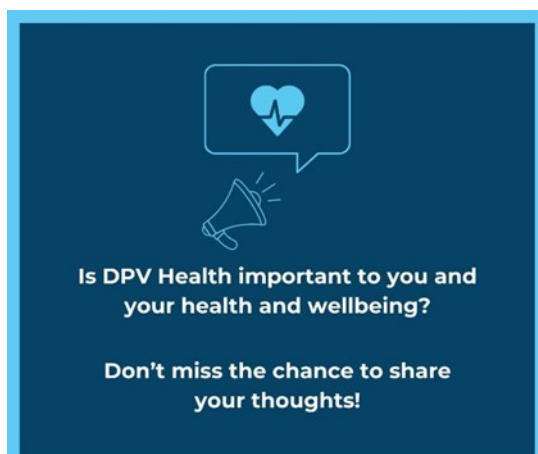


### Community Health First Survey

DPV Health is a proud member of **Community Health First**.

This is an initiative that unites all 24 of Victoria's registered community health services with one shared goal:

*'improving the health, wellbeing and quality of life for all Victorians'*



Is DPV Health important to you and your health and wellbeing?

Don't miss the chance to share your thoughts via the Community Health First Survey.

Your answers will help us understand the difference community health is making in helping keep you healthy and well.

Take the survey and be in with a chance to win a \$50 grocery voucher.



**Click or Tap here to complete the survey**



It was wonderful to see the response and attendance at the New Aged Care Act; An Update webinar, held on Tuesday 24 September. This information rich webinar was co-hosted by OPAN CEO, Craig Gear and CEO of COTA Australia, Ms Patricia Sparrow.

A special thanks to panellists representing ageing Australians, AIR Member, Annette Barbetti and Val Fell, Member, OPAN's National Older Persons Reference Group and Council of Elders. Annette and Val offered insightful opinions and raised important questions that will be considered for the submission back to parliament. This webinar highlights why it's critical we keep engaged with all of you to keep you informed of our work.

This is why we now, invite you to please share your views on the new aged care act by completing a survey. [Complete survey HERE](#)

Please note this survey is not for aged care workers, or other people working in the aged care industry.

The results of this survey may be used in our submissions, once it is published by the Senate committee. We will email you a copy of our submission.

Did you miss the webinar? You can [watch the full webinar HERE](#).

**Why your feedback is so important:**

Sharing your views helps ensure that Senators are aware of the collective views of older Australians when they consider parts of the bill as part of their inquiry.

**The survey will close 5pm AEST on Sunday 29 September**

The information you share in this survey with COTA and OPAN is confidential and will not be shared with any other parties. You can read our [privacy policy HERE](#).

With kind regards

**Patricia Sparrow**

Chief Executive Officer

Subject: 😊 FUN



**Men don't have babies because God saw the way they handle a cold and knew the species would never survive.**



What happens when Old Car Guys get sent to a nursing home ...

The guy at the furniture store told me the sofa would seat 5 people without any problems. Then it occurred to me, I don't think I know 5 people without any problems.

**USE THE FOLLOWING LINKS TO REGISTER FOR THE *KEYTON RIGHTSIZING FOR RETIREMENT SESSIONS* DESCRIBED BELOW**

**11am-3pm Rightsizing for Retirement ( full day )**

<https://www.eventbrite.com.au/e/941744050807?aff=oddtcreator>

**11am – 12pm Thinking of Selling with Ben Pellicori**

<https://www.eventbrite.com.au/e/1012494918557?aff=oddtcreator>

**12:30- 1:30pm Navigating Retirement Financial Strategies**

<https://www.eventbrite.com.au/e/1012536352487?aff=oddtcreator>

**2 – 3pm Will and Estate Planning**

<https://www.eventbrite.com.au/e/1012538218067?aff=oddtcreator>

# Rightsizing For Retirement

Thursday 17 October

CLICK THE LINK TO REGISTER FOR EACH SESSION

## 11 am Thinking of Selling



Ben Pellicori of First National and A Real has years of experience in residential property and will discuss everything around putting your house on the market if you are looking to downsize. Having grown up in Epping, Ben is a wealth of knowledge when it comes to the local area and advocates for the potential and lifestyle associated with living in Epping and surrounds calling the area “a well-kept secret.”

## 12:30 pm Navigating Retirement Financial Strategies



Shaun Ganguly, the Director at Aged Care Financial Planning is a Certified Financial Planner and FAAA Accredited Aged Care Professional, Shaun adopts a comprehensive approach to guide clients and families through the transition into aged care or retirement villages. This includes navigating Centrelink benefits, managing cash flow, estate planning, and addressing complex decision-making.

## 2 pm Will and Estate Planning



John Toohey is passionate about helping clients navigate estate planning and succession. With over four decades of experience, John and the team at KHQ Lawyers specializes in guiding individuals, families, and organizations through the intricacies of wills, powers of attorney, and estate administration. Explore tailored solutions and gain invaluable insights to secure your legacy and protect your loved ones.

**Sherwin Rise  
40 Chetwynd Grove  
Wollert Victoria**



Scan to  
Register Or text  
0447 272 714

  
**Keyton.**



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DAVEY

### 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

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