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From The President's Desk

It is indeed encouraging that when a new program is introduced it is accepted with enthusiasm by our members. Having recently returned from a 3,000 kms, 8-day road trip to North Queensland for the President's Council and Tutor Co-Ordinators' meetings held in Townsville, I can only say that our Network Liaison Person Program has been favourably received.



It was a pleasure to meet with Management Committee members in Rockhampton, Capricorn Coast (Yeppoon) and Gladstone and to sit and chat about the issues they face and the role that they would like Network to take. As always insurance and how to attract tutors are hot topics in these conversations. If your U3A has not responded to our invitation to participate in the Network Liaison Program please consider the benefits that participation could bring to your U3A. Liaison visits have also been made to Dalby by David Bowden, Gympie by Trudy Graham and Southern Gold Coast by Margaret Cook.

The recent North Queensland Presidents' Council and Tutor Coordinators' Forum hosted by U3A Townsville saw Presidents and delegates from Atherton Tablelands, Cairns, Mackay, Magnetic Island and of course Townsville attending. Network Secretary Alison Taylor, Assistant Treasurer Larry Frazer and I represented Network. David Weston, Toowoomba Tutor Co-Ordinator attended the Tutor Forum as a guest. Several delegates were new to management committees and attending their first Network event, and their feedback on the day was extremely positive.

The following from Muriel Kilcullen, Treasurer U3A Mackay

"I thoroughly enjoyed meeting with you both and the other delegates from various locations and whilst it isn't good that our memberships have declined with the advent of Covid, it was good to know that we aren't in this boat on our own. Thank you so much for your support, your positivity and encouragement. I'm due to return to Mackay on Sunday with renewed enthusiasm and a few ideas for boosting our numbers and getting some new activities underway. I am certainly hoping to convince our committee to make the trip to Rockhampton in May next year. It sounds exciting."

While visiting Rockhampton I met with Henry Cope, Chair of the 2023 Conference Committee and his team. Plans are well underway to provide you with an interesting, informative and fun conference. Those of you who remember the 2015 international conference that Network

organized will recall that the first two days was for all delegates and the third day was for Qld delegates only. 2023 will be the same. Pre and post conference events and tours are being planned. Several people have mentioned they will be taking advantage of their pensioner pass on the train to travel to Rockhampton. One U3As Travel Group are planning to attend en masse. The U3A Rockhampton website has further information and as usual there will be a dedicated conference website connected to the Network website. Watch this space.

Network committed to offer several webinars each year on topics relevant to seniors. We have partnered with COTAQ and nbn to provide this service to you. The interest in the recent webinar “Digital Legacy” was extensive and due to popular demand will be offered again. John Armstrong, Network Vice President has provided a full and detailed report of this webinar which you will find on our website. Details of the repeat webinar will be advertised.

To the U3As who participate in the Network Insurance we are fast approaching the renewal date. Treasurer Bronwyn Peddler will be requesting information from you to enable Network to finalise your insurance for 2022/23. This request will be hitting your inbox in the coming days, please respond as soon as possible.

As we count down to the end of the year, I am convinced that while 2022 has brought challenges those challenges have made our organisations stronger and more resilient.

Rhonda Weston AM

New 'Model Rules' issued

The Queensland Government Office of Fair Trading (OFT) has issued updated 'Model Rules' for Associations.



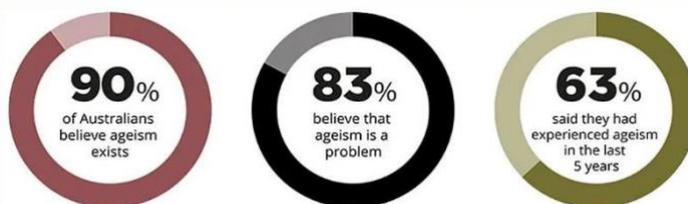
The effect of the new 'Model Rules' is only to change the mandatory requirement for a Common Seal to “may have a Common Seal.” The main changes to the Legislation and the Act that have been passed by the government are still in the transition period and have not yet been included in the Model Rules. This will be in the form of a Clause dealing with Dispute Resolution.”

Associations may want to wait for these changes to be implemented in the Model Rules before making changes to their Constitutions. A copy of the new 'Model Rules' may be [downloaded here](#).

For more information regarding management of incorporated associations in accordance with Office of Fair Trading please [visit their website here](#).

Age is not the problem, Ageism is..

Ageism is affecting Australian adults of many ages. A report from the Australian Human Rights Commission found ageism exists across the nation - even if we are not consciously aware of it. The report found ageism affects Australians across the adult lifespan and that the majority of Australians will experience ageism in their lives.



Graphic: Human Rights Commission

So, what's age got to do with it? Young adults, aged 18-39, say they have experienced ageism as being condescended to or ignored, mostly at work. Middle-aged people say they were usually turned down for a job, and those over 60 experienced ageism as being 'helped' without being asked.

The research found that young adults are seen as attractive but bad at managing their finances and middle-aged people are seen as being in the prime of their lives but stressed.

According to clinical geropsychologist Nancy Pachana, who specialises in the psychology of older people and who reviewed the survey's findings, a feeling of being 'invisible' is common among older people.

"This is really terrible because Australia has one of the best longevitys in the world ... and yet older adults are experiencing almost this sense of dismissal in society," Dr Pachana told SBS News.

"It's small acts that render older adults invisible or making assumptions.

"So assuming the older person doesn't know about technology, assuming that they may not be thinking clearly; it's these tiny acts that over time can really diminish a person's sense of themselves as efficacious.

"Approximately one in 10 companies in Australia do not want to hire people over 50.

"Given that people are living longer, and the tremendous work and value that older workers can bring to a company - they bring experience, they bring networks - then this is a great loss."

Age Discrimination Commissioner Kay Patterson says ageism is arguably the least understood discriminatory prejudice, with evidence suggesting it is more socially accepted than sexism or racism.

She called on all Australians to challenge ageist attitudes. "Age is not the problem. Ageism is," Dr Patterson said.

The report included a national survey of 2,440 people, 11 focus groups and an examination of existing Australian and international research.

Source: SBS News

Changes are coming to myGov

Changes have been announced to myGov to make it easier to access government services. Soon, when you access Centrelink, Medicare and Child Support services through myGov, you'll notice some changes.

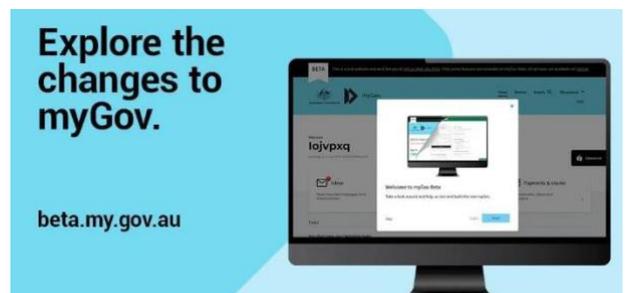
These changes include:

- a new look, layout and colour
- a personalised homepage that makes it easier for you to see messages and linked services in one place
- information about government payments and services organised by major events in your life. You don't need to do anything differently when myGov changes in early September.

You'll still find myGov at my.gov.au and you'll sign in the same way. All your linked myGov services are the same, including your links to Medicare, Centrelink and Child Support. myGov will still be safe and secure.

You can explore the changes now at [myGov Beta](https://beta.my.gov.au).

myGov would like to know what you think of the changes by [sharing your feedback](#).



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Support at Home Program to begin 1 July 2024

The Australian Government has announced that it is returning to the timeframe put forward by the Royal Commission to deliver a reformed and improved in-home aged care program – Support at Home Program – by 1 July 2024. This represents an extension from July 2023.



More information about the Royal Commission into Aged Care Quality and Safety is available on [the Commission's website here](#).

The Department advises it will use the extra time now available to work with older Australians, their families and carers, workers, advocates and providers to ensure reforms achieve a better in-home aged care system. Older Australians will be central to this consultation and the Department will release more information in the near future on how older Australians can participate.

A webinar is planned for Wednesday August 31 to provide an update on the planned reforms. [More information and Register for the Webinar here](#).

The Government will also be making improvements to in-home aged care for older Australians while the design of a new program progresses. This includes capping administration and management charges under the Home Care Packages Program and improving access to Goods, Equipment and Assistive Technology.

For more information, please go to [the Department's website](#)

How can you get involved?

Enquiries relating to the reforms or upcoming consultation can be sent to sah.implementation@health.gov.au

To receive the latest information and learn about the Department's engagement opportunities:

- [subscribe to the Department's newsletter](#)
- sign up to engage with them through the [Ageing and Aged Care Engagement Hub](#).

Source: [COTA Queensland website](#).

COTA appoints Darren Young as CEO

The Board of COTA Queensland announced the appointment of Darren Young as their new CEO following the resignation of Mark-Tucker Evans at the end of June.



COTA Queensland's Chair Jean McRuvie stated, "Darren brings to COTA Queensland a wealth of experience in both the not-for-profit sector and the ageing sector, and we look forward to a bright future, with Darren opening a new chapter in COTA Queensland's long history".

"Our goals are to combat ageism; create an age-friendly Queensland; and shape a person-centred integrated health system that meets the needs of all Queenslanders throughout our entire life."

As an experienced leader in human services, Darren was most recently the Executive Advisor at Australian Red Cross, supporting many areas of their humanitarian work across Queensland. Immediately prior, he held the position of State Director of Mission Australia responsible for both Queensland and the Northern Territory. This was a diverse portfolio of services in the areas of children and families, disability and

indigenous employment, homeless and youth services. Under his leadership, the services grew significantly to include Local Area Coordination services as a main point of contact for people who experience disability in North Queensland, and a leading drug and alcohol rehabilitation facility based in Darwin in the Northern Territory.

In addition to his experiences in the national charity, Darren was also the General Manager of Helping Hand Aged Care in South Australia. As an aged care executive, he had a broad responsibility and included operational and strategic oversight of residential aged care, home based care and retirement village living.

Daren Young said of his new appointment, "It's a tremendous privilege to be given the opportunity to serve as COTA Queensland's new CEO. With our well-established history of advocating for the rights, needs and interests of older people in Queensland, I am very much looking forward to building on our capability, strengthening our many partnerships and most importantly, ensuring the voice of older people features strongly in the development of policy and services."



The board conducted an external recruitment process through the Windsor Group, and they were delighted with the quality and quantity of applications we received. Darren has the background and depth of experience COTA Queensland requires to move the organisation forward into the future and the board and staff are looking forward to working with him.

COTA Queensland is Queensland's seniors peak body advising government on the needs of Queenslanders as we age.

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New Liaison Officer visits U3A Dalby

Newly appointed Liaison Officer, David Bowden of U3A Roma, recently visited U3A Dalby. David's visit is the first of a number of planned meetings to take place across Queensland in the near future.

These meetings are designed to keep the lines of communication open between U3As and the Network Committee to share ideas and formulate policy for the future. The newly elected U3A Queensland Network Committee has appointed Committee Members across the state to arrange meetings with other branches.



David stated at the meeting: "So why do we need to meet? Good question! One reason could be that we become rather comfortable in being satisfied with what we do and are not aware that the world is changing around us. Thinking we have always done things a certain way and that's all I need to know may cause problems at a later time. We may not remember that we are part of the U3A International organisation with ties to other State and the International U3A in Toulouse France, where it all began. U3A is basically a learning and communication organisation. We know that it is most important for local Course Coordinators to provide suitable courses for Members to learn. Members must also know that there is need for communication to make sure that information regarding the running of the branch comes from U3A Queensland Network."

David's visit was a great success with many subjects discussed including group insurance which assists U3As in obtaining the correct insurance for their association at the right price without the hassle of obtaining quotes.

Participation in remote learning was also discussed with the emphasis on Zoom as an essential tool for people who want to learn but are disadvantaged by the tyranny of distance. This is particularly applicable in rural areas such as Dalby.

U3A Group Newsletters

The newsletters published by our U3As across Queensland are available on our website at this address;

<https://u3aqlld.au/u3a-newsletters/>

We appreciate those newsletters being made available by members Associations for publication on the Network website.

If you would like to add your newsletter, can you please forward it to newsassist@u3aqlld.au



Pictures from the Presidents' Council and Liaison Visits

[\(more pictures on the website here\)](#)



Report on 'Your Digital Legacy' webinar

The 'Your Digital Legacy' webinar hosted by nbn®, COTA Queensland and U3A Network Queensland on 23 August was highly successful with more than 300 people attending.

Every day, without realising it, we are leaving digital footprints as our digital legacy. These can be a valuable treasure for those we leave behind, but they can also leave you open to identity theft and fraud if you don't plan for your digital legacy. We often put a lot of thought into what happens to physical assets after we have passed on, but what about the digital assets and digital presence that remains?

Unfortunately, many people were not able to attend, judging by the number of you who asked if the webinar had been recorded for playback later. Because of nbn® corporate regulations the recording of the webinar cannot be distributed to the general public but there will probably be the opportunity in the coming months for nbn® to conduct the webinar again. All U3A Network members will be advised if this is the case, well in advance.

In the meantime, an extended report on the webinar has been prepared and is available to view and download here:

[Download Report on 'Your Digital Legacy' Webinar](#)

Please note: the date and time of the next 'Your Digital Legacy' webinar will be advised soon.

Please circulate E-News

Secretaries/presidents and publicity officers can assist by distributing our E-News to your committee and other members. You can use the URL link from our website below to insert it in your newsletters or notices to allow members to access the E-News on their own devices.

Network Website Link: <https://u3aqlld.au/network-queensland-newsletters/>

If you have any interesting information or pictures from your U3A's activities, I would be very interested if you could drop me an email with the details. Also, if we can help in any way please don't hesitate to contact us

Tony Nobbs

ENews Editor

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