



## MEN'S HEALTH WEEK

At the time of going to press it is International Men's Health Week. The following is an extract from the Australian website. We believe it may be useful information...

The best thing that Australian men can do in 2010 about their health is to get proactive. By taking preventative action you can reduce the danger of major health risks including depression, type 2 diabetes and even prostate cancer (now the most diagnosed cancer in Australia per year).

Every positive change is a step towards better and longer lasting health and happiness.

By starting an open discussion with friends and family and getting a yearly check up with your GP, you can safeguard your lifestyle and wellbeing for years to come.

There are a few simple steps men can take to actively safeguard their health and protect themselves from disease and death.

**Visit a GP and know your family history:** One of the easiest and most effective ways that you can take care of their health is by getting to know a GP and having a checkup once a year.

**Regular exercise:** The benefits of regular exercise can be huge for physical, mental and sexual health. By getting into a routine that includes 30 minutes of physical exercise a day, you can be well on the way to ensuring your health for the future.

Research shows that higher levels of physical activity can reduce cardiovascular disease, help fight depression, help prevent the onset of Type 2 Diabetes and improve sexual function. So take control of your health with 30 minutes of daily exercise.

**Healthy eating:** Just as important as regular exercise is to make sure that you maintain a healthy and balanced diet. Eating well is important for both mental and physical health, so you need to know what foods to eat in what quantities and what foods to avoid to minimise health risks.

A balanced diet means eating a wide variety of healthy foods including plenty of vegetables, fruit and cereals (like bread, rice and pasta), some lean meat, chicken or fish, dairy products (milk, yoghurt, cheese) and lots of water. It's a good idea to avoid fatty foods and foods with lots of sugar in them.

It can be hard to change your diet, so the best way to do it is to try and make small changes over time and eat healthy foods that you enjoy. For example, you could start by swapping a sweet for a piece of fruit.

**Stop smoking – it's the only healthy option:** Smoking causes 40% of deaths in men who are aged under 65. It is no secret and everybody knows that if you are a smoker, it increases your risk of coronary heart disease, stroke and a range of cancers and other diseases.

There are a number of services available for those who want to quit – speak to your GP or call Quitline on 131 848 for help.

**Maintain a healthy mind and a healthy body:** Depression affects one in six people at any time. Everyone can struggle with their day-to-day experiences, but the challenge facing men is to realize when they are getting overwhelmed and knowing how to get help.

Remember that there are services out there to help you or you can chat with your GP. The sooner you seek help, the sooner you can start getting back to your old happy self.

continued page 3

## CARE WITH YOUR MONEY PLEASE

I am very concerned that some of our clients and their property managers are sending us money that is either without any identification of the payer or uses identification for another unit in the group or is a repeat of a payment sent only a week or so before.

Currently we have around \$1,000 rattling around in our Trust Account, that no one has claimed.

Electronic banking has made it easier for many of us to pay our bills. Unfortunately it has also made it easier to lose our money.

Some pointers to ensure your money ends up where it should:

Only use the agent or Bpay number that appears on the tear off banking slip at the bottom of **your** account notice.

If you use an interbank transfer you must quote the agent number on the bottom of your banking slip.

When sending a cheque please attach the tear off banking slip.

If you are using Bpay to automatically pay your levies every quarter please ensure it is quarterly and not monthly and includes the Bpay number on your banking slip, look for the Bpay logo.

If you receive a reminder account please check that you have not already paid the account. Sometimes a payment and reminder cross in the mail.

Missing payments can cause a lot of angst for owners, including finding themselves heading for the debt collector.

Cheers  
  
Gordon Russell

ps: Do you have any friends who need to read our newsletter? Ring and we will post one out or they can download it from our website ☐

## emergency numbers

Plumbing , Gas, Roof Leaks	8356 2750
Electrical	1300 130 229
Breakins & Glazing	0437 818 449
Police to attend - noise/robbery etc.	131 444
State Emergency Service storm/flood	132 500

## ENERGY TIPS FOR A COLD WINTER

This Winter has turned very cold. With the rising cost of electricity and gas we thought the following tips may be useful.

### How to save energy and money this Winter.

Begin by insulating the roof of your home, starting with the main rooms which are heated. This will reduce heat losses as well as heating bills.

- ✓ Wear warm clothes, so that you don't have to use a heater as often.
- ✓ Close window and doors to the areas being heated, and close curtains (except on north facing windows during the day), to help keep the heat inside.
- ✓ Keep your heating system clean for maximum performance and efficiency.
- ✓ If the heater has a thermostat, set it at the lowest temperature setting at which you still feel warm enough 20c -21c should be adequate.
- ✓ Fit weather stripping around door frames and draught excluders at the bottom of external doors, and doors to high ventilation areas like the bathroom and laundry.
- ✓ If you are purchasing an air conditioner with a heating or cooling capacity less than 7.5kW, use the Energy Rating Labels to help you choose an energy efficient model.
- ✓ If you are purchasing a gas heater, use the Australian Gas Association's Gas Energy Rating Labels to help choose an energy efficient unit.

Ensure the safety of your family and home by following these tips:

- ☐ Never hang clothes over heaters to dry
- ☐ Keep heaters away from curtains
- ☐ Beware of open flames
- ☐ Don't store wood next to a slow combustion heater
- ☐ Always ensure adequate ventilation for unflued gas heaters



Further information on Energy Saving can be obtained from Energy SA at [www.energy.sa.gov.au](http://www.energy.sa.gov.au) ☐



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t (08) 8333 5200 f (08) 8333 5210 w [www.unitcare.com.au](http://www.unitcare.com.au) e [mail@unitcare.com.au](mailto:mail@unitcare.com.au) abn 193 4872 3265

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after hours emergencies - must phone 8333 5200 for up to date information.

## WHO PAYS THE PLUMBER ?

Recently our office made a mistake regarding who should pay a plumbing account. In this case the owner had called the group's preferred plumber to repair a leaking pipe. She paid the bill, then asked the Corporation to reimburse her for the cost. We understand that the group's plumber advised the owner that the Corporation was responsible for the damaged water supply account.

We sent the account to the committee asking them to advise us if we could pay the owner, based on their group's plumber's verbal advice to the owner and one of our staff members. We then paid the owner seven days later without the committee's approval.

common property and is the owner's to pay.

On reflection...

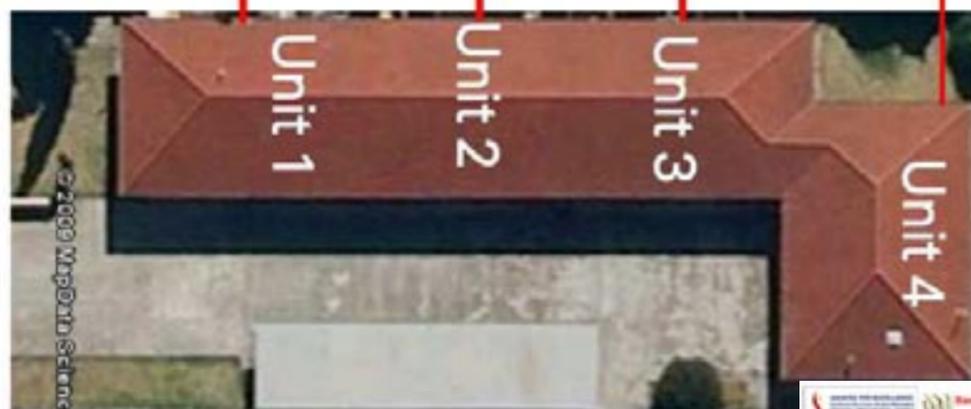
Beware of plumbers offering opinions on body corporate law.

Always get it in writing, with the location of the repair drawn on a copy of the group's plan if possible.

Only pay accounts when we have the proper authority.

*Note: The group's preferred plumber was not the plumber we usually recommend, Precise Plumbing ☐*

water supply to units - red is owner responsibility unit 4 owns all this pipe



The pipes shown in red are the owner's responsibility to maintain.

The group's committee rightly complained. They thought the account was the owner's to pay as it was the pipe serving their unit. We investigated further and requested the plumber supply a drawing showing where the pipe repairs were undertaken. The drawing showed the leak in the supply pipe was between the joint to the common supply and their isolation valve for the unit.

Section 5 part 6 of the Strata Titles Act spells out structures and services that are the Strata Corporation's responsibility to maintain. Section 25 explains the Corporations responsibility to maintain the services.

Section 5: Boundaries

(6) The common property comprises:

- (b) any pipe, cable, wire, duct or drain that is **not** for the exclusive use of a unit;

Section 25. The functions of the strata corporation are as follows:

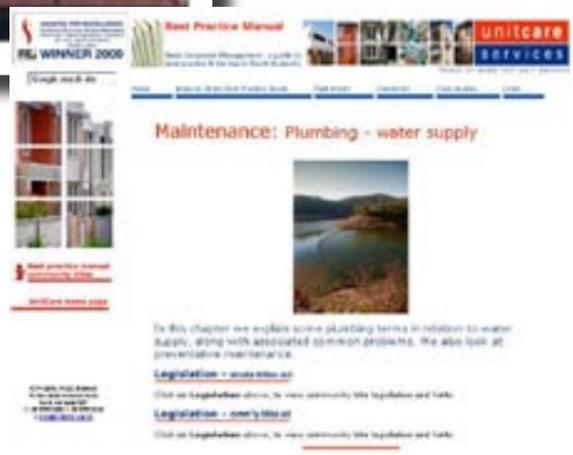
- (a) to administer and maintain the common property for the benefit of the unit holders and, to such extent as may be appropriate, other members of the strata community; and
- (b) to administer all other property of the corporation

What does this mean? Services that do not serve a single unit are the Corporation's common property. This includes the common water supply, storm water drainage and sewerage disposal system. (The picture above illustrates this law)

The test is: If the supply or drain was terminated at any point would it effect more than one unit. If so it is common property.

In this case the pipe only serves the one unit and is therefore not

Our website contains more information on plumbing issues along with some useful tools. [www.unitcare.com.au/bp\\_strata\\_maintenance\\_plumbing\\_supply.html](http://www.unitcare.com.au/bp_strata_maintenance_plumbing_supply.html)



## ASSISTANCE FOR AGENTS, OWNERS AND PROPERTY MANAGERS

We provide a pro bono service for unit owners, agent and property managers.

This means we provide free advice on body corporate and related matters.

You do not have to be a client to use this service. We provide up to thirty minutes of time at no cost.

If you are involved in owning, selling or managing property here in South Australia feel free to drop us an email or call our office ☐

## MEETING HINTS FOR YOUR BODY CORPORATE

The end of financial year is upon us. This is a time many groups will have their annual meeting of owners, the AGM. Here are some hints that may help make for an effective AGM at your group.

### 'Too busy to attend'

If you are unable to attend, nominate a proxy (friend, family, UnitCare) to at least help make up the quorum. Your proxy can vote on your behalf should you wish, and you can give them instructions on how to vote. Submitting a proxy may also avoid a non-attendance fine should your Corporation elect to impose them.

### Make your vote count

If your levies are not fully paid up, whilst you can still attend and join in the discussions at the meeting, you will not be able to vote on many of the matters raised. Ensuring you are paid up will remove any barrier to your full participation.

### Plan ahead.

If you have points of concern, gather all the information necessary to explain your concern and your suggestion for a solution. If the solution involves work on site, (such as painting, repairs, grounds works) obtaining quotes and site diagrams for circulation with the meeting notice will give people time to consider the cost involved and the impact of any changes.

### Ring around.

Ring around or meeting with owners to go over your idea before the meeting will help you establish those in favour, and those who may not be, saving time on the night. Your Strata Manager cannot do this for you, as they need to remain neutral.

If your contact with other owners reveals that some may not be attending, you could ask that they give you their proxy even for just the matter you are concerned about.

### Decisions mean votes.

Depending on what your plans are, you may have to provide written details of your idea to go out with the meeting notice in order that voting will comply with the requirements of the Strata or Community Titles Acts.

Waiting until the night to explain your idea will both add time to the night and, unless sufficient people are in favour, your idea may not be approved simply through not having enough information. In some cases if details are not provided with the meeting notice, a further meeting will be required under the Act.

Be prepared ... come prepared.

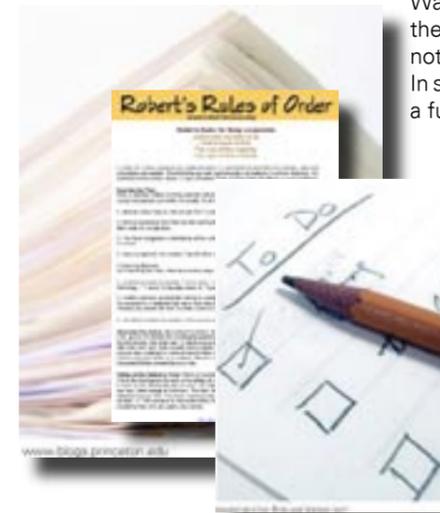
Read the information provided with the agenda. Check for any current proposals.

Phone others to clear up any questions ahead of the meeting.... and have a great meeting!

### More help with meetings?

Our website has a great deal of help on how to prepare for an run meetings.

Go to [www.unitcare.com.au](http://www.unitcare.com.au) and look for the Best Practice buttons on the right hand side ..



Our website contains the latest legislation along with many tools to assist officers in the calling and conduct of their group's meetings ☐

## MEN'S HEALTH WEEK (CONTINUED FROM PAGE 4)

### Maintaining healthy relationships with family, friends and mates

Close relationships with family, friends and mates can form the cornerstone for a man's whole life and wellbeing. They are the most important source of love, support and understanding available and often underpin a man's sense of self.

Healthy relationships are not just limited to those with wives, partners and family, and often mates and close friends are just as important. One of the best things for men to do is to make sure that they have at least three close friends and mates who they know they can talk to and with whom they feel comfortable discussing anything. Often the harder something is to talk about the better you will feel when you finally express it.

Just as important is to make sure that you are there for your mates when they might need you ☐

<http://www.menshealthweek.com.au/preventative-health.php>

## LISA JOINS OUR TEAM



We have a new member of staff.

Lisa joined us in March this year. her duties include switchboard, reception and income processing.

Lisa formerly worked at the The Australian Opera and Sydney Theatre Company

She has a background in administration and enjoys gourmet food & photography. Lisa is a collector of buttons. Welcome to UnitCare ☐