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*Non-competitive learning with
no qualifications and no exams*

*Social, creative, technical
and recreational activities*

Newsletter

Issue 17

March 2016



MESSAGE FROM THE PRESIDENT

The First Term is now well and truly underway and I hope all Whittlesea U3A Inc. members are enjoying whatever activity they are involved in.

We currently have 577 financial members born in 49 different countries. Whilst this is slightly down on the number we finished 2015 with; it is actually ahead of the corresponding number of members (506) we had at this time last year. The Number of Courses & Activities we are offering is 83 so there is something for everybody to do.

We had one Committee Change since the last Newsletter, we said good bye to our longstanding Program Coordinator Margaret Fyfe who after 8 years on Committee decided to retire. She has been replaced as the Co Programs Coordinator by Afroditi Toso who will continue to partner Judy Cleary in this role. Margaret will stay on as a Member of WU3A and we thank her sincerely for her long standing contribution to our Organisation.

I want to advise that the very popular **City Of Whittlesea "Young at Heart Games"** are going to happen again this year, this Mini Olympic Event for COW Seniors is planned to take place on **Thursday 7 July between 8.30am-3.00pm**. The venue is at the Mill Park Basketball and Netball Stadium, Redleap Avenue Mill Park. (Behind the Stables Shopping Centre)

It is an Olympics Event Day for seniors 50 years+.

An indoor soccer (Walking Football tournament is planned for this event). Other activities includes carpet bowls, table tennis, mini golf tournaments and come try areas, community torch walk, tai chi and exercise classes and lunch.

The Games are a COW Council organized event and are open to all Senior Citizens of the City Of Whittlesea. We encourage WU3A Inc. members to either take part or to come along and support your friends.

The WU3A Contact for this event is Committee Member - Michael Murray.

Finally may I take this opportunity to wish everybody connected with Whittlesea U3A Inc. a very Happy & Safe Easter!

ACKNOWLEDGEMENTS

We wish to acknowledge and thank the Hon. Andrew Giles M.P. (Scullin), Bronwyn Halfpenny M.P. (Thomastown), Hon. Lily D'Ambrosia M.P. (Mill Park) and their staff for the generosity and their assistance in printing and copying our Newsletters, Calendars, Forms and Mail-outs.

A big thank you also goes out to Mill Park Library for the use of their rooms.

MESSAGE FROM THE CLASS CO-ORDINATORS

We have settled in for the year and already 1st Term is nearly over. Enrolments went smoothly and nearly everyone got the classes of their choice.

We have some offers for new classes, so we are looking for expressions of interest for anyone that would be interested in enrolling, and we are still looking for a guitar tutor.

- ◆ Lessons on how to use your ipad
- ◆ Pilates based floor exercises
- ◆ Tap dancing.
- ◆ Live Theatre - For those interested in going out as a group to a live show.
1st suggested show "Singing in the Rain" Wed. 25th May at Her Majesty's Theatre [1.pm](#). Would need 10 or more people to get reduced cost on tickets

We have some vacancies in our **Wholesome Cooking class, Italian Conversation, Computer class Excel** and more, and we are always happy to have people enrol in our walking groups which are held in various locations.

Please note that you have to have a reasonable level of fitness for any of our exercise, walking or table tennis groups.

Thank you to our tutors, leaders and all volunteers for the invaluable work that you do!!

Contact Class Coordinators for more information coordinatorwhittleseau3a@gmail.com

Afroditi 0431 488 346 or Judy 0409 465 741

Thank You Margaret Fyfe

Margaret Fyfe has relinquished her role of Course Coordinator and we welcome Afroditi Toso to our ranks.

Margaret joined Whittlesea U3A in 2008 and was soon co-opted to the role of assistant to our Treasurer Margaret Mitten.

The following year Margaret became Course Coordinator/Venues Coordinator, a role that she shared with Bill Palmer for some years.

Margaret did all of these jobs with a cheery attitude and a smile for everyone often going out of her way to try to keep everyone happy and nearly always succeeding!

Well done Margaret, we look forward to seeing your smiling face and happy nature at our classes, morning tea and of course popping your head around the office door.

THE NEXT NEWSLETTER WILL ISSUE IN JUNE 2016. THE NEWSLETTER SUBMISSION CUT-OFF DATE IS 15TH JUNE 2016 SO IF YOU HAVE A CONTRIBUTION, INCLUSION OR ARTICLE, PLEASE EMAIL TO epspinner@bigpond.com BEFORE THE SUBMISSION DATE.



Joy Chatfield has been named one of two Citizens of the Year by the City of Whittlesea.

CONGRATULATIONS

U3A member Joy Chatfield has won this year's City of Whittlesea Citizen of the Year Award for her outstanding achievements. Joy is the welfare co-ordinator at the Plenty Valley Uniting Church, a member of the Whittlesea Town Choir, looks after the arts and craft exhibition at the Whittlesea Show and volunteers at the Plenty Valley Retirement Village and Rotary Bundoora.

She has raised 11 foster children, hosted numerous exchange students, raised 10 guide dog puppies for Guide Dogs Victoria and sponsored and mentored an African refugee boy who obtained an education and is now a member of Victoria Police.

Article & Photo Whittlesea Leader

Joy's involvement in the formation of Whittlesea U3A Inc is something else to add to her list of achievements. In 2001 Joy was actively involved forming the Combined Probus Club of Whittlesea when she saw the "ad in the local paper" seeking people interested in forming a U3A. Seeing the need for such a group she joined and was to become one of the first members of Whittlesea U3A. Joy became a member of our Steering Committee where she used the experience she had gained from other community activities to assist in drafting the Constitution.

With a working background as a Company Director and Social Worker, Joy has put this experience to good use. Her time over the years was spent assisting the community; combined Probus Club of Whittlesea, South Morang/Plenty Valley Emergency Relief, Inner Wheel, Bundoora Kildonan, Whittlesea Community Connections, Norparrin (assisting children with special needs) and RMIT Resist Ageing; she is a valued member of the Whittlesea U3A. Joy has also been involved with 2 choirs, Whittlesea Township and Singers without Borders.



FRIDAY EXERCISE GROUP WITH MARGARET CASSIDY



2016 started with a lot of fun and not much fanfare with our Friday exercise group with Margaret Cassidy. We decided that as this was our first session for the year then we should treat it as our NY celebrations with most wearing party hats for the occasion.

A big group of rather enthusiastic people turned up and got right into the marching around the hall and then tossing their dumb bells across the floor. Not a very rowdy session but then being the first of the year and having some new class mates we probably did not want to scare them off. Watch out though because when there is an occasion we will get quite noisy and fun. Hope the newbies enjoy this class as much as I and many others do.

Submitted by Carol Battye



'GROOVE TRAIN' MONTHLY LUNCHESES WITH VAL MARLOW

As can be seen from the photos, attendees once again enjoyed a relaxed lunch at the Groove Train at the February Luncheon.

The Groove Train is conveniently located at Westfield Shopping Centre in South Morang and excellent feedback has been received about the quality of the food and the first-rate service.

Val hosts the luncheon on the second Thursday of each month between 12 noon and 2pm.

ANNUAL TUTORS AND LEADERS APPRECIATION FUNCTION



The annual event to say “thank-you” to our tutors and leaders was held on Thursday 28th January 2016 at May Road. It was a well attended function where Joe expressed his thanks to the volunteers on behalf of WU3A and Kathy assisted Joe in the presentation of appreciation certificates. In a relaxed and informal atmosphere, Northstar Caterers provided a scrumptious spit-roast dinner which was enjoyed by all who attended.



Congratulations Silvana and Ron

Congratulations to Silvana Di Battista and Ron Harvey on their marriage earlier this month. Ron and Silvana have been leaders of the WU3A choir for nearly six years and have participated in many of our activities through these years. The choir was delighted to be asked to sing at the ceremony. Many other U3A friends along with of their own family and personal friends attended this happy occasion held on a perfect day in the park.

We wish them a very happy and healthy long life together filled with much love, fun and adventure.



***The telltale scratchy throat.
Miserable nasal congestion.
Lethargy tinged with aches and
chills.***

For many, Autumn brings the “dreaded lurgies”. Flu shots and anti-biotics are losing their effectiveness but consuming foods that are full of anti-viral and anti-bacterial properties can boost your immune system and may assist in preventing colds and flu. Most beneficial at the onset of a sniffle, or as a preventative, you can safely use on a daily basis during Autumn and winter :

Honey – Anti-viral, reduces coughing, soothes a sore throat and fights infection.

Coconut Oil - The Lauric Acid in Coco-



nut Oil kills bacteria, viruses and fungi.

Mandarins – Anti-viral to help prevent colds and fever. Retain the **skins**, dry them, then infuse in hot water to make mandarin tea - the skins carry powerful citrus oil remedial properties.

Ginger – Anti-viral/bacterial/microbial and beneficial in treating colds and flu. Infuse 2 tbsp. of freshly chopped ginger root in hot water two to three times a day and drink the liquid - honey may be added.

Prunes – Powerful immune booster, brew a ‘tea’ by infusing 2 de-seeded prunes in hot water for 20 minutes, along with fennel seeds, and a clove then drink the liquid and eat the fruit.



News from the Knitters

The Knitter's Group has applied for a \$1,000 Grant from the Leader (Newspaper) Local Grants and they need your vote.

Coral reports that so far this year, the Knitters Group is going very well – there is a group of 30 knitters who have knitted 371 articles in 2016 which is really great.

Other WU3A members also knit for the group and they are also included.

A big thank you to Dianne Germaine for all her knitted items that she donates to the group and a big thank you to all the people who have kindly donated wool. Most of the knitting is going to KOGO which distributes to about 8 different charities.

We have applied for a grant from the Leader Local Grants for \$1000.00. This would enable us to buy some good wool for hospital patients, especially cancer patients as they need soft hats.

We will not know until the 14th March, if we are one on the lucky 10 who have been named, voting is open from 14th March until 1st April, and voting will also be open online.

So please everyone vote for us, (see local paper) The lucky one to win has to get the most votes, so here is hoping.

.. Do you remember ..

1961 at a glance

A Credit Card service for trunk calls, telegrams and reverse charge calls are introduced.

Radio telescope opens in Parkes heralding radio astronomy.

Oral contraceptives for women go on sale.



Melbourne's Myer Emporium takes over retailer Farmer & Co. of Sydney.

HIT SONG OF THE YEAR

"I'm Counting on You"

SYDNEY-HOBART
YACHT RACE
Rival

Richie Benaud becomes ABC sportsman of the Year.

Monash University (Melbourne) is officially opened.

Crown of Thorns starfish detected on the Great Barrier Reef ravaging pockets of coral platforms.



BREAKFAST AT SINNERS

A good sized crowd attended the first Sinners Restaurant breakfast for 2016 and no-one was disappointed with what was on offer for \$13.00.



Along with the food, fruit juice and tea or coffee was also available. Sinners is

Located on Plenty Road, South Morang and everyone is asked to be there at 9.30.

We arrived a little early but decided to go in anyway as we thought a few would be there already.

We were the last to arrive as no-one likes to miss out. There was lots of chatter which gave it a happy social feeling. I think it's a great way to meet other members of Whittlesea U3A.

Submitted by Carol Battye



"ALL IN A DAY'S WALK"

Carmella, Jeanette, Heather, Kirsten, Pam (and not forgetting *Beau*, the cute Maltese terrier) form the Wednesday Walkers, enjoying a well earned cuppa after their 3 km trek amongst 300 year old gums in and around Mernda.

The Mernda Walking Group meets outside Ferguson Plarre at Mernda Villages at 9.30 am each Wednesday.

Despite the threat of rain and a fresh breeze, approximately 35 people attended the annual Labour Day picnic at Yan Yean Reservoir. A big thank you goes to Richard and Pam for organizing and setting up a delightful day – together with the raffle and not forgetting the delicious sweets they bought as a treat. Rich in history, the Caretaker's Cottage at the North End of the park is now a Museum, open to the public and tells the story of Melbourne's water supply and storage. Sue from Parks Victoria was on hand and provided an interesting guided tour of the building which was built in 1853.

ANNUAL WU3A LABOUR DAY PICNIC YAN YEAN RESERVOIR



Parks Victoria in conjunction with Melbourne Water extends an open invitation to all to the 'Big Pond' historical theatre. On 28th May 2016 at 2pm, the Woodlands Players will present a historical snapshot of life at the Reservoir in the 1800's at a cost of \$15 per person which includes afternoon tea. For further details, contact Sue on 5783 3942 or 0414 526 407.

GREAT NEWS AND PROJECTS FROM THE U3A JEWELLERY GROUP

Our small group of 6 (combining both groups) has been hard at work producing some great pieces of work including necklaces and earrings since we started in February.



Some completed examples have been included - great modelling by one of the members. The ladies are very eager to attempt more complex projects over the next few months and who knows you might see some at some of the Monday Morning Teas



Whittlesea U3A Membership Annual Fees

Single	\$40.00
Joint (at same address)	\$35.00 each
Associate (member of another U3A)	\$15.00
TALEC (May Rd activities only)	\$1.00
Tutors	N/A
After the Enrolment Period in December a \$5.00 fee increase will apply	

Whittlesea U3A Inc. Committee 2014-2015

Committee Executive

President

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CHAIR AEROBICS

DVD IS AVAILABLE - \$10.00 each

Available at Monthly Morning Tea or from
Brenda Gorely on 9436 9203.



ANCIENT CHINESE PROVERB :

Learn from the mistakes of others;
you can't possibly live long enough to make them
all yourself.

WU3A 2016 TERM DATES

Term 1 ends on 24th March

Term 2 commences on 11th April

ANTI VIRUS SOFTWARE FOR COMPUTERS

at "PC Australia", 26 May Road, Lalor - (03) 9464 6888
Offering WU3A members special prices and substantial discounts on
Norton, Trend Micro and Kaspersky software

POLO SHIRT ORDER FORM



The Polo Shirt is 220 gram Polyester/Cotton Pique Knit, with a fully taped neck seam, half moon yoke, ridged collar & side vents. It is wash'n'wear Royal Blue with Gold logo.

AT THE SUBSIDISED PRICE OF \$20 EACH

Sizes available: (cms)

	XS	S	M	L	XL	2XL	3XL	4XL	5XL
Half chest size	51.0	53.5	56.0	58.5	61.0	63.5	66.0	68.5	71.0
Body Length	69.0	71.5	74.0	76.5	79.0	81.5	84.0	86.5	89.0

There is also a size K14, slightly smaller than the XS. Payment required with order.

NAME	PHONE NO.	SIZE	CLASS DELIVERY