



Newsletter

Issue 10 - June 2014

MESSAGE FROM THE PRESIDENT



Half the year has gone and we are fast heading for terms 3 & 4. I hope that you have all enjoyed your involvement in Whittlesea U3A activities so far this year and that you plan to continue taking part in the second half of the year.

I am pleased to report that we have some 501 active members with numbers increasing all the time. We currently run some 70 courses and activities with a couple of new activities starting up in the third term, so there is something for everybody to do on any given day of the week.

We have also increased our presence in the Northern Areas of the City Of Whittlesea; so if you know any seniors looking for something to do encourage them to join Whittlesea U3A Word of mouth is still by far our best publicity medium.

Your Committee continues to lobby the City Of Whittlesea Councillors and Officers trying to get more suitable permanent accommodation to run our Administration from, this has proved to be a very frustrating task with little progress being made over the last 5 years, since we moved into the temporary May Road office.

The latest information we have been given by a Senior COW official is that there is a possibility that we will be accommodated at the Peter Lalor Vocational College sometime in 2015. Of course this is not set in concrete so I am not holding my breath. I will believe it when it actually happens, if it ever does.

With terms 3 & 4 upon us it is timely to remind everybody that if you intend to join a new class you must notify the Course Coordinator (Margaret Fyfe or Judy Cleary) before you attend, similarly if you are dropping out of an existing class please do your Tutor and our Course Coordinator the courtesy of letting them know.

As always your Committee welcomes any constructive suggestions or new ideas from members, in the meantime continue to enjoy the great friendship and fellowship that Whittlesea U3A Inc. offers!

Joseph P Felice

News Items

Newsletter items can be forwarded to editor@whittleseau3a.com.au, left at the office, telephone 0438 050 824 or handed to Peter Rodaughan.

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THURSDAY 21ST AUGUST

Annual General Meeting; at Epping Memorial Hall 2.00pm.

Speaker from **Chocolatier Australia**

All correspondence to:

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Mobile 'Phone 0404 119 189
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Note the changed email address

HISTORY OF WHITTLESEA U3A

Just a reminder that that we still have a limited number of this fascinating 10 year history of the Whittlesea U3A for sale.
Be one of the lucky members to purchase this great piece of our history.
Once they're gone; they're gone.
Unbelievable value at the lowest price;\$5.00

Val's Candlelight Luncheon

Don't forget the Candlelight Luncheon on the 2nd Thursday of every month run by Val Marlow

The Venue is the Commercial Hotel

Corner of Plenty Road and McDonalds Road South Morang

Time is 12noon – 2.30pm

The Price 2 course meal Seniors Lunch is \$10.50

3 Course Seniors Lunch is \$11.50

Why not come along for a chat over a meal and join in with your friends and also meet new ones?

Sunday Lunch — Epping Hotel, 743 High Street Epping

We meet on the second Sunday of the month at 11:30am. Lunch is always a popular activity where members get together for a chat over a Sunday roast. We would love to see you there, so please, come and join us.



4 DAY LAKES ENTRANCE TOUR

November 21st, 22nd, 23rd & 24th

Price per person \$380 TWIN SHARE



All payments to be finalized before the Trivia Night of October 16th.

NO REFUNDS CAN BE PAID AFTER ALL BOOKINGS HAVE BEEN MADE

The bus will be leaving from the corner of Station Street and The Boulevard, Thomastown, at 8am and Epping Memorial Hall at 8.15am

Day 1 Depart pick-up points, and travel through South Gippsland via Korumburra, Leongatha & Foster stopping in Yarram then continuing on to Lakes Entrance for a rest or a walk along the wharf. The day's journey concludes with a delicious dinner in the motel restaurant.

Day 2 After a delicious cooked breakfast, we will travel to Orbost over the Snowy River Flats, passing the spectacular Railway Trestle Bridge, and follow the Snowy River to Marlo on the coast at the river's mouth. We then head to Cape Conron Coastal Park before returning to Orbost and onto the Snowy River Orbost Visitors Centre. Then it's back to Lakes Entrance and our Motel in time to freshen up before a 2 Course meal at our hotel

Day 3 After breakfast, we visit the Buchan Caves Reserve to have a look around at the Flora & Fauna, after which we travel to Nowa Nowa and Mingling Waters to view gemstones and polished wood carvings as well as the Margaret Campbell Pioneer Collection. The day ends at our motel for a farewell dinner in the motel restaurant.

Day 4 After a relaxing breakfast, and a farewell to our hosts, we take one last look at the Lakes from the Kalimna Lookout. We then travel to Bairnsdale to step back in time as we take in the displays at the Antique Clock Museum. Finally, the coach returns us home via Sale, Latrobe Valley, and Yarragon Arts & Crafts Centre: arriving in Epping / Lalor, late afternoon.

Inclusions

5 Star Coach Travel
Motel Accommodation
3 Full cooked Breakfasts
3 two course dinners
Entry to Mingling Waters

Non-inclusions

Morning / Afternoon teas & Lunches



All enquires to Richard on 8364 0570 or Mobile 0408 748 261
Pam 0407 743 700

The man who fell into an upholstery machine is fully recovered.

MORNING TEA

This is an occasion open to all members which takes place on the first Monday of each Month. It's a chance to hear Joe (our President) talk about Major events coming up within our group. With holidays now happening, our main event is when we all return to classes. Joe also talks about any important matters happening within U3A and at this meeting we found out exactly what was covered with Insurance within the group.



Usually other members involved in different classes or activities have a chance to talk about their group so we get a chance to hear what others are involved in.



Everyone sings happy birthday to the particular Months birthday people and Bob and I were up there enjoying the singing holding our card and gift.

The main thing is we get to share a nice Morning Tea and not only catch up socially with members we know from classes we are involved in but also to meet members from other classes.

Oh and of course we get to try some yummy food which some of our members make and bring along.



It is certainly worth taking the time to be at the morning tea.

by Carol & Bob Battye

Sign Placement

On a Maternity Room door:
'Push. Push. Push.'

In the front yard of a Funeral Home:
'Drive carefully. We'll wait.'

In a Restaurant window:
'Don't stand there and be hungry;
come on in and get fed up.'

In a Vets waiting room:
'Be back in 5 minutes. Sit! Stay!'

WE NEED A LITTLE HELP PLEASE!!!

Do you speak Italian? There is a small group of Whittlesea U3A members who would make you most welcome if you can speak Italian, and could help them to learn what you can do quite naturally, and that is, to speak Italian also.

If you can help us for about 2 hours a week, please contact either: -

Margaret Fyfe margaretfyffe@optusnet.com.au or
Judy Cleary judith.cleary@yahoo.com.au

MESSAGE FROM THE CLASS COORDINATORS

We have some new classes commencing in the 3rd term. Please contact us if you are interested in joining any of these.

TUESDAY PM New beginner **Tai Chi** class with Leonie Duncan at Riverside Community Centre in South Morang commencing 12.45pm till 1.45pm. 1st 2nd and 4th Tuesdays

WEDNESDAY PM **Embroidery** Class. A hand embroidery class, which consists of piecing fabrics together, then embellishing by hand with embroidery stitches, and thread. Then adding ribbons and beads to create a heavily embellished piece of work. This will be held on 1st and 3rd Wednesdays each month at 1pm. at South Morang. Venue on application. Kits \$10.00 will include everything needed.

Please bring small scissors and a thimble if you use one

WEDNESDAY PM A **Beginner Computer related Technology** class will be held at Thomastown Library, Wednesdays 12noon till 3pm.

THURSDAY PM **Beginner Latin Line Dance** 1.45pm -2.45pm Thursdays at Riverside Community Centre South Morang

FRIDAY AM There are some vacancies in the **Introductory Photo Enhancement** class at Mernda on Friday mornings.

Please let us know if you are interested in doing a **Correspondence Excel** class with Ben Caruana. This would be done at your own speed in your spare time.

Some other classes still have vacancies, eg.

Scrabble,	Round Dancing,	Bike Riding,
Orchid Repotting,	How Things Work,	Busy Hands.

Please contact us if any queries at all.

Margaret Fyfe margaretfyffe@optusnet.com.au
Judy Cleary judith.cleary@yahoo.com.au

Or contact office 9464 1339 Tuesday or Thursday or leave a message

MAY ROAD ACTIVITIES—SENIOR CITIZENS ROOMS

Rear of Lalor Library Car Park, May Road Lalor 3075

Office hours for enrolments etc.: Tuesdays 1:00pm—4:00pm., Thursdays 10:00am—4:00pm.

TUTORS CAN PHOTOCOPY CLASS NOTES DURING THESE HOURS

Bocce Tuesday and Thursday 1pm — 4pm This is a fun game. Why don't you try it out? You don't have to have any skills, only to be able to hold and roll a ball. It's a load of fun!

Table Tennis Tuesday 1pm — 4pm If you would like to play come and join us.

Laptop Computers for Beginners (Windows 7 & 8) Thursdays 1pm—3pm

Learn the basics of how to use your laptop computer with Windows 7 or 8.

Yoga Thursday at 9.15am — 10.15am You don't have to be young & supple to practice Yoga & Meditation...all that is needed, is a desire to be happy.

Computer Application Workshop Thursday 10.30am — 12.30pm Learn about different applications for computers and how they can interact with our modern technological items. (iPod, cameras, 'phones etc.)

Windows Opportunity Thursdays 1pm — 5pm Not for Beginners. Laptop essential and Web Creation

Carpet Bowls Thursdays 1pm — 4pm An enjoyable game that is very easy to learn and a lot of fun. You don't need skills to play. Great for the fun loving

Trivia every 1st , 3rd & 5th Thursday 7pm—9pm. A night of fun and laughter where member join up in teams to answer questions. We also have door prizes

Social Night Games/Chat/Line Dancing 2nd Thursday 6.00pm Just bring a supper plate to share, Meet and greet friends, try our jigsaw, learn about new classes, work out the mystery object, or play a game of scrabble or chess.

Sharing a Meal Together 4th Thursday 6.00pm This activity is not a cooking class; members get together over a meal and share the cost.

Singing For Joy Thursdays at 3.30pm — 5.30pm You definitely do not have to be a Nellie Melba or a Luciano Pavarotti, just come along and join in a great fun couple of hours.

English Country Dancing. Friday 3.30pm — 5.00pm Even if you have 'two left feet' you can enjoy this great afternoon activity.

THURSDAY 21ST AUGUST

Annual General Meeting; at Epping Memorial Hall 2.00pm. Speaker from **Chocolatier Australia**

BISCOTTI WITH STORIES

A baking and story-telling community project

Biscotti with Stories is a community cultural development project that aims to document the local Italian immigrant history and traditions as well as improve the social cohesion of the Italian community of Whittlesea by engaging its senior members in the preparation of traditional biscuits, and in story-telling associated with them. During the project, participants will have the opportunity to bake their own biscuit recipes for the community and, at the same time, to present a story related to their significance. The project is targeting members of the Italian Seniors' Clubs in the community of Whittlesea as the cohort of contributors for the



content of the project. The final outcomes will be available to share with all members of the broader local community through a public event specifically organised to share the recipes, traditions and stories. The project also aims to fight social isolation and to connect people through different ways of socializing in the kitchen, considered in the Italian culture like a small “piazza” (square) of the house.

Invitations to participate in this project will be extended to all the Italian speaking Seniors' Clubs listed in the City of Whittlesea directory. We are aiming to collect stories from elderly Italian citizens and or their children who settled in Australia during the post-World War two migration period. We are seeking authentic traditional recipes that have been adapted for Australian conditions and most importantly stories which bring alive the daily human lived experiences of these people.



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President Friends of Farm Viganò Inc
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Do you ever wonder....

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why didn't Noah swat those two mosquitoes?

Why is the man who invests all your money called a broker?

THURSDAY 21ST AUGUST

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ROUND DANCING

AN EXPLANATION

ROUND DANCING is best described as choreographed ballroom dancing, for couples. It is a social, non competitive activity for fun, rather than competition. Solo dancers also enjoy this activity – and often, due to a severe shortage of men, two women will dance together.

On the dance floor, choreography is directed verbally by a round dance Cuer, enabling all couples on the dance floor to dance the same steps at the same time.

This 'Cuer' guides the dancers through the figures in each routine, thereby eliminating the need to memorize and making it challenging for the mind, as well as the body.

There is no prize for being perfect – dance for the fun of it. If you make a mistake the round dance police will not get you.

The music used is pretty much the same as that used in ballroom dancing. Rhythms include Waltz, Foxtrot, Rumba, Cha Cha, Two Step, Quickstep, Tango, Jive and several others.

While ballroom is 'freestyle' in round dancing each piece of music has a specific routine written for it. Over the past 50 years or so, there have been tens of thousands of dances written.

Round dancers learn from day one to associate each foot pattern with a figure name. This makes it easier to teach future routines since the dancer has a repertoire of figures at their fingertips [Okay – foot tips].

The dancer learns the routines as well as the names of all the dance steps in each rhythm so that when the music is played the couple, can follow the cues that are spoken on the microphone by the Cuer, just in time to prompt the next step to be danced.

It is this aspect that makes **ROUND DANCING** especially unique. It is also challenging for the mind as well as the body and a joy to behold as every couple on the dance floor dances each routine in unison.

ENJOY learning and being part of ~~
ROUND DANCING.

This dance class is on Monday afternoons from 1pm till 2.30pm. Held at the
Riverside Community Centre in Doreen-Rogan Way. South Morang.
MEL:- 183 G 12

Why do Chemists make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front of Supermarkets?

Why do people order double cheeseburgers, large fries, and a diet coke?

Why do banks leave vault doors open and then chain the pens to the counters?

THURSDAY 21ST AUGUST

Annual General Meeting; at Epping Memorial Hall 2.00pm. Speaker from **Chocolatier Australia**

WHITTLESEA U3A CHRISTMAS LUNCH



Well this is the Program for our Christmas Break-up Party, I know you are probably thinking it's far too early to book now and probably you are right.

But I do have quite a lot of bookings already and if you want to sit on the same table with your friends from the classes that you attend, now is the time to do it, you can always cancel out later on if you find you can't come or if anything unforeseen happens, that's not a problem, but I can't add you to a table that is booked out. If you want to come I am sure that your activity leader or Rep will be taking bookings, otherwise you can book at the office or with me direct as long as you let us know what class you want to sit with.

We will be taking payments from July if you wish to pay early, keeping in mind if you pay and something happens, you will get your money back as long as you tell us in reasonable time.

When you book please let me know if you have any dietary requirements. Do not leave it until the day as I need to let the

Reception centre chefs know.

The day will consist of
2 course meal plus a plate of antipasti,
Drinks supplied; Beer, wine and lemonade,
Coffee, Tea and Christmas Cake,
A great Band to dance to, and
Father and Mother Christmas will be putting
in an appearance. In all it is a great day to
finish the year with the friends that you
have made throughout the year,

Details

<u>Venue</u>	Golden Star Reception
<u>Address</u>	15 Yale Drive Epping
<u>Date</u>	Wednesday 3rd December 2014
<u>Band</u>	Horizon
<u>Price</u>	\$32.00 members \$37.00 non-members
<u>Time</u>	12noon - 4.30pm

[If you are coming with friends try and car pool as parking space is a bit limited](#)

Kathy Lizio

SOLUTION TO LAST NEWSLETTER'S WORD SEARCH.

Last newsletter's word search 43 spare letters made up the following: -

"THESE ARE SOME SUBURBS WHERE OUR INFLUENCE REACHES"

POLO SHIRT ORDER

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.

Sizes available:

	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 for really dainty people.

All shirts are available at the **subsidized price of \$20.00 each**, money is required with order.

Please give to a Committee Member.

Indicate which class you want the Polo delivered to. Any queries, please 'phone Brenda on 9436 9203.

NAME	PHONE N°	SIZE	CLASS DELIVERY

CHAIR AEROBICS DVD ALSO AVAILABLE AT \$10 – ph. 9436 9203

MEMBERSHIP PRICES

Single \$40

Couple \$70 if living at the same address

Associated \$15 each if belonging to another U3A (no discount for couples)

TALEC members \$1 for May Road Activities Only

Tutors No cost (Whittlesea U3A will pay \$1 for each Tutor)

Pro rata fees apply from the second term of each year

THANK YOU

To the following people, I would like to issue a huge "Thank you" :-

Lily D'Ambrosia MP Mill Park,

Bronwyn Halfpenny MP Thomastown,

and their staff for their assistance in the photo copying of our Newsletters, Calendars, Forms and mail outs.

Also, thank you to the **Mill Park Library** for use of their rooms for computer and other courses held there.