



Newsletter

Issue 11 - October 2014

MESSAGE FROM THE PRESIDENT



I am pleased to report that our recently held 2014 Whittlesea U3A Inc. Annual General Meeting went off very well with a good spread of members and guests in attendance.

Once again we have a full, strong Committee of Management, many of whom have re-volunteered their services for yet another year. I want to thank them all very sincerely for their past efforts in managing the business of WU3A in such a capable and professional manner and I look forward to again working with the new committee in 2014/15.

Thanks also to past Committee Member Hans Majewski who decided not to stand for Committee this year and I welcome aboard new Committee member Aldo Vicentic, who has been given the Venues Coordinator's portfolio to look after.

Our numbers continue to grow steadily with over 530 members, who were born in some 40 different countries and we are financially sound. We are currently running some 72 Classes and activities, of which 55 are weekly, 6 are bi-weekly and 11 are monthly so there is something for everybody to get involved in.

As always we welcome any good suggestions, ideas for new activities, constructive criticism and especially your support for the next 12 months. May we all continue to enjoy the great fellowship, friendship and learning experiences that WU3A has to offer!

Joe Felice

President -Whittlesea U3A Inc.

News Items

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

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4 DAY LAKES ENTRANCE TOUR

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

Price per person \$380 TWIN SHARE



All payments MUST be finalized by 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
or else Pam 0407 743 700



Wife: "Do you want dinner?"

Husband: "Sure! What are my choices?"

Wife: "Yes or no."

All correspondence to:

The Secretary,
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Telephone (03) 9464 1339 with answering machine
Mobile 'Phone 0404 119 189
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BREAKFAST @ SINNERS

Commencing February 2015 we are starting Breakfast at Sinners Family Restaurant, Plenty Road, South Morang on the 1st Sunday of the month.

At the moment, the menu looks like this: -

- * **Big Breakfast:**
bacon, sausage, hash brown, tomato, mushrooms, and 2 eggs cooked to your liking, **normally \$16.00**
- * **Big Vegie Breakfast:**
Mushrooms, Tomato, hash brown, baked beans, spinach, & 2 eggs cooked to your liking, **normally \$14.90**
- * **Eggs Benedict:**
Poached eggs on ham with hollandaise sauce, **normally \$13.90**
- * **Eggs Florentine:**
Poached eggs on sautéed spinach and hollandaise, **normally \$13.90**
- * **Eggs Atlantic:**
Poached eggs on sautéed spinach, smoked salmon, & hollandaise sauce, **normally \$13.90**
- * **Ham Cheese and Tomato Omelette:**
Normally \$14.90
- * **Bacon and Egg on toast:**
Your choice of eggs, **normally \$11.90**
- * **French Toast with Strawberries** also available

Each meal for Whittlesea U3A members in the breakfast group are served **with a small juice and tea/coffee** all for the price of **\$12.50**

More information will be coming later this term.

Regards Kathy and Mary

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 Join us for a lively afternoon of social folk dancing as of days gone by in the Jane Austin Pride and Prejudice era. Good exercise and easy to learn.

ANTI VIRUS SOFTWARE FOR COMPUTERS

<u>Product</u>	<u>Licence N°</u>	<u>RRP</u>	<u>WU3A Price</u>
Norton Internet Security	1 licence / 1 year	\$39	\$25
Norton 360	3 licences / 1 year	\$49	\$35
Trend Micro Titanium Internet Security	1 licence / 1 year	\$29	\$15
	3 licences / 1 year	\$39	\$25
Trend Micro Titanium Maximum Security	3 licences / 1 year	\$69	\$45
For basic installation, \$10 per computer			
Kaspersky Pure 2.0 Total Security	3 licences / 1 year	\$49	\$40
For basic installation, \$15 per computer			

These products are available from the computer shop "PC Australia", at 26 May Road Lalor

These prices cover the purchase of the licence (normally for 12 months) and installation; it does not include repairs or problem-file/program removal.

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?

Sign Placement

Outside a Car Exhaust Store:

'No appointment necessary.
We hear you coming.'

In a Podiatrist's office:

'Time wounds all heels.'

On a Fence:

'Salesmen welcome!
Dog food is expensive!'

On a Taxidermist's window:

'We really know our stuff.'

MESSAGE FROM THE CLASS COORDINATORS

TRAVEL CHAT

At Mernda Community Centre, Schotters Road, Mernda 10am to 12noon

A group discussion covering all aspects of travel using the wealth of experience of our members.

New and experienced travellers can share potential and unforeseen problems they may come across along the way and make their journey more enjoyable and safe. We will also share fun and unusual holiday tales with each other.

This new class starting in 4th term has filled very quickly but will continue in 2015 and if necessary will be held at a bigger venue.

MARKET DAY

Saturday 18th October at the Laurimar Community Activity Centre.

110 Hazel Glen Drive. Laurimar MEL:391 D6

This venue is opposite the Laurimar Shopping centre. There are spaces available for more tables or come along and support our members who have goods for sale on this day.

EXCEL CLASS

There are some spaces available for the 4th term beginner excel class with Ben Caruana at Thomastown Library Mondays 1pm to 3pm.

2015 CALENDAR

We are putting the 2015 calendar together. Let us know if you know anyone who could assist with tutoring. Always looking for something new. E.g. languages, history, discussion groups

Please contact us if any queries at all.

Margaret Fyfe

0408 838 933

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Judy Cleary

0409 465 741

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Or contact office

9464 1339

Tuesday or Thursday or leave a message

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.



ENGLISH COUNTRY DANCING

Back to Basics Dancing



Fridays at the Senior Citizens Rooms at May Rd Lalor:

“for a lively afternoon, meet some new people and even get a bit of fun exercise”, guaranteed to exercise your laughing muscles.

No specific footwork – you WALK. You start on any foot. You will pass by the left or right shoulder, you will turn by the left or right hand, or you will turn with two hands, you might go under an arch, you might make a left or right star.

No specific gender – EVERYONE WALKS FORWARD, everyone does the same figures, everyone dances in two lines, a circle, or a square, everyone looks the same - respect for others is a given

Everyone can participate – ALL CAN DO THIS, Special People with disabilities can do this, children, can do this.

Never danced before? EVERYONE, yes EVERYONE can do this.

The dances are called: –

you don't have to rely on your memory.

Why not join us on English Country Dance (ECD) or Contra Dance. It is a form of social folk dance which originated in Renaissance England. This style of dance travelled to the continent during the Napoleonic wars and then to America – where it was westernized (Western Square Dancing)

ECD had declined in Britain. It was not until Jane Austen's books, *Pride & Prejudice* and *Sense & Sensibility*, were published in the early 1800s, that the English Country Dance style, was revived.

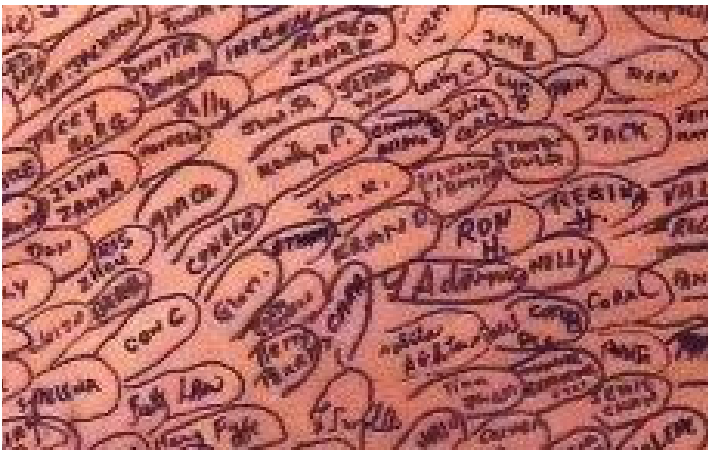
Quadrilles and Cotillions, influenced by the French, were added to the style. Many European countries; France, Spain, Poland, Russian, Italy; have all had an influence on ECD.

THUMBS UP FOR WHITTLESEA U3A.



Pictured here on the left is a piece of art displayed by our Art Group, at the Whittlesea Well Being Expo, organized by the Whittlesea Council last June. Its title is "Thumbs Up For Whittlesea U3A".

The Echidna is composed of U3A members drawing their thumb-outlines then writing their name within the outline. The idea impressed many visitors and other participants, with quite a few participants asking if they could use the idea with their groups in the future.



Pictured above are 5 participants of our Art Group; Marilyn Numa, Robyn Phillips, Sandra Ellis-nock, Denise Sheehan and Rae Beers

FAMILY TREE OF VINCENT VAN GOGH

His dizzy aunt

The brother who ate prunes

The brother who worked at a convenience store

The grandfather from Yugoslavia

His magician uncle

His Mexican cousin

The Mexican cousin's American half-brother

The nephew who drove a stage coach

The adopted red-haired American

The constipated uncle

The ballroom dancing aunt

The bird lover uncle

The fruit loving cousin

An aunt who taught positive thinking

The little bouncy nephew

A sister who loved disco

A niece who travels the country in an Recreational Vehicle

Verti Gogh

Gotta Gogh

Stop N Gogh

U Gogh

Where-diddy Gogh

A Mee Gogh

Gring Gogh

Wells-far Gogh

Sandy A. Gough

Can't Gogh

Tang Gogh

Flamin Gogh

Man Gogh

Way-to-Gogh

Poe Gogh

Go Gogh

Winnie Bay Gogh

WHITTLESEA U3A CHRISTMAS LUNCH



Well the Christmas Break-up Party is not far away. If you haven't booked yet, now is the time to do so.

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, the next two weeks 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 are taking payments now, 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 the following: -

- 2 course meal
- a plate of antipasti
- Drinks supplied; Beer, wine and lemonade,
- Coffee, Tea and Christmas Cake,
- A great Band to dance to
- 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
<u>2014</u>	
<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

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.