

# Newsletter



## MESSAGE FROM THE PRESIDENT

Well the first half of 2015 is nearly over and our numbers continue to grow, we currently have 554 members; this current number exceeds the number of members we had at the corresponding time last year. Thank you all for continuing to be involved and for spreading the benefits of Whittlesea U3A in your local community. As you know we are a multi-cultural organisation with members born in 38 different countries;

We run some 70 classes and activities of which 55 are weekly and the rest bi-weekly or monthly, so there is always something to do. "May" was Australian Volunteer Month I would like to express my personal gratitude to all the WU3A Volunteers, be they Committee People, Tutors & Leaders or General Member Volunteers. You are the life blood of our organisation and we wouldn't have a U3A without your assistance- A big "Thank You" to all of you, your efforts are really appreciated!

I would also like to take this opportunity to welcome to the WU3A Committee Mr Kevin Whelan who has been appointed to the new position of Membership Coordinator/System Administrator, until the next AGM in August when all positions are up for re-election. Kevin will work closely with the Secretary and with the Two Program Coordinators to streamline membership & course documentation and to assist members as required.

Finally, we are always looking for new members; and especially for Tutors & Leaders, so if you have a particular skill or hobby you would like to pass on in the future, or know someone who may be a potential Tutor/Leader I'm sure Margaret Fyfe or Judy Cleary, our Program Coordinators, would be more than happy to discuss the subject with you.

*Joseph P Felice*

President Whittlesea U3A Inc.

## ACKNOWLEDGEMENTS

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

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

Newsletter items can be emailed to [epspinner@bigpond.com](mailto:epspinner@bigpond.com), left at the office, or telephone 9216 1722 or 0409 231 296.

## MESSAGE FROM THE CLASS CO-ORDINATORS

We would like to encourage people to try our walking groups. These are all happy groups who enjoy the exercise and also the social interaction and sometimes a cup of tea/coffee.

This includes Cross Country Walk. This is an interesting activity with various areas visited. Sometimes this involves driving to different places of interest around the suburbs then walking the area.

Other morning walks are at Westfield, Mernda, Bundoora and a new one to be started in Lalor leaving from the Senior Citizens 10am on Thursdays.

There are vacancies in the yoga class held weekly at Mernda on Friday mornings commencing at 9.30am.

A new computer class teaching word with your own laptop computers will commence on July the 17<sup>th</sup> at 12.30 pm at the Jindi Community Centre in Breadalbane Street Mernda.

We have vacancies in a computer class covering general knowledge and any specific problems you may have at Thomastown Library on Monday mornings 10.30am – 12.30pm.

A call to all knitters (experienced and learners) Come along and join a group who knit for charity. They knit for Street people, Austin Hospital, Kool Go, St Mary's House of Welcome, Olivier Newton Cancer Centre, etc... They will meet at the Mill Park Lakes Meeting Room in South Morang on the 1st and 3<sup>rd</sup> Wednesday mornings 10am- 12noon commencing on the 15<sup>th</sup> July. You can knit for yourself if you like. Some patterns are available. Some wool will be supplied for charity knitting or bring your own requirements if knitting for yourself. Bring 2 balls of wool and size 4mm needles to the first session and your own cup. Tea and coffee supplied. Donations of wool would be appreciated if any members have any sitting in your cupboards.

Reminder that our monthly morning tea is being held as usual in the school holidays on Monday the 7<sup>th</sup> of July from 10am. This will be back at our usual venue the Epping Memorial Hall.

Please contact us if you are interested or want more information regarding any of these classes.  
coordinatorwhittleseau3a@gmail.com

If you know of members who do not have access to email please pass on any messages that we send out from time to time.

Margaret Fyfe 0408 838 933 [coordinatorwhittleseau3a@gmail.com](mailto:coordinatorwhittleseau3a@gmail.com)

Judy Cleary 0409 465 741 [coordinatorwhittleseau3a@gmail.com](mailto:coordinatorwhittleseau3a@gmail.com)

Or contact office 9464 1339 Tuesday 12-4pm or Thursday 10am-4pm (except school holidays) or leave a message



## NOTICE OF ANNUAL GENERAL MEETING.

POBox 58, South Morang 3752  
ABN 91 617 395 831  
A0042367P

Dear Members,

We will be holding our 2015 Annual General Meeting at 2:00 pm on Thursday 20<sup>th</sup> August 2015 at Epping Memorial Hall- Main Hall – High Street EPPING MEL 182 B9.

All committee positions are open to any financial member to be nominated, if you are interested in serving your U3A in any capacity please feel free to discuss the various committee roles with the relevant current committee member and put your name forward if you are interested in standing for office. Nominations are to be received by the Secretary by close of business (2:00pm) 13<sup>th</sup> August 2015. Official forms will be made available to all members by the end of July.

All financial members are strongly encouraged to attend this very important meeting.

### Nominations

1) A nomination is submitted by the following method: -

- (a) In writing, signed by two financial members of the Association and accompanied by the written consent of the candidate.
- (b) Delivered to the Secretary of the Association not less than seven (7) days before the date fixed for the holding of the AGM.

- 2) If insufficient nominations are received to fill all vacancies on the committee, the candidates nominated shall be deemed to be elected and further nominations shall be received at the annual general meeting.
- 3) If the number of nominations received is equal to the number of vacancies to be filled, the persons nominated shall be deemed to be elected.
- 4) If the number of nominations exceeds the number of vacancies to be filled a ballot shall be held.

Finger food snacks, Tea and Coffee will be available after the AGM.

*Peter Redaughan*

Secretary  
Whittlesea U3A Inc.



### 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, Soft drink, Coffee, Tea and Christmas Cake Drinks (Beer and wine at bar prices) 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>	The Grand Ballroom The Manor on High
<u>Address</u>	519 High Street Epping
<u>Date</u>	Wednesday 2 <sup>nd</sup> December 2015
<u>Band</u>	Horizon
<u>Price</u>	\$40.00 members \$45.00 non-members
<u>Time</u>	12noon – 4:30pm
This year there are over 200 car-parking bays.	

Kathy Lizio  
Email [kathylizio@bigpond.com](mailto:kathylizio@bigpond.com)  
Mobile Phone 0414 925 567

### SUNDAY BREAKFAST WITH FRIENDS AT GROWLING FROG

**Held on the last Sunday of each month with Pat and Geoff**



Sunday breakfast (previously held at the Whittlesea Golf Club) has been relocated to the Growling Frog Restaurant at the Growling Frog Golf Club with it's breathtaking views and comfy surrounds, not to forget the pleasant chit-chat and company.

Pat and Geoff would love to see you. Friends and family all are invited and welcome.

If you have any questions don't hesitate to ring Geoff or Pat on 0429 902 547. (Melway: Page 9, K2)

**Venue:** Growling Frog Restaurant 1910 Donnybrook Road  
Yan Yean, Victoria 3755, (Melway: Page 9, K2)



**Details:** \$14.00 per person

**Time:** 9.30 a.m.

**Menu:** Choice of bacon, eggs (poached or fried or scrambled), toast, eggs Benedict, pancakes, French toast and bacon with maple syrup. Includes tea and coffee.

**Dates:** 31 May 2015, 28 June, 26 July, 30 August, 27 September, 25 October, 29 November.



## COMPUTER TUITION

### **MICROSOFT 'WORD' - BEGINNERS AND ADVANCED**

Weekly computer lessons will be available at Jindi Community Centre, 48 Breadalbane Avenue, Mernda beginning Friday 17<sup>th</sup> July 12.30pm – 2.00pm. Learn how to write letters, create presentations, brochures, flyers, notes, formulate email attachments and a host of type-written information. Own laptop is required.

## **WHAT'S BEHIND THE HEDGE ?**

**On Wednesday 26th August we are travelling by coach to Dame Nellie Melba's home to find out "What is behind the Hedge" with a tour of the gardens and just in time for morning tea. We then head off to Healesville for a two course lunch at the Terminus Hotel.**



**Time to explore the shops in Healesville before going to Yarra Glen for a visit to the Yarra Valley Chocolaterie & Ice Creamery where you can buy some goodies to take home. Yum Yum.**

**Cost: \$65.00 per person to be paid on or before Monday 3rd August 2015. Bookings essential.**

### **Includes:**

- **Coach pick up at 9.00 am from Epping Memorial Hall**
- **Entry into Dame Nellie Melba's garden**
- **Morning Tea at Dame Nellie Melba's garden**
- **Two course Lunch at Healesville**
- **Stop at Yarra Valley Chocolaterie & Ice Creamery**
- **Return to Epping Memorial Hall about 4.30 pm to 5.00 pm**

**To book or for more Information call - Richard 8364 0570 or Pam 0407 743 700**

## **FOR ALL KNITTERS**



A Knitters Group will meet at Mill Park Lakes Meeting Room in South Morang on the 1st and 3<sup>rd</sup> Wednesday morning of each month at 10am - 12noon commencing 15<sup>th</sup> July. You can knit for yourself if you like. Some patterns are available. Some wool will be supplied for charity knitting or bring your own requirements if knitting for yourself. Bring 2 balls of wool and size 4mm needles to the first session and your own cup. Tea and coffee supplied. Donations of wool would be appreciated if any members have any sitting in your cupboards.

## INTERNET ACCESS SECURITY - PASSWORDS

A “strong” secure password is a simple way you can take to protect internet access to your personal on line accounts. It is becoming more common for service providers such as Banks to provide a ‘strength meter’ to give a visible indication of the security rating of your password. The following are guidelines to assist you to create a secure password.

A strong password:

- is at least eight (8) characters long
- does NOT contain your user name, real name, or company name
- does NOT contain a complete word
- is significantly different from previous passwords
- contains a mix of uppercase, lowercase, numbers and special characters (examples of these are shown below)



Uppercase letters	A, B, C
Lowercase letters	a, b, c
Numbers	0, 1, 2, 3, 4, 5, 6, 7, 8, 9
Symbols	~ ! @ # \$ % ^ * ( ) _ - + = { } [ ] ? , . /   : (see note)

Note: Whittlesea U3A member management system accepts only the above special characters. Other sites may accept a wider range of these characters.

Online account protection - avoid using words from a dictionary (including foreign words), as hackers use dictionary tools to help find them

change your password frequently (say, every three (3) months) for critical sites such as banks, and less frequently for other sites.

choose a password that is not easy for anyone to guess, e.g. DO NOT use your name, part of your address or other personal details

don't share your password

always log off from an on line account after access is completed

do not save passwords to secure accounts in google (web browser)

do not use a password of all numbers or a single, repeated letter

do not reuse or recycle passwords

Passwords used for online banking and other critical sites, such as Centrelink, are required to be ‘strong’. You may decide to use a lesser strength password for other online sites.

Recently, the Whittlesea U3A member management system applied strong passwords to each member account. Email instructions have been provided on the process to follow to change these passwords to one of your choosing.



### Passphrase - try using a phrase that only you know

It is becoming common practice to select a phrase that only you know which may be related to a particular website to help you remember it.

For your email you could consider this example - “My friends Tom and Jasmine send me a funny email once a day” and then use numbers and letters to recreate it. “MfT&Jsmafe1ad” is a password with lots of variations. Then repeat this process for other sites.

This is an easy way to remember the password and is known as a ‘passphrase’.

Other examples are -

Create an acronym from an easy-to-remember piece of information, such as **My son's birthday is 12 December, 2004**. Using that phrase as your guide, you might use **Msb12/Dec,4** for your password

Substitute numbers, symbols, and misspellings for letters or words in an easy-to-remember phrase such as **My son's birthday is 12 December, 2004** could become **Mi\$un's Brthd8iz 12124** (it's OK to use spaces in your password)



Relate your password to a favourite hobby or sport. For example, **I love to play badminton** could become **ILuv2PlayB@dm1nt(n).**

If you feel you must write down your password in order to remember it, make sure you don't label it as your password, and keep it in a safe place.

A future article will discuss password management applications.



If you have any queries regarding this article or password management in general please send a note using the Information Desk section on the Whittlesea U3A website or send directly to [info@whittleseau3a.org.au](mailto:info@whittleseau3a.org.au)



## MEMBER NOTICE

24 June 2015

Dear Members,

Well, we are half way through the year! We have some new Courses commencing Term 3 and these are listed below.

### New Courses

15Fri17	Microsoft Word for Beginners	Friday, Weekly, start 17 July	12:30 till 2:00pm
	Learn how to write letters create presentations, brochures, flyers, notes, formulate email attachments and a host of type-written information. You will need to bring your own laptop. Jindi Family and Community Centre, 48 Breadalbane Avenue, MERNDA		
15Wed16	Knitters Group	Wednesday, 1 <sup>st</sup> and 3 <sup>rd</sup> weeks, start 15 July	10:00am till 12:00pm
	Wednesday morning's 1st and 3rd weeks of the month. The group is for knitters (experienced and learners). Come along and join a group who knit for charity or your own needs. They knit for Street people, Austin Hospital, Kool Go, St Mary's House of Welcome, Olivia Newton Cancer Centre, etc... Some wool will be supplied for charity knitting or bring your own requirements if knitting for yourself. Bring 2 balls of wool and size 4mm needles to the first session and your own cup. Tea and coffee supplied. Donations of wool would be appreciated. Mill Park Lakes Meeting Space, Shop 9, 1 The Promenade, South Morang		
15Mon18	General Computer Knowledge	Monday, weekly, start 13 July	10:30am till 12:30pm
	This class is all about you and what you want to learn. No formal structure - students and tutor suggest subjects to cover. Depending on the subject matter, the class may be divided into two separate 1 hour lesson sessions or if needed, take up the full 2 hours. Thomastown Library Computer Room, 52 Main Street, Thomastown		

There are a number of courses in which places are available.

#### Course/Activity vacancies

15Fri14	Beginners Yoga	Friday, weekly, start 17 July	9:30am till 11:00am
	Mernda Village C A C Meeting Room, 75 Mernda Village Drive, Mernda.		
tba	Meditation	Wednesday, weekly, will resume Term 4	tba
	Location: tba		
15Mon03	Scrabble	Monday. Weekly, 13 July	12:30 till 3:00pm

	Have a way with words? Sessions continue through the School holidays. Mill Park Lakes Meeting Room(Shop9) , 1 The Promenade South Morang
15ZO L03	Excel Correspondence Intro/Advanced/Project – run at your own pace
	Want to create an EXCEL project but do not want to do any formal lessons? Send Ben an overview of the project you want to undertake, your level of EXCEL knowledge (Good, Fair, None, etc.) and you will be provided with a Step by Step instructions on how to complete your project. On verification of the project content, you will be sent the first step, and when this is completed let Ben know by email and he will send you the next step, until the project has been completed. All work done by correspondence. You set your own time limit. Send email to Ben at any stage of the project if you have query or want a better understanding of any point within the User Guide.

#### Exercise by walking vacancies

15Mon01	Cross Country Walkers	4 <sup>th</sup> Monday of month	9:15am till 3:30pm
	Walking for the MODERATELY FIT. Required : Good Walking Shoes Hat Sunscreen & supply of water. Meet Council Car Park Ferris Boulevard South Morang		
15Wed14	Walk with Friends	Weekly Wed	9:30am till 10:30am
	Come along to our new walking group at Mernda. Enjoy up to an hour exercising and getting to know a few more people. Maybe have a coffee together when finished if time allows. The group meets at the Mernda Village Shopping centre near Baker's Delight		
15Wed01	Walking Group	Weekly Wed	9:30am till 11:00am
	Casual Clothing & Walking Shoes. Norris Bank Reserve Bundoora		
15Thur27	Walk in Lalor	Weekly Thur	10:30am till 11:30am
	Comfortable walking shoes and bottle of water. Meet Whittlesea U3A Office 2b May Road, Lalor.		
15Mon02	Walk and Talk	Weekly Mon	9:15am
	Do two things at once! Walk for approx 1 hour. If it is too hot or wet we walk inside the Westfield complex commencing outside the Woolworth Supermarket.  When walking outside we learn about the local South Morang area and return to Westfields shopping complex for a drink and a chat. Meet Woolworths Entrance Westfield Plenty Valley		

Let us know if you are interested in enrolling or enrol [online](#). Further details are available on the Whittlesea U3A [website](#) or contact our Course Coordinators.

Regards, Margaret and Judy <http://whittleseau3a.org.au/contact-us/> Email: [coordinatorwhittleseau3a@gmail.com](mailto:coordinatorwhittleseau3a@gmail.com)

#### ANTI VIRUS SOFTWARE FOR COMPUTERS at “PC Australia”, 26 May Road, Lalor

<u>Product</u>	<u>Licence</u>	<u>RRP</u>	<u>U3A Price</u>
Norton Internet Security	1 licence / 1 year	\$39	\$25
Norton 360	3 licences / 1 year	\$49	\$35
Trend Micro Titanium Security	1 licence / 1 year	\$29	\$15
	3 licences / 1 year	\$39	\$25
Trend Micro Maximum	3 licences / 1 year	\$69	\$45
For basic installation add \$10 per computer			
Kaspersky Pure 2.0 Total Security	3 licences / 1 year	\$49	\$40
For basic installation add \$10 per computer			

Prices cover purchase of 1 year licence and installation but does not include repairs/problem file and program removal.

## Member communications

Do you have an email address but do not use it regularly?

Do you not have an email address?

Maybe you could consider whether a family member or friend could receive emails on your behalf and inform you of the message or print the Newsletter. If so, please let us know and we can update your membership record.

If you do not have an internet connection at home you could go to any of the libraries in the Yarra Plenty Regional Library area and use their computers. These libraries are in Lalor, Thomastown, Mill Park, Whittlesea or Watsonia where if you are a member, you can read and/or print out our Newsletter. It costs nothing to join the library and there are so many benefits in doing so.

In regard the Newsletter, the cost to us is increasing notwithstanding the volunteer time and effort to have the newsletter printed, placed in envelopes, pay the postage and undertake the mailing. Besides which, by the time the information reached you it could be out of date.

Our Newsletters are available from our website [www.whittleseau3a.org.au](http://www.whittleseau3a.org.au) and you can read not only the current newsletter but prior copies as well.

If you are an email novice or would like to create an email account please let our Course Coordinators know and we may be able to develop some small classes to focus only on email. Course Coordinators can be contacted at the Office on 9464 1339

### Snippets from 2015 Events:

**BIKE RIDE** (Below) & **APRIL TRAIN TRIP** (Right)



Do not regret growing older.  
It is a privilege denied to many



## WALK THE BLOCK



## EASTER BUNNIES



## MULTI-CULTURAL CONCERT



## MARCH PICNIC



## Whittlesea U3A Inc. Committee 2014-2015

### Committee Executive

#### **President**

Joseph Felice  
9408 5675 – 0409 979 089  
[joefelice1@bigpond.com](mailto:joefelice1@bigpond.com) for personal contact or  
[presidentwhittleseau3a@gmail.com](mailto:presidentwhittleseau3a@gmail.com) for official contact.

#### **Secretary/Public Officer/IT Consultant/Newsletter Editor**

Peter Rodaughan  
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#### **Vice President**

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#### **Treasurer**

Margaret Mitten  
9404 1479  
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[treasurerwhittleseau3a@gmail.com](mailto:treasurerwhittleseau3a@gmail.com) for official contact.

## General Committee

### **Programs Co-ordinator**

Margaret Fyfe  
9401 5925 – 0408 838 933  
[coordinatorwhittleseau3a@gmail.com](mailto:coordinatorwhittleseau3a@gmail.com)

### **Grants Officer**

Alex Shepherd  
9466 1502  
[alexshepherd4@bigpond.com](mailto:alexshepherd4@bigpond.com)

### **Venues Co-ordinator**

Aldo Vicentic  
[venuewhittleseau3a@gmail.com](mailto:venuewhittleseau3a@gmail.com)

### **Membership Co-ordinator/Systems Administrator**

Kevin Whelan  
[kevin.whelan@optusnet.com.au](mailto:kevin.whelan@optusnet.com.au)  
9401 3004 - 0419 003 848

### **Publicity Officer**

Aldo Vicentic  
[venuewhittleseau3a@gmail.com](mailto:venuewhittleseau3a@gmail.com)

### **Network Representative/Admin Assistant**

Anne Heafield  
9401 2370 – 0407 011 839  
[bigimps@tpg.com.au](mailto:bigimps@tpg.com.au)

### **( Non-Committee) Assistant Newsletter Editor**

Liz Spinner  
9216 1722 – 040 1231 296  
[epspinner@bigpond.com](mailto:epspinner@bigpond.com)

### **Assistant Programs Co-Ordinator**

Judy Cleary  
9465 7414 - 0409 465 741  
[coordinatorwhittleseau3a@gmail.com](mailto:coordinatorwhittleseau3a@gmail.com)

### **IT Co-ordinator/Assistant Grants Officer**

Glen Wall  
0422 852593  
[itwhittleseau3a@gmail.com](mailto:itwhittleseau3a@gmail.com)

### **Almoner**

Margaret Ashley  
9437 9411 – 0410 597 023  
[marg.e.ashley@gmail.com](mailto:marg.e.ashley@gmail.com)

### **Website Content Co-ordinator**

Mary Renshaw  
9436 6231 – 0431 219 871  
[infowhittleseau3a@gmail.com](mailto:infowhittleseau3a@gmail.com)

### **Riverside Liaison**

Marlene Day  
9401 2054 – 0488 377 296  
[marleneday40@gmail.com](mailto:marleneday40@gmail.com)

Michael Murray

9465 6163 – 0418 753 670  
[michaelmurray6@bigpond.com](mailto:michaelmurray6@bigpond.com)



### **ANCIENT CHINESE PROVERB:**

*A thankful heart is not only the greatest virtue, but the parent of all other virtues.*

### **Win an iPad from Tech Savvy Seniors**

Victorian Seniors Card Holders have a chance to win an iPad in a competition that is encouraging older Victorians to connect to the latest digital technology and can be accessed on line at : <https://victtechsavvyseniors.com.au/>. The competition will be held regularly throughout the year. Entries for the current competition close at midnight on 17 August 2015 with the winner to be drawn on 18 August 2015.

#### **THE FOLLOWING IS AN EXTRACT FROM THE U3A NETWORK JUNE 2015 NEWSLETTER:**

U3A NETWORK VIC 8/341 Queen Street Melbourne  
9670 3659 [info@u3avictoria.com.au](mailto:info@u3avictoria.com.au) [www.u3avictoria.com.au](http://www.u3avictoria.com.au)

#### **Presidents Message**

*I attended the U3A Asia Pacific and Queensland State Conference in Brisbane. Why do we attend these conferences? Number one reason for me is the Networking and exchanging of ideas. Secondly the informative speakers. The message was 'cherish today-challenge tomorrow'. A great motto for U3A. One of the questions asked by a presenter was: "ask not what our country can do for education; ask what education can do for our country".*

*We as members of U3A contribute to our country in many ways, the sharing of our skills, knowledge and social interaction with fellow seniors.*

*The volunteer hours U3A gives to the community saves the Government and tax payers millions of dollars per year. U3A encourages us to live healthy, social, active, motivated lives as we embrace our Third Age. Congratulations on taking the positive step in belonging to and volunteering with your U3A. Victoria has the greatest number of U3As, members of U3As and the oldest U3As in Australia. U3A is growing at a rapid rate across Australia.*

#### **Seniors week is coming, plan your activities now.**

Can you help man/woman the U3A Town Hall Hub table during Seniors week? Contact Julie at the Office on 96703659.

## U3A MEMBERSHIP

Single	\$40.00 per annum
Couple (living at same address)	\$70.00 per annum
Associated Membership per person cost if you belong to another U3A	\$15.00 per annum
TALEC Members for May Road activities only	\$1.00
Tutors	Cost free (Whittlesea U3A will pay \$1 for each Tutor)
Pro rata fees apply if joining after second term of each year	

**CHAIR AEROBICS – DVD IS AVAILABLE - \$10.00, phone 9436 9203**

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Norton 360	3 licences / 1 year	\$49	\$35
Trend Micro Titanium Security	1 licence / 1 year	\$29	\$15
	3 licences / 1 year	\$39	\$25
Trend Micro Maximum	3 licences / 1 year	\$69	\$45
For basic installation add \$10 per computer			
Kaspersky Pure 2.0 Total Security	3 licences / 1 year	\$49	\$40
For basic installation add \$10 per computer			

Prices cover purchase of 1 year licence and installation but does not include repairs/problem file and program removal.

### U3A POLO SHIRTS

*The U3A Polo Shirt is 220 gram polyester/cotton pique knit, with a fully taped neck seam, half moon yoke, rediged collar and side vents. It is wash'n'wear royal blue with gold U3A 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 small than the XS for really dainty people. All shirts are available at the **subsidized price of \$20.00 each**, money is required with order.

- 1. Please complete order form below
- 2. Pass your order to a Committee member
- 3. Please indicate which class you wish the Polo shirt to be delivered

✂ -----

NAME	PHONE NO.	SIZE	CLASS DELIVERY