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

*Social, creative, technical  
and recreational activities*

Issue 19

# Newsletter

September 2016

## MESSAGE FROM THE PRESIDENT



Dear Members,

I was very honoured to be elected the President of Whittlesea U3A at the AGM on 25<sup>th</sup> August and to succeed Joe Felice who over 7 years lead WU3A to be recognised as a significant provider of activities for seniors in the City of Whittlesea including its 641 active members. An indication of the high regard in which WU3A is held in the community was evidenced by the attendance of local members of Parliament Mr Craig Ondarchie who presented Joe with a certificate acknowledging his leadership of WU3A and contribution to the community generally and Mr Andrew Giles who confirmed Mr Ondarchie's comments. The attendance of the Mayor of City of Whittlesea Cr Stevan Kozmevski and Councillors Mary Lalios and Kris Pavlidis was a demonstration of WU3A's local government support.

The large attendance of members was pleasing and a demonstration of the interest you the members have in our organisation. I would in particular like to thank you the members for your overwhelming support of me in electing me as the next President of WU3A. A community organisation that has more than one candidate for positions on the committee indicates a strong organisation.

I would like to congratulate Kathy Lizio and Brenda Gorley on receiving Life Membership of WU3A for their past service to the organisation and acknowledge the valuable contribution of members of the last committee who will not be members of the new committee Judy Cleary, Mary Renshaw and Marlene Day and thank them for their past valuable contributions. Each will continue to assist in support roles and I am looking forward to continuing to work with them.

I would also like to congratulate the members of the new committee who are formally listed on the website and in this newsletter on their election.

As the President I have committee to draw on my past experience, community connections and passion for the WU3A organisation to and build on the good foundation handed to me by Joe Felice.

My objective as President is to provide WU3A with strong leadership to build on WU3A past good work and be a President leading a committee stays connected to our members. To ensure that WU3A provides a friendly safe environment for members to make new friends and expand their skills in a learning community.

Glen Wall

President

## 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

*I would like to convey all my thanks to the Committee of WU3A past and present for their continuing support over the past few years as Class Coordinator, firstly with Margaret Fyffe and with Afroditi Toso.*

*Huge Thank You to our many voluntary tutors and leaders who do a magnificent job.*

*Have enjoyed my time in the office meeting many of our members and have made many new friends along the way and look forward to a new role with WU3A in the future.*

*Judy Cleary*

Contact our Class Coordinator for more information [coordinatorwhittleseau3a@gmail.com](mailto:coordinatorwhittleseau3a@gmail.com)

Afroditi 0431 488 346



## 2016 Christmas Celebration



**Wednesday, 7th December**  
**\$40 p.p (\$45p.p nonmembers)**

A reminder that everyone is invited to our 2016 Christmas breakup celebration, so come along and join in the fun at the Manor on High for our final event of the year.

Enjoy a sumptuous three course luncheon at this magnificent venue with drinks at bar prices and once again, the fabulous band "Horizon" for entertainment. All bookings must be made by November 7th to Dianne Germaine ([gdgermaine@bigpond.com](mailto:gdgermaine@bigpond.com)) 94369174. Payment by cash or cheque to be made payable to Whittlesea U3A Inc. and paid to our treasurer Margaret Mitten.

### Details:

- Please contact Dianne Germaine 94369174 or [gdgermaine@bigpond.com](mailto:gdgermaine@bigpond.com) to make your booking
- Payments to be made to Margaret Mitten (treasurer) 94041479 or [emaymitt@bigpond.com](mailto:emaymitt@bigpond.com) by cash or Cheque
- **All bookings and money must be paid by November 7<sup>th</sup> (no later).** Please book under your preferred name.
- If you wish to sit with a certain group please mention it at booking and we will try our best to accommodate you.

**Venue** Manor on High, 519 High Street, Epping.  
**Time** 11.30am finish 4pm

**Band** "Horizon" (Rory & Isabell)

**Date** Wednesday 7th December 2016  
**Cost** \$40 members - \$45 non-members

**Contact** Dianne Germaine- Email  
[gdgermaine@bigpond.com](mailto:gdgermaine@bigpond.com) Ph: 94369174

# Victorian Seniors Festival

**September  
& October  
2016**



**Yarra Plenty Regional Library, Whittlesea Community House, Bendigo Bank and Whittlesea Bowls are hosting the *Suddenly Senior : Positive Aging Expo* on 7 October. The Expo will provide information through interactive cohesion with community elders and attractions will include guest speakers, information booths, show bags and morning tea and light lunch.**

## **LALOR LIBRARY**

**Reduce your risk of Dementia  
Thursday 6 October 1:00pm-  
2:00pm**

Sponsored by Alzheimer's Australia and tailored for senior CALD community members.

### **Tech Savvy Seniors**

Greek – Introduction to Cyber Safety Friday  
14/10/16 10:00am  
Macedonian – Introduction to email Friday  
14&21/10/16 10:00am  
Italian – Introduction to email Tuesday  
4&11/10/16 10:00am

**Doris Day Show Saturday 15  
October 1:00pm-2:00pm**

Listen to the delightful songs of Doris Day performed by Sharon Cristallini. We all know the tunes so sing along.

Phone: Lalor Library 9465 2353

## **WHITTLESEA COMMUNITY ACTIVITY CENTRE**

**57-61 Laurel Street, Whittlesea**

**Suddenly Senior: Positive Aging Expo  
Friday 7 October 9:30am – 4:00pm  
57-61 Laurel Street, Whittlesea**

All day Information Booths:

- The Stroke Foundation, •Hearing Australia Bus,
- VitalCall Personal Alarms, •Whittlesea Bowls Club,
- U3A, •Whittlesea ANCAL Pharmacy, •Sunlight TLC Aged Care,
- Ulysses, •SES, •Whittlesea Men's Shed,
- Public Transport Victoria, •WACCA, •Victoria Police

**History of Mernda Market  
Friday 28 October 2:00pm-3:00pm  
57-61 Laurel Street, Whittlesea**

Whittlesea Monday Market, formerly Mernda Market has become an icon. Come along and hear about the history of Mernda and the Market.

Phone: Whittlesea Community House

## **THOMASTOWN LIBRARY**

### **Play Memory Maps**

**Tuesday 4 October – 11:30am-12:30pm**

Celebrate the memories of your childhood in this interactive workshop as part of the Linking Learning Project.

### **Enduring Power of Attorney**

**Thursday 13 October 10:30-11:30am**

Senior's Rights Victoria will provide information and advice on Enduring Powers of Attorney.

Phone: Thomastown Library 94641864

## **WHITTLESEA LIBRARY**

### **Planning Ahead**

**Friday 14 October – 3:00pm-  
4:00pm**

Gary from Seniors Rights Victoria will be talking about Enduring Powers of Attorney.

### **Seniors Movie Club**

**Friday 21 October 1:30-3:30pm**

Come in and watch a popular drama film and bring along some tissues, you may need them. PG

Phone: Whittlesea Library 9716 3028

## **WATSONIA LIBRARY**

### **Antiques Roadshow Sunday 23**

**October 2:00pm-3:30pm**

Bring your antiques and Dawn Davis from Eaglemont Antiques will reveal details and give you an estimated value.

### **Lifestyle in Retirement**

**Wednesday 5th October**

**6.30pm-8:00pm**

Ideas and opportunities for those who wish to plan a successful and comfortable retirement.

### **Hindsight Exhibition Launch**

Wisdom of our elders through photography and reflective poetry.

### **Point of View – Superstars and Heroes**

What is the role of iconic people in our lives, do we still need them? Who is your hero and why, join us for a lively discussion.

Phone: Watsonia Library 9435 2397

## **MILL PARK LIBRARY**

### **Using your Mobile Phone**

**Tuesday 18 October 11:00pm-12noon**

Not sure how to use your mobile phone? Come along and get some great tips.

### **Editing Basics**

**Wednesday 26 October 7:00pm-8:00pm**

Learn editing basics for the writer. Your writing will improve tenfold.

### **Media Conversion Workshop**

**Monday 24 October 1:00-2:00pm**

Find out how to convert VHS tapes, photo slides and audio cassettes.

Phone: Mill Park Library 94378189.

## **WU3A 2016 TERM DATES**

### **Term 4**

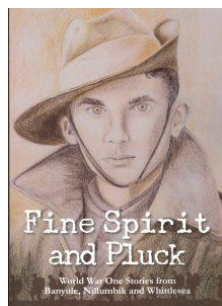
**3 October – 27 November 2016**

**THE NEXT NEWSLETTER WILL ISSUE IN NOVEMBER 2016. THE NEWSLETTER SUBMISSION CUT-OFF DATE IS 10<sup>TH</sup> NOVEMBER 2016 SO IF YOU HAVE A CONTRIBUTION, INCLUSION OR ARTICLE, PLEASE EMAIL TO [newswhittleseau3a@gmail.com](mailto:newswhittleseau3a@gmail.com) BEFORE THE SUBMISSION DATE .**

**We are pleased to advise that the November 2016 edition of our Newsletter will cover the re-enrolment processes for 2017.**

## **Book Launch – ‘*Fine Spirit and Pluck*’**

Lilian Kwiatkowski, one of our WU3A members discovered a wonderful book launch and has furnished the following :



World War One history came alive at the Eltham Library for the book launch on 6<sup>th</sup> August 2016. Yarra Plenty Regional Library in partnership with Nillumbik Shire Council presented a touring exhibition from the State Library exploring the personal stories of ordinary Australians told through their own photographs, letters, diaries and writings. The stories have been gathered from the municipalities of Banyule, Nillumbik and Whittlesea – stories that help us connect us to our past and offer a sense of place in the community in which we live, and which exemplify the fine spirit and pluck exhibited by every Australian. It is a collection of snapshots into the past, an anthology that commemorates the Australian spirit and which is sure to touch every reader.



# A Visit With Marilyn

A small group had a day in Bendigo to visit the Marilyn Monroe Exhibition. To catch the 8a.m. from Spencer Street, we had to leave home while it was still dark.

The displays carried lots of information on Marilyn's life and the costumes and were very interesting. Gowns worn in her movies were beautiful and the gold lamé dress worn in '*Gentlemen Prefer Blondes*' still remains an iconic Marilyn style moment. The interesting story is that they had to sew it into position when she had it on. After absorbing so much Marilyn, we wandered through Rosslyn Park to the Golden Dragon Museum and Classical Gardens and on our way, we stopped for lunch and celebration birthday cake as we had four birthday people with us.

After lunch we toured the Golden Dragon Museum and the Yi Yuan (Garden of Joy) which proved to be a fascinating glimpse of Victorian history. Our tour Guide had us all laughing whilst at the same time, providing a wonderful insight into the Chinese migrant community during the gold-rush days. The museum houses antique relics and artefacts and we felt privileged to have visited this wonderful exhibition. Artefacts such as carved panels, ceremonial dragons, and the immortals (pictured above) were beautiful and we were permitted to take photos as long as we did not use flash units.

After having a really good look at this wonderful collection, we made our way back through the park to the huge Marilyn Monroe statue where we got together for photos. Then we had a bit of a walk back to Bendigo Station to get ready for our journey back to Melbourne.

We wish to thank Meg Brown who organised this wonderful day and handed out bikkies and cheese for morning tea on the train. Also for planning a couple of trivia competitions, one on Australia which was won by Carmel and the other on Marilyn which we were all pretty hopeless at. Joy took the wooden spoon having got a score of zero for the Aussie trivia sheet. Joy also gave us a laugh when she got excited seeing a bunny rabbit in a paddock on the way to Bendigo then was almost beside herself at seeing a small mob of Kangaroos on the return journey. I think she needs to get out more.

Also would just like to add a thank you to my Sister Beverly who lives in Bendigo and made herself available to guide us around and offer advice and Bev's Husband Keith, who made a batch of scones for us to eat on the journey back to Melbourne. A good, long and rather tiring day was had by all who went along.

Carol Battye



**Win a double pass to see André Rieu LIVE plus a DVD copy of 'Welcome To My World'**

Enter the draw to win 1 of 6 double passes see André Rieu LIVE around Australia plus a DVD copy of 'Welcome To My World'

**Competition closes**

**20<sup>th</sup> September 2016**

**For more details visit -  
[www.nationalseniors.com.au](http://www.nationalseniors.com.au)**

## 4 DAY LAKES ENTRANCE TRIP \$395 p.p.

**18, 19, 20 & 21ST NOVEMBER 2016**



The Coach will pick up on Cnr. Station Street & The Boulevard Thomastown at 8am and at Epping Memorial Hall at 8.15am on the 18<sup>th</sup> November.

**Includes: 5 Star Coach travel, Motel accommodation, 3 full cooked breakfasts, 3 two course dinners and entry to Mingling Waters.**

**NOT included: Morning and afternoon teas and lunches and any extra activities.**

**All monies to be paid by 20<sup>th</sup> October 2016 - no refunds after this booking date**

**Day 1: Depart Epping on 18<sup>th</sup> via South Gippsland, Korumburra, Leongatha and Foster, stopping in Yarram then onto Lakes Entrance for a rest or a walk along the wharf. Then enjoy a delicious dinner at the motel restaurant.**

**Day 2: After breakfast travel to Orbost and visit the Snowy River Flats; and follow the Snowy to Marlo. Then onto Conron Coastal Park and the Orbost Visitor's Centre before returning to Lakes Entrance in time to freshen up before dinner at the Motel.**

**Day 3 After breakfast, visit Buchan Caves Reserve then re-join the coach to Nowa Nowa and Mingling Waters to view gemstones and wood carvings then onto the Margaret Campbell Pioneer Collection. Return to our motel for a farewell dinner at the Motel.**

**Day 4 After a relaxing breakfast and a farewell to our hosts, we visit the Kalimna Lookout before heading home via Bairnsdale, Sale Latrobe Valley and Yarragon Arts and Craft Centre and arriving back late afternoon on the 21<sup>st</sup>.**



### Win a double pass to Better Homes and Gardens LIVE

Enter the draw to win 1 of 14 Access All Weekend (2 day) double passes to the Melbourne show from 14-16 October.

**Competition closes  
3<sup>rd</sup> October 2016**

**For more details visit -  
[www.nationalseniors.com.au](http://www.nationalseniors.com.au)**

## **WU3A 2016 ANNUAL GENERAL MEETING**



The 2016 AGM was well attended on Thursday 25<sup>th</sup> August by over 140 members. City of Whittlesea Councilors Mary Lalios, Kris Pavlidis, Mayor Hon. Stevan Kozmevski, Andrew Giles MP and Craig Ondarchie MP were also present.

President Joe Felice opened the meeting stating that he was retiring from the President's position after 7 years and welcomed everyone in attendance. He expressed his gratitude to the volunteers, members, tutors & leaders and for the unsurpassed performance of the all past Committees who have, steered WU3A into a positive and progressive future. He was pleased to report that the members' annual subscriptions will remain unchanged next year and Joe presented his last report as President. He confirmed that rooms at Peter Lalor College will become available to Whittlesea U3A in 2017 and that occupancy will take place in the first half of the new year.

Treasurer Margaret Mitten presented her report and it was unanimously accepted by the members. Margaret reported that funds were in reserve to cover the cost of equipping the office at Peter Lalor College.

Northern Regional Representative Anne Heafield presented her report which included aspects pointing to a positive future for Australians of the third age.

Whittlesea U3A Life Memberships were bestowed on Kathy Lizio and Brenda Goreley by Joe Felice as his last official duty for their meritorious service and dedication, and our congratulations go to them both for their wonderful achievement. They were presented with Life Membership Certificates by Mayor Stevan Kozmevski and MP Andrew Giles.

MP Craig Ondarchie addressed the members and reminded everyone present that older Australians are valued members of society with the capacity to offer much life experience. On behalf of the Victorian Parliament he presented Joe Felice with a Congratulatory Award in recognition of his 7 years as President of Whittlesea U3A and for his outstanding services to WU3A and to the community in general.

Beryl Clark took the floor to conduct the election for a new President and for ten general committee members and Glen Wall was elected the new President with members of the Executive Kathy Lizio, Peter Rodaughan and Margaret Mitten elected unopposed.

The 10 General Committee Members elected were Afroditi Toso, Aldo Vicentic, Anne Heafield, Dianne Germaine, Kevin Whelan, Lilian Kwiatkowski, Meg Brown, Michael Murray, Natalie Lim, Peter Cleary and our congratulations go to them all.



## Whittlesea U3A Hand Embroidery Class

This class may not be the biggest class but it is very productive and we all have a lot of fun whilst producing very good work.

The tutor for this class is Maggie Antram an embroiderer with many years' experience.

The ladies in the class, some of whom were beginners when they first joined have all come on in leaps and bounds.

The class is held every Wednesday afternoon

between 1.30pm and 3.30pm at the Lakeside Meeting Room, The Promenade, South Morang.

The photo shows some examples of the work produced by the group -

Whilst the activity is titled "Hand Embroidery" we touch on many mediums

using different materials and threads such as:-

Hand Felting;  
Felted Beads;  
Crazy Patchwork;  
Wool Embroidery;  
Beading; Ribbon  
Embroidery; Surface  
Stitchery, all of these  
with lots of Embellishing.



Some of the projects have involved producing such things as Pin Cushions; Needle Books; Tote Bags; Felt Bags; Baby Blankets; Fabric Books; Christmas Stockings; Sewing Hussifs, and Stitch Book. Many more projects are either being discussed or at the planning stage.

We are an enthusiastic group with a common interest and we welcome new members who would like to join us and share our love of handcraft.



Young At Heart Games

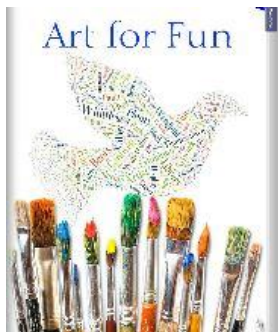


*The above photos show WU3A members winning medals at the recent Young At Heart Games*

The City of Whittlesea hosted its own version of the Olympic Games - the Young at Heart Games on Thursday 7<sup>th</sup> July, 2016 at the Mill Park Basketball Stadium

'The Young at Heart Games' is a highlight of Council's LEAP program which offers a range of activities for seniors including bus outings, weekly exercise classes, golf, computer classes and a celebration for Seniors Week in October.

# Whittlesea U3A Inc. Art Exhibition



**The WU3A "Art For Fun" Class and Yarra Valley Arts Society jointly hosted a colourful Art Exhibition at Plenty Valley Shopping Centre on 11<sup>th</sup> – 14<sup>th</sup> August 2016. Over 120 artworks were exhibited and Thel Cardwell delighted the public with live painting demonstrations.**

## In Memorium



**Ian Newbegin, (May he rest in peace)**

On behalf of present and past students of the Friday Tai Chi class, we wish to pay tribute to our dear friend and wonderful teacher, Ian Newbegin. We have been very privileged and blessed to have known Ian and to have been taught by him. Ian will always be remembered as a kind, patient and unselfish teacher. Always a teacher, lots to share with us. We will miss him dearly.

Teresa and members of Tai Chi class.



During the months of August and September 2016, National Seniors Travel is giving one lucky traveller the chance to win a \$1000 National Seniors Travel voucher to use towards your next holiday\*!

**For more details visit -  
[www.nationalseniors.com.au](http://www.nationalseniors.com.au)**

# .. Do you remember ..

## 1956 at a glance



**Melbourne hosts Olympic Games** with a total haul of 13 gold, 8 silver and 14 bronze medals.

**Eleven men over age of 75** became fathers this year and a further 15 between the ages of 70 and 74. Seventy-five children were born to mothers over the age of 45.

**PMG (Post Office)** introduces certified mail.

**Victoria legalises** use of the mechanical hare in greyhound racing

SYDNEY – HOBART YACHT RACE:

*"Solo"*

HIT SONG OF THE YEAR

*"Sixteen Tons"*

Eildon Dam, the largest water storage system in the southern hemisphere is opened.

MELBOURNE CUP:

Evening Peal

Quote of the Year: ***"Family life, not least affecting the child and adolescent, will come under the influence of television"***. A.D. Hope, Critic on the 'Tree of Man'.

Johnny O'Keefe becomes Australia's first 'Rock Star'.

### 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
*Pro-rata fees apply during the year	

### CHAIR AEROBICS

DVD IS AVAILABLE -  
\$10.00 each

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

## WHITTLESEA U3A INC. COMMITTEE 2016-2017

### Committee Executive

**President**  
Glen Wall

**Vice President**  
Kathy Lizio

**Secretary/Public Officer/IT Consultant**  
Peter Rodaughan

**Treasurer**  
Margaret Mitten

## General Committee

**Afroditi Toso, Aldo Vicentic, Anne Heafield, Dianne Germaine, Kevin Whelan, Lilian Kwiatkowski, Meg Brown, Michael Murray, Natalie Lim, Peter Cleary**



**ANCIENT CHINESE PROVERB :**

**Rumour goes in one ear and out many mouths**

### 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