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NEWSLETTER

HAPPY NEW YEAR

Whittlesea U3A

Motto:

*"Sharing
of skills and
knowledge"*

FROM THE PRESIDENT

Hope everyone had an enjoyable Christmas and New year and are ready to participate in the 2017 WU3A programs of their interest.

I would especially like to welcome all new members for 2017 and welcome back those renewing membership from previous years.

Thank you to our very dedicated WU3A Committee for their dedication in working as a team to finalise our 2017 program of classes and activities. The 2017 program includes 91 classes and activities most of which are available on a weekly basis. I would also like to thank the 73 Tutor / Leaders who have signed on again to share their knowledge by taking classes in 2017. The WU3A community greatly appreciates their valuable input which is provided on a voluntary basis.

In the meantime, WhittleseaU3A has successfully established a working relationship with the City of Whittlesea's Positive Ageing Team, Confucius Institute RMIT University Chinese Medicine and Melbourne City Football Club enabling WU3A to offer new classes in Walking Football, Tai Chai, and Chinese Medicine & Wellbeing. These classes are a further demonstration of WU3A working with other organisations to provide our members from a wide range of backgrounds and nationalities, the opportunity to participate in a diverse range of classes that enables them to learn, create, connect while developing, wellbeing knowledge and skills.

As members, the more you participate in classes the more wellbeing benefits you will gain. This can only be achieved by attending classes, so it is extremely important that members attend their classes and activities regularly; should unforeseen circumstances occur and you are unable to continue with an activity please advise your Tutor/Leader & the Programs Coordinator ASAP, don't just drop out without making it known. Remember some courses are oversubscribed and have a waiting list, so there could be someone waiting for a vacancy.

In closing I remind members that the mission of WU3A is to provide opportunities for seniors to learn, teach, share and give mutual support to each other in a friendly and warm environment, regardless of ethnicity, religion, ability or disability. Our success has been built on fostering an environment of mutual respect, for each other and being considerate of others.

Looking forward to share a successful 2017 with you.

Glen Wall

President-Whittlesea U3A Inc.



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- Program Coordinator's message
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- Professor Bear's adventures
- Polo shirts



PROGRAM COORDINATOR

Welcome to 2017. As this is our first Newsletter of the year, I would like to welcome back all our existing members, and to greet all new members who just joined Whittlesea U3A for the first time. I'm looking forward to meet and work with all of you in 2017.

I hope you all enjoyed the festive season and had a good time with your family and friends.

NEW MEMBERS: Please make yourselves known to your tutors and class representatives. You will be asked to tick your names on the attendance lists on arrival at class. If during the year, you would like to join another class, all you have to do is ring the office and express your interest. I will be more than pleased to help you out and enrol you into the class of your choice. This year we offer a variety of Old and New classes, however due to increased enrolments some of our activities have filled very quickly. All Computer Classes, Italian Classes (Beginners & Self Help), Jewellery, Photo Enhanced Classes, Chinese Medicine, Qigong, Yoga, Carpet Bowls, Table Tennis, Book Discussion, Discover Melbourne by train (both groups) already are showing a great deal of interest.

There are vacancies in most other classes.

NEW COURSES/ACTIVITIES

Feldenkrais-Awareness through Movement – This course will commence 2nd Term. Details are yet to be finalised

173WED15 Qigong-Gentle Meditative Class Beginners

173WED14 Learn to Have Fun with 3D Technology



CHANGES TO THE CALENDAR:

“Discover Melbourne by Train” with Mary Renshaw: In 2017 this class will be run **every 2nd Sunday** of the month (NOT every 3rd as it was offered previously).

If more information required you can contact us at the office **9464 1339** during office hours.

We are always looking for members to help by leading/tutoring new or maybe duplicating the over subscribed groups. If you would like to help us out, please contact us to organise something out.

I also want to express my sincere thank you to all Tutors and Leaders, who play an important role in our great organisation. You all do a great job by offering your time, support and knowledge and help others have a good time by learning new skills or socialising with others.

Don't forget the Annual Picnic day at the Yan Yean Reservoir on Labour Day the 13th of March.

Best Wishes for 2017

Contact Class Coordinator

Afroditi Toso

Tel: 94641339

Email: coordinatorwhittleseau3a@gmail.com

Office Hours

Tuesday 12.00pm-4.00pm

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|| The next newsletter will be issued in March 2017. ||

|| The cut-off date for the newsletter is 17th March 2017 ||

|| If you have a contribution inclusion or article please email ||

|| to; ||

|| newswhittleseau3a@gmail.com ||

|| ===== ||

Term 1 -

30th January—31st March 2017

WHAT'S ON

Blue Lotus Water Garden Day Trip Thursday 16th March 2017



Trip includes:

Bus pick up from Epping Memorial Hall
Complimentary morning tea stop
Entry and Group Talk at Blue Lotus Water Garden
2 Course Lunch at Terminus Hotel
Visit to Yarra Glen Chocolatier

SOUND INTERESTING?

For more information contact:

RICHARD HALL –

8364 0570 or (0408 748 261)

RICHARD O'HEA – 0412 359 377

PROGRAM

Depart Epping Memorial Hall at 9am sharp
Stop off for morning tea along the way before arriving at “Blue Lotus Water Garden”

Explore the gardens (and listen to a talk) before heading off to Healesville for a 2 course lunch at the Terminus Hotel.
Off to Yarra Glen Chocolate Factory – yummy, yummy in your tummy.
Arrive back at Epping between 4.30 and 5pm depending on traffic and the chocolate



TOTAL COST \$60 TO BE PAID ON OR BEFORE 23rd FEBRUARY

Payments can be made at the Office or given to Richard Hall or Richard O'Hea.

*Great time to pay would be at the **February morning tea***

****** Just a reminder that no refund will be given for cancellations after 23rd February unless someone is available to take your place***

* **Val's lunch - All Welcome**

A place to meet and eat 12 noon to 2.00pm

Every second Thursday of the month

At the Groove Train Restaurant,

Plenty Valley Shopping Centre.

Main meal - \$13.00 Sweets & coffee \$5.00

* **Coffee and a chat with Ann Carbis**

At the Groove Train

Every Friday at 1.00 pm

WHAT'S ON

- * Morning Tea at Epping Memorial Hall

6th February 2017 - 10.00 am -11.30 am.

Come & greet old friends & meet new ones.

- * Richard and Pam are hosting the U3A Annual Labour Day Picnic at Yan Yean Reservoir on **Monday 13th March 2017**.

Starting at 9.00 am until we have all had enough.

B.Y.O. Everything. Food, chairs, drinks and whatever it takes to have a good time. All Welcome.

- * **Whittlesea U3A Film Group**
organised by Pam Hall

The Film Group will have their first meeting on the last Friday of this month – 27th January at Epping Plaza Food Court. We all meet at about 5pm for some dinner or socialising (or both) before watching a movie.

Remember movies at Reading cost \$10 for the standard cinema.

See you at the movies
Pam



A review of the Christmas Party

On the 7th December, 325 members and friends of Whittlesea U3A danced, sang and laughed through another fantastic Christmas party breakup.

The event was held at Manor on High, High Street Epping and once again, our music was supplied by our singing duo Horizon. They were fantastic!

It was good to catch up with old friends you haven't seen for a while, as well as friends you see all the time. It was great to see everyone letting their hair down especially while dancing around the dance floor doing the conga. Line dancing drew in a big crowd with much excitement to try out the steps members had learnt throughout the year..



We had a very special visit from

“Mother Christmas” who had the crowd going when she walked into the hall madly clapping her hands above her head.

Everyone seemed to enjoy themselves and it was a great way to finish off the year.

By the way we were introduced to a new member who was given a certificate from the mayor, **Ricky Kirkham**. His name is Professor Bear.

The City of Whittlesea Councillors Mary Lalios and Kris Pavlidis presented past President Joe Felice with certificates of appreciation for his leadership of WU3A over the past 7 years.

Well done Joe!



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5 new courses being offered in 2017

We have also received requests to consider providing classes in the following subjects;

- Creative pottery
- Public speaking
- Current affairs

SHORT COURSE

COMPUTER PRIVACY AND INTERNET SECURITY –

Tutor Chris Bennetts

A new short course is being organized for Term 2 on the importance of understanding Internet Privacy and Security. No computer skills needed. The class will be held during the day (day and venue to be organized) over 3 weeks beginning in Term 2.

Great opportunity to learn how to feel just that little bit safer when using your computer on the internet!

CHESS AND MIND GAMES –

Tutor John Kolonis

Are you interested in learning how to play or improve your skills in chess, checkers, French checkers (similar to checkers) or backgammon and would like to take an evening class?

If so why not put your name down for this great new class which will be held in the evening (day and venue to be organized).

Details will be available early in February providing more information about enrollment but don't forget to contact us before then.

If you are interested in taking the class please contact the Whittlesea U3A Office on 9464 1339 or Mobile 0404 119 189 and leave a message.

Details will be available in February providing more information about enrollment but don't forget to contact us before then.

TESTIMONIALS ON THE VERY BASIC COMPUTER CLASS

We see technology in action every day and with the speed it has enhanced our lives it's not surprising that its use is negatively associated with age. People over the age of 65 years are much less likely to use the internet than younger people, therefore, Whittlesea U3A has created a safe environment for the beginners to the advanced.

Here are a few testimonials from the Basic Computing Class.

"I didn't know anything about computers, but after attending U3A's class "Computer Very Basic - Total Beginners", I have gained so much knowledge. I look forward to going to every class".

Maria Montesano

"This class has been so helpful to us in many ways. When we first started, we didn't know how to turn on a computer; how to use the mouse; didn't know what all icons meant; nothing regarding developing documents or files. The good thing of this class is that the Tutor has shown us patiently over and over again. I have learnt a great deal, feel more confident and I'm happy to be involved in this class". Voula Mihailidis

"I joined the class at the end of second term, with no knowledge of the use of a computer. The conducive environment, has helped me to absorb the teachings and has been able to use the computer a bit more now". Yean Phin Khoo

"Joining this computer class of 2016, as a complete novice at first I found it daunting at first. However, With the Tutor's patience and guidance, soon I settled in and slowly things started to make some sense

PROFESSOR BEAR'S JOURNAL

Lakes Entrance Trip

Day 1 - Friday,
November 19, 2016

Today's cooler weather is such a relief after yesterday's 30° heat; far too hot for me in my fur coat. Pam and Richard, who have been looking after me these last few days, have told me I can come on their WU3A Lakes Entrance Trip. I am very excited but also nervous as I do not know many of my other fellow travellers.

I am to wear my new blue jumper by Norma Creations, embroidered with the WU3A logo.

At 8 am we boarded the bus at Thomastown and then on to Epping to pick up the remainder of the group. I was amazed at the heavy morning traffic that made for slow going. Will we ever get out of Melbourne! I was introduced personally to each of my fellow travellers who quickly made me feel welcome.

Relaxed, I made my way to the best seat in the bus, up front beside our bus driver, Allan, who seems a good sort of chap and a safe and experienced driver.

Finally, we were on the Princes Highway and after a quick morning tea stop at a picnic ground beside Gumbuya Park, Tynong, we travelled to Traralgon where we stopped for lunch. Everyone got off the

bus, but I was forgotten. No matter, I had a nice nap.

Back on the Princes Highway and on to the Latrobe Valley and the former Loy Yang Power Station, now Power Works Visitor Information/ Energy Education Centre, where our Guide is to give an informative talk on the history of the Valley and the enormous coal deposits that lie beneath.

Once again, I was forgotten and left on the bus. Didn't anyone think I might be interested!!

After the talk, I was remembered, so thank you Glenys, because now I could have my photo taken beside the statue of General Sir John Monash, an important and respected Military Commander of the First World War whom I had learned about on Remembrance Day, (Nov.11).

Sir John, a skilled engineer, was the first Chairman of the State Electricity Commission. Mary R then took me to where we could look out over the Valley.



Back on the bus I read the Fact Sheet handed out by the Guide

which gave a time line from the discovery of brown coal in 1873 to the present. Some of the dates are:

- 1889 early mining of coal by a private company begins.
- 1921 the formation of the State Electricity Commission to generate and distribute electricity.
- 1924 power begins to flow down transmission lines to Melbourne and in
- 1982 production begins at Loy Yang open-cut mine.

A diagram and video showed the process of converting coal into electricity.

Some of the group took a photo of a mural depicting the artist's impression of what the valley looked like in prehistoric times. In front of the mural were two skeletons of kangaroos, one of which had actually been found embedded in the coal at Loy Yang.

During the day, Allan pointed out places of interest while Richard handed out presents and lollies.

We then returned to our Motel for some free time before dinner. What a great day and by now I was one of the gang and would not be forgotten again.

I'm up for the next adventure!!!

Having fun visiting classes

Hello it's me again. I asked special permission to visit some of the classes before they broke up for the Christmas holidays and I was pleased that they did. I met many people from different classes; E-Book publishing, Friday's line dancing and an exercise class. Here are some photos and look out for more on the web site.

Here's Lillian—Friday's line dancing tutor. She's great; she makes me laugh all the time.



I'm here with Innes at the E-Book Publishing class. I thought it would be boring, but Glen showed us a couple of tricks to publishing. I would like to go again.



These photos are from the exercise classes. I don't know everyone's name yet but I'm sure you'll recognize yourselves in them. I didn't feel left out because there were some friends I had gone on the trip to Lakes Entrance with and it was great meeting up again. It was a lot of fun. Can I tell you a secret? I didn't do all the exercises.



I also went to the Games break up party and guess what? I met up with some more friends. Gee, it's great seeing my old friends again.



Is there no end to this fun? I was invited to the Christmas Party and was given a certificate by the Mayor of Whittlesea, **Ricky Kirkham**. I'm so glad I belong.



Whittlesea Committee Inc. U3A 2017 - 2016
COMMITTEE EXECUTIVE

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Almoner & Lunch Events
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WHITTLESEA U3A INC. POLO SHIRT

Royal Blue with Gold Logo

The Polo Shirt is 220-gram Polyester/Cotton Pique Knit, with a fully taped neck seam,
half-moon yoke, ridged collar & side vents.

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

CHAIR AEROBICS DVD ALSO AVAILABLE AT \$10 EACH.

ACKNOWLEDGEMENT

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 their generosity and their assistance in printing and copying our Newsletter, Forms, Calendars, and mail outs.

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