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NEWSLETTER

From the President.....

Welcome to Whittlesea U3A for 2018.



Whittlesea U3A

Motto:

*“Sharing
of skills and
knowledge”*

I hope you enjoyed the festive season and are looking forward to classes and activities in 2018. It is pleasing to confirm that WU3A has now established office and class room facilities in the Community Learning Hub within the grounds of Peter Lalor Vocational College entrance

34 Robert Street, Lalor.

The new facility will enable WU3A to expand the range of classes and activities available to members including those in locations in the newly developing suburbs of Mernda, Doreen as well as the Township of Whittlesea. We will continue to have the same availability of facilities at May Road.

To assist in communications with members in the Township of Whittlesea Bev Moore has accepted the role of WU3A Whittlesea Township Liaison and is available to discussion WU3A membership and the new activities being offered in the Whittlesea Township.

At a function, last December hosted by Victoria Police Whittlesea. U3A was presented with a “Victoria Police – Certificate of Appreciation” with the citation ‘Victoria Police recognises the assistance and contribution provided by the Whittlesea U3A’

The presenter of the WU3A Chinese Medicine and Wellbeing class in 2017 Ms Alyssa Minjuan Qian has extended an invitation for members of WU3A to take part in a research project called “Perceptions, attitude and usage of Chinese medicine (CM) among senior residents in a northern Melbourne community. This research is part of Alyssa’s PhD study. There is no direct benefit for the participants involved either in the survey or the focus group, but they will contribute, collectively to the better understanding of the perception and usage of Chinese medicine in Australia in an ageing population. The findings of the study will be of assistance to RMIT to further develop for WU3A our *Chinese Medicine and Wellbeing* classes. An invitation to participate in the survey will be emailed through next week and I encourage members to take a few minutes to complete the survey.

Hope you enjoy 2018 and looking forward to seeing you at the monthly “Morning Tea” at Epping Memorial Hall or the “Discussions over Coffee” at the Whittlesea Community Centre.

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Officeworks - Epping

CHRISTMAS 2017

Well another year has passed for our Whittlesea U3A members and it finished with another successful Christmas breakup. Once again it was held at Manor on High in High street Epping and we were entertained by our favourite local duo Horizon.



We had a visit from Mother Christmas who was a great help handing out the gifts to the lucky raffle winners.



We also had a visit from a few important dignitaries, and even our mayor councillor Kris Pavlidis joined the choir for a Christmas singalong.

There was lots of laughter, singing and dancing and a chance for all members to catch up with each other.

Another fun day and a great way to finish off the year.



Thank you

My name is Sue Meers and this is my first year as a member of U3A. I have done a couple of courses, which I have thoroughly enjoyed and have enrolled for some in 2018.

I just wanted to say a big Thank you to those who organised the Christmas lunch at The Manor on High. I went along with a couple of ladies that I know, and one with her husband. We all had a wonderful time.

The venue was stunning; the food delicious, the music fantastic and the vibe was amazing.

Once again, Thank you to all those involved in such a great day.



CHRISTMAS 2017





ACKNOWLEDGEMENTS—Thank you to the team at Officeworks Epping for printing our newsletters and other documentations.

CHRISTMAS BREAK-UP 2017

Lillian Madden runs two Beginner line dancing classes. One held on the second Thursday evening of the Month at May Road. The other is held each Friday Morning between 11am and 12 mid-day at Epping Memorial Hall. Both had a good number of learners who I know were enjoying the classes and were really starting to get the idea of Line dancing and the different steps used. Finished off our year with a lovely party and a class photo.



Tita Kolonis runs an upper beginner Line Dancing class on Friday mornings at Epping Memorial Hall from 9.30am to 11.45. Always a good number of dancers going through the paces which usually numbers around 5,000 steps of good exercise. Our class of 2017 photo shows what a happy crowd of dancers we are .



Margaret Cassidy holds a Chair Exercise class in Epping Memorial Hall on a Friday afternoon between 1.30pm - 2.30pm. Usually a good workout with a little bit of fun on the side. We have occasions where we will wear odd hats or play a bit of tunnel ball but it is all still movement and exercise.





You Sip a Latte While They Steal Your ID



Dear Norton Customer,

Free public Wi-Fi at the coffee shop, airport, or hotels can be great. But having your ID stolen isn't. Just because a Wi-Fi network has a password, doesn't mean it's safe. Help protect yourself online with these tips.

Stay safe on public Wi-Fi

- Be selective about which sites you visit—avoid those with a login. Check your accounts, online email, and social sites later.
- Avoid making purchases while on public Wi-Fi.
- Be aware that antivirus protection can't protect you from public Wi-Fi threats.

HOW TO STAY SAFE ON A PUBLIC WI-FI?

https://au.norton.com/wifi-privacy?inid=hho_nortoncom_homepage_hero12_wifi-privacy

TRIVIA TIME

Question 1

How old must a person be to run for President of the United States?



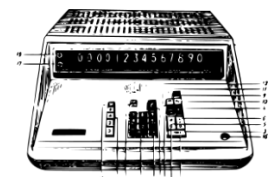
Question 2

What is the highest number of Michelin stars a restaurant can receive?



Question 3

In what year was the first Apple computer released?



Question 4

What blood type do you need to be a universal donor?





Family violence is a health issue



I work with consumers in health. Consumers are members of the public who use or are a potential user of healthcare services (eg patients, family members, carers & interested community members). We have a high demand for consumers to participate at Northern Health in a range of activities. For more information see our webpage.

Kind regards

Sherrilyn Ballard

CONSUMER PARTICIPATION COORDINATOR

Northern Health

Tuesday | Thursday | Friday

Bundoora Extended Care Centre | 1231 Plenty Road | BUNDOORA VIC 3083

Telephone | 9495 3313 | Mobile 0419 008 575

Email sherrilyn.ballard@nh.org.au | Web www.nh.org.au

Northern Health is seeking consumer volunteers to work with our staff on quality improvement activities. Together we can make a difference to patient care. Consumers are our patients, their families, carers, or other local community members interested in contributing their experiences and feedback about what is important to them. *“Northern Health values your input regardless of your background or perceived skills” (Faye, Consumer Member).*

Current vacancies include: committees, project working groups, patient health information review group, food tasting and more.

For further information, please contact Consumer Participation on 9495 3313 or email consumerparticipation@nh.org.au

For more details on current vacancies, please follow this link:

<http://www.nh.org.au/about-us/consumer-and-community-participation/get-involved>

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, ph no. 9717 4126 or [0468 423 586](tel:0468423586)

CHAIR AEROBICS DVD ALSO AVAILABLE AT \$10 EACH.

Word Search for Activities at Whittlesea U3A

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
1	K	O	O	B	E	F	A	Y	K	S	F	I	L	M	N	I	G	H	T	T	L	H
2	E	T	R	E	L	E	E	R	L	C	A	R	S	A	R	T	N	T	E	O	A	V
3	E	A	Y	O	B	C	T	O	A	I	R	N	T	N	C	C	I	A	I	N	P	I
4	U	I	G	C	B	N	E	T	W	A	E	T	O	D	I	A	L	H	D	W	T	T
5	K	C	O	A	A	A	R	S	Y	S	Y	S	R	A	N	R	W	C	A	A	O	A
6	U	H	L	N	R	H	I	I	R	O	S	I	Y	R	C	D	O	D	B	T	P	L
7	L	I	A	A	C	N	H	H	T	M	N	A	W	I	I	M	B	N	U	E	S	I
8	E	H	E	S	S	E	S	Y	N	C	O	R	R	N	P	A	N	A	S	R	B	A
9	L	C	N	T	L	O	N	L	U	T	O	K	I	U	C	K	I	E	Y	A	I	N
10	E	N	E	A	W	T	O	I	O	I	K	N	T	A	R	I	P	E	H	E	K	O
11	V	U	G	B	O	O	V	M	C	I	E	E	I	I	O	N	N	F	A	R	E	I
12	T	L	N	L	B	H	E	A	S	I	R	D	N	V	C	G	E	F	N	O	R	T
13	G	P	I	E	T	P	D	F	S	T	D	L	G	I	H	I	T	O	D	B	I	A
14	N	H	W	T	E	N	R	U	O	B	L	E	M	R	E	V	O	C	S	I	D	E
15	I	O	E	E	P	E	S	P	R	E	A	F	M	T	T	C	B	O	C	C	E	R
16	G	T	S	N	R	H	P	M	C	H	A	I	R	E	X	E	R	C	I	S	E	C
17	N	O	D	N	A	I	S	N	O	I	S	S	U	C	S	I	D	K	O	O	B	B
18	I	G	N	I	C	N	A	D	E	N	I	L	J	E	W	E	L	L	E	R	Y	E
19	S	R	A	S	O	N	T	L	L	A	B	T	O	O	F	G	N	I	K	L	A	W
20	H	A	H	T	O	F	L	O	R	A	L	A	R	R	A	N	G	I	N	G	J	Y
21	O	P	K	N	I	T	T	I	N	G	N	I	T	T	O	P	D	I	H	C	R	O
22	I	H	G	N	O	J	H	A	M	N	H	C	I	T	S	S	S	O	R	C	W	G
23	I	Y	G	O	L	O	N	H	C	E	T	S	A	F	K	A	E	R	B	T	H	A

The following Whittlesea U3A activities are listed in this table. There are 47 extra letters which fill in the spaces to create a statement: - _____

Full solution in the next newsletter.

ART	CHAT	HISTORY	MANDARIN	TENNIS
BIKE RIDE	COMPUTER -	FELDENKRAIS	MOSAICS	TEN PIN -
BOCCE	TOPICS	FILMNIIGHT	ORCHID -	BOWLING
BOOK -	CROCHET	FLORAL -	POTTING	TRIVIA
DISCUSSION	CROSS -	ARRANGING	PHOTO -	UKULELE
BREAKFAST	COUNTRY	GENEALOGY	ENHANCE	WALK
BUSY HANDS	WALK	GOLF	PHOTOGRAPHY	WALKING -
CANASTA	CROSS STICH	HAND SEWING	PICNIC	FOOTBALL
CARD -	DEVONSHIRE	IPAD	SCRABBLE	WATER -
MAKING	TEA	ITALIAN	SINGING	AEROBICS
CARPET BOWLS	DISCOVER -	JEWELLERY	SNOOKER	WEB CREATION
CHAIR -	MELBOURNE	KNITTING	STORY -	YOGA
EXERCISE	DISCUSSIONS	LAPTOPS	WRITING	
CHINESE -	EBOOK	LINE DANCING	TABLE TENNIS	
MEDICINE	EXERCISE	LUNCH	TAI CHI	
COFFEE AND	FAMILY -	MAHJONG	TECHNOLOGY	



Trivia answers



Answer 1—35 years of age

The youngest person to assume the office was **Theodore Roosevelt**, who became president at the age of 42 years, 322 days, following **William McKinley's** assassination; the oldest was Donald Trump, who was 70 years, 220 days old at his inauguration.

Answer 2—3 Michelin stars



Answer 3— 1976

The **Apple I** went on sale in July 1976 at a price of US\$666.66, because Wozniak "liked repeating digits" and because of a one-third markup on the \$500 wholesale price. The **first** unit produced was used in a high school math class, and donated to Liza Loop's public access **computer** center.

Answer 4—Type 0

After Landsteiner determined the pattern of the ABO **blood group**, he realized **blood types** are inherited, and **blood typing** became one of the first ways to test paternity. ... The Rh factor is another well known **blood group**, referring to the "positive" or "negative" in **blood types**, such as A-positive or B-negative.

As an **O Negative** blood donor you have a particularly unique opportunity to help people in emergency situations. **O Negative** blood cells are called "universal" meaning they can be transfused to almost any patient in need, and only 6.6% of the population has **O Negative** blood.

MEMBERSHIP FEES 2018 Term 1

\$40.00 full membership - \$20.00 associate membership

Membership Type	Annual 2018 Subscription	
Full Membership	\$40	
Associate Member	\$20.00	proof of full membership with another U3A is required

The next newsletter issue will be in March 2018.
The newsletter submission cut-off date is 13th March 2018
If you have a contribution inclusion or article please email to;
news@whittleseau3a.org.au

Term 1

29 January 2018 – 29 March 2018



Whittlesea Committee Inc. U3A 2017 - 2018

COMMITTEE EXECUTIVE

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Bev Moore	Whittlesea Township	
	Liaison	wu3aTownship@whittleseau3a.org.au

Michael Murray Manager Partnerships/Coordinator

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