



WHITTLESEA U3A

NEWSLETTER

Issue No. 31

January 2019

Whittlesea U3A web site has a new look



CONTENTS-

- ◇ President's message
- ◇ Creative writing group
- ◇ Upcoming bus trip
- ◇ Cross-country Walkers
- ◇ Bus trip to Mornington
- ◇ Sharing our skills & knowledge
- ◇ Photos —
- Christmas Break-ups
- ◇ Polo shirts—
- new message
- ◇ Committee



Courses & Activities

We offer a range of courses and activities, of varying lengths, that are held in venues throughout our area

Prospective tutors for new classes are always welcome, too.
Learn more about our classes, or find out how to enrol

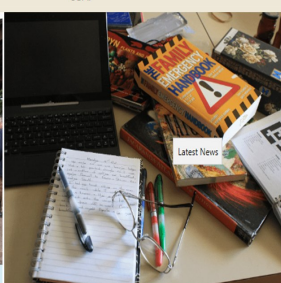


Memberships

Join or renew your membership

Memberships are great value, and entitle you to enrol in as many courses as you like. We offer memberships for singles or couples, as well as options allowing members to take courses at other U3As.

Learn more about our memberships, or find out how to join



Latest News

Discover what's been happening recently at U3A Whittlesea

Read more



Contact Us

We'd love to hear from you!

Get in touch



Whittlesea U3A

Motto:

*“Sharing
of skills and
knowledge”*

Peter Lalor Campus
34 Roberts Street
Lalor, 3075
May Road Campus
2B May Road
Lalor 3075
(03) 9464 1339

All Correspondence:
Secretary, Whittlesea U3A Inc.
P.O. Box 1157
Lalor 3075
email;
secretary@whittleseau3a.org.au

THE PRESIDENT'S MESSAGE.....

Welcome to Whittlesea U3A for 2019.

I hope you enjoyed the festive season and are looking forward to classes and activities in 2019.

Speaking with a number of newly enrolled members for the 2019 year I have been asked **“What is Whittlesea U3A?”** so I thought it appropriate to commence this article by including the Whittlesea U3A Mission statement.

The Whittlesea U3A Mission is to be an inclusive volunteer organisation which provides educational, creative, leisure and social opportunities in a friendly environment for the retired and semi-retired members of the City of Whittlesea Community Whittlesea.

In 2019 Whittlesea U3A will expand its offering of classes and activities that enables its members to connect with others with similar interests in an inclusive environment that promotes a sense of belonging where everyone feels respected and valued for their uniqueness.

To demonstrate the Committees' commitment to the Whittlesea U3A mission it is pleasing to confirm that during 2018 WhittleseaU3A successfully completed collaboration agreements with the City of Whittlesea Positive Ageing Team, Brotherhood of St Laurence, RMIT University and U3A Network Victoria to further develop our “Community Inclusiveness Model”. The model focuses on identifying and sourcing resources to assist WhittleseaU3A expand the range of classes and activities available to members. We are now well positioned to take an all of municipality approach and are increasing the range of classes and activities being offered in the newly developing suburbs of Mernda, Doreen as well as the Township of Whittlesea. To assist in communications with members in the Township of Whittlesea, Bev Moore and Peter Rodaughan will continue their role of WhittleseaU3A ‘Whittlesea Township Liaison’ and are available to discuss WhittleseaU3A membership and the new activities being offered in the Whittlesea Township.

Working with our collaboration partners we have added the following new classes and activities among others to our course lists for 2019:

* **BUILD YOUR ONLINE SKILLS AND CONFIDENCE**

Sessions on how to manage your online privacy and security, find and connect with online groups and social opportunities in your area, create short videos and digital content related to your personal interests, and how to use digital technology in your everyday life. The sessions are a mix of stand-alone classes and topics included in existing classes designed to give members more confidence to go online to research areas of interest, manage their banking, paying bills and access local services.

* **BEGINNERS TAI CHI & YOGA**

In response to a growing demand for TAI CHI and YOGA classes we have added new beginner's classes in both in Doreen and Lalor.

* **ORIGAMI**

The Art of paper cutting and folding.

Special thanks to

Andrew Giles' Office for printing the newsletter & other publications

THE PRESIDENT'S MESSAGE.....CONTINUED

* CREATIVE ARTS

The class will provide members interested in meeting other members with interests in creative to learn and share experiences in working in different artistic mediums including acrylics, copper art, framing and sculpting.

* CHEMICALS – NAUGHTY or NICE

What are Chemicals? Animal, Vegetable, or Mineral? All of the above. This course is a journey through where you can find out a little bit about chemicals, not chemistry. The terms we come across, which will be explained in simple ones and bits of information which will be directed to specialists eg firefighters, doctors, learn how to source information and de-mystify what is written in industrial jargon.

* FRIENDS OF AFL – DISCUSSION AND LEARNING

If you are a follower of AFL or have the desire to learn more about our great game the class will cover everything you can imagine about footy for those with a detailed knowledge and those who are just learning to appreciate the game. Join the Footy tipping competition.

* INTRODUCTION TO PHOTOGRAPHY

Learn how to use your camera to capture those magic moments and experiences.

* PHOTO ENHANCING CLASSES

Additional photo enhancing classes have been added for this year .

Hope you enjoy 2019 and looking forward to seeing you at the monthly “Morning Tea” or the “Discussions over Coffee” at the Whittlesea Community Centre.

*****Please note due to damage at Epping Memorial Hall Function Room, the venue we will be using for February through to June for Morning Teas is Epping Community Centre at 378 Findon Road, Epping.**

Bus 577 travels both ways along Findon Road between Epping Plaza and South Morang Train Station, and can stop at Pommel Crescent, which is within 25 metres of the venue.

Glen Wall President Whittlesea U3A

Term dates

Term	Start	End
1	04 Feb 2019	05 Apr 2019
2	23 Apr 2019	28 Jun 2019
3	15 Jul 2019	20 Sep 2019
4	07 Oct 2019	29 Nov 2019

~What's On~

Annual Labour Day Picnic at Yan Yean

Richard and Pam are hosting the U3A Annual Labour Day Picnic at Yan Yean Reservoir on **Monday 11th of March 2019.**

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.

TRIVIA QUIZ QUESTIONS

1. What is the floral emblem of Australia?
2. What do the letters in the airline name Qantas stand for?
3. What is the international telephone code for Australia?
4. Name the two faces on the \$100 note?
5. In which year was Vegemite first sold in Australia - 1923, 1933 or 1943?
6. Who is the Lamington named after?
7. The Kangaroo and the Emu hold the shield in the Australian coat of arms. Why?
8. National Wattle day is the first day of which month?



Creative Writing Group welcomes Annabel Harz on Skype Interview

On October 31st the Creative Writing Group broke their usual meeting routine to welcome Annabel Harz on a Skype Interview with them. Annabel lives north east of Melbourne, and was able to take time on a term break from teaching to talk to us.

Annabel Harz has published a poetry and drawing book called “**JOURNEY INTO THE DARK AND THE LIGHT**”, a book of poems about depression that she had experienced when younger.

“The selected poems and artworks illustrate with candour the insights she gained through her journey to well-being, exposing valued understanding of the harrowing process through which she developed inner strength and resilience, thereby consolidating the foundation for a balanced life encompassing self-assurance and contentment.”

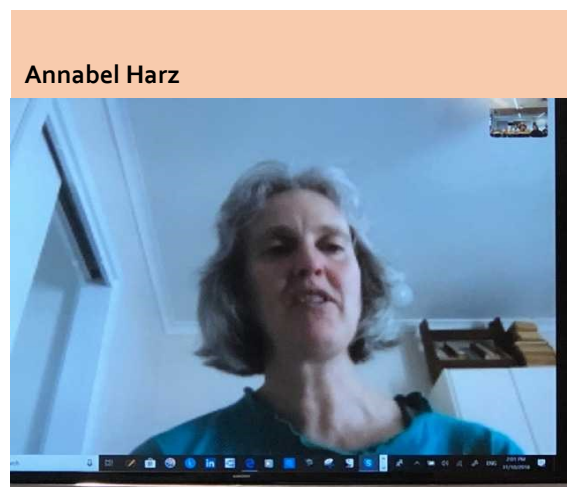
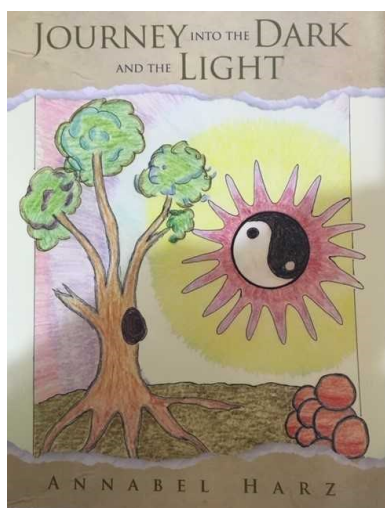
As several of the Creative Writing group are poets, they were interested in how she had combined her poetry and her artwork into a fascinating and attractive book. Many of the class are also part of the e-Publishing group, so were keen to hear how Annabel had undertaken the self-publishing process with Bilbao Press, and the supportive publishing experienced that she experienced with them.

Books can be purchased at Bilbao Press: <https://www.balboapress.com/Bookstore/BookSearchResults.aspx?Search=Annabel%20harz>

Annabel finished the interview with a reading of one of her poems. Many thanks to Annabel for spending time with us at the Creative Writing Group.

With the success of the interview, the group plans to do more author interviews in the year ahead.

Jan Marshall



~Bus Trip~

Wednesday 13th March 2019



Departing Epping Memorial Hall 8:30am sharp, includes: Morning tea, entry to Ballarat Begonia Festival. Two course lunch at Ballarat Leagues Club. Return to Epping Memorial Hall approx 5.00pm. Cost \$55 / \$60.00 Payment to be received at U3A office by Wednesday 13th February 2019.

The cost for the bus trips is tiered with 2 prices; the first price is for Whittlesea U3A members and the second price is for non-members.

CROSS-COUNTRY WALKERS



We celebrated our first Christmas break up on 26th November as we enjoyed a yummy breakfast together with some of our members of Cross Country walkers. Lots of fun enjoyed by all.

If you are energetic enough join us on the 4th Monday of the month for some fun, exercise and social activity. We meet at the Whittlesea Shire offices car

park 9am. for 9.15 start.

We explore different areas every month, as there are many walking tracks around our northern region to enjoy and discover.

New members needed.

Everyone is welcome.

Regina Di Pasquale

Mornington Markets Bus Trip - November 2018

On a lovely sunny morning we set off on another great trip with Sue in charge and Glen doing what he is told (so he said!),

Glen, our Dysons driver, was a cheerful chap who has been our driver before and knew how to make us laugh. Not long after a Bingo session we arrived at Mornington where we had a choice – visit the street markets and/or



go for a walk along the sea front. Those who chose the markets, made quite a few purchases judging by the shopping bags that came back on board! There was certainly plenty to choose from as there were many stalls selling

everything from produce to arts and crafts. Also, the main stores were another temptation for the shoppers. Those who decided to forego the markets and wander along the beachfront started their



stroll with a visit to the café overlooking the mooring area and taking in the scenery with a coffee and cake. Then a visit to the lookout prior to meeting back in the town ready for our journey to **The Steeples** restaurant at the Mornington Racecourse for lunch. After a great lunch we drove to **Tulley's Corner** where we enjoyed wandering through this fairly large 'shop'. There was a

produce section with everything you would find in the supermarket and more. Outside was a nursery and an ice creamery – quite a few ice cream cones were being relished on the way back to the bus as well as some plants, chocolates, fruit and other yummy delights.

The day ended as it had begun with sunshine all the way, happy travellers laughing and chatting almost nonstop – the only quiet time was when 'eyes down, ready?' was called prior to the bingo sessions.

Thanks Sue, for the trip and Chrissie presents – much appreciated.



Beryl Clarke



Sharing our skills and knowledge

WHITTLESEA U3A CHOIR

2018 has been a busy year for the WhittleseaU3A “Singing For Joy” choir and its’ ukulele contingent.

During the year they performed 16 concerts throughout the community including: Aged Care facilities, Community and Multicultural Festivals, fundraisers and in-house concerts. Perhaps the highlight of the year was performing at Federation Square for the

opening of Seniors Week. The Choir has over 40 active members including 12 ukulele players; eight of those ukulele players learned to play as part of their involvement with the choir.

Not all members of the choir choose to perform in concerts but generally 25 – 30 members will turn up for concerts, others just enjoy participating in our regular Thursday singing sessions.

Ron Harvey



SENIORS FORUM AND MORNING TEA

Whittlesea U3A is becoming known within the community which has an impact in building a more inclusive society for older residents in the city of Whittlesea. Line dancing is one of the most popular classes that Whittlesea U3A provide and similar to that of the choir, the dancers have been invited by numerous organisations to demonstrate their dancing moves.

On Thursday, 28th November 2018, Andrew Giles, MP who is the Federal Member for Scullin and is also Labour’s Shadow Assistant Minister for Schools, organised a get-together of information and fun for seniors in the area.

Dementia was the topic of the day. 250 people were in attendance as Belinda Nixon from Dementia Australia spoke and Jeff Ryan from the Stroke Foundation, who gave a range of practical tips based on his own personal experience.

Morning tea/lunch was provided and there were several tables set up around the perimeter of the hall displaying information from several different organisations, including our WhittleseaU3A stand. A very large number of brochures about our organisation were handed out, class lists and application forms.

Also present were Victoria Police, Yarra Valley Water, the Metropolitan Fire Brigade, Centrelink, the Continence Foundation, the Heart Foundation and DPV Health.

The U3A choir sang at the very beginning and the Whittlesea U3A line dancers did a performance after the speakers. It was a very interesting, informative and enjoyable morning.

*Andrew Giles M.P
Lilian Kwiatkowski
Elaine Bateman*



~CHRISTMAS BREAK—UPS~



*Thanks to
Carol Battye
for supplying
the photos*

~CHRISTMAS BREAK—UPS~ Continued.....



WHITTLESEA U3A INC. POLO SHIRT

PLEASE NOTE SOME CHANGES AND ADDITIONS

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.

\$20 EACH (subsidised price)

Sizes available: (cms)

K14	XS	S	M	L	XL	2XL	3XL	4XL	5XL (size)
50.05	51.0	53.5	56.0	58.5	61.0	63.5	66.0	68.5	71.0 (half chest)
65.00	69.0	71.5	74.0	76.5	79.0	81.5	84.0	86.5	89.0 (length)



A lightweight version of the polo shirt made from CoolDry polyester is also available which may suit members participating in physical activity classes. Sizes are the same as the current polo shirt and the price is still \$20 each. Lightweight shirts will only be supplied as ordered so if you are interested, please contact Elaine Bateman on 0415 191 294 or by email secretary@whittleseau3a.org.au and provide your name and size.

Payment required with order and are available from Peter Lalor College office.

CHAIR AEROBICS DVD ALSO AVAILABLE AT \$10 EACH.

The more you take, the more you leave behind.

What am I?

N.B. When at Peter Lalor Campus, please use the cups/mugs provided; after use, rinse and place in dishwasher.

Under any circumstances, polystyrene cups are NOT to be used in Peter Lalor Campus.



TRIVIA QUIZ ANSWERS

1. Wattle
2. Queensland and Northern Territory Aerial Services
3. +61
4. Dame Nellie Melba Sir John Monash
5. 1923 6. Lord Lamington, the 8th Governor of Queensland, from 1895 to 1901
7. Because they cannot walk backwards
8. September

Answer to the above riddle—Footsteps

Whittlesea Committee Inc. U3A 2018- 2019

COMMITTEE EXECUTIVE

Glen Wall	president	president@whittleseau3a.org.au
Kathy Lizio	vice president	kathylizo@bigpond.com
Elaine Bateman	secretary	secretary@whittleseau3a.org.au
Peter Rodaughan	treasurer	treasurer@whittleseau3a.org.au
Afroditi Toso	program coordinator	coordinator@whittleseau3a.org.au
Peter Cleary	it coordinator	itcoordinator@whittleseau3a.org.au
Kevin Whelan	membership	membership@whittleseau3a.org.au
Anne Heafield	network rep	annieliz8@bigpond.com
Bryan McNally	planning	
Bev Moore	Whittlesea Township Liaison	wu3aTownship@whittleseau3a.org.au
Michael Murray	Partnership Coordinator	
Helen Downie	Welcoming Sub-committee	
Kathy Lizio	almoner	
Dianne Germaine	social events	gdgermaine@bigpond.com
Judy Cleary	tutor liaison	judy.c@whittleseau3a.org.au
Mary Renshaw	custodian of Professor Bear	professor.Bear@whittleseau3a.org.au



Committee 2018/9

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