



WHITTLESEA U3A

NEWSLETTER

Issue No. 32

March 2019

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Whittlesea U3A

Motto:

*"Sharing
of skills and
knowledge"*

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THE PRESIDENT'S MESSAGE.....

We are continuing to add new classes and activities to our program particularly in Mernda and Doreen. The Tai Chi, Yoga and Line Dancing classes are particularly popular. As a result of enquiries from members we are planning to add the following new activities to the Class / Activities.

NEW BOOK GROUP

A new Book Group is being planned for Doreen. Meet with 12 WhittleseaU3A friends on a monthly basis to discuss a book. A YPR library staff member will facilitate the selection and supply of titles to the class.

WHITTLESEA CRUISE NIGHT

WhittleseaU3A has secured a member's support table at the **"Hot rods, classic cars and cruisers"** which are on show in Church St Whittlesea (outside Salvos Store) from 6:00 to 9:30 pm 1st Friday evening of each month. Whittlesea Cruise Night (auspiced by Mernda and Doreen Districts Residents Association) includes a live music program which encourages residents of all ages and backgrounds to connect over shared interests and hobbies.



500 Playing Card and Scrabble Group

A group of new members are interested in forming a 500 Playing Card group and a Scrabble Group which will be offered in 2nd Term in Doreen.

Exercise your Mind

Participants in the monthly "Discussion over Coffee" held on the 4th Monday morning of each month at the Whittlesea Community Activity Centre have agreed to include an "Exercise You Mind" activities in the program.

SENIOR EXERCISE PARK at BARRY ROAD COMMUNITY ACTIVITY CENTRE

Whittlesea U3A has accepted an invitation from NARI and the City of Whittlesea Positive Ageing Team to provide members with the opportunity to participate in an exercise research project based on the new outdoor exercise facility located at the Barry Road Thomastown Community Activity Centre.



You are invited to participate if:

- you are aged 65 years and over
- You are generally active but
- You do NOT exercise regularly
- You do not use walking frame

**New groups starting mid-March and mid-May
Mondays & Thursdays morning**

Enjoy the new exercise park and help research into the effect of an outdoor exercise program on strength, balance, mobility and well-being health outcomes.

Special thanks to

Andrew Giles' Office for printing the newsletter & other publications

THE PRESIDENT'S MESSAGE.....CONTINUED

INVITATION TO MAKE SUBMISSIONS TO A CONSUMER AND CARER WORKSHOP – THE JOURNEY OF ACCESSING HOME SUPPORT AND CARE

I have been invited to provide input into the preparation of a submission being prepared by the Commissioner for Senior Victorians to be submitted to the Royal Commission into Aged Care Quality and Safety. We are interested to hear of any experiences and difficulties seniors in our area are having in understanding and accessing **“Home Support and Care”**. Knowledge of these experiences will assist in the preparation of the submission. The Royal Commission provides a most significant opportunity to contribute to the enhancement of and the nature of care and support available to our seniors in Victorian. Please email any experiences to president@whittleseau3a.org.au,

Below is a letter from the Office of Gerard Mansour, Commissioner for Senior Victorians, and the Ambassador for Elder Abuse Prevention inviting members to join in the Premier's April Activity;

“I write to invite you to join me in participating in Active April this year.

As you know, one of the most important things we can do as we age is be as healthy as possible. Anything we can do to make this fun and easy is great in my book.

The Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, fun and part of the Victorian Government's commitment to get more people moving. If you sign up you'll get access online to free fitness support, discounts, and special offers. There are some great prizes to be won.

Many of you already participate in things that keep you active and feeling healthier. And the types of things you can log once you have registered are many and varied. Gardening, walking, lawn bowls and more.

There are four ways you can get involved:

1. **Join up with me by creating a team for your individual U3A group.**

Let's have a bit of healthy competition among U3As. If you create a team, I suggest you add **“U3A”** to your team name so we can let you know how your team went throughout April.

Visit www.activeapril.vic.gov.au and click 'Register Today'.

2. **Promote Active April among your peers, friends and families.**

Take your pick of the resources you [can download and print out here](#).

3. **Add your activities or events** that are open others to the Active April website. Just click 'Add Event' on the 'My Local' tab.

4. **Share your Active April videos, photos and comments** with me on Facebook at [@SeniorVicCommissioner](#).

Use the hashtags **#ActiveApril** and **#GetActivewiththeCommish**.

I'll be posting on my social media page about my Active April experiences, and I look forward to working with you to support Active April this year!”

This information is also on the website.

Glen Wall President Whittlesea U3A

“Black Saturday” Commemoration “Reflections Exhibition”.



An exhibition of artworks made by, and with, the community from 2009-2019. Write a message on a leaf made by the community and add it to a ‘tree of love’.

1–28 February weekdays from 10am–4pm The Great Hall, Civic Centre Ferres Boulevard South Morang

If you or someone you know needs extra support, help is available. Speak with family and friends. You can also contact your local doctor, a mental health professional, Lifeline on 13 11 14, or visit www.vic.gov.au/2009-bushfires to find out more.

Reflections looking forward, looking back

Artists at Work 1-11 February weekdays from 10am–4pm Watch artists at work as they weave a tree then contribute your message Singing Workshop 11 February from 1–3pm Learn an original song and sing with others at our community event Growth 12 February from 7–8pm A community performance event to ‘grow’ leaves on a tree sculpture Forged From Fire 25 February from 7–9pm Screening of a film about the making of the Blacksmith Tree

For more information: events@whittlesea.vic.gov.au or 92172174 or visit: whittlesea.vic.gov.au



City of Whittlesea

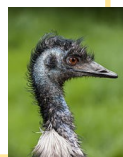


REGIONAL
ARTS
VICTORIA

TRIVIA QUIZ QUESTIONS



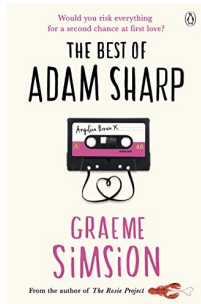
1. Sydney Opera House sits on a small tidal island. What is the island's name?
2. In 2015, the first female jockey won the Melbourne Cup. What was her name?
3. Who served as Prime Minister of Australia between 1983 and 1991?
4. Which mountain on the spur of the Great Dividing Ridge takes its name from two Aboriginal words "Gaahna Bula" meaning "two shoulders"?
5. Which Australian television show had its main character renamed Keegan Deane for American audiences?
6. What was the name of the Emu that Gooblebubbon the Bustard envied in the Australian fairy tale?



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

THE BEST OF ADAM SHARP by GRAEME SIMSION



When the Book Club was given this book as our last read for 2018 we were all very pleased. Having thoroughly enjoyed *The Rosie Project* and *The Rosie Effect* for their uniqueness, we had great expectations. For reasons that will emerge later, we felt somewhat let down. In his twenties, Adam is a young I.T. Consultant from the U.K., currently in Australia honouring contracts around the World, several months in each country. He is also a talented pianist and spends his evenings in local bars playing music of the 1960/70s.

One evening a patron, Angelina, who turns out to be an actress in a local soap opera, starts singing along. It transpires she is currently at odds with her controlling husband and she and Adam soon becomes besotted with each other. There is the usual confrontation between Adam and the husband, but in the end Angelina decides to stay with him and Adam moves on to his next contract in New Zealand.

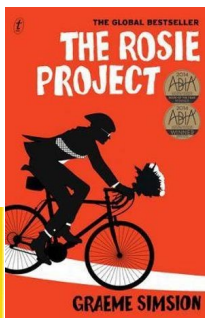
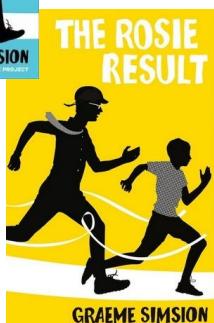
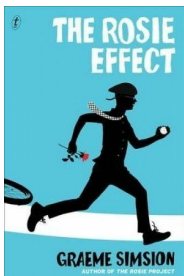
Fast forward a couple of decades and Adam is restless, living with his partner, Claire, but sleeping in separate rooms and childless. They are drifting apart. He is also involved with someone else and Claire is becoming attracted to a friend from their Pub Trivia evenings. He feels they are at a crossroads. Claire, a software specialist has the opportunity to transfer to the USA with or without Adam. Out of the blue he receives an email from Angelina just saying “Hi”, which ignites his memories of their passionate affair over 20 years prior.

Eventually she teasingly suggests Adam join her and her second husband, Charlie, a Lawyer, at their holiday residence in France for a week. (Having left her three children in Australia). After much

deliberation he decides to make the visit hoping to recapture their former love. This is where the story takes a rather tacky turn.

Initially Charlie presents as a very understanding and amiable husband just wanting to please his wife and welcome her former lover. After a few days of bonhomie, good food and expensive wine etc., Adam and Angelina end up in bed together, which Adam thinks is rather too understanding of Charlie, but participates in anyway.

During the course of one of these liaisons, Adam discovers that Charlie is actually spying on them, seeing and listening to their amorous activities. Inevitably they all end up in bed together. Angelina is perfectly aware Charlie is watching them. Not exactly romantic and a bit too sleazy a description for us Book Club Ladies! The storyline was accompanied by references to a lot of familiar music which was very inventive and enjoyable. However, although the first part was readable and Adam a nice young man, I felt no warmth or empathy towards any of the characters. I will not reveal the ending, predictable though it was.



Graeme Simsion is an Australian author who was a Systems Consultant with an interest in data modelling and obtained a PhD in this area at Melbourne University. He eventually sold his business and moved on to wine distribution. After which he took up writing. He won the 2012

Victorian Premier's Unpublished Manuscript Award for his book *The Rosie Project*. This was published in Australia in 2014 and has since sold more than three and a half million copies in over forty countries. *The Rosie Effect* followed. *The Best of Adam Sharp* is his third book.



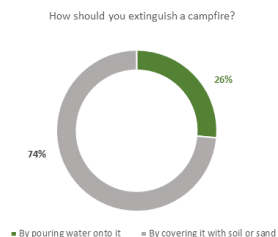


Only one-in-four Victorians know how to extinguish a campfire.

Park Rangers are concerned by survey findings that just over a quarter of people know how to correctly extinguish a campfire. When presented with two options, only 26% of people correctly identified that water should be poured onto a campfire. The remaining 74% thought that a fire should be extinguished by covering it with soil or sand.

Campfires must always be fully extinguished with water, not soil, and must be cool to touch before being safe to leave.

The finding come during a peak time for camping and as Victoria, one of the most fire-prone areas in the world, experiences a period of high temperatures.

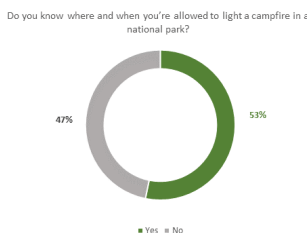


With around 10% of bushfires caused by campfire negligence, Park Rangers have been out-and-about reminding people of fire regulations and to be aware of the very dry conditions.

In addition to assisting park visitors, Park Rangers perform an important role as firefighters and will be responding to bushfire situations this summer.

The survey, conducted last month, also revealed half of respondents didn't know where and when a campfire could be lit in a national park. In national parks, campfires may only be lit where designated fireplaces are provided.

Fires are prohibited on days of Total Fire Ban.



Information about campfires is available from the Forest Fire Management website. Before heading out to camp, people should also check the Parks Victoria website for any changes to park conditions.

Quotes attributable to David Nugent, Director of Fire and Emergency Services-Parks Victoria:

"These survey findings are worrying, particularly given the number of people camping in Victoria during summer."

"Once you light a campfire, you're legally responsible for ensuring that it is safe, does not escape, and is completely extinguished before you leave."

"There's plenty of information online to help people be fire aware. Now is the time to make sure you know what's required."

About Parks Victoria

Parks Victoria is a statutory authority that manages more than 3,000 of Victoria's different parks and reserves making up 18 per cent of Victoria's landmass, 75 per cent of Victoria's Wetlands and 70 per cent of Victoria's Coastline.

Healthy Parks Healthy People

is at the core of everything Parks Victoria does. Parks and nature are an important part of improving and maintaining health, both for individuals and the community. Parks Victoria has a clear role to play in connecting people and communities with parks.

Parks Victoria is committed to delivering works on the ground across Victoria's park network to protect and enhance park values. It is our primary responsibility to ensure parks are healthy and resilient for current and future generations. This includes world class conservation projects, facilities and experiences across the estate.



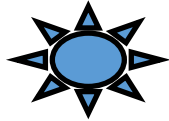
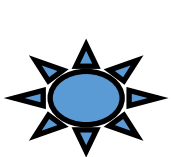
Photos showing a bushfire started by a campfire in north-west Victoria

EXERCISE & LINE DANCING CLASSES

Today we got the new year of exercise class with Margaret Cassidy off to a fun start. First of all we had a new venue with needing to use Plenty Ranges Convention centre while our usual venue of Epping Memorial Hall is being renovated. The chairs here at the convention centre are much more comfy so they may have trouble getting us to return to the Hall.

I am sure we are providing interesting entertainment for those working in the offices nearby especially when the music we were working out to was *'We Will Rock You'* by Queen. There we were, 20 to 30 seniors swinging our dumb bells in tune with the song and singing out loud. Margaret told us how amazing it looked from where she stood looking over the group. We may be seniors but we can still have fun and a laugh.

Happy 2019 everyone....we are certainly a happy group at Friday afternoon exercise class.



We were back officially into line dancing this week and were using Plenty Ranges Community area. This is the venue we are using while the Epping Memorial Hall is going through some repair work.



Introducing a new article ***“Have your say”*** I encourage members to voice their opinions; positive as well as negative. Please send them onto—news@whittleseau3a.org.au

Thank you—editor, Lilian Kwiatkowski

SOCIAL CALENDAR

A SOCIAL EVENT IS BEING ORGANISED FOR LINE—DANCING ENTHUSIASTS

This event will take place at Epping Memorial Hall on the 28th April 2019.

A gold coin donation is required.

Time; from 1.00 pm—4.00 pm

WEARING LANYARDS IS COMPULSORY

Members wishing to attend need to enrol for this class and you can do this by selecting the class on the website or by phoning the office. Please bring a plate to share for afternoon tea.

~Bus Trips~



Tuesday 14th May 2019

Departing Epping Memorial Hall

9:00am sharp

includes: Morning tea, 2 course lunch at
Healesville RSL

visit to Yarra Glen Chocolaterie & Ice
Creamery

Return to Epping Memorial Hall approx
4.00pm

**Cost \$50.00 member \$55.00 non
member (non refundable)**

(Payment to be received at U3A

office by Tuesday 30th April 2019)

**book early to avoid disappointment
only 56 seats available**

Further information can be obtained from
Sue Meers 0402 257 263

Friday 19th July 2019

Departing Epping Memorial Hall

9:00am sharp

includes: Morning tea, Noorilim Estate Tour
2 course lunch at Nagambie Lakes &
Entertainment Centre

Return to Epping Memorial Hall approx
4.00pm

Cost \$60.00 member \$65.00 non member

(non refundable)

(Payment to be received at U3A

office by Friday 5th July 2019)

**book early to avoid disappointment
only 56 seats available**

Further information can be obtained from
Sue Meers 0402 257 263

Please send articles for submission for the June
edition 2019 to;

news@whittleseau3a.org.au

Articles to be in by 13th June.

Here are the banking details for when you are
experiencing difficulties paying for trips,

BSB **033137**

A/C no. **189765**

Sharing our skills and knowledge

CLASSES



Crochet class with
Freda Delia.

Freda is a very knowledgeable and helpful lady. She has many years experience. There is a great camaraderie within the group and we have our own individual projects



Mon, from 11:30 AM to 2:30 PM
Frequency: 1st, 3rd & 5th
Monday.
WU3A Peter Lalor Campus, 34
Robert St opp Ryder St, Lalor,
3075

ORIGAMI CLASS WITH PHU PHAN

WU3A Peter Lalor
Campus, 34 Robert St
opp Ryder St, Lalor,
3075. Thu, from 1:00
PM to 3:00 PM

Requirements for this
class are; A4 sheets of
paper, 2 different
colours, eg: Black and
white or colour of
choice. Small knife, eg:
Stanley knife or
retractable blade knife,
scissors, glue and
cutting board (size of a
bread board).



In order to join this
class, one must have
lots of patience. Mr
Phu has oodles. These
are some of his
creations of which the
students are copying

INTRODUCTION TO PHOTO ENHANCEMENT CLASS WITH Natalie Lim

Thu, from 1:00 PM to 3:00 PM at Peter Lalor Campus,
34 Robert St opp Ryder St, Lalor, 3075 . This is an
Introduction to Photo Enhancement. Learn the basics
about Photoshop Elements to solve some of those
problems when the light isn't right or the photo just
needs a touch up or a new look or even a person or
object added to it. Prerequisite - Good understanding of
how to use a computer is essential as this is not taught
during the class. What is supplied - laptops with the
necessary software and photos installed What you need
to bring - USB stick with at least 8GB of memory; folder
for handouts; notebook; pen/pencil



REAL NAMES – FAMOUS PEOPLE,

Stage Name	Real Name
Michael Caine	Maurice Micklewhite
Cher	Cherilyn Sarkisian LaPierre
John Wayne	Marion Michael Morrison
Marlene Dietrich	Maria von Losch
Kirk Douglas	Issur Danielovitch Demsky
Judy Garland	Frances Ethel Gumm
Mickey Rooney	Joe Yule Jnr
Whoopi Goldberg	Caryn Elaine Johnson
Omar Sharif	Michael Shalhoup
Tina Turner	Annie Mae Bullock
Jerry Lewis	Joseph Levitch
Peggy Lee	Norma Egstron
Boris Karloff	William Henry Pratt
Marilyn Monroe	Norma Jean Mortensen
Rock Hudson	Leroy Harold Sherer Jnr
Elle Macpherson	Eleanor Nancy Gow
Cary Grant	Archibald Alexander Leach
Lauren Bacall	Berry Jean Perske
Hulk Hogan	Terry Jean Bollette

Sir Michael Caine, CBE is an English actor, producer and author. He has appeared in more than 125 films in a career spanning 50 years and is considered a British film icon

Marion Mitchell Morrison, known professionally as John Wayne and nicknamed "Duke", was an American actor and filmmaker. An Academy Award-winner for True Grit, Wayne was among the top box office draws for three decades. Born in Winterset, Iowa, Wayne grew up in Southern California

Caryn Elaine Johnson, known professionally as Whoopi Goldberg, is an American actress, comedian, author, and television host. She has been nominated for 13 Emmy Awards and is one of the few entertainers to have won an Emmy Award, a Grammy Award, an Academy Award, and a Tony Award

Marie Magdalene "Marlene" Dietrich was a German actress and singer who held both German and American citizenship. Throughout her long career, which spanned from the 1910s to the 1980s, she continually reinvented herself. In 1920s Berlin, Dietrich acted on the stage and in silent films

Lauren Bacall born Betty Joan Perske; September 16, 1924 – August 12, 2014 was an American actress known for her distinctive voice and sultry looks. She was named the 20th greatest female star of classic Hollywood cinema by the American Film Institute, and received an Academy Honorary Award from the Academy of Motion Picture Arts and Sciences in 2009, "in recognition of her central place in the Golden Age of motion pictures".

Congratulations to the Line Dancers who performed at the Chinese New Year celebration. They drew a big crowd from the audience as well as the performers.



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.



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.

Thank you to all the members who allowed their photos and articles to be printed in the Whittlesea U3A newsletters over the years. Without your stories and pictures there would be no memories.

We are still wanting more. If anyone would like to be on the team for this great contribution, please send your requests to news@whittleseau3a.org.au



TRIVIA QUIZ ANSWERS

1. Bennelong Point
2. Michelle Payne
3. Bob Hawke
4. Mount Canobolas
5. Rake
6. Dinewan

Whittlesea Committee Inc. U3A 2018- 2019

COMMITTEE EXECUTIVE

Glen Wall	president	president@whittleseau3a.org.au
Kathy Lizio	vice president	kathylizo@bigpond.com
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Michael Murray	Partnership Coordinator	
Helen Downie	Welcoming Sub-committee	
Kathy Lizio	almoner	
Dianne Germaine	social events	gdgermaine@bigpond.com
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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