



WHITTLESEA U3A

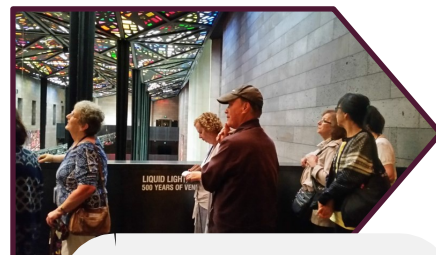
NEWSLETTER

June 2019

Issue No. 33

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Whittlesea U3A

Motto

“Sharing of skills &
Knowledge

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THE PRESIDENT'S MESSAGE

I am writing this message as it is raining heavily outside and very cold which makes me appreciate the benefits and warmth generated by being active sharing interests with friends. I hope everyone has had their “flu” injections and you do not mix with others if you have colds or “flu” symptoms.

Thinking of the Whittlesea U3A Moto

“SHARING OF SKILLS, KNOWLEDGE & FRIENDSHIP” I reflect on our achievements during the first two terms of this year which have been achieved by our organisation’s culture of valuing our multicultural and diverse membership and our respect for each other.

We are now offering 113 classes / activities delivered by 80 volunteer class leaders. Included in the increase in classes offered are additional Tai Chi, Origami, Health and Well-being information sessions and the Computer Android Tablet / mobile phone help and iPad and iPhone classes. Our membership mid-June is 776, being born in 42 different countries. This broad range of nationalities is enabling us to strengthen our living history and cultural programs.

It is pleasing to report that our **‘Walking Football’** program has been recognised as providing seniors from a range of cultural backgrounds with the opportunity to gain the benefits of gentle exercise and social connection which is very important for general wellbeing. The program has been introduced into U3A Darebin, U3A Croydon and U3A Knox which now provides the 34 participants in our program with the opportunity to share their interests with members of other U3As.

Our increase in classes have been focused on expanding our range of cultural, health and wellbeing programs. The resources to deliver these programs have been sourced through partnering arrangements with other

organisations. The significant partnering arrangements include:

Our commitment to providing members with a range of classes and activities in a sharing friendly environment that supports members share knowledge, learn, exercise, enjoy hobbies and socialise has enabled us to offer members places in the **“Sons of the West in the North (SOWIN)”** men’s health and wellbeing program supported by the Western Bulldogs Community Foundation, Whittlesea City Council, Neami and the Eastern Melbourne PHN. The program is an expansion of the hugely successful pilot in 2018 and this year will be delivered over 10 weeks.

- ◇ Health topics covered will include: **Nutrition** with a focus on sugar
- ◇ How to support a mate experiencing **mental health** issues
- ◇ **Prostate cancer** chat with the EJ Whitten Foundation
- ◇ How to be an ‘upstander’ and take small actions to contribute **to gender equality**
- ◇ **Alcohol culture**, a workshop on what influences or drinking behaviour.
- ◇ An introduction to clubs, groups and activities **‘In your Backyard’** so you can continue to be active after the program. There were participants in the 2018 program who were inspired to follow up on health issues and are experiencing positive outcomes. The Western Bulldogs Community Foundation (WBCF) has developed a Daughters of the West (DOW) program which we are hopefully of being able to introduce into the North in the near future.

Special thanks to

Andrew Giles’s Office for printing the newsletter & other publications

THE PRESIDENT'S MESSAGECONTINUED



I would also like to acknowledge the support we have received from Bolton Clarke in assisting in the development of single session information presentations by providing presenters on topics including, Falls Prevention, Master your Mind, Healthy Skin, Understanding Dementia, Healthy Bladder, Healthy Eating and Nutrition, Healthy Brain Healthy body and Ageing and Dementia.



It is pleasing to announce that Whittlesea U3A and the Lalor District Men's Shed have completed a Memorandum of Understanding to work

together to establish a long term sustainable shared facility. A demonstration of this working relationship is the

“GALA OPEN DAY and MAKERS MARKET”

to be held on Saturday 31st August 10am to 3pm at 34 Robert Street, Lalor – WU3A Peter Lalor Campus.

On show will be hand-made craft items including hand knitting, Jewellery, cards, soaps, baby clothes, candles, hand crafted timber décor items, toys, wood turning, Christmas decorations, chopping boards and more. Items will be offered for sale to raise funds to support the organisations fund their programs which are all provided by volunteers.

On the day members of both organisations will be available to discuss classes and activities and the benefits of sharing interests and meeting with other seniors.

Whittlesea U3A has become a Network Partner of “Be Connected”.



Be Connected
Every Australian online.

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. As a member of the Network of community partners Whittlesea U3A has access to more resources to support our technology class leaders assist our members develop their digital skills and confidence.

WHITTLESEA SENIOR LINKUP

Whittlesea U3A is a collaboration partner in the Whittlesea Senior Linkup network of “community connectors”. The network of volunteer Community Connectors have been trained to support socially isolated and lonely seniors to participate in activities that meet their needs and interests. Information on a range of topics including Protecting Your Rights, Money, Ageing and Family, and Planning Ahead can be accessed through the network of connectors.



I would be pleased to discuss any of the exciting programs initiatives included in this President's Message with any members via email

president@whittleseau3a.org.au

or call the office on 9464 1339.

Keep warm and hope all continue to enjoy sharing knowledge and ideas in classes which provide you with mental and physical stimulation, enlarge your personal horizons and provide an opportunity to enjoy being with friends.

Glen Wall. President Whittlesea U3A

**THE AGM WILL BE HELD
AT THE MAY ROAD CAMPUS
ON THE 22ND AUGUST 2019
AT 2.00 PM.**

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

**WHITTLESEA U3A CHRISTMAS
LUNCHEON**

**AT MANOR ON HIGH
519 HIGH STREET, EPPING**

**WEDNESDAY 4th DECEMBER 2019
TIME: 11.30AM- 4PM BAND: Horizon**

Members \$50 Non-Members \$55

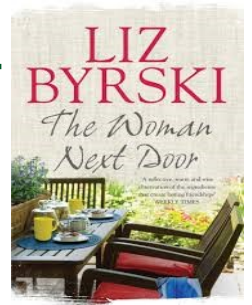
Look to the web site for more details



BOOK NEWS with Brenda Gorely

Liz Byrski is a popular author who deals with contemporary issues experienced or observed by us all. This novel in particular deals with a group of people in their senior years

and how they adjust after a lifetime of the regime of working. It is a good read with interesting story lines involving feasible characters.



The Woman Next Door is set primarily in Emerald Street, a pretty tree lined street in Fremantle with lovely old homes. where the neighbours have become lasting friends over the years -popping into visit, seeing their children born and grow up and, of course, enjoying relaxing over a glass of wine in their nice surroundings. All very pleasant and desirable.

What seems like suddenly, things begin to change as they age and find themselves contemplating the twilight years ahead. Something we've all probably contemplated ourselves in recent times.

Firstly we encounter Joyce and Mack, happy with their life generally, except Mack has itchy feet and wants to take off for a year on his own to their holiday home in Albany. Initially Joyce is astonished at this suggestion, obviously thinking this could be the end of the marriage, but decides to use this time to improve her skills to expand her horizons in the future. This transcends into a fantastic new career helping less fortunate people.

Then there's Helen and Dennis, having relocated recently to an apartment in town, as Helen thought 'the grass was greener' there. She is now desperately unhappy, missing the everyday interaction with her old friends, sniping at everyone, interfering in her children's lives and making Dennis very unhappy. She still visits Emerald Street, but their friendships have changed and Joyce ponders why things are so different and their friendship deteriorating. Things escalate with a rather sad conclusion.

Stella is the matriarch of the group, in her early eighties and a former much revered soapie star. She has always been a vibrant, sparky, character, unfortunately now with worrying signs of dementia. The description of the progress of her illness and subsequent journey is told so truthfully. Obviously the author has done a lot of research, or has personal experience of dealing with this condition. All the friends assist with Stella's care, particularly Polly, who has become like a surrogate daughter to her. They are all a valuable support in her rapidly diminishing world.

Polly, a writer, in her early 60s with several unhappy relationships behind her, is hoping to find love before it's too late. She is an independent, intelligent career woman who meets Leo in Scotland whilst on a business trip to Europe. An egotistical, self-absorbed man who treats her erratically, one minute all over her, the next with no consideration whatsoever. The reader becomes aware he is leading a double life, but it takes Polly a long time to catch on. Typically, she doesn't see it because she wants to believe he is genuinely in love with her. Anyway, this relationship would take compromise, as one lives in Perth and the other in London and Leo is totally uncompromising. I have not gone into detail of the story line, but there are many warm relationship and interactions with other family members of each of them. The interaction between Dennis and Mack is particularly rewarding.

An absorbing read for these cold winter days ahead.

We are all part of a community and should support one another. **BOOMERANG BAGS** is a volunteer group that turn donated fabric into reusable shopping bags which are free to use and return at your local retailers.

THEY NEED OUR HELP. If you have any material to donate and this can be in the form of old sheets, quilt covers, pillow cases, dresses, blouses or anything you find lying around that you are not using, please pass them on. Do you have a few spare hours up your sleeve? Why not call in for a sewing

session at the Whittlesea Community House on Thursdays from 10.30 –a.m. 2.00p.m. It doesn't matter if you can't sew, they will show you how. If you can't make a session, you can take work home. Give it a go! Contact Ursula on **0431 312 647**



MY VISIT TO THE WHITTLESEA U3A BOOK CLUB



Well, I must have behaved myself last time, as I got an invitation to re-visit the BOOK CLUB.

When I arrived there was plenty of hustle and bustle with everyone greeting each other. I took along my friend, Prof Joseph, a former colleague from my University days. He's a snappy dresser, wearing a waistcoat, velvet jacket and bow tie. All the ladies loved him.

The book being discussed was *The Woman Next Door* by Liz Byrski. A very readable story enjoyed by

everyone. Quite relevant to the members, as it dealt with various topics that arise in the senior years. A good discussion took place, after which a nice afternoon tea was devoured.

The next book, *Flying With Paper Wings*, Reflections on living with madness, is apparently much more confronting, dealing with psychosis, but the members were happy to tackle it. That's what you join a Book Club for, to read the book, whatever the topic. It should raise a few questions.

When everyone was leaving I couldn't find Joseph and it turns out the cheeky boy was playing

outside in the 40 year old rubber plant. He obviously enjoys foraging in plant pots and needed a clean-up. Ron, the 'man of the house', suggested he drive us to the station in his new car, so we went for a bit of a trip round the neighbourhood.

We both enjoyed our day out. I love catching up with my *U3A friends*.

Professor Bear



Tap Dancing comes to WU3A..... Friday 12 Mid-day Epping Memorial



At the start of term 2 Elaine Bateman started a tap dancing class which immediately follows the Line Dancing classes in Epping Memorial Hall. A group of members started on the first day and it looked like it was another avenue of fun dancing exercise. Unfortunately week one looked a bit like line dancing in tap shoes but then a new member by the name of **Lyn Brandon** stepped forward and got a



few tapping steps happening. It turns out that Lyn is up to speed with tap dancing and has now got us working on tap dancing and making up a nice routine. A good proportion of the class have never done tap dancing before but with Lyn giving a hand with teaching everyone is starting to pick up not only some basic steps but also a bit of a routine. Unfortunately the size of the class has dropped but a dozen or so of us are getting right into it and really starting to have some fun. Maybe some real *Gene Kelly* type tap dancing to show in the future.



Thank you Elaine and Lyn for working on our clumsy efforts



Origami items created by students Teresa Wong and Rebecca Lee



Mosaics class at Bunnings Epping.

With the ever helpful advice from Marlene and Louise from Bunnings Staff we are starting to find our creative side. Making a name plate to hang at our front door or decorating a terra cotta plate for a multitude of uses. It is all a matter of chopping then breaking our tiles to a nice size then gluing the tiles into place to make our design. Some are very clever, some very artistic, some are rather like me and plod along hoping for a reasonable result. All in all,

we are just having a bit of fun making a mess with broken tiles and glued up fingers. We appreciate Marlene and Louise for their encouragement and guidance.

Sadly, this class is only one Monday a Month. (the last Monday of each month) so we tend to forget what we were up to. I am not sure where this activity will lead us but just seeing the smiles and hearing the odd laugh means it is all worthwhile.

Carol Battye.



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
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Articles to be in by 13th September 2019.
Please send them for submission for the September edition 2019 to;
news@whittleseau3a.org.au

TRIVIA QUIZ QUESTIONS

Which fruit floats because 25% of its volume is air?

Which animal only spends four days nursing their baby?

What's the only food that never expires?

What's the difference between a cemetery and a graveyard?

Of the Seven Wonders of the ancient world, only the Great Pyramid of Giza still exists; which of the other Seven Wonders disappeared most recently?



A trip into the city—*Ann Carbis*



On the 15th April in the school holidays, Allan and I joined about 20 other members of U3A on one of Mary's Trips—Discovering Melbourne by Train. Arriving at Flinders Street around 10am we caught

the tram to the Geoffrey Kaye Museum of Anaesthetic History in St Kilda Road. I must admit I wasn't expecting much as the name doesn't sound very appealing. What a surprise, the museum itself is quite small, but Monica the tour guide was amazing; her stories about each exhibit brought them to life, and she had us laughing and totally interested in everything. The time just flew by.

Mary knew of a little cafe for lunch and walked down a few houses. Very nice, with plenty of room for our group to sit and chat and get to know each other.

We then caught the tram back to Government House ready for our tour. Government House is the official residence of the Governor of Victoria, currently Linda Dessau. It is located in Kings Domain, Melbourne,

next to the Royal Botanic Gardens. It was opened in 1876, on land that had originally been set aside in 1841. Erin our guide was lovely; she took us around the back first to show us the vegetable gardens which I was particularly interested in and then we went in through the kitchens and had a look around. We entered a big hall and then the main dining room. Lastly, the large ballroom which really is spectacular. We came back to the dining room and had drinks and talked and asked questions about the Governor, it was a lovely afternoon.

After we left Government House we walked along St Kilda Road towards the city. Some members had had enough by then and boarded the tram for home but we stayed with Mary and walked down to see the Police Memorial honouring members who had been killed in the line of duty. It was a perfect Melbourne day, sunny but no wind, so we walked on to Flinders St and boarded the train home.

A lovely day with good company, thanks again to Mary for her great organisational skills.

Discovering Melbourne by Train with Mary

Mary and her group travelled by train to Melbourne. After a short stop at Southbank they all walked to the National Gallery of Victoria to see two free exhibitions.

The placement of the mannequins



amongst the priceless art took your breath away. Many can remember wearing these styles in their youth and the viewing time passed quickly.

Liquid Light 500 years of Venetian Glass, and Venetian Glass; such magnificent work. We all marvelled at the stained glass ceiling and Margaret sat and admired the wall with running water, (waterwall) Then onto Federation Square and



we saw the bronze "Fearless Girl"

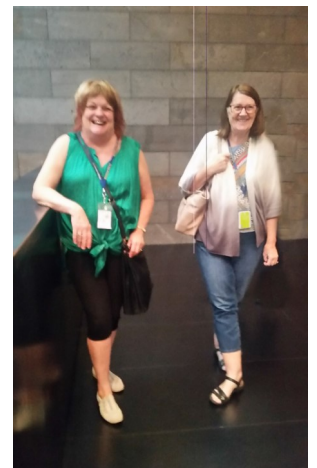


smaller than we thought but impressive. We hurried to catch the train and enjoyed our trip to Sandringham. However by this time

the weather had changed, so we only had time to look at the brooding sea, check out the artist trail and climbed the pavilion. We were reading its history before it

started to rain. After lunching at the Sandringham hotel we caught two trains homeward. Great Day.

Photos supplied by Jan Tora and Mary Renshaw



Who is the Wu Tao dance Leader?

My name is Maria Veerasamy, with a Filipino background, recently retired from 30 years of nursing at Austin Health. I'm married for 38 years to Harry (Harry, also a member of U3A). I have two beautiful adults' daughters Harleena and Vicky. We live in Mill Park since 1984. I love my family and family celebrations. I love coffee, I like tea too. It brings me joy to do crafty stuff like origami and terrarium planting.

I joined U3A Walking Football in January 2018 with Harry's encouragement. I met new friends' men and women simply enjoying the pleasure of walking in a game of soccer, I never imagined I would be kicking goals and participating in World Cup competition at the end of term. Our Ladies Team won First runner up Medal.

In our second term of walking soccer, there were two ladies that had an unfortunate loss of balance while playing. One of them ended with a tiny fracture on her ankle. I also had an incident of minor fall; however I managed to get up without sustaining any injury. This

incident gave me the incentive to share my basic knowledge of Tai Chi for Health. My goal is to promote the Tai Chi for Arthritis (Falls Prevention). I have attended the Tai chi workshop in 2016.

I then decided to volunteer to teach Tai Chi for Health Beginner (Dr. Paul Lam Program), I started the class in July 2018 at The Laurimar Activity Centre. It was a class of 17 members enrolled and had 13 consistent members attended weekly. The feedback at the end of the term was really positive. Tai Chi brings positive outlook and joy not only to people learning and practicing it and also to the person sharing it.

'Teachers open the door, but you must enter by yourself' Chinese Proverb

'Good is always shared'. Sharing good things is like a ripple in the water... my goal is to continue to share the wealth of my health in promoting self care gentle physical activity through Tai Chi and Wu Tao dance.



My Wu Tao Journey...

The introduction of Wu Tao Dance/ Meditation class this year brought some questions from members of U3A. What is **'Wu Tao'**?

So, what is 'Wu Tao'??? Wu Tao means 'the dancing way'. Tao is a Chinese word meaning 'Way'. The dance is a specific choreographed movements set to music. The Way, the body moves to this dance will stimulate and open Meridian Channels (channels that Qi or life force energy in the body flow through). It is about

dancing the Elements of Nature.

The dances are named: The Air, The Water, the Wood, the Fire, the Earth and the Tao Dance.

Wu Tao has its foundation in Oriental Medicine. This dance is a health model that when practice by individual, it can bring enormous health benefit on one's physical, mental, social and spiritual well being.

The creator and founder of Wu Tao Dance is Michelle Locke. She was a professional ballet dancer

with the Western Australian Ballet company in the early 80's. She had studied Natural medicine specialising Shiatsu and Chinese Medicine. With Michelle's combine passion in dancing and her wealth of knowledge in natural medicine, she then created Wu Tao in 2001. Since its inscription, the dance is now taught to hundreds of people by licensed instructors across Australia, New Zealand, U.S.A, Germany and Singapore.

My Wu Tao Journey...continues

I met Wu Tao in a form of advertisement on a Natural Health Magazine called "Living" in 2009.

It said ... "Wu Tao Dance, Learn to dance and be an Instructor". I ripped the page and put it was on my purse. (The paper clipping was in my purse for a year).

Year 2009 to 2011 was the "Life Situation Time" for me...for others; they might call it 'Life Crisis'.

My husband was diagnosed with stage 4 Non Hodgkin's-Lymphoma. He had to undergo life threatening treatments and after effects for a year. On top of this, my mother (who was in the Philippines) was getting weaker and frail due to her kidneys not responding after four years of

Dialysis. I had to make overseas trips back and forth. My husband and my mother are very dear to me and are very important part of my life. ***How did I deal with these Life challenge???***

One night, I was tidying my handbag to change my purse; my daughter gave me a new purse for my birthday. The paper clipping of Wu Tao dance course was still intact in the old purse...Well, I said to myself: this must be the answer to my question. I rang Michelle Locke, I enrolled in January 2011.

That was the beginning of me dancing for my health. Dancing was an antidote I gave to myself to be as well as I can be. I was 'All is well' throughout my husband's cancer journey and my mother's

failing health.

Harry has been cancer free from 2012 and keeping well up to now. My mother has passed away in 2010. The sadness and grief was easily released as I danced the Air and the Water dance. The joy of having to able to cope with the life stresses was danced with the Wood and the Fire dance. The incredible blessing I received and the wonderful feeling of being alive is danced with gratefulness with The Earth dance.

I've been teaching and practicing Wu Tao and continues to be a part of the Circle of Wonderful Wu Tao instructors sharing this magical dance to others since 2011. And continue to be as well as I can be. Thank you to Wu Tao.



"Looking after your health is a key to stay well" my motto

That's the reason why I have introduced Wu Tao dance to members of U3A this year. I thank you Whittlesea U3A for taking me on board to be a Leader. I'm also very grateful for the support of Judy Cleary and Peter Rodaughan for organizing a venue for both classes.

Wu Tao class has regular member attendance of 10 to 13 women every Monday at Riverside Community Activity centre at 130pm.

Wu Dance/ Meditation Class format:

- 10 minutes warm up exercise.
- 10 minutes of gentle stretching with breathing exercise.
- 30 minutes of scripted learning the movements and practicing the dance
- 15 minutes of practicing the dance with music.

10 minutes is for a cool down exercise and a short guided meditation with music.

Maria Veerasamy : 0402027484

mveerasamy@hotmail.com

GET INVOLVED WITH NORTHERN HEALTH

Our community in the northern suburbs is expanding to the extent that the changes occurring are moving fast. The suburbs include three of the state's six growth areas: Hume, Whittlesea and Mitchell. Victoria's cultural diversity is growing alongside that. More than 45% of Victorians were either born overseas or have at least one parent born overseas. The more diverse we become, the more our health services need to change to respond to this. Northern Health is a dynamic health service, providing vital public healthcare to residents of Melbourne's northern suburbs and the surrounding regional communities, and it is the major provider of acute, sub-acute and ambulatory specialist services in Melbourne's north; they provide a range of primary, secondary and some tertiary health care services. We are all very aware that the northern community is in one of Melbourne's significant growth area and our local population is predicted to grow over 50% by 2031.

Sherrilyn Ballard, who is the Consumer Participation Coordinator for Northern Health, attended our May morning tea and spoke about her work. Due to

Northern Health growing its services and a greater awareness of the benefits, there is a need to engage more consumers who volunteer their time to support the health service.



improvement activities within these meetings. *A consumer in health is a member of the public who uses or is a potential user of healthcare services (patients, family members carers and community members).*

Northern health has designed and is expanding a new Tower building to house more operating theatres, wards and other facilities to meet the growing needs of the community. Here Sherrilyn introduced Stephanie Grassie who has been to many advisory

meetings and put across her point of view for improvement for those living with a disability; (may be insignificant to most able-bodied people but not for those with a disability).

Thankfully, the architects listened to feedback and implemented the changes.

Stephanie is a consumer on the Northern Health Disability working group to improve access to services and facilities.



Consumers play an important part in helping all sites of Northern Health deliver the vision of outstanding health care for our community;

IT DOES MAKE A DIFFERENCE.

Can you help? Will you join the Consumer Participation activities?

Contact Us:

Consumer Participation Coordinator

Phone: (03) 9495 3313

Email:

consumerparticipation@nh.org.au
<https://www.nh.org.au/support-us/consumer-community-participation/>

We have been busy knitting squares for the Austin Hospital, who then pass them onto Dementia patients, while waiting for appointments; they are then taken home. At the moment we are looking for large buttons, buckles, or anything fancy to sew on them.

They can be dropped off at Roberts Street or at the Monthly meeting.

Also the majority of items are sent to KOGO.

The Knitters Group raised \$203.00 from the raffle we held and the money will help to buy wool to keep our group going. Thank you everyone who supported the raffle.

The winners are as follows:-

1st prize—went to a non-member, Joan Giles.

2nd prize went to Beth Pearce

3rd prize went to Helen Spence

Congratulations!!

KNITTERS GROUP



I was recently passed the following and thought it might be appreciated by our members- Regards Gordon Dennis

SEENAGER

I JUST discovered my age group! I am a Seenager (Senior teenager).

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is Good!

Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

It's not a memory problem; it's nature's way of making older people do more exercise.

SO THERE!!!

It's time to get rid of disposable cups and save the planet by investing in a new WhittleseU3A cup. There are two styles available.

Ask you group leader or visit the office to purchase one. The cost is \$8.00. Take it with you to your group meetings and impress your friends, Gordon Dennis



COMPETITION TIME

This competition was a suggestion from Mary Renshaw and it will run every month. This entails a member's number being picked at random and will be put on the website one week before morning tea. The number to whom this belongs to attends the morning tea to collect their prize - a **WhittleseaU3A logo cup** - if the member does n't turn up, it is then called out for the people attending the morning tea. Watch out for your number!!!

TRIVIA QUIZ ANSWERS

Apple – they float because of their high volume of air. If an item is denser than water, it will sink – otherwise, will float.

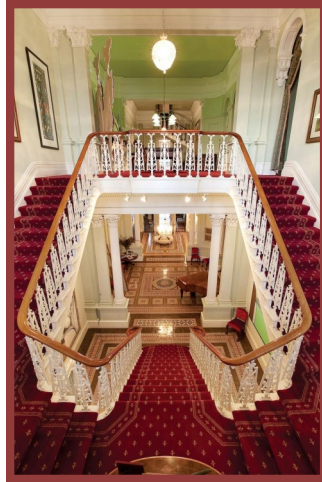
Hooded Seals – found only in the central and western North Atlantic, their pups are usually around 1 meter (3 ft 3 in) long at birth and weigh about 24 kilograms (53 lb). Nursing the baby only lasts around four days, the shortest lactation period of any mammal, a period during which the pup doubles in size, gaining around 7 kilograms per day. This is possible thanks to the high-fat content of the milk they drink, which is around 60%.

Honey – when excavating ancient Egyptian tombs, archaeologists found pots of honey thousands of years old, and still edible

Graveyards are attached to churches while cemeteries are stand-alone.

Lighthouse of Alexandria – it was toppled by earthquakes in the early 14th Century and its ruined stones were carried off by the late 15th century.

~Bus Trips~



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

Daylesford Delights
Wednesday August 21st 2019 A Day
Trip to Daylesford

Departing Epping Memorial Hall
9:00am sharp

BOOKINGS Members and Non-
Members need to Pay at time of booking.
Payments must be made at Peter Lalor
Office Campus 34 Robert Street Lalor, 3075
Tel. : 9464 1339

Morning Tea, a Visit to Istra
Smallgoods, Two course Lunch at Dayles-
ford Bowling Club, a Visit to Chocolate Mill.

Returning to Epping Memorial approx.

5.00 - 5.30pm Additional Notes Bookings
with payment to be received by
WEDNESDAY 7th of AUGUST, 2019
COST

MEMBERS: \$55.00 per person
(Non- Refundable)

NON- MEMBERS: \$60.00 per
person (Non- Refundable)

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

BSB 033137



Social Calendar

Due to the great success of the first line dancing social on Sunday 28th April, we have decided to add another social on Sunday 14th July as well as the previously scheduled social on Sunday 29th September. Both will be held at the Epping Memorial Hall between 1.00pm – 4.00pm.

'Will include a special performance by the U3A TAP CATS'



28th April - social



The line dancing social on the 28th April 2019, was a roaring success. Mia Jenkins walked into the hall with what we thought was a lovely table centerpiece which actually turned out to be a bunch of patty cakes made to look like roses. Quite a lot of work and really special. Mia also brought along her daughter

Emma who has Down syndrome. She is such a lovely girl and had a really great time. She showed her talents by following her Mum's line dancing steps.

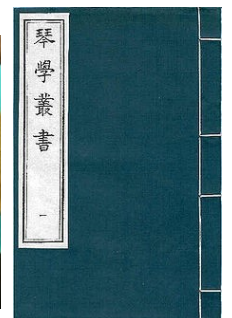
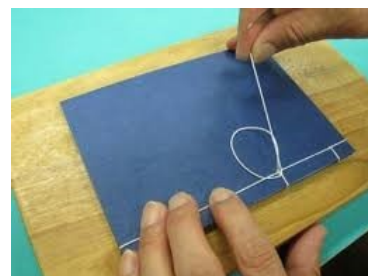
The social line dancing will be happening again on July 14th and we will be joined by the Tap Dancing group.

IMPORTANT NOTICE - We are looking for volunteers...

If you have any interesting skill or hobby that you are willing to share with others, we need you to help, teach or lead an activity with us. You don't have to be a professional, just to have a passion to teach other members. We are always looking for new and interesting classes to add to our Course Summary. If this is you, please contact the office on **9464 1339**.

EXPRESSION OF INTEREST FOR TRADITIONAL CHINESE BOOKBINDING

Traditional Chinese bookbinding, also called **stitched binding** (Chinese: *xian zhuang*), is the method of bookbinding that the Chinese, Koreans, Japanese, and Vietnamese used before adopting the modern form





Hello everybody.

Wasn't it exciting news at the June's Monday morning tea? **Quang Huynh** and **Phil Edwards** were our guest speakers from '[The Sons of the West](#)'. The Sons of the West in the North are back for another Men's Health program starting on July 24, 1830 to 2030 hours (that 6:30 PM to 8:30PM for those who don't know a 24 hour time system) and going for 10 weeks. During those 10 weeks men of all ages will talk about and be informed about topics that include inter-personal relationships and social behaviour, physical health with a focus on cancer and in particular prostate cancer, mental health, nutrition, social attitudes and domestic violence and substance use and abuse. The focus on prostate cancer is driven by the Whitten Foundation set up to help men with this problem and who are a sponsor of the program. After the discussion part of the evening it will be time to get active. Professional physical trainers will be there to take the attendees

through an initial fitness assessment and then over the following weeks teach them a series of exercises to make them trim, taut, and terrific.

So who should attend you ask? Well, if you are male then you are welcome. It is not just for old blokes but for young and middle age blokes, in fact, it is for men and it is worthwhile.

But Ladies, don't despair, plans are in place to run a Daughters of the West in the North later on this year. A similar program but focused on women. They won't be talking about prostate cancer but maybe other bits that are of a concern for the ladies.

*Regards
Professor Bear.*

NEW CLASS

TAI CHI SWORD-FAN AND VARIATIONS

Monday weekly 11.30 A.M—12.30 P.M. at French Street Hall in the Lalor Learning & Living Centre.

This class is open to all members who wish to further their knowledge in the art of Tai Chi and enhance their skills. These forms include learning how to hold a sword or fan. It is suitable for seniors and beginners as this exercise is not too vigorous. Everyone is welcome.

What you will learn is;-

Tai-Chi Sword—Yang 32 form. Tai-Chi Fan—18 form

Tai-Chi Kungfu Fan—52 form. Tai-Chi Kungfu Fan 2—56 form.

Requirements;- Comfortable clothing, shoes and a bucketful of patience. It is necessary to purchase a sword to begin with. The tutor Phu will be happy to order one for you for \$12.00.

PLEASE NOTE—THESE ARE TELESCOPIC SWORDS, PROP TYPE NOT WEAPONS.

If interested please ring the office on **9464 1339**

WALKING FOOTBALL



"Walking Football leader Gerry Fay hands over a cheque to cover the fees for the use of the Mill Park Basketball Stadium. All the Walking Football members joined in thanking Scott and his team not only for providing the venue but for their ongoing support; this

includes storing the equipment, helping to get the equipment out each week and barbecuing lunch for us during the World Cup event each year. The support of the staff at the Stadium is critical to the success of the program"

Gerry Fay

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 Cool Dry 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.

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

Whittlesea Committee Inc. U3A 2018- 2019

COMMITTEE EXECUTIVE

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Mary Renshaw	custodian of professor Bear	

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