



WHITTLESEA U3A

# NEWSLETTER

Issue No. 34.

November 2019



**2020 ENROLMENT  
INFORMATION  
PACK INCLUDED**





*Whittlesea U3A*

*Motto:*

*“Sharing  
of skills and  
knowledge”*

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## THE PRESIDENT'S MESSAGE.....

The end of the year is the time to reflect on Whittlesea U3A's achievements in 2019, learn from them and prepare the 2020 calendar of classes and activities which will be of interest to our diverse local communities. It is pleasing to report membership has grown to over 850 members with members being born in one of 42 different countries. The class / activities offered in 2019 included new wellbeing and cultural awareness classes that were popular and it will be expanded in the 2020 calendar of classes. It is planned to increase the number of classes / activities offered in 2020 widening the range of classes / activities and deliver more classes in North Epping, Mernda, Doreen and Whittlesea Township.

During 2019 we offered 106 classes / activities led by 87 volunteer Leaders / Tutors. The classes represented a good spread of Learning, Activity and Wellbeing, Hobbies and Craft as well as Social events. Collectively the classes and activities offered in 2019 demonstrated that Whittlesea U3A is providing the diverse membership with an opportunity to share skills, knowledge and friendship in an inclusive friendly environment.

Whittlesea U3A has been supported by U3A Network Victoria Inc. with funding assistance from Department of Health & Human Services Seniors Inclusion and Participation Branch and the Adult and Community Further Education Board to develop the “Better Community Engagement” model which Whittlesea U3A has developed to build capacity through forming partnerships based on establishing strong relationships. This support has enabled Whittlesea U3A to continue to refresh classes, recruit new class and activity leaders to better engage our members in a positive world of learning, enjoyment and interaction through sharing knowledge, skills and experiences.

It would not have been possible to deliver the class /activities offered in 2019 without strong ongoing collaborative partnerships with City of Whittlesea Positive Ageing Team, RMIT University, Brotherhood of St Laurence Retirement and Ageing branch and the Multicultural Communities Team and Melbourne City Football Club,

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:

Whittlesea U3A has become a Network Partner of “Be Connected”. 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 members develop their digital skills and confidence.

We acknowledge the support Whittlesea U3A has received from Bolton Clarke in assisting in the development and delivery of single session information presentations by their staff on topics including, Falls Prevention, Master your Mind, Healthy Skin, Understanding Dementia, Healthy Bladder, Healthy Eating and Nutrition, Healthy Brain Healthy body as well as Ageing and Dementia.

Whittlesea U3A and Lalor District Men's Shed who operate from the same location in Robert Street Lalor have completed a Memorandum of Understanding to work together to establish a long term shared facility.

Special thanks to

Andrew Giles' Office for printing the newsletter & other publications



## THE PRESIDENT'S MESSAGE.....CONTINUED

During 2019 Whittlesea U3A has continued to participate in the Whittlesea Seniors Linkup network of "community connectors" which supports the connectors identify socially isolated and lonely seniors with the objective of introducing them to activities which connects them to other seniors through participation in activities that meet their needs and interests.

The committee was faced with a number challenges in supporting the growth in 2019. To meet these challenges the Committee has implemented a number of sub committees with the delegated authority to manage the operations of Whittlesea U3A. Our online membership management system, IT and internet access as well as support from strong partnerships has enabled these challenges to be managed.

### **ENROLLMENT FOR 2020**

When considering re enrolling in classes for 2020 remember Whittlesea U3A is committed to provide its' multi-cultural membership with a friendly safe environment and be a catalyst to assist them generate new knowledge and ideas by participating in classes and activities that provide mental and physical stimulation, enlarge personal horizons knowledge and skills, and provide an opportunity to make and enjoy being with friends.

Please contact me or our membership team either directly or through your class leaders if you would like to discuss any classes or activities and particularly if you have any suggestion for new classes or ideas to expand the scope of existing classes.

The details of the 2020 enrolment program are provided in this newsletter.

Our Whittlesea Township contact committee members Peter Rodaughan and Bev Moore are continuing to work on meeting residents and developing new activities to engage seniors in the local area. Details of classes and activities, membership application and renewal forms are able to be viewed on the Whittlesea U3A website. Paper copies of the enrolment material have been mailed with a copy of this news magazine to members who do not have email addresses.

I wish to thank all Leaders and Tutors for their valuable contribution through 2019 and wish all members a very happy Christmas with family and friends and look forward to seeing you through 2020.

*Glen Wall  
President*

**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**

Up to 12 to a table

Please indicate whether member, non-member and any dietary requirements.

Menu consists of Antipasti plus 2 course meal, soft drink supplied, Alcohol at bar prices

Return completed booking sheet to:

Sue Meers: 0402 257 263 or [jessmeers@bigpond.net.au](mailto:jessmeers@bigpond.net.au)

Payments can be paid by cash or cheque (Whittlesea U3A Inc)

Or at Peter Lalor Office 34 Robert Street Lalor 94641339

online: BSB 033 137 Account Number 189765

Please include your name and membership number

All payments must be finalized by 29 November

## The Walk of Life

### Whittlesea U3A's Journey to an Active Sporting Lifestyle in the 'Third Age'

As we get older and our body matures in a number of ways we often say to ourselves many things.

"Why can't I keep pace with my kids or grandkids anymore?"

"Why is it getting harder to tie my shoes?"

"Why do my knees and ankles hurt when I have a kick of the football with the young ones?"

We would all like to keep fit as we get older. We all still have that competitive streak to varying levels and wouldn't it be great to be able to still bring that out of ourselves without the aches and pains we have experienced in the recent past? Not having to bathe ourselves in Voltaren when we've come in from our daily run.

Well, look no further. Whittlesea U3A has come up with just the activity to answer all of your questions as you hit the magical 50, a milestone in life, not the least of which ushers in thoughts about retirement, what will I do when I have more time on my hands, and in particular, what can I do that will be kind to my maturing body?

Well, we have the answer for you and a gateway to many post-retirement activities with the chance to meet new friends on the way through.

**"Walking Football is fun. It helps me to socialise with other people, and motivates me to exercise. But most of all, I get to meet new people and make friends, in the process" - Helen**



## How it all began

Initiated by Whittlesea Council in mid-2016, the 'mini Olympics', part of the Council's Young at Heart Games saw the birth of Walking Football as one of the sports included in the 'games'.

A fun variation on the popular indoor soccer code, the modified rules ensure all players are safe and gain maximum enjoyment. No running, no balls kicked in the air and no 'hard' kicks, Walking Football is a non-contact sport. This ensures the objectives of 'safety, fitness and social enjoyment for the 'over-fifties' is paramount in the outcomes of the activity.

Our support partners, Whittlesea City Council funded all the necessary equipment to kick off our Walking Football program.

From the mini-Olympics, those who participated in the Walking Football event were keen to make sure that it continued into the future. As a result our friends at the Whittlesea Council continued to offer the program until year end. At the end of 2016 Whittlesea U3A were handed the baton from Council for operating Walking Football in 2017 and beyond.

**"Walking Football is a great exercise and is socially inclusive of all nationalities. It improves coordination and that's the reason for my participation" - Domenic**

## The Walk of Life

### Whittlesea U3A's Journey to an Active Sporting Lifestyle in the 'Third Age' (Cont)....

Whittlesea U3A, in running the program, provide players with access to many additional activities for the one subscription fee. As members of Whittlesea U3A they have access to in excess of 100 other activities along with their first choice, Walking Football. So they see U3A as a total post-retirement activity package.

#### Game Day - Three Years of Growth with Whittlesea U3A



The program has now been run by Whittlesea U3A for 3 years from 2017 to the present day and looking forward to providing this popular activity for 2020 and beyond. There are 35 registered members including members from Darebin U3A. This gives enough players for one ladies game and a round robin of three men's games.

Game day includes announcements about special events and changes, warmups exercises and skills related games, and the games themselves. Ladies play a full game and three men's teams play two 15 minute games each. Most of the members have been there since its inception, a great sign of the level of enjoyment players take out of the

successful Walking Football programme.

New members join up frequently, which more than compensates for the few members who decide it may not be for them. The program has been self-sustaining without the need to perform an intensive recruitment program.

Whittlesea U3A's program has been so successful that its model has been used to demonstrate to peer groups the fun this exercise program brings.

Working closely with a number of U3A's including Croydon, Knox and Banyule, members have visited Whittlesea on Game Day with a view to operating locally. Croydon now has commenced a successful program with about 30 members enrolled to play each week.

Demonstrations such as presenting the game at Federation Square during senior's week; at Whittlesea Council's annual festival; at shopping centres like Pacific Plaza - Epping; and at representatives from regional associations such as Sports North East from Wangaratta have all given great exposure to our game.

*"No other sport I can think of that I enjoy playing and socialising with a great group of people that share the same interest " - Sam*

#### Partnering and Volunteering for Sustainability

None of this would have been possible without Whittlesea U3A's Activity leader Gerry Fay and partnership Coordinator Michael Murray establishing a strong relationship with Whittlesea City Council - Through the Positive Ageing Team - provides Assistance in the running of events like our annual World Cup, equipment and signage, and event organization Melbourne City Football Club - Provide Young Leaders for skill training and running games, event funding, tickets for A-League games, an MC for game days, referees and coaching for leaders.



## Did you know?

ATM's were created in 1967 by a Scottish man named John Shepherd-Barron, who thought that getting cash should be as easy as getting a chocolate bar. But the difficulties lay in ensuring that you were who you said you were. To prevent problems, Shepherd-Barron developed a special type of paper check that acted as a precursor to the debit cards we have today.

Each check would cause his cash machine to request a personal identification number or PIN



that only the account holder knew. Since Shepherd-Barron already had a six-digit ID number he had memorized, given to him by the Army, he was going to make the machine require a six-digit PIN from everyone who used it. That likely would have been the standard, but he was overruled by his wife, she believed that six digits were two too many to remember and four became standard.

If only 2019 required a four digit PIN!

### Willing to Share - This could be the start of something!

Travelling is quite an experience with a sense of adventure and it's so lovely at the end of each day to debrief with a roomie and have a laugh and a chat about the day's experiences! If you're easy going, don't snore and want to keep your costs down considering this as a great way to travel!

Bus trips are advertised on the website as well as on the monthly newssheets. Look out for more adventures with new and 'old' friends

### Family History - Trivia for the month of November

The last Sunday in November was once considered the last opportunity for British couples to wed properly before Advent began.

For centuries - until 1840, when Queen Victoria married Prince Consort Albert in WHITE, a woman was married in her best dress which, at least theoretically could have been any colour including black.

But some hues were greatly preferred to others as these couplets suggest.

Married in grey, you'll go far away,  
Married in brown, never live in a town  
Married in red, wish yourself dead,  
Married in yellow, ashamed of your fellow,  
Married in green, ashamed to be seen  
Married in black, wish yourself back  
Married in pink, your spirits will sink  
Married in blue, love ever true  
Married in pearl, live in a whirl  
Married in white, you have chosen right.

Study shows how simple changes to your daily routine is key to good brain health.

A morning of moderate intensity exercise improves cognitive performance like decision making across the day compared to prolonged sitting without exercise. It also shows that a morning bout of exercise combined with brief walking breaks to frequently disrupt sitting throughout an eight hour day can boost short-term memory compared to uninterrupted sitting, according to a study from Baker Heart and Diabetes Institute and the University of Western Australia.

*Published in the British Journal of Sports Medicine  
April 2019*

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

**BSB 033137**

**A/C no. 189765**



## There is always a solution....URGS

Are you struggling in making ends meet?

Are you concerned that you may not be able to cover your Energy and Water bills?

Who can you turn to if you are experiencing Financial difficulties? There is a Solution – provided for you by the Victorian Government – that Solution is called **URGS!**

### What does URGS stand for?

URGS stands for **Utility Relief Grant Scheme** and can be accessed through the Department of Human Services in Victoria. Any payments by them towards your bills should not affect your Pension. You do not need to pay the money back!

### How can URGS help me?

URGS is a bi-annual payment from the Victorian Government that can assist you in reducing outstanding debt that you may have with your Gas, Electricity and Water Bills.

### How do I apply for URGS Assistance?

Every Energy Retailer and Water Retailer has a Hardship Policy that can be viewed On Line which explains how you can gain this assistance. If you hold a current Centrelink Reference Number (CRN) you would automatically be eligible to apply for URGS Assistance or, if you do not hold a current CRN you may be able to still apply for URGS, however you'd need to be affiliated with the Energy and Water Company's **HARDSHIP PROGRAMME**.

As URGS Assistance can take some time to be processed (anywhere from 7 to 15 weeks), it

is suggested that you enter into a regular payment plan with your Energy or Water Retailer, where, if possible, you can cover usage (based on your Account history), so as to ensure that the debt doesn't grow. If you can afford it, look at a management plan that covers usage and debt over a 12, 18- or 24-month period, so as to allow you the opportunity of getting things back on track over a sensible amount of time. You can discuss this with the Retailer's Hardship Team, or, should you not feel comfortable in doing so, there are Free Financial Counselling Services available and they can speak on your behalf.

In the Northern suburbs, **Kildonan Uniting Care** can provide this assistance. Their contact number is **8401 0100**, and they are located at **188 McDonalds Rd, Epping**.

You can view their website on [www.unitingkildonan.org.au](http://www.unitingkildonan.org.au) – if necessary, they can provide assistance in filling in the URGS Application Form as well as providing Energy Efficiency Advice. Kildonan also provide Energy Audits, so as to enable you to work towards reducing your Energy Consumption which will reduce your costs. Energy Saving tips are generally available on most Retailer's Websites and can also be found on [www.energy.vic.gov.au](http://www.energy.vic.gov.au) – some simple things will help you better manage your usage and again, this will help in reducing your costs.

How much can the URGS Payment be towards my debt? From a minimum of **\$100** up to a

maximum of **\$650**, on your Electricity, Gas and Water bills, available every 2 years. So, quite a substantial amount is available to assist you.

Further Information: When contacting your Energy or Water Retailer, firstly, ensure that you are on the best plan available – all Energy Companies have a dedicated Retention Team – if you've heard of a better offer from family or friends, mention this to the Consultant – their job is to keep you happy!

Finally... Don't feel that you can't climb this difficult mountain... the best option is to call and explain your situation to the Hardship Team – they hear all kinds of stories and I doubt that you will tell them something that they haven't heard already. They are there to assist you in getting things back on track.

What criteria am I required to meet in applying for URGS?

Firstly, you would have some Financial Hardship triggers – this could be caused by Medical Issues, Motor Vehicle Repairs, recent Family Bereavement, the arrival of an unexpected bill, a reduction or loss in income, etc.

Discuss your options – select an option that is workable for you. And keep in regular contact with the Hardship Programme – if something happens, let them know – that way they can look at other options to ensure that you get back on track without too much discomfort.



# Our trip to Noorilim with Sue Meers



On a chilly, but beautiful, July morning 44 members boarded the "Happy bus" and set off on our day trip to Nagambie and Noorilim Estate. We settled in and were greeted by our driver extraordinaire Glenn and we were on our way.

After the catch up chatter it was down to business with our BINGO. Just before Nagambie we made our first comfort stop and enjoyed a cuppa & bickie. Then back on the bus, to our destination of Noorilim Estate. We met our guide for a tour of the homestead, and what an amazing

place this was. Rich in history and many wonderful artworks to view. We then had some free time to wonder about the homestead, its glorious grounds & gardens. It was then time to say farewell to Noorilim and board the bus again to our lunch venue where we enjoyed a delicious 2 course lunch and.....yep.....more chatter and catch ups. After lunch we had time to either sit and relax and enjoy the vista of the lake or take a stroll of the town.

I chose the latter, so Robyn, Faye & I took a walk; popped into the

bakery for a hot drink and then had a look into a couple of the local shops before hopping back on the bus.

Heading for home now, we played more BINGO and some trivial pursuit and even had some of the members singing...the playschool song.

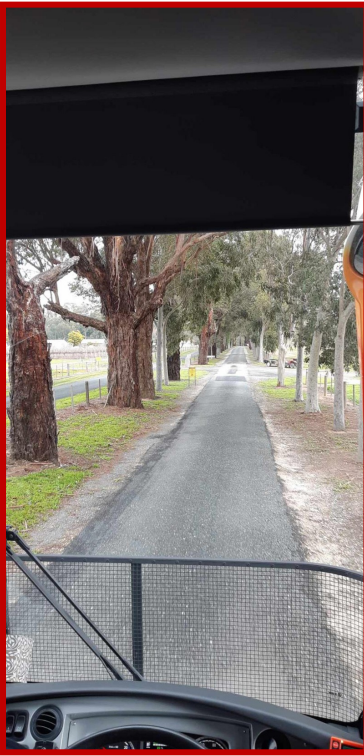
Thank you to those that braved the cold morning and I hope to see you, and others on our next trip to

**Daylesford on Wednesday  
21<sup>st</sup> August 2019**





## Our trip to Noorilim continued.....





Lillian Madden and Elaine Bateman had their second Line Dancing social  
on Sunday 14th July.  
Professor Bear was their Guest.



## Tap Cats

Tap Dancing is a fairly new activity which was introduced by Elaine Bateman in term two. Elaine has been assisted with this class by Lyn Brandon. After a lot of hard work and extra practice the group were ready to do their very first tap dancing routine at the Line Dancing Social on July 14th. The tap Dancing team Now Named, The Tap Cats, consists of Elaine Bateman and Lyn Brandon who are combined Leaders.

Additional dance group consisted of Kerry Greer, Jenny Boundy, Rebecca Lee, Awheena Te Amo, Myrna Beverly, Carmel Cooper, Ronda Boughey and Carol Battye.

The team was also supported by two Ukelele Players, Tia Pene and Brodie Dunkley with our Stage Manager Rhys Dunkley.

Lillian Madden introduced them

all and were sensational. High fives all-round the stage at the finish of our routine then we all took a bow and took in all the pats on the back and praise that was dished out after the performance. What fun!!!





# 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](mailto: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.

Check the website for your member's number in order to win a Whittlesea U3A logo cup. This can be picked up at the monthly morning teas.

## Term dates

Term	Start	End
<b>1</b>	03 Feb 2020	27 March 2020
<b>2</b>	14 Apr 2020	26 Jun 2020
<b>3</b>	13 Jul 2020	18 Sep 2020
<b>4</b>	05 Oct 2020	27 Nov 2020

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.

# Whittlesea Committee Inc. U3A 2019- 2020

## COMMITTEE EXECUTIVE

Glen Wall	president	<a href="mailto:president@whittleseau3a.org.au">president@whittleseau3a.org.au</a>
Kathy Lizio	vice president	<a href="mailto:kathylizo@bigpond.com">kathylizo@bigpond.com</a>
Elaine Bateman	secretary	<a href="mailto:secretary@whittleseau3a.org.au">secretary@whittleseau3a.org.au</a>
Peter Rodaughan	treasurer	<a href="mailto:treasurer@whittleseau3a.org.au">treasurer@whittleseau3a.org.au</a>

## COMMITTEE

Afroditi Toso	program coordinator	<a href="mailto:coordinator@whittleseau3a.org.au">coordinator@whittleseau3a.org.au</a>
Kevin Whelan	membership	<a href="mailto:membership@whittleseau3a.org.au">membership@whittleseau3a.org.au</a>
Bev Moore	Whittlesea Township Liaison	<a href="mailto:wu3aTownship@whittleseau3a.org.au">wu3aTownship@whittleseau3a.org.au</a>
Michael Murray	Partnership Coordinator	

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Kathy Lizio	almoner	
Sue Meers	social events	<a href="mailto:jessmeer@bigpond.net.au">jessmeer@bigpond.net.au</a>
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Mary Renshaw	custodian of Professor Bear	<a href="mailto:professor.Bear@whittleseau3a.org.au">professor.Bear@whittleseau3a.org.au</a>



## 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