



WHITTLESEA U3A

NEWSLETTER

Issue No. 35. January 2020

WELCOME TO 2020

Dear members

MESSAGE FROM THE PRESIDENT



On behalf of the Committee of Management of Whittlesea U3A I am pleased to welcome you as a member of Whittlesea U3A for 2020. Your 2020 Member pack has been included with this special welcoming newsletter. The Member Pack includes the following documents:

- Membership Enrolment and Waitlist confirmation details
- 2020-member name tag for 2020
- General information and links to additional information that will assist you fully enjoy the benefits of Whittlesea U3A membership.

Your membership number is listed above and is forever your unique member number even if you take a break from Whittlesea U3A membership. Your membership entitles you to apply for any of the Whittlesea U3A courses and activities which have vacancies or waiting lists. All members are welcome to join us at our Monthly Morning Tea in Lalor or Discussion over Coffee in Whittlesea social gatherings to meet and share your interests. Our office at the Peter Lalor College Campus is open five days per week at the times advertised on our website. Please let us know if you decide not to continue with a class. This allows us to allocate the place to someone on the waiting list or to a new applicant. If you are on a wait list, you will be informed if a vacancy occurs.

The 2020 Calendar of activities is based on the theme **“The Walk of Life - Whittlesea U3A’s Journey to an Active Lifestyle in the ‘Third Age’**. The 2020 program is a mix of popular continuing courses and activities with the addition of new ones including physical adventures both in and outdoors, art, craft, photography, discussion groups, languages, cultural studies, Technology (IT), literature and music.

The Whittlesea U3A website has up to date information including member Code of Conduct, Terms and Conditions and other policies. The website has links to the up to date course list and a login for members to check or update their member details.

If you find any errors or problems with your class allocations, please contact the office on 9464 1339 to speak with one of our friendly member support volunteers.

Wishing you an enjoyable 2020 as a member of Whittlesea U3A.

Regards

Glen Wall

President Whittlesea U3A.

SUCCESSES OF 2019 CONTINUING IN 2020

Whittlesea U3A has continued to work on developing partnering arrangements with other organisations to develop and offer to members interesting and engaging classes and activities. The following articles are a selection of the successes that have been achieved in 2019 which will continue in 2020.

We are particularly keen to hear from members any activities that are of interest that are not currently offered. All the classes and activities below originated from suggestions from members.

DIGITAL LITERACY AND CONNECTING THROUGH TECHNOLOGY

TECHNOLOGY SUPPORT PROGRAM will continue to be supported in 2020 by



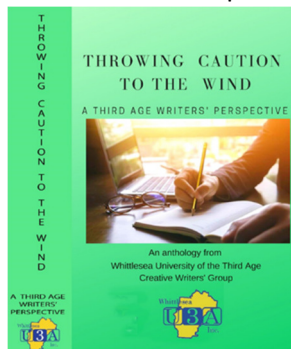
The program supports seniors, build their technology skills to safely use smart phones, tablet computers and laptops connected to the internet. Bring your own Laptop, Tablet computer, Android phone, iPad or iPhone for a small group problem solving session. Contact the Whittlesea U3A office to make an appointment.



WRITER'S GROUP SUCCESS

Whittlesea U3A Writers' Group Anthology

Whittlesea U3A is proud to announce the publication of its Writers' Group Anthology.



Entitled **'Throwing Caution to the Wind - A Third Age Writers' Perspective'**, it showcases twelve of our group who have written in excess of fifty pieces either prior to joining our group or as a result of class exercises coming out of our fortnightly sessions.

The book includes short stories, memoirs, poetry and much, much more. The class members have received quite a buzz in publishing their anthology and it really drives home the achievements of us all as a team and a group of individuals with varied talents.

Members have developed the breadth and depth of their writing through participation and networking with the rest of the group and their enjoyment has been demonstrated through not only their anthology, but the variety of work produced each week.

Published as recently as November 2019, the Group is already looking forward to planning the publication for the 2021 year.

Copies will be available for viewing or purchase at Peter Lalor Secondary College from First term 2020, or alternatively are available online at Amazon and many other book sellers.

If you would like to know more about the Whittlesea U3A Writing Group class and its activities, please call Bryan McNally on 0419 585 894

COLLABORATION WITH RMIT UNIVERSITY

Whittlesea U3A has extended its collaboration arrangements with a number of RMIT University schools and Researchers to provide support to the delivery of our Well-being classes and activities. These arrangements will provide concession access to the RMIT Health Sciences student led clinic located at University Hill Bundoora. The clinic offers Chinese medicine, chiropractic, osteopathy and psychology treatment to the public.

The RMIT School of Economics, Finance and Marketing has confirmed continuation of collaborating with U3A in the project “Exploring how older Australians use technology to communicate with their social networks” 2020. The outcomes of the project will enable Whittlesea U3A to offer to its members relevant technology awareness classes.

WHITTLESEA U3A CHOIR PERFORMS

On 4th July members of the Whittlesea U3A Choir “Singing for Joy” led by Ron & Silvana had the pleasure of presenting a concert in honor of Sue Sams at South Morang BUPA Aged Care. Many songs included appropriately “If you Knew Susie”, and “Runaround Sue”. A delightful afternoon for all and a real highlight for the many residents who smiled and sang along.

Another concert at Vasey House, Bundoora was presented on 15th August to another large group of residents who were thrilled to recall and sing some of the happy songs of their earlier years.

The Choir was one of seven (7) Choirs that performed at the start of Seniors Week celebrations in October at the Edge Theatre at Federation Square in the City. This has been an achievement of the Choir for several years.



Our Singing for Joy Choir is a true delight for all participants every Thursday afternoon and the concerts are a bonus for choir members and recipients alike. This is the true spirit of sharing and giving of WU3A and is only possible because of the dedication and efforts of the Leaders Ron and Silvana and all the choir members some

who also skillfully play ukuleles as we sing.

Article contributed by Geoff Grace Choir member.

WHITTLESEA U3A ART GROUP EXHIBIT WORK AT THE CITY OF

WHITTLESEA ART EXHIBITION – RESPONSE TO CLIMATE CHANGE

The Whittlesea U3A Art for Fun group members submitted works of art on the theme “impact of climate change” for exhibition at the 2019 City of Whittlesea art exhibition, SOS.

The theme invited artists who live, work or are connected to the City of Whittlesea to consider the impacts of climate change and to share ideas on ways we can all help protect the natural world for future generations.

Artworks of a number of the Whittlesea U3A Art for Fun group were among the more than 160 exhibits.

WHITTLESEA U3A OFFERS GOLDEN VENTURE 3D ORIGAMI CLASSES



Whittlesea U3A has included in its wide range of craft and hobby classes offered Golden Venture 3D Origami. Phu Phan is the teacher of this amazing activity on becoming a member of Whittlesea U3A offered to lead a class.



- Phu outlined the history of the development of this form of Origami. In 1993 there were 286 Chinese people who travelled to the USA on board the Golden Venture Ship, unfortunately on the way 10 people died and the others were detained by the Immigration Naturalization Services for many years, to pass the time ,they created 3D origami which they decided to call Golden Venture after the ship. The class is on Thursdays at Peter Lalor Campus from 1pm– 3pm.

Wu Tao CLASSES



Our Wu Tao tutor Maria Veerasamy joined the Whittlesea U3A Walking Football program in 2018 where she met new friends, men and women simply enjoying the game of walking in a Soccer Game. Our ladies team won the 1st runner up medal. In the second term some ladies were experiencing balance loss with one fracturing her ankle, I also had a minor fall, this led me to share my knowledge of Tai Chi and Wu Tao so I started the class in July 2018 with 13 members.

So, “What is Wu Tao you ask?” It means the dancing way.

The class does 10 minutes of each, warm up exercises, & gentle stretching, 30 mins of movements, 15 mins of dance and 10 mins cool down and meditation.

Whittlesea U3A Success with Partnering

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

"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

"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

"As an elderly player and having seen the ABC show with the four-year- old's, there is more shouting and definitely more dribbling than in the TV show" - Harry

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.

Partnering and Volunteering for Sustainability

None of this would have been possible without Whittlesea U3A's partners. Our partnership program in general is critical to the on-going running of all programs and the Whittlesea U3A infrastructure in totality. But especially Walking Football.

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 organisation

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.

Mill Park basketball Stadium - Provides the weekly and World Cup venue

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.

Further Initiatives

Significant exposure in the Seniors Card Magazine sees the first of many high-profile stories to be aimed at media for the 'over-fifties'. The article highlights Walking Football at Whittlesea U3A and is a major step in gaining awareness for this great new activity and the U3A movement in general.

If our story has whetted your appetite and you would like to see the game in action and meet some of the players and organisers, please feel free to attend one of our sessions before you join.

Where

Mill Park Basketball Stadium
Redleap Avenue Mill Park, 3082

When

10 A.M. Every Thursday During School Term

Whittlesea U3A HEALTH AND WELLBEING

HEALTH MESSAGE

Smoke and your health

Smoke from fires can reduce air quality in rural and urban areas and exposure to smoke can affect you and your family's health. Find out more about how smoke can affect your health and the actions you can take to avoid or reduce potential health effects at

<https://www.betterhealth.vic.gov.au/bushfiresmoke>

Seniors advised to take care in extreme heat this summer

We are expecting a long hot summer, and that could mean more deaths and illness from extreme heat. Take a moment to plan ahead for extreme heat by visiting the website

<https://www.betterhealth.vic.gov.au/heat> for more information.