

TERM 4 Commences on 5th October –27th November 2020

President's message....

October good news spring is bringing warmer weather and new COVID-19 cases are significantly reducing which is allowing restrictions to be relaxed. Our program of classes and activities for Term 4 include more new ZOOM classes including ZOOM First Aid Talk, ZOOM WU TAO Dance, ZOOM Let's Chat about Things & Interests, ZOOM Tai Chi, ZOOM Beginners Tai Chi For Health, ZOOM Card Making Chat- Combined and more ZOOM Chat from home groups. Details of these classes are featured in this newsheet.

I would like to thank the Tutors who are now leading ZOOM classes and assure them that the members greatly appreciate your efforts.

After 3 weeks the participants in the weekly ZOOM Line Dancing Class have increased to over 100 members and it is pleasing that members of U3A Banyule have joined the class.

We are working through discussions with Tutors on next class calendar and I can confirm that most of our Tutors have committed to continue leading classes in 2021.

I understand that not all classes are suitable to be delivered as ZOOM classes and priority is being given to having a mix of face to face (as regulations permit) and ZOOM classes and activities on the 2021 class calendar.

If you have friends who you share an interest with and would like to have a new class on our class calendar please contact president@whittleseau3a.org.au and we will do our best to add it to our class list.

Please comply with the COVID-19 restrictions, stay safe.



AN INVITATION TO WHITTLESEA U3A MORNING TEA

MORNING TEA BY ZOOM PLEASE JOIN US TO MAKE IT A SUCCESS

JOIN FROM HOME AND CATCH UP WITH FRIENDS FOR A CHAT

Topic: Whittlesea U3A Morning Tea Get Together

Time: Monday, 5th October 2020 at 11:00am [Zoom room will be opened from 10:45am]

BUILDING COMMUNITY ENGAGEMENT (BCE)

Whittlesea U3A has been working closely with Sunbury U3A, U3A Casey and Hobsons Bay / Williamstown U3A and Altona U3A to deliver the Social Seniors program. Peter Cleary, Janice Boswell, Gavin Trigg, Jan Marshall, Kathy Lizio and Peter Rodaughan have hosted weekly "Digital Skills Drop-In" sessions.

These sessions have been significant in building the skills in members to use their phones, tablet devices and computers to see and talk to each other while isolated at home. This support is the main reason we achieved an attendance of 127 members at our Annual General Meeting in August



don't forget to put your Clocks forward on Sunday 2am.

Also change the batteries on your smoke alarm:



Zoom Classes



First aid training covers the steps taken to help an injured or sick person in the first minutes after an incident.

Bolton Clarke's free First Aid community information session covers the latest information on everything from cuts and sprains, fractures and concussion to cardiac events, stroke, insect bites and more.

Understanding basic first aid will empower you to successfully apply first response treatment for common injuries which can help someone feel better, recover more quickly, and possibly save a life.

Course Name First Aid Talk

Course code 01ONL08

Tutor / Leader Bolton Clarke

Timetable 1 Day Course

Day: Monday, 10:00 AM - 11:00 AM

Date: 12 Oct 2020

ZOOM WU TAO Dance Course code : 01ONL09

Detail: This Class will be offered ONLINE by ZOOM

Class will start on **Monday October 5th**

ZOOM Day and Time: **Every Monday from 2.00pm - 3.00 pm**

ZOOM Let's Chat about Things & Interests Course code: 02ONL06

Detail : THIS CLASS WILL BE OFFERED ONLINE via ZOOM

ZOOM DAY / TIME: Tuesday at 11.00am - 12.00pm

The class is **CHAT** only over ZOOM

ZOOM Tai Chi (course code: 03ONL07)

Details: This Class will be offered ONLINE by ZOOM

Class will start on **Wednesday October 7th**

ZOOM Day and Time: **Every Monday from 10.00pm 11.30am**

ZOOM Beginners Tai Chi For Health Course code: 04ONL08

Detail: This Class will be offered Online by ZOOM

Class will be starting on **Thursday 8th of October**

ZOOM Day & Time: **Every Thursday from 2.00pm - 3.00pm**

ZOOM Card Making Chat- Combined"

Detail: This class will be offered ONLINE by ZOOM

This Class is only a chat class

Class is a combined class of the Monday and Friday Card Classes

Class will be starting on **Friday 9th October**

ZOOM Day & Time Every Friday 10am -11am

ZOOM Beginners Yoga

Frequency: **Weekly**

Tutor / Leader **Ann Bellofiore**

Location: **ONLINE**

Start Date: **28/09/2020 Mon**

Finish Date: **23/11/2020**

Start Time: **9:15**

Finish Time: **10:00**

If you are interested in joining any of these classes please enrol online or ring Afroditi on_0431 488 346 or email her on

coordinator@whittleseau3a.org.au



MORE WHITTLESEA U3A MEMBERS ACCESS CHAT GROUPS, CLASSES AND ACTIVITIES FROM HOME

KEEPING IN CONTACT AND SHARING INTERESTS WITH FRIENDS DURING

We are pleased to share with you that Whittlesea U3A held its 2020 annual general meeting on the 27th August as a ZOOM meeting and 127 members attended the meeting via ZOOM from home. Our members returned our current committee with the addition of Yolanda Avery and Peter Cleary.

The two new committee members will strengthen the capacity of Whittlesea U3A to expand the scope of our gardening classes and activities as well as support members connect on line through and post COVID-19 restrictions particularly on the subjects of Photography, Genealogy and Health and Well Being.

Whittlesea U3A "Chat from Home" sessions are gaining in popularity and have enabled members to keep in contact. In mid-September a "ZOOM Line Dancing" class commenced and has 95 members enrolled and enjoying participating from home.

These two initiatives that have provided inspiring benefits to members feeling the effects of isolation. The positive experiences that individual members have experienced are:

Mary's "KEEPING IN TOUCH EMAIL"

Mary started emailing a couple of times per week a 'keeping in touch' email to Whittlesea U3A members in her Walking and Discover Melbourne by Train activities. The circulation is now more than 50 friends who have shared through the email positive experiences and observations including:

RUTH Spring is here!

"Ruth has been thinking of you all. She took some photos of her garden.

Spring is bringing more colour to the yard, daffodils and jonquils have finished and now other bulbs are coming out. Freesias are out and smelling sweet, the camellias that got hacked back are starting to look loved again, some of the Dutch iris are out, as are the stock, snap dragons, and poppies take a peek.

Managed to plant all the dahlias, Gladdies and Lilliums; should be nice when they come out, put some sugar cane mulch over some of the plants with the intention of stopping Scamp (pet dog) from digging to China, well she didn't dig, decided it was a nice place to nest in the sunshine so sat/lay on the area instead....can't win with her!!!!!"

ANN spreads sunshine with her Sunflower story.

"Sunflowers..."



They turn according to the position of the sun. In other words, they "chase the light." You might already know this, but there is another fact that you probably do not know!

Have you ever wondered what happens on cloudy and rainy days when the sun is completely covered by clouds? This is an interesting question, isn't it?

Perhaps you think the sunflower withers or turns its head towards the ground. Is this what crossed your mind? Well, that's incorrect!

This is what happens: They turn towards each other to share their energy.

Nature's perfection is amazing. Now let's apply this reflection to our lives. Many people may become low-spirited, and the most vulnerable ones, sometimes, become depressed. How about following the example of the beautiful sunflowers i.e. "Supporting and empowering each other"? Nature has so much to teach us.

Wishing everyone a "Sunflower"- trait of turning towards each other on their cloudy and gloomy days.

Spread goodness.....it will come back to you!"



This is my second poem during our experience with COVID 19. It is a time of extreme emotions, tireless single subject conversations and social observation. The words in this poem are my observations about what has been happening, in particular in the State of Victoria, where we are experiencing the harshest restrictions in Australia and my thoughts about our enemy - the virus. As time goes by and my next poem develops, I hope it will have more promise of a brighter future

2020 The Endless Nightmare Victoria's Dilemma

By Robyn Canning (©) 2020

The tyranny of distance is never so true

As COVID 19 permeates our lives

It ravages our State, our hearts and our minds

Borders closed, heartbreaking reality

All in this together, now we're alone

Torn apart by an invisible force

Blame and anger ignite constant debate

Opinion divided, no one is right

No guidebook, manual or instructions to follow

We flounder in confusion, different rules in different places

Searching for a solution that no one can answer

A spinning wheel of chance. Where will we land?

Victorians in exile, stigma attached

Cases keep rising, people are dying

Family's distraught, healthcare workers exhausted

Fear, uncertainty feel stronger each day

Positive thoughts try to surface in vain

A sense of defeat creeping into our souls

Values are challenged, judgements widespread

As time marches on, the virus is laughing

On the crest of a wave it keeps on surfing

Indiscriminate, lethal, no one is safe

Its hunger extreme, its reach infinite, relentless

As we search for an answer to this endless nightmare.

