



Whittlesea U3A News Sheet

ISSUE 09 November 2020

COVID-19 version

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

President's message....



As our 2020 U3A year is ending we can put a very challenging year living through a Pandemic behind us. New daily COVID cases have reduced to zero or very low numbers and curfews and restrictions are being lifted.

The changes in restrictions will enable the resumption from late November of outdoor activities with limited numbers of participants and small classroom classes to recommence.

Further good news is that the committee has endorsed the 2021 program of classes and activities which will commence in December 2020 with a number of classes and activities continuing through December and January with the full program commencing in February 2021. I would like to thank the Tutors who have offered to continue their classes through the holiday period.

Melbourne Victoria is now known worldwide and we can all be proud of all our achievements, congratulations Melbournians

However until 2021 when our new U3A programs commence with our volunteer leaders, tutors and helpers in the new COVID normal, the volunteer management will continue to keep everyone informed whilst still providing our volunteer zoom classes.

Launch of Whittlesea U3A 2021 program

The 2021 program will be launched at the November "Chat from Home Morning Tea"

The program is a mix of zoom and face to face

"Face to Face" will commence with small groups and outdoor activities

More smaller group activities in a wider range of venues

More support for using zoom and introduction to classes with some members in the classroom and some participating via zoom

Supporting tutors to be the connection to members in their classes

Priority is the safety of tutors and members

Supporting tutors to keep close contact to class members

Our focus is on providing classes and activities so that members can share their interests, learn, socialise and have fun.

Please re-enrol early to have the best chance to join the classes and activities of your choice.

Stay safe and keep well. Looking forward to seeing you in 2021 under less challenging conditions.



INVITATION TO RE-ENROL for 2021

The Whittlesea U3A Committee Invites you to re-enrol for 2021

View the 2021 courses online via our website from **2 November**, a printed version will be mailed to all current members.

The 2021 enrolment will open at 10am on 16th November.

Instructions to assist with renewals are located on the website

The year will start with ZOOM activities and some small face to face activities with group sizes increasing as regulations permit

All face to face activities are wait listed only and opened up as regulations allow us to run the activity. By being enrolled, you will be contacted when the activity is allowed to start. Give yourself best chance to join by enrolling as soon as you can.

All current ZOOM access codes will be change for next year, so make sure you are enrolled so you will receive the correct Meeting and Passcodes when they have been changed.

If you require assistance to enrol, the following members are available to help:

Kathy Lizio 0414 925 567 Elaine Bateman 0415 191 294

Anne Carbis 0401 075 190 Heather Vella 0417 572 849

Yolanda Avery 0433 103 088 Peter Rodaughan 0438 050 824

Whittlesea U3A Membership renewal.

Please find the following enclosed in the membership renewal pack being mailed to you:

- Your personal information from our Membership System
- Class Activity selection form
- List of Activities

Westpac Bank Deposit Form

Renewing your membership

There are 2 ways to renew your membership.

1. Do It Yourself Online

- a. Access your personal data via the link supplied via email to be sent prior to the re-enrolment date, 16th November.
- b. Check your information and change anything that is not correct
- c. Select and confirm the activities you wish to participate in.
- d. If you wish to pay your subscriptions using PayPal or a Credit/Debit card, choose that option and follow the prompts.
- e. If you wish to use cash, fill out the enclosed Westpac Deposit form
- f. Enrolment Data Entry Volunteer
- g. Check prefilled enrolment form and write changes in red, blue or green pen.
- h. Fill in the Class Selection form.
- i. Post back to Whittlesea U3A with the receipt of payment, or a personal cheque. If you use Australia Post Money Orders, fill out the enclosed Westpac deposit form and hand that into the Post Office along with your payment.

Important Please follow these instructions below

Paying Membership Subscriptions for 2021.

If you would prefer to go to a bank or Post Office, please use the enclosed Westpac Deposit Form.

1 You need to fill out the Westpac Deposit Form with the following information:

Date Amount deposited Signature Membership Number.

2. Your membership number needs to be written very clearly after your signature
3. Ask the teller to type the membership number into the transaction.

4 Keep the receipt stub and ensure the bank stamp, with date, is visible on this receipt.

Without your membership number, we cannot match your deposit with your enrolment.

This method of payment can be done at a post office and should be accepted at any branch of any bank. [Not just Westpac.]

Artist Recognition written by Beryl Clarke

You may already be aware of this but I thought I would let you know just in case.

Robyn Canning, member of Art for Fun and the Writing group, has been invited to participate in the Online Studio Arts Trail which will launch Friday 30th October 7pm via a zoom link. Anyone can view the online Studio Art Trail for a month as advertised in the CAPOW newsletter. Naturally she is very excited to be nominated and then selected but she deserves the recognition.

Congratulations Robyn well deserved!

The Royal Australian College of General Practitioners (RACGP) is working to help culturally and linguistically diverse (CALD) patients access healthcare during the COVID-19 pandemic.

It comes following GP (Doctor's) concerns about patients avoiding healthcare due to fear of COVID-19, while also bearing the brunt of the pandemic, including increased mental health symptoms. Delaying care is a serious problem and could cause worse health issues for patients in the future.

The RACGP has extended its Expert Advice Matters campaign to reach CALD patients. A website for patients, has been translated into Arabic, simplified Chinese, Traditional Chinese, Hindi and Vietnamese, and has practical information on how to access a local GP, telehealth and interpreter services. You can view the website here: <https://www.expertadvicematters.com.au/>

GPs are helping to spread the message by sharing videos of themselves speaking in different languages, urging patients not to delay routine care. You can find these videos on YouTube here: <https://www.youtube.com/playlist?list=PLKg37k2DuVFPDvTWVer3SyZBK31R80BvE>

WALKING FOOTBALL IN AUSTRALIA AND WORLD

Walking Football is becoming very popular all around the world. The Federation of international walking football Associations (FIWFA) organises international games and the inaugural walking football world cup in Manchester, May 2021. Teams will be entered for over 50's and 60's. 30 international teams in each age group.

Trials for Australian representatives likely in Sydney.

Gerry and Con have had some initial discussions with the organisers of the Australian Masters Games to consider including Walking Football as a sport for the October 2021 games in Perth.

If Walking Football is accepted as a sport we will find out the requirements to enter a team or teams. If Walking Football isn't included then we are suggesting to the organisers that they consider putting on a demonstration game so that it might be considered for the next Masters games.

Whittlesea U3As program will be a social program. This program will focus on allowing people to exercise, have some fun and socialise with others. Whittlesea U3A's program is not a competitive form of the game. When we do play in tournaments, then naturally the competitive level will rise but the weekly program is a social program. Our modified rules ensure a social environment and our health and safety.

Gerry, Walking Football Leader, Glen, Whittlesea U3A president, George, Melbourne City and Con, City of Whittlesea had an online meeting with Joshua Kennedy and Nick Hatzoglou from Football Victoria the Victorian section of the Football Federation of Australia. There is keen interest by Football Victoria to expand Walking Football throughout Victoria. They have been very impressed with the success of our program and want to see how we could work together. One area may be that if Football Victoria want to introduce Walking Football to a new group they could get that group to come to our program to watch and observe. Our discussions are aimed at how we can help Football Victoria promote the sport and also how they could help us with our program.

Author: Gerry Fay Whittlesea U3A Walking Football Program Leader

