

Whittlesea U3A News Sheet April Edition 2021

TERM 2 Commences on 19th April –25th June 2021

President's message....

I am pleased to report that we were able to secure venues to cover most classes and activities for Term 1 and have continued to offer 'ZOOM' classes. Bookings for Council provided venues is on a term-by-term basis and we have been able to confirm most venue booking for Term 2.



The Peter Lalor College site redevelopment project is progressing, and we have met with the Victorian Schools Building Authority and the Architects appointed to the project to submit the Whittlesea U3A requirements to be considered for inclusion in the design for the redevelopment project. We have been advised that the organisations operating on the site Northern School of Autism, Peter Lalor Vocation College, Whittlesea U3A and Lalor and District Men's Shed will be provided with a site plan for the areas allocated to each organisation in around 8 weeks' time.

It should be remembered that at the end of this stage 1 redevelopment project Whittlesea U3A and Lalor and District Men's Shed will have long term occupancy of space on the site for their activities.

There will be some Whittlesea U3A classes that will commence at PLC from the start of second term and a separate mailing will go to all members prior to commencement of 2nd Term with a revised timetable.

Communications with Members

We have all learned a lot from the social distancing regulations experiences of 2020 and our growing dependence on technology and good communications. As a result of these learnings the committee has agreed to add a new member to the committee to coordinated communications with members and I would like to thank Natalie Lim for accepting this role.

Commencing at the start of second term a weekly "What is on" communication will be emailed to members and posted on the Whittlesea U3A website. This will be in addition to the monthly newssheet emailed prior to the start of each month.



A REMINDER

If you are you finding it challenging to access Tele Health, access information online and use all the functions on your mobile phone the Whittlesea U3A technology support program can assist you.



A survey is being mailed to all Whittlesea U3A members as part of our collaboration with RMIT University to gain a better understanding of the issue's seniors encounter using technology to support their ever day activities.

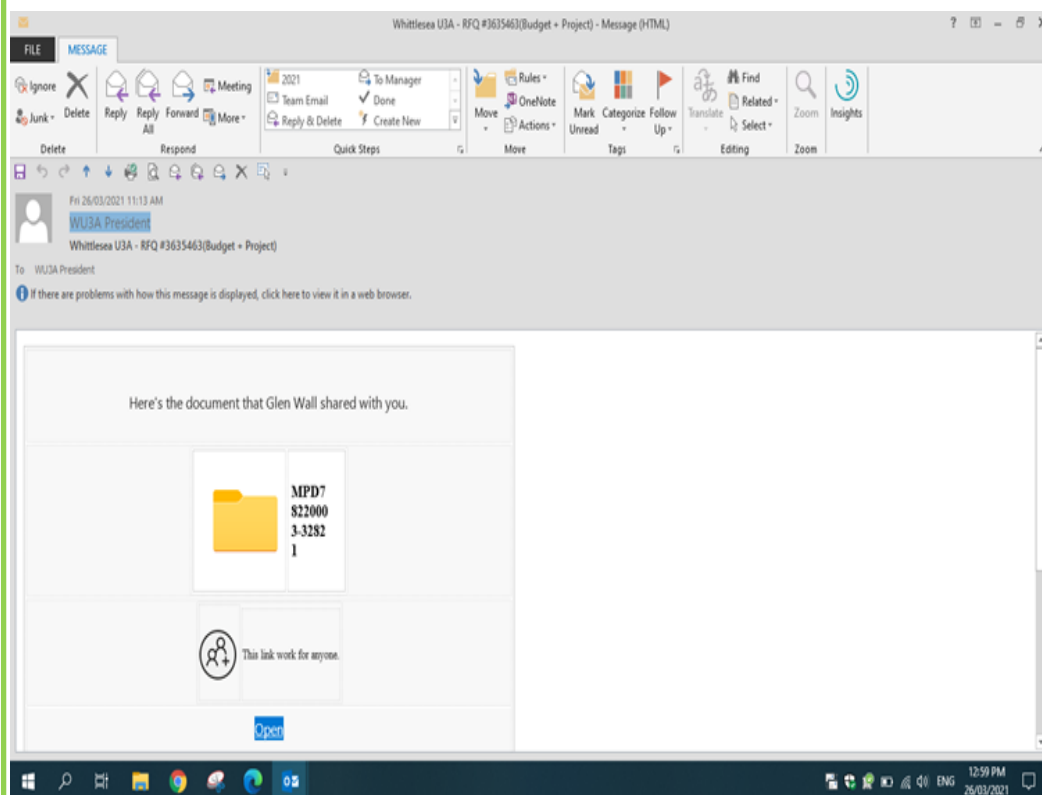
Please consider completing the survey as your responses which will not be linked to you are an important input into the development of our Whittlesea U3A classes.

This message is being included in this newsletter as the University of the Third Age has agreed to distribute information about this study to its members on behalf of RMIT University.

Please call or email me president@whittleseau3a.org.au or the office 9464 1339 if you require any help to join classes. We can help if we know the problem.



If you received the following email this week
. DO NOT OPEN IT. IT IS A SPAM. It is NOT from Glen
Please Delete it !



New Classes Column

Due to the lifting of restrictions, members can now join all available line dancing classes from term 2.

New Class expression of interest

Description: **211MON26 Lalor Lazy Walk**
Frequency: **Weekly**
Tutor / Leader: **Cathy Vindigni**
Type: **Long Course**
Location: **Front of Lalor Library**
Start Date: **19/04/2021 Mon**
Finish Date: **29/11/2021**
Start Time: **9:30am** Finish Time: **11:00am**

Comments: Commencing from the front of Lalor Library in May Road
This class will be every Monday from 9.30am-11am except during school holidays.

Description-: This is a gentle walk through the leafy streets of Lalor, followed by morning tea and a chat.

It would be suitable for those with low fitness levels who would like the companionship of others. If you wish to join this activity please contact Afrodit, course co-ordinator@whittleseau3a.org.au
if you wish to join this class

Wu3a website is being updated and we would appreciate any feedback from members. if you have any publications, photos or videos or just plain news that could be included please email them to Natalie so she an include them.
Please email Natalie Lim coordinator@whittleseau3a.org.au

EXPRESSION OF INTEREST

We are seeking an expression of interest from members for a beginners rock n' roll class. The class will be for couples only (that means if you want to join the class you will need a partner)

PROPOSED DAY: Tuesday

PROPOSED TIME: 9.30 for 1 ½ hours (however this is subject to venue availability)

PROPOSED VENUE: We will be able to provide this information when we have a definite class.

MAXIMUM CLASS SIZE: 20 – this means 10 couples

REMEMBER THIS IS A BEGINNER'S CLASS SO NO OR LIMITED KNOWLEDGE REQUIRED

If you are interested, please notify Afroditi

CONTACT DETAILS:

Mobile: 0431 488 346

Office 9464 1339 (Leave a message)

Email: coordinator@whittleseau3a.org.au

.Please Note !:

Quilling Art course on Wednesday/weekly has now been cancelled by the Tutor.

Almoner

if you know of anyone that is sick, in hospital or unfortunately lost a loved one that has passed away, I would like to hear from you so a card can be sent to them to let them know that we care.

I can be contacted by text or phone on 0414925567 or home phone message 94652726 or by email kathylizio@bigpond.com

ART FOR FUN

The city of Whittlesea holds an art exhibition each year, and unfortunately covid-19 caused the 2020 exhibition to be postponed until this year.

The theme for the exhibition was "New Futures" and encouraged local artists to visualize what they had missed during lockdown and what they look forward to for the future. The exhibition was held in the gallery at the council offices and ran from the 21st January to the 18th February.

Six of our members entered over ten works of art in a variety of sizes and mediums. Sandra Ellis Nock won an award for her watercolour "By my Side" depicting an adult holding a child's hand.

Up to the time of writing at least one of our members art work has been sold, Noelene Jardine's colourful painting entitled "Wishful Thinking". The standard, once again was exceptional. Well done to all members of Art for fun.



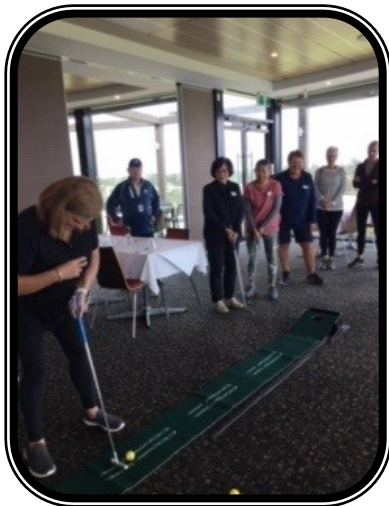
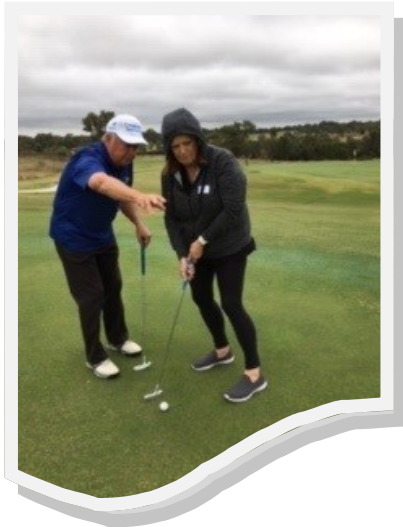
Knitting Group

All Knitting goes to kogo (Knit one give one) a charity that we knit for. We are only a small group and the ladies have done a fantastic effort during lockdown Kind regards Diana Torcaso (tutor for knitting group)



GOLF EXPERTS

26 participants enjoyed the first of four 'learn to play' golf clinics at the Growling Frog golf course on Wednesday. Jack the golf coach was assisted by Bob, Morrie and Alick, community golf instructor volunteers and they did a great job. After some golf skills activities outdoors a fun 'putting competition' was held indoors followed by morning tea and social chat. Many thanks to Whittlesea U3A and councils leisure team for co-sponsoring the event as part of this 'Girl Can Week'.



Don't forget April 5th Morning Tea by Zoom

Our next one in May we are planning it to be face to face venue to be advised

<https://zoom.us/j/99845432435?pwd=dDIWKzhSMkdIRWwrdEFRK290MkdyQT09>

Meeting ID: 998 4543 2435

Passcode: 542491



The Ghostly Advice

When I was about 7 years old, I accompanied my father to the funeral of a co-worker of his, someone I didn't even know.

When we got there, I stood in a corner waiting for the time to pass. A bitter looking man approached me and said, "Enjoy life kid, enjoy it because time flies. Look at me now, I didn't enjoy it." Then he passed his hand over my head and left.

My father, before leaving took me with him to pay honors to his friend. When I looked in the coffin, I was horrified to see that the man in the coffin was the same man who had spoken to me!!

I was so traumatized I couldn't sleep properly. I had terrible nightmares. I was terrified of being alone. I saw many psychologists, endured much turmoil throughout my adolescent years. It got better as I aged, but I would still occasionally wake up screaming in fear.

It was many years later when I discovered something remarkable that completely changed my life. That **version** I had a twin.

