

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 18 - 22nd August 2021



CONTACT DETAILS

CLASS COORDINATOR:

Judy – 9464 1339 or 0404119189

CLASS COORDINATOR & COMMUNICATION:

Natalie – communication@whittleseau3a.org.au (0412 230 561)

OR coordinator@whittleseau3a.org.au

SAME STORY AS LAST WEEK - WE ARE STILL IN LOCKDOWN #6

Sorry to say but at this stage I don't have any good news about face-to-face classes because WE ARE STILL IN LOCKDOWN. At least ZOOM classes are continuing!

AGM REPORT

Last Thursday 19th August Whittlesea U3A held its AGM on ZOOM. The annual report, which has been circulated to all members and placed on the website, was summarised by Glen Wall and this was followed by Peter Rodaughan providing a summary of the financial report. Once reports were presented and discussed by the over 60 members who logged on, the current 2020/2021 Committee of Management was dissolved and with the assistance of Beryl Clarke the 2021/2022 was announced. Below is a list of the members of the 2021/2022 committee and their roles:

EXECUTIVEMEMBERS

PRESIDENT: Glen Wall VICE PRESIDENT: Kathy Lizio SECRETARY: Elaine Bateman

TREASURER: Peter Rodaughan

GENERAL COMMITTEE MEMBERS:

Kevin Whelan Michael Murray Natalie Lim Yolanda Avery Christine Czerny

Contact details for the committee and minutes of the meeting will be available on the Whittlesea U3A website in the next week. Should you wish any further details about the AGM please either contact me or Elaine on secretary@whittleseau3a.org.au

WHAT YOU CAN DO WITH A LITTLE KNOWLEDGE OF EXCEL AND SOME CREATIVITY

Ben, the long time tutor of 'EXCEL & More', and one of his students have collaborated in creating a program as part of some extracurricular work. The program is a very creative adaptation of what can be achieved whilst learning EXCEL. Although aimed at anglers within our membership group, the program provides lots of useful information related to Australian fish and fish tackle.

It is necessary to have **MS OFFICE EXCEL** (*may not work fully on MAC computers*) with macro enabled activated.



If you are interested in fishing and would like to get some further information as well as a copy of the program (no cost involved), please contact me on communication@whittleseau3a.org.au and I will forward your request to Ben and his creative students. This is the opening screen and further screens and links continue to provide the angler with very well research info on fish, tackle etc.

ACTIVITY DURING SENIORS WEEK - WE NEED YOUR HELP

Subject to COVID regulations, The City of Whittlesea Ageing Well Team, in partnership with the City of Whittlesea's Young at Heart games is holding an open morning at Mill Park Leisure Centre on Thursday 28th October for Seniors' Week. They are planning to have a group fitness class at the centre in the morning along with a morning tea and some stalls in the foyer. A number of groups have been organised with stalls that will provide information for the community regarding what their group has to offer. Whittlesea U3A would like to organise such a stall. It would showcase some of the activities we do as well as provide information about enrolment and available classes.

CAN YOU HELP US. We need:

- **Groups to provide information (verbal or written) about their class and photos, examples of their work – knitting, cards, crochet, etc. etc.**
- **Members who would be willing to be part of a roster to man the stall during the day talking to members of the community about Whittlesea U3A and the activities they are involved in.**
- **Any information about activities or 'freebies' that could be included in a 'show bag' that would be distributed during the day.**

You do not have to be a tutor or leader to take part the more members we have the better. A roster is being organised so if we have lots of members able to take part we would only require an hour of your time.

If you are able to help IN ANY WAY please contact me on communication@whittleseau3a.org.au or call 0412230561. Thank you in advance for your assistance.

As indicated above this event would only go ahead subject to COVID restrictions.



Wildlife Victoria is looking for new transporter volunteers to help transport sick, injured and orphaned wildlife from vet clinics to wildlife rehabilitators. Spring time is a busy time for Wildlife Victoria and we need more Transporters to help us get animals from vet clinics to wildlife rehabilitators so they can receive the care they need.

What does this volunteer position involve:

- ◇ Be on call to transport animals from 1 location to another
- ◇ Liaising with Vets, Members of public and wildlife rehabilitators

Who will this role suit:

- ◇ Will be good for people who want to help but don't want to handle distressed wildlife
- ◇ People who like driving

If interested please click on the link below to register

https://us02web.zoom.us/webinar/register/WN_afy4dN-cRGqI3-7UbTVTmA

NEED ASSISTANCE – HELP IS AVAILABLE

LOCKDOWN – over 200 days of it since the beginning of 2020, has caused distress to a large number of people from our community from the very young to the elderly. It is for these reasons that the Department of Health has provided us with a list of organisations that may be of assistance. These are free and available to those who need them.

1. Support for grief, loss and bereavement Call 1800 222 200 m-F or visit aged.grief.org.au
2. Resources about the impacts of trauma for information and resources phoenixaustralia.org/aged-care
3. Help for people living with dementia where behaviours are impacting their care. Call 1800 699 799 24 hour 7 days dementia.com.au
4. Advocacy and support Older Persons Advocacy Network free independent service supporting people receiving or applying for Government subsidised aged care. Helps resolve any aged care issues and understanding aged care rights.

This information is being provided as an update by the Victorian Department of Health to ensure that the community has current and accurate information regarding both the COVID-19 virus and the vaccinations available to all

There are more places than ever before to get your COVID-19 vaccine. The vaccines are safe, effective and free. Getting the COVID-19 vaccine reduces your risk of getting sick with COVID-19 and protects you against becoming very sick if you do get COVID-19. It helps to protect your friends, family and community. If most people are vaccinated, the virus can't spread as easily. This also protects people who can't get vaccinated. The vaccines are free.

How to book an appointment

You can book at a participating doctor's clinic or pharmacy. Find your nearest GP clinic using the [Eligibility Checker](#).

Eligible people in Victoria can [book their vaccination online](#) at one of over 50 vaccination centres. Bookings can also be made by calling the Coronavirus hotline 1800 675 398.

You need two separate doses (injections) of the vaccine to give you the best protection against vaccination COVID-19. The first dose of the vaccine will give you significant protection against COVID19 while you await your second dose. Once you receive the second dose, you will have the highest level of protection against COVID-19. Including protection against the Delta variant.

If you get the AstraZeneca vaccine, you should get two injections 12 weeks apart.

If you get the Pfizer vaccine, you should get two injections 6 weeks apart.

Vaccines are administered following the advice of the Australian Technical Advisory Group on Immunisation (ATAGI):

The Pfizer vaccine is offered to people aged under 60 years.

The AstraZeneca vaccine is offered to people aged 60 years and over.

You can read more about the vaccines, including risks and possible side effects of the vaccines at health.gov.au.

The best person to talk to if you have concerns about your health and getting the COVID-19 vaccine is your doctor or health practitioner.

During the COVID-19 vaccine rollout you will need to maintain COVIDSafe behaviours, to keep yourself and your friends, family and loved ones safe.