

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 22 - 16th July 2023



CONTACT DETAILS

CLASS COORDINATOR & COMMUNICATION MANAGER:

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

TUTOR LIASON: Judy – 9464 1339 or 0404119189

NEWS OF THE WEEK

Hello Everyone,

Great start to Term 3. Things just seem to flow so naturally and it is great to see everyone having so much fun. In last week's WOTZON I really confused a few people as I put ads about the line dancing social in October and I put 2 different dates. The correct date for the line dancing social is the 1st October and spaces are filling fast. We have already reached 50% capacity.

Once again I just wanted to mention that as we start organising our program for next year I would also like to ask members to consider becoming tutors or leaders for 2024. If you have a hobby or skill and would like to share it with your friends why not contact me about the process. We are always looking for more leaders and tutors. I have had a couple of inquiries for both 2023 and 2024 so keep an eye out for new class being advertised very soon.

On Tuesday the 15th August the Council is conducting an emergency response drill at Epping Memorial Hall from 12.00. Volunteers are needed to act at the 'crowd' in the various situations. If you are able to help please contact Christine at venuecoordinator@whittleseau3a.org.au or myself for further information. Lunch will be provided to volunteers.

Natalie Lim, Communication Manager/Course Coordinator
communication@whittleseau3a.org.au (0412 230 561)

OFFICE HOURS for WEEK BEGINNING MONDAY 17th JULY

PETER LALOR CAMPUS

OFFICE OPENED 10.00AM to 1.00 PM - MONDAY, TUESDAY, WEDNESDAY & THURSDAY

OFFICE CLOSED FRIDAY

MAY ROAD CAMPUS

OPENED: TUESDAY - 1.00PM TO 4.00PM & THURSDAY - 9.00AM TO 4.00PM

Subscriptions can be paid at the office. You can also have your badge printed and if you are a new member pick up your lanyard

IMPORTANT HEALTH ISSUES

When you become a member of Whittlesea U3A you are given a badge which has your name, member number and emergency contact. It is very important that these are worn during class for 2 reasons. Firstly the tutor/leader knows who you are and secondly if something should happen whilst you are in class and we need to contact someone on your behalf we have that contact number easily accessible. Furthermore if you have a health condition that might affect you during an activity please notify the tutor. I am not saying you should give them all your private details but just tell them enough so that if anything happens they are aware of what to do to keep you safe. Please remember that it is our policy to call an ambulance in the case of an emergency.

WHITTLESEA U3A SENIORS' EXPO 2023

As part of Seniors' Month in October, Whittlesea U3A is holding an expo showcasing everything that is Whittlesea U3A. Whether it is the dances we learn, the music we sing or play, exercises we do or the craft we make in class or at home we would like to put it on show so that the public can see exactly who we are and what being members of Whittlesea U3A means.

The focus of the day is to have fun, show off what we do and promote Whittlesea U3A to the wider public.

The date of the event is Saturday 7th October from 9.30 to 2.30 at May Road Campus, May Rd, Lalor adjacent to the Lalor Library.

As part of the day we will be having 4 different types of activities:

- 1. Demonstrations and Information – some classes will be demonstrating what they do e.g. dancing, singing, craft etc. and we will be having information booths.*
- 2. Displays – some classes will have a display of the types of things they make or do in class*
- 3. A BBQ selling sausages in bread and drinks.*
- 4. Tables run by Whittlesea U3A members selling things they have made either in class or at home. These tables can be booked by individual Whittlesea U3A members or classes. Materials sold must be home made (no store bought products) and they cannot be trash and treasure. Cost of hiring a table to sell items is \$10/table. If you are doing a display about an activity or class there is no charge. Only Whittlesea U3A members can hire a table.*

If you are interested in hiring a table, having a demonstration or doing a display either as an individual or a class group please contact myself, Jodie or Christine. Once you contact us we will be able to send you a copy of the terms and conditions and an application form. Our details are listed below. Any member of Whittlesea U3A can apply to become a stall holder as long as they meet the terms and conditions. There will be no cost for demonstrations or displays. So that we can organise the day and ensure everything runs smoothly could you please notify us as soon as possible. Yes the event is in October but there is a lot to organise and we cannot keep it to the last minute.

Natalie Lim – 0412230561 or communication@whittleseau3a.org.au

Jodie Lang – 0407 045 471 or Jodie.l@whittleseau3a.org.au

Christine Czerny – 0407 214 335 or venuecoordinator@whittleseau3a.org.au

GENERAL ASSISTANCE NEEDED ON THE DAY – *if you do not wish to have a stall or conduct a demonstration/display maybe you could spare an hour or two to help the organisation on the day. Please contact us if you can help. If we get lots of assistance it will reduce the stress on everybody.*

THINGS WE NEED HELP IN INCLUDE:

- Assisting with the BBQ*
- Setting up event*
- Closing down the event*
- Assisting with information tables for those asking questions about Whittlesea U3A*
- Other general tasks during the day*

Thank you and hope to hear from you soon.

CLASS PROGRAM WEEK BEGINNING 17th July

EXERCISES FOR HEALTHY AGEING

Further information regarding Ida's Exercise class on Wednesday at Thomastown Library. It has been confirmed that Ida will be unable to return to lead this class for the rest of the term. After discussions with her, Mary Leeds will be taking over the class providing members with sessions similar to those you have had with Ida but using either YouTube or a DVD. The sessions will RECOMMENCE ON WEDNESDAY 26TH JULY. There is NO CLASS next week.

Thank you Mary for offering your services. Please contact me should you have any queries regarding these sessions

BEGINNERS' YOGA – CHANGE OF TIME

Marietta and Teresa would like to thank those people who came early last week and helped with the moving of the furniture to prepare for the Beginners' Yoga class. Please remember that we need to continue to do this every week and it would be unfair if the same people do it. Remember to arrive at 9.15 to help. Once again I would like to stress that we have no control of this furniture arrangement which has been made by the council. Please help and do not leave it to just a few.

CARDS 500 EPPING

Alby's CARDS 500 class at Epping has been cancelled on Tuesday 15th August as the Council requires Epping Memorial for an emergency evacuation exercise.

LINE DANCING SOCIAL - OCTOBER 1st 237SUN06

Due to the success of the last social in June a new line dancing social has been announced. Members and Non members welcome but numbers are limited so you will need to enrol as soon as possible.

FOR MEMBERS: Enrolment can be done: online, contacting the office or the class coordinator.

FOR NON MEMBERS: Their names, contact details need to be written on the sheets provided in classes or contact the course coordinator through a member.

DATE OF EVENT: Sunday 1st October between 11.00 and 4.00pm

REMEMBER: Members MUST ENROL. Cost to Members is \$2 and Non members \$7 (\$5 + \$2)

Please contact me or the office if you are unable to enrol online. Sheets will be available at all the line dancing classes in term 3 if you want to organise a table or a small group.

COME AND PLAY



Walking Netball is a modified version of the traditional game for over 50's regardless of fitness level, ability, or previous netball experience. Walking Netball is a slower version of netball performed at a walking pace. Walking Netball has a strong emphasis on getting people to participate in an enjoyable, safe environment rather than focusing on the competitive aspect.

THURSDAYS 11AM to 12.30PM

the  **LEISURE CITY**

41-53 MILLER STREET EPPING

ENQUIRIES AND EXPRESSIONS OF INTEREST
PLEASE EMAIL MICK TRIM AT
mick_trim1@hotmail.com

***MEMBERSHIP TO WHITTLESEA U3A IS
REQUIRED TO PLAY**

BUSY HANDS WINTER DISCOVERY CRUISE EXCURSION

Our Winter Discovery Cruise; which was originally a term breakup for Busy Hands, Federica's class, finally happened today (Friday 14th). After a cool windy morning, train disruptions, members coming from different areas, everything went smoothly and a great time was had by all.

The Cruise took us from the ferry terminal situated where "The Cow up a Tree" sculpture is situated, out of Victoria Harbour and done the Yarra River from Docklands to Williamstown, a round trip! An interesting commentary on the history of the area ensued and we discovered that the Melbourne docks used to be the eighth largest deep water port in the British Empire. So many boats and ships, many of them bringing in new motor vehicles. We heard the fascinating history of the bridges, and the Bolte and Westgate Bridge.

After receiving our delicious scones with jam and cream the journey was soon over. Too early to return home we caught a tram to Fitzroy Gardens and were in awe of the colour and winter flowers in the Conservatory. We had lunch at the Visitors centre seeing the daffodils and jonquils coming into colour, before walking to The Fairy Tree and the Tudor Village.

Through the avenue of trees in the Fitzroy gardens, we returned to Jolimont Station happily returning home. The day was full of fun and information about the great city we live in.

Some interesting facts we learnt about Port of Melbourne.

1839	The bank of the Yarra River served as a wharf and wharfage rates were collected.
1854	Australian Wharf, 600 m long, was built downstream from Spencer Street
1879	English engineer, Sir John Coode, recommended development of a canal to improve access for ships.
1887	Coode Canal opened and Coode Island is still being used now as a PetroChemical storage facility.
1916	Deepening the Port Phillip Heads was interrupted due to a lack of explosives. Troop carriers left from Railway Pier (now Station Pier) and by 1916 Australia had sent 220,000 men overseas.
1927	The Harbor Trust had a labour force of more than 1000 and boasted the eighth largest deep water port in the British Empire.
1955	The reconstructed Breakwater Pier was opened and serviced the tanker <i>Stanvac Australia</i> which had a deadweight of 26,000 tons. Australia's one millionth post-war migrant arrived at Station Pier.

Interesting places at the Fitzroy Gardens.

The Tudor Village, representing the residences of William Shakespeare and Anne Hathaway, was donated as a gift to the people of Melbourne in appreciation of the generosity they demonstrated in sending food to Britain during World War Two. This Tudor Village was modelled in cement by Edgar Wilson a 77 year old pensioner living in England in late 1940's and was formally opened in Melbourne in May 1948.

The Fairy Tree has a series of lovely carvings on the stump of one of the original Red Gum Trees in the Fitzroy Gardens which is well over 300 years. These carvings were done years after the death of the tree by Ola Cohn's between 1931 and May 1934. The tree has been remounted on a concrete base to prolong it's life.





OUR WALKING FOOTBALLERS ARE HEADING TO ADELAIDE

The Australian Masters Games are being held in Adelaide in
October

Whittlesea U3A will be sending teams to compete in the Walking
Football tournament

Help us get there by attending our fundraising lunch at
Epping RSL

195 Harvest Home Road Epping

Friday 18th August 2023

12pm – 3pm

3 course seniors meal

Cost \$35* per person

*Members and non members

To reserve your place and payment details
email Mick at mick_trim1@hotmail.com

BOOKINGS NEED TO BE MADE BEFORE AUGUST 11TH



Whittlesea U3A Walking Football Program have partnered with Prospect Wines to offer 6 great value wines. The purchase of this wine will help send senior citizens to Adelaide to compete in the Australian Masters Games. Thank you for your support!



Barossa Valley Cabernet Sauvignon 2020 \$24.00

A medium-bodied Cabernet, opening with ruby-red colour and ripe fruity aromas. This red wine has a palate of spicy berries, balanced by some mild acidity, and fine savoury tannins on the finish.



Coonawarra Reserve Shiraz 2019 \$22.00

This Shiraz has rich aromas of spicy fruit and vanilla. The palate is full-flavoured and earthy, with hints of plum and fine vanilla, firm tannins and a lingering dry finish. Will reward further cellaring.



Victorian Reserve Pinot Noir 2022 \$19.00

Pale red in colour, with aromas of black cherry, spice and sweet oak. The palate has luscious dark berry fruits, balanced by fine tannins on the smooth dry finish.



Adelaide Hills Sauvignon Blanc 2022 \$20.00

Made from a blend of Adelaide Hills and various South Australian wine growing region, it has intense flavours of tropical fruit, a medium sweet palate and a well-balanced acid finish.



Adelaide Hills Reserve Pinot Grigio 2022 \$22.00

A cool-climate Pinot Grigio from the slopes of the Adelaide Hills, this wine has wonderful varietal style: soft orchard fruit aromas, and a palate of crisp apple and pear, balanced by a delicate finish.



Pinot Chardonnay Premium Sparkling Brut \$20.00

Crafted from select parcels of Pinot Noir, Chardonnay and Pinot Meunier from cool climate vineyards in Victoria and South Australia. Night harvesting maintains fresh flavour while malolactic fermentation adds complexity and elegance. It is softly textured with good fruit weight and persistent flavour, finishing dry and clean with crisp acidity. An outstanding sparkling wine.

Minimum order quantity: 6 bottles (can be all 1 wine, or any mix of different wines).

Group together if needed to make up minimum order.

Delivery fee \$9 for 6 – 12 bottles, then a further \$9 for every dozen after that.

For every 12 bottles ordered, you get 1 FREE BONUS 200mL bottle of 10-year-old Bullers Fortified wine!

Until September 30, all orders go in our raffle to win 1 of 2 \$200 Bunnings Vouchers, PLUS a \$50 donation to this fundraiser!

* For delivery in Victoria, wine must be signed for by a person 18 or older, to comply with liquor licence laws. Parcels cannot be left if no-one is home.

Orders to be placed and paid online via

prospectwines.com.au/product/whittlesea-u3a-walking-football-program

For further details please email Mick at mick_trim1@hotmail.com



CALENDAR OF MAIN EVENTS—Term 3/4 2023

DATE	EVENT	LOCATION
JULY 2023		
AUGUST 2023		
Monday 7th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 14th @ 9.30	Committee Meeting	Peter Lalor Campus
SEPTEMBER 2023		
Monday 4th @ 10.00	Whittlesea U3A AGM NO CLASSES IN THE MORNING	Epping RSL
Monday 11th @ 9.30	2023/2024 Committee Meeting	Peter Lalor Campus
Friday 15th	End of Term 3	All venues
OCTOBER 2023		
Sunday 1st @ 11.00	Line Dancing Social	Epping Memorial Hall
Monday 2nd	Beginning of Term 4	All venues
Monday 2nd @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Monday 9th @ 9.30	Committee Meeting	Peter Lalor Campus
Saturday 7th @ 10.00	Whittlesea U3A Seniors Expo and Market	May Rd Campus
NOVEMBER 2023		
Monday 6th @ 10.00	Whittlesea U3A Morning Tea	Epping RSL
Tuesday 7th	PUBLIC HOLIDAY - MELBOURNE CUP NO CLASSES	ALL VENUES
Monday 13th @ 9.30	Committee Meeting	Peter Lalor Campus
DECEMBER 2023		
Friday 1st	End of Term 4 - all classes end	All venues
Monday 4th @ 10.00	Breakup Christmas Celebration Lunch	Epping RSL
Wednesday 6th @ 10.00	Enrolments for 2024 begin	Peter Lalor Campus
Thursday 7th @ 10.00	Enrolments for 2024 continue	May Rd Campus
Sunday 10th @ 11.00	End of Year Line Dancing Social	Epping Memorial Hall

Government Power Saving \$250 Bonus Program

*A new round of the Power saving Bonus program commenced on Friday 24th March 2023. Victorian households will be able to receive a NEW \$250.00 payment including any household that received a payment through the current round. Kathy is available on any Thursday between 9.30 and 12 noon at May Road Campus Lalor to assist members to complete their application. Ring or text for an appointment or just call in to see her if you need any help with claiming. You must bring in with you a recent electricity bill. **The rebate finishes on the 31st August***

Kathy Lizio

Vice President: 0414 925 567