

WOTZON

Whittlesea U3A

Weekly Fact Sheet

Edition 30 - 10th September 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,

Just a reminder that next week is the last week of term 3. We finish classes on Friday 15th September. In this week's WOTZON I have included which classes will be continuing over the break. No emails or texts will be sent about these classes. Classes listed on a Friday - please check with the tutor if the activity is being held on Friday 29th September as this is the Grand Final Public Holiday. For those of you who have been asking the Line Dancing Social is still going ahead on Sunday 1st October.

This is the last WOTZON for term 3. The next publication will be on Sunday 1st October. The term begins with the Monthly Morning Tea on Monday 2nd October.

Have a safe break and see you in Term 4. Please remember that the offices at both May Road and Peter Lalor are closed over the break from Monday 18th September to Friday 29th September. Peter Lalor office is also closed on Monday 2nd October for the Monthly Morning Tea. It will reopen on Tuesday 3rd October.

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

OFFICE HOURS for WEEK BEGINNING MONDAY 11th September

PETER LALOR CAMPUS

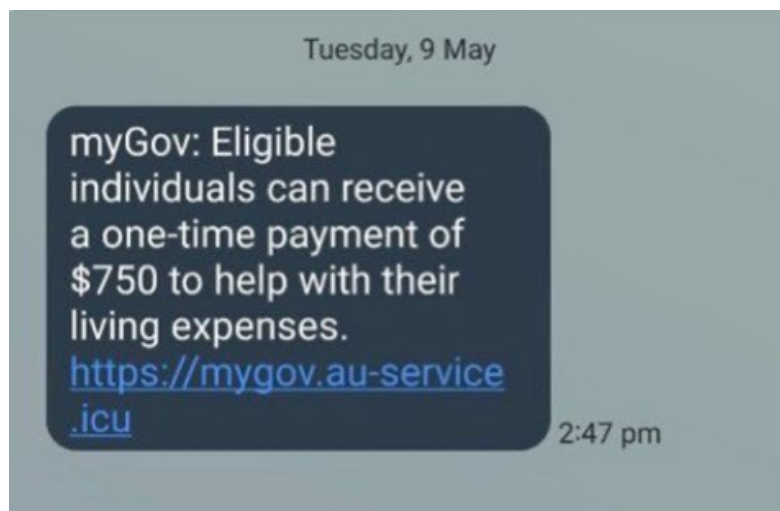
OFFICE OPENED 10.00AM to 1.00 PM - MONDAY, TUESDAY, WEDNESDAY & THURSDAY

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

BOTH OFFICES ARE CLOSED FROM MONDAY 18TH TO FRIDAY 29TH SEPTEMBER.



THE DATE MIGHT BE OLD but this SCAM text is still being sent to people's mobiles. Similar texts are being sent about the ATO. Make sure you do not click on any of the links if you get these messages.

They are SCAM

Any messages from MyGov or the ATO will be in your inbox (email)

The following classes will be operating during the Break.

CODE	DAY/DATE	ACTIVITY	TUTOR
231MON01	MON 25/9	CROSS COUNTRY WALKERS	CHING
231MON08	MON (BOTH)	CARDS 500 LAURIMAR	DAVID
231MON13	MON (BOTH)	CANASTA/SAMBA CARDS	FLO
231MON17	MON (BOTH)	WALK AND TALK	MARGARET
231MON23	MON (BOTH)	SOCIAL EXE & WALKING FOOTBALL MIX	CON
232TUE01	TUE (BOTH)	CARDS 500 EPPING (CARDS 500 LALOR TO JOIN THEM)	ALBY & TYRONE
232TUE03	TUE (BOTH)	GOLF	DOMENIC
232TUE33	TUES (BOTH)	AQUA AEROBICS – MILL PARK	
232TUE29	TUES 19/9	BALL ROOM DANCING FOR BEGINNERS	SYLVETTE
233WED08	WED 20/9	EXERCISE FOR HEALTHY AGEING	IDA
234THU09	THUR (BOTH)	UKULELE WITH THE CHOIR (3.30 – 5.00)	RON
234THU10	THUR (BOTH)	SINGING FOR JOY (3.30 – 5.00)	SILVANA
234THU20	THUR (BOTH)	BIKE RIDING	ALLAN
234THU22	THUR (BOTH)	TENNIS	DOMENIC
234THU23	THUR (BOTH)	WALKING FOOTBALL – GENTLEMEN	GERRY
234THU24	THUR (BOTH)	WALKING FOOTBALL – LADIES	GERRY
234THU36	THUR (BOTH)	BALL ROOM DANCING	SYLVETTE
234THU38	THUR 21/9	HOW TO ACCESS EMERGENCY CARE	PETER R
235FRI05	FRI (BOTH) **	MIDDLE EASTERN CULTURAL AWARENESS	DAWOOD
235FRI08	FRI (BOTH) **	COFFEE AND CHAT	ANNE
235FRI16	FRI (BOTH) **	AQUA AEROBICS – TRAC	
235FRI20	FRI (BOTH) **	SOCIAL SENIORS TEN PIN BOWLING	CON
237SUN04	SUN (BOTH)	LEISURELY SUNDAY BIKE RIDES	SHIRLEY
237SUN06	SUN 1/10	LINE DANCING SOCIAL – OCTOBER	CATHY

** This activity may be cancelled on Friday 29th September as it is the Grand Final Public Holiday. Please speak to the tutor about this.

Maria's Online sessions of Reflexology 236SAT02 and Well Being Steps 236SAT03 have combined for Term 4. They will be held fortnightly on Saturday between 8.30 and 9.45. **The dates of the sessions in Term 4 are: 7th and 21st of October and the 4th and 18th November.** Enrol in the class for a great way to start your weekend. Once you enrol Maria will send you the zoom link.

DESCRIPTION: Reflexology for Health is a learning class covering self - care hand exercises, basic face, hand and foot massage and an introduction to Reflexology. This is combined with Well Being Steps which is a discussion on how to maintain good health using the steps of CONNECT; BE ACTIVE; KEEP LEARNING; BE AWARE; and HELP OTHERS. Included in the class will be a time for physical exercise and mindful breathing practise.

PLEASE READ THE FOLLOWING CHANGES CAREFULLY THEY MAY AFFECT THE CLASS YOU ATTEND. THOSE WHO ARE ENROLLED IN THESE CLASSES HAVE ALSO BEEN EITHER EMAILED OR SENT A TEXT MESSAGE. Please remember that when a class is cancelled emails are sent out (not for classes during the break). Text messages are only sent out to those without an email address or for last minute cancellation.

CLASS PROGRAM CHANGES

LINE DANCING FOR VARIOUS LEVELS - WEDNESDAY @ EPPING MEMORIAL HALL

Line Dancing for Various Levels with Mia @ Epping Memorial Hall, Epping has been cancelled **FOR THE REST OF TERM 3 due to tutor illness**

BEGINNERS LINE DANCING - WEDNESDAY @ EPPING MEMORIAL HALL

Beginners Line Dancing—Wednesday with Lillian @ Epping Memorial Hall, Epping has been cancelled **FOR THE REST OF TERM 3**

ITALIAN LANGUAGE INTERMEDIATE - THURSDAY HAS MOVED BACK TO LALOR LIBRARY

Italian Language Intermediate with Antonio on Thursday has moved back to Lalor Library from MAY ROAD.

LINE DANCING FOR FUN - FRIDAY @ EPPING ACTIVITY CENTRE

Line Dancing for Fun with Mia @ Epping Activity Centre, Epping has been cancelled **FOR THE REST OF TERM 3 due to tutor illness.**

LEPRECHAUN TRIVIA AFTERNOON - TUESDAY @ BROOKWOOD CC, DOREEN

Leprechaun Trivia Afternoon with Patrick @ Brookwood CC, Doreen has been cancelled **FOR THE REST OF TERM 3.**

BALLROOM DANCING FOR BEGINNERS - TUESDAY @ RIVERSIDE CC, SOUTH MORANG

The finishing time Ballroom Dancing for Beginners with Sylvette @ Riverside CC, South Morang has changed. The finishing time is now 12.30pm

EXERCISE AND LIVE HEALTHY - MERNDA - TUESDAY @ MERNDA ACTIVITY CENTRE

Kumar will not be attending the following exercise session at Mernda: 12th September. HOWEVER THE SESSION HAVE NOT BEEN CANCELLED. Session will be taken by a member of the group

BEGINNERS & ADVANCED EMBROIDERY/TAPESTRY - MONDAY @ MERNDA COMMUNITY CENTRE

Helen's embroidery class on Monday 11th September has been cancelled.

EXERCISE AND HEALTHY LIVING - LALOR - THURSDAY @ MAY ROAD CAMPUS

Kumar will not be attending the following exercise session at May Road: 14th September. HOWEVER THE SESSION HAVE NOT BEEN CANCELLED. Session will be taken by a member of the group

SUMMER TRAIN TRIPS - SUNDAY

Marion's SUMMER TRAIN TRIPS will RESUME IN NOVEMBER. **There is no trip for this group in OCTOBER.**

TAI CHI BEGINNERS LEVEL - TUESDAY @ RIVERSIDE, SOUTH MORANG

Christine's Tai Chi Beginners Level class on Tuesday 3rd October at Riverside CC has been cancelled.

Just a reminder that there may be some disruptions to activities at Epping Memorial Hall and Epping Activity Centre due to pre voting for the referendum on October 14th. Information about this will be emailed to members and placed in the first edition of WOTZON for term 4.

DIGITAL LITERACY HELP AND ASSISTANCE

Need help with your smart device – PHONE: iPhone or Android or TABLET: iPad or Tablet.

Peter Rodaughan is at the Lalor Library on Thursday between 1.00pm and 3.00pm and at Thomastown Library on Friday between 1.00pm and 3.00pm. He is ready to help solve your problems or just to give you some ideas on how to use the smart device.

No appointment is necessary. He is there every week unless otherwise stated. Why not go along to one of these venues and ask your questions.

THIS ACTIVITY IS ON THIS WEEK

CODE: 232TUE40

NAME: How to access emergency care.

LOCATION: Mernda Seniors Support Centre, 70 Mernda Village Road, Mernda 3754

DATE: Tuesday 12th September

TUTOR: Glen Wall

TIME: 10.00 to 11.00

FREQUENCY: One session

DESCRIPTION: The scope of the sessions is to show how to access the VVED which is a public health service for non-life-threatening emergencies. The presenter will explain how a person can access emergency care from anywhere in Victoria, 24 hours a day, seven days a week. The VVED service connects a person to doctors and nurse practitioners, who are trained to triage and assist. Interpreter services are available for patients who prefer to speak in their own language. This session is repeated on Thursday 21st September at May Rd. (refer to 234THU38)

THIS ACTIVITY IS ON DURING THE BREAK

CODE: 234THU38

NAME: How to access emergency care.

LOCATION: May Rd, Lalor

DATE: Thursday 21st September

TUTOR: Peter Rodaughan

TIME: 11.00 to 12.00

FREQUENCY: One session

DESCRIPTION: The scope of the sessions is to show how to access the VVED which is a public health service for non-life-threatening emergencies. The presenter will explain how a person can access emergency care from anywhere in Victoria, 24 hours a day, seven days a week. The VVED service connects a person to doctors and nurse practitioners, who are trained to triage and assist. Interpreter services are available for patients who prefer to speak in their own language. This session is a repeat of Tuesday 12th September session. (refer to 232TUE40)

NEW CLASS – ONE DAY EVENT—THIS EVENT IS ON THIS TUESDAY

CODE: 232TUE41

NAME: **Session 4 Native Plants Sow & Grow**

DATE: Tues 12 Sept

TIME: 10 am-12 pm

LOCATION: Epping Works Depot; 68 Houston St, Epping

DESCRIPTION: This is the 4th session run by the City of Whittlesea environmental program. In this session, you can assist in the restoration of local grasslands and eucalypt woodlands by propagating a selection of native trees, shrubs, wildflowers and grasses.

ONE DAY ACTIVITY is on THIS WEEK

CODE: 233WED24

NAME: Relaxation

LOCATION: Mernda Social Support Centre, 70 Mernda Village Road, Mernda 3754

DATE: Wednesday 13th September

TUTOR: Natalie Lim

TIME: 10.00 to 11.00

FREQUENCY: One session

DESCRIPTION: Total relaxation often comes with mindful breathing and progressive muscle relaxation. It is something that often does not come naturally in our busy lives but is very important to ensure healthy living. In this session we will look at how we can relax in a mindful way. This can help for starting the day in a better mood and assist with improved and restful sleep.

WHITTLESEA U3A NEWS AND REPORTS

**THIS IS ON THIS THURSDAY. GO TO THE
Y AND TRY OUT THE EVENTS ON
DISPLAY**

RUOK? DAY™
You are invited

A day of fun and games at

THE Y LEISURE CITY 41-53 MILLER ST, EPPING

THURSDAY 14TH SEPTEMBER

9am - 12pm

Bowling, Golf, Walking Netball, Badminton

12pm - 1pm

Light lunch / Snacks

1pm - 3pm

Walking Cricket, Walking Football



City of
Whittlesea



DPV
Health



MESSAGE OF THANKS FROM A LIFE MEMBER:

I wish to congratulate and thank the outgoing committee of Whittlesea U3A for a very successful year of making a safe, happy and enlightened year for members. I wish also to congratulate all of the special tutors/leaders who, without them, the organisation would not be viable. Not forgetting the other volunteers, I wish to thank them, especially the office staff and volunteer members of the organisation, all who have given many unsung hours to be of service to members and committee in the seamless running of Whittlesea U3A. Another enjoyable year coming up, may all of the incoming committee realise the members know how fortunate they are to have such a dedicated team to overlook 2023/2024

**INFORMATION REGARDING THE NEW VICTORIAN
GOVERNMENT ENERGY RELIEF FUND THAT WILL
AUTOMATICALLY BE DEDUCTED FROM YOUR BILL IF YOU
ARE ELIGIBLE (REFER TO INFORMATION BELOW)**

Energy Bill Relief Fund – for Victorian households

<https://www.energy.vic.gov.au/for-households/help-paying-your-bills#:~:text=Assistance%20through%20the%20bill%20relief,closes%20on%2031%20August%202023.>

How payments will be made Existing concessions recipients

If you already receive a concession, your energy retailer will automatically apply the first instalment of \$125 to your account in August; you do not need to provide any further information.

A second and final instalment of \$125 will be applied to your account in February 2024.

Eligibility

- *To be eligible for the Energy Bill Relief Fund, a customer must hold one of the following concession cards or receive one of the following payments:*
- *Pensioner Concession Card (PCC) issued by Services Australia or Department of Veterans' Affairs (DVA)*
- *Department of Veterans' Affairs Gold Card (GCH) For All Conditions*
- *Health Care Card (HCC) issued by Services Australia*
- *Carer Allowance*
- *Commonwealth Seniors Health Card (SHC) issued by Services Australia or Department of Veterans' Affairs*
- *Family Tax Benefit A & B.*
- *For more information about embedded network customers, including how embedded network customers can access the Commonwealth's Energy Bill Relief payment, visit compare.energy.vic.gov.au/embedded-networks.*

OFFER TO WHITTLESEA U3A FROM THOMASTOWN LIBRARY.

Afroditi, one of our tutors, is helping out at Thomastown Library assisting members of the public with their digital literacy needs. An invitation has been extended to any Whittlesea U3A member to attend these sessions if they too need assistance.

Digital help and assistance is being provided on Windows & Mac Computers, iPhone/ iPad, and Android phones. Anyone needing help with a Mac laptop would need to bring their own. If you run a Windows program the library computers can be used.

TIME: Monday between 12.00 and 2.00pm and Wednesday between 11.00am and 1.00pm.

VENUE: Thomastown Library, Main Road Thomastown.

APPOINTMENTS ESSENTIAL TO AVOID DOUBLE BOOKING: Contact the library on 03 9464 1884, ½ hour appointments are available – longer if they are not busy.

LINE DANCING SOCIAL – OCTOBER 1ST

JUST A REMINDER THAT THE LINE DANCING SOCIAL SCHEDULED FOR SUNDAY OCTOBER 1ST IS STILL ON. DOORS OPEN AT 11.00AM

COST: MEMBERS - \$2; NON MEMBERS - \$7

BRING FOOD AND DRINK TO SHARE. TABLES HAVE BEEN ORGANISED. COME TO FRONT TABLE WHEN YOU ARRIVE FOR TABLE ALLOCATION.

WHITTLESEA U3A SENIORS' EXPO 2023

The first Whittlesea U3A Expo is fast approaching and we have had a great response from both tutors and individual members to take part either selling what they make in class/at home or demonstrating activities.

To date we have the following stalls at the Expo:

SELLING GOODS:

- ◆ *Jewellery and Embroidery with Helen*
- ◆ *Card Making Table with Christine and group*
- ◆ *Card Making Table with Kaylene*
- ◆ *Art for Fun with Noelene and group*
- ◆ *Knitting with Diana and group*
- ◆ *Sewing products with Federica and group*
- ◆ *Knitted products made by Ellen*
- ◆ *BBQ and drinks led by Mick, Gerry and Walking Football team*

DEMONSTRATIONS/INFORMATION TABLES:

- ◆ *Ballroom dancing demonstration with Sylvette and group*
- ◆ *French singing with Sylvette and group*
- ◆ *Line dancing demonstration with Mia and group*
- ◆ *Drawing for Beginners with Jill and group*
- ◆ *Crochet with Freda and her group*
- ◆ *Digital Literacy Help and Assistance with Glen and group*
- ◆ *3D Printer demonstration by Wes*
- ◆ *African Violets Demonstration*
- ◆ *Book Launch*
- ◆ *Sports table display led by Mick and Gerry*

It is not too late if you want a table to sell home or class made goods or demonstrate an activity.

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.

Contact the following for more information

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

*Some members have indicated that they would be available to help on the day but more are needed to make it easier for everyone. Please contact one of the organisers if **YOU CAN HELP.***

CAN YOU HELP? - PLEASE CONTACT US NOW

After the success of the last Whittlesea U3A fundraising lunch another one is being held on Friday 22nd September. At this lunch the team will be receiving their kits for Adelaide. Contact Mick Trim on the details below if you would like to attend.

THIS EVENT IS DURING THE BREAK



October will see over 13,000 people descend on Adelaide for the 19th edition of the Australian Masters Game

Whittlesea U3A and their Walking Football Program will be part of it

Help them get to Adelaide by attending a fundraising lunch

Friday 22nd September

12pm – 3pm

Epping RSL

195 Harvest Home Road

Epping

\$35 per person

Includes a 3 course Seniors meal

There will be the playing kit presentation, a raffle and more

For tickets, payment details or for more information contact

Mick Trim at mick_trim1@hotmail.com

On Monday 4th September Whittlesea U3A held their 21st Annual General Meeting with approximately 100 in attendance, including members from both State and Federal Parliament. Members were provided with information regarding the progress of Whittlesea U3A over the past year and the success we have had since coming out of the COVID pandemic. Questions were asked and answered and the conversation flowed throughout the morning especially during a panel session.

During the meeting 2 Resolutions were passed:

1. **The Committee of Management** for 2023/2024 will consist of up to 12 members. The members to include: The President, Vice President 1; Vice President 2; Secretary; Treasurer; and 7 General Committee members.
2. **A change to the Fee Structure for 2024 was agreed to:**
 - Full membership fee \$60 for full year
 - Full membership fee \$40 half year (from July 1)
 - Full membership fee \$20 fourth term
 - One off establishment fee of \$5 for new members in 2024

Bronwyn Halfpenny MP presided over the election of the Committee of Management for 2023/2024 at the conclusion of the reports and the following Whittlesea U3A members we duly elected:

President: Glen Wall
Vic President: Kathy Lizio
Vice President: Natalie Lim
Secretary: Jodie Lang
Treasurer: Peter Rodaughan
General Committee:
Kevin Whelan
Christine Czerny
Peter Cleary
Marion Gaylard
Kumar Emilianus Chandrakumar

THE COMMITTEE: BACK ROW - LEFT TO RIGHT: Marion Gaylard, Peter Cleary, Kevin Whelan, Christine Czerny, Natalie Lim, Kumar Chandrakumar

FRONT ROW – LEFT TO RIGHT: Peter Rodaughan, Glen Wall, Kathy Lizio, Jodie Lang



MEMBERS OF THE PANEL (LEFT TO RIGHT):

- ◇ Jodie Lang; Natalie Lim
- ◇ Glen Wall
- ◇ Maureen Corrigan OAM –
representing Andrew Giles' Office;
Kris Pavlidis *representing Lily*
D'Ambrosio; Bronwyn Halfpenny

CALENDAR OF MAIN EVENTS—Term 3/4 2023

DATE	EVENT	LOCATION
SEPTEMBER 2023		
Monday 11th @ 9.30	2023/2024 Committee Meeting	Peter Lalor Campus
Thursday 14th @ 9.00	RUOK DAY - Sport exhibition and involvement	Epping Leisure Centre
Friday 15th	End of Term 3	All venues
Friday 22nd @12.00	Walking Football Fundraising Lunch	Epping RSL
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
Sunday 8th	Bunnings BBQ - Walking Football Fundraiser	Bunnings Epping
Monday 9th	Australian Masters Games—Walking Football to compete	Adelaide
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 BOTH FACE TO FACE & ONLINE	Peter Lalor Campus
Thursday 7th @ 10.00	Enrolments for 2024 continue BOTH FACE TO FACE & ONLINE	May Rd Campus
Sunday 10th @ 11.00	End of Year Line Dancing Social	Epping Memorial Hall