

WOTZON

Whittlesea U3A

**Fortnightly Fact
Sheet**

Edition 3 - 11th February 2024



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

Hello Everyone,

I hope the beginning of the year went well. I know some classes haven't started yet but most will be well under way by the end of February. Last year, in quite a number of editions of the WOTZON and in emails, I reminded all Whittlesea U3A members that those who work as tutors, in the office and on the Committee of Management and yes even myself are all volunteers. We work for the members to make sure you have an enjoyable experience and we are not paid for that work. Please be considerate when you contact us. Remember phone calls should not be made before 9 in the morning or after 6 in the evening from Monday to Friday. If you contact us outside these hours please either email or text or leave a message and we will contact you when we have an opportunity. If you want to report an absence please use the absence register. Here is the link to the website if you need instructions on how to do this: [CLICK HERE](#)

As the WOTZON is now being published fortnightly Glen has started a new publication in the in between weeks called BREAKING NEWS. It is full of information mainly from outside agencies that may be of interest to members.

Hope you find the information in this publication useful and tutors don't forget you can use this newsletter to publicise your class, whether it be what you do in every class or if something special is happening.

Natalie Lim, Communication Manager/Course Coordinator

communication@whittleseau3a.org.au

(0412 230 561) Please leave a message if no answer

OFFICE HOURS for

WEEKS BEGINNING MONDAY 12th & MONDAY 19TH of FEBRUARY

PETER LALOR CAMPUS

OFFICE WILL BE OPENED MONDAY, TUESDAY, WEDNESDAY 10.00 TO 2.00 & THURSDAY 10.00 TO 1.00

OFFICE WILL BE CLOSED ON FRIDAY

MAY ROAD CAMPUS

OFFICE WILL BE OPENED: TUESDAY 1.00PM TO 4.00 & THURSDAY - 9.00 TO 4.00PM

Don't forget about the Annual Labour Day Picnic at Hawkstowe Park, South Morang (241MON18)

DATE: Monday 11th March – Labour Day Public Holiday

TIME: 10.00am to 3.00pm

LOCATION: Hawkstowe Park, Gordons Road, South Morang (Melways I83H8)

This is the Whittlesea U3A Annual Labour Day Picnic hosted by Marion. Starting at 10.00 am participants stay talking until they have all had enough. B.Y.O. Everything. Food chairs drinks and whatever it takes to have a good time.

CLASSES STARTING IN THE NEXT 2 WEEKS

CODE	CLASS	LOCATION	TUTOR	STARTING DATE
<u>241MON06</u>	<u>Tai Chi Class 1</u>	Miller Com Centre	Phu Phan	12/02/2024
<u>241MON07</u>	<u>Tai Chi Class 2</u>	Miller Com Centre	Phu Phan	12/02/2024
<u>241MON08</u>	<u>Tai Chi Sword for Health</u>	Miller Com Centre	Phu Phan	12/02/2024
<u>241MON09</u>	<u>Qi Gong Stick</u>	Miller Com Centre	Phu Phan	12/02/2024
<u>241MON14</u>	<u>What is Anxiety 1</u>	Peter Lalor Campus	Bill Gould	12/02/2024
<u>241MON20</u>	<u>Handicrafts Workshop</u>	Mernda Village CAC	Helen Bourgazas	12/02/2024
<u>241MON28</u>	<u>Speakers' Discussion Group</u>	Mernda SS Centre	Glen Wall	12/02/2024
<u>242TUE20</u>	<u>Leprechaun Trivia Afternoon</u>	Brookwood CC	Patrick Muldoon	13/02/2024
<u>243WED06</u>	<u>Knitters Group</u>	Peter Lalor Campus	Diana Torcaso	14/02/2024
<u>244THU07</u>	<u>Origami 3D (Golden Ventures folding)</u>	Peter Lalor Campus	Phu Phan	15/02/2024
<u>244THU08</u>	<u>Paper Quilling Arts</u>	Peter Lalor Campus	Phu Phan	15/02/2024
<u>245FRI14</u>	<u>Tai Chi Beginners Level</u>	Riverside Community	Christine Teh (BEING TAKEN BY TERESA IN FEB)	16/02/2024
<u>245FRI18</u>	<u>Sampling Food for Different Cultures</u>	Mernda SS Centre	DPV Health	16/02/2024

THE FOLLOWING PROGRAMS HAVE CHANGES

- **COMPUTER, ANDROID, SOCIAL MEDIA SUPPORT** class with Shoukry – program to start Monday 12th of February
- **WALKING NETBALL** with Margaret – program to start Thursday 29th February
- **BOOK DISCUSSION** with Ann – program to start 20th March
- **TAI CHI** with Teresa and Peter – program is not on this Tuesday 13th February
- **TAI CHI INTERMEDIATE LEVEL** with Christine – program will be starting on **Tuesday** 16th March. No classes in TERM 1
- **ITALIAN INTERMEDIATE** with Antonio will not be held on Thursday 15th February. NO class on this day.

NEW EVENT - WHITTLESEA U3A HIGH TEA – TUESDAY 9TH APRIL

LOCATION: Whittlesea Bowls Club 101 Church Street
Whittlesea

COST: \$30 *Money needs to be paid by March 22nd*

DATE: Tuesday 9th April - *this is during the term break*

TIME: 1.00pm

DESCRIPTION: THIS IS A MEMBERS ONLY EVENT. Enjoy a delicious silver service high tea of hot pastries, sandwiches and small cakes with tea and coffee. Champagne and other drinks can be purchased separately at the venue. Once you have enrolled, the money, \$30, needs to be paid into the Whittlesea U3A account before your booking is confirmed. No bookings or payments can be accepted on the day. Unfortunately limited dietary variations available so if you need a special diet please contact me before you book.

HIGH TEA MENU

Includes 3-tiered silver stands for the tables, tea and coffee, linen napkins, cutlery and crockery.

- **House Baked Lemonade Scones** Served with Kinglake jam and double cream
- **Egg, Lettuce and Aioli Finger Sandwiches**
- **Chicken Caesar Pin Wheels**
- **Smoked Salmon Crostini (GF)** Served with capers mayo and caviar
- **Mixed Berry Panna cotta (GF)** Served with fresh berries
- **House Baked Sausage Rolls** Served with tomato relish
- **Chocolate Shot** Includes double chocolate Mousse, Double Cream and Chocolate Shards
- **Petite Lemon Curd Tarts** With Passionfruit Coulis and Spun Toffee
- **Petite Assorted Tarts** Finished with cream cheese and raspberry coulis
- **Fruit Skewer (GF)** Including passionfruit Cointreau
- **Petite Assorted Quiche** With Sour cream and Chives

ABSENCE REGISTER – The absence register is designed in the UMAS system so that members who are unable to attend a class can register their absence. This notifies the tutor as well as the office about your absence. Remember that according to the Terms and Conditions if you are absent from a class for 3 consecutive classes without registering the absence you may be removed from the class especially if that class is full or has a waiting list. Once again here is the link to the website if you need instructions on how to do this: [CLICK HERE](#)

PERSONAL INFORMATION – *This is just a reminder that we need to respect the privacy of all volunteers. For this reason please do not ask for the contact details of a member, whether they are a tutor or member of your class. Tutors may provide the members of their class with their contact information however this is up to them. Committee members contact details are advertised on the website. No one is permitted to provide information about a Whittlesea U3A member without their permission so please do not ask.*

THURSDAY CYCLING GROUP – A BIG HIT AMONGST PARTICIPANTS

Tutor Allan Fowler has again gotten his band of enthusiastic cyclist together, with additional new members, for the beginning of Term 1 2024.

Our first ride was a nice short 25km flat and ‘relaxing’ (as always) post-holiday ride to Doreen, to get the legs going again, on a beautiful summer’s day.

This ride extended along the Mernda Rail Trail to the developed and developing new residential estates on the northern edge of Melbourne’s suburban area.

With the mid ride ‘coffee’ stop at Magnolia on Orchard, it was great to catch up with our wheely friends after the break – see photo.

Future rides will take us to Alphington, Wollert (including the developing area of Rathdowne) and Brunswick.

Norm

PS There are still places available in this activity if you are interested. Here is a description of the activity which is held every Thursday throughout the year. **COURSE CODE: 244THU05**

*Distance of rides 25km and 35km. Speed: Leisurely/relaxed/moderate The rides are mainly on bike paths/trails/back streets **BENEFITS:** Cardio exercise improves health and wellbeing A social - fun outdoor activity. Riders either drive with their bikes in their car or ride their bikes to the starting point. Nobody gets left behind we all wait for each other. If we get separated we can be in contact by mobile phones. We also have a coffee stop as well.*

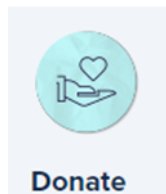
If you are interested enrol in the class and Allan will contact you.



In 2023 we had a number of sessions to introduce 2 programs at Epping Leisure Centre. These were Pickle Ball and Walking Cricket. If you are interested in taking part in these activities could you please contact either myself (communication@whittleseau3a.org.au) or the office to record your interest. We would really like to hear from anyone who would be able to lead these groups if we started them as a class on our calendar.

DONATE YOUR CONTAINER DEPOSIT SCHEME - CONTAINER DEPOSIT REFUNDS TO WHITTLESEA U3A

Use the **CDS VIC NORTH** app to find Whittlesea U3A as a registered charity community organisation to support at your local refund point.



Reverse vending machines (RVMs)

Self-service automated return and refund points, operating from 7am – 8pm, 7 days a week.

Simply insert all your eligible cans, cartons, glass or plastic bottles into one machine and they will be automatically counted, and your refund processed.

Container eligibility



Eligible containers

Most small portable beverage containers between 150mL and 3L. Check for the 10c mark on the drink container label.

- Aluminium cans
- Plastic bottles
- Glass bottles
- Paperboard cartons (under 1L)
- Steel bottles/cans

Your containers should be uncrushed and lids can be kept on.

WHAT DOES BEING WAITED LISTED IN A CLASS MEAN?

As you became an active 2024 member of Whittlesea U3A you would have received your Welcome Pack, either by mail or email. In this pack the classes that you have enrolled in are listed in this way:

ENROLLED CLASSES

	Code/Name	Location	Schedule	Tutor/Leader
1	<i>The name and codes of those classes that you can actually attend because YOUR NAME IS ON THE ENROLMENT LIST.</i>	WHERE THE CLASS IS LOCATED	Start Date: Time: Frequency:	NAME OF THE TUTOR

WAIT LISTED CLASSES

	Code/Name	Location	Schedule	Tutor/Leader
1	<i>The name and codes of those classes that you CANNOT attend because your name is NOT ON the enrolment list. YOU WILL BE NOTIFIED WHEN YOU CAN START THESE CLASSES.</i>	WHERE THE CLASS IS LOCATED	Start Date: Time: Frequency:	NAME OF THE TUTOR

PLEASE DO NOT ATTEND CLASSES YOU ARE WAITLISTED IN UNTIL YOU ARE NOTIFIED THAT YOU HAVE GOTTEN INTO THE CLASS EITHER BY EMAIL, TEXT OR PHONE CALL.

CALENDAR OF MAIN EVENTS - Term 1 2024

DATE	EVENT	LOCATION
FEBRUARY 2024		
Monday 12th @ 9.30	COMMITTEE Meeting	Mernda SS Centre
MARCH 2024		
Monday 4th @ 10.00	Monthly Morning Tea	Epping RSL Harvest Home Rd, Wollert
Monday 11th	PUBLIC HOLIDAY—LABOUR DAY	NO CLASS
Monday 11th	ANNUAL Whittlesea U3A PICNIC	Hawkstowe Park, South Morang
Thursday 28th	END OF TERM 1	
Friday 29th	GOOD FRIDAY	
Sunday 31st	EASTER SUNDAY	
APRIL 2024		
Monday 1st	EASTER MONDAY	
Tuesday 9th @1.00pm	Whittlesea U3A High Tea	Whittlesea Bowls Club, Church Street Whittlesea
Monday 15th April	Term 2 Begins	All classes unless otherwise stated



Gong Xi Fa Cai ("Wish you enlarge your wealth")

Happy Chinese New Year. 2024 The Year of the Dragon