

WOTZON

Whittlesea U3A

**Fortnightly Fact
Sheet**

Edition 15 — 11th August 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,

*Reminder about the Annual General Meeting, date Monday September 2nd at Epping RSL. Morning tea is supplied so if you are able to come contact the office so we can write your name down. Apologies are also recorded. Information regarding the AGM plus nomination and proxy forms have been included at the end of this newsletter and will be emailed (mailed) to members this week. **All classes on the MORNING of Monday 2nd September will be cancelled (including the venues) to give all tutors and members the opportunity to attend the AGM.***

Natalie Lim, Communication Manager/Course Coordinator

OFFICE HOURS for WEEK BEGINNING MONDAY 11th August

PETER LALOR CAMPUS

OFFICE WILL BE OPENED Monday, Tuesday and 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

NEW CLASSES JUST INCLUDED IN THE CALENDAR

244THU35 LAPTOP APPLE MACBOOK

This is a weekly activity starting in Term 4. It is being held at Peter Lalor Campus on Thursday starting 10.30 to 12.30. The activity is for Apple Laptop computers only and is a beginners class only. Topics covered will include - Finder - Use Email - File management - Internet browsing - Staying safe online - Backups - MacOS updates. Students are encouraged to bring computer issues they may be having and share with the class.

244THU36 WALKING BASKETBALL

This is a weekly activity starting in Term 4. It is being held at Epping Leisure Centre on Thursday starting 11.15 to 12.30. Walking Basketball is a modified version of the traditional game that is fully inclusive allowing anyone to participate regardless of their age, fitness level, ability or previous netball experience. As the name implies, Walking Basketball is a slower version of netball performed at a walking pace. Walking Basketball has a strong emphasis on getting people participating in an enjoyable, safe environment rather than focusing on the competitive aspect.

THE FOLLOWING PROGRAMS HAVE CHANGES PLEASE READ THE INFORMATION CAREFULLY AS IT MAY AFFECT YOUR CLASS

NEW CHANGES ARE ADDED AS THEY BECOME AVAILABLE. IF YOUR CLASS IS NOT LISTED HERE IT OFTEN MEANS THERE ARE NO CHANGES AND THE CLASS IS AS ADVERTISED ON THE CALENDAR

If a class is cancelled or changes are made those enrolled in the class will be notified by email or SMS

LINE DANCING ADVANCED with TITA AND CATHY - will not be on Monday 12th August

TUESDAY BILLIARDS with MICHELE - has been cancelled from Tuesday 20th August until the end of term. Michele will be back in Term 4

TUESDAY BOCCE with MICHELE - has been cancelled from Tuesday 20th August until the end of term. Michele will be back in Term 4

BALLROOM DANCING ON TUESDAY with HUNGPHU - has been cancelled.

EXERCISE AND LIVE HEALTHY CLASS 1 AND 2 with KUMAR - Until the end of Term 3 these classes at Mernda will combine and both will start at 10.30. More information will be provided about the rest of the year at the beginning of Term 4.

FRENCH CONVERSATION with CHRISTIANE - will be cancelled on Tuesday 13th August.

BODY WEIGHT AND STRENGTHENING EXERCISE with PATTIE - has been cancelled on Wednesday 14th August.

DISCOVER MELBOURNE GARDENS with MICHAEL - will not be held in July and August. The adventure will resume in September.

DIGITAL LITERACY TRAINING ONLINE with JANICE - will be cancelled on Tuesday 20th and 27th of August.

APPLE IPHONE & iPAD SELF HELP ONLINE with JANICE - will be cancelled on Wednesday 21st and 28th of August.

APPLE IPHONE & iPAD with JANICE - will be cancelled on Wednesday 21st and 28th of August.

APPLE IPHONE & iPAD ONLINE with JANICE - will be cancelled on Wednesday 21st and 28th of August.

COMPUTER, ANDROID, SOCIAL MEDIA SUPPORT with SHOUKRY - will be cancelled from Monday 2nd September to Monday 20th October. It will return later in term 4

EXERCISES FOR FITNESS with HELEN will be having a break for the last 3 weeks of term 3

A summary of a report of a successful activity at Estia Aged

Care Facility. We (being the leaders Janice and Peter) have found that when they don't visit Estia they are missed by some of their regular residents. They had a really great session today and ended up with 8 residents, the 3 gentlemen really enjoyed themselves and even told them so.

When it works like it did today it is very hard to stop going especially when the residents are enjoying it. Some played word search game on iPads, others used paper version of word Search and had a lovely chat with Faye and Gwen. One wanted to learn how to take photos on her iPad and Peter spent time with another showing her basic functions on her Tablet. So we were all kept pretty busy.



Thanks Janice and Peter for your commitment.

IDA RETURNING TO WEDNESDAY EXERCISES FOR HEALTHY AGEING.

Ida, the original leader of this activity, has requested to return as tutor/leader from the beginning of Term 4. On behalf of all the members of the class I would like to thank Shirley who has done a fantastic job over the last few months ensuring the activity continues weekly and providing members with the opportunity to exercise in a fun and pleasant environment. The class will be led by Ida from the beginning of Term 4, in October and I would like to welcome her back as tutor at this time.

WHITTLESEA U3A AGM 2024

This year the **ANNUAL GENERAL MEETING** is being held on Monday 2nd of September. It will be followed by the **Monthly Morning Tea**. It will be held at **EPPING RSL**. beginning at 10.00. All members are welcome to attend. This is your opportunity to decide who will be part of the Committee for 2024/2025, and to ask any questions you might have about classes, programs, yearly costs etc. We will be emailing all members information regarding Proxy votes, and committee positions so have a read of them when they arrive in your INBOX. Those without an email address your information will be mailed to you.

THERE WILL BE NO CLASSES ON THE MORNING OF MONDAY 2nd of SEPTEMBER IN ANY VENUE. This will ensure that those tutors wishing to attend do not have teaching commitments.

A light morning tea will be provided and the bar is open. It would be appreciated if you could contact one of the following if you intend to attend so that we can make catering arrangements.:

Natalie Lim: 0412230561

Judy Cleary: 9464 1339 or 0404119189

Kathy Lizio: 0414 925 567

The office at either May Rd or Peter Lalor: 9464 1339 or 0404 119 189

Looking forward to seeing lots of you there.



Pan Pacific Games Fund Raiser
Epping RSL – 195 Harvest Home Road Epping
Friday September 6th 2024
12 noon to 2.30pm
Everyone Welcome

- 3 Course Meal
- Songs by Patrick Muldoon – Whittlesea U3A
- Speeches of Support by Whittlesea U3A, City of Whittlesea, Football Victoria
- Presentation of Kits to players
- Slideshow showing the Walking Football Journey
- Raffle

Cost - \$30 per person

Children under 12 free (but meals must be ordered and paid for separately)

See Menu below

Please advise if you have special dietary requirements

**Bookings – Contact Gerry Fay on 0418 137 631 or gerry4919@hotmail.com
before 16th August 2024**

Menu

3 Course Meal

- *Entrée – Soup of the day (will be known on the day)*
- *Main Meal - Chicken or fish. As meals are brought out chicken will be served to one person and then fish to the person sitting next to them.*

Meals served with chips and salad

- *Dessert – New York Cheese Cake or Apple Crumble. Served in the same way as the main meal.*

WHITTLESEA U3A BANKING DETAILS

Account Name: Whittlesea U3A Inc.

BSB: 033 137

Account Number: 189765

- ◇ IF YOU PAY ONLINE PLEASE PUT YOUR MEMBER NUMBER IN THE REFERENCE SECTION.
- ◇ IF YOU PAY AT A WESTPAC BANK PLEASE ASK THE BANK TELLER TO INCLUDE YOUR U3A MEMBERSHIP NUMBER IN THE REFERENCE SECTION

CALENDAR OF MAIN EVENTS - Term 3 & 4 2024

DATE	EVENT	LOCATION
AUGUST 2024		
Monday 12th @ 9.30	Committee Meeting	Mernda Support Centre
SEPTEMBER 2024		
Monday 2nd @ 10.00	ANNUAL GENERAL MEETING	Epping RSL
Monday 2nd	NO CLASSES IN THE MORNING TODAY FOR AGM; PETER LALOR OFFICE CLOSED TODAY FOR AGM	
Monday 2nd	Monthly Morning Tea (after AGM)	Epping RSL
Monday 9th @ 9.30	Committee Meeting	Mernda Support Centre
Friday 20th	End of Term 3	Most classes finish for Term 3
Saturday 28th	AFL Grand Final	MCG
OCTOBER 2024		
Monday 7th	Beginning of Term 4	Most classes begin this week
Monday 7th @ 9.30	Monthly Morning Tea	Epping RSL
Monday 7th	PETER LALOR OFFICE CLOSED TODAY	Closed for Monthly Morning Tea
Monday 14th @ 9.30	Committee Meeting	Mernda Support Centre
Saturday 26th	Whittlesea U3A EXPO—10.00AM TO 2.00PM	MAY ROAD CAMPUS
NOVEMBER 2024		
Monday 4th @ 9.30	Monthly Morning Tea	Epping RSL
Monday 4th	PETER LALOR OFFICE CLOSED TODAY	Closed for Monthly Morning Tea
Monday 11th @ 9.30	Committee Meeting	Mernda Support Centre
WEEK OF 25th - 29th	LAST WEEK OF CLASSES FOR 2024	
DECEMBER 2024		
Monday 2nd @ 11.30	Whittlesea U3A CHRISTMAS FUNCTION	Epping RSL
Tuesday 3rd TBA	POSSIBLE DATE OF 1ST REENROLMENT DAY	VENUE TBA
Thursday 5th TBA	POSSIBLE DATE OF 2ND REENROLMENT DAY	VENUE MAY ROAD CAMPUS
Sunday 8th @ 11.00	Line Dancing Christmas Social	Epping Memorial Hall

Whittlesea U3A Inc.
P.O. Box 1157
LALOR Vic 3075



ABN 91 617 395 831
A0042367P

Notice of Annual General Meeting

12th August 2024

Dear Member,

We will be holding our 2024 Annual General Meeting at 10:00 am on Monday 2nd of September 2024 at Epping RSL Harvest Home Road Epping.

Reports on the activities of Whittlesea U3A Inc. for the financial year to 30th June 2024 will be presented to the meeting followed by the striking of subscriptions and the size of the Committee of Management for the following year. The election of the Committee of Management will then be held.

All Committee positions will be declared vacant and are open to any financial member to be nominated. If you are interested in standing for office and becoming a member of the Whittlesea U3A Committee of Management, please feel free to discuss the various committee roles with the relevant current Committee member and put your name forward.

Nominations will be required for the following positions:

President
Vice President x 2
Secretary
Treasurer
General Members

All nominations are to be made using the enclosed form and must be received by the Secretary on jodie.l@whittleseau3a.org.au by the close of business (4:00pm) Monday 26th of August 2024.

Regards

Glen Wall
PRESIDENT



Peter Lalor Campus
34 Robert St, Lalor, Vic, 3075
Mobile: 0422 852 593
Email: president@whittleseau3a.org.au
Office 9464 1339 (Leave a message)

Arranging Proxy Voting

If a member is unable to attend the Annual General Meeting they are entitled to appoint a proxy to vote on their behalf. The rules relating to proxy voting are:

34 Proxies *(Excerpt from model rules)*

- (1) A member may appoint another member as his or her proxy to vote and speak on his or her behalf at a general meeting other than at a disciplinary appeal meeting.
- (2) The appointment of a proxy must be in writing and signed by the member making the appointment.
- (3) The member appointing the proxy may give specific directions as to how the proxy is to vote on his or her behalf, otherwise the proxy may vote on behalf of the member in any matter as he or she sees fit.
- (4) If the Committee has approved a form for the appointment of a proxy, the member may use any other form that clearly identifies the person appointed as the member's proxy and that has been signed by the member.

If you are intending to appoint another member as your proxy, please inform one of the following of your intent: -

President (Glen Wall)	president@whittleseau3a.org.au
Secretary (Jodie Lang)	jodie.l@whittleseau3a.org.au
Vice President (Kathy Lizio)	kathylizio@bigpond.com
Vice President (Natalie Lim)	communication@whittleseau3a.org.au
Treasurer (Peter Rodaughan)	treasurer@whittleseau3a.org.au

Without this notification, confirmation will be needed by contacting you either by telephone or email prior to the meeting.

Proxy Voting Authority

I, _____ Membership No _____
(Member's Name) *(Member's Number)*

authorize _____ to vote on my behalf at the
(Member being granted power of proxy)

2024 Whittlesea U3A Inc. Annual General Meeting.

I can be contacted on phone: _____ or email: _____ to confirm my action.

Member's Signature _____

If there is a specific way in which you wish your proxy to vote, please state that here.

I wish my proxy to vote as they see fit or I wish my proxy to vote for *(Please write your directions below)*

Election of Committee for 2024 — 2025

Nominations for positions on the Committee of Management are called for and need to be filled in with the correct signatures and lodged with the Secretary no later than 4:00pm Monday 26th August 2024. This is to enable members who are arranging proxy votes to direct their agent to vote in a specific way if they wish to.

All positions will become vacant and as per our rules “A member is eligible to be elected or appointed as a committee member if the member is entitled to vote at a general meeting.”

(Excerpt from model rules)(2) An eligible member of the Association may—

- (a) Nominate himself or herself; or
- (b) With the member's consent, be nominated by another member.

We would especially welcome nominations from members who have not served on the Committee before to get involved. It is extremely important for the future of our Association to continue to welcome members with fresh ideas into the Committee of Management.

Elected Executive Committee: -

President	Vice President x 2	Secretary	Treasurer
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General Committee Members

(Excerpt from model rules) (1)The annual general meeting must by resolution decide the number of ordinary members of the Committee (if any) it wishes to hold office for the next year



Nomination Form for the election of Committee of Management 2024 - 2025

Election of Committee of Management

Position.....

Name of Nominee (print name)..... Signature of Nominee

.....Member No..... Proposed by (print name)Member

No..... Proposer's signature

Completed form to be received by the Secretary on jodie.l@whittleseau3a.org.au by 4:00pm on 26th August 2024

Glen Wall
PRESIDENT