

WHITTLESEA U3A
BREAKING NEWS FORTNIGHTLY INFO
OF INTEREST

EDITION 15:
DATE: 1st September 2024



MESSAGE FROM EDITOR

Info of Interest in this edition:

- ◇ 2024 Whittlesea U3A AGM
- ◇ Patrick Muldoon to sing at Walking Football Pan Pacific Fundraiser.
- ◇ Eating for Healthy Living
- ◇ Hints for Buying Food
- ◇ Social Prescribing
- ◇ Tech Café for Seniors
- ◇ DPV Health Message
- ◇ Information about the 2024 Whittlesea U3A Expo, 26th October

Enjoy the "Have a Laugh"

Looking forward to hearing your feedback on these initiatives.

Glen Wall

PRESIDENT—Whittlesea U3A

WHITTLESEA U3A 22nd ANNUAL GENERAL MEETING

Date: Monday 2 September 2024

Time: commencing 10.15am

Venue: Epping RSL, Harvest Home Road, Epping, Vic 3076

All members are encouraged to attend. NO CLASSES ON MONDAY MORNING

AGM Member Notification – [Member invitation](#)

OPPORTUNITY FOR MEMBERS TO BE UPDATED ON THE OPERATIONS OF WU3A PARTICIPATE IN THE IMPORTANT DECISION-MAKING PROCESS, ELECT COMMITTEE MEMBERS AND HAVE INPUT INTO THE FUTURE DIRECTION OF WU3A.

The following members have been nominated for the 2024/2025 Whittlesea U3A Committee of Management:

President: Natalie Lim

Vice President 1: Kathy Lizio

Vice President 2: Christine Czerny

Secretary: Jodie Lang

Treasurer: Peter Rodaughan

General Committee Members: Glen Wall, Kevin Whelan, Peter Cleary, Kumar Chandrakumar, and Marion Gaylard

Proxy Form – [Proxy Form](#)

OFFICE HOURS FROM MONDAY 1st SEPTEMBER

PETER LALOR CAMPUS

OFFICE WILL BE CLOSED: MONDAY (AGM) and FRIDAY

OFFICE WILL BE OPENED: TUESDAY and WEDNESDAY 10.00 TO 2.00 & THURSDAY 10.00 TO 1.00.

MAY ROAD CAMPUS

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



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.*

Eating for Healthy Living (course code: 245FRI16)

The "Eating for Healthy Living" has been joined by a Chef with 30 years' experience and is supported by qualified Dietitians from DPV Health. The class learns how to develop menus that will promote a healthy lifestyle. Recipes are provided and discussed. Medical issues relating to diets and healthy eating are also a focus of the classes. The sharing of the dish prepared and friendly chat at the end of each session is a highlight.

LOCATION: Mernda Social Support Centre, 70 Mernda Village Drive Mernda



This item was produced in consultation with and approved by::

Department of Health - RHP&R - Health Protection - Food Safety and Regulation

Hints for buying food

When buying food, remember:

- Hot food should be served steaming hot (60 °C and above). Avoid eating lukewarm food.
- Cold food should be displayed on ice or in a refrigerated cabinet and should feel cold when you eat it (5 °C or less).
- Pre-made sandwiches and rolls that contain perishable ingredients, such as meat, fish, chicken, egg and cheese, should be stored in a refrigerated cabinet or kept at room temperature for less than 4 hours.
- Don't buy 'tired-looking' food that looks like it has been sitting at room temperature for a long time.
- Minced meat, hamburgers, rolled or stuffed roasts and chicken must be cooked right through - there should be no pink meat. Do not eat undercooked meats. Return them for further cooking.
- Steak, chops and whole cuts of red meat can be cooked to your preference as contaminants are usually on the surface of the meat and are killed during the cooking process
- Takeaway food should be served in appropriate takeaway containers and at the appropriate temperature.



Department
of Health

TECH CAFÉ FOR SENIORS Digital Skills Mentoring Program

Need help with your Digital Technology –
Phone, Android or Apple, iPad or Tablet.

GO TO Thomastown Library on Fridays 1:00 pm to 3:00 pm,
Lalor Library Thursdays 1:00 pm to 3:00 pm, Mernda Senior
Support Centre Fridays 10:00 am to 12.



Technology Corner – Monthly Forum Program Live Life Digitally Connected Topics

2024 monthly forums will be on ZOOM on the third Wednesday of the month at 10:00 am
to 11:30am.

Further details regarding dates and times will be provided. Please check regularly our Facebook page
Tech Corner™ (<https://www.facebook.com/groups/2957658941217497>) for updates.

FACILITATING DIGITAL MENTORING SUPPORT FOR ESTIA HEALTH SOUTH MORANG RESIDENTS

Janice, Gwen, Faye and Peter support residents in
maintaining connections with family and friends.



Consumers Shaping Health Social Prescribing
Social prescribing is the practise where health
professionals, including GPs, have the
resources and infrastructure to link patients with social services – or even social
groups – in a bid to address the social determinants contributing to poor health and
stave off the epidemic of loneliness and social isolation. A GP may, for example,
suggest a patient join a local running group to enjoy the benefits of exercise and
interaction. **GET THE REPORT** U3A Program is an example.
Ask your Doctor FOR FURTHER INFORMATION

CHF Consumers Health
Forum of Australia

DPV Health are excited to announce we now offer Acupuncture treatment at our Mill Park Medical Centre.

Acupuncture is a practice used in traditional Chinese medicine that involves inserting very thin needles into specific points on the body to restore balance and encourage the body to heal itself.

In the past decades, Acupuncture has gained wide acceptance in western Countries. There is increasing scientific evidence to support the effectiveness of acupuncture for the cure of many conditions

Acupuncture does not usually hurt. During acupuncture you may feel:

- A mild tingling
- Warmth
- Soreness or numbness

To book initial appointment with

Dr Wen Yu, call **1300 234 263** and press 1 for medical.



**Click or Tap Here for more
Information**

THE FOLLOWING PROGRAMS HAVE CHANGES NEW CHANGES ARE ADDED AS THEY BECOME AVAILABLE. If a class is cancelled or changes are made those enrolled in the class will be notified by email or SMS

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 - has finished for TERM 3. It will resume in TERM 4

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 has finished for TERM 3. It will resume in TERM 4

BEGINNERS DRAWING CLASS with JILL will be finishing on the 6th September

JUST A REMINDER THAT DUE TO THE AGM THE FOLLOWING CLASSES HAVE BEEN CANCELLED ON THE MORNING OF MONDAY 2ND SEPTEMBER

- ◇ **Scrabble with June at Mernda**
- ◇ **Feel Well, Be Well with Pattie at Thomastown**
- ◇ **Handicrafts Workshop with Helen at Mernda**
- ◇ **Italian Total Beginners with Oscar at Peter Lalor**
- ◇ **Indoor Walking Aerobics with Mary at Thomastown**
- ◇ **Yeng Sheng Zhang Tai Chi Stick with Hungphu at Spring Street**
- ◇ **Tai Chi Sword for Health with Hungphu at Spring Street**
- ◇ **Tai Chi Class 2 with Hungphu at Spring Street**
- ◇ **Tai Chi Class 1 with Hungphu at Spring Street**
- ◇ **Walk and Talk with Joy at Westfield**
- ◇ **Crochet with Freda**
- ◇ **Beginners Line Dancing Whittlesea with Bev**

WHITTLESEA U3A SENIORS' EXPO 2024

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 26th October from 9.30 to 2.00 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:

- ◇ *Demonstrations – some classes will be demonstrating what they do e.g. dancing, singing, craft etc.*
- ◇ *Displays – some classes will have a display of the types of things they make or do in class*
- ◇ *A BBQ selling sausages in bread and drinks.*
- ◇ *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.

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

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

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

GENERAL ASSISTANCE IS ALSO 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*



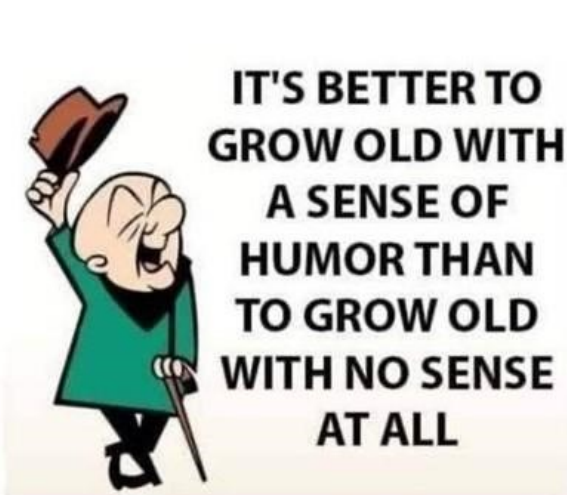
A man asked me for a dollar. I told him I only carry big bills. He said give me one of those. I gave him my electric bill.

I told my boss I needed a pay rise as 3 other companies were after me... He asked which ones? I said "gas, water & electric"

Subject:  **FUN**



The guy at the furniture store told me the sofa would seat 5 people without any problems. Then it occurred to me, I don't think I know 5 people without any problems.



Next time someone rings your home phone, test their intelligence by replying with, "Hi, can I call you back I'm driving"