

WOTZON

**Edition 1:
19th January 2025**



CONTACT DETAILS

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Hello Everyone,

Welcome to 2025. I hope everyone had a happy Christmas and that 2025 brings you all good health and prosperity. With over 100 classes already on the calendar and more being added there is lots of opportunity for Whittlesea U3A members to meet, socialise and enjoy good times together. This year we have had to say goodbye to some long standing and fantastic tutors/leaders but at the same time we are seeing new members willing to volunteer to provide that little bit of extra fun and wisdom to our Whittlesea U3A family. We are always looking for more leaders so if you have a skill, interest, or just like to work with people and share ideas and knowledge please contact me about starting up a new class - whether it is weekly, fortnightly, monthly or whatever suits your very busy program. No one said that retiring from full time work meant you are no longer busy - this I know very well.

This short edition of the WOTZON is just a general information sheet and an introduction for the large number of new members who have joined Whittlesea U3A in 2025. WELCOME and I hope you find the events that we have over the year as much fun as most people do.

In 2024 we had two newsletters - the WOTZON and The Breaking News. In 2025 we are changing things a little and combining these into one larger fortnightly publication. This will mean that each edition will be bigger in size and packed with both class and local information. There will be comments about class changes and additions, new events, information from health services and local groups and yes even the 'funnies' that many of you enjoyed that were in The Breaking News.

FOR THIS REASON from the 2nd February the new publication will come to you as an email with a summary of what is featured in that week and a LINK. When you click on this LINK it will take you to our website www.whittleseau3a.org.au and to the current newsletter. We need to do this, as being a larger publication, it may be difficult for some members to upload it on to their computers, smartphones or tablets. If you need more information about how this will work please contact me on the email below.

Also once the offices open full time the office volunteers will be happy to guide you through the process or get you in contact with someone who can help.

Natalie Lim

WU3A President

natalie.l@whittleseau3a.org.au

Welcome packs with enrolment details and your 2025 badge will be emailed to those members with an email address on Monday 20th January. Those members without an email address this information will be posted during that week.

OFFICE HOURS FROM MONDAY 20th January TO FRIDAY 31st January

PETER LALOR CAMPUS

OFFICE WILL BE CLOSED UNTIL MONDAY 3RD FEBRUARY 2025

MAY ROAD CAMPUS OFFICE WILL BE OPENED: THURSDAY 23RD JANUARY BETWEEN 10.00 AND 1.00PM and THURSDAY 30th JANUARY BETWEEN 10.00 and 1.00PM. Members can come during this time to pay their subscriptions, enrol in classes or ask questions. This is a very restricted opening and no time extension is possible.

The office at May Road will then reopen as normal on **TUESDAY 4TH FEBRUARY 2025**

ENROLMENT INFORMATION—BADGES ETC.

Members with an email address listed on their personal details on the system will be receiving their WELCOME PACK from Monday 20th January.

This pack will include:

- ◇ *A Welcome letter;*
- ◇ *A list of the classes and events you are **ENROLLED** in;*
- ◇ *A list of the classes and events you are **WAITLISTED** in;*
- ◇ *Your 2025 badge which you can print. If you are unable to print your own badge please come to the office, during opening times and we can print it for you. Only members without an email address will have their information mailed to them.*
- ◇ *If you are a new member you will also receive a lanyard - this is sent by post. If you have lost your lanyard you can purchase a new one from either of the offices when they open.*

Please visit the May Road office on the 23rd or the 30th January between 10.00 and 12.00 if you need assistance. Refer to page one of this newsletter for other times that offices will be opened.

WAITING LISTS AND FULL CLASSES

You will be aware that as many of our classes grow in popularity they start to fill up very quickly and waiting lists may occur. Being enrolled in a class in 2024 does not mean automatic enrolment in 2025 as all members have the same chance to enrol in a class at the beginning of the enrolment period which started on the 4th December 2024. Those members who wrote their names down for pre enrolment were not enrolled until the 4th December like all other members. The reason for putting your name down early was to avoid having to visit the office on enrolment day or having to enrol online. Over 200 members reenrolled in this way and there was no order to the way their name was recorded on the system on the 4th December. This was explained to everyone when forms were taken.

WHY DO WE HAVE A WAITING LIST

Waiting lists are an unfortunate result of popular classes and although we always try to remove them they occur from time to time, especially at the beginning of the year. Whether it is an exercise, line dancing or computer class, we create a maximum number of people for a class based on the following:

- ◇ The total number which the tutor has asked us to put in their class
- ◇ The capacity of the venue - how many people can SAFELY fit in a room when EVERYONE, who is enrolled, is present. Even if classes have a number of absences every week we have to consider how many people would fit safely if everyone attends. **THIS IS A HEALTH AND SAFETY ISSUE.**
- ◇ The number of participants that the equipment (if used) can accommodate. If it is a computer class, for example, there are limitations with the computers etc.

PLEASE DO NOT ATTEND A CLASS IF YOU ARE ON A WAITING LIST. We try to review these lists regularly and either increase the number with the tutor (if the venue allows) or create a new class. We thank all members for assisting us with this matter.

START DATE FOR CLASSES

*Most classes, those due to start at the beginning of Term 1, will commence the week beginning the 3rd February. Please check your enrolment email which you will receive from Monday 20th January very carefully as this will have the **STARTING DATE** of the class. NOT ALL CLASSES WILL BEGIN IN THE FIRST WEEK. Unfortunately no emails will be sent about staggered starting times so you may find that you go to the venue and the class does not start that week if you do not check your enrolment details carefully.*

ABSENCES

Please remember that it is very important to record an absence when you are unable to attend a class. As part of our Terms and Conditions members who are absent from a class for 3 consecutive weeks without informing the office or tutor can be removed from the class at the discretion of the tutor/leader. Absences can be recorded using the online system through UMAS by logging onto your profile and click on RECORD ABSENCE. Alternately you can inform the office staff who will do it for you or inform the leader who will record your absence on their attendance list.

TUTORS/LEADERS AND MEMBER CONTACT INFORMATION

Contacting a tutor or another member of Whittlesea U3A is something that many members wish to do. However due to privacy laws no office staff member or committee member can provide you with tutor or member details. Some tutors provide their class members with their phone/email contact at the beginning of the term however this is not compulsory and solely up to the tutor or member themselves. If you need to contact a tutor or another member please contact the office or myself and we can forward the request to the person concerned. It will be up to them to provide the information.

VOLUNTEER LUNCH

Those who have volunteered for Whittlesea U3A during 2024 would have received an invitation from me to the Volunteer's Lunch. Thank you to those who replied so promptly. Numbers to this event have now been finalised. If you volunteered for Whittlesea U3A and are unable to attend the event or have not replied I will be emailing you your VOLUNTEER THANK YOU CERTIFICATE.

Thank you to all members who volunteered in 2024

TUTOR MANUAL

An updated version of the Tutor Manual for 2025 will be emailed to all tutors next week. This booklet will also be available online. The aim of the manual is to provide tutors/leaders with information that will help you feel more comfortable in the role which for some is quite new. Please contact me if you do not receive your manual by Friday 24th January.

ATTENDANCE LISTS AND ENROLMENT LIST FOR TERM 1 2025

Tutors will be emailed their enrolment and attendance lists for Term 1, 2025 from next week. I like to leave this as late as possible to include as many enrolments as possible. Tutors can also access their lists by logging on to the UMAS system and checking their class. If, as a tutor you need your lists printed for you please contact me. Although we do not mail these we can often arrange for them to be picked up at the office. Those tutors who are attending the volunteer lunch can pick up their lists there but I will need prior notification to make sure they are ready.

NEW CLASSES/ACTIVITIES JUST ADDED TO THE CALENDAR

NAME: AQUA AEROBICS MILL PARK

CODE: 252TUE26

LOCATION: MILL PARK LEISURE CENTRE, Morang Drive Mill Park

START DATE & TIME: Tuesday 21st January FROM 10.15 to 11.00

COST: \$7.50 PER WEEK

DESCRIPTION:

The Aqua Aerobics Program provides members of Whittlesea U3A with an aqua aerobics class focusing on water based strengthening exercises provided by a qualified instructor. It does not include the spa or sauna. The program is available to active Whittlesea U3A members. You will need to show a current badge. The program cost \$7.50 per week and this is payable using cash or card at reception upon entry. This program was very popular in 2024 and those who attended found the exercises provided both interesting and rewarding. After the activity members are welcome to stay and have coffee in the café.

Enrolments can now be made online or by contacting me.

HELEN ANG'S EXERCISE CLASS

Many members have enrolled in Helen's Ang's Exercise for Fitness Class on Monday. However due to the size of the venue the maximum number that can be enrolled is 40. Because of this we have 20 on the waiting List. Due to the large size of the waiting list Helen has agreed to do another class on Friday at French Street in Lalor from 10.30. This will be a repeat of the Monday class. At this stage some members have chosen to move over to the new class and we would like to thank them for this, however there are still too many on the waiting list. Please consider doing the class on Friday instead of Monday if you are able to so that more people can have a go. If you can change to Friday please contact me as soon as possible.

Unfortunately if you are on the waiting list for this class on Monday there is very little chance that you will be able to do the class in 2024 as most members who enrol attend on a regular basis and very few drop out.

You cannot be enrolled in both the Monday and the Friday class and at the moment until we finalise numbers fairly, all online enrolments in this class will place you on the waiting list.

PICKLEBALL

The popularity of Pickleball has been something that no one had expected when we put it on our calendar last year. In 2025 the class is already full with a waiting list. The tutor has increased the number that can attend and at the moment that will be the final number for a while. At this stage the class is closed due to the high demand. Once we are able to either create a new class or increase the number I will inform members in the newsletter. Please let me reinforce our problem the class is over booked with enrolments and a waiting list. Sorry to those who have really wanted to play the game.

It is with a great deal of sadness that I inform members of the death of one of our much love members and tutors. John Kolonis passed away on Wednesday 15th January after a long and fierce fight with cancer. Our best wishes and prayers go to Tita (his wife) and the family at this time.

This announcement has been made with the permission of the family.

IF YOU WISH TO ENROL IN THIS ACTIVITY IT IS CODE: 253WED23

Quarry Hills Senior Stewards

Reconnect with the natural world through this engaging and hands-on program designed specifically for seniors. This course not only deepens your knowledge of environmental conservation, nature connection, and sustainable practices but also promotes physical activity, enhances mental well-being, and fosters social connections in a supportive and inspiring environment.



Through a blend of interactive nature studies and discussions, guided nature walks, and practical, hands-on learning in the field, you'll have the chance to share experiences, learn new skills, explore beautiful landscapes, and give back to the environment. Along the way, you'll develop a deeper understanding of ecology, biodiversity, and conservation while forming meaningful connections with like-minded individuals. This program is as much about personal well-being as it is about caring for the planet.

What you'll experience:

Interactive Nature Studies and Discussions

Explore topics such as ecology, forest therapy, biodiversity, citizen science, climate change, geology, and more. Participate in engaging workshops and discussions to deepen your understanding of the natural world.



Nature Walks

Enjoy leisurely walks through Quarry Hills Parklands and other local areas, observing wildlife and connecting with landscapes. Share stories, take photographs, and immerse yourself in the beauty of nature while staying active and social.

Field-Based Learning

Get your hands dirty with activities like wetland restoration, habitat creation, and species monitoring. Contribute to the return of native species, like the Bibron's toadlet, and foster biodiversity.



Why join this program?

For you:

Improve physical health through movement, nurture mental wellness by connecting with nature, and build lasting social connections with others who share your interests.

For the environment:

Learn skills that directly contribute to conservation and restoration efforts, giving back to the land and ensuring its health for generations to come.



Whether you're a passionate environmentalist or simply curious about nature, this program offers a unique chance to grow, connect, and make a difference. Join us to explore, learn, and restore our beautiful natural spaces!

Requirements:

For Nature Studies:

No special skills, knowledge or fitness level required.

For Nature Walk & Field-Based Learning:

Comfortable, weather-appropriate clothing that can get dirty, gardening gloves (optional), water bottle, no special skills or knowledge required. Adequate fitness for relaxed-paced walks on occasionally uneven terrain and tasks involving light to moderate physical effort. If you have concerns about mobility or specific physical limitations, let us know—we'll work with you to ensure the activities are inclusive and enjoyable for everyone.

Term 1 2025 Details:

W	Date	Time	Location	Activity
1	Wed 5 th Feb	10am – 12pm	Riverside Community Centre	Nature Studies
2	Wed 12 th Feb	10am – 12pm	Quarry Hills Parkland	Nature Walk
3	Wed 19 th Feb	10am – 12pm	Riverside Community Centre	Nature Studies
4	Wed 26 th Feb	10am – 12pm	Quarry Hills Parkland	Field-Based Learning
5	Wed 5 th March	10am – 12pm	Riverside Community Centre	Nature Studies
6	Wed 12 th March	10am – 12pm	Quarry Hills Parkland	Nature Walk
7	Wed 19 th March	10am – 12pm	Riverside Community Centre	Nature Studies
8	Wed 26 th March	10am – 12pm	Quarry Hills Parkland	Field-Based Learning
9	Wed 2 nd April	10am – 12pm	Riverside Community Centre	Nature Studies

For more information contact: Erica Hoggett erica.hoggett@whittlesea.vic.gov.au

HELP NEEDED AT THE EPPING BUNNINGS BBQ on Saturday 22nd February.

If you can spare an hour or 2 to help with our first fundraiser for the year please contact the office - leave a message on the machine or contact me and I will forward your details to the organisers.

The organisers for this BBQ are Faye and Shoukry.

CALENDAR OF MAIN EVENTS - Term 1 2025

DATE	EVENT	LOCATION
JANUARY 2025		
Thursday 23rd	High Tea BOOKED OUT	Parliament House
Monday 27th	AUSTRALIA DAY PUBLIC HOLIDAY	
Wednesday 29th	Chinese New Year - Year of the Snake	
Wednesday 29th	2024 Volunteers Lunch (By invitation)	Epping RSL
FEBRUARY 2025		
Monday 3rd	Monthly Morning Tea	Epping RSL
Monday 3rd	BUY A BRIC CAMPAIGN BEGINS - Major fundraiser for Peter Lalor Campus	
Monday 3rd	Beginning of Term 1 - most classes begin this week	Various Venues
Monday 10th	Committee Meeting	Mernda SS Centre
Saturday 22nd 8.30 to 4.00	BBQ SAUSAGE SIZZLE FUNDRAISER	Bunnings Epping
MARCH 2025		
Monday 3rd	Monthly Morning Tea	Epping RSL
Monday 10th	LABOUR DAY PUBLIC HOLIDAY	
Monday 10th	ANNUAL WHITTLESEA U3A PICNIC	Hawkstowe Park South Morang
Monday 17th	Committee Meeting	Mernda SS Centre
APRIL 2025		
Friday 4th	TERM 1 ENDS - most classes end today for term 1 break	
Monday 7th	Monthly Morning Tea	Epping RSL
Monday 14th	Committee Meeting	Mernda SS Centre
Friday 18th	Good Friday PUBLIC HOLIDAY	
Monday 21st	Easter Monday PUBLIC HOLIDAY	
Tuesday 22nd	TERM 2 BEGINS - most classes begin this week	
Friday 25th	ANZAC DAY - PUBLIC HOLIDAY	