

WOTZON & BREAKING NEWS



CONTACT DETAILS

Natalie – 0412 230 561

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TUTOR LIASON: Judy – 9464 1339 or 0404119189

OFFICE: 9464 1339 (DURING OFFICE HOURS)

**Edition 2:
2nd February 2025**

Hello Everyone,

Welcome to the beginning of the first term 2025. Most classes begin this coming week. Everyone should have received their Welcome Pack - emailed for those with email addresses and posted for those without. If you have not received yours yet please check your SPAM/JUNK folder and if you still do not have it contact me or info@whittleseau3a.org.au and we will resend it.

Your new 2025 badge is found at the bottom of your welcome pack. Click on the download button, provide the required information and your badge will download ready for you to print. Remember this does not have to be printed in colour. If you received it by email and are unable to print out the badge, please either go to Peter Lalor or May Rd once they open and the office staff will be able to print it for you. Refer below for opening hours.

Many of the classes on the calendar are full and those with a waiting list, especially a large one, have been closed until vacancies occur or we are able to create a new class. Please remember to put in an absence if you are not able to attend a class for any reason. Members who do not attend 3 consecutive classes and do not put in an absence may be removed from the class by the tutor. There are also 2 new classes in the calendar - French Grammar at Lalor Library and Chess at Mill Park Library.

TOMORROW, 3RD OF FEBRUARY WILL BE OUR FIRST MONTHLY MORNING TEA FOR 2025 and everyone is welcome. The meeting is at Epping RSL and begins at 10.30. The venue opens at 10.00. Morning Tea supplied and you can stay for lunch (at own cost) if you like.

Although the official date of the Chinese Lunar New Year was 29th January, I would like to wish all a Happy Lunar New Year for the Year of the Snake.

The 2025 Breaking News will be included in the fortnightly WOTZON and will continue to cover information of interest, how to access support services and benefits to members of collaboration with other organisations. YES! the Humor clips provided by Scruffy the Leprechaun and Glen will be included throughout the newsletter for you to enjoy and "Have a Laugh"

*Natalie Lim
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*Glen Wall
Breaking News Editor
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OFFICE HOURS FROM MONDAY 3rd February TO FRIDAY 14th February

PETER LALOR CAMPUS

Office will be opened MONDAY, TUESDAY & WEDNESDAY - 10 UNTIL 2.00; THURSDAY 10 UNTIL 1.00; FRIDAY the office is CLOSED

MAY ROAD CAMPUS OFFICE WILL BE OPENED: TUESDAYS 1.00 UNTIL 3.00; THURSDAY 9.00 UNTIL 3.00

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 on [9464 1339](tel:94641339) and if there is no answer - leave a message on the machine. The organisers for this BBQ are Faye and Shoukry.

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. Also please do not attend a class if you are NOT enrolled in it. You may be asked to leave until you enrol especially in larger classes

Thank you for your assistance

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 without their permission. 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.

ANNUAL LABOUR DAY PICNIC

Our ANNUAL LABOUR DAY PICNIC is on again in 2025. This annual event is led by Marion and attended by an increasing number of members and their friends. It is held on the Labour Day Public Holiday which this year is on Monday 10th March, between 10.00am and 3.00pm at Hawkstowe Park in South Morang. If you would like to attend the picnic please enrol (251MON17) so that Marion has an idea how many are attending. Participants stay talking until they have all had enough. B.Y.O. Everything. Food, chairs, drinks, hats, sunscreen and whatever it takes to have a good time.

CLASSES AND ACTIVITIES INFORMATION

This newsletter will over the year advertise changes to classes and events. These changes are also emailed to those enrolled in the affected activity. We also advertise new classes in case members are interested and have not had the opportunity to look at the calendar. All classes are advertised on the website and information about classes (for those unable to use the website) can be just a phone call (to the office) away. I do not advertise all the classes in this newsletter. In some editions I will feature some classes in case members are interested and are not aware of their availability. A list of all classes and events can be found on the website. Our website is: <https://whittleseau3a.org.au/>

WALKING BASKETBALL - Walking Basketball has been cancelled on Thursday 13th February and Thursday 20th February as the courts at Epping Leisure Centre are unavailable

ZOOM LINKS/CODES have been emailed to **members who have enrolled** in the following ONLINE classes: Reflexology & Well Being, Counting Through the Ages, History Of Language, Apple iPhone & iPad and Digital Literacy Training. Please check your SPAM/JUNK folder if you did not receive them.

CHANGE OF CLASS TIME: The time of Bev's Line Dancing Whittlesea on Monday has been changed. The class is now between 10 and 11.00am. All participants have been notified. Please contact me if you are unable to attend.

NEW FRENCH GRAMMAR CLASS

A new French Grammar class is starting on Wednesday 12th February at Lalor Library. This class is being led by a new tutor very experienced in teaching French having taught the subject for a number of years. It is not for beginners and it is not a conversation class. The classes are presented in English. For a detailed outline of the class program go to the description on the website. This will suit those who have learnt French but have gaps in their knowledge base. It will be a great opportunity for those members who were in the French classes in 2024 to develop their skills of the language further. Glen (Glenys) is looking forward to having lots of fun with this popular language.

CODE: 253WED24

NAME: FRENCH GRAMMAR

FREQUENCY: Weekly

START DATE: 12th February

TIME: 10.00AM TO 11.30AM

CHESS FOR ALL

A new chess class has been started for beginners and intermediate chess players and those who just love to play the game. Michael will be teaching the techniques of the game and providing some strategic moves giving participants a fun and informative afternoon. If you have a couple of free hours on a Wednesday why not go and learn how to play this enjoyable and historical board game.

CODE: 253WED25

NAME: CHESS FOR ALL

FREQUENCY: Weekly

START DATE: 12th February

TIME: 1.30PM TO 3.30PM

SCAM - BEWARE

A U3A member received an email reportedly from a Whittlesea U3A Committee member requesting U3A member to “buy” four 4 Gift Cards urgently and email the Gift Card images to an email address.

The U3A member did not confirm with the Committee person and purchased the gift cards and emailed the images to the email address provided.

The member then received another email instructing the member to purchase another 6 Gift Cards.

The U3A member then suspected it was a scam and contacted the Committee member who confirmed he had not made any request for the member to buy gift cards.

The member is out of pocket for the amount of the gift cards purchased and as the member had initiated the purchase there is no recourse to the bank.

MESSAGE – No Whittlesea U3A committee member will send an email request to purchase Gift Cards to another member.

If you receive such an email request never act on it and contact the purported sender immediately and report to your Bank and SCAM WATCH

<https://www.scamwatch.gov.au/>

**If you have concerns or need help.
Go To a TECH CAFÉ FOR SENIORS
Digital Skills Mentoring Session**

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.

NEW WU3A TECH CAFÉ AT SHERWIN RISE

TUESDAY AFTERNOON 2pm Club House 40 Chetwyn Drive Wollert.

WellAhead

WELLBEING FOR THOSE LIVING WITH AND BEYOND CANCER

Open Day

Embark on a rejuvenating half-day adventure tailored for those living with and beyond cancer.



Immerse yourself in a variety of wellness activities, including:

Qigong: Find your balance and energy.

Yoga: Strengthen your body and mind.

Card Making: Unleash your creativity

Japanese Braiding: Discover the art of intricate braiding.

Book Chat: Dive into discussions with fellow book lovers.

Soundbath: Let soothing sounds wash over you

26 February 2025

from 9am

Kilmore District Hospital



Visit: www.nh.org.au/wellahead
to book your place.

Northern Health
Kilmore District Hospital

Subject: 😊 FUN

BY SCRUFFY, THE LEPRECHAUN AND GLEN



If you put dry teabags in shoes they absorb the odor. So your shoes smell good but the tea tastes so bad it's almost not worth it

Let's talk



HEALTH AND WELLBEING PRIORITIES

We're working on the next **Municipal Public Health and Wellbeing Plan** and **Disability Action Plan** for our community and would love your input.

These plans help guide how we support health and wellbeing in the City of Whittlesea. We want to know what's most important to you through a quick survey.



Scan the QR code or visit engage.whittlesea.vic.gov.au/hwpriorities



Let's talk

فريد أن نسمع منك حتى تتمكن من رسم ملامح الحي بأفضل ما يمكننا سويًا.

我们希望聆听您的意见，以便我们携手共建最美好的邻里街区。

Θέλουμε να ακούσουμε τη γνώμη σας για να χτίσουμε μαζί την καλύτερη γειτονιά που μπορούμε.

हम आपके विचार जानना चाहते हैं ताकि हम साथ मिलकर सर्वोत्तम पड़ोस का निर्माण कर सकें।

Vogliamo sentire la Sua opinione in modo da poter creare insieme il miglior quartiere possibile.

Сакаме да чујемо од вас за да можемо заједно да го изградиме најдоброто соседство што можеме.

എറ്റവും മികച്ച അയൽപക്കം നമുക്കൊരുമിച്ച് കെട്ടിപ്പടുക്കാൻ നിങ്ങളുടെ അഭിപ്രായം കേൾക്കാൻ ഞങ്ങൾ ആഗ്രഹിക്കുന്നു.

ما می خواهیم از نظرات شما آگاه شویم تا بهترین محله ممکن را با هم بسازیم.

ਅਸੀਂ ਤੁਹਾਡੇ ਸੁਝਾਅ ਸੁਣਨਾ ਚਾਹੁੰਦੇ ਹਾਂ ਤਾਂ ਜੋ ਅਸੀਂ ਇਕੱਠੇ ਹਠ ਕੇ ਸਭ ਤੋਂ ਵਧੀਆ ਗੁਆਂਢ ਬਣਾ ਸਕੀਏ।

අපට එකඟව පොඩ්තැඟිය හැකි පොදුම ප්‍රදේශය මෙය බවට පත් කර ගැනීමට අපට ඔබගේ අදහස් දැන ගැනීමට අවශ්‍යය.

Birlikte en iyi semti oluşturabilmek için size dinlemek istiyoruz.

Chúng tôi muốn nghe ý kiến của quý vị để có thể cùng nhau xây dựng khu dân cư tốt nhất.



Artwork credit: Lily Chen, The Harmony of Bloom and Flight

hope

ART EXHIBITION

A local artists exhibition that shines the light on hope.

17 JAN - 7 FEB 2025

10am to 4pm Monday to Friday
Open until 7pm on Thursdays
11am to 2pm Saturdays

Plenty Ranges Art and Convention Centre (PRACC), 35 Ferres Blvd, South Morang

Visit whittlesea.vic.gov.au/artexhibition



MEET YOUR NEIGHBOURS DAY

Pack a picnic and head down to meet your neighbours.



Games
Tea & Coffee
Icy poles **FREE event**

Sunday
9 FEBRUARY
2pm – 4pm

Lorne Park,
Lorne Street, Lalor



Scan QR code for more information.

For more information contact Michael, Community Development Officer on 9217 2170 or lalor.community@whittlesea.vic.gov.au



Quarry Hills Senior Stewards

We look forward to welcoming you to the first session for the Senior Stewards program for 2025!

Location: Riverside Community Centre, 8 Doreen Rogen Way, South Morang VIC 3752

Date: Wednesday 5th February 2025

Time: 10am – 11am

Your tutor, Jeff, will be arriving at Riverside Community Centre at 9:45 AM and will begin the session at 10 AM. Coffee and tea facilities will be available, so please feel free to help yourselves beforehand. When you enter the centre, you can turn left at the coffee/tea area to find our room. If the weather is pleasant, we might enjoy spending some time outdoors.

In this introductory session, you will have the opportunity to learn about the program's structure, the topics, activities, and walks planned for Term 1, and to ask any questions you may have to gain further insight.

Term 1, 2025:

Date	Location	Activity	Topic / Activity
05.02.25	Riverside Community Centre	Nature Studies	Introduction
12.02.25	TBC	Nature Walk	Walk & Talk
19.02.25	Riverside Community Centre	Nature Studies	Nature Journaling (theory)
26.02.25	Quarry Hills Parkland	Field-Based Learning	Explore our project site/s, Nature Journaling (practice)
05.03.25	Riverside Community Centre	Nature Studies	Healthy Waterways
12.03.25	TBC	Nature Walk	Walk & Talk
19.03.25	Riverside Community Centre	Nature Studies	Wetland Wildlife
26.03.25	Quarry Hills Parkland	Field-Based Learning	Planting
02.04.25	Riverside Community Centre	Nature Studies	How to use iNaturalist (theory)

If you're interested in Nature Walks but not the theory, or if you want to learn more about conservation without participating in physical activities, that's perfectly fine! While we think the entire program works well together, we recognize that some parts may not suit everyone's comfort level, physical abilities, or interests. Participants are welcome to choose which sessions they want to attend.

If you haven't done so already, please enrol now using the code: 253WED2.



Keyton Sherwin Rise Support the Whittlesea U3A Pickle Ball program by supplying Pickle Ball Paddles



PICKLEBALL

Thank you to Keyton Sherwin Rise for supporting this extremely popular sport and class

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 but we are very close to having another group starting.

BRI – GET BUSHFIRE RESILIENT WEBINARS ARE AVAILABLE TO VIEW



1. Know about insurance for bushfire, storm or flood events -avoiding the pitfalls [WATCH THE RECORDING](#)

2. Insurance and financial challenges after bushfire, storm or flood - when things go wrong [WATCH THE RECORDING](#)

3. Houses & best practice bushfire risk reduction [WATCH THE RECORDING](#)

4. Understanding our changing bushfire weather [WATCH THE RECORDING](#)

Emergency Relief Support Services



Below is a list of Emergency Relief services that operate in the City of Whittlesea to provide support to the community.

<p>Support varies from service to service with a mixture of food support, financial support, bill support, material aid and vouchers.</p> <p>Please call individual services for appointments, eligibility, and support provided or for further information.</p>	<p>Whittlesea Community Connections</p> <p>ASSISTANCE AVAILABLE:</p> <ul style="list-style-type: none"> • Food and material aid • Information, advice and referral <p>Monday – Friday: 9am – 5pm Please call to book an appointment</p> <p>📧 whittleseacc.org.au 📞 9401 6666</p>	<p>Big Group Hug</p> <p>ASSISTANCE AVAILABLE:</p> <p>Material Aid support for families and children aged 0-16 years</p> <p>Please contact Whittlesea Community Connections for more info/referral</p> <p>📧 biggroup hug.org 📞 9401 6666</p>	<p>Catholic Care</p> <p>ASSISTANCE AVAILABLE:</p> <p>Financial or material aid</p> <p>To make an appointment please call Monday – Wednesday: 9:30am – 11:30am</p> <p>📞 1800 223 650</p>	<p>Country Wide Community Missions</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food hampers</p> <p>Thursday: 10am – 4pm Call on Wed to make an appointment</p> <p>📞 0411 394 494</p>
<p>Encompass Care</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food hampers & material aid</p> <p>Bundoora: Tues & Wed, 9am – 3pm Mernda: Tues, 9:30am – 11:30am</p> <p>Community Café – Free morning tea Bundoora: Tues, 10:30am – 12:30pm</p> <p>📞 0422 461 847 (Mon – Fri, 9am – 3pm)</p>	<p>Food Share Whittlesea Township</p> <p>Food hampers</p> <p>Tuesday: 11am – 2pm Wednesday: 11am – 2pm Health care or pension card required</p> <p>📞 0417 652 753</p>	<p>From Us 2 You</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food hampers</p> <p>Monday to Sunday: 8am – 1pm</p> <p>📞 0412 042 069</p>	<p>Hope Centre</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food hampers</p> <p>(Frozen meals available) Pickups 10am – 11am Wednesdays only Please call to book an appointment</p> <p>📞 0423 165 320</p>	<p>Whittlesea Community House</p> <p>Pet food relief (dog & cat), Pantry Packs (subject to availability) Big Blokes Brunch* (every Tuesday) Womens Lunch* (fortnightly Thursday) Call for more information/referral *gold coin donation</p> <p>📞 9716 3361 (Mon – Thu, 10am – 3pm)</p>
<p>Love Thy Neighbour</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food hampers</p> <p>Please call or text on Wednesdays or enquire via website</p> <p>📧 plentylife.org.au 📞 0413 220 015</p>	<p>Salvation Army</p> <p>ASSISTANCE AVAILABLE:</p> <p>Please call to check what assistance can be provided</p> <p>Tuesday – Thursday: 9am – 4pm</p> <p>📞 9437 4997</p>	<p>Shared Community Pantries</p> <p>Open Pantry – Give what you can take what you need</p> <p>No appointments needed To find your nearest pantry call Encompass Care</p> <p>📞 0422 461 847 (Mon – Fri, 9am – 3pm)</p>	<p>Sikh Community Connections</p> <p>ASSISTANCE AVAILABLE:</p> <p>South Asian/Indian food hampers</p> <p>📧 forms.gle/cKq9Na85aG6jIBsQA 📞 0476 850 607 (text message only)</p>	<p>St Vincent De Paul</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food hampers, material aid & educational support</p> <p>Monday – Friday: 10am – 3pm</p> <p>📞 1800 305 330</p>
<p>The Shak</p> <p>ASSISTANCE AVAILABLE:</p> <p>Free community lunch</p> <p>Saturday: 1pm (Bookings appreciated)</p> <p>📧 theshak@millparkbaptistchurch.org.au 📧 TheShakMealsWithLove 📞 0400 072 933</p>	<p>Turbans 4 Australia</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food Hampers</p> <p>Sunday: 11am – 1pm Walk-in/No appointments needed</p> <p>📞 0405 557 713 (text message only)</p>	<p>Uniting Financial Counselling</p> <p>Information and support to people experiencing difficulties managing money</p> <p>(Please note: No food or bill support is available) Please call to book an appointment</p> <p>📞 1800 685 682</p>	<p>Victorian Child Care Cooperative Ltd</p> <p>ASSISTANCE AVAILABLE:</p> <p>Food vouchers, material aid & bill support</p> <p>Monday – Friday: 9am – 5pm Eligibility: Aboriginal or Torres Strait Islander</p> <p>📞 9287 8800</p>	<p>Vittle Feast</p> <p>Food hampers (Subject to availability/Appointments required)</p> <ul style="list-style-type: none"> • Monday – Friday: 9am – 5pm • 2nd & 4th Sunday of each month at Spring St, Community Hall Lalor <p>📧 vittlefeastproject@gmail.com 📞 0420 821 646</p>



Submission to Senate Inquiry Health Legislation

Amendment (Modernising My Health Record – Sharing by Default) Bill 2024

14 January 2025, COTA Submissions COTA's submission to the Inquiry firmly supports the timely upload and availability of health care information on My Health Record and the legislation reinforcing ownership of the health care record by the individual.

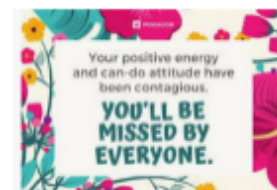
Consumer Directed Care, Health, MyHealthRecord

<https://cota.org.au/information/resources/submission/submission-to-senate-inquiry-health-legislation-amendment/>

CON CONSTANTINOU -

Positive Ageing Officer City of Whittlesea - Ageing Well Department is leaving the Council.

Con has been a great supporter of Whittlesea U3A. He is leaving the Council and shifting to the Country. Con is well known to Whittlesea U3A supporting the formation of the Walking Football program and the Whittlesea U3A collaborations with City of Whittlesea. We wish you well Con and Thank you.



HOW CHILDREN PERCEIVE THEIR GRANDPARENTS

She was in the bathroom, putting on her makeup under the watchful eyes of her young granddaughter, as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Gramma, you forgot to kiss the toilet paper good-bye!" I'll probably never put lipstick on again without thinking about kissing the toilet paper good-bye.

My young grandson called the other day to wish me happy birthday. He asked me how old I was, and I told him, 80. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice,

"Who was THAT?"

CALENDAR OF MAIN EVENTS - Term 1 2025

DATE	EVENT	LOCATION
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	