

WOTZON & BREAKING NEWS

**Edition 3:
16th February 2025**



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Follow this link if you would like to read previous newsletters [PREVIOUS WOTZON/BREAKING NEWS](#)

Hello Everyone,

I hope you found downloading the previous newsletter easy enough. By doing it this way we can increase the content, put more information into the publication and of course give members the most up to date changes and events possible. Remember to please ask for assistance if you need to it to download. You can either go to one of the Digital Literacy Cafés we have at Lalor Library, Thomastown Library, Mernda Support Centre or Sherwin Rise or contact either myself or the office and we will be glad to help.

Many of the classes began last week and what a successful 2 weeks we have had. Even though the weather has not been very kind with some very hot days classes received many of their enrolled members and all those who attended, including the tutors, have had a great start to 2025. For those interested Whittlesea U3A now has over 730 members, which is way up for the same time last year. Many of our classes continue to fill up quickly and we are always looking for new ideas and new tutors.

The Committee of Management would like to welcome Michele Patene to the committee as our 11th member. Michele is very interested to see how things are run and we are sure he is going to be a fantastic addition to our discussions. For those of you who like to attend the High Teas that are organised during the breaks, the next one is scheduled for Wednesday the 9th of April at Whittlesea Bowls Club starting at 2.00pm. Keep an eye out for the class that will be advertised in the next WOTZON. As the Bowls Club holds 120 participants we are also opening this to non members so tell your friends.

Natalie Lim
Editor WOTZON

Glen Wall
Co Editor Breaking News

OFFICE HOURS FROM MONDAY 17th February TO FRIDAY 28th 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 SUNDAY 23RD February (Please note the change of date).

The BBQ is on Sunday 23rd February at Bunnings in Epping. If you are going to Bunnings make sure you visit the stall and buy a sausage or two. They will be there all day.

If you can spare an hour or 2 to help with our first fundraiser for the year please contact the office on **9464 1339** and if there is no answer - leave a message on the machine. The organisers for this BBQ are Faye and Shoukry.

THIS WEEK WE ARE FEATURING 3 GROUPS OF ACTIVITIES – GAMES, SOCIAL EVENTS AND ONLINE ACTIVITIES. ALL OF THESE HAVE PLENTY OF VACANCIES & TUTORS WOULD LOVE YOU TO TAKE PART

GAMES AND SOCIAL ACTIVITIES				
NAME OF CLASS & CODE	FREQUENCY	LOCATION	START/ FINISH TIME	DESCRIPTION
Scrabble <u>251MON10</u>	Weekly	Mernda Seniors Support Centre	10.00 to 13.00	Have a way with words, then you will love playing Scrabble with friends. Beginners always welcome
Canasta / Samba Cards <u>251MON19</u>	Weekly - including breaks but not public holidays	Thomastown Library, Thomastown	13.00 to 16.00	Samba card game is closely related to Canasta but it introduces a couple of variations that make the game much more enjoyable. Beginners always welcome
Cards 500 Lalor <u>252TUE13</u>	Weekly – incl breaks but not public holidays	Peter Lalor Campus, Robert Street Lalor.	12.30 to 15.30	500 is a social card game. Beginners always welcome During the term break the activity will be held at Epping Activity Centre, Findon Rd, Epping
Billiards TUES. <u>252TUE01</u> & THURS <u>254THU03</u>	Weekly	May Rd, Lalor	13.00 to 16.00	Come and enjoy a social game of billiards with friends, beginners welcome
Mah-Jong <u>252TUE14</u>	Weekly	Peter Lalor Campus, Robert Street Lalor	10.00 to 12.00	This ancient Chinese game uses small tiles with 4 people per group. It is a game of strategy similar but not the same as gin rummy as tiles are placed in groups. Beginners very welcome.
Chess for all <u>253WED25</u>	Weekly	Mill Park Library, Plenty Rd, Mill Park	13.30 to 15.30	This activity is for all chess lovers, whether they are beginners or experts and for those who want to learn the game.
Carpet Bowls <u>254THU07</u>	Weekly	May Rd, Lalor	13.00 to 15.00	Two teams play against each other to score the most points in 2 hours. Good fun and great exercise. Beginners welcome.
Trivia Night <u>254THU02</u>	1st and 3rd Thursday	May Rd Campus, Lalor	19.00 to 21.00	This is a night of fun and laughter where teams of 6 people answer questions in a friendly environment. Cost is \$1 per week. Bring a plate to share with those on your table
BREAKFAST AT TURNER'S CAFÉ <u>254THU33</u>	4th Thursday Of The Month	TURNER'S BAKEHOUSE 107 Schotters Rd Mernda	9.30 to 11.30	Why not start the day with a healthy breakfast with friends. Turner's café has organised a special menu for Whittlesea U3A members with 3 food options (choose 1) and 3 drink options (choose 1). The cost of the breakfast is \$18.50 to be paid on the day at the café.

VAL'S LUNCH WITH FRIENDS 254THU32	1st Thursday Of The Month	The Base Westfield Shopping Centre	11.30 to 15.30	Come and enjoy a delicious lunch with Val and her friends. The cost of the lunch is \$18 and this includes a main course from a selection of dishes, bread and a salad to share.
COFFEE AND CHAT 255FRI11	WEEKLY throughout the year	The Base Westfield Shopping Centre	13.00 to 15.00	Come along to The Base on a Friday afternoon at 1.00pm, in the back room. It's a chance to sit and talk and relax for a while and catch up with other members.
FILM NIGHT 255FRI12	Last Fri Of The Month	READINGS CINEMA EPPING PLAZA	17.30	Members join together on the last Friday of each month to see a movie of your choice. Share a light meal prior or a coffee and a chat afterwards. Meet in Food Court near Cinemas around 5.30pm.
VAL'S BREAKFAST WITH FRIENDS 257SUN05	3rd Sun. Of The Month	The Base Westfield Shopping Centre	9.30 to 12.30	Come and enjoy a delicious breakfast with Val and her friends. The cost of the breakfast is \$25 and this includes any selection from the breakfast menu, barista coffee and tea and fresh orange juice.

ONLINE ACTIVITIES

Reflexology, Well Being Steps 256SAT01	Fortnightly	ONLINE	8.30 to 9.45	This is a learning class covering self-care hand exercises, basic face, hand and foot massage and an introduction to Reflexology
Apple iPhone and iPad 253WED12	Weekly	ONLINE	13.00 to 15.00	Learn how to use your iPhone and iPad more efficiently in this casual and very informative class
History of Language Online 252TUE15	Weekly	ONLINE	10.00 to 11.00	This course is designed for students who have an interest in history, especially language. As a group they explore the origin(s) of the English language and the influence of other cultures that have impacted its development.
Counting Through the Ages Online 253WED15	Weekly		10.00 to 11.00	This course is designed for students who have an interest in history, especially numbers. They will explore Roman numerals and how they were used back then and are still in use today. No knowledge of maths is required.
Digital Literacy Training Online 252TUE16	Weekly		14.30 to 16.30	General digital literacy training focuses on topics like social media, applications, online interactivity and safety, communications, assistance, device daily management and help, with a focus on 'day-to-day' learning.

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 the early 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 20th February as the courts at Epping Leisure Centre are unavailable

WALKING FOOTBALL – BOTH GROUPS

Walking Football Gentlemen and Walking Ladies (Mixed) will not be held at Epping Leisure Centre on Thursday 20th February. They will be playing at Mill Park Basketball Stadium as the Y is unavailable. They will return to the Leisure Centre on the 27th

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.

For those enrolled in the Discover Melbourne Train Trip – There will be no MARCH TRAIN TRIP as the tutors are all enjoying themselves in other places.

Afternoon Tea Break and News Bulletin



Whittlesea U3A's Term Sessions for 2025 are:

Term 1 –
03/02/25 to 04/04/25
Term 2 –
22/05/25 to 04/07/25
Term 3 –
21/07/25 to 19/09/25
Term 4 –
06/10/25 to 28/11/25

DATES OF
LEPRECHAUN TRIVIA
with Patrick
for those
who are
enrolled

PICKLE BALL – DUE TO THE POPULARITY OF THIS SPORT A NEW CLASS IS BEING ORGANISED SCHEDULED TO START IN TERM 2. WATCH THIS SPACE FOR MORE DETAILS.



Launch of upgraded access to U3A Online courses and forums Via the U3A Australia website in 2025.

U3A Online Classes are being transitioned to a new cloud-based platform which will enable U3A members to have access to a progressively expanding range of U3A Online classes and forums. This is a significant development which will offer benefits, such as:

- **Improved Accessibility:** Members can access courses and forums from anywhere with an internet connection, making it easier for those who are geographically isolated.
- **Enhanced Features:** The new platform enables local U3A Classes and individual members have the benefit of advanced features such as interactive course materials, video conferencing (ZOOM access), and better integration with other tools.
- **Scalability:** A cloud-based platform that can easily scale to accommodate a growing number of members and courses without the need for significant hardware upgrades.

LANYARDS FOR SALE

NEW MEMBERS ENROLLED FOR THE FIRST TIME IN 2025 – as part of your \$5 administration cost (for new members) you will receive a Whittlesea U3A lanyard. It will be posted to you if you cannot pick it up.

ESTABLISHED MEMBERS THOSE WITH A NUMBER BEFORE 2025 – if you lose your Whittlesea U3A lanyard and wish to get a new one the follow costs will apply.

Whittlesea U3A lanyard – cost \$4 + \$1.50 if you want it posted

Generic plain blue lanyard – cost \$2 + \$1.50 if you want it posted

No cost for plastic pocket – needs to be picked up – cannot be posted, OR it can be posted with the replacement lanyard

Please ask office if you need assistance

VALE JOE FELICE

The Whittlesea U3A Committee of Management has recently been informed of the death of Joe Felice after a long illness. Joe was a much-loved Committee member and President for a large number of years. Amongst other achievements Joe was a driving force in the establishment of Peter Lalor Campus and he worked tirelessly in developing the stepping stones for many of the relationships with groups and political organisations that we take for granted today. We wish Joe's family all the best in this sad time.



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.**



**REMINDER TO ALL MEMBERS,
Smoking is banned inside all of our venues.
It is also prohibited to smoke just outside
the doors of venues. Please consider others
when having a smoke.**

Whenever I have to fill out a form that asks "who to call in case of emergency" ...
I always put "ambulance" because no one in my family is going to answer a call from an unknown number.

Exciting news from classes

THURSDAY BIKE GROUP WITH ALLAN

It was welcome to 2025 as the Thursday Bike Riding (course code 254THU21) cyclists gathered outside the Council Offices at South Morang to renew our friendships after the Christmas holidays and ride into the new year.

Our first ride was a relaxed start to the year, generally along cycle paths, to JoJayz Cafe in Doreen for mid ride refreshments and a very sociable break.

Allan led 17 enthusiastic riders through Vincint Reserve in The Lakes area, along the Mernda Rail Trail and into the residential area of Doreen including the Laurimar Wetlands and return to South Morang for a comfortable 25km. Some riders completed longer distances, riding from and to home.

Future ride destinations include meeting at various locations for cycling to Broadmeadows (30km from Thomastown Library), Fairfield (35km from McKimmies Rd) and Middle Brighton Pier 40km from Jolimont)



TUESDAY'S WALKING WITH FRIENDS WITH CATH



"When I married Miss Right, I had no idea her first name was Always."



Due to a power outage, The house was very dark so the paramedic asked Kathleen, a 3-yr old girl to hold a flashlight high over her mommy so he could see while he helped deliver the baby.. Little Connor was born. The paramedic lifted him by his feet and spanked him on his bottom And he began to cry. The paramedic then asked the wide-eyed 3-yr old what she thought about what she had just witnessed. She quickly responded, 'He shouldn't have crawled in there in the first place, spank him again'

Proudly supported by Bev Carmen and Can Do

WellAhead Open Day

Northern Health Foundation

26 February 2025
from 9am
Kilmore District Hospital

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

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



To book scan the QR code, or visit www.nh.org.au/wellahead



HOW TO DRIVE SAFELY AROUND WILDLIFE AND MINIMISE INJURIES

[How to drive safely around wildlife and minimise injuries | RACV](#)

Wildlife can appear unexpectedly while driving, so stay alert and drive carefully at all times. Here is a guide to staying safe on the road, and what to do if you hit an animal.

Staying safe around wildlife while driving is important to help reduce the risk of accidents and ensure both human and animal safety.

[Wildlife Victoria data](#) shows the number of animals killed or injured by a vehicle has surged in the past four years, with 15,206 wildlife "hit by a vehicle" (HBV) in the year ending 30 June 2024. This is a 43 per cent increase from the previous year - although the number could be much higher because many incidents are not reported.

The need for safe driving measures on Victorian roads is also reflected in [RACV Insurance](#) data that reveals 8,473 claims involved impact with an animal between November 2023 and November 2024.

Silvia Morris, Senior Instructor for [RACV Drive School](#), urges Victorian drivers to be aware of nearby wildlife while driving. "Look out for wildlife and drive at a safe speed that reduces your chance of hitting an animal," she says. "If you can avoid driving at dusk and dawn, please do. Many of our native species are most active at dusk and through the night."

Victoria Police

Whittlesea PSA Neighbourhood Policing Forum



VICTORIA POLICE

The Victoria Police Neighbourhood Policing Forum welcomes local services and community members to talk with police about what issues are important in your community.

The forum will explore topics including:

- Current crime trends and crime prevention
- Family violence
- Young people
- Road policing
- Drugs and drug related crime.

The Neighbourhood Policing Forum will be run by a Victoria Police panel and questions will be taken from the audience throughout the event.

Registration is a must.

To attend, please register by sending your details to:
WHITTLESEA-NHP-MGR@police.vic.gov.au
or scan the QR code.

To submit a question prior to the forum:
[WHITTLESEA NHP questions](#)

Event details

Date:
Wednesday 26th February 2025

Time:
5:30pm – 8:30pm
(Doors open 5:15pm)

Location:
The Great Hall,
City of Whittlesea Civic Centre,
25 Ferres Blvd,
South Morang, VIC 3752



Scan here to register your attendance

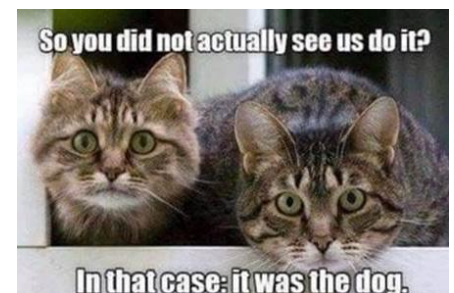
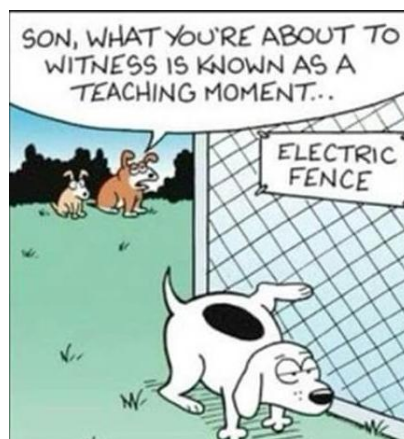


Got a question for police?

Scan the QR code to submit prior to the forum



POLICING • PEOPLE • PARTNERSHIPS





FEBRUARY 4, 2025

Montse's story

Today is World Cancer Day. The theme this year is 'United by Unique,' which emphasises the importance of placing people and their stories at the heart of care. As stated on the World Cancer Day website, "Behind every diagnosis lies

a unique human story."

Today, we would like to share the story of Montse (short for Montserrat), a 78-year-old proud Catalan originally from Barcelona, who arrived in Australia 52 years ago.

As Montse explains, "I moved to Melbourne after marrying an Australian whom I met while on holiday in Italy. We had a daughter together and settled in the suburb of Sandringham. I am currently married to a German, and for the past 30 years, we have been living in Mill Park."

Her story is colourful – in more sense than one. Speaking of her first husband, she says, "...after writing to each other for a few months, we met in London the following year and decided that we would get married within a month and so we did. We drove to Barcelona for our honeymoon, in the purple Volkswagen that I later painted navy blue."

Here in Melbourne, Montse lived a full and vibrant life.

"Back in my younger days I enjoyed playing basketball and when I arrived in Melbourne, I continued to play first division basketball. I then founded the Melbourne Catalan Club in 1986 in order to practice my mother tongue Catalan. I held the positions of Secretary, President and Treasurer for many years."

Until five years ago. "After having been misdiagnosed with asthma for many years, I was diagnosed with Stage 4 Lung Cancer. I am now on a treatment which, although it keeps the cancer stable, has the side effects of fatigue and swollen legs, hence my need for exercise."

Although Montse lives locally at Mill Park, she was not treated at Northern Health and is not a patient of Northern Health.

"I heard of the *WellAhead* program at the Northern Hospital from the U3A Newsletter where I have been a member for many years. I have been attending the yoga and qigong classes for some time now," she says.

"The program has helped me with my breathing and allowed me to exercise with a group because I am not disciplined enough to exercise on my own. I have recommended the program to a 90-year-old friend who also has cancer."

Says Montse, "I believe it is not only my medical treatment that is keeping my cancer stable but also my diet and exercise."

WellAhead is a holistic wellness program, co-designed with consumers, to support and empower those living with and beyond cancer. Activities include yoga, qigong, volunteer programs, Northern Health Community Choir and classes for seniors from Whittlesea U3A.

Wellness holds particular significance for individuals diagnosed and treated for cancer. Activities like yoga and qigong promote relaxation, reduce stress, and improve flexibility and strength. Card making and other creative pursuits offer emotional expression and a sense of accomplishment.

They foster a supportive community, boost mood, and help in coping with treatment-related stress. Overall, they contribute to a holistic approach to healing, improving quality of life and aiding in recovery.

WellAhead aligns with Northern Health's Trusted Care Commitment of 'Staying Well' with a focus on health and wellbeing in the community.

Professor Wanda Stelmach, Divisional Director, Medicine and Cancer says she would like to see wellness, holistically supporting our consumers, "from the start of their diagnostic journey through to treatment, remission, recurrence and end of life care and enable them to live as full a life as they desire. "

Alex Haynes, CEO of Whittlesea Community Connections (WCC) says, "Partnering with Northern Health and supporting their *WellAhead* program means those in our community with cancer, and those caring for them, have opportunities to engage in free wellbeing activities, information and support."

Montse says, "I am looking forward to our classes. I would recommend the WellAhead program to anyone who is going through their cancer journey like me."

To learn more and enrol, visit: nh.org.au/wellahead

CALENDAR OF MAIN EVENTS - Term 1 2025

DATE	EVENT	LOCATION
FEBRUARY 2025		
Sunday 23rd 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	