

## WOTZON & BREAKING NEWS

**Edition 4:  
2nd March 2025**



### CONTACT DETAILS

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

Hello Everyone,

As the weeks fly by the classes continue to get busier and busier. With increased enrolment, classes are really filling up and I have been receiving lots of inquiries about new classes. We are trying our best to find new tutors and new topics that may interest members. Some tutors have mentioned that members who have enrolled in their class have not attended and have not put in an absence of any kind. We will be contacting some of these members over the next few days to find out if they would like to be removed from these classes allowing others to take their place. Please remember that according to the terms and conditions of being a Whittlesea U3A member if you do not attend a class for 3 consecutive weeks without putting in an absence a tutor can remove you from that class especially if it is full and if it has a waiting list. Another issue has been members who have enrolled in classes that run at the same time. You may be asked to decide which one you want to attend as you cannot be enrolled in both, especially if the class is full.

This Monday, 3<sup>rd</sup> of March we will be having our 2<sup>nd</sup> Monthly Morning Tea for 2025. Everyone is welcome. It is a great opportunity to meet new friends and talk about what is happening at Whittlesea U3A.

On Sunday 23<sup>rd</sup> February we had our first BBQ fundraiser at Bunnings Epping for 2025. Thank you to everyone who came to support the event. A very special thank you to all the volunteers who, I have been told, had lots of fun manning the stall. The event raised approximately \$1400. We will be having a number of these during the year so looking forward to lots more support. Come to the Morning Tea on Monday 3<sup>rd</sup> of March where we will be discussing why we are having these fundraisers and how you can help.

Natalie Lim  
Editor WOTZON

Glen Wall  
Co Editor Breaking News

### OFFICE HOURS FROM MONDAY 3<sup>RD</sup> March TO FRIDAY 14<sup>TH</sup> March

#### PETER LALOR CAMPUS

<b>Monday 3<sup>rd</sup></b> – Office Closed – MORNING TEA	<b>Monday 10<sup>th</sup></b> – Office Closed – PUBLIC HOLIDAY
<b>Tuesday 4<sup>th</sup> , Wednesday 5<sup>th</sup></b> – Office opened – 10.00 to 2.00pm	<b>Tuesday 11<sup>th</sup> , Wednesday 12<sup>th</sup></b> – Office opened – 10.00 to 2.00pm
<b>Thursday 6<sup>th</sup></b> - Office opened – 10.00 to 1.00pm	<b>Thursday 13<sup>th</sup></b> - Office opened – 10.00 to 1.00pm
<b>Friday 7<sup>th</sup></b> – Office closed	<b>Friday 14<sup>th</sup></b> – Office closed

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

**REMEMBER MONDAY 10<sup>th</sup> March is a public holiday. All classes have been cancelled on this day.**

## 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 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/>

### FRENCH LANGUAGE CLASS – restarting for BEGINNERS

*The Whittlesea U3A French language class has had a revamp. It was very obvious from comments made by members that Whittlesea U3A needed a BEGINNERS French class. Glen, a new tutor very experienced in teaching French, is starting one in Term 2 on Wednesday at Lalor Library. The class is on the calendar and enrolments are now open. This should be an excellent class for those interested in learning this beautiful language in a casual and well structured environment. (253WED24)*

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.

*Beginners Line Dancing for Exercise with Cathy and Tita has changed its starting time. It is now starting at 9.30 instead of 9.45. The finishing time is the same.*

*WuTao Dance & Beginners Tai Chi Riverside Thursday with Maria (254THU06) has been cancelled on Thursday 6<sup>th</sup> March as the tutor has an appointment.*

*Tai Chi Riverside Intermediate on Tuesday with Phu/Christine (252TUE03) has been cancelled on Tuesday 4<sup>th</sup> March as the tutor has an appointment.*

### HIGH TEA – WEDNESDAY APRIL 9<sup>TH</sup> WHITTLESEA BOWLS CLUB.

*This is the first of our very popular high tea events for 2025. The menu for the afternoon is pastries, sandwiches, scones, cakes and tea and coffee. Those attending can also purchase wine and other alcoholic drinks and speciality coffees at the bar. Being held at a large venue makes it possible for us to have both members (cost \$36) and non members (\$40) to attend. Non members will need to pay at the office or contact the course coordinator for banking details.*

**DATE: Wednesday 9<sup>th</sup> APRIL**

**TIME: 2.00PM to 4.00PM**

**COST: \$36 (MEMBERS) \$40 (NON MEMBERS)**

**We are once again highlighting some of the classes that have plenty of vacancies. THIS WEEK WE ARE FEATURING OUR CRAFT ACTIVITIES**

<b>CRAFTS</b>				
<b>NAME OF CLASS &amp; CODE</b>	<b>FREQUENCY</b>	<b>LOCATION</b>	<b>START/ FINISH TIME</b>	<b>DESCRIPTION</b>
HANDICRAFTS WORKSHOP <u>251MON08</u>	Weekly	Mernda Village Community Centre	9.30 to 12.00	Bring along your handicrafts work to share skills and ideas whilst chatting and having fun.
CROCHET <u>251MON12</u>	1ST, 3RD & 5TH Monday of the month	Peter Lalor Campus	11.00 to 14.00	Members who attend this class work at their own pace getting advice when needed. They crochet a number of items as they wish whilst having a chat and a laugh together.
HAND SEWING FOR UNFINISHED PROJECTS <u>253WED04</u>	WEEKLY	Janefield Community Centre,	11.00 to 14.00	Bring your unfinished objects/projects of sewing to complete them in a friendly and inclusive social environment
KNITTERS GROUP <u>253WED10</u>	2ND & 4TH Wednesday of the month	Peter Lalor Campus	10.00 to 12.00	The group is for knitters (experienced and learners). Come along and join a group who knit for charity and for any group who needs special items. Donations of wool would be appreciated. Some wool will be supplied for charity knitting or bring your own requirements if knitting for yourself.
PAPER QUILLING ARTS <u>254THU19</u>	WEEKLY	Peter Lalor Campus	12.00 to 13.00	Learn the art of quilling. Use strips of coloured paper to create shapes, designs and pictures
ORIGAMI 3D <u>254THU19</u>	WEEKLY	Peter Lalor Campus	11.00 to 12.00	Origami is the art of paper cutting and folding. 3D Origami or Golden Venture Folding also known as Chinese Paper Folding is a type of modular origami.

## **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.**



# Peter Lalor Campus Building Program Progress

*Scheduled Completion of Building and Occupancy of Whittlesea U3A MID MAY 2025.*

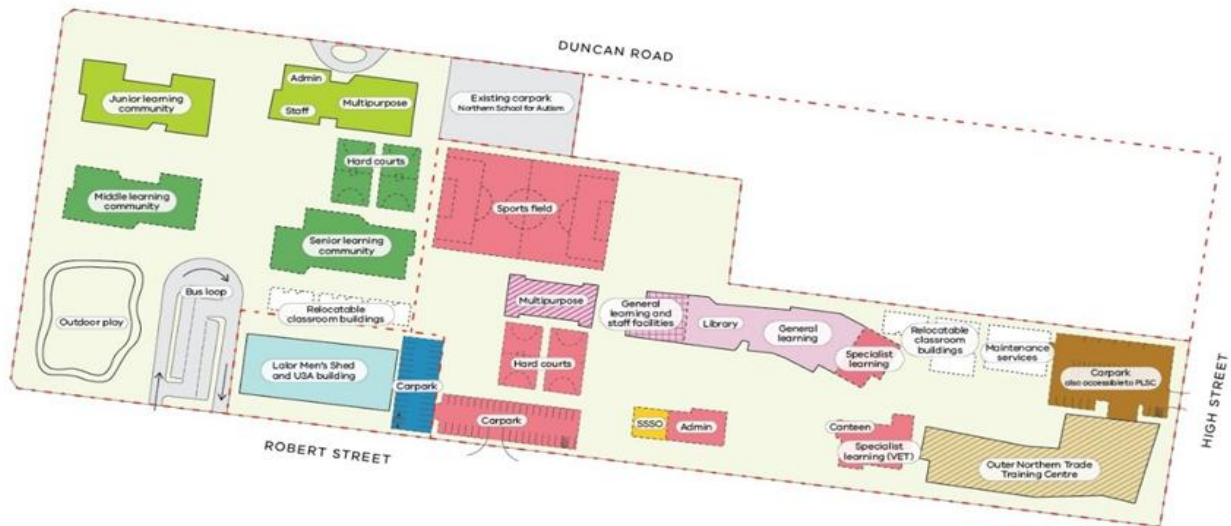
**YES! Onsite parking will be provided for up to 29 cars.**

*This includes ramp access and modern classroom fit out to support both face to face and online classes.*

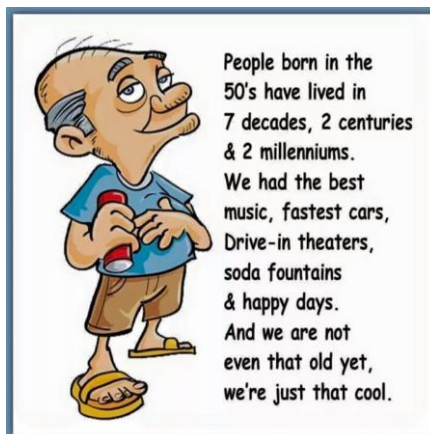
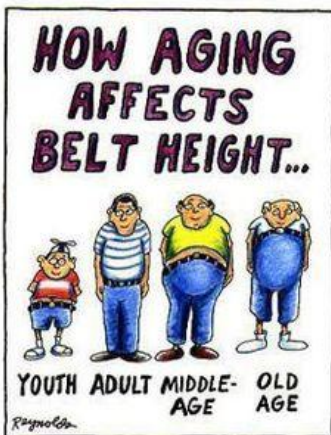
*Kitchen area to share a coffee with friends.*



**Peter Lalor Secondary College and Northern School for Autism**  
Master plan



Legend	Current upgrade projects	Future upgrade works (subject to future funding)	Existing buildings
----- Fencing	<p>Stage 1</p> <ul style="list-style-type: none"> <li>Peter Lalor Secondary College</li> <li>Peter Lalor Secondary College (school funded project)</li> </ul> <p>Stage 2</p> <ul style="list-style-type: none"> <li>Northern School for Autism</li> <li>Lalor Men's Shed and USA building</li> </ul>	<ul style="list-style-type: none"> <li>Peter Lalor Secondary College</li> <li>Relocatable classroom buildings and maintenance services (subject to school's future capacity requirements)</li> <li>Northern School for Autism</li> <li>Lalor Men's Shed and USA carpark</li> <li>Outer Northern Trade Training Centre carpark</li> <li>Student Support Services Office (SSSO) facility</li> </ul>	<ul style="list-style-type: none"> <li>Peter Lalor Secondary College</li> <li>Outer Northern Trade Training Centre</li> </ul>





**DPV HEALTH AND WHITTLESEA U3A  
EXPAND THEIR COLLABORATION TO SUPPORT THE WHITTLESEA U3A HEALTH AND  
WELLBEING PROGRAMS**

**The scope of the collaboration will be launched at the  
Morning Tea on Monday 3<sup>rd</sup> March at Epping RSL.**

**The extension of the scope of the collaboration will include:**

**1. MAC registration and Home care Support program**

Monthly hands-on group sessions (Face to Face) to support members to register online or over the phone with My Aged Care 9MAC) and provide information on the process and accessing health programs.

**2. Monthly Education Program (My Body – My Health)**

Multidiscipline Online education program in addition to clinic group information forums that engage U3A members and provide advice, suggestions and answer questions on a number of topics delivered by selected DPV Health Clinical and support staff including:

- Dietician
- Podiatrist
- Exercise Physiologies
- Occupational Therapist
- Population Health Team
- Groups program available (min 5 CHSP clients) – Ideally 15-20 people in group

**3. Aging well through food (for registered clients with MAC – CHSP or HCP)**

- Personal 1;1 assessment. Based on referral from GP/clinician or self-referral, individuals will be assessed for their health condition and supported with a dietician to provide personalised nutritional program and food management to sustain a healthy lifestyle.

**We can help you get the support you need**

[Need help getting started? Learn more](#)

[Need help choosing a provider? Learn more](#)

[Want to access more services? Learn more](#)



**City of  
Whittlesea**

# Community Festival 2025

**Sunday, 16 March 2025**

**11:00 AM to 05:00 PM**

Get ready for a free community event packed with fun, connection, and activities for all ages. Bring your family, friends and pets and make lasting memories.

There is something for everyone, including:

- Live music, entertainment and cultural performances
- Arts and crafts activities
- Theatre shows
- Cooking workshops
- A pet expo
- Food trucks
- Community stalls
- Family zone with face painting
- Youth zone
- Ageing Well activities – **Whittlesea U3A will be having a stand from 11.00am to 2.00pm.**



**Location:** Civic Centre Lawns, 25 Ferres Boulevard, South Morang, 3752,

Follow this link if you want further information:

<https://www.whittlesea.vic.gov.au/Things-to-see-and-do/Events/Events-calendar/Community-Festival-2025>

## 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](#)



Welcome to our first newsletter of the year, a year that includes a Federal election. We are preparing for that election and we know the cost of living issues are still biting and our framing and asks will definitely pick up and seek to address that reality.

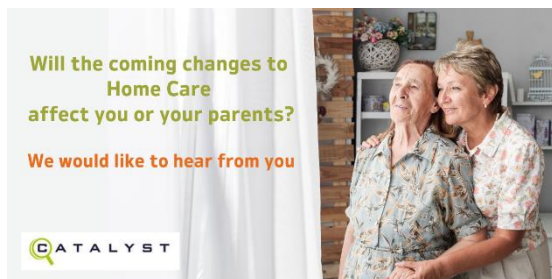
There are many weeks or days throughout the year that are important and focussing on an issue that may affect you. Advance Care Planning Week commences on 17

March until 23 March. It brings awareness to the need to make sure we have recorded our wishes and ensure those who we rely on to support us, are aware of them. Like many of you, I have experienced being in health crisis with people I've loved both with and without an advance care plan. It was easier when they were in place !

While it can feel confronting, it's imperative to have this very important conversation with the people who love and support you.

We welcome Catalyst to this newsletter and invite you to participate in the Home Care Survey. Catalyst is a Sydney based Analysis and Research Consultancy.

This survey informs aged care providers about what older people think and want in the services designed to support them at home



**The new Support at Home system.**

**On July 1, changes are coming to government-subsidised home care for older Australians.**

**Increasingly, older Australians will use Home Care services to help them stay in their own home for as long as possible. Many services will be government subsidised.**

If these changes could affect you or your parents, now or in the coming years, we would like to hear from you as part of our study, The study is supported by COTA and sponsored by Catalyst Research an independent Australian insights company.

Your input will be confidential.

It should take less than 15 minutes for someone who moves through the survey quickly. Most questions are optional. If a question is not relevant, you may skip it.

[TAKE SURVEY HERE](#)

Respondents providing useful insights will be selected to receive one of twenty \$150 gift cards as a thank you for participating.

This study looks at home care from the perspective of:

- those currently using these services, and family members of home care users
- those who might investigate services for themselves or a family member
- carers of older Australians

*There are no right or wrong answers and your feedback will be confidential. Your name will not be shared with anyone as a result of completing this survey.*

Feedback from the study will be published in a future COTA newsletter, so click on the survey link now to help us understand what Australians are thinking on this important topic.

Subject: 😊 FUN

BY SCRUFFY, THE LEPRACHORN AND GLEN

- My wife wants me to wear a bracelet that belonged to her grandfather. It says "Do Not Resuscitate."
- It's been months since I bought the book, "How To Scam People On-Line". It still hasn't arrived yet.
- If you have a red wine stain on your carpet, get some white wine and drink it until you don't care anymore.
- One good thing about being wrong is the joy it brings to others.
- My wife said: "That's the 4th time you've gone back for dessert! Doesn't it embarrass you?" I said: "No, I keep telling them it's for you."
- Even rarer than a doctor who can't stand the sight of blood is a lawyer who can't stand the sight of money.



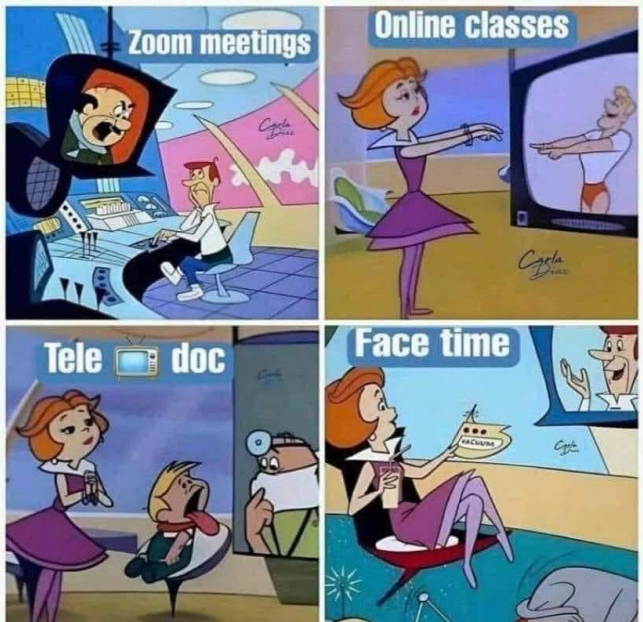
"Hello, Bob? It's your father again. I have another question about my new computer. Can I tape a movie from cable TV then fax it from my VCR to my CD-ROM then E-mail it to my brother's cellular phone so he can make a copy on his neighbor's camcorder?"



"Dear Andy: How have you been? Your mother and I are fine. We miss you. Please sign off your computer and come downstairs for something to eat. Love, Dad."



### The Jetsons really predicted our future 🤖





## What is phishing?

Phishing is basically an online version of fishing — except instead of marine life, the goal is to lure gullible users to reveal passwords and personal information by clicking on a malicious link or opening an attachment. Typical attacks are [sent through email](#).

Sometimes, cybercriminals pose as representatives of cloud service providers and send messages related to a variety of online services and applications.

Phishing messages are often skilfully written. A common tactic is to [impersonate](#) reputable brands like Facebook

and Microsoft, as well as banks, internet service providers, the IRS, and law enforcement agencies. These emails contain the appropriate logos to appear legitimate. Anyone following their directions and handing over their login details or clicking on a link is likely to infect their device, download malware, or be locked out of their network and asked to pay a ransom



## How can you identify a phishing email or message?

While phishing attempts can seem authentic, there are telltale signs which indicate that a message is part of a phishing attack. Here are a few to watch out for:

- Typographical or spelling errors.
- Unusual use of symbols or punctuation.
- Content is incoherent or poorly written.
- Message or email came from an unknown recipient.
- Uses generic greetings such as “Dear customer” or “Dear User.”
- Usually talks about something that’s too good to be true.
- Has suspicious links or file attachments.

## CALENDAR OF MAIN EVENTS - Term 1 2025

DATE	EVENT	LOCATION
<b>MARCH 2025</b>		
Monday 3rd	Monthly Morning Tea	Epping RSL
Monday 10th	<b>LABOUR DAY PUBLIC HOLIDAY NO CLASSES TODAY OTHER THAN PICNIC</b>	
Monday 10th	ANNUAL WHITTLESEA U3A PICNIC	Hawkstowe Park South Morang
Monday 17th	Committee Meeting	Mernda SS Centre
<b>APRIL 2025</b>		
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	