U3A WALLAN INC.

Newsletter – Issue 11 – July 2021

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Welcome Members

Message from the U3A Wallan Inc. President

To all our members

I hope the newsletter reaches out to you with some interesting news to brighten your day.

As we are in this new isolation period, we are all anxious to resume all our activities, before we can reopen, we must get clearance from the Mitchell Shire and U3A Network.

To our members who had birthdays we will save the in-person congratulations and celebrate together when the isolation clears.

ANYTHING FOR A PARTY

Until then stay warm and safe. Marleen

Message from the U3A Wallan Inc. Secretary

Dear Members

Andrea and I have been busy in the office in the last few months getting our new website up and going it has been a lot of work. Have a look through it give us feedback on what you think, the photos are from the old page, in time we will replace them with new ones. We have to thank Peter L from Hume U3A who helped us to set it all up.

www.u3awallan.org.au

We also have a new Facebook page it is open to members to post information and photos, just make sure that if you are posting photos that you get permission from the people in them.

So, if you would like to join send us a friend request, we are starting to add timetables and news. FB page Wallan-Inc Unithirdage

For your information we have 54 paid up members spread the word about the benefits of U3A to any of your friends and contacts, when we are into the warmer months we will have a promotion at Wellington square, anyone who is able to help on the day for an hour or two it would be appreciated we did try last month but had to cancel because of lockdown.
Looking forward to seeing you all when we get back to our activities. Take care Brenda Secretary Wallan U3A

Message from the Social Secretary

On the second Friday in July, we had an interesting talk by Peter Somerville, OAM, KSJ Peter kept all attendees engaged, some of the visitors were from the Red Hat Ladies and of course The Queen "Jan Childs", her husband Vin and Caroline another sister of Peter.

Photo Credit: Maribyrnong River Cruises - Blackbird River Boat

He kept us intrigued about the Maribyrnong River in its hay day, with all of the industries along the river's course, also the developments in the later years.
In the future, soon I hope, we are going for a boat trip up the river on "The Blackbird" Peter's Cruise more about this outing in the future. Lesley

"Peter in partnership with son Warwick and their beloved vessel Blackbird, conducts cruises along the Maribyrnong River, under the business names of Maribyrnong River Cruises or Blackbird Cruises for 40 years so far.

Peter was awarded KSJ 2018, the OAM on Australia Day in 2012, was 2010 Citizen of the Year, for the City of Maribyrnong also received the Centenary Medal in 2003. He has many other awards for voluntary service to the community.

He was schooled in the State system; State & Technical schools, was apprenticed to Trans Australian Airlines as a sheet metal worker and stayed for 32 years.

His interests are family, friends, history and environment, friends of the Maribyrnong Valley (Life Member), Friends of Sandy and The Australian Light horse (Treasurer), Life Member of Melbourne's Living Museum of the West, tourism in the west of Melbourne is always an agenda

item for him whether being an advisor, educator, or consultant." More information on the River Cruises can be found a www.blackbirdcruises.com.au or phoning (03) 9689 6431.

Just a Thought

Age brings wisdom through experience.

And our society would be even richer.

If wisdom was sought and heeded.

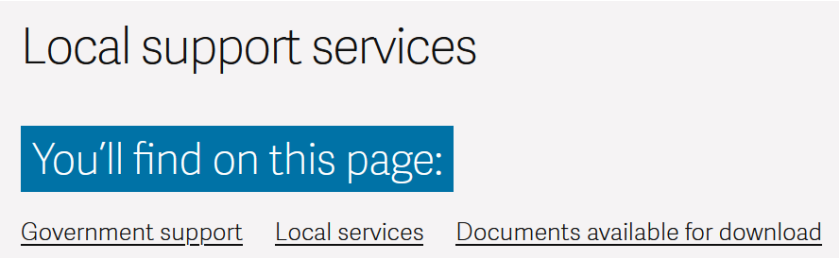
Message Extract from the Mitchell Shire Community Development Coordinator

Dear Wallan Neighbourhood House Users

…..I'm sure most of you will have heard about the lockdown extension by now but just confirming that Community Facilities will continue to be closed except for essential services as we move into the extension of the current lockdown which is now expected to continue until 11:59pm Tuesday 27th July. I will advise reopening details once they're available or let you know if anything changes.

For anyone requiring assistance during this time please see the following page for links to information:

https://www.mitchellshire.vic.gov.au/services/coronavirus-covid19/were-here-to-help



Stay safe and if you have any concerns please let me know.

Kind regards,
MITCHELL SHIRE COUNCIL

Skye d'Avoine

Acting Coordinator Community Development and Youth Services

Birthdays Celebrations

Happy Birthday Wishes to:

July

28th Leif M

August

05th Lark D

22nd John L

23rd Barbara B

29th Fay C

Congratulations & Indulge In All Things Yummy & Nice!

Tips for Beating the COVID_19 Isolation Blues

- Write your life story – remember you are the only one who can write it in the first person
- Work on your Bucket List - give yourself something to look forward too; bucket lists don't have be travel related ie: sign up to a free online course
- Contact other members, family, and friends – stay connected, learn to use Zoom or Messenger Video!
- Exercise and healthy eating are key to longevity amongst other things!
- Try one of the recipes from the newsletter; there is pleasure in food!
- Stay positive, reach out for help, support each other, be kind, life is good!
- We would love to hear how you are beating the blues, Silly? – Constructive? – you could help any one of us email: *secretary@u3awallan.org.au*

Visit the DHHS website for more information and resources for older people and seniors https://www.coronavirus.vic.gov.au/information-older-people-and-seniors-covid-19

Visit the Coronavirus website to stay up to date with the Victorian Exposure Sites https://www.coronavirus.vic.gov.au/exposure-sites

Good News Stories - The Big Move

Hello everyone,
As many of you are aware, this past year has been a year of significant change for me. After residing in the same house here in Wallan for the past 40 years, I decided to do something that many do and that is to downsize.

I must admit here, the very thought of selling and moving terrified me. I knew I'd have to sort out financial issues, negotiate with agents, builders, other authorities, make endless phone calls, fill in forms etc.etc.etc. But I knew in my heart if I wanted change, I'd have face the challenge. And I did.

I began by finding a suitable block, just large enough for my new home with enough space for a small garden. My next challenge was finding a builder with the right design to meet my needs. I was lucky, Sherridon Homes have a wonderful designer who completely revamped one of their designs which now completely meets my needs.

Then the hard part started! Decluttering, throwing things away, many trips to the op shop and packing up box after box of things I wanted to keep was both challenging and at times upsetting. However, my light at the end of the tunnel was always the desire to start afresh and make a new set of memories.

Once my house was sold and all contracts signed, I was welcomed into my daughter's home in Wandong where I spent almost nine months. They very generously vacated the second floor of their house which then I had all to myself, while they and my two grandsons settled into rather cramped conditions downstairs. Real love right there ❤

I must admit I loved the daily hubbub of our combined busy lives- my nickname became Tinarella- no explanation necessary!

I have been happily ensconced in my home for 3 weeks now, and I absolutely love it. I have a beautiful view of the hills from my kitchen, living room windows. Occasionally I see a mob of kangaroos grazing in the nearby paddock. I have some preliminary plans for my garden, and it will start taking shape in the near future. Thank you to everyone who has gone to the trouble of propagating cuttings for me, hopefully I should be able to start planting soon.

I want to thank everyone who has helped me along the way, at times I have needed practical help, some sound advice, reassurance, and a shoulder to cry on.

I am rapt to be back in Wallan, near friends who mean so much and activities I enjoy doing. Finally, I am comforted by the thought that my husband and daughter who have both passed away in the last three years are proud and happy for me. I can hear them both saying … you go for it mum. By the way, I enjoy company, feel free. Tina.

Old Timer Recipes

Sherried Corn Casserole

Ingredients

4 oz shell macaroni

1lb minced steak

2 oz butter or substitute

2 medium onions

1 clove garlic

½ green pepper

2 tbsps. tomato paste

10 oz can whole kernel corn

7 ¾ oz can mushrooms in butter sauce

1 tbsp. Worcestershire sauce

¼ cup dry sherry

Salt, Pepper

Cook macaroni in large quantity boiling salted water until tender; drain. Fry steak in butter until meat changes colour. Add chopped onions green pepper, and crushed garlic; sauté a few minutes. Add chopped tomatoes with liquid from can, and tomato paste; simmer, cover, 15 minutes. Add drained corn an all-remaining ingredients and cooked macaroni; simmer, covered for a further 15 mins. Serves 4.

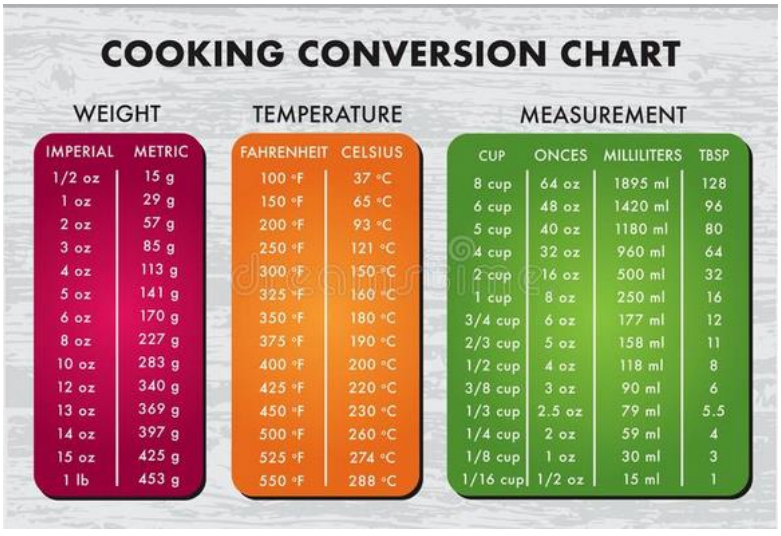


Image Credit: www.canstock.com

Lemon Custard Tart

CUP	Fluid oz	Tablespoons	Teaspoons	Milliliters
1	8	16	48	237
¾	6	12	36	177
⅔	5	11	32	158
½	4	8	24	118
⅓	3	5	16	79
¼	2	4	12	59
⅛	1	2	6	30
1/16	0.5	1	3	15

thecalculatorsite.com

Ingredients

1 quantity shortcrust pastry

6 eggs

250 g caster sugar

200 ml cream

Grated zest and juice of 3 large lemons (in season and in abundance)

Pure icing sugar to decorate

Line a 24 cm loose-bottom deep flan tin with pastry (or pie dish), then bake blind at 200°C for 20 minutes. Reset over to 160°C.

Combine eggs and caster sugar until well amalgamated, then add zest and juice and stir well.

Add cream and mix well. Pour into just-baked pastry case and bake for 35-45 minutes until almost set. Cool in dish for at least 30 mins before serving. Serve dusted with icing sugar and offer thick cream or yoghurt to boot! Serves 6.

U3A WALLAN INC.

2021 Term 3 – Classes & Activities Timetable

Notes for your Diary from 28th July 2021

***Refreshment Trolley not always** supplied - bring bottle of **water** due to COVID-19.

A mask to be carried at all times and to be **worn indoors and outdoors if unable to maintain 1.5m social distancing**. Subject to Change.

All activities to be held at **Wallan Neighbourhood House (WNH)** unless otherwise indicated.

QR Code Sign in or sign the contact tracing sheet at Wallan Neighbourhood House at the entrance

*New Classes and Activities will be published as they become available – **Register for new classes at U3A office***

Class	Time	When	Location
Book Club	*To be Confirmed*	*To be Confirmed*	WNH
Card Craft with Carole	10am – 12 noon	1st & 3rd Friday of the Month	WNH
Card Games Expressions of Interest Welcome	10.00 am – 12 noon	Tuesdays Weekly - *To be Confirmed*	WNH
Computer	11.00am – 12 noon	Wednesdays Fortnightly from Wed 28th July - *Except School Holidays*	WNH
Dancing	1.00 – 3.00pm	Tuesdays Weekly	WNH
Fun Cooking Class	10am – 12 noon	3rd Friday of the Month from Friday 20th August	WNH
Gardening	10.30 – 11.30am	Fridays Fortnightly	WNH
Italian	10.00am – 11.30am	Thursdays Weekly - *Except School Holidays*	WNH
Luncheon Club	To be announced	Last Fridays of each Month	Held at Venue Carpool from WNH
Mah-Jong	10.00 am – 12 noon	Tuesdays Weekly	WNH
Pilates	9.30 am – 10.30 am 1.30 pm – 2.30 pm	Mondays Weekly Thurs Weekly	WNH
Tai Chi	9.30am – 10.30am	Wednesdays Weekly	WNH
Walking	9.30am	Fridays Weekly	WNH meet top of stairs
Write for Life	12.15pm – 2.15pm	Wednesdays Fortnightly from Wed 28th July - *Except School Holidays*	WNH
Water Aerobics	1.00pm 9.30am	Mondays and/or Fridays	HIDDEN VALLEY Cost: Casual $12 or 10 classes for $90

Our Mission is to make the third age the fun age for Wallan and district residents through participation in U3A Wallan Inc. activities.

U3A Wallan Inc Newsletter | **Issue 11** | **July 2021**
Graphic Design - Andrea B | Editor - Wendy B | Contributors U3A Wallan Inc
Community Distribution | Sub-Editor – Brenda N | **Enquiries:** secretary@u3awallan.org.au

Tutors Messages

Computers – 1:1 ICT Tutoring

The 1:1 Information Communication and Technology (ICT) tutoring group has resumed for term 3, running on Wednesdays fortnightly. New learners welcome, we certainly have some fun and laughs learning *"all things computers*".

Topics covered so far have included, but not exhausted, is understanding APPLE & ANDROID devices, downloading Vaccination Certificate from MyGov accounts, QR Code scanning and installation on mobile phones, being connected safely, organising files and photo albums, emailling and attaching photos and documents, storage and backing up devices, APPs and usage, software formatting and most importantly answering your "How to….." questions! Come along Wednesdays fortnightly (except school hols) and ask all your computer and device questions with one on one support from our team of computer learners. Andrea

Be Connected – Safely Online

Be Connected is an Australian government initiative committed to increasing the confidence, skills, and online safety of older Australians. Be Connected aims to empower everyone to use the internet and everyday technology to thrive in our digital world.

Through the Be Connected online resources, Australians will be able to learn the basics of using digital devices and engaging with the internet, including:

- being safer while online
- talking to or seeing family and friends who live far away
- finding new friends who share interests and hobbies
- connecting with old friends
- keeping up to date with what is happening in communities and around the world
- shopping and selling online, safely, and securely.

Be Connected is not just a website; it is a national movement working across Australia, within communities, to help people with their digital skills. Our Network Partners are the local arm of Be Connected and offer in-person help and support to older Australians who are disengaged with digital technology.

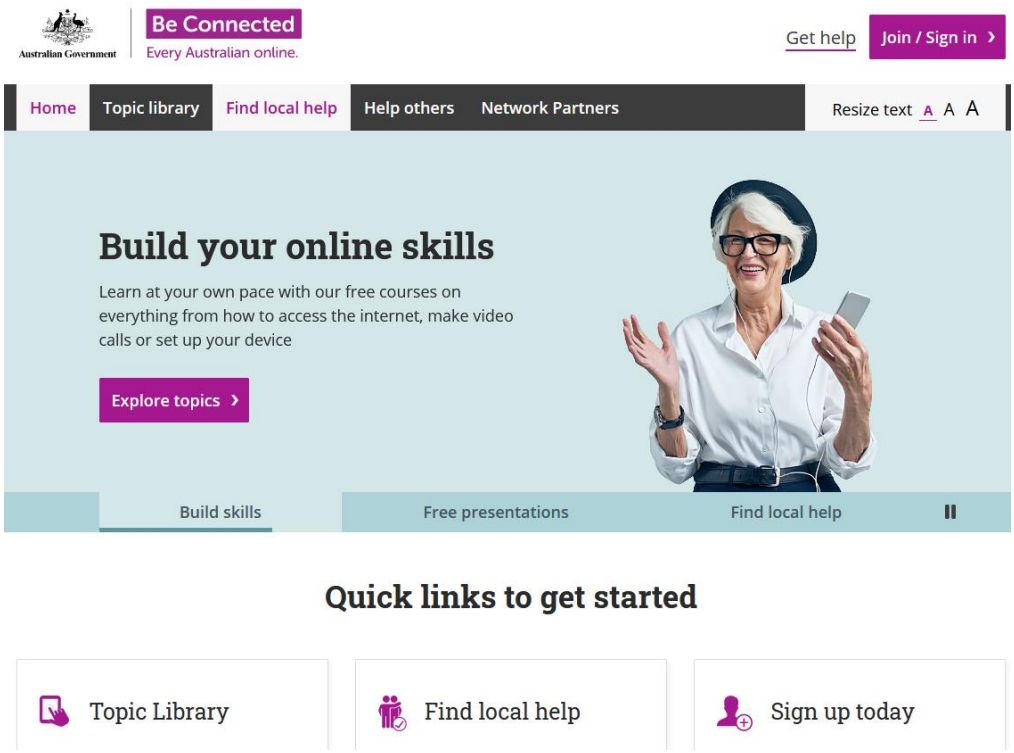


Image Credit: Australian Government - Be Connected

Australians with low internet skills can often feel isolated from their community and family at a time in their lives when feeling connected is increasingly important. Be Connected aims to change this through a family and community centred approach by supporting community organisations that are committed to digital inclusion and supporting older Australians bridge the digital divide. Be Connected also supports families to mentor a relative or friend to help them be more connected online.

Find out more at www.beconnected.esafety.gov.au

Sign Up and register today for free courses and presentations today at www.beconnected.esafety.gov.au/login

Source: *E-Safety Commission (2021) www.beconnected.esafety.gov.au*

Fun Cooking Classes

We are sorry to say that the Indian Cooking Class has been postponed until November. We will advertise this in good time to remind all those who are interested.

Recipe

Here is an Air Fryer recipe for you to try. I have based it on Cauliflower as they are a good price now.

Cauliflower Bake

Prep time: 7mins – Cook time: 23 mins
Ingredients
2 slices of bacon
4 large eggs
1 tsp paprika
1 tsp salt
1 tsp ground black pepper
1 chicken stock cube – crumbled
¼ cup heavy whipping cream
2 cups cauliflower rice (10oz (285 g)
1 cup grated cheddar cheese - divided
1 tsp salted butter
Set the air fryer temp to 175 C – 350 F

Place the bacon in the fryer basket (you can line with aluminium foil as we demonstrated) and cook until crispy – about 5 minutes. Remove the bacon from the air fryer. Dice and set aside.

In a medium bowl, whisk together the eggs, paprika, salt, pepper, crumbed chicken stock cube, and whipping cream. Add the cauliflower rice and ½ cup of grated cheddar cheese. Mix well.

Coat a high-sided 8.5-inch (22cm) baking pan with the butter. Place the cauliflower mixture in the pan and top with the remaining ½ cup of cheddar cheese.

Place the pan in the air fryer basket and cook for 17 minutes, check for doneness by using a knife to poke the sides of the dish to ensure no uncooked egg mixture is underneath the top layer. Use a skewer to poke the middle to ensure there's no uncooked egg mixture.

Remove the pan from the fryer basket and divide into portions before serving. The bacon may be sprinkled as a garnish. Have Fun - Sharon

Italian

I would just like to say that the Italian class is going really well, the students are enjoying the classes and we are making real progress. Josehine

Gardening

As soon as the Council have finished their work in the courtyard, we can commence our activities again. We will let everyone know as soon as possible. John

Quiz – Questions

Compiled by Tina C

1. What colour signifies defeat?
2. I'll have what she's having is a famous line from which film?
3. Lake Como is a popular tourist retreat in which European country?
4. RSVP is an abbreviation of a phrase that originated in what language?
5. LeBron James is a champion player of which sport?
6. Elton John's song Candle in the Wind was originally written about which famous woman?
7. The animal emblem of Victoria is the critically endangered Leadbeaters ……what?
8. Human rights activist Malala Yousufzai, who won the Nobel Peace Prize at age 17, is from which country?
9. Schiphol Airport is the main international airport in which European country?
10. G&T is an abbreviation for what alcoholic mixed drink?
11. The Barmy Army is a group of cricket fans who support which country's team?
12. What nationality is film star Catherine Deneuve?

13. Which author wrote the bestselling 1960s novels Hotel and Airport?

14. OPEC is an international organisation whose 13 members include Saudi Arabia, Iraq, Iran, and Venezuela. What does OPEC stand for?

15. What is the surname of retired politician brothers David and Rod both of whom served as federal ministers under John Howard?

16. The Kodiak Bear is native to which American state?

17. Which star actor of the films Evita (1996) and the Mask of Zorro (1998) married Melanie Griffith in 1996?

18. Which four VFL/AFL clubs did Ron Barassi coach from 1965 to 1995?

19. What is the name of the farmer in the 1995 film Babe?

20. How many times has Italy hosted the summer Olympic Games?

21. In communication terms, what does ADSL mean?

22. What planet is located between Earth and Jupiter in the solar system?

23. Tennis star Martina Hingis represented which country?

24. Is a daikon a type of musical instrument, boat, or vegetable?

25. Nuclear physicist Sir Mark Oliphant served as governor of which Australian state?

Answers on page 22 – No Peeping!

MyAgedCare – What's this all About

My Aged Care is your starting point to access government-funded aged care services.

Whatever your situation, specific needs, or background, we can help you understand what types of services are available - from services that help you live independently at home to short-term care that helps you get back on your feet, to moving into an aged care home when you can no longer live at home.

Once you have the information you need, you can call us to discuss your needs and find out if you require an assessment. If you do, an assessor will come to your home for a face-to-face assessment to work out what services you are eligible for.

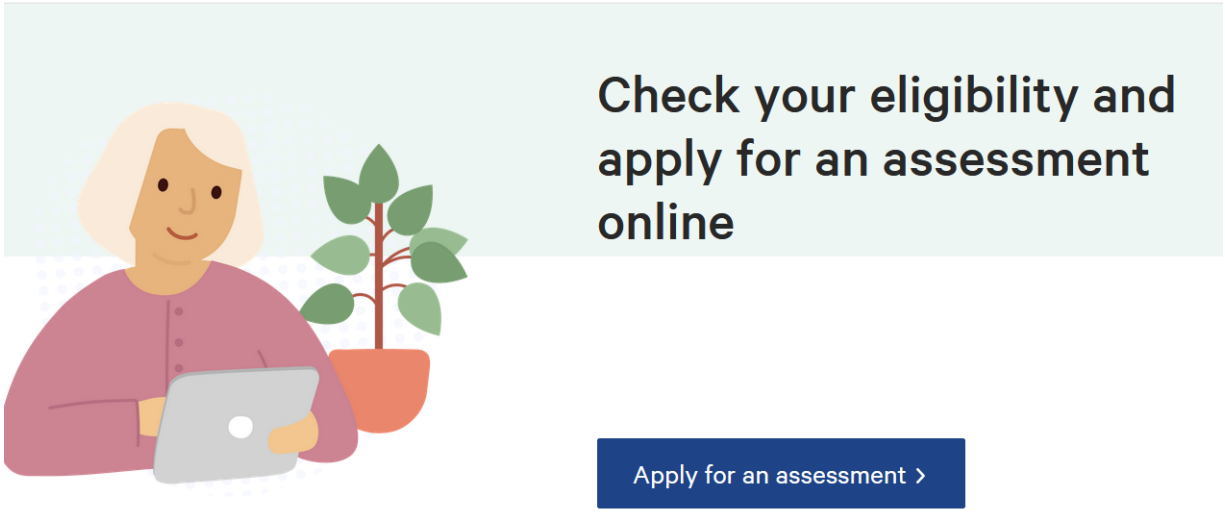
We can also help you estimate the fees you may have to pay, and what service providers are available near you.

Wherever you are on your aged care journey, My Aged Care can help you get started.

Find the help you need with My Aged Care.

Call 1800 200 422 or visit website www.myagedcare.gov.au

Source/Image Credit: *Commonwealth of Australia (2021) www.myagedcare.gov.au*



The Power of Mind Quotes: *"It's not the situation that's causing your stress, it's your thoughts, and you can change that right here and now. You can choose to be peaceful right here and now. Peace is a choice, and it has nothing to do with what other people do or think." - Gerald G. Jampolsky, MD*

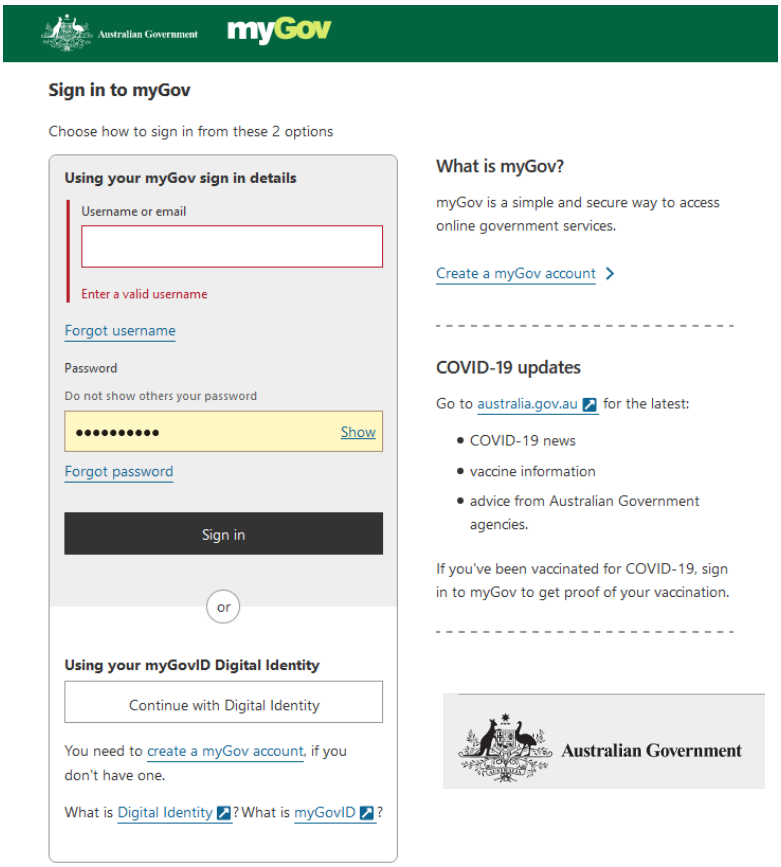
MyGov – What's this all About

MyGov is a secure way to access government services online in one place.

Government services you can access

You can link these government services to your myGov account:

- Australian Job Search
- Australian Taxation Office
- Centrelink
- Child Support
- Department of Health Applications Portal
- Department of Veterans' Affairs
- HousingVic Online Services
- Individual Healthcare Identifiers Service
- Medicare
- My Aged Care
- My Health Record
- National Cancer Screening Register
- National Disability Insurance Scheme
- National Redress Scheme
- State Revenue Office Victoria.



You can create a MyGov account at www.my.gov.au

For Help Call the myGov helpdesk on 13 23 07, select **Option 1**.

The myGov helpdesk is open during local Australian time zones, from:

Monday - Friday 7:00am - 10:00pm - Saturday - Sunday 10:00am - 5:00pm.

Source/Image Credit: *Commonwealth of Australia (2021). www.my.gov.au*

Better Health Channel – Walking the benefits for older people

Walking has so many benefits for older people. It can improve your health and wellbeing in many ways, and it can help you to live independently for longer.

Walking can:

- Strengthen your muscles.
- Help keep your weight steady.
- Lower your risk of heart disease, stroke, colon cancer and diabetes.
- Strengthen your bones, and prevent osteoporosis and osteoarthritis (regular walking could halve the number of people over 45 who fracture their hip).
- Help reduce blood pressure in some people with hypertension.
- Improve your balance and coordination, and decrease your likelihood of falling.
- Keep your joints flexible.
- Increase your confidence and mood, and help you feel better all round.
- Improve your energy levels and increase your stamina.

Reduce anxiety or depression.

Improve your social life – walking is a great way to get out and meet people or socialise with your friends.

Being able to walk without help is one of the strongest indicators of whether someone can live independently. Older people who exercise regularly are more likely to walk without assistance and do things for themselves around the house.

Exercise doesn't need to be strenuous to be beneficial for your health. In fact, the Australian Physical Activity and Sedentary Behaviour Guidelines

Recommend older people aged over 65 do 30 minutes of moderate intensity activity each day.

You could choose to walk at a steady pace for longer periods, or in shorter, quicker bursts, or up and down hills or stairs. It all helps.

Before you start walking for exercise

Almost every older person can do some form of exercise. But before you begin, talk to your GP about the level of exercise that's right for you. This is especially important if you haven't exercised for a while, or you want to try something particularly strenuous.

If you have any conditions or health problems, even if it doesn't seem significant, it's important to consult your doctor for guidance. They can help you choose suitable activities to match your health and fitness needs, or they may refer you to an exercise professional. You might be eligible for a free preventative health check. Ask your doctor if you qualify.

Some questions you may want to ask your doctor include:

- Are there any exercises I should avoid?
- Could any illness, operation, or injury I've had affect how I exercise?

- How can I exercise safely if I have high blood pressure, diabetes, or cardiovascular disease?
- How can I increase my exercise gradually?
- How can I manage any ongoing health conditions I have (such as arthritis)?

If your doctor has concerns about a particular exercise, ask about the concerns and whether there are any alternative activities.

If you develop any new symptoms after you start getting active, see your doctor straight away. New symptoms could include:

- Dizziness.
- Chest pain.
- Shortness of breath.
- Unplanned weight loss.
- Sores that won't heal.
- Pains anywhere in your body.

Discontinue exercising until you have seen your doctor and worked out what is causing your symptoms.

What you will need for walking

For starters, make sure you wear correct shoes for walking. Comfortable sneakers work well for most people. If they are new shoes, try them on first to make sure they fit well and are comfortable.

If you have foot problems or want advice about the best suitable footwear, talk to your doctor or podiatrist, who can help you get started and keep your walking program on track.

If you use a cane or a walker, don't let that stop you either. These can improve your balance and help lighten the load on your joints to make it easier when you're out and about.

If you'd like support but don't have a cane or a walker, talk to your GP or physiotherapist for help. Remember, all walking aids need adjustment, and should be properly maintained. So see a professional to ensure you have the right fit along with anything else you might need.

Walking with a friend - Walking with a friend or loved one has many benefits:

- It makes exercise more fun.
- It helps you make new friends and build up friendships you already have.
- It is harder to cancel a walk when you know you have a friend waiting for you.
- You'll probably walk further and meet more often with a friend.
- Walking with a friend is safer.

Source: Department of Health, State Government of Victoria, *(14 August 2018). Better Health Channel*

Join our U3A Walking Group for Some Walking Fun!

Writer's Corner

Time is Our Traveller

The next train arriving at Southern Cross Station
On platform nine will be the Hurstbridge train
Yesterday, Clydesdales hauled the dray, tomorrow
The monorail marries Melbourne to the MCG
It will encapsulate commuters within the city
At Donnybrook, the signalman pulled a lever, to let
The goods train through

The train arriving on platform Twelve
Is running ten minutes late
Brasses jangled and bloom was fresh on apples
Genetically modified salads, will be served
In sterile recyclables, at Albury, Sydney, and Brisbane
The signalman glanced at the Romanised clock face
And made a pot of tea

The train departing from platform seven
Will be ending at Frankston
Passengers for Stony Point will need to change
A change of horses is waiting wistfully at Warrandyte
Solar taxis hover above synthetic tarmac
Ready to ferry to city high rises
Rails switch and click-clack the Sydney express
To the Donnybrook secondary line

From Heathrow the last Concorde is taking off for New York
The S.S. Titanic struck an Iceberg, only a few of the voyagers
Reach America, during the journey they danced to a band.
A space liner waits for flyers to clear customs at Mascot
They will arrive in Manchester before they started
Stonehenge Druids are preparing for the Midsummer Service
Remnant Martians are considering whether Earth is worth
Re-colonising
At Donnybrook all is well

©Wendy Welch Bennett

Alone

Once more
Trembling alone on the hill
Tears rolling down my cheeks
Choking sobs inside
Watching the car disappear

Clutching the lollies close to me
I realise they are all I have
She visits once in each long month
And I had so much to tell her
I start to shiver, my knees knock
Soon I'll have to go inside

Sister Agatha sits patiently
Her large bosom heaving gently
Stroking my head, she holds me close
Don't cry my little one
Tomorrow I'll put your hair in curls

©Marie Elliott

Sunday Visitor

Lazing in bed I hear the car,
I sigh, I roll, my feet hit the floor
Throw on the dressing gown
Throw open the door

Hi, I say, as cheerfully as I can
What a surprise, you're here again
She enters, eyes darting
Cobwebs are swaying in the breeze
Patient clothes wait to be folded
Dust lies on the plastic flowers

Heading for the kitchen
I know I should've got up early
The children have made their breakfast
And a wonderful mess

I offer her a drink
She smiles and says
She isn't thirsty

Why couldn't she stay home in bed
After all
Even God rested on Sunday

©Marie Elliott

New Website is LIVE!

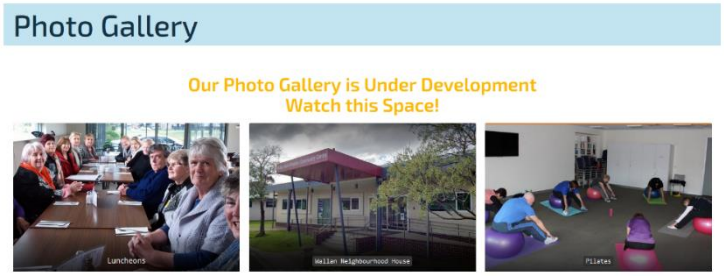
The Committee is pleased to announce our new U3A Wallan Inc. Website is live and can be visited at www.u3awallan.org.au

We hope the new website will raise awareness of our great community group and attract new members, leaders, classes, and activities and most of all volunteers!

Photos / Articles / News Wanted for New Website - www.u3awallan.org.au

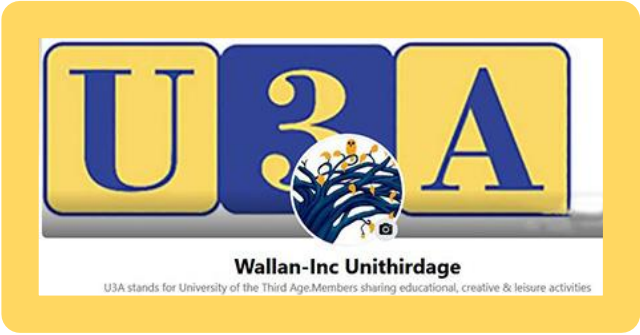
Members / Leaders please forward to secretary@u3awallan.org.au photos, articles, news on your classes/activities that you would like published on our new website and photo galleries.

NB: Photos are only published on committee approval and consent to publish rights



New Facebook Page – U3A Wallan Inc

Members may choose to join the Wallan-Inc Unithirdage Facebook Private Page to stay in touch with U3A Wallan Inc news and events…
Search on Facebook name "Wallan-Inc Unithirdage" and request to join our page……or if you want a friend request email secretary@u3awallan.org.au



Contact U3A Wallan Inc.

To find out more about our wonderful classes, activities, and leaders/tutors.

Office Address

Wallan Neighbourhood House
42-47 Bentinck St
Wallan, Victoria, 3756

Our usual office hours are:

Generally Wednesdays 10am - 1pm

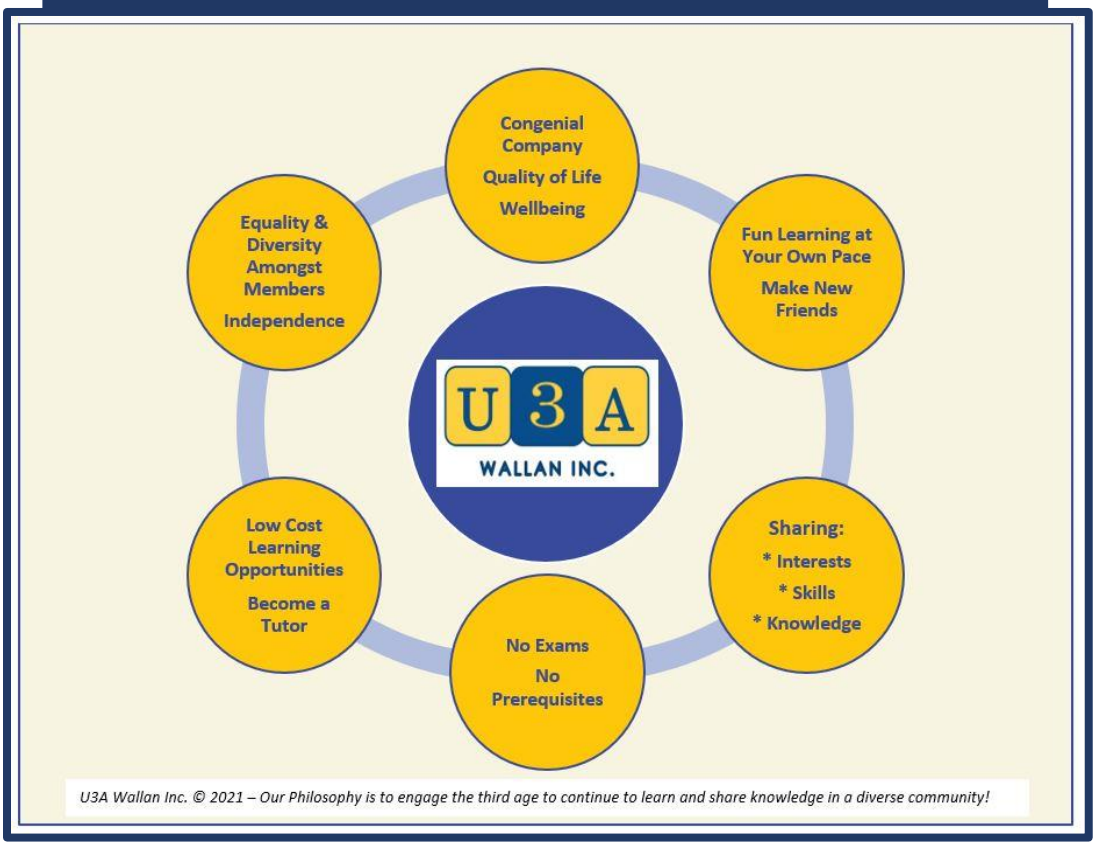
Phone and Email

Phone: 0438 107 300

Email: secretary@u3awallan.org.au

"THE PERFECT SOLUTION TO MAINTAINING BRAIN ACTIVITY, SOCIAL INTERACTION AND FUN."

U3A WALLAN INC.



Thank You and Feedback

We wish to thank all contributors to the newsletter
The U3A Wallan Inc. Newsletters can also be found on at
www.u3awallan.org.au

At U3A Wallan Inc. we value your feedback and contributions. Please do not hesitate in providing feedback on any of our content, features, articles, classes, stories, and format of the newsletter.

Email secretary@u3awallan.org.au

We welcome any new volunteers interested in supporting the operations & administration of this wonderful community incorporation.

Phone Brenda on 0438 107 300 to find out how you can help out – no obligations!

QR Code Sign In is required at WNH front entrance

Masks must be worn at all times, sanitise, hand wash, clean down surfaces and if unwell don't attend.
Tea and coffee cannot be provided.

Next General Committee Meeting Mon 2nd August @ 1pm
All Welcome - depending on COVID Restrictions

Quiz Answers *1.White; 2.When Harry met Sally; 3.Italy; 4.France; 5.Basketball; 6.Marilyn Monroe; 7.Possum; 8.Pakistan; 9.Netherlands; 10.Gin and Tonic; 11.England; 12.French; 13.Arthur Halley; 14.Organisation of Petroleum Exporting Countries; 15.Kemp; 16.Alaska;17.Antonio Banderas; 18.Carlton, Nth Melbourne, Melbourne, Sydney; 19.Farmer Arthur Hoggett; 20.Once in 1960; 21.Asymmetric digital subscriber line; 22.Mars; 23.Switzerland; 24.Vegetable; 25.South Australia*