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Happy Easter

A word from the President:

Dear Members

I trust you are all well and enjoying being back at classes with your friends.

In this Newsletter, I would like to provide you with up-dated information regarding COVID-19 vaccinations and an amended policy on this matter from the Hume U3A Committee.

In line with ATAGI (Australian Technical Advisory Government Group on Immunisation) recommendations and Victorian Government regulations, Hume U3A will **no longer** be enforcing COVID vaccination as a condition to membership or attendance at courses.

Whilst COVID-19 remains a serious issue in the community, with February data showing an average of 3168 cases per day reported across Australia, it should be noted that the numbers are **trending downwards**.

A fifth vaccination booster is being recommended if your last vaccine dose or confirmed infection (whichever is the most recent) was 6 months ago or longer and regardless of the number of prior doses received. If in doubt – seek medical advice.

Having regard to the age demographics within our organisation we must continue to be alert to the risks - specifically to those with existing medical conditions-and take care to reduce those risks as much as possible
Any queries on this matter please contact me direct.

Yours sincerely

Geoff Mackay, President Hume U3A

ONE WAY TO FIND OUT IF YOU
ARE OLD IS TO FALL DOWN IN
FRONT OF A LOT OF PEOPLE. IF
THEY LAUGH, YOU'RE STILL
YOUNG. IF THEY PANIC AND
START RUNNING TO YOU,
YOU'RE OLD.



Why do we celebrate Easter with a bunny?

The Easter bunny and Easter eggs originated as **pagan symbols of spring and rebirth**. Over the centuries, these ancient symbols became associated with the Christian holiday of Easter such that the two traditions have merged together to become what some celebrate today.

Thankyou Margaret for the fun you bring to our newsletter.

A little Easter Trivia

1. What baked good is a Good Friday tradition?
2. The world record largest chocolate Easter egg was made in what country?
3. The first Easter eggs were dyed what colour?
4. In the 13th century, the church prohibited eating what during Holy Week?

Answers on page 6



When we say Italy, Pizza, Pasta and Rome come to our mind. Italy is worldwide famous for its art, culture, food, beautiful location and architecture.

Thought about learning Italian?

Italian may be offered as a course at Hume U3A during 2023.

To register your interest

email membership@humeu3a.org.au or speak to Marilyn Rohweder.

Date, times and venue to be advised.

For your information.....Shingles vaccine

Quite by accident I recently heard about the Shingles Vaccine, sought the advice of my doctor who suggested it was a good idea to have it. Shingles can cause severe nerve pain that can last for months. The vaccine Zostavax® is free through the National Immunisation Program for people aged 70 years.*Editor*





Power Saving Bonus.....Apologies to members

Sincere apologies for incorrect information in the February newsletter in relation to the Power Saving Bonus (PSB)

A new round of the PSB program will commence on 24 March 2023. Victorian households will be able to receive a new \$250 payment, including any households that received a payment through the current round. You can apply for the new \$250 payment by returning to the Victorian Energy Compare website from 24 March 2023.

Eligibility requirements:

- You must have a residential electricity account
- You must be the account holder
- Only one payment per household.

Visit compare.energy.vic.gov.au to submit your application. Make sure you have 1 or 2 recent electricity bills to attach to your application or to enter information manually.



Vale.....Aina Crawford



Condolences to family and friends of Aina Crawford who passed away on Monday March 27th.

Joining U3A in July 1996 she attended Line Dancing and also tutored Tai Chi for many years. As a Hume U3A Committee Member she held the role of Secretary for many years.

Aina was also a Life Member of U3A.

U3A Hume thanks Aina Crawford for her long contribution to U3A.

From Our Social Secretary: Dine Out

When: Friday April 28th
Where: Roxburgh Hotel
225 Somerton Road Roxburgh Park
Time: 6.00pm



Please note: Dine Out venues can also be found on our Hume U3A website in the Courses sectionDining Out.

When: Friday May 26th
Where: Glenroy Star Restaurant (located within the Glenroy Bowling Club)
Ash Court, Glenroy

Time: 6.00pm

When: Friday June 23rd
Where: Chi Chi Vietnamese Restaurant
403 Keilor Road Niddrie

Time: Noon

Please note: During the Winter months the Social Committee will be trialling a Lunch time Dine Out, the first one on June 23rd. Lunch time will give an opportunity for those U3A members, who are unable to attend in the evenings, to enjoy good company and good food with our regular diners.

To book your seat at the table...

Call Pat on 0400 092 027

Yummy souvlaki was enjoyed by all at D's Souvlaki the Dine Out choice for March

*Pat and Neville
Blundell*



Tucking into their souvlaki treats.



Sharing chips too.

*Peter Lazarus
Evelyn Lazarus
John Brodie*

Who's up for a Day trip to Daylesford?



A day trip to Daylesford in May is being researched and planned.

While dates, times and costs are yet to be advised, places will be limited (25-27 people).

To register your interest call Pat on **0400 092 027**

Walkaways.... Brimbank Park

We are blessed with so many wonderful walks around our own suburbs, often following the Maribyrnong River or Merri Creek. Today we walked around Brimbank Park and stopped for coffee at Lumbar Co. Great end to an enjoyable morning



Margaret & Janet enjoying a break.



Bunnings Broadmeadows Community Craft Class

- Next class is Tues 9th May 10 till noon.
- Arrive about 9.45am.
- Open to all members.
- Please advise if you will be attending by email to membership@humeu3a.org.au



Answers:

1. Hot Cross Buns
2. Italy
3. Red
4. Egg

Next edition: Jun2023

A strange old lady has moved into my house. I have no idea who she is, where she came from, or how she got in. I certainly did not invite her. All I know is that one day she wasn't there, and the next day she was. She is a clever old lady and manages to keep out of sight for the most part, but whenever I pass a mirror, I catch a glimpse of her. And, whenever I look in the mirror to check my appearance, there she is hogging the whole thing, completely obliterating my gorgeous face and body. This is very rude! I have tried screaming at her, but she just screams back.

The least she could do is offer to pay part of the bills, but no. Every once in a while, I find a \$5 bill stuck in a coat pocket or some loose change under a sofa cushion, but it is not nearly enough. And I don't want to jump to conclusions, but I think she is stealing money from me. I go to the ATM and withdraw \$50 and a few days later, it's all gone! I certainly don't spend money that fast, so I can only conclude the old lady is pilfering from me. You'd think she would spend some of that money to buy wrinkle cream. And money isn't the only thing I think she is stealing.

Food seems to disappear at an alarming rate-especially the good stuff like ice cream, chips, and sweets. She must have a real sweet tooth, but she'd better watch because she is really packing on the pounds. I suspect she realizes this, and to make herself feel better, she is tampering with my scale to make me think I am putting on weight, too.

For an old lady, she is quite childish. She likes to play nasty games, like going into my wardrobes when I'm not home and altering my clothes so they don't fit. And she messes with my files and papers so I can't find anything. This is particularly annoying since I am extremely neat and organized.

She has found other imaginative ways to annoy me. She gets into my mail, newspapers, and magazines before I do and blurs the print so I can't read it. And she has done something really sinister to the volume controls on my TV, radio, and telephone. Now, all I hear are mumbles and whispers. She has done other things-like make my stairs steeper, my vacuum heavier and all the knob and taps harder to turn. She even made my bed higher so that getting into and out of it is a real challenge.

Lately, she has been fooling with my groceries before I put them away, applying glue to the lids, making it almost impossible for me to open the jars. She has taken the fun out of shopping for clothes. When I try something on, she stands in front of the dressing room mirror and monopolizes it. She looks totally ridiculous in some of those outfits, plus, she keeps me from seeing how great they look on me.

Just when I thought she couldn't get any meaner, she proved me wrong. She came along when I went to get my picture taken for my driver's license, and just as the camera shutter clicked, she jumped in front of me I hope she never finds out where you live!