

Welcome to Autumn. Here are the March diary dates.

| MARCH 2023 - U3A PERTH MELVILLE BRANCH | | | | | |
|--|---------|--|----------------------------|--------------|--------------|
| Wed 01 | 9.30am | Current affairs forum | Kadidjiny | Ian | 9329 9058 |
| Wed 01 | 12.30pm | Ukulele | Kadidjiny | Bill | 0418 824 223 |
| Thur 02 | 9.30am | French conversation, culture & history | Miller Bakehouse | Helen | 0411 340 745 |
| Fri 03 | 9.15am | Mahjong on Fridays | Kadidjiny | Keith | 0459 575 399 |
| Fri 03 | 9.30am | Italian Intermediate (<i>no vacancies</i>) | Melville LeisureFit | Denise | 0450 727 516 |
| Fri 03 | 10.00am | Italian beginners (<i>no vacancies</i>) | Melville LeisureFit | Frank | 0417 669 354 |
| Fri 03 | 11.45am | Italian continuing | Melville LeisureFit | Frank | 0417 669 354 |
| Mon 06 PH | 1.30pm | Ukulele intermediate (TO BE ADVISED) | Kadidjiny | Bill | 0418 824 223 |
| Tue 07 | 9.30am | Writing Life Stories 1 | Miller Bakehouse | Pat | 0409 993 924 |
| Tue 07 | 12.15pm | Mahjong on Tuesdays | Kadidjiny | Jan | 0422 079 374 |
| Tue 07 | TBA | Going to the movies | Luna Sx Freo | James | 0467 022 153 |
| Wed 08 | 9.30am | History | Kadidjiny | Ian | 9329 9058 |
| Wed 08 | 9.30am | Writing on life | Miller Bakehouse | Tom | 0484 199 330 |
| Wed 08 | 12.30pm | Ukulele | Kadidjiny | Bill | 0418 824 223 |
| Fri 10 | 9.15am | Mahjong on Fridays | Kadidjiny | Keith | 0459 575 399 |
| Fri 10 | 9.30am | Italian Intermediate (<i>no vacancies</i>) | Melville LeisureFit | Denise | 0450 727 516 |
| Fri 10 | 10.00am | Italian beginners (<i>no vacancies</i>) | Melville LeisureFit | Frank | 0417 669 354 |
| Fri 10 | 11.45am | Italian continuing | Melville LeisureFit | Frank | 0417 669 354 |
| Mon 13 | 9.30am | Philosophy (<i>no vacancies</i>) | Melville LeisureFit | Helen | 9315 4169 |
| Mon 13 | 1.30pm | Ukulele intermediate | Kadidjiny | Bill | 0418 824 223 |
| Tue 14 | 10.00am | Reading 21 st century literature | Miller Bakehouse | Ann | 9457 1879 |
| Tue 14 | 12.15pm | Mahjong on Tuesdays | Kadidjiny | Jan | 0422 079 374 |
| Wed 15 | 9.30am | World events | Kadidjiny | Robin | 0481 283 023 |
| Wed 15 | 12.30pm | Ukulele | Kadidjiny | Bill | 0418 824 223 |
| Fri 17 | 9.15am | Mahjong on Fridays | Kadidjiny | Keith | 0459 575 399 |
| Fri 17 | 9.30am | Italian Intermediate (<i>no vacancies</i>) | Melville LeisureFit | Denise | 0450 727 516 |
| Fri 17 | 10.00am | Italian beginners (<i>no vacancies</i>) | Melville LeisureFit | Frank | 0417 669 354 |
| Fri 17 | 11.45am | Italian continuing | Melville LeisureFit | Frank | 0417 669 354 |
| Fri 17 | 2.00pm | MELVILLE LECTURE –“Shingles – risks and remedies” Dr David Thorne | Melville LeisureFit | James | 0467 022 153 |
| Mon 20 | 10.30am | Women’s coffee club | Crema Crew Cafe | Alice | 9364 9511 |
| Mon 20 | 1.30pm | Ukulele intermediate | Kadidjiny | Bill | 0418 824 223 |
| Tue 21 | 9.30am | Writing Life Stories 1 | Miller Bakehouse | Pat | 0409 993 924 |
| Tue 21 | 12.15pm | Mahjong on Tuesdays | Kadidjiny | Jan | 0422 079 374 |
| Tue 21 | 1.30pm | Poetry appreciation | Miller Bakehouse | Sandra | 9335 6703 |
| Wed 22 | 9.15am | Games | Kadidjiny | Barbara | 9364 4510 |
| Wed 22 | 9.30am | Writing for pleasure | Miller Bakehouse | Joy | 0417 933 464 |
| Wed 22 | 12.30pm | Ukulele | Kadidjiny | Bill | 0418 824 223 |
| Thu 23 | 1.00pm | Garden group | TBA | Tom | 0484 199 330 |
| Fri 24 | 9.15am | Mahjong on Fridays | Kadidjiny | Keith | 0459 575 399 |
| Fri 24 | 9.30am | Italian Intermediate (<i>no vacancies</i>) | Melville LeisureFit | Denise | 0450 727 516 |
| Fri 24 | 10.00am | Italian beginners (<i>no vacancies</i>) | Melville LeisureFit | Frank | 0417 669 354 |
| Fri 24 | 11.45am | Italian continuing | Melville LeisureFit | Frank | 0417 669 354 |
| Mon 27 | 9.50am | Looking at books (<i>no vacancies</i>) | Lisa O’Malley’s office | Helen | 9317 2478 |
| Mon 27 | 1.00pm | Book Club | Miller Bakehouse | Margaret | 0407 601 526 |
| Mon 27 | 1.30pm | Ukulele intermediate | Kadidjiny | Bill | 0418 824 223 |
| Tue 28 | 10.30am | Men’s coffee club | Crema Crew Cafe | Kesi | 9316 0359 |
| Tue 28 | 12.15pm | Mahjong on Tuesdays | Kadidjiny | Jan | 0422 079 374 |
| Wed 29 | 12.30pm | Ukulele | Kadidjiny | Bill | 0418 824 223 |
| Fri 31 | 9.15am | Mahjong on Fridays | Kadidjiny | Keith | 0459 575 399 |
| Fri 31 | 9.30am | Italian Intermediate (<i>no vacancies</i>) | Melville LeisureFit | Denise | 0450 727 516 |
| Fri 31 | 10.00am | Italian beginners (<i>no vacancies</i>) | Melville LeisureFit | Frank | 0417 669 354 |
| Fri 31 | 11.45am | Italian continuing | Melville LeisureFit | Frank | 0417 669 354 |

Next Melville Talk

If you can only make it to one Melville talk this year this is the one to come to. It may assist with your health. I will resend a reminder in a couple of weeks. As for all Melville talks they are open to members of the public.



Our Speaker for Friday March 17th at the Melville Leisure Centre at 2pm

Speaker: Dr David Thorne.
“Shingles – Risks and Remedies”

While many people know that shingles are related to the chickenpox virus, they're often unaware of the complications of shingles in older people and how severe they can be. As we age, we have a harder time fighting off infection. This makes older people more susceptible to shingles, and more likely to experience long-term effects. Conditions that weaken the immune system also make shingles more likely.

On several occasions I've had U3A members say to me, “Thank goodness I had the Govt sponsored vaccine a year or two ago.”

David's message to all members **“That vaccine called Zostavax has now proved to be far less efficient than was hoped for.”**

(In fact, the N.Z. Govt has withdrawn Zostavax from use in that country.)

David will be encouraging all seniors to get the more efficacious 2-dose Shingrix vaccine which is funded by Govt in N.Z. but not in Australia.

David asks, “Why is our Govt dragging its feet on funding the much safer and more effective vaccine? We need to get the word out asap and have the public lobbying our MPs to have this situation remedied!

(While in N.Z. in Nov/Dec I twice heard Govt spokespeople pleading with elderly people to have these two Shingles vaccines. This was part of a programme to educate the public just how serious this virus is and the damage it can cause in senior members of the community.)

This is such an important health message that David has agreed to give. In your own interests, please try to attend.

(Apologies: I will be absent for David's talk as I'll be on tour leader duties overseas. I thank Ian Kidd for filling in for me. NB. I have already had my two Shingrix vaccines.)

Mahjong State Championships

The inaugural West Australian Mahjong Championship played to Australian Mahjong Festival rules will be held at the South Perth Learning Centre on Saturday April 15.

Entry is \$20 with entry details available at www.mahjongwa.org.au . Morning and afternoon tea provided, bring your own lunch and coffee mug.

Next Mahjong Beginners Course

We will be running only one Mahjong beginners course this year. It will be limited to 20 places, with 5 places already filled. The course will be for 9 weeks commencing Tuesday 9th of May between 11.00am and 1.00pm at Kadidjiny Hall. We are taking expressions of interest now at u3amelville@gmail.com.

Regards,
Mark Wells
Secretary Melville U3A