

U3A Geelong Inc Reg. No. 12137 ABN: 55 284 853 825

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Office hours: 9.30am – 12.30pm, Monday to Friday except school and public holidays.

President: Garry Kinnane **Honorary Secretary:** Loretta Winstanley
Office Managers Mary Paul and Office Volunteers

NEWSLETTER: Term 1, 2020

Editor: Graeme Allen

AN APPEAL FOR NEWSLETTER COPY Do you have any special things to share about your class (special activities, guest speakers, special achievements of members etc.), or anything else of interest to share with members? Send any copy for our newsletter to Graeme Allen at guballen@bigpond.com, or through the office or at the U3A Geelong email address.

Deadline for Newsletter 2 2020: End of Week 2 Term 2, 2020:



ANNUAL GENERAL MEETING ON MARCH 25TH, 11AM IN THE CHAPEL AT COBBIN FARM... YOUR ATTENDANCE IS IMPORTANT. *Agenda and nomination/proxy voting forms included with this newsletter*

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TREASURER URGENTLY NEEDED, SOMEONE WITH ACCOUNTANCY EXPERIENCE TO STAND AS REPLACEMENT FOR OUR CURRENT LONG - SERVING TREASURER



FROM THE PRESIDENT'S PEN Garry Kinnane

Well, what a summer it's been! The **bushfires** have ensured that many have suffered the worst few months of their lives, and of course their pain and disruption will often continue on for months, even years, before they can get their lives back on track. You feel greatly for those who've lost their homes and many treasured possessions, but at least the number of deaths is not as great as on Black Saturday and other fires in the past. And generally speaking the community has responded magnificently by giving financial and other support to the victims, especially in East Gippsland and Southern New South Wales. It is at times like this that **U3A is especially valuable to places** such as Mallacoota, Lakes Entrance, Bright and Mansfield, and many others, not only in providing classes that might act as some kind of distraction from their worries, but also to keep some semblance of normality in their lives, which must to many of them be a living nightmare. **U3A Network Victoria** has been keeping in touch with these regional

members, and letting them know that it will do whatever it can to help; many of them may have lost venues and equipment, and it is vital that they be able to keep operating in these times.

We give thanks that the death count is low, but that of course applies only to humans - not to animals. I have found it so distressing to see the extent of **habitat destruction**, to learn that millions of our precious wildlife have gone, and see the incidents of animal suffering from the few items shown on television. I'll never forget the sight of that little koala drinking water from a metal bowl given to it by a concerned farmer; I was devastated to hear later that the little fellow died anyway, because he was unable to digest that much water at once. And the sight of that kangaroo removing a surviving joey from the pouch of its mother, lying dead on the ground. There have been reports of animals actively seeking help from people, when normally they would keep away. All this interdependence underlined for me the absolute importance of preserving as much of our native fauna and flora as possible, and the realisation that the **natural environment is not only valuable in its own right, but is essential for our own health, physically, culturally and mentally.**

I do not normally make political points in my participation in the life of U3A Geelong, but I have to say that I have no patience with those who would advocate a do-nothing attitude to **climate change**; my committed view is that even if the scientists are wrong (and they aren't), we have a duty to future generations anyway to 'play it safe' by creating a cleaner and more sustainable environment for them to live in.

Enjoy your classes and have a good 2020 with U3A Geelong.



FROM THE OFFICE.

We **welcome everyone back** to U3A and thank you all for your patience during what has been quite a hectic first week for we office volunteers. We also welcome some **new volunteers** to our busy little hub – Elizabeth, Vaughan, Carol, Kerry and Ros

Dealing with changes –

- We realise it can sometimes be quite confusing regarding ***last minute timetable changes***, especially when classes or events are organized/finalized over the holiday period and before we get our newsletters out.
- When we print our ***synopsis***' we provide ***details*** which ***are current at the time of printing***. Things can and do change due to a variety of reasons.
- Our website **u3ageelong.org.au** ***always*** has the most up to date information about classes, lectures, events etc including dates, times, rooms; and between Newsletters, we also promote the latest news regarding new courses, lectures on our Facebook page - (you can google "**u3a Geelong Facebook**" and view the latest ***without having to have*** a Facebook account) If you do use Facebook, you also have the option of liking and/or following us and you'll see notifications in your newsfeeds





TUTORS/CLASSES Some new, some used, all with vacancies
From coordinator, Nanette Tunncliffe

And we're off and running...

Hello Everyone,

Welcome back and I hope you are all looking forward to a fulfilling year in the classes you choose.

At the end of last year we said **goodbye to some tutors** and this year we say **hello to a few new ones!** It has to be remembered that without our tutors and their efforts, U3A could not function. **So tutors, I'm thanking you ALL in advance.**

Allow me to introduce **three new tutors** to our stable:

- Josy Palmer – History – The American Civil War 1860 – 1865 (Cobbin Farm)
- Ron Hedgcock – Singers of Renown on Video (Leopold)
- Karen Svendsen – our relief Yoga instructor (Grovedale) - Coming in term 2: Karen will be running a Fit 'n' Fun low impact aerobics class at Grovedale.

Other 'new' things on our timetable that you may like to consider:

- Iris Appleton is convening the self-help Calligraphy Continuing class.
- Carol Hobbs has her Tragedy and Comedy in Literature underway.
- Trevor Gibbs has returned for four terms this year for his Introduction to Computers class.
- Marjorie Milligan has started a very popular Guitar for Beginners.

There will be **new classes starting periodically** and we will try to keep you informed through the website, our Facebook page and flyers around Cobbin Farm.

A **reminder to all members**, you do need to proffer an apology if you are unable to attend class.

The current timetable reflects how busy we are across the week. The Committee is conscious of the fact that some classes have long wait lists. **Cobbin Farm** is operating at full **capacity** which means that we need to source other venues. Quite apart from venues in and around Geelong we are **looking to the Bellarine Peninsula**. I am aware of the growing number of people, like myself, who currently travel from the Bellarine to Cobbin Farm and beyond to attend classes.

The **Leopold Community Hub**, only 10 minutes from town, is a spectacular state-of-the-art facility. I would be interested to hear from members about what sort of classes they would be interested in attending at Leopold. I can be contacted through the Office.

NEW CLASS Singers of Renown on Video



A delightful course for the music lover. No Pop, no Rock, no deadly Highbrow music. Watch and enjoy the great singers from the Concerts, Musicals and a few familiar Opera Moments.

The melodic, the spectacular, the romantic and occasionally the comic; and all entertaining and accessible for those who enjoy great music.

Performances introduced by Ron Hedgcock and digitally projected in glowing colour for the greater part. Music out of movies, studio and stage, from the 30s through to the present.

Details: Fri Feb 28, Mar 13/3, 27/3 10:00am-12:00pm
Leopold Community Hub Meeting Room
31-39 Kensington Road Leopold



Deakin Lectures The first of our Deakin Lectures for the year

- Friday February 21st 11:15am-12:30pm in the Chapel
- ***“The vicious worm. Veterinary, medical and educational approaches to tapeworm control in southern Africa “***

Dr Emma Hobbs (CSIRO AAHL) Geelong has recently returned from undertaking a PhD in Belgium, working in the field in Africa. She has met and overcome many of the challenges that are inherent in tackling such a disease in poor undeveloped societies. We are fortunate to have her further our education on her contributions to an overseas aid programme,



Guest Speaker Alexandria Jones

“I'm so embarrassed that this is happening to me”.

- Friday February 28th 11:15am -12:30pm in the Chapel

Come and join an engaging and interactive discussion with the Barwon Elder Abuse Primary Prevention (BEAPP) Network on how we can work together to strengthen the rights of older people to be safe. This interactive workshop will involve working together to discuss how we can change the story of elder abuse in our community and prevent it before it happens.



Let's Do Lunch! February Friday 28th 12.30 - 2.00

This is an opportunity for members to enjoy a simple home cooked lunch. This is our first one back for the year! The menu for this lunch will be quiche and salad and sweets (of course). Vegetarian and gluten free available.

BOOKINGS ESSENTIAL! Cost: \$5.00 book online or through the Office.

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FROM THE CLASSES

Re: Tony Contessa, Art Tutor, Hamlyn Heights Tuesday Group ...

Thanks on behalf of the group by Elle Natoli

Tony Contessa is the coordinator of the social art group which is held on a Tuesday morning at the Vines Road, Community Centre, Hamlyn Heights.

Since my involvement with the group, I personally have found Tony to be very supportive in all aspects with all the members of the group. It is a happy group of people who come along with their art, all at different levels, and are allowed to work at their own pace, there is no structure involved, however, Tony is always more than happy to answer any questions you may have involving art and steer you in the right directions e.g. bringing in painting or drawing books.. His encouragement to the art group is unsurpassable as his feedback is always encouraging and positive making you feel that you can complete your task even as a beginner.

Tony is a genuine, kind, spirited, gentle man with everyone's interest at heart and i know that i can speak honestly on behalf of all the group members to say that we have the "utmost

respect" for him as he is a wonderful human being with a huge heart. He spoils us in baking a gluten free large cake or biscuits every weekalways healthy and yummy!! and which he happily shares with the ladies in the Library and others who work in the centre.....that's real kindness which is rarely found these days.

We all look forward in attending Tony's class next year and wish him the very best for the future and a very Merry Xmas and a safe New Year.

Thank you Tony for a wonderful and happy experience you gave us all this year (2019 Ed.).



Symptoms of Meniere's disease include:

- Vertigo**
(attacks can last anywhere from a few minutes to 24 hours)
- Loss of hearing in the affected ear**
- Tinnitus** (a sensation of ringing) in the affected ear
- A feeling of fullness in the affected ear**
- Loss of balance**
- Headaches**
- Nausea, Vomiting, and Sweating** caused by severe vertigo



FOR YOUR INFORMATION

One of our members, Elle Natoli, is starting a **Meniere's Support group** at Vines Road Community Centre, a non-profit, non-government funded group that aims to promote and support those living with this illness and other vestibular conditions.

The Power Of Support!

- To provide an opportunity for Meniere's sufferers, their family and friends to meet in a supportive, caring, warm, friendly environment.
- To meet other sufferers and tell their

stories, but most importantly, to be heard respectfully.

- Discussions on insights into how others experience and cope with the illness.
- To hopefully provide guest speakers who treat the illness, also health care specialists dealing with diet, exercise, relaxation, breathing etc.

To be held once per month at this stage. Please bring a gold coin donation to purchase morning/afternoon tea.



THOUGHT FOR THE DAY



All that we are
Is the result
of what we have thought.
The mind is everything.
What we think
we become.

Buddha

Keep thinking, my friends, in this wonderful world of U3A and thereby continue to expand your minds. And may 2020 be a rewarding year for you.

Till next term.

Graeme Allen (Editor)



GEELONG
UNIVERSITY OF THE THIRD AGE

U3A Geelong Inc

Cobbin Farm

231 Grove Road

Grovedale 3216

Adult Education in the Community

No. A12137

ABN 55 284 853 825

18 February 2020

To all Members:

NOTICE IS HEREBY GIVEN that the **Annual General Meeting** of the above association will be held on WEDNESDAY, 25TH MARCH, 11.00am in the Chapel at Cobbin Farm; 231 Grove Rd, Grovedale 3216

The ordinary business of the General Annual Meeting shall be:

- (a) to confirm the minutes of the previous Annual General Meeting;
- (b) to receive, from the committee, reports upon the transactions of the Association during the last financial year;
- (c) to elect officers of the Association and the ordinary members of the committee:
 - (i) President
 - (ii) Vice President
 - (iii) Secretary
 - (iv) Treasurer
 - (v) 6 Committee Members, and
- (d) to receive and consider the statement submitted by the Association in accordance with Section 30 (3) of the Act.

If no Notice of Special Business is received, in writing, by 28 days prior to the meeting, no special business will be conducted at this meeting.

Note 1: Nomination of candidates for election as officers of the Association or as ordinary Members of the Committee must be:

- (a) made in writing, signed by two members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of nomination) and
- (b) delivered to the Secretary of the Association not less than 7 (seven) days before the date fixed for the holding of the Annual General Meeting.

Note 2: Notice of Motion. Any Notice of Motion must be delivered to the Secretary (at the office) 28 days prior to the meeting.

Note 3: Proxy Voting Forms must be with the Secretary 24 hours prior to the meeting.

Yours sincerely,

Loretta Winstanley
Hon Secretary



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Adult Education in the Community

Nomination Form

(please print)

..... *(Membership Number)*
being a financial member of U3A Geelong Inc.

wish to nominate.....

To the position ofof the Committee of Management

Isecond this nomination

Signed-Moved *(Membership Number)*.....

Signed - Seconded *(Membership Number)*.....

1agree to this nomination for the above position

Signed *(Membership Number)*.....

Datedday of 2020



No. A12137

ABN 55 284 853 825

Adult Education in the Community

Form of Appointment by Proxy

I.....(*Membership Number*).....

Of.....

being a financial member of U3A Geelong Inc. hereby appoint

Name.....(*Membership Number*).....

Of.....

being a member of the Incorporated Association, as my proxy to vote for me on my behalf at the Annual General Meeting of the Association to be held on the 25th of March 2020 and at any adjournment of that meeting.

My proxy is authorised to vote in favour of/against (delete as appropriate) the resolution.

Signed

.....
.....

Dated the day of2020