U3A Geelong Bulletin

23rd April 2023

COMMITTEE OF MANAGEMENT UPDATE

As announced at the AGM we currently do not have a permanent Secretary. Members who had expressed an interest find themselves unable to take on the task this year.

This means I am on the hunt yet again for someone to step up for the job. If we are to operate we must have a Secretary registered with Consumer Affairs Victoria. In recent years the Secretary duties have been redrawn. We now have a Communications Manager to assist with the writing of documents and booklets.

Duties:

- Complete the official documentation required by Consumer Affairs and other relevant bodies.
- Prepare meeting agendas, minutes and action lists – this is done in conjunction with the President.
- Distribute incoming emails to the relevant committee member.

Skills

- You need to be fairly well organised.
- You need basic computer skills.

You do not have to instantly 'learn this job'. Primarily you will work with me so I will assist you and you will liaise with the Communications Manager and the Office volunteers.

This position will allow you to contribute to the running of U3A Geelong – you will meet new people, understand how the organisation works, continue to the decision making process and give something to the wider community.

Once again I remind you all that your Committee of Management needs your help.

CLASS UPDATES I am aware that a lot of classes are full – which is great to see. These classes are at maximum capacity for the room size. I am also aware that some classes have large waitlists which is frustrating. Be aware that there are still classes with vacancies.

If you are going to be away for an extended time – for example a term because you will be travelling - then please give your tutor advance warning. This means that an extra person can be taken into the class for the term only. When you return your place will be waiting for you. This works particularly well in Art and Craft classes.

INTERNET: THE DO'S, DON'TS AND HOW TO'S This is an 8 week class that will help you to get the most out of the internet, cyber safety, file management, effective searching techniques and more. Each class is 2 hours duration and will build knowledge over the 8 weeks. A minimum of 5 students is required for this class to run.

GEELONG BOTANIC GARDENS This presentation was rescheduled and is now on Monday the 1st of May. I did contact the original class members and asked if you wished to attend the new session. Only a few of you got back to me so I'm opening up enrolments to any member who would like to attend the brief presentation, have the most delicious morning tea and then have a guided tour of the gardens on the 1st of May. You need to enrol online as soon as possible as the Guides need to know approximate numbers. If you were on the original class list you need to let me know if you will be attending.

CLOGGING This starts on Wednesday at 9.30 in the Chapel. We welcome new tutor Lynda Turner.

GENEALOGY At long last this class can commence! We have been advised that Vines Road will be back in full operation from Monday the 1st of May. You have all been very patient. We welcome new tutor Robin Turner.

GEOLOGY IN THE BUSH Martin Hughes has this group trained and ready to head out on their three full-day field trips – 3rd, 10th and 24th of May. I am sure we will all look forward to reading about these days in the Newsletter.

LIVING YOUNGER LONGER This class will be presented twice a week via Zoom – on Tuesday or Friday. You need to be enrolled in only one of these classes however if you are in Tuesday's class and can't attend John is happy for you to attend on Friday. This class will cover how food damages our personal health and how industrial agriculture is turning the land into desert and contributing to climate change. We welcome new tutor John Beaney.

TABLE TENNIS This class will run at the Geelong Table Tennis Centre in Church Street on Tuesday afternoons between 3 and 4pm. Equipment is supplied. Cost is $10.00 per session you attend. We need 10 people in the class if this is to run. It will commence on the 9th May. We welcome new tutor Jan Paolini.

'YES' TO SENSIBLE POSITIVE AGEING This class will run on Thursday afternoons via the internet and your tutor Bruce Watson is highly skilled in ensuring you know what to do. Using the works of Dr. Macnab you will explore ways to live through the aspirations and anxieties of the older years with a view to a positive future. Dr. Macnab is an advocate of intelligent, enjoyable ageing.

DNA: AN UNCREDITED SCIENTIFIC DISCOVERY This class will run on Wednesday afternoons via the internet and your tutor Bruce Watson is highly skilled in ensuring you know what to

do. The discovery of the structure of DNA is one of the most important scientific discoveries in modern times. Join us and learn how and why this is so.

SCHWEITZER – A REVERENCE FOR LIFE This class will run on Monday afternoons via the internet and your tutor Bruce Watson is highly skilled in ensuring you know what to do. Regarded as one of the World's most eminent men, a great humanitarian, musician, theologian and philosopher. I attended this class last year and was amazed at how much I learned that was relevant to our lives today.

ZOOM INSTRUCTION AT COBBIN ARM Reading the report from the Members' Questionnaire it is clear that some of you would like to learn how to use Zoom. I promise you, it's not as difficult as you think. I am happy to offer a training session for you at Cobbin Farm – you will only need one and it will only go for an hour.

U3A NETWORK VICTORIA At different times in Bulletins I have mentioned my close work with Network. They are currently expanding their online courses available to all U3A members across the state. Expect more classes to be available throughout the year.

U3A Network Victoria - https://u3avictoria.org.au/online-courses

Like U3A Geelong, other U3As around Victoria are starting to offer courses via the internet. I have listed two for you below. Registration is needed to be enrolled and you can do that via the link above.

MEDITATION FOR A BALANCED LIFE In our world today we long for peace and contentment for ourselves, our loved ones and for our community. As the world becomes more chaotic, the quest for harmony feels almost impossible. In this weekly one-hour class we will explore how we can bring stability and harmony in our daily life. We know that our mind language shapes who we are. We will look at our valuable thought energy as a resource and discuss how transforming our negative talk into positive action enables us to act rather than to react so that we manage our lives without the influence of others and circumstances. We start with 15 mins of meditation and close each session with another meditative experience to maintain our week.

Tutor: Shekhar Kamat

Location: Zoom internet delivery Weekly Course
Day: Monday, 9:00 AM - 10:15 AM
Dates: 30 Jan 2023 - 20 Nov 2023

FREE SEMINAR: WHAT IS THE VALUE OF 'VOICE' ON YOUR SMARTPHONE? If you eye with suspicion those offers from your smartphone "voice assistant" to "help" you find or organise things, this presentation is for you. As part of Network Victoria's series of talks on current interest topics, Dr Valerie Jones, Fullbright Scholar currently working at Swinburne University's Social Innovation Research Institute, will share her research exploring how voice-powered virtual

assistants such as Google's Assistant or Amazon's Alexa might provide opportunities for new ways of feeling connected. Valerie's research focuses on older adults.

Valerie's Zoom talk is scheduled for 3:00 pm on Wednesday, 10 May.

SOCIAL EVENT

BIG HIGH TEA

I am pleased to invite you to very special event. As distinct from the Big Morning Tea, I will be offering a Big High Tea for members. This will be a fund-raiser for the Cancer Council Victoria.

WHERE: The Chapel, Cobbin Farm, Grovedale.

WHEN: Monday the 29th of May.

TIME: 2.00pm

COST: $20.00, payable to the Office.

This will be a traditional high tea with all the appropriate trimmings. A welcome glass of champagne or a soft drink will be served.

Please advise the Office of any dietary requirements.

You will need to enrol online or through the Office. Enrolments will close on Thursday the 25th of May.

This will be a traditional high tea with all the appropriate trimmings. A welcome glass of champagne or a soft drink

will be served. Please advise the Office of any dietary requirements.