

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

Postal address: Cobbin Farm, 231 Grove Road GROVEDALE 3216

Phone: 5244 5114

e-mail: mail@u3ageelong.org.au **Website:** www.u3ageelong.org.au

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

President: Nanette Tunnickliffe

Honorary Secretary: Ros Gibson

Office Managers: Mary Paul and Office Volunteers

NEWSLETTER: TERM 3, 2022

Editor: Daphne Sands



FROM THE PRESIDENT'S PEN Nanette Tunnickliffe

Welcome back to Term 3 and welcome back to the Newsletter! Daphne Sands responded to the call for help and has volunteered to take on the editing of the Newsletter. I know so many of you appreciate the newsy nature of the newsletter and I am sure that Daphne will appreciate your contributions. Anne Carne will be the Committee member assisting Daphne so I thank her as well.

It has been a smooth start to Term 3 and I know the Office volunteers have been kept very busy. New tutors and classes have joined us and provided even more variety to our timetable. Thank you to them as well. We continue to pick up new members each month and now have a total of 808 members. This is still down on our pre-COVID numbers but is showing a steady increase. For Term 3 we will be running 78 classes across the eight categories on the timetable. We have 60 tutors volunteering a minimum of 1021 hours.

We have no paid staff at U3A Geelong. As a tutor I can only report that I love my classes. The dynamics and interactions create not only a learning environment for all of us but play an important part in my well-being. I leave Cobbin Farm each Friday afternoon after my Quilting class feeling uplifted and motivated. I know from speaking with other tutors that they feel the same. I hope that all members who come to classes realise the important role you play.

The Committee of Management continues to work hard on all aspects of the running of U3A Geelong. We are currently working on the future for U3A Geelong to ensure that we continue to be relevant to our members' needs. I need to

mention COVID as I know it is impacting every one of us at present; as is the flu and any number of cold viruses. We must look to our own welfare as much as possible and even doing this it is sometime hard for people to even think about how or where they got sick. Thank you to those of you who are notifying the Office – this means we can inform others in an attempt to keep them safe. Be aware that classes can be cancelled at the last moment and understand that we will do our best to let you know as soon as possible if this occurs.

Meanwhile, enjoy what you can, keep busy and safe.

Nanette Tunncliffe President, on behalf of the Committee of Management.

COMMITTEE OF MANAGEMENT

I wish to advise that Charles Horvath has resigned from the Committee of Management. We thank him for his time and his contributions to U3A Geelong

U3A Geelong, Committee for 2022/2023

President - Nanette Tunncliffe

Vice President - Eeon Macaulay

Hon Sec - Ros Gibson

Treasurer -Sharon Swander

Ordinary Committee Members

- Anne Carne
- Christine Cumming
- Carol Hobbs
- Dr Kerry Peart O.A.M
- Carol Witana

President's Report at the U3A Geelong Annual General Meeting on 6th April, 2022

Good morning everyone and thank you for attending today. For the past two years, U3As around the state have been greatly challenged by the COVID-19 virus. We were no exception. Tutors, members and Committee of Management alike all felt the frustration of being in and out of lockdown. When I assumed the position of President, retaining my role as Course Manager, it was with high hopes that much would be achieved. In many ways though, 2021 was more difficult than 2020 as despite our efforts to remain open, we were forced to close early in term 4 late last year.

What our challenges were: ·

An inexperienced Committee of Management which saw three new members step up – Sharon Swander as our Treasurer with Carole Witana and Kerry Peart as new general members. Following the resignation of Anthea Merewether during the year I was pleased to have Carol Hobbs join the team. As a new and inexperienced President I found little to assist me with no Succession Plan in place. Lee Michod assumed the position of Secretary.

Zoom rather than face to face meetings meant reduced opportunity for the members of the Committee of Management to get to know each other.· The impact of COVID-19 on our operation saw us remain largely insular with little opportunity to explore and develop links with the wider community. Understandable at the time, but I have always believed that we need to be more outward looking if we are to evolve. ·

We experienced a loss of members and tutors attributable no doubt to COVID anxiety, natural attrition, people pursuing other commitments. This meant that some of the favourite, long-running classes did not appear on the timetable. We had to accept that classes come and go.

There was limited communication with members due to the infrequency of Newsletters during lockdowns. This was about to change. The President's Bulletin was established to maintain connection with our members. Feedback from members showed a great appreciation for being kept informed.

Our Office Administration needed upgrading for the benefit of our Office volunteers and the members. We had no Eftpos machine, an old phone system, old computer systems and a website which was uninspiring and unattractive. ·

Planning for the return to face-to-face classes for 2022 was both a joy and a challenge. This meant not only producing a workable timetable but implementing all COVID-19 requirements – social distancing changed the size of classes we could run, accessing proof of double vaccination was an arduous and painstaking

procedure, QR code protocols had to be followed. We were denied yet again, an Open Day.

Positive Changes ·

Review, advice and research were needed if things were going to change. I needed to identify what our U3A needed. I did not see that we had to reinvent the wheel so I began to work very closely with U3A Network Victoria. This provided me with ongoing contact with more experienced Presidents and Course Managers, Network experts who provided a range of very valuable workshops, the opportunity to investigate and benefit from other U3A websites. This vindicated my belief that we could do better and do more for our members. ·

Attendance at SW Region Network Zoom meetings – this vital connection had lapsed. These meetings are now attended by two members of the Committee of Management.

We undertook an intensive, targeted Publicity and Promotion campaign with a view to attracting new tutors, new members and to regaining some of our long standing members who had not returned.

I made a strong, personal appeal to members and tutors alike to spread the word of what we needed which resulted in 7 new classes. Thank you everyone!

Our new timetable reflected a different way of operating – year long classes continue to run; short term classes have been introduced allowing members to dabble in different subjects and activities, and boutique lectures are conducted in the Lounge. ·

And, more great news

We now have an Eftpos machine, a new website is nearing completion and the phone and computer upgrade will commence immediately.

What's Next ·

We will review U3A Geelong's Strategic Plan – we will work with U3A Network Victoria and the City of Greater Geelong on this. Input from members will also be sought. ·

We must produce a clear Succession Plan to not only attract new members of the Committee of Management but provide them with transition and ongoing support. ·

A technology skills upgrade is essential. We need to support and train tutors to use the data base. We plan to conduct classes in simple internet usage for members.

We need to employ social media to reach people in the wider community. Social media as a marketing tool is the way of the future.

Finally, we need to expand our range of Zoom classes and train tutors and members in the use of Zoom. This is essential if we are to provide for those members who have mobility problems, who are ill or have transport issues.

Cobbin Farm is not served by public transport.

I recognize that our Committee of Management has to work more closely with the City of Greater Geelong. Currently we are on great terms with the maintenance man and the gardener but the Council really don't have a clue about us. This means we are out of the loop for all the council innovations and grants that Council are making in areas such as Positive Ageing. On the 31st of March as President of U3A Geelong I gave a thirty minute presentation to the Victorian Government's Inquiry into how U3A engages older people and creates a community of learning, improves the digital literacy of older people, improves the physical and mental health and well-being of older people and finally how what we do could be applied to older people from migrant backgrounds.

Introducing U3A Geelong to migrant and refugee groups as well as widening our range of hobby groups such as genealogy, mah-jong and photography will also help in a broader membership.

Being a new President has been extremely challenging, the COVID-19 complication added to the stress. But all that has been achieved has been due to the combined efforts of many people, none of whom receive a cent for their efforts:

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Eeon Macaulay – our Vice President, thank you for your work on the new website. · My fellow members of the Committee of Management. Tutors, assistants and secretaries who stepped up to provide classes that were not only interesting and enjoyable but safe. Mary Paul our Office Manager who not only oversees the running of the Office but who also copes with the on-the-spot problems of tutors and members, handles all the AV and restores calm on a regular basis to the President. And always with a smile and a positive outlook! · To Tina Colla, Mary's second in charge, who not only runs a tight ship but has a wealth of knowledge and experience. Our Office Volunteers – those wonderful people who greet you, answer phones, solve problems, photocopy and staple. These are the people who keep the show running on a day to day basis. Why do they do it? They simply want to contribute and make sure that things run as smoothly as possible.

Thank you to Vaughan Lamb, Kerry Mills, Jenny McKean, Ros Gibson, Loretta Winstanley, Jenny Bond and Graeme Allen – our wonderful Newsletter editor. · Tuckers Geelong for their on-going sponsorship of our marketing material. And finally, you, our members. Your loyalty during Covid-19, your understanding of the need to stay safe, your enthusiasm upon return to classes and all the wonderful emails of thanks to your Committee of Management has made all the hard work worthwhile.

Nanette Tunnicliffe U3A Geelong President

INTRODUCING MEMBERS OF U3A GEELONG

VAUGHAN LAMB
OFFICE VOLUNTEER
AND TUTOR



I do like to keep a low profile at U3A and try to serve the organisation where I think I can best help, hence my involvement in the office. I firmly believe that the best way to understand any organisation is to get involved in its daily operations.

I have found that the office has enabled me to connect with the membership of U3A and to understand their needs. It is a great way to socialise with the great volunteers we have and our members as well, whilst hopefully producing some output in the daily administration.

In terms of my profile I am a retired lawyer with a passion for history and political science which I am now able to pursue more freely.

Teaching the Vietnam War has been a great experience for me both in terms of the research and being able to impart my knowledge and opinions on the subject to a receptive and appreciative audience.

I enjoy my time at U3A immensely in all activities, including courses I attend in Egyptology, Literature and The Great Ships.

My parents were I believe, original members of U3A Geelong and my father Roger still attends classes.

I am fortunate enough to be married to my best friend, and we share 4 children and 6 grandchildren.

My other major involvement presently is as a volunteer and board member of Volunteering Geelong, and I find the activities of the two organisations have a lot in common.

I openly encourage our members to volunteer in whatever capacity that they can either at U3A or in the wider community as the benefits and enjoyment gained are well worth the commitment.

Some interesting new classes in Term 3

Dr. Albert Schweitzer's Reverence for Life, Wednesday 2 to 4 pm



About 50 years ago, my father introduced me to some books that Albert Schweitzer had written so many years ago. I was

immediately struck how what Dr. Schweitzer's words said made sense and still do in today's world.

My series of classes concerning "Reverence for Life" provides for an examination and discussion about a life of service to humanity at many levels. Not in the heroic or self-aggrandisement sense, but simply by living a life deliberately according to what was believed on very good grounds. He had his critics, and I deliberately include some of those issues within the course structure.

Despite controversy about his 1906 book, "The Quest of the Historical Jesus", that questioned biblical literalism, he was regarded as one of the greatest Christians because without religious dogma, his life was his work and argument for living in service. (The course is not religion oriented.) Dr. Schweitzer, a Lutheran pastor, challenged both the secular view of Jesus as depicted by the historical-critical method, as well as the traditional Christian view.

Schweitzer's disenchantment with

theological conceptions of God and his passionate belief in the *reality of human spirituality* involved him in a quest that inevitably forced his intellectual and moral concerns to move beyond traditional theism. Dr. Schweitzer established a large hospital in Africa, gave organ concerts for the Paris Society, and in 1957 opposed atomic weapons testing in part because of the danger of radioactive fall-out for human beings and the planet.

All of my classes are structured to build on individual enquiry skills and draw participants into fitting the "pieces of a puzzle" together, with a view to formation of their own views, not mine. Of course, I offer my opinion but ultimately, what is learned by all of us comes from the interaction following, perhaps, provocative material in a documentary or my reading of Dr. Schweitzer's Nobel Peace Prize (1954) concerning atomic war.

Dr. Schweitzer knew that he had become a legend but he wanted to remind readers that he was just a man, and a man who had learned from many others. In the same way participants and I learn about Dr. Schweitzer and his deep motivations about saving humanity.

From Bruce D. Watson, (DEd, Melbourne)

History of China, Tuesday 2 to 3.30 pm

The course in Chinese history covers the early start to its civilization 5,000 years ago to its modern day struggle with wars and the rise of the Communist party. Part 1 of this course covers the emperors, royal families, revolutionaries, reformers through to modern day presidents. We will talk about Hong Kong, Taiwan, South China sea. Part 2 of this course will talk more about the political situation in the South China sea, U.S – China relations, possibility of warfare, Japan-China relations and the rise of Chinese world wide influence. There should be a video link to a politically aware Australian based in Hong Kong where class members can ask questions.

The lecturer, Derek Wallace was raised in Shepparton where he attended the Shepparton High school. He was expelled after successfully seducing the young Polish art teacher. Derek's family abandoned him so Zuzanna and Derek moved to Poland . Life became unbearable for Zuzanna as her artistic ambitions never surfaced. Overnight Zuzanna

disappeared leaving Derek alone. Derek moved to Switzerland when he met Carmen. Carmen was the daughter of a wealthy Swiss arms dealer. Derek quickly learnt the trade and made good money. Carmen loved skydiving which made her very excited for 24 hours. Luckily Derek was in good physical shape. Things went bad when Carmen's father went to jail so Carmen left Derek and married a maintenance worker at the Patek Phillipe watch company in Switzerland. The heat was on Derek so he moved to a camel farm in Queensland for two years. When the Federal police arrived and started asking questions he moved to Albury where he met his wife Robyn. Derek and his family left Albury after Nardia, an attractive young Russian gym instructor became obsessed with him. Derek and family now live in Mt. Duneed where he is learning the gentle art of listening to his wife and doing what she says.

From Derek Wallace

Internet: – The Dos, Don'ts and How Tos', Friday 10 am to 12

A new course named '*The Internet – The Dos, Don'ts and How Tos*' commenced on 22nd July. It is being run in Terms 3 and 4 on Fridays for 2 hours from 10am to 12 midday at Cobbin Farm.

This course is being delivered by Jill Lewis who was the Web Training Consultant at Deakin University for many years. After leaving Deakin she worked and consulted for government organisations and is passionate about IT, the Internet and computers. Jill has now retired and wants to share her love of learning new things and be more confident with working with computers and technology and learn what some of those 'strange' technical terms actually mean. You might even be able to hold a sensible conversation with that grandchild who will be utterly impressed by your new found knowledge of 'their' world.

This course covers a range of topics relating to the Internet; understanding how web browsers work, search strategies for better search results, bookmarking websites and storing in folders, emails, cookies, cache, USBs, URLs, paid traffic, IP addresses, the cloud, uploading and downloading,

explaining the different document file types and extensions, hyperlinks, identifying types of web sites and types of files, online shopping, reading the news online, online banking and the very important topic of internet security which explains phishing, hacking, types of scams and scamwatch.

U3A has been able to source 10 new laptops for this and other computer courses so no need to bring anything but yourself and your keenness to learn something new.

This is not a tech heavy course but has been designed by Jill to specifically target areas for the non-competent computer user in mind. There will be some exercises to do, handouts covering each week's learning, tips and tricks and lots of laughs and stories along the way. Jill will draw on her knowledge and experience and explain things in a logical way. It is a safe environment to ask a question or two and the pace will be whatever you decide it needs to be. Places are set at maximum of 10 people and they are filling fast. Apply for your place now.

From Jill Lewis

The Brain: A User's Manual, Wednesday 9.15 to 11 am

This course will explore the activities of the human brain.

Some topics to be included are:

- The development, anatomy and function of the whole and of various parts of the brain, the nervous system and their nerves.
- The connections between consciousness, the sub-conscious and the unconscious minds and the body.
- The notions of energy, trains of thought, processes and patterns in the brain and nervous system.
- Biological stress.
- The Brain – Gut connections.
- The Chakras
- Co-herence and entrainment
- Actions in the brain of legal and prohibited drugs.
- Newer approaches, viz. The Default Mode Network theory, the Global Workspace Theory, the Integrated Information Theory, and Neuro linguistic Programming.
- Depression and Anxiety

Other topics could be presented in answer to queries from the group.

The course will be illustrated with projected images.

Geoffrey Waite is a retired teacher and psychologist. Most of my work over the past 35 years has been in both private practice in Melbourne and in a rural hospital.

From Geoffrey Waite

Did you know - Victorian Household Power Saver Bonus?

Just a reminder that the 2022 Power Saver Bonus is now available. A link with the application is attached below and according to the website, you can call 1800 000 832 to receive general assistance.

This helpline also offers support to submit an application over the phone.

<https://compare.energy.vic.gov.au/>

Fall Detection devices

If you're considering the purchase of a smart watch with a falls detection feature, it's worth putting in a bit of research before doing so. There are many buyer beware issues and it's good to be prepared with relevant questions around your needs. Attached is a link to a site which has a lot of general information about different features, functionality and best product for particular needs.

An important issue is to check on the sequence each brand of watch takes after the falls detection is triggered. Make sure GPS is used to locate you if you are unresponsive to prompts by the watch.

Another handy 'find your device' activated sounds an when your phone is versa, which never place!



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Apple Watch +
FallCall Lite App



Unaliwear Kanega
Watch

feature to have is a function which when alarm. Good for misplaced or vice happens at my

On my own setup, I pay an extra \$5 per month (to my carrier) so that I have an independent cellular network. This way I do not have to carry my phone with me, which I find useful especially when I'm gardening. Anyway, good luck in your research and also ask your GP for any for feedback from people.

From Jenny Bond (0417 126 942)

A useful link:

<https://www.techenhancedlife.com/citizen-research/best-fall-detection-watch-hands-evaluation>

Some comments on Personal Alarms from Choice Magazine, 19th July 2021

“Products that connect to mobile networks must be compliant with the Australian Communications and Media Authority (ACMA) requirements for suppliers. To be compliant, the seller or their agent must be registered as a responsible supplier in the [National Equipment Registration System \(NERS\) database](#). Without this registration, there's no way to confirm that the seller's products are safe.”.....“we don't recommend buying one that doesn't have ACMA certification.”

“Our expert testers give every personal alarm a thorough workout to help find the models that:

- are best at keeping their charge
- are the easiest to set up, use in an emergency and recharge
- have good tracking and geofencing“

First Aid Training for our Tutors

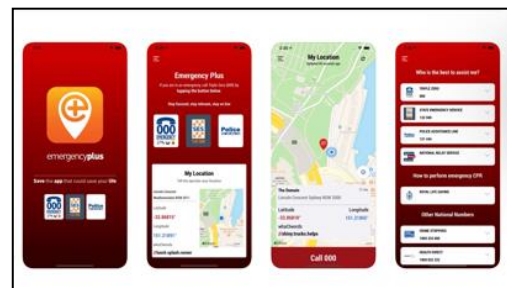
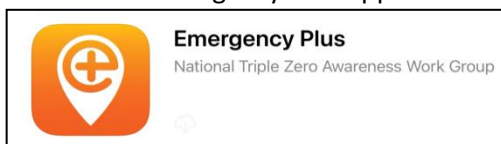
On Monday July 18, First Aid training was run by Laurie Blick, from Bellarine First Aid, for our tutors. Currently, all tutors carry to their classes a list of Emergency contacts for their participants, but how wonderful it is to have them knowledgeable in First Aid so that they can be an active first responder.

The session was very informative, covering such topics as assessing a situation where someone requires medical attention to ensure it is safe to proceed; assisting a collapsed person by recognising various symptoms to determine what could be the cause, for example; a drop in blood pressure or a cardiac arrest and what to do to assist that person; “Brayden”, the resuscitation dummy, was used to demonstrate how to use a defibrillator and to do compressions; assessing a person for signs of a stroke was covered, as well as assessing and dealing with lacerations, head trauma and broken bones.

A big thanks to Shane Munro for being our “injured” model being placed in a recovery position on the floor and to Shane and Nanette for being bandaged up.

A free app, called Emergency Plus, was demonstrated and very highly recommended to be downloaded onto everybody’s mobile phone. It displays icons for direct access to emergency numbers, (such as 000 emergency, SES, Police without sirens, Crime Stoppers, Poison information, etc), without having to remember the number. But, most importantly, by using the mobile phone’s location services, it displays the address and the exact global position (latitude and longitude) of where you are, which will allow you to accurately communicate your location to emergency call takers, because in an emergency, time and location accuracy are critical.

The Emergency Plus App



From Judy Munro

Mwynhewch [Enjoy]



Geelong Welsh Ladies Choir

& guest artists

in concert with

Mornington Peninsula Welsh Ladies Choir



Sunday 14 August, 2022

Waurn Ponds Community Church,

48 Waurnvale Dve, Belmont

2.30 pm

Tickets \$25 (\$20 concession) via:

■ Ph: 0409 964 682 ■ At the door

Cheers! Daphne Sands (editor)