



In this issue:

1. President's Report
2. Convenors UMAS training
2. Leslie Joel's 102nd birthday
3. Understanding friendship in later life
3. Grants
4. IT upgrade at the Cottage:
4. Meet Ann Goodwin
5. Helene Richards: end of an era
5. Keran Howe OAM
5. Birdwatching
6. Birdwatching (cont)
6. Meet John Morris
7. John Morris (cont)
7. Marketing
8. News pics



Hobsons Bay Recovery & Reconnection Grants



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Exciting new activities coming soon



Briefly looking back at this year we have survived (and flourished) despite three lock-downs, disruptions to classes and stringent COVID restrictions.

But looking forward, I feel excited about our prospects for the future. We currently have nearly 180 active members and 34 convenors (15 of whom are new this year). It is your enthusiasm that keeps us refreshed

and energised, and we now have a reputation of being an innovative and exciting club. This in turn means that people are contacting us with offers of new activities.

For instance, Spanish classes are planned for term four led by a very experienced Spanish language teacher, who will start off with a beginner's class. And we have a skilled ukulele teacher who will be inspiring our members to discover their inner musician.

We are also investigating some history walks around Williamstown, are planning a short course on India and an art outdoors activity.

Look out for details on these and other exciting activities in Newsflashes and how to enroll via UMAS.

Hobsons Bay City Council

We have a continuing challenge in raising awareness within the Hobsons Bay area not just to recruit new members and new activities but to support the Hobson Bay Council. They are very generous with community grants and we need to work with them to show our appreciation and to assist them achieve their community goals.

I would welcome contact from any member who has an insight or close contact with a member of the Council so we can continue to build our relationship for mutual benefit.

Joan Thompson

President, U3A Hobsons Bay/Williamstown

info@u3ahbwilli.org.au

Keeping our convenors up to date

Course Convenors take on a lot of responsibility besides preparing and presenting the content of their classes. For instance, in June sixteen convenors attended a workshop to learn more about operating the on-line administrative system, UMAS.



Fifteen of the convenors present had joined our U3A in the last three years, including me! I find

that remarkable. In that sense, we are a 'young' organisation and learning as we go about a lot of things.

What did we learn about UMAS? Once you get in and explore, it begins to make sense. Whether you are a member or a Convenor, the [Frequently Asked Questions](#) on the website will guide you through your tasks, so please make use of them.



NB: UMAS is constantly updated, so if something isn't working as you expect, check the FAQs again for the new instructions.

Try the quiz

Would you like to try a bit of the trivia quiz we did during the workshop? *Answers in next column.*

- Q.** What are our policies and where will you find them?
- Q.** How many venues do we use for our activities? (count outdoors and private homes as one each)

A. Our policies are on the [website](#).

We have policies for COVID, Enrolment, Code of Conduct, Grievance, Privacy, Life Membership and Dealing with Incidents.

A. We operate out of 12 sites (including Zoom)

Ruth Patching
Course Coordinator

Save the date:
7 September
Planning workshop ...
details to come

SEPTEMBER 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

www.free-printable-calendar.com

Congratulations to Leslie Joel
(former member) on her 102nd
birthday



WANTED: Convenor to learn about a new course: *Understanding Friendship in Later Life*, with a view to running the course in the future



The *Understanding Friendship in Later Life* is a short course of four sessions. It explores friendship and its meaning in our lives.

Friendship is a vital but often unexamined part of our lives. As we move through life stages, friends are often associated with schooldays, employment, family activities, neighbourhood links, and more. However, having fewer friends can sometimes creep up on us when these elements change, as we age, or when we retire. This can lead to loneliness and affect our health and wellbeing.

This course looks closely at our current friendship networks and at the skills, beliefs, and opportunities to help expand these. It is also intended to assist new members to feel welcome and connected at their U3A.

Gwen Rosengren and Margaret Robertson, from U3A Moreland, will hold two information and mentoring workshops in August for members interested in running the *Understanding Friendship in Later Life* course at their own U3A. Participants will be provided with a course guide and mentoring.

If this is something you would be interested in doing please email Ruth Patching at members@u3ahbwilli.org.au

Grants



Funding from grants over the last two years has totalled \$13,672. Whilst revenue from members subscriptions has increased with growing membership, grant income represents over 50% of annual income. We are grateful to the Hobsons Bay Council and U3A Network for this funding.

The grant money has enabled the Club to make improvements in the Cottage. We have run professional development activities for convenors and members which have provided additional skills including well-being and health, first-aid training and understanding of the Code of Conduct policy, digital and IT training.

We were also able to provide some refreshments for these activities as well as supporting some social functions.

With the convenor support grant we were successful in attracting more people to volunteer as convenors to run classes - thus

enabling membership growth of U3A. We are one of a few seniors' clubs who have grown membership during the COVID pandemic.

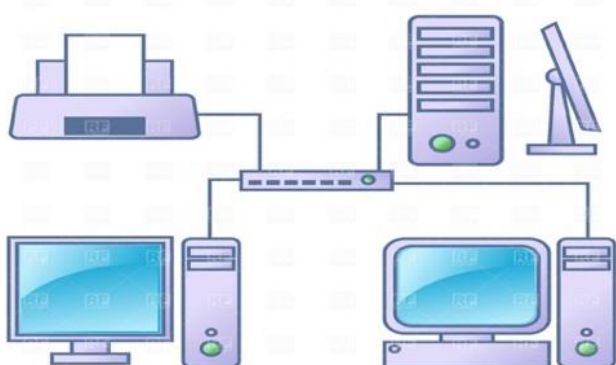
With the 'Make It Happen' grant from the Council we will be purchasing IT equipment for the Cottage. With a new smart TV, Computer and Web Cam, convenors and members will be able to enjoy access to online digital resources like YouTube.

Following our CPR first aid training session we see the need for a defibrillator (AED) and are now seeking grant funding.

Sue Dawkins



IT upgrade at the Cottage



U3A has received a grant from the Hobson Bay Council to help fund an upgrade of our IT equipment and better connection, which has been gratefully accepted. But to know what we need and will be used is the hard question, so we put out a survey targeted to the convenors, in particular the groups who use The Cottage.

We had a fantastic response with nearly all the convenors completing the survey.

The main items that the responders were asking for included equipment that can help hosting Zoom meetings, printing capability for handouts, scanning material for referencing, access to media streaming (e.g. iView, SBS on Demand, Netflix, etc.), online demonstration lessons, etc.

I am just putting a proposal together to have sign-off from the Committee before proceeding.

If there is something special you think we should include in regards to IT equipment please don't hesitate to let me know.

This change will make some of our existing equipment at The Cottage redundant, if you had originally gifted any of this equipment and you would like it back you are more than welcome to reclaim it. Otherwise we will dispose it with the intent to have it recycled.

Ian Barclay



Meet Ann Goodwin

Ann Goodwin grew up on a sheep and cropping farm in mid-Canterbury, New Zealand. She joined U3A Hobsons Bay/Williamstown in 2020 and enrolled in Book Club 2 on Zoom when she was searching online for some activity during lockdown. We are pleased to say she stayed with us this year and as well as Book Club she joined Inspirational

Art and the Local Walking and Birdwatching groups.

Ann says: "I have made some lovely new friends through U3A and I'm so glad that I persevered with Zoom sessions during the August-November Lockdown in 2020."

In her professional life Ann was a physiotherapist, with a special interest in Women's Health. She moved into the public sector in 1989 to become first physio allocated to the Obstetrics & Gynaecology unit at Western General Hospital (Footscray) before the move to Sunshine in 1990. After completing post graduate study in women's health, she commenced work in community health and returned to private practice in 2004.

Ann's passion is sailing which she took up in 2001. She was a boat owner for almost ten years, and sold her little red boat, a Bluebird22 named *Paramour* in January this year. She is also learning to play the Alto saxophone and sings with the Willin Wimmin Choir since 2012.

The first thing she plans to do when COVID 19 travel restrictions are lifted is to fly to Los Angeles to visit her daughter and her new husband to see their recently purchased apartment and their new Doberman Pinscher puppy. After that she plans to become a Race Officer for yacht racing and finish the family history that her late sister began for her step grandchildren

Helene Richards: End of an Era!

Over the past twenty years a fortunate few members of U3A Hobsons Bay/Williamstown were able to attend a very successful class, known as the Creative Writing Group. They were fortunate because their group convenor was a very able lady by the name of Helene Richards, and everyone who attended her class learnt a lot about a subject they loved.



Helene came fully prepared! As an editor in her own right she also had access to publishing facilities, plus years of experience involved in literary undertakings. She was able to provide stimulation to overcome the spectre of writer's block, providing ways and means to overcome difficulties, and constant encouragement to all.

Many class members became confident enough to try their hand at becoming published authors, with varying degrees of success, but everyone was supported and encouraged in whatever they tried.

On behalf of all current and retired members of the Friday Creative Writing Group, I would like to express our thanks to our esteemed mentor and friend for the many years of hard work that contributed to our literary development, and wish her a relaxed and healthy retirement in the years to come.

Ken Gratton



Three of the annual anthologies published by Helene and her creative writing classes

Keran Howe OAM



Keran Howe –
(photo from Maribyrnong Hobsons Bay Star Weekly)

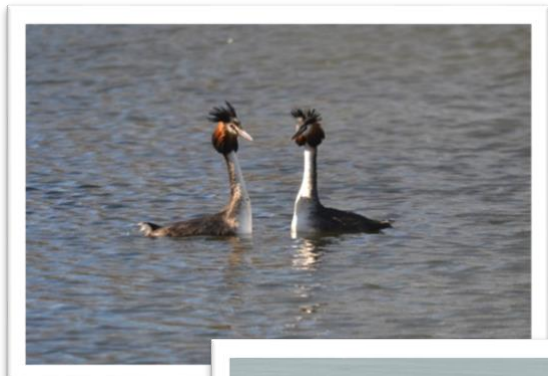
Congratulations to U3A Hobsons Bay/Williamstown member, Keran Howe, on receiving the Order of Australia Medal in the Queen's Birthday Honours for her service to people with a disability.

Birdwatching

We have an enthusiastic group of birders who have come together each month to explore some great spots for viewing wetland birds, shorebirds, urban birds and bush birds.

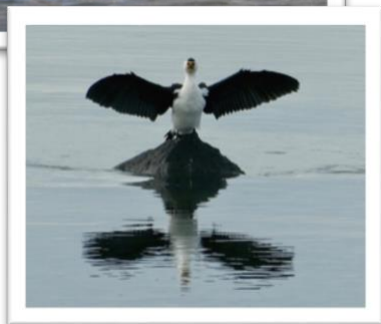
We have fun together identifying birds, enjoying each other's company and sharing a coffee together. Thanks to Sue Myers for leading the group and sharing her incredible knowledge.





Some of the local places we have been include:

100 Steps of Federation and Laverton Creek. It was a chance to identify local birds like the Great Egret, White-faced Heron and Little Pied Cormorant.



Lower Kororoit Creek – many of the group discovered for the first time the magic of this regenerated creek with great bird sightings and bold sculpture. Some of the birds we saw included, Brown Goshawk, Rainbow Lorikeet,

At Werribee South boat ramp we saw Cormorants, Stilts, Oystercatchers and Pelicans. K Rd Cliffs Lookout: A good spot for parrots and lorikeets, waterbirds roosting on a dead tree. We walked along the river at Werribee Park seeing Galahs, Red-rumped Parrots, Rainbow Lorikeets, Superb Fairywrens, White-plumed Honeyeaters and Dusky Woodswallows as we made our way to the café.



The Melton Botanic Gardens featured many attractive native flowering plants where New Holland Honeyeaters were feeding on nectar. We saw variety of ducks, Chestnut Teal, Hoary-headed Grebe, Rainbow Lorikeet, Red Wattlebird and enjoyed a lovely morning picnic together.

Apex Park Altona where we saw wading birds in the small lagoons of the Laverton Creek mouth. We particularly enjoyed the hundreds of Red-necked Avocets and Banded Stilts. We then went to the Truganina Swamp – a Melbourne Water site of biodiversity significance and saw different birds feeding in the saltmarsh.

We are lucky to live in this part of Melbourne with its wonderful bird watching sites and are looking forward to visiting other good sites with abundance of birds to spot in the near future.

Thanks to Sue Myers for leading us.

Meet John Morris



John Morris was born in Brighton Victoria and spent most of his life in this State. His parents settled into semi-rural life in Templestowe in 1960 and at that time it was a bit isolated especially for public transport. John says: "There

were only buses which came every two hours even in peak periods. It was however a great place to grow up being surrounded by orchards and the values held by the various orcharding families."

John and his wife Jenny have lived and worked in the inner west area since 1976. They have four married daughters and ten grandchildren, who all live within a quarter of an hour's drive from them.

He started his working life at the glass factory in Spotswood after graduating from the ANU as a chemist. The company sent him to the UK (Sheffield University) in 1978 to do a Master of Science in Glass technology which he completed in 1979, after which he did an MBA through RMIT part time 1980-5. Most of his years at ACI were spent entirely in manufacturing but the last several years in risk management in Asia Pacific which required a lot of travel to most parts of the globe.

John retired from ACI in 2010 a company which had a number of iterations during his career from a diversified conglomerate being the 7th largest company in Australia, to a reverse takeover from Alan Jackson's BTR, to ownership by the US based OI to its current ownership by Visy. Along the way it transitioned out of many facets of its original form and is now solely a maker of glass bottles.

He has been participating in U3A Williamstown for the last year and a half. He says: *"I joined the Current Affairs group primarily at Joan's invitation but also because I read the daily press more than I ever have and have discovered there are politicians out there who come from various sides of the fence and I have experienced the surprising ineptitude of this current lot."*



John and Jenny have an interest in the cause of refugees in Australia and

plan to become more than just financially committed to their plight. *"One of the greatest gifts Malcolm Fraser left was his great support of Vietnamese migration to Australia and how we have benefitted from their (and other nationalities) transition into our culture,"* John says.

They are regular attendees of the Westgate Baptist Church in Yarraville and through their support of refugees have become involved in this area, visiting the Karen refugee camps in Thailand, visiting and teaching in Chin Refugee schools in KL and supporting both Myanmar minority groups and other refugees in our local community.

John says: *"I must say I feel very fortunate to have found a group of people in Current Affairs in Williamstown U3A whose life experiences and knowledge is far superior to mine which means I learn a great deal from their various experiences. I truly appreciate their acceptance and patience."*

Marketing Stuff

Imagery is important in our marketing and promotional material. U3A Network often use stock imagery (see below) – which is an option for us but this can be expensive. Also this may not be reflective of our own membership.



A much better option is to use photographs of our members (with their permission of course).

We are planning some promotional material, such as a new brochure and pull-up banner in time for Seniors Week in October.

What we need are some really nice photos of our own members. The U3A guidelines specify

- The imagery used should show older people being active and engaging in education and other activities that keep them involved in the community.
- The use of images with people in pairs or groups reflects the philosophy of community and friendship that U3A Victoria promotes.
- Use of images with a sharp foreground contrasting against a soft background, focuses on the enjoyment and pleasure the people are experiencing at the moment the images were captured.

So when masks come off, get snapping and send me your photos of individuals in your groups doing all the above.

Ann Banham
Communications Officer
info@u3ahbwilli.com.au



We get locked down but we get up again
.....you're never gonna keep us down!

Term Two

May/June saw a lock-down and cessation of face-to-face classes for a while. But Zoom was a lifeline for activities like Book Group, Current Affairs, Trivia and Cryptic Crosswords.

But as soon as we could, we ventured outside. Our bird watching, cycling, walking groups all got together and enjoyed the fresh air and each other's company.

And of course our indoors activities recommenced face-to-face as soon as restrictions were lifted (even if it meant wearing a mask).

The U3A motto is **Connect, Learn, Socialise** and we certainly love to socialise – as the photos of sharing a coffee and chat together demonstrate. And even a cheeky glass of bubbles on Bastille Day.

Term Three

... and here we are in Term Three and (at the time of writing) back into lockdown. But we are old hands at this now. Hay ho, hay ho ... it's back to Zoom we go.

