



HOBSONS BAY/WILLIAMSTOWN INC



**NEWSLETTER
November 2023**

Looking Back Looking Forward: Welcome to the last newsletter for the year.

Looking back

It has been a full and interesting year thankfully back to face-to-face activities. A mixture of weekly/monthly activities as well as short courses and one-off activities have proved very popular. This broad-spectrum approach allows our members to participate whilst accommodating individual interests, availability, and personal time constraints.

Looking forward.

As a result of the recent recruitment drive by the Convenor Support Committee, 20 members have offered to consider convening activities for 2024. Over the next few weeks, we are working to turn these ideas into activities. Whilst the activity program will be available at enrolment, the Activities subcommittee will again continue to advertise new and interesting sessions throughout 2024 as they become available. So, watch out for the Newsflashes in your email inbox throughout the coming year. Enrolment for 2024 begins on Tuesday 5th December 2023.

Finally, we would like to take this opportunity to thank all those who have so willingly volunteered to share their expertise, skills, and time to provide a continuous and eclectic range of activities over 2023. We look forward to rounding out the year celebrating a year of fun and learning at the Christmas Party in December.

Communication Sub Committee

In this Issue

P.1 Welcome

P.7 All Things Artistic

P.2 Acting presidents Message

P.8 Term 4

P.3 Sub Committees

P.9 10 One off activities for Term 4

P.4 Committee Reports

P.11 Memories of 2023

P.5 Planning for 2024

P.12 Christmas party and 2024 Enrolment

P.6 Vale 2023

We acknowledge the Bunurong People of the Kulin Nation as the traditional owners of these lands and waterways and pay respect to Elders past present and emerging.

Editorial Panel
Lynn Murray
Sandy Guest
Sandi Fallshaw

Acting President Message

Reflections on the Year

As the year draws to an end, I have taken the opportunity to reflect on the many challenges and achievements that have been made throughout the year. I firstly want to offer my sincere thanks to the members of the current Committee (some existing and some new), who due to some sudden and unexpected changes, took on several additional responsibilities and increased workloads. It has been very rewarding to work with such a positive, dedicated group of people with a diverse set of skills who worked hard to ensure the organisation continued to flourish. They built on all the hard work that has been done by past Committee members, ensuring there was continuing availability of a wide range of activities for members and streamlining the processes to maintain operational efficiency. In addition, the Committee was guided by the recommendations in the Evaluation Report, and it is pleasing to report that a number of those recommendations have been adopted.

One of the key achievements has been the formalisation of several Sub-Committees. Details about who is on the Sub-Committee and their key responsibilities can be found on the website. There is also a report from each of the Sub-Committees included in the newsletter. The Committee has been very appreciative of the number of members who have “put up their” hands to work on the Sub-Committees. Tapping into the wide range of skills and talents possessed by our members has meant the workload has been able to be shared but just as important is that new ideas and approaches have been adopted. This has meant Committee members have felt supported and has made the experience of undertaking Committee responsibilities positive and rewarding. I believe the benefits have flowed through to all members.

These Sub-Committees include:

- Convenor Support
- Activities
- Communications
- Member Support
- UMAS
- Venues

From a personal point of view while I was somewhat reluctant to step into the President’s role it has been very rewarding to work with and learn from such a dedicated positive group of people. Throughout the year I always felt supported by members of the Committee and during some of the challenging times benefitted from the wisdom of our past President Joan Thompson. The experience has been positive, and I look forward to making a continued contribution to our U3A.

Going Forward

Planning for next year is well underway and again some of the timelines have been included in this newsletter. I think it is important that all members know that there will be several vacancies on the Committee next year. These will include (definitely) President, Secretary and Treasurer. Others on the Committee are currently considering their future involvement. Yvonne Davidson has offered to join the Committee which is another positive step forward. The position of Secretary is one of the most critical roles to ensure the continued, smooth operation of our U3A. The professional, dedicated, and tireless approach taken by Fiona during the year has ensured everything was completed to the highest standard. She will not be seeking re-election in 2024 but is very willing to support a smooth transition with anyone who might be interested in taking on this role in 2024. If you think you might be interested, please contact Fiona directly and have a discussion with her about the key responsibilities involved in the role and how she is willing to share her insights and knowledge with anyone who is thinking about the possibility of taking on this role.



Sub Committees Summary

Below are brief details of each subcommittee which should ensure any enquires are answered in a timely manner. Full details can be found on our web site under the “About Us” tab. See also full report on 2023 committee decisions P.4

Sub Committee	Chair	MEMBERS	Key Purpose
Activities	Phil Quinn	Yvonne Davidson Pam Parsons	Support and development of new activities Review new proposals and recommend activities to committee for approval.
Convenors Support	Ruth Patching.	Clara Brack Jan Williams	Encourage members to become convenors. Support the capacity and skills development of new and on-going activities.
Communication	Sandy Guest	Sandi Fallshaw (UMAS) Lars Jonasson (Website) Lynn Murray (Newsletter) Doug Palmer (UMAS) Susan Healey (UMAS) Kerry Lewis (Newsflashes)	Develop and deliver “all member channels of communication. Produce edit and distribute relevant information to all members as required.
Members Support	Phil Quinn	Deb McDonald	Provide on- going support to members via phone & email. Provide support and assistance with joining Williamstown U3A, using the web site, enrolment and joining specific activities.
Venues	Ian Barclay		Maintenance of venues Liaison with HBCC

REPORT ON RECENT COMMITTEE DECISIONS AND ACTIONS

Here is a summary of recent decisions, actions, and achievements.

CONVENOR SUPPORT UPDATE Ruth Patching

- Continuous support for Convenors
- French Conversation: members on the waiting list have formed a self-help group.
- Italian conversation: alternative arrangements are being explored.
- Convenor Workshop to be held on 17 November.
- *Convenor Support Bulletin #4 2023*: sent to all convenors.
- Clara Brack and Jan Williams have joined the subcommittee.

ACTIVITIES Phil Quinn

- Continuous updating of program
- Working with prospective new convenors to develop activities for 2024.
- Working with 40+ current convenors to roll over 2023 program to next year.
- Xmas function: planning in progress
- Yvonne Davidson and Pam Parsons have joined the subcommittee.
- Carol Newman and Vinny Fitzgerald are organising the Christmas function.

COMMUNICATIONS Sandy Guest

- Website: updates in progress
- Newsflashes: continue to be sent regularly
- Final Newsletter for 2023 is completed.
- Lars Jonasson and Lyn Murray have joined the Sub-Committee

UMAS (U3A Membership Administration System) Sandi Fallshaw

- Attend bi-monthly training sessions on UMAS updates.
- Daily behind-the-scenes work to update activities and enrolments.
- Susan Healey and Doug Palmer have joined the subcommittee and managed the workload while Sandi has been on holidays.

VENUES Ian Barclay

- Cottage: Black-out blinds and reverse cycle air conditioner are in progress; to be funded from successful grant applications
- Cottage: repairs to footpath
- Liaison with HBCC ensures we have ongoing access to community facilities.
- Applied for and received a grant from Greater Western Water which enabled our members to hold our 2nd Annual Art Exhibition from 10th Nov at Williamstown Library Gallery
- Continuous monitoring of venues

MEMBER SUPPORT Phil Quinn

- Daily assistance for members and prospective new members
- Successful grants applications, monies available to July 2024 for seminars
- Art group received a donation of art supplies.
- Deb McDonald has joined the subcommittee.

GENERAL COMMITTEE

- Represent U3AHbwilli at quarterly State Network meetings.
- Represent U3AHbwilli at quarterly Western Region Network meetings.
- Continuous review cycle of Policies

To contact the committee, email members@u3ahbwilli.org.au

PLANNING FOR 2024



Enrolments and payment for 2024 cannot commence until Tuesday 5th December.

Tuesday 5th December Start of enrolment and payment for 2024 (online and at cottage)

Friday 8th December Christmas party Altona Sports Club

Friday 8th December Office Closure for Christmas New year period until Monday 22nd January 2024.

Friday 22nd December Last day of classes for 2023.

Monday 22nd January Office reopened. Assisted enrolment available for those who haven't yet completed 2024 requirements.

Friday 26th January Australia day Public Holiday (of

Monday 29th January Convenors workshop(refresher)

Monday 5th February Start of classes for 2024 Term 1

February New Members morning tea and welcome function for all to be held late February (Dates to be confirmed)



Committee Meetings for current committee

- 14th November 2023
- 11th December 2023
- 30th January 2024
- 13th February 2024

- **AGM/SGM 5th March 2024**

VALE 2023.

It is with great sadness that we have had to say farewell in 2023 to two of our much-respected participants and contributors to our U3A community.



Vale Ken Gratton



5.1.1939 - 27.3.2023

Ken Gratton sadly died in March. Ken made a significant contribution to Williamstown U3A over the last 18 years. He first joined U3A Hobsons Bay/Williamstown in 2005 as a keen member of the art class and was the convenor from 2016. Ken continued his support and contribution by joining the Executive Committee in 2008, firstly as Treasurer 2008-2017, then as Vice-President in 2016. In 2016 he became President for the next four years ending his term of office in 2020. I'm sure many of you have fond memories of Ken and will miss him greatly.

Vale John Charles Morris



2. 7.1949 – 7. 7. 2023

Many of you will know that our Treasurer John Morris passed away on the 7th of July this year. John was a diligent Treasurer who performed his role with humour, understanding and kindness. Many members who John needed to contact always remarked that he was very kind and supportive and they were able to iron out the issue.

He was an active member of our Current Affairs activity and was a thoughtful participant who contributed after deep consideration. He was a lovely man, well liked and respected and is deeply missed by his loving family, his friends and the U3A community.

Joan Thompson

All Things Artistic



Congratulations to Ian Barclay

Ian, Acting Vice President and Convenor of our drawing and painting activities was recently nominated by Williamstown Life Saving Club and seconded by HBW U3A for the Victorian seniors' awards (COTA). Here you can see Ian with his Senior Achievers award. He attended Government House during Seniors week to receive his award from the Governor general Professor Margaret Gardener. Well done, Ian.

THE ART GROUPS' SECOND ANNUAL ART EXHIBITION

The Art groups amazed us all with their work at last year's inaugural exhibition at Williamstown Library (upstairs) and they are all set to do it again with over 50 hangings. The exhibition will be opened by Tania Blackwell on Friday 10th November and runs right through to 1st December 10am – 4pm daily. There will also be an artist available daily 11am to 1pm if you would like to know more about their work. Again, there will be a Peoples Choice winner and many of the pieces will be available for purchase.

[See the web site for full details and samples of their amazing work.](#)



TERM 4

Coffee group

The coffee Group continues to enjoy catching up on the first Tuesday of the month. There is lots of chatter, listening and companionship in this group. So much so we continue to meet over the holidays and even Cup Day (10am). The staff at the Greenery make everyone so welcome it's a pleasure being there.

Maria Hay



ONLINE ACTIVITIES WITH OTHER U3As

Life's circumstances sometimes overtake us, broken bones, caring responsibilities, having to shield in place but there is an option to participate in U3A if you cannot make it to face to face activities.

Some other U3As generously offer online courses, activities and events that can be enjoyed by our U3A members from wherever you are. There are thirteen categories on offer. Bookmark this page to find out about the new and upcoming online activities in 2023. <https://u3avictoria.org.au/online-courses>

Search by category or click on the image or text of the item you are interested in to access the complete information about that activity. Some may require that you join their U3A, but others do not.



The year and Term 4 are drawing to a close, but Phil and his team continue to add activities you may be interested in. Bookings via web site.

CHRISTMAS

Come and Make Christmas Crackers (bon-bons)

Venue: Bayview Pavilion

Monday 13th Nov. 1pm to 3pm

Nola Anderson, an experienced Christmas cracker maker, will show you how to construct Christmas Crackers from 120gsm paper (soft card), some clever folding and glue. The completed crackers can then be filled with trinkets, jokes, party hats, etc. as per store bought crackers.



Sourdough and Crackers

Venue: Private Home

Monday 4 Dec. 11am to 4.30pm

Cost: \$20

If you'd like to know more about making sourdough bread and get hands on experience with all the steps, including taking a loaf home to bake yourself, and enjoying lunch with fresh sourdough straight from the oven, then this activity might be for you. If you decide to continue baking sourdough bread, Kerry will provide the starter you will need plus some recipes.



SPORT & FITNESS

Historical Walks

Venue: Designated meeting point

- Thursday 2 Nov 11.30 To 2.30 pm
Footscray Park Walk.
- Monday 6 Nov 11:30 To 2.30pm
Footscray Town Walk
- Wednesday 8 Nov 11:30 To 2.30pm
Footscray West Walk
- Monday 13 Nov 11:30 To 2.30pm
South Yarra Walk.
- Wednesday 15 Nov 11:30 To 2.30pm
The Domain Walk
- Thursday 16 Nov 11:30 to 2.30pm
Prahran walk.



Disc Golf

Venue: Designated meeting point

Monday 13th Nov. 10am 12 noon

Disc golf is played like traditional golf but instead of using a ball and clubs players use a flying disc or frisbee. The players 'tee off' and aim to complete each hole in the fewest number of throws.

Fitness session

Venue: Cottage

Mon 27th Nov. 10am – 11am

A local exercise physiologist, Jordan Tripodi, has offered us a 1-hour session on the benefits of exercising as we age. He will talk about what happens to our body as we age, how exercise affects our bodies as we age and provide some advice on how much and what type of exercise we can do as we age. The session will not involve physical activity.



Muscles and Mussels

Venue: Designated meeting point

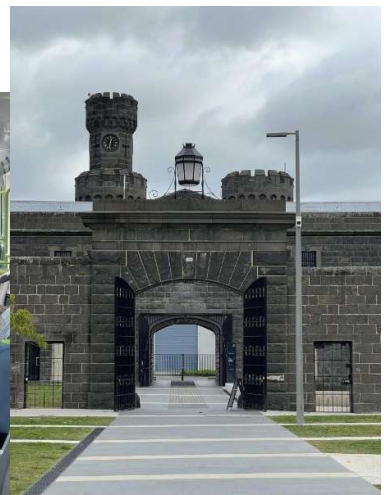
Monday 20th Nov 9am – 5pm

Cost \$45-60

Take the ferry to Port Arlington, cycle 20 – 25 kilometres on bike paths near Port Arlington and celebrate with a feast of mussels at Portarlington for lunch before getting the ferry back to Melbourne.

2023

It has been a busy and eclectic year. Here are some memories if you need ideas or inspiration when enrolling for 2024 (see page 13) can you put a name to the activity in each photo. No prizes for correct answers I'm afraid.



CHRISTMAS PARTY



FRIDAY 8 DEC Christmas end-of-year lunch

Come along to our Christmas end-of-year lunch which this year is being held in the Altona Sports Club. You will be able to socialise with old friends, make new ones and enjoy some great entertainment. Our very own Ukulele group will entertain you and a quirky quiz to keep our brains ticking over, plus door prizes and more.

Details

- Venue: Altona Sports Club, 11 Altona Rd Altona 3018
- Date: 12:00-3:00pm, Friday 8th December 2023
- Cost: \$35 (2 courses)
- **Register:** on UMAS
- **Payment:** \$35

Payment will be collected **on the day** by cash (please bring correct money). ATM available for cash withdrawal at venue if necessary.

Special dietary requirements: please advise via info@u3ahbwilli.org.au

Bookings will close on Friday 17th November.

Cancellation cut off 20th November. No refund available after this date.



ENROLMENT for 2024



If you are an existing member of U3A Hobsons Bay/Williamstown, you are entitled to enrol in courses throughout the year. Your membership fee generally covers the cost of courses plus contributes to the running of the organisation – including electricity at the Cottage, printing, telephone, insurance, and other costs. Small extra charges for materials sometimes apply.

Membership is per calendar year and must be renewed each year at the end of the year.

Annual Membership Fees

Single	\$50
Associates belong to another U3A	\$40

Please insert your first initial and surname in the reference section otherwise we will have no idea who the payment is from!

Following the success of last years online enrolment this will again be available from the 5th December – Simply go to our website and click on the membership tab.

Technology gives you a headache then pop into the cottage on the 5th and a friendly human will assist you.

