



NEWSLETTER JUNE 2024

In this issue:

- Welcome letter/new facility
- President's letter
- All things technology
- COTA workshop
- Grants Report
- Convenors morning tea
- How I became a convenor
- What's happening/activities
- Winter get together
- Desert island Discs
- Term 3

Contact Us: P.O. BOX 140
Williamstown Vic 3016
w.w.w.u3ahbwilli.org.au
info@u3ahbwilli.org.au

We acknowledge the Bunrong 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:
Communication sub committee



Welcome to Term 2 Newsletter

As Autumn morphs into Winter, we come to the end of Term 2 and we hope you are keeping warm as best you can. Quite a few of our members have escaped to warmer climes. This includes our President as you can see from his letter. We hope you have enjoyed the joys and challenges as well as the learning opportunities that travel brings.

For the rest of us the activities subcommittee has continued to work hard to offer many and varied activities to our growing membership.

In this edition there is a message from our travelling President, along with information about upcoming events and activities and reports from recent workshops. We have also included administrative information about our Facebook page, our move into the new venue and some opportunities to share your skills,

We hope you enjoy this issue. As always feedback and contributions are welcome. We love to hear from you.

Communication subcommittee



Opening of New Facility

The old Williamstown Senior Citizens Building is now the new **Dennis Reserve Multi-Purpose Facility**

The new facility is magnificent and a great initiative by the HBCC to rebuild the facility. The Thursday Art Group has moved in, and everyone was full of praise, including - lovely new building, lots of space, bright and airy, well finished off, great AV equipment, and so on. The building is going to be used by a number of local groups including, Central Tennis Club, Williamstown Senior Citizens, CWA, Loom Room, Conversations for the Curious, and of course U3A. Space has been allocated for each group and there are a limited number of spare slots. If you are interested in moving in, contact Ian Barclay or pop in and see him on Thursdays, to see if there is vacancy. The council will be the scheduler of when spaces are used, hence we need to apply for additional rooms.





Greetings members from your travelling President

Kerry and I are sitting beside the pool at Katherine Gorge.

Caravan Park. I reflect on how lucky we are to have been to get out and see some very remote parts of Australia. I am also grateful that other members of the Committee have taken on tasks to keep our U3A alive and well. At one stage we were down to half a committee, but activities have kept going and new activities been organised. Thank you to those contributing to the continuation of normal activities.

In the next half of the year we will, as an organisation, look at what we will run next year. New ideas are welcome, and, in this Newsletter, there is an item that explains what a convenor's role looks like. Can I say from experience, "It isn't that scary". Help and support is always available so think about what you might like to run to contribute to our broad range of activities. You could always double back on other activities and run a second session of the same activity. That way you can see how it works then comfortably run another session.

In the first three months of being President I have sought assistance with some jobs and had members step up to fill these roles. Thank you to these people. In the months of September through to December, there is additional activity and any assistance with contacting convenors about their plans for 2025 would be appreciated. Please speak to a committee member if you can assist.

I have made contact with Hobsons Bay City Council to build positive relationships. Also, I want to avoid duplication of effort as HBCC offers quality programs and these are usually free. Samples have been included in Newsflashes.

I will close and wish everyone an interesting, safe and healthy third term. Enjoy your activities and I look forward to seeing members at activities and functions in a few weeks' time.

Phil Quinn





ALL THINGS TECHNOLOGY

Facebook

We have a very vibrant Facebook Group with 189 members (at the time of writing). I would really love to see the membership reach 200 by the end of the year.

We generally get at least one new post a day and it is a lovely way to see what members are up to. The craft group post photos of their exquisite handicraft, the various art groups show us their fabulous work and we see lots of walks, bird watching, cycling and dinners.

It is a private group – only members can see posts. If you are a member of U3A Hobsons Bay/Williamstown, you can apply to join. Answer questions to verify you are a member (I do check every application against our database of members) and agree to:

- Be courteous and kind to each other
- Be respectful of people's privacy
- Only post original content or share with consent.

<https://www.facebook.com/groups/U3AHBWILLI>

Ann Banham
Administrator U3A HBW Facebook

Facebook can also be accessed from the link in the web site.

Web Site



Connect Learn Socialise

Have you visited our web site recently? There have been a few Lars changes to make it easier to use.

There are now four easy sections activities, membership, contact us and latest news. These give a wealth of relevant information regarding U3A Hobsons Bay /Williamstown including the newsflashes. Also included are relevant links to the U3A network and under the resource button you'll find links to the local libraries even the solving cryptic crosswords.

A new menu item Collections have been added to our web site.

<https://u3ahbwilli.org.au/collections>

This is to allow activities to use the web site to exhibit their work or coordinate activities. The Thursday and Fridays Drawing and Painting group have been using this for some time and recently Explore Writing has been added and discussion with the Craft circle is going on.

The Current Affairs group are currently spending Term 2 taking a deep dive into the complexity and interrelated issues of the countries that make up the Middle East. When complete this will be added.

The main driver behind this has been Lars with support from Ann.



All this technology giving you a headache then take a look at the next page for some help all is not lost.

Social Media

Connect with us:





HELP WITH TECHNOLOGY

It sometimes feels like everything we deal with is either computer or phone based, speaking to an actual human being appears impossible these days. If you feel overwhelmed, you are not alone even those of us who use technology regularly would agree the most stressful 5 minutes of beginning any session is getting these devices to work and talk to each other.

Don't despair you don't need to be a technology "nerd" to survive in this phone-based age.

However, if you feel you're being left behind or would just like to know a bit more there are many free resources available.

The local libraries are a good place to start. They have several short sessions each term on anything from taking better photos, travelling with your phone or how to use your skills to get a hard rubbish collection. Many have Tech cafes or "drop in" sessions where you just ask questions. Most are free.

The local community centres run sessions on a term basis with both one off and whole term short courses. These usually involve a cost to participants.

Other resources include

- ReadyTechGo who have workshops as well as one on one sessions
- Telstra
- U3A network which has a 10-session series "Live life digitally connected"
- www.miteradio.com.au for smart TV & internet radio assistance.

U3A Network Victoria and partners present: Live Life Digitally Connected

U3A Network Victoria
UNIVERSITY OF THE THIRD AGE

COTA Workshops



These workshops were held on in the Pavilion on Wednesday the 12th and 19th June and conducted by COTA (Council Of The Aging) representatives.

Run from 12pm to 2pm a grant from Hobsons Bay Council enabled us to provide lunch for all participants. For those unable to attend here is a summary of the two sessions and some useful resources.

Session 1. Beginners guide to MyAgedcare.

Currently the 60-86 age group make up 25% of the population and COTA is the peak body for seniors.

The aim of MyAgedcare is to keep people in their own homes. Currently there are two ways this is achieved

1. Commonwealth Home Support Program

If you are over 65 years old, or 50 years old for Aboriginal and Torres Strait Islanders, and need a small amount of help in the home, you may be eligible for CHSP. This program provides support for people with low level care needs but who need support with a few home tasks.

2. Home Care Packages.

These are for people who have more complex needs and start at Level 1 going to Level 4 depending on the amount of assistance need

Where to Start

My Aged Care is your starting point to access government-funded aged care services. Contacting my aged care to register is a first step for both program and packages.

Go to myagedcare.gov.au or call **1800 200 422**.

To be allocated a home care package you will be required to have an assessment by the Aged Care Assessment team (ACAT) who will determine your package level.

At a face-to-face assessment the assessor will look at the following

- What you can do
- What you need help with
- What you want to be able to do



These packages are income tested and they help you estimate the fees you may have to pay, and what service providers are available near you.

Below are the steps to start you on your journey, each step has a drop-down information and further explanations. The following information is from the myagedcare web site.

Step 1. Learn about different types of care

If you are just starting out on your aged care journey, this is your first step. You can see what services are available to help you stay in your own home, or what to expect in an aged care home.

Step 2. Get assessed for aged care services

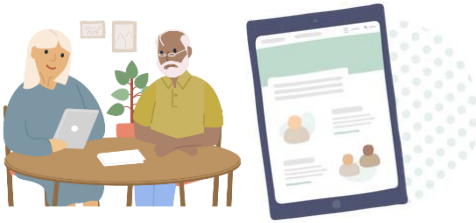
If you've had a look at what services might be available and you want to know if you are eligible, this is your next step. Read about how to apply and what's involved in the assessment process.

Step 3. Find a provider in your area that suits your needs

If you've been assessed and are ready to find a provider and set up your new services, start here. Find out what to consider and get information about service providers near you.

Step 4. Manage your services

If you are receiving services and want to check what you've got in place or make some changes, head to this section.



Useful Links for all the information you will require

<https://www.myagedcare.gov.au/connect-commonwealth-home-support-programme-providers>

<https://www.myagedcare.gov.au/assessment-outcome-home-care-packages>

<https://www.myagedcare.gov.au/home-care-package-costs-and-fees>

<https://www.myagedcare.gov.au/resources>

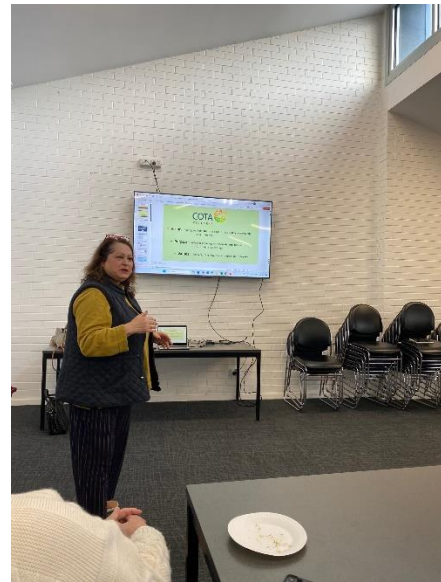
Session 2. Positive ageing

This session looked more at the aspects of aging well, and that to do so requires not one single entity but a combination of physical, mental and social factors.

Frankie (presenter from COTA) outlined the types of memory we have sensory memory, short-term memory, working memory, and long-term memory. The main point was that most types of memory are not affected by age, unless there is another problem like dementia. An example of this was driving: Even a younger person loses confidence if they have not driven for a long time, it's a skill that requires repeated practice. However, if you have suddenly forgotten what the car keys are for you may have a problem.

At the end of the session there were roundtable introductions and participants named the activities they were enrolled in. This proved to be popular. Some people mentioned the interaction between members of different organisations. e.g. U3A and the gym; U3A and Silver Salties.

Nice role modelling to finish the session!!!



Grant's Report

Our U3A is very thankful for the generous support we have received from the Hobson's Bay Council. We have been successful in obtaining four grants, all of which support a range of our activities.

A Make it Happen Grant for \$2350 has supported over 120 of our members to attend four workshops during May – June.

- The National Anti-Scam Centre delivered two workshops outlining how to spot, avoid and protect yourself against scams.
- The Council of the Ageing delivered two workshops – one on an Introduction to My Aged Care and a second workshop on Positive Ageing.
- Convenors were supported to participate in a workshop and a morning coffee social get together.

Refreshments were provided at all the workshops. Events such as these would not be possible without the support of Council Grants.

In addition, we have been successful in receiving three more grants from the Hobson's Bay Council.

- Art Show Grant - **\$1500** (*Library Hire, Art Supplies, Refreshments, Advertising and Printing*)
- Equipment for Presentations - **\$666** (*Whiteboard, Mobile Lectern and Microphone*)
- General Operating Expenses- **\$500**

Exploring other options

- The Committee will research other Grant Opportunities as part of its Strategic Planning Process to ensure any grant applications are aligned with identified priorities for the coming years.

Grant's Subcommittee

- Expressions of interest have been sought but to-date no volunteers. Please contact Sandy Guest if you are interested in contributing to the Grant's Subcommittee. The Draft Terms of Reference for the Sub-Committee are available on the website. **Sandy Guest**

Convenors Catch Up Over Morning Tea



A number of convenors recently got together over morning tea to share their insights into the joys and challenges of the role. Convenors spoke of the rewards of running their own activities and the generosity of the participants in contributing to the sessions.

The 'old hands' shared tips on how to deal with various questions and the 'newbies' expressed how surprisingly easy it was to take on the role. The commonly experienced feelings, before the first session of uncertainty, inadequacy, fear or anxiety about taking on the role dissipated quickly once the activities were rolling.

Gerda, one of the new convenors, has written about her experiences, see below.

If you have an idea for running a session, get in touch with the Committee to discuss it. Send an email to info@u3ahbwilli.org.au

The morning tea was funded from a grant from Hobsons Bay City Council.

Ruth Patching

Clara Brack



How I Became a New Convenor

I have been passionate about Abstract Art ever since studying it at Deakin University Warrnambool more than thirty years ago. So when Clara Brack informed her writing group that U3A Williamstown was looking for new activities to meet a growing need of members I suggested the possibility of Appreciating and Understanding Abstract Art.

I did not, at that stage, consider being a Convenor.

But after discussions and encouragement from Clara I decided I would give it a go.

I immediately started thinking about how I could develop an interesting program for art lovers and those with no art knowledge or experience at all. I settled for one and a half hour sessions over a five-week period. Each week we viewed slides, had discussions and some fun activities.

Preparations were not without some anxiety caused by gremlins in the computer that decided to play havoc and delete every photo I attempted to transfer to a USB unit. Thankfully my dear daughter came to the rescue and was able to get rid of the glitch. Once the sessions began, apart from the occasional TV-connection hiccup, all went smoothly.

I was nervous at first, but Clara was a wonderful co-convenor, and the participants were brilliant – they made it so worthwhile with everything they contributed from their own knowledge and experiences.

I must add, it was a two-way experience as I have gained great confidence and joy from the being a convenor. I would say to anyone considering it, ***just give it ago.***

Gerda van Hamond



Hello Everyone,

Just Wondering.... Do you ever think, “In the past I really enjoyed [name of Activity], but I haven’t seen it around lately”?

Or “I’ve always wanted to try [name of Activity], but I wouldn’t know where to find it”?

Or “I’d really like more information on [name of aspect of Senior life] but don’t know how to access it”?

If so, here’s your chance. Your committee is interested in hearing of new activities which might meet a need, and which are not available elsewhere.

Of course, we can’t provide everything. And, of course, we need help. Every Activity needs a **Convenor**. And those Convenors have to come from our members. And, necessarily, from those members who are most interested or experienced in the particular field.

No promises, but ideas are very welcome.

So, we invite you to suggest new Activities for next year. Please send your comments to:

info@u3ahbwilli.org.au

Thanks for your Consideration

Yvonne Davidson.

Activities Coordinator, U3A Hobsons Bay/Williamstown

what are other words for convenor?



chair, chairman, chairperson, president, leader, spokesperson, spokesman, spokeswoman, chairwoman, moderator





The U3A Hobsons Bay/Williamstown Art Exhibition is happening again this year in October. We are starting to plan our marketing program and realised that we need additional graphics expertise to assist with our advertising material? We are seeking anyone with a graphic design background who could assist on a voluntary basis with the design and set up our advertising, both hard copy and creating graphic files to enable us to use electronic signage.

If you can assist or know someone who is willing to help, please contact me either by email or phone (ianbarclay@me.com or (0412 002 841)

Regards

Ian Barclay

THANKS TO VOLUNTEERS WHO ARE HELPING TO KEEP US UP AND RUNNING!



Without people volunteering for tasks like these, our U3A wouldn't run as smoothly, so thanks to all of you who responded to the call out in last terms newsletter

- **Anne Patrilakis** is now keeping an eye on the jigsaws and books, so they don't overflow.
- **Cheryl Neenan** is keeping up with supplies of coffee, tea, milk and sugar, using the money from the donation box on the bench in the kitchen. 50c for coffee or tea.
- **Joan Lynne** is replacing any consumable supplies like toilet paper, etc. in the Cottage.
- When something like this is running out, please add a note to the list near the mantel piece in the Cottage.

Fireside Activities



What are YOU looking at?



Calling all couch potatoes. Come and share TV shows that you have been loving – or not loving! Hear and discuss what other couch potatoes are watching. We get off the couch to chat each month. There are still places in the group so enrol now through UMAS!

First Tuesday of the month; 4 - 6 pm at The Cottage

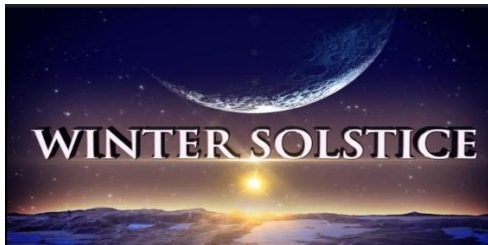
1960s Australian Pop Music Scene?



Expressions of interest are being sought to join 'Rockin' Ronnie for a chat and a cuppa about this period of music. Ronnie has a wonderful collection of photos, CDs and DVDs, as well as personal experiences he would like to share.

At this stage we are thinking of a one-off, but it could be extended depending on interest. Possibly Thurs afternoon. No date yet.

For more information or to express interest please email members@u3ahbwilli.org.au



Special Get-Together Event in July (Formerly Xmas in July)

The Committee has received considerable, varied feedback about this event, from Convenors and Members alike, all of which is welcome. Thank you for your input.

As a result, it has been decided that the event will become not a Xmas event, but just an opportunity for members to get together in a casual, friendly atmosphere.

It will be held on the same date and the same place but will become **Winter Warmer** (see UMAS) finger food will be provided, and people will be able to circulate, instead of being confined to set tables.

We will still be able to enjoy the delights of the Ukelele group's music and mind-stretching Trivia questions provided by our own members in that Activity. There may even be examples of home-grown Art for us to admire.

It is sure to be an enjoyable break in the gloom of Winter.



If you have already enrolled in the Xmas in July event, your money will be refunded, and we ask you to please enroll on UMAS again in the new Winter Warmer.



DATE: Friday July 26th, 12.00-3.00pm

VENUE: Koorungal Golf Club, Wilga Avenue, Altona. Parking available

COST: \$35/pp. Drinks at bar prices.

ENROL: Through UMAS before COB Friday 12 July.

Refunds for withdrawals are not possible after COB Friday 12 July due to venue conditions.

If the minimum number of 40 is not reached by COB on Friday 12 July, the event will be cancelled, and the money will be refunded.



Desert Island Discs

As I didn't get any volunteers for this terms Robinson Crusoe, I've coopted myself (Lynn Murray). Beware all those in music and literary groups I'm on the prowl for Term 3!

I have lived in Williamstown for thirty years so I'm "nearly" a local. Always living in the west after migrating I stumbled upon my happy place in Williamstown. At the time the shipyards and oil refineries were still operating, "Eastern" friends and colleagues thought I was mad, guess who's had the last laugh.

After retiring I joined U3A Williamstown initially in Current Affairs then when mahjong for beginner was offered, I decided it was now or never. Always wanting to play, this lovely friendly group gave me the skills and confidence to play regularly. Last year I joined the communication subcommittee.

Yoga is a long-held passion and I try to find time to enjoy the Bay Fit. Fit and Fabulous exercise classes, where I cross paths with many familiar faces from the U3A community.

Like Sandi I have an eclectic taste in music, visitors finding it bizarre that one minute they're listening to Eric Clapton and the next Gregorian chant. As for books whilst not a great fan of biographies, I think the only thing I've never been able to come to terms with is Sci Fi.

True to my astrological sign indecision means I couldn't get passed four tracks and two books.



Music

Track 1

Psalm 51

better known as Allegri's Miserere

One of the most beautiful pieces of music in the world. No wonder the Vatican tried to keep it secret.

Track 2.

Motherless Child

sung by Van Morrison

A Negro spiritual from the era of slavery. It never fails to take me back to teenage years, to the time of civil rights, Woodstock and protest as a rite of passage in the Northern hemisphere.

Track 3. The Stitching Line

From the soundtrack to the Rone exhibition
TIME.

A lovely calm meditative track

Track 4. Follow the Sun

sung by Xavier Rudd

A gentle acoustic ballad about the natural flow of life, optimism and a forward-looking mindset.

Books

1.The Secret Garden.

By Frances Hodgson Burnett

A favourite of childhood that I can still enjoy as an Adult set in God's own county (North Yorkshire)

2.Our woman in Kabul

By Irtis Macklin

An amazing journalist. This is an inspiring account of the power of women in even the direst of circumstances.

Lynn Murray



Well, that's a wrap for this term. Enjoy the break keep warm.

Look forward to seeing everybody for the start of term 3 when we are hopefully heading for longer warmer days.

TERM 3 STARTS MONDAY 15TH JULY 2024