

CONTACT

VOLUME 26, No. 4 November 2022



MOONEE VALLEY NEWSLETTER
UNIVERSITY OF THE THIRD AGE

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Key Dates in this Issue

November 17 th	Thurs	Committee Meeting 10:00 am.
November 17 th	Thurs	Monthly lunch Keilor East RSL noon.
November 30 th	Wed	AGM -nominations for Committee & proxy voting forms due.
December 8th	Thurs	AGM, 1:30 pm Ascot Vale Neighbourhood Centre.
December 14 th	Wed	Membership renewal/application opens, 1:00 pm.
December 16 th	Thurs	Monthly lunch at Keilor East RSL noon.
January 6 th	Friday	Return office volunteer forms by this date.
January 12 th	Thurs	Office Volunteers Meeting, Emerald St, 10:00 am.
January 18 th	Wed	Course enrolment for 2022 opens, 1:00 pm.
January 30 th	Mon	Office re opens.
January 31 st	Tues	Tutor's Meeting Ascot Vale Neighbourhood Centre 10:00 am.
February 9 th .	Thurs	Next Contact published.
February 16 th	Thurs	Committee meeting 10:00 am.

From the President:

Covid.

This time last year we were waiting for the announcement that Victoria had achieved a 90% double vaccination rate which would allow some restrictions to be relaxed. For the second year in a row our AGM was held on Zoom. It took a while for us to develop the confidence to mingle indoors in large groups. We began 2022 carefully guided by Health Department and Council venue rules. Our policy required members to be fully vaccinated, no jabs.....no U3A class.

The onus was on us to stay home and test if unwell, with mask wearing recommended.

This policy well for us this year with a popular and successful trivia day and two well attended forums.....even though the key participants for these events had to isolate because of Covid.

Where are we one year on? While Covid has not gone away, Government policy has shifted and 2022 has become the year of personal responsibility. Proof of vaccination is now only a government requirement in health care settings.

At our last meeting the committee resolved that MVU3A will no longer require proof of vaccination for attendance in any class for 2023. We will continue to be guided by Government and Council policy and will of course respond to any future changes to Health Department requirements.

Forum News

Pandemics such as Covid & dreaded diseases like Ebola are called Zoonoses.

This is because a species of animal (often bats) has been used by a virus to transmit illness to humans. Our forum speaker got bad news from a last-minute RAT test and grateful thanks go to Brian Smith for assembling a collection of interesting Online clips all about zoonoses. So, 40 members enjoyed their lunch and came away knowing what zoonosis is from an “instant expert.”

Seniors week celebration.

The Wednesday Woodies are very clever with wood. Visitors to the Clocktower foyer for the Seniors celebration (11/10) were very interested in the Woodies display of toys and utensils. To add to our excellent U3A display Patricia McLaughlin kindly bought along paintings from her Friday Art Class for the visitors to enjoy.



Our Recorder Group are very experienced and I thank them for their beautiful performance. They were followed by the Singing for Fun group and I noticed many in the audience singing along with them.



Thank you to all who participated in what turned out to be a happy celebration for our U3A seniors. Sadly, many of you missed out on the light refreshments, but we are assured there will be more available next time.

U3A Victoria Network Conference.

Did you know that \$2 of your membership fee goes to support the work of the Victorian U3A Network? It is a body that lobbies Governments for us, insures us and advises and inspires us. They publish an online newsletter and hold regular meetings to assist U3A committees. Sixty Victorian U3A's sent 100 representatives to a conference held over 3 days in Bendigo at the start of October. The theme was "Building Back Better" (after the losses of Covid). Brian Smith and I represented Moonee Valley and we found it both helpful and inspiring.

Annual General Meeting

On behalf of the 2022 Committee of Management I extend an invitation to all members of U3A Moonee Valley to join our Annual General Meeting. **The meeting will commence at 1:30 pm on Thursday December 8 at the Ascot Vale Neighbourhood Centre.** The formal Notice of the 2022 AGM plus 2021 AGM Minutes are published in this edition.

The purpose of the AGM is to report to members how our U3A functioned during 2022 and to fill positions on the committee of management that are due for election.

The committee meets monthly (outside holiday times) and consists of four officers - President, Vice President, Secretary, Treasurer - and eight ordinary members. These members undertake roles such as Office Manager, Course Coordinator, Database and Membership Manager, Contact editor, Social events and catering coordinator.

There are six positions due for re election this year.....Treasurer, Vice President and four ordinary members. Please consider having yourself nominated for a position on the committee.

I encourage everyone who is able to attend our AGM to do so. Please make a note on your calendar and be amongst those we can count on to make a quorum for the meeting. If you are unable to attend the meeting, proxy nomination forms are included in this Contact. If you are nominating a candidate for election or appointing a proxy vote, please send the completed forms to be received by Wednesday 30th November.

I hope you have enjoyed your U3A participation this year and I wish you a happy festive season.

Jan Smith

Course Coordinator's Report - 2023 Courses

I have recently surveyed our tutors about their intentions for next year and I'm pleased to report that almost all of our usual courses will continue. What a great bunch of people our tutors are! In addition, there will also be a few new offerings for you to choose from as follows:

- ***The Russian Revolution*** (Tutor: Liz Lynch. Monday mornings, Semester 1 at Avondale Heights Library and Learning Centre)
- ***Natural Philosophy – The Sciences*** (Last offered in 2021. Tutor: David Kershaw. Monday mornings, Semester 1 at Avondale Heights Library and Learning Centre)
- ***Good Books and Why You Should Read Them*** (Tutor: Ian Williams. Tuesday mornings, Semester 1 at Sam Merrifield Library)
- ***Chair Yoga Plus*** (Tutor: Michelle Cairns. Tuesday mornings at Crown Street Stables)
- ***Spanish Conversation Group*** (Tutor: Kate Shenton. Wednesday afternoons at Sam Merrifield Library)

Details of all courses which commence in Semester 1, 2023 will be available on our website by mid-December. Enrolments will open on the 18th of January.

Spanish Conversation Group (see above) A small group of former, advanced Spanish 1 students has been meeting privately this year to practise Spanish conversation. This will be formalised for 2023 as a

U3A class. We hope to broaden the group and will be looking for people who have studied Spanish and feel they could have a reasonable go at conversation. It can be complementary to other Spanish classes. The standard will not be high but will improve with practice and commitment. The idea is to operate principally in Spanish, so English will be discouraged. The group will be largely self-run, with both the convenor (Kate Shenton) and participants taking responsibility for planning and presenting topics. We are also looking for a native Spanish speaker from among the U3A membership who could attend regularly and assist as a language expert. For any enquiries, or offers to be the language expert, please contact Alison Stewart (email: jandastewart3@gmail.com).

Recommendation: Maureen Gleeson has provided a rave review of Brian Smith's *Basic Science: From Astronomy to Geology* class. She was enthralled by learning about the creation of time and space with the Big Bang and how the universe as we now know it, including our own planet, evolved. The course covers astronomy, physics, chemistry and geology in simple language. Maureen says the course has pushed the limits of her mind and that her lack of a background in science was not a problem. It's great to see happy customers! (Note: it was not the *Contact* editor's idea to include this item).

I hope that you have enjoyed your participation in U3A classes and activities this year – fortunately without COVID related interruptions.

Geoff Miller

Chair yoga: a new course being offered in 2023.

Never heard of it? Fear not, it's accessible to everyone and the only requirement is a chair!

It considers that everyone has a different shape, range of motion and level of experience, so it is taught in various 'levels of flexibility'. You can adapt your practice to how you are feeling on the day.

Chair yoga also incorporates meditation, breathing and relaxation techniques. It has been taught to people with a range of challenges, including wheelchair users. If you can breathe, you can do chair yoga!

(The teacher has studied the Lakshmi Voelker Chair Yoga method.)

Membership and Courses for 2023

We plan to open membership for 2023 at 1.00 pm on Wednesday 14 December. You will receive an email a few days prior to the day setting out in detail the steps as to how to join/re-join and how to pay the annual fees.

The fees for 2023 were voted at last year's AGM and will be:

Full Membership for new members \$45, joining fee \$10.

Half year membership for new members (from June 30): \$ 35 joining fee \$10.

Renewal of Membership (a financial member in the previous year): \$45.

Associate Membership (a member of another U3A): Full year \$35, half year \$25.

To receive our newsletter, CONTACT by mail a \$10 fee will apply.

Course enrolment will open at 1.00 pm sharp on Wednesday 18 January. You will receive an email prior to the day setting out how to enrol and some tips for getting into popular courses.

We anticipate that courses for 2023 will be listed on the database in mid-December. They will be available for viewing on our website (<https://u3amooneevalley.com.au>) via the Courses link at the top of the home page. We will send an email alerting you when they are listed.

Barrie Fenby

Office News. November 2022.

The Committee of Management would like to thank all Office Volunteers for their attendance and patience this year. Without your help there would be no public face or voice to our organisation.

The Office will close on the 25th November and reopen on the 30th January 2023.

Volunteers are needed for 2023.

Staffing of the Office is an essential service that our members and prospective members both expect and appreciate. This does not happen without the assistance of members to take on the task. Training is provided and the time put in by Office Volunteers keeps our organisation functioning.

Please consider a few hours every so often to keep this service going for our members.

The "Availability for U3A Office Duty" form can be found on the Home Page of our websites and is also attached to this addition of Contact.

Please forward the completed form by the 6th January to officecomv@gmail.com or by post to Office Coordinator,
Moonee Valley U3A, P. O. Box 459, Moonee Ponds, 3039

Rosters will be emailed by the 10th January.

The Office Volunteers Meeting will be held on the 12th January at Emerald Street, West Essendon at 10.00am

Take care and stay safe.

Marjorie Ridley, Office Coordinator

U3A MONTHLY LUNCHESES at KEILOR EAST RSL

Please come and join us for a social lunch. Members and friends attending are enjoying the contact.

All U3A Moonee Valley members and friends are invited to attend the monthly lunches which are held on the 3rd Thursday of each month.

You choose and pay for your own food and drink. As well as a wide range of dishes offered on the main Bistro menu, a Seniors menu of generous portions is available. Current prices for Seniors meals are 3 courses \$20.00, 2 courses \$18.00 and 1 course \$16.00.

2022 Lunch Dates:

17th November. 15th December.

2023 Lunch Dates:

19th January. 16th February. 16th March

20th April. 18th May. 15th June

Please come and join us to socialise and enjoy each other's company.

I will need to advise the venue of the numbers attending. Please contact me on 0410 435 929 or email officecomv@gmail.com by Monday prior to the lunch date.

I look forward to catching up in the near future.

Marjorie Ridley

2022 Annual General Meeting Thursday 8th December from 1.30pm

Ascot Vale Neighbourhood Centre.

Agenda

The business of the Annual General Meeting will be to:

1. Acknowledgement of Country.
2. Confirm the Minutes of the Annual General Meeting held on Thursday 9th December 2021.
3. Consider the President's Annual Report and the Treasurer's Report for the preceding financial year 1 December 2021 to 30 November 2022.
4. Vote on a motion to approve membership fees for the year commencing December 2023:

The schedule of fees applying to the financial year commencing December 2023 will be:

Full Membership for new members \$45, joining fee \$10.

Half year membership for new members (from June 30): \$ 35 joining fee \$10.

Renewal of Membership (a financial member in the previous year): \$45.

Associate Membership (a member of another U3A): Full year \$35, half year \$25.

To receive our newsletter, CONTACT by mail a \$10 fee will apply.

5. Elect Officers and Members to the 2023 Committee of Management:
 - a. Vice President
 - b. Treasurer
 - c. 4 x Committee members (3 x two-year term, 1 x one-year term)
6. Acknowledge and thank the Tutors, Office and Event volunteers as well as those Tutors and Committee members who are retiring.

U3A MOONEE VALLEY INC. A00034837K

MINUTES OF THE ANNUAL GENERAL MEETING THURSDAY 9TH DECEMBER 2021
HELD VIA ZOOM.

President and Chairperson Brian Smith welcomed members to the 24th AGM.

PRESENT: Committee members, Brian Smith, Jo Bradshaw, Jenny Dwyer, Barrie Fenby, Bruce Findlay, Maureen Gleeson, Edith James, Geoff Miller, Marjorie Ridley, Jan Smith, Michael Walsh and 42 financial members.

APOLOGIES: Councillor Samantha Byrne; U3A members, Susan Carbone, Jenny Cleary, Elizabeth Cook, Con Flaim, Helen Flaim, Mary Jinkins, Ruth Kyne, Moya Lacey, Wilma Lunney, Ann Meehan, Tess Murton, Alison Stewart.

MINUTES OF THE 2020 ANNUAL GENERAL MEETING:

Marjorie Ridley moved and Jo Bradshaw seconded the motion that the minutes be accepted. Carried.

ANNUAL REPORTS:

President: Brian Smith:

2021 was the second year of Covid. We started the year with face-to-face classes, but by July we were in a major lockdown, losing our trivia day, other social activities and face-to-face classes until early November. Some classes and our September forum, 'From Montaigne to Madagascar' went ahead via Zoom. We thank June Kane for presenting the forum, and those tutors who were able to keep their classes going.

Moonee Valley Council and Officers: We have received great support from Council during the year.

- Sam Merrifield Library supplied books to book clubs during lockdown.
- Accommodation fees were waived for the year.
- \$3,200 grant for website development.
- \$1,500 grant for the Wednesday Woodies.
- An agreement to refurbish Emerald Street meeting room. This should be finished by the beginning Term 1.

Our ongoing challenge is to raise our profile with Council.

2022: Living with Covid will be our central tenet. We will continue to follow government safety policies and Council regulations. Members must be fully vaccinated to participate in face-to-face classes, whether indoors or outdoors. Most current classes will be back, and there are some new ones.

Over four years of presidency I have come to appreciate the hard work and dedication of committee members, and their efforts should be acknowledged.

- Geoff Miller organises tutors and timetable.
- Edith James liaises with Council and organises all venue bookings.
- Barrie Fenby organises our data base and enrolments, and maintains the website.
- Michael Walsh takes care of our funds and grant applications.
- Jenny Dwyer – Secretary and Regional Delegate.
- Mandy Heane maintained the Facebook page.
- Helen Mather coordinates social activities.
- Jan Smith produced our Contact newsletter.
- Marjorie Ridley has kept an eye on the office, and nurtured our office volunteers.

It has been a pleasure and a privilege to work with all committee members.

Treasurer: Michael Walsh Income and Expenditure Statement provided:

In 2019 the Committee agreed that our bank balance should not fall below \$20,000, to allow for unexpected expenses. At the end of 2019 our bank balance was \$26,892.19, with an anticipated outlay of \$7,000, so we proposed a \$10 fee increase for members. However, due to the effects of Covid during most of 2020 and 2021, our balance at the end of 2021 is \$39,696.29. We received Council and Government grants, and Council waived our accommodation fee. There was a slight decrease in fee income, but we now have an unexpected

surplus, which we hope to use for the benefit of our members. Therefore, I commend to you the following motions.

Edith James moved and Bruce Findlay seconded the motion that the President's and Treasurer's reports be accepted. Carried.

MOTIONS TO APPROVE CHANGES IN MEMBERSHIP FEES FOR YEARS COMMENCING DECEMBER 2021 AND DECEMBER 2022:

Motion 1:

All previous motions applying to membership fees for the financial year commencing December 2021 are rescinded. The new fee schedule for the year will be as follows:

- Full membership for new members \$30, joining fee \$10.
- Half year membership for new members (from June 30) \$20, joining fee \$10.
- Renewal of membership \$30.
- Associate membership, full year \$20, half year \$10.
- \$10 to receive Contact newsletter by mail.

Moved by Brian Smith and seconded by Maureen Gleeson. Carried.

Motion 2:

The schedule of fees applying to the financial year commencing December 2022 will be as follows:

- Full membership for new members \$45, joining fee \$10.
- Half year membership for new members (June 30) \$35, joining fee \$10.
- Renewal of membership \$45.
- Associate membership, full year \$35, half year \$25.
- \$10 to receive Contact newsletter by mail, \$10.

Moved by Brian Smith and seconded by Marjorie Ridley. Carried.

2022 COMMITTEE MEMBERS:

The positions of President and Secretary and five ordinary members were declared vacant. Seven nominations were received, and the following members were elected to the 2022 committee: Jan Smith **President**; Jo Bradshaw **Secretary**; Edith James, Helen Mather, Marjorie Ridley, Natalie Vernuccio and Ann Watson, **Members**.

ACKNOWLEDGEMENT AND THANKS: Geoff Miller, Tutor/Class Coordinator:

Tutors: Thanks to our wonderful tutors, who, due to Covid lockdowns and restrictions, have worked under difficult conditions all year. The volunteers' lunch was cancelled, and we hope we can go ahead with it next year.

Office and Events Volunteers: During 2021 have been on standby, but both groups are valued, and we hope you will come back next year.

ACKNOWLEDGEMENT OF RETIRING TUTORS:

George Widdison

Merryl Carey gave heartfelt thanks to George, who ran Book Club 2 for eighteen years. Members of the group remember fondly his dedication, and his gentle and polite manner, which allowed all members to feel at ease and able to speak freely. He will be greatly missed.

Geoff Miller thanked the following retiring tutors:

Claire McCagnan, French tutor.

Prue Hamilton, Wednesday Patchwork.

Annette Burston, Folk Art.

Val Hobbins, Creative Writing.

Pauline Lane, Scrabble.

Mary Jenkins, Wednesday Walkers.

Con Flaim, Chess.

All retiring tutors will receive a certificate and a gift voucher.

ACKNOWLEDGEMENT OF RETIRING COMMITTEE MEMBERS:

Thanks to **Lorraine Rodger, Jenny Dwyer and Maureen Gleeson.**

GENERAL BUSINESS:

- Bruce Findlay thanked Brian Smith for his leadership over that last four years. He has acted with grace and competence, throughout a challenging period.
- **Door Prize Draw:** Sheila, Laizens, Carolyn Larson and Colleen Taylor will receive fuel vouchers.
- **Handover to the new President, Jan Smith:** Jan expressed her love of learning, and her strong commitment to U3A. She has enjoyed great companionship over the years, and during her four years as editor of Contact.

NEXT ANNUAL GENERAL MEETING: Thursday 8th December 2022.

U3A MOONEE VALLEY INC AGM THURSDAY 8th DECEMBER 2022

PROXY VOTE APPOINTMENT

If you are unable to attend the meeting but wish to appoint a proxy to vote on any matters on your behalf, please complete the following form to be received by Wednesday 30th November 2022 via:

EMAIL info@u3amooneevalley.com.au Print the form/s, fill in, scan or take a photo and send, OR

MAIL: print/cut out the form/s, fill in and post to:

The Secretary, U3A Moonee Valley Inc, PO Box 459, MOONEE PONDS VIC 3039



U3A MOONEE VALLEY INC Registered Number: A0034837K ABN: 73 188 473 048

PO Box 459 MOONEE PONDS VIC 3039 Ph 0468 836 359 www.u3amooneevalley.com.au

APPOINTMENT OF PROXY

I,, being a full member of U3A Moonee

Valley Inc

hereby appoint either President, Jan Smith

Tick if applicable

or, being a full member of U3A

Moonee Valley Inc, as my proxy, to vote on my behalf at the Annual General Meeting on 8th December.

OFFICE
Date Received

Signed: Dated:

U3A MOONEE VALLEY INC AGM THURSDAY 8th DECEMBER 2022

NOMINATION OF CANDIDATES TO STAND FOR ELECTION TO THE 2022 COMMITTEE OF MANAGEMENT

How to nominate yourself for election to the Committee of Management

1. Complete and sign the nomination form below.
2. Have it signed by a member who agrees to nominate you.
3. Have it signed by a member who seconds the nomination.


How to nominate another member for election to the Committee of Management

1. Complete and sign the nomination form below.
2. Have it signed also by a member who seconds the nomination.
3. Have it signed by the person you are nominating.

Please return the Nomination Form to be received by Wednesday 30th November 2022 via:

EMAIL info@u3amooneevalley.com.au Print the form/s, fill in, scan or take a photo and send, OR

**MAIL: print/cut out the form/s, fill in and post to:
The Secretary, U3A Moonee Valley Inc, PO Box 459, Moonee Ponds Vic 3039**

OFFICE Date Received	 U3A MOONEE VALLEY INC Registered Number: A0034837K ABN: 73 188 473 048 PO Box 459 MOONEE PONDS VIC 3039 Ph 0468 836 359 www.u3amooneevalley.com.au	
NOMINATION FORM for ELECTION OF 2023 COMMITTEE OF MANAGEMENT		
I, (Name) a full member of U3A Moonee Valley Inc <u>nominate</u> (Name) for the position of (Please circle ONE of the following*)		
VICE PRESIDENT	TREASURER	MEMBER
.....(Signature of PROPOSER and date)		
I, (Name)..... a full member of U3A Moonee Valley Inc, <u>second the nomination</u>		
.....(Signature of SECONDER and date)		
I, (Name)..... a full member of U3A Moonee Valley Inc, <u>accept the nomination</u>		
.....(Signature of MEMBER NOMINATED and date)		
* A member may be nominated for only one position. A separate form is required for each nominee. Photocopied or identically worded handwritten/typed copies are also accepted.		

AVAILABILITY FOR U3A OFFICE DUTY IN 2023

U3A Moonee Valley Office will operate at Emerald Street Community Centre in 2023 from 10:30am to 12:00pm, Monday to Friday each week from 30th January (excluding School and Public holidays)

I will/will not be available for office duty in 2023. (name) (delete what does not apply)

Availability for Office Duty in 2023

If available for office duty in 2023 please complete the following:

Name:

Address:

.....**Post code:**

Contact Tel. number:

Email:

Availability (please tick the box after the appropriate choice)

• **Day/s of the week:-**

Monday Tuesday Wednesday.....
Thursday Friday

• **Frequency:** Weekly..... Fortnightly..... Monthly.....

For emergency purposes or to enable OV's to find a replacement if they are unable to attend on their assigned day, we need to place your name and phone number on file in the Office Manual and distribute it to other OV's. Please complete the following section if you agree to this:

I ----- (full name) agree for my name and phone number to be distributed to other Office Volunteers as part of the Office Volunteers Roster for 2023.

(Signature): (Date):.....

Please return this form NO LATER THAN THE 6TH JANUARY

Email to officecomv@gmail.com or by mail to:

Office Co-Ordinator, U3A Moonee Valley P O Box 459, Moonee Ponds, Victoria 3039

Thank you. Marjorie

U3A Moonee Valley acknowledges invaluable support received from Moonee Valley City Council, Department for Victorian Communities, ACFE, Hon. Bill Shorten MP, Mr Danny Pearson MP and Mr Ben Carroll MP.

