

CONTACT

VOLUME 27, No. 3 August 2023



MOONEE VALLEY NEWSLETTER
UNIVERSITY OF THE THIRD AGE

U3A MOONEE VALLEY INCORPORATED (A0034837K) ABN: 73 188 473 048

CORRESPONDENCE TO: THE SECRETARY, U3A MOONEE VALLEY
PO BOX 459, MOONEE PONDS VIC 3039

PHONE: 0486 836 359
(office hours 10.30 a.m. – 12.00 p.m. (Monday, Wednesday, Friday))

WEBSITE: www.u3amooneevalley.com.au

EMAIL: info@u3amooneevalley.com.au

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Key Dates in this Issue

Sept 15 th	Fri	Term 3 ends
Sept 19 th	Tues	Games day, AVNC, 11:00 – 3:00
Sept 21 st	Thurs	Monthly Lunch, Keilor East RSL, noon.
Sept 21 st	Thurs	Committee Meeting 10:00
Sept 26 th	Tues	Forum, Windy Hill, 11:00
Sept 28 th	Thurs	Volunteers Lunch Legends Bistro 12:00
Oct 2 nd	Mon	Term 4 begins
Oct 17 th	Tues	Seniors Week event, Clocktower, 12:30 – 3:00 pm
Oct 19 th	Thurs	Monthly Lunch, Keilor East RSL, noon.
Oct 19 th	Thurs	Committee Meeting 10:00
Nov 2 nd	Thurs	Next Contact Due
Nov 20 th	Mon	Lunch William Angliss, noon.
Dec 5 th	Tues	AGM

FROM THE PRESIDENT.

We are already over half- way through term 3 with only one more week of winter to go.

Before you know it, we will be having trouble with Magpies.

In the July mid-semester break, two MVU3A events were on offer.

Trivia day as usual was a happy day of keen competition with 21 teams in contention for the 2023 “Trivia” title. Michelle Cairns’ range of questions and prizes were much appreciated. Victory was snatched from the usual suspects (they change their team name every year....but we know who they are.) So well done to the 2023 winners, Team Lucille&Co: Lucille Warlow, Carol Panjkov, Maria Nesci and Leisa Wood.



Thinkers at work on Trivia day.



Forum day at Windy Hill was in the second week of the holidays. It provided an opportunity for our members to meet the MVCC Mayor Pierce Tyson. Pierce was very happy to listen to the concerns of our members and answer their questions. MVCC have a very accessible website with lots of useful information. They regularly seek community input into planning processes. Once per fortnight on Tuesday evenings at 6.30, you can watch Council meetings online to discover where your rates are going.

3 questions.

1. Do you enjoy playing card games with friends?
2. Do you have fond or tortured memories of playing games like 500, Canasta, UNO, Strip Jack, Sevens, Rummy Tiles, Yahtzee?
3. Have you ever played Bush Rummy or Chicken Feet Dominoes?
If not, would you like to learn these two easy fun games?

Of what relevance is all this.....? ?

Invitation to play Cards and Table Games

Tuesday 19th September 11- 3.00pm

- It's a U3A event at Ascot Vale Neighbourhood Centre (Cnr Munro & Union).
- It's in the first week of the holidays.
- You don't need a partner, you don't need a team.
- Bring your own sandwich, plate and cup
- Afternoon tea will be supplied.
- The plan is to have some relaxing holiday fun.
- Cards and table games equipment will be provided.
- Tuition available....no exams
- Your attendance would be much appreciated.

If you would like to attend the cards/game event on **Tuesday 19th September 11am- 3.00**, please RSVP by email with your name (plus answers to the 3 questions above) by Friday 15th September to Uthrea10@gmail.com



2023 Seniors Week is looming.

Moonee Valley Council invites U3A seniors to come and celebrate Seniors Week.

The Celebration will be at the Clocktower on Tuesday 17th of October from 12.30 pm.

On behalf of MVCC, I would like to invite our members to attend this Seniors Festival event to be held in the Fawkner Room at the Clocktower.

The Seniors Festival will start after the Morning Melody performance which ends ~ 12:30 pm.

The Morning Melody program for that day (17/10) is Jonathan Welch's "A Hard Knock Life." Jonathan is the creator of the Choir of Hard Knocks. He will thread his amazing life story with some music that has shaped his life. The **Voices of the Valley Choir** will be accompanying him. You might like to book to attend. We have several U3A members in the choir.

Our Mayor Pierce Tyson will be in attendance and speak to encourage a visit to the Seniors Festival. At the conclusion of the performance audience members and U3A members are invited to come and partake of food in the Fawkner Room (Upstairs and or via elevator). (*Moonee Valley Council are providing a light lunch for us all.)

It's a chance to view displays of the talented creations made by our Wednesday Woodies and Art classes.

For your entertainment, there will be "Sing-a-long" with our Singing for Fun group and a Fun Trivia picture quiz.

We hope that you will put this social event on your calendar and come along for a happy afternoon with your U3A friends.

Have you looked at our Facebook page lately? Our thanks go to Michelle Cairns for keeping it interesting. <https://www.facebook.com/u3amooneevalley>

Jan Smith

A LITTLE PIECE OF HISTORY.

MVGA2 9/6/97

Over 45s invited to enrol at third age university



THE University of the Third Age Moonee Valley Region is up and running.

Members (pictured left) held their first meeting at the Moonee Valley Community Centre last Tuesday.

Guests included Essendon Labor MP Judy Maddigan and Moonee Valley councillors, Hedley Moffat and Trevor Sinclair.

The group runs programs and classes for those aged over 45.

Classes include clear thinking, computers, philosophy, Chinese history, Dutch, book discussion group, cryptic crosswords, astronomy, writing, meditation/relaxation, history of architecture and shelter, and introduction to public speaking.

The group offers a friendly learning environment at no cost other than an annual membership fee of \$20 for singles and \$35 for couples. For information, phone 9342 4502.

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Remember when we used to get a suburban newspaper? Here's a picture of the first meeting of our U3A from the Moonee Valley Gazette dated 9th June 1997. The range of classes on offer reflected the skills of the members at the time. I'm not sure what happened to "Clear Thinking". Perhaps it's been supplanted by social media?

The cost of joining was \$20 in 1997 and there was no hall hire charges from Council. According to the Reserve Bank's "Inflation Calculator" that's the equivalent of \$38.09 in 2022. The current fee of \$45 stacks up well.

COURSE CO-ORDINATOR'S REPORT

I hope you are all enjoying your current classes and activities. We continue to appreciate the dedication of our volunteer tutors.

Within the next few weeks, we will begin the process of planning for our 2024 course offerings.

We need to start this early to ensure that we have suitable venues reserved. We hope that in most cases our present courses will continue. However, each year we are also able to provide our members with some new offerings, and we expect that this time it will be no different. We would certainly welcome any offers of new courses for 2024. They do not have to be full year programs: courses of shorter duration would also be welcomed.

You also may be aware that there is a range of videos available in *The Great Courses* series. These cover a wide range of subject areas and provide an excellent resource for promoting discussion.

If any of you are interested in discussing ideas you may have for presenting a new course, please contact me, preferably by email (info@u3amooneevalley.com.au). I look forward to hearing from you.

In the November edition of *Contact* we'll be able to provide you with information about any new course offerings. As we've done in recent years, we plan to have details of all our Semester 1 2024 courses on our website by mid-December and enrolments will open in the second half of January.

Geoff Miller

SOCIAL EVENTS - 2023

A visit to the Johnston Collection in July proved to be very successful and was enjoyed by all.

A booking has been secured to the "Domes to Catacombs" tour in the State Library of Victoria on 18th September. Only seven places have been made available, so if you are interested, please let us know as soon as possible. The tour will run from 10.30 to 12.00 and is free of charge. The connecting café is available for anyone who wants to stay on for lunch or a coffee.

If the response is greater, I will try to book another day in October. Please register your interest by sending me an email to - helenmather49@hotmail.com

One for the diary - Twenty places have been booked for the lunch at the William Angliss Institute on the 20th November at 12 o'clock.

I am always open to suggestions for things to do and places to go and would welcome all and any ideas. Social activities are a great way to meet up with other members of the U3A community.

I look forward to seeing you at these events and the Games Day on 19th September. It should be a lot of fun.

Helen Mather.

Email: helenmather49@hotmail.com Telephone : 0407 582 656

**Forum – Tuesday September 26, Windy Hill
Understanding Dementia**

Almost 1 in 10 people over 65 have dementia in Australia and as we age this number increases substantially. This session will explain what Dementia is, its causes, signs and symptoms as well as how to reduce the risks. This session will be provided through Bolton Clarke's "Be Healthy and Active" program.

It will be held on Tuesday 26th of September at Windy Hill Venue at the corner of Napier and Brewster Street Essendon. There is a free car park opposite in Napier Street and the venue is accessible by the No. 59 tram or Glenbervie or Essendon train stations.

The Forum will commence at 11.00 in the Premiers Room. There will be tea or coffee available from 10.30. Partners and/or friends of U3A members are also welcome to attend. We encourage those attending to stay for lunch at the Venue's bistro, where reasonably priced meals, including those on a seniors' menu, are available.

If you would like to attend, please send an email to info@u3amooneevalley.com.au by Friday 22nd September at the latest. Please also advise if you, and/or any others coming with you, plan to stay for lunch.

OFFICE NEWS.

Phone Number 0468 836 359

Email officecomv@gmail.com

Welcome to our newly painted Office.

The Committee of Management would like to thank all Office Volunteers for their continued help and support in the Office.

Please consider volunteering for Office Duty in the new year.

I look forward to catching up with as many as possible at the Volunteers Lunch to be held on the 28th September at the Legends Bistro, Moonee Valley.

When calling the Office, when it is unattended, please ensure you clearly leave your name and phone number and someone will return your call at the first opportunity.

Phone no. 0410 435 929. Email. officecomv@gmail.com

Marjorie Ridley
Office Coordinator

U3A Moonee Valley Inc
Income and Expenditure Statement
For the month ended 31 July 2023

	Month	YTD 2023	YTD 2022
Opening balance	45,474.09	34,910.17	39,696.29
INCOME			
Class fees	0.00	1,180.00	1,388.00
Social events	0.00	2,245.00	2,680.00
Trivia day	0.00	445.00	370.00
Member subscriptions	555.00	24,780.00	14,990.00
Grants	0.00	0.00	5,900.00
Interest	53.47	337.80	23.19
Total income	608.47	28,987.80	25,351.19
EXPENSES			
Fees and charges	10.37	418.51	277.76
AGM Expenses	0.00	105.84	0.00
Catering	109.60	322.00	139.29
Equipment	0.00	389.00	0.00
Gifts	0.00	0.00	85.00
Administration expenses	0.00	1,083.44	503.16
Photocopier lease	179.30	1,434.40	1,434.40
Photocopying and stationery	0.00	307.51	230.93
Trivia Day	0.00	1,183.08	874.97
Grants Projects	0.00	639.16	5,772.55
Postage	124.00	367.60	220.00
Social events	241.00	2,178.00	2,898.00
Tutor aids	13.50	2,963.58	367.50
Tutor gifts	88.80	159.30	100.00
Venue hire	572.55	5,917.06	4,083.06
U3A conference	0.00	0.00	260.00
U3A Network	0.00	1,171.80	876.00
MyU3A website fees	0.00	149.25	0.00
Website hosting fees and maintenance	0.00	150.00	650.00
Internet	25.00	240.00	265.60
Office equipment	75.00	75.00	87.00
Refund - subscriptions	0.00	0.00	10.00
Total expenditure	1,439.12	19,254.53	19,145.22
Surplus/ (deficit) for the period	(830.65)	9,733.27	6,205.97
Closing balance	44,643.44	44,643.44	45,902.26

U3A Monthly Lunches 2023, East Keilor 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.

2023 Lunch Dates

21st September. 19th October. 16th November. 20th December

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

From the Editor - Help Wanted.

I'm always looking for more photos of members enjoying their classes. Here's some samples. I'll do my best to include as many as possible in future Contacts.

Send your inputs to me at uthreea6@gmail.com.

Editor – Brian Smith

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.

