CONTACT

VOLUME 27, No. 4 November 2023



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: 0468 836 359

(office hours 10.30 a.m. - 12.30 p.m. (Monday, Wednesday, Friday)

WEBSITE: www.u3amooneevalley.com.au
EMAIL: info@u3amooneevalley.com.au

The authors make every effort to ensure that the information in this newsletter is correct when going to print. U3A MV does not assume and hereby disclaims any liability to any party for any loss, damage or disruption caused by errors or omissions.

Key Dates in this Issue

November 16th	Thurs	Committee Meeting 10:00 am.
November 16th	Thurs	Monthly lunch Keilor East RSL noon.
November 23 rd	Thurs	AGM -nominations for Committee & proxy voting forms due.
November 24th	Fri	Last day of term 4, Office closes.
December 5 th	Tues	AGM, 1:30 pm Ascot Vale Neighbourhood Centre.
December 8 th	Friday	Membership renewal/application opens, 1:00 pm.
December 20 th	Wed	Monthly lunch at Keilor East RSL noon.
January 12 th	Friday	Return office volunteer forms by this date.
January 17 th	Wed	Course enrolment for 2024 opens, 1:00 pm.
January 18 th	Thurs	Monthly lunch Keilor East RSL.
January 24 th	Wed	Office Volunteers Meeting, 10:00 am.
January 29 th	Mon	Office re opens.
January 30 th	Tues	Tutor's Meeting Ascot Vale Neighbourhood Centre 2:00 pm
February 5 th	Mon	Classes commence for 2024.
February 8 ^{th.}	Thurs	Next Contact published (Vol 28 #1).
February 15 th	Thurs	Committee meeting 10:00 am.

From the President:

It's the last month of Spring and like sands through the hourglass so are the days of November.

I hope you are enjoying the last month of your 2023 U3A activities.

This is a very important Contact magazine because it includes the details for our AGM to be held on Tuesday 5th December at Ascot Vale Neighbourhood Centre (1:30 pm).

The rules say that we need a quorum of members to attend. If we don't get 60 people along, we have to hold another meeting. (arrrgh)!

Thus, your attendance at the 2023 AGM will be very helpful and much appreciated.

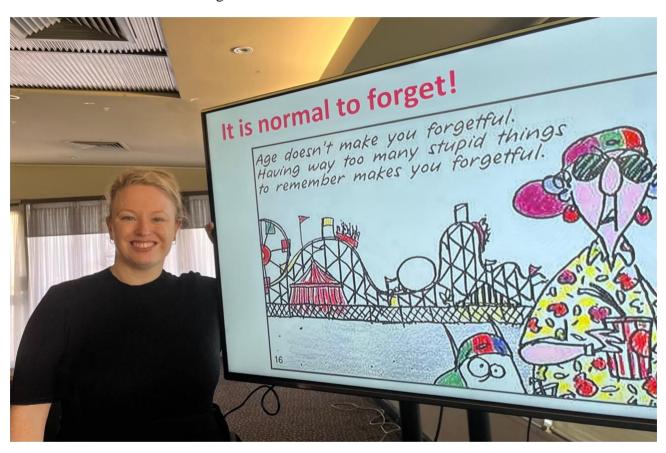
The purpose of this meeting is to report on the state of our U3A in 2023. It is also an opportunity to thank our wonderful volunteers.

After the meeting formalities, our plan is to run a true/false quiz based on photos of MV U3A members enjoying their participation this year. The quiz will have prizes and can't be studied for. All that is required is your powers of observation.

After the conferring of door & quiz prizes afternoon tea will be served. Please remember to bring your own plate and mug.

Back in the September semester break, the card playing activity was enjoyed and is likely to be repeated as an afternoon holiday activity.

During that semester break, we were also lucky to have an excellent presenter at the "dementia" forum held at Windy Hill and organised by Brian Smith. The presenter, Emma Dabbs suggested that it is good for our brain if we vary our daily routines. For instance: clean your teeth with your non-dominant hand. There was also a speaker from Hearing Australia who talked about auditory loss in our age group. She described advances in hearing aid products and recommended that for the sake of our neurons we take action if hearing tests indicate loss.



The Seniors Festival this year featured an entertaining talk by Kevin Sheedy. The Pascoe room at the Clocktower was also the destination for excellent displays by our U3A Wednesday Woodies and our three Emerald St art classes. The promise of light lunch refreshments lured the Morning Melodies audience to wander the room looking at displays from a wide variety of community groups. There was well deserved admiration for the excellent craftsmanship of the Woodies. Some of the items shown in the pictures will be donated for the enjoyment of local Primary schools. A beautiful wooden train set was made available for a raffle.



Robert helps with the Wednesday Woodies class. Here is some of the beautiful work they make.

Our Tuesday, Wednesday and Friday art classes supplied a total of 78 pictures to display in the studio room at the Clocktower. We were able to mount a very impressive display of U3A art. Thanks must go to the artists for entrusting their work to us.



A portion of the Art display.



Jeselee has been busy painting in her Art classes with Lois and Peter.

Look for details in this Contact about when to re-join in December and when to enrol for classes in February. You cannot enrol in a class unless you have re-joined.

If you are unable to attend the AGM, I thank you for your participation this year and wish you a happy festive season and New year. We look forward to welcoming all our members back for 2024. Don't forget the value of word of mouth for growing our U3A. Tell your friends about the good things on offer that you enjoy.

Jan Smith

Annual General Meeting

On behalf of the 2023 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 Tuesday December 5 at the Ascot Vale Neighbourhood Centre**. The formal Notice of the 2023 AGM plus draft 2022 AGM Minutes are published in this edition.

The purpose of the AGM is to report to members how our U3A functioned during 2023 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......President, Secretary 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 Thursday 23^{rd} November.

Brian Smith

COURSE CO-ORDINATOR'S REPORT 2024 Courses

We are pleased to report that once again, the great majority of our current classes and activities will continue, basically unchanged, next year. Our tutors are certainly a dedicated lot.

However, there will of course be some changes, including the following new courses:

- *Circle Dancing*. Our previous Circle Dancing class, in 2020, was an early victim of Covid. Donna Crusiz, a new tutor, will offer a replacement. We expect that the sessions will be at the Ratcliff Community Hall in Airport West, a new venue to us.
- *Italian Language, History and Culture for Beginners* will be led by another new tutor, Cris Scarlata, in Semester 1.
- *The Chinese Revolution*. Another new course from Liz Lynch.
- *Thomas Mann's Buddenbrooks*. This four-week course will be led by Christian Grawe in Term 2.
- Guitar: Beginner Fingerstyle. Martin Lindsay, also a new tutor, will offer this course in Semester 1.

• Advanced French. John McMahon plans to offer this in place of the intermediate course, and this, in turn, will replace Elementary French. Generally, members of the two current courses will be promoted. We are still hoping to find a tutor for a beginner's French class.

In addition:

- The British Industrial Revolution will be revived by David Kershaw in Semester 1.
- After a popular initial program in Term 3, the Moonee Ponds Bowling Club will again offer six-weekly sessions in Lawn Bowls, in both Term 1 and Term 2. This time they will charge participants \$10 per session to cover green fees and afternoon tea.
- Stories From Moonee Valley will again be offered by Ian Williams in Term 1.

At this stage days, times and venues for our 2024 courses have not been confirmed, although for almost all of the continuing courses there will be no significant changes. Full details of all our Semester 1 2024 courses will be available on our website in mid-December.

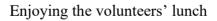
Other changes include name changes for *Upcycling (Creative Reuse)* to *Makers and Menders* and *Words Are Us* to *Fun with Words*. Also, *Spanish 3* will run fortnightly, rather than weekly in 2024. *History of the USA* will be offered via Zoom next year on Thursday evenings rather than face-to-face.

John Adams has decided not to continue with *Opera at the Sun Theatre and National Theatre Live* as the numbers, particularly for the opera sessions, have dropped off recently. However, the new Palace cinemas opening in Puckle Street in December will likely be offering similar screenings to the Sun Theatre in Yarraville. This venue is likely to be more convenient for most of our members. Perhaps someone would be prepared to take on the leadership of groups attending sessions of either one or both of the opera and national theatre there. If you are interested, please contact me by email info@u3amooneevalley.com.au

Ballroom Dancing: We were recently contacted by Kathleen Nolan, who is offering free tuition in Ballroom Dancing at the Ukrainian Hall in Russell Street, Essendon. Sessions will be on Thursday evenings commencing on the 9th of November. While this is not a U3A course, our members - and non-member partners or friends - are invited to participate - with or without partners. Maybe you would like to brush up your past skills and perhaps acquire some new ones. If you are interested, please contact Kathleen on 0474 061 863.

I hope that you all enjoy the last few weeks of classes and activities for 2023 and that it has been a good year for you.

Geoff Miller







MEMBERSHIP AND COURSES FOR 2024

We plan to open membership for 2024 at 1.00 pm on Wednesday 8 December.

You will receive an email a few days prior to the day setting out in detail the steps as to how to join/rejoin and how to pay the annual fees. The fees for 2024 will be the same as for 2023:

Full Membership \$45, with a joining fee of \$10 for new members (those not a member in 2023). Half year membership (from June 30) \$35, with a \$10 joining fee for new members. 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 17 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 2024 will be listed on the database in mid-December. They will be available for viewing on https://u3amooneevalley.com.au via the Courses link at the top of the home page.

Barrie Fenby

Office News.

The Committee of Management and I would like to acknowledge all the work the Office Volunteers have done during this year.

Without your help there would be no public face or voice for our organisation.

The Office will close on the 24^{th of} November and reopen on the 29th of January 2024.

We are now looking for members to volunteer for Office Duty for 2024.

Staffing 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 who take on the task. Training is provided and the time put in by the 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 website and also attached to this addition of Contact.

Please forward the completed form by the **12th of January** to officecomv@gmail.com or by post to Office Coordinator, Moonee Valley U3A, P. O. Box 459, Moonee Ponds, 3039.

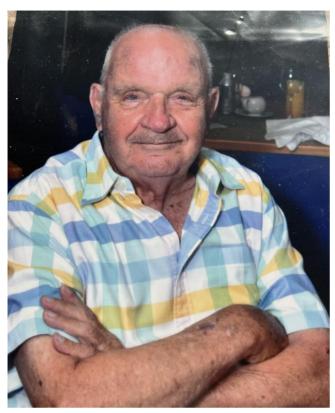
Rosters will be emailed by the 17th of January.

The Office Volunteers meeting will be held on the 24th of January at Emerald Street, West Essendon at 10:00 am.

I look forward to meeting new and returning members then.

Marjorie Ridley, Office Coordinator.

Vale John Higgins.



John Higgins was 90 when he passed away in August this year.

With his wife Lorraine, in 1997, John attended the inaugural meeting to set up the Moonee Valley branch of the U3A. They responded to an advertisement for that first meeting in the local paper and they quickly got involved. By 1998, John's organisational expertise was called upon and he became our second President (1998-2000). We are grateful that he got our U3A off to such a great start.

Lorraine remembers very fondly the wonderful times they both had in the wine making class held at the tutor's house. After retiring from his Surveying and Town Planning work at Essendon Council, John enjoyed learning French, Bridge and Astronomy with MVU3A.

But he especially loved art classes. For 20 years, John enjoyed developing his considerable talents for drawing and watercolour painting at the Emerald Street classroom with his friends.

U3A Monthly Lunch at Keilor East RSL

Please come and join us for a social lunch once a month at other East Keilor RSL.

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

You choose and pay for your own meals and drinks. As well as a wide range of dishes offered on the main Bistro Menu, a Seniors Menu of generous portions is available. Current prices from the Seniors Menu are 3 Courses \$20.00, 2 Courses \$18.00 and 1 Course \$16.00.

2023 Lunch Dates

16th November and Wednesday 20th December.

2024 Lunch Dates

18th January.15th February.21st March18th April.16th May.20th June.

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

I need to advise the venue of the numbers attending. Please message me on 0410 435 929 or email officecomv@gmail.com by the Monday prior to the lunch date. I look forward to seeing you all there.

Marjorie Ridley



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

2023 Annual General Meeting Tuesday 5th December from 1.30pm Ascot Vale Neighbourhood Centre

Agenda

The business of the Annual General Meeting will be to:

- 1. Confirm the Minutes of the Annual General Meeting held on Thursday 8th December 2022.
- 2. Consider the President's Report and the Treasurer's Report for the preceding financial year 1 December 2022 to 30 November 2023.
- 3. Vote on a motion to approve membership fees for the year commencing 1st December 2024.

Motion: the schedule of fees applying to that financial year 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.

- 4. Elect Officers and Members to the 2024 Committee of Management:
 - a. President
 - b. Secretary
 - c. 4 x Committee members
- 5. Acknowledge and thank the Tutors, Office and Event volunteers as well as those Tutors and Committee members who are retiring.
- 6. Close meeting.
- 7. Post meeting entertainments.

ps: remember.....bring a plate and cup for afternoon tea.

U3A MOONEE VALLEY INC. A00034837K

DRAFT MINUTES OF THE ANNUAL GENERAL MEETING THURSDAY 8TH DECEMBER 2022, 1:30 pm.

President and Chairperson Jan Smith welcomed members to the 25th AGM.

Welcome to Country

PRESENT: Committee members and 46 financial members, Councillor Rose Iser

APOLOGIES: Rosalie Coutts, John Adams, Deb DeCruz, Marie Daffy, Lorraine Higgins, Maureen Nakonesky, Ian Williams, Ann Mehan, Sue Melbourne, Alison Stewart, Di Phillips, Les Mayes, Maxine Reid, Carmel Jardine, Robert DaSilva, Anne Gordon, Phillip Barr, Frank Carey, Jenny Fenby, Cr Katrina Hodgson, Cr Ava Adams

MINUTES OF THE 2021 ANNUAL GENERAL MEETING

Edith James moved, and Liz Lynch seconded the motion that the minutes of the 2021 AGM be accepted. **Carried.**

ANNUAL REPORTS:

President: Jan Smith

The last two Annual General Meetings were held via ZOOM and now, finally, we return to normal with an AGM in person. At our last Zoom, AGM we approved a reduction in fees.

Resumption of Semester 2 classes was scuttled by Covid, and our world shrank to a 5km radius. In February this year Edith James and Geoff Miller organised for venue replacement for some classes due to AVNC being used as a food distribution centre. Thanks to Edith and Geoff for a smooth start for those effected classes. Happily, the classes using Emerald St returned in February to a much-improved venue. Thanks to MVCC for listening to our Tutors problems and promptly doing a fix to create a very usable classroom.

Our interrupted social program was resumed, and members enjoyed the Tram Boat and trips to the MCG and William Angliss restaurant. The monthly lunches at Keilor East RSL again became a pleasant get together. The Health Department relaxed its regulations enabling many of our members to return to their classes in Semester 2. However, Covid stuck down key people organising our Triva day and the second Forum. Luckily our members were able to use the preparation done by isolating presenters, and both events went on as planned.

Thank you to MV U3A members for their conscientious behaviour in isolating when necessary, keeping up with booster vaccines and using masks when appropriate.

Seniors Week in early October was a success with the Wednesday Woodies and Friday Art displays, and our Recorder and Singing for Fun groups providing welcome promotion of how good it is to be a member of our U3A. My thanks to all who contributed to the success of the day.

It is time to express deep appreciation to Moonee Valley Council for ongoing support of our U3A. As a community of senior retirees, we depend on affordable venue hire rates to enable the participation by our local seniors. We also thank MVCC for the helpful guidance given to us during emergence from lockdowns in 2020 and 2021.

The U3A Conference was held in Bendigo. Jan and Brian Smith attended to represent Moonee Valley. The theme was "Building Back Better after Covid". The 104 Victorian U3As had a pre-covid membership of 36,000. The covid years have led to a 14% decrease in Victorian membership. Our MVU3A with 486 members is a middle sized U3A. We too have lost 14% of our members and are working to Build back Better. We are thankful for all of you who stayed with us. It was interesting to note the U3A's across Victoria have a variety of relationships with their municipal councils. Many smaller U3A's are struggling with venues and costs.

I am really happy that the U3A spirit of volunteering is alive and well at MVU3A. We are a worthy organisation maintained by enthusiastic and dedicated volunteers. I want to thank our 2022 committee of management for their willingness to get the job done:

Jo Bradshaw our Secretary.

Geoff Miller our timetable and Tutor coordinator Edith James our booker of venues and Council liaison Marjorie Ridley our Office coordinator, phone trouble shooter and monthly lunch organiser

Barry Fenby pioneer of our revamped website and data base manager

Michael Walsh Treasurer

Ann Watson and Helen Mather, our Social Outings organisers.

Natalie Vernuccio and Robert D'Silva our Event caterers

Brian Smith for editing Contact magazine and fixing technical problems.

Bruce Findlay our Vice President

Grateful thanks to Michelle Cairns who is looking after our Facebook page. I encourage you to check out the link to it on our website. Likes and comments are easy to make and are most welcome.

I hope you have enjoyed being a MVU3A member this year and that we see you in your favourite classes next year.

TREASURER: Michael Walsh. Income and Expenditure Statement provided.

The Grant for the Woodies is to be held over for expenditure in 2023.

The planning basis for 2023 is that we will break with expenses matching our fee income. Our financial position is sound and membership fees can be maintained at the current level.

Motion:

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.

Moved by: Michael Walsh and seconded by Edith James. Carried.

Acceptance of Reports:

Marjorie Ridley moved, and Ann Watson seconded that the President's and Treasurer's reports be accepted. **Carried**.

2023 COMMITTEE MEMBERS:

The positions of Vice President, Treasurer and four members were declared vacant. Six nominations were received, and the following members were duly elected unopposed to the 2023 committee: Brian Smith Vice President, Ann Watson Treasurer, Geoff Miller, Barrie Fenby, Michael Walsh and Bruce Findlay, members.

ACKNOWLEDGEMENT AND THANKS

Geoff Miller Tutor/Class Coordinator: Sincere thanks to all Tutors for dealing with Lockdowns and checking on members wellbeing.

Marjorie Ridley Office Coordinator: Thank to all office volunteers for managing queries received at the office and dealing with new phone.

ACKNOWLEDGEMENT OF RETIRING TUTORS:

Geoff Miller thanked the following retiring tutors; Nino Tosone - Golf and Tess Theodosiou - Art.

GENERAL BUSINESS:

Door prizes were won by:

- 1. Sui Tang
- 2. Patricia McLaughlin
- 3. Michelle Cairns

NEXT ANNUAL GENERAL MEETING: Tuesday 5th December 2023

U3A MOONEE VALLEY INC AGM TUESDAY 5th DECEMBER 2023

NOMINATION OF CANDIDATES TO STAND FOR ELECTION TO THE 2024 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 also signed 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 Thursday 23rd November 2023 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

O	F.	H)	ICE	

Date Received

ı	TT	2	Λ	MOONEE VALLEY	
١		3	A	UNIVERSITY OF THE THIRD AGE	

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 2024 COMMITTEE OF MANAGEMENT

nominate (Name)					
	PRESIDENT	SECRETARY	MEMBER		
		(Signature of	PROPOSER and date)		
I, (Name)second the nomination		a full n	nember of U3A Moonee Valley Inc,		
		(Signature of	SECONDER and date)		
I, (Name)accept the nomination		a full	member of U3A Moonee Valley Inc,		
		(Signature of I	MEMBER NOMINATED and date)		
* A member may be nomina identically worded handwri			equired for each nominee. Photocopied or		

U3A MOONEE VALLEY INC AGM TUESDAY 5th DECEMBER 2023

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 Thursday 23rd November 2023 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 UNIVERSITY OF THE THIRD AGE
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 Vice President, Brian 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 of OFFICE Date Received
Signed: Dated:

AVAILABILITY FOR U3A OFFICE DUTY IN 2024

U3A Moonee Valley Office will operate at Emerald Street Community Centre in 2024 from 10.30am to 12.00 noon, Monday to Friday each week from 29th January, Monday, Wednesday and Friday from 19th February (excluding School and Public holidays)
I will/will not be available for office duty in 2024. (name) (delete what does not apply)
If available for office duty in 2024 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 OVs 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 OVs. 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 2024.
(Signature): (Date):
Please return this form NO LATER THAN THE 12 TH JANUARY 2024

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.

Email to officecomv@gmail.com or mail to Office Co-Ordinator, U3A Moonee Valley P O Box 459,



Moonee Ponds, Victoria 3039



