

From the President

It seems no time since we started 2023, yet here we are with one-quarter of the year over. We finish the first term on Thursday, 6 April.

U3A Wonthaggi's Logo

As you can see above, the committee has altered U3A Wonthaggi's logo and tagline. Until late in 2022, the logo we used for everyday purposes looked like this—



However, there is a widely held view that the "University of the Third Age" tagline can be misleading or off-putting, for people with no experience of the U3A movement. U3A Network Victoria and its 130 member-U3As voted to permit the use of the logo without the University tagline other than for documents with a legal purpose. U3AW's committee adopted the new tagline devised by our Secretary, Mary Schooneveldt, as it accurately reflects the goals of this U3A. However, it is not set in stone, and other suggestions are welcome.

Committee Members

There have been some changes to the management committee since the 2022 AGM. Glenn Cant stood down from the Vice President's role late in 2022 but has remained on the committee. The committee elected Werner Theinert as Vice President. Maureen Sivier resigned as program manager early in 2023; Werner agreed to take on that very important and demanding role. And finally, Sue Fitzgerald volunteered as a committee member at the end of 2022 and was co-opted onto the committee. On behalf of the committee and members, I thank Glenn and Maureen for supporting U3AW in their former roles.

Courses and Members

We opened enrolments for 2023 classes at the end of November 2022. While we plan to continue to offer members a telephone support service for enrolling and membership renewal, we are finding that members are more and more confident online; this year's enrolment process went smoothly.

Many of our courses were full when we reached our February 2023 start-up. However, we are

maintaining limited waiting lists for some courses where it is feasible to join later.

Our membership reached 230 during March. We could easily attract more members with more courses and places to offer.

Some of the metropolitan U3As have 1200 to 1500 members. While larger U3As will be less personal, they benefit from a larger pool of tutors and activity leaders, which means members have more course options, and there are more volunteers to run the U3A. Our U3A is doing well in this regard, it is still possible to know most of the members, and we have almost enough tutors to meet most of the demand for course places, but we could do with more tutors and more helpers...

If you are thinking of offering a course, please get in touch with Werner. We have resources and other support to offer you. There are options for a once-off session or something longer.

Over the past ten years, I have noticed shifts in where our members live. While the big three of Wonthaggi, Inverloch and Cape Paterson remain our major catchment areas, our membership is diversifying. As of 1 April, of all members—

- 32% are from Wonthaggi & Wonthaggi Nth;
- 29% are from Inverloch;
- 18% are from Cape Paterson & Harmers Haven;
- 14% are from smaller communities across Bass Coast Shire; and,
- 7% are from South Gippsland Shire.

However, the age and gender profiles of members have not changed a great deal.

Two-thirds of the members are women, and one-third are men.

Demographically, the two largest cohorts of members are aged 60-69 and 70-79, with 82 members (36%) from each decade.

It is wonderful to see that 51 members (22%) are aged in their 80s or 90s.

A smaller demographic group is the under-60s, with 13 members in total. It's great to have you with us!

The time is approaching for the committee to report to members & the government regulator on its management of U3A Wonthaggi in 2022. It is also time for our members to elect the 2023 committee.

If you are interested in the management of U3AW and have ideas on new directions or how functions can be improved, I encourage you to nominate for election to the committee. If you want to discuss being a committee member, please call me at 0411 263 060. I can also put you in touch with others if you are interested in a particular role.

While all committee members will nominate for reelection, not everyone will seek to return to their current role. All positions will be declared vacant, and any member may nominate.

AGM Guest Speaker – Jan Child

I am grateful to past-president Gary Beard for arranging for Jan Child, CEO at Bass Coast Health, to speak at the AGM and take questions. Health care is an important issue for everyone, and we are grateful to Jan for her time.

As many of you know, Jan has held the CEO position since 2016 and has overseen the very considerable expansion of Wonthaggi Hospital.

Jan has worked extensively in the Victorian Health sector, including Peninsula Health, Alfred Health, the Victorian Department of Health and Human Services, alcohol and drug agencies and the community health sector.

Vale Ken McKenzie

Sadly, we say goodbye to Ken McKenzie, who died earlier this year at Inverloch Coast Care Community. Ken initiated our very popular Monday fitness class held at Cape Paterson Hall. Ken taught the class for years, eventually running two classes to meet demand before deciding to retire due to age-related health issues. Ken may have been our oldest tutor (in terms of age) and was a great enthusiast for U3A and fitness for older people. Ken's classes continue under the guidance of Dot Charles.

Ken was quite a personality, and his loss diminishes our U3A community. RIP.

Right: Ken with some of his 2014 class members.

Vale Fred Zwygart



Fred, a much-loved member and past President, passed away recently at Rose Lodge after a lengthy illness. We offer condolences to Marlene Zwygart and their children. Marlene is also a loved and respected member and Life Member of U3AW.

Pictured here from quite a few years back,

Fred looks dapper and ready for a posh night out. Actually, it was a U3A Night at the Opera group, held in a member's home for an evening listening to opera, wearing finery, enjoying good food and conversation, and no doubt belting out the odd aria. We miss you, Fred.

Committee Meetings

The committee meets monthly on the third Thursday. Any member is welcome to come to a meeting to discuss a proposal or provide feedback. Please email the Secretary at secretary@u3awonthaggi.org.au to arrange a suitable time – see below for dates for Term 2.

I wish all members a happy Easter.

Lynn Kirk, President



Term 2 Start	24 April
U3A Wonthaggi's AGM	18 April
Public Holiday	25 April
Committee Meetings	20 April
	18 May 15 June
Public Holiday	12 June
Term 2 End	23 June



Friday Current Affairs

With Stephen Ward & Glenn Cant

We are delighted that all of last year's participants and three new members have opted to continue with the course this year.

Following an evaluation at the end of 2022, it was decided to continue the course with its established format:

- Identifying 'Good News'
- Discussing local, state, national, and international topics with details sent to participants on the Wednesday before class.
- Identifying and discussing topics nominated by course members.

Each fortnight, our resident Poet Laureate, Harry Dunn, demonstrates his considerable literary prowess and wicked sense of humour by reading an ode on "The Week that Was".

The group encompasses diverse views and opinions, respect for each other, and good humour. This year, each course member received a Participants' Handbook containing the following resource material to assist with understanding and discussing current events, including—

- Guidelines on effective group discussion and how participants can best contribute.
- Distinguishing between fact, opinion, belief, prejudice, ideas, and suggestions.
- Stereotypes, beliefs, and discrimination.
- Sources of news and trust of the media
- Social media: A definition, its development, and purposes.
- "Political spin".
- The "false flag" and "the wedge", two commonly seen political tactics.
- Fake news and how to identify it.

If U3A members are interested in the handbook, the coordinators will happily provide a copy.



This course sounds fabulous because the tutors & members work conscientiously to keep it running well. That means it's popular and now full. If it sounds good to you, get in early next year. We will keep members informed of new courses and vacancies in ongoing classes.

Tuesday Bocce

Bocce involves mild exercise while allowing plenty of time for fun and chat. It runs at U3A's White Road campus on **Tuesdays from 9.30 to 11.00**. Members can come along at any time during the 90-minute session.

For insurance purposes, it is important to enrol formally. You can register via the website or by contacting U3AW at 0493 471 254.

Construction of the Bocce Court, garden furniture and garden restoration work was funded jointly by U3AW, Bass Coast Shire & Australia Post.

On 17 March, we formally launched and named our Bocce Court (see photo at upper right).

Glenn Cant was the driving force behind getting a Bocce Court at U3A. He also carried out much of the work. In recognition of Glenn's contribution to U3A, generally and on this project, the committee voted to name it the "**Glenn Cant Bocce Court**".

Congratulations Glenn and thank you.

At right: Aletta Dogterom gives Bocce a go!



Pictured from the left are Werner Theinert (Vice President, Glenn Cant (Committee Member), Lynn Kirk (President) and John Laing (Treasurer)



Twilight Social Event on 17 March 2023

The committee has been working since early 2001 to organise an all-members event. For quite some time, the COVID pandemic made it impossible to do this, although committee members John Laing, Graeme Charles and Glenn Cant spent much time trying to make it happen.

Finally, on the evening of Friday, 17 March, we held a twilight BBQ in our garden area and invited all members; around 70 attended. It was a casual, friendly gathering on a perfect late summer evening. We used the occasion to very briefly launch and name our new Bocce Court, as reported earlier in this newsletter. Otherwise, it was an opportunity for everyone to relax and enjoy our U3A community.

Even the most casual get-together requires a lot of organisation and activity before, during and after the event. A team comprising Jenny Macdonald, Glenn Cant, Cathy Beard, Werner Theinert, Barb Cumming, John Laing, Gary Beard, and Stephen Ward handled purchasing, cooking and serving hot food and cold drinks, preparing salads and creating a beautiful looking and delicious spread. They also set up the garden area and the tables near the BBQs. As the photo below shows, a blue wheelbarrow was used as a bottle cooler, so it was a very casual and fun event.

The team and other volunteers helped wash dishes and restore the area to its day-to-day look.

If we have missed acknowledging any of the helpers, we apologise. Many thanks to everyone who came along and made it a lovely night, and a special thank you to all volunteers.

Apology

Unfortunately, some members may not have received their invitation. We want to acknowledge this and apologise. We emailed twice; the first was sent early in March by Mary Schoonevelt, and Lynn Kirk followed up a few days before the event with a reminder.

Some of the second batch of emails could not be delivered. However, our UMAS system provided no information to help remedy the problem. The next day all U3As received an email from the database managers informing us of a still unresolved system-wide email fault. Bad timing for us. If you didn't get "the memo" or couldn't attend, hopefully, you can join us next time we gather!



Above: Treasurer John Laing with Janelle Birkett, Manager of Australia Post at Wonthaggi. Australia Post helped to fund the new Bocce Court.



Available Courses

<p>Craftaholics With Marion Kerry Thursday 12.30 to 3.00 Mawson Hut</p>	<p>Drop in with your current project, swap expertise and help each other. This class is for anyone with twitchy fingers who loves to create.</p>
<p>Garden Club With Lorraine Carroll Tuesdays 9.30 to 11.00 Garden Room</p>	<p>After gardening at home, sitting and chatting with others about it all is very enjoyable. There is always something happening in our gardens to share and new and old gardening tips to pass around. Our group watches DVDs to see how it's done and swaps plants and produce. We occasionally visit gardens.</p>
<p>Walking Group With Robert Butler Thursdays 9.30 to 10.45 Meet at U3A's carpark</p>	<p>Want to trek the local byways? Our friendly band of walkers enjoys good fellowship and regular gentle exercise. A range of walks plus the occasional cup of coffee or tea.</p>
<p>Fermentation: Sauerkraut, Kimchi & Cukes With Diana Holmberg Tuesday 1.30 to 3.00 2 May to 13 June, Fortnightly Kitchen in BCAL's Blue Schoolhouse</p>	<p>NEW Lacto-fermentation is a simple & safe method of food preservation; the results are high in probiotics and vitamins. This is a demonstration and discussion class, with a small amount of hands-on for those who would like it. You will learn a little about the history & fundamentals of successful fermentation. We will make a basic sauerkraut, two types of kimchi and some dill cucumbers to take home. We will also explore some delicious ways to use these amazing foods and make one or two dishes using our ferments to share at our last class. This course runs for three sessions.</p>
<p>Bocce With Gary Beard Tuesday 9.30 to 11.00 U3A's Bocce Court</p>	<p>This game is believed to date back to 9000 BC; ancient stone bowls have been found in Turkey. The game enjoyed rapid growth in Europe in the 1800s. It developed in its present form in Italy, France, and other European countries. Come along any time during the session for some gentle exercise and fun.</p>
<p>Italian Conversation With Maggie Harriss Wednesday 1.45 to 3.30 Mawson Hut</p>	<p>Practice speaking Italian in a supportive environment. Add knowledge, vocabulary and grammar in specific contexts. Maggie will assist you in sourcing an Italian reference dictionary with verbs and grammar. Beginners are welcome.</p>
<p>Spanish Conversation With Rita Espinoza Wednesday 9.30 to 11.00 Garden Room</p>	<p>Rita, an experienced language tutor, will introduce you to the world's second-most widely spoken language (after Mandarin Chinese), with 400 million native speakers and official status in 21 countries across South, Central & North America, as well as Africa and Europe. Beginners are welcome.</p>
<p>Japanese for Beginners With Joan Hindle Thursday 10.00 to 11.30 Mawson Hut</p>	
<p>Recorder Consort With John Bell Wednesdays 9.30 to 11.00 Mawson Hut</p>	<p>Do you have some experience playing the recorder and/or other woodwind instruments and would like to make music with others? If yes, you will be most welcome to join our dedicated group. We perform for local nursing homes and at other venues.</p>

Available Courses

Leisurely Lunches

With Gary Beard
Saturdays 12.00-2.00, Monthly
At Various Locations

Join our gastronomic adventure across Sth Gippsland's wide variety of produce, wines & desserts. This 'pay as you go' social activity has returned by popular demand and allows us to visit a wide variety of restaurants, cafes and wineries while enjoying the company and conversation of our U3A community.

Cryptic Crosswords

With Bruce Cumming
Wednesdays 11.15 to 12.45
Garden Room

"I can't do cryptic crosswords!" Well, join our friendly class of beginners and experienced people, and let us introduce you to the secrets of this fascinating world of words.

Exercise, Stretch & Flex

With Dot Charles
Mondays, 11.15-12.15
Cape Paterson Hall

This course blends various forms of physical activity to help combat ageing. We flex joints, stretch muscles, and improve coordination. Requirements: a yoga mat and a water bottle. There are two places available in this class.

U3A's Neighbours New & Ongoing

During 2023, community radio station **South Coast FM (SCFM)** will move from Inverloch to the White Road campus. During th term breakl, a Council owned building will be relocated to the carpark area behind Mawson Hut to accommodate SCFM. The rear carpark was recently regraded and extended by the Council to compensate for spaces lost when the building is relocated. SCFM also funded some car park improvements.

U3A's President and Secretary have been working with the radio station, the Council and Bass Coast Adult Learning (BCAL) to plan the relocation and related site works to minimise disruption to U3A's operations. BCAL is the lead tenant at White Road.

Moving the building is not the end of the road. Supplies of power, water and internet must be connected, which is not easily done on our campus. Also, the building will require an internal refit and some exterior modifications. There will be noise and other disruptions associated with these works. The committee will continue to liaise with stakeholders to minimise the impact on U3AW; however, it is unlikely that all detrimental effects can be avoided. You will receive further information as this project progresses. Once the radio station's move is complete, they are expected to have only a few personnel and volunteers on-site. Their transmitter in East Gippsland will not be relocated to Wonthaggi.

Our closest neighbours **Wonthaggi Woodcrafters**, intend to extend their cream-coloured building near the entrance to the rear carpark. No details on this work are yet available.

Life Member Elected

U3AW's constitution provides for five Life Members at any one time. Our current life members are Lyn Street, Marlene Zwygart and Peter Allen. This month the management committee elected Peggy McMurray as a Life Member. To be eligible for life membership, a member must have volunteered for a significant time and made an exceptional and lasting contribution to U3AW's operation, development or growth.

Peggy joined U3A Wonthaggi in 2003 and is one of our longest-serving volunteers; her volunteer roles have included President, Secretary, program coordinator, committee member, tutor and newsletter editor. Peggy also served on the Board of U3A Victoria. Perhaps Peggy's most significant contribution has been as a tutor in terms of the length of her involvement as a tutor (17 years) and the diversity of subjects she taught. Peggy will be inducted at the AGM.



Peggy at U3AW's 21st birthday celebration in 2015.

The Art Class's Journey with Jenny McDonald

This term, the class concentrated on shapes and how we look at objects. The more we look at them we see shapes within shapes, whether they are reflections, shadows, or details of patterns that are inscribed and applied in decoration and texture. We have done line journeys around objects placed next to each other, transparency, tonal values and what makes something look 3-dimensional rather than two and flat.

From a tutor's point of view, it has been so interesting to see how each class member has progressed in their drawing abilities.

Next term, we start painting with watercolour and learning how to mix colours to create tonal values and hues.

