

C/o Gladstone Park
Community Centre
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Gladstone Park 3043
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A word from the President.

As you may be aware, one of our mission statements is : “To improve the quality of life of our members through the provision of continuing education in an **inclusive, welcoming and non-threatening environment** to the satisfaction of our members.”

To guide us all along the way and to help us achieve this objective we have the **Hume U3A Code of Conduct** which I would like to remind everyone about in this Newsletter.

The Code of Conduct gives the Committee of Management the responsibility and authority to advise and request changes in behaviour, or warn, and if necessary, following the Disputes and Grievances clause in the Constitution, to exclude a member from any or all courses or activities should inappropriate behaviour occur. As part of the Policy the Committee gives approval to a Tutor, to show and/or read the Code of Conduct, as a caution, to any member exhibiting inappropriate behaviour. Also, should the inappropriate behaviour continue, the Tutor has the authority to ask that member to leave the class or activity. That member must comply with that Tutor’s request.

Inappropriate behaviour is defined within the Code of Conduct and I have included this as an attachment to this Newsletter (page 8) and suggest that you take the time to read it and familiarise yourself with what is **not allowed** within classes and activities.

All members have a right to feel safe and respected in a supportive and positive learning environment. We also have the right to make a complaint and receive a prompt and fair resolution. Along with these rights we have the responsibility to respect the beliefs, needs and background of other members and to maintain positive relationships in an inclusive environment.

The current **U3A Code of Conduct** is available on our website or if you require a hard copy then check with our office at the Gladstone Park Community Centre.

Geoff Mackay

**President
Hume U3A**

Membership Renewal

Our U3A Hume memberships for 2020 are due for renewal in November.

Our courses for 2020 will become visible on our website in November. The first date when the courses will become available for enrolment either through the office or online, will be November 18. Memberships can be renewed in a number of ways:

1. Renew your membership online through our membership system at <https://humeu3a.org.au/members>. Payment options are displayed after you choose the courses you want to attend in 2020. Online payment can be made with your existing PayPal account, or through PayPal using your credit card (which does not require a PayPal account).
2. Renew your membership online through our membership system at <https://humeu3a.org.au/members>. Choose your courses online for 2020. Payment can then be made by electronic payment to our bank account **Bendigo Bank, BSB: 633 000 Account: 133227009** from your bank account. In the reference field for an electronic payment, enter your **family name** and your **membership number**.
3. Renew your membership through your class tutor or class co-ordinator. Marilyn Rohweder, Membership Officer, will be distributing course selection lists to all classes in November. She will also outline the process for renewing your membership.
4. Renew your membership at the office. Ensure you have filled out your course selection list before renewing your membership. The course selection list will also be downloadable from our website.

The office will be staffed in November for two weeks to handle the bulk of enrolments. The dates the office will be accepting most of the enrolments are from 18 November to 29 November.

A number of member badges have become smudged or stuck to the plastic pouch. If your badge is in this condition, please present it to the office to be reprinted and replaced when time permits.

Marilyn Rohweder, Membership Officer. membership@humeu3a.org.au

Missing Gladstone Park Community Centre Keys

A set of keys for the front door and yellow room have gone missing. They were in the office in a plastic zip bag, waiting for the Yoga class. If you have taken these keys, or know who has them please ring **Peter Lazarus on 0400 621 400 immediately**.

There is a \$200 charge imposed by GPCC Committee on groups who lose keys!!

New Lanyards



The old lanyards, with the Hume Council logo have run out. Our lanyards have been redesigned and supplied. The hook is more solid. The lanyard also has a quick release safety clip, so that if a lanyard gets caught in something the lanyard will snap open to free your neck.

Existing members can purchase a new lanyard from the office \$2at a cost of \$2.00. There's no pressure to change to the new lanyard as both the old and new lanyards can continue to be used.



Rotary Raffle details.

Now that classes have returned after the school holidays you will be collecting your raffle tickets if you haven't received them already. 125 Books have been sold so far with 17 spare raffle books you can take to sell to friends. These can be collected from the office. If you have sold all your tickets, great. But if you haven't managed to sell all your tickets, or sold none at all, please return all books. If you don't want to participate in this raffle, please return your raffle ticket book as soon as you can so it can be passed onto others who can hopefully sell the tickets.

All ticket books, sold or unsold must be returned to the office before Friday November 1st. The raffle will be drawn on 26 November.



New Vogue dancing (New Class)

Do you have a dance partner and want to learn some new steps? Embrace the opportunity to learn dances such as the Quick Step, Waltz, Rumba, Cha Cha, Samba and Rock N Roll

- What:** New Vogue Dance classes
- Where:** Gladstone Park Community Centre
- When:** Tuesday 8 October to Tuesday 10 December from 11.00am to midday.

NEW in 2020:



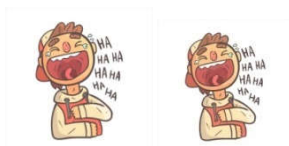
Basic Floral Art class in 2020.

A new class will start in February 2020, if there is enough interest.

The Classic Floral Art class would be conducted on Tuesdays 12.30-2.30, with a maximum of eight people per class.

It would be trialled for one term to gauge the progress of the class. There will possibly be a small charge for materials etc. depending on the topic of the class. Bulk purchases of flowers for the course could be made, which would be cheaper than members purchasing their own or they can pick from their gardens. Either way it will be a relaxed informal class, just for fun!

Please call **Maria Malacria** on **0402 131 152** to express your interest.



"I recently called an old engineering buddy of mine and asked what he was working on these days.

"He replied that he was working on 'aqua-thermal treatment of ceramics, aluminium and glass under a constrained environment.'

"I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision."

Indoor Bowls: Hume U3a versus Gladstone Park Seniors



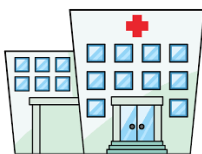
After several postponements and cancellations due to players inability to play because of illness or away on holiday, the "bi-annual" competition between Hume U3a and Gladstone Park Seniors finally went ahead on Wednesday 18th September 2019. The last competition was held on 18th June 2018 at Bridgewater.

It was hosted by GP at their premises. A different format was agreed to by both parties. 14 players from either side participated instead of the normal 16. We only managed to put together 2 teams of 3 players and 2 teams of 4 players.

We played very well and thrashed them; winning 3 of the 4 matches by big margins. Final score 48-23 with Hume 1u3a retaining the Championship shield.

(The Shield is on display in the Hume U3a office at Gladstone Park Community Centre)

Please note: More players needed. All members welcome to try on Wednesdays @ Bridgewater Retirement Estate in Roxburgh Park



Fred and Christine Van Ross are recovering from a stay in hospital. Fred wanted to give you an update in case you hadn't heard.

The Van Ross Hospital Saga

Last March I had a Laminectomy after back issues over Christmas/New Year period. To all intents the operation was successful BUT my mate Parky (I was diagnosed with Parkinson's in 2003) started to make his presence felt after staying in the background for a number of years.

I started to have a few falls and this irritated the right side of my leg with pain shooting through the right leg. I was readmitted on the 28th August for treatment for pain and I was transferred to rehab for specific treatment.

Christine was scheduled to have her back done on 7th September (Laminectomy L6/5, L3/4 L3/4 & L4/5 with fusion.) So there we were, both of us in Epworth Richmond Hospital which had not been planned for.

On Friday 6th September at 1.30pm I fell in my hospital room. Staff and my son Paul arrived a few moments later and following scans it was deemed I broke my left hip. Later at 10.30pm I was in the operating theatre for repair of my left hip and had a rod inserted in the left leg. Any movement of the left created a severe pain which was unbearable. The strange thing was, the pain in the right had gone.

Chris's operation was successful. My hip operation was successful and no pain was felt.

We were both released from hospital on Sunday 6th October and we are doing our exercises and taking it easy.

Hope fully neither of us will need any further visits to any hospitals for a long time.

Fred



Bunnings' Sausage Sizzle Fundraising

The next sausage sizzle is on Saturday 16 November. So far there are only seven volunteers. The sausage sizzle equipment is provided by Bunnings Broadmeadows. U3A Hume buys sausages, bread and drinks to sell at prices set by Bunnings.

Your assistance on the day will be greatly appreciated. There are two hour slots from 8am to 10am, 10am to 12 noon, noon to 2pm and 2pm to 4pm. There needs to be four people per two hour slot to efficiently run this fundraising event. Hopefully Saturday 16 November will be a sunny day and Bunnings' customers will be along to purchase plants and many other do it yourself items, as well as purchasing multiple sausages at the same time.

To volunteer, leave you details and availability with Peter Lazarus at: webmaster@humeu3a.org.au or phone 0400 621 400.

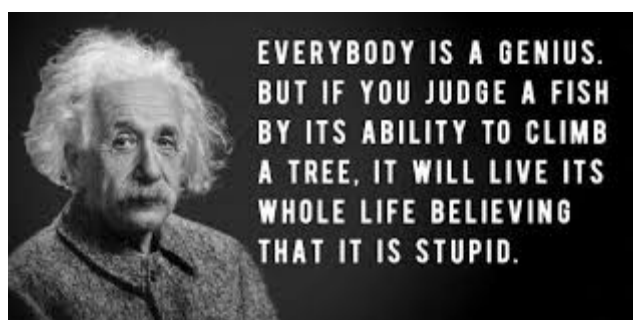


Seniors Card Off-peak Travel Vouchers

As seniors, we receive yearly free country travel vouchers. These are used for our annual trips, like the Bright trip for example. A notice arrived with the most recent Seniors Card Magazine to say that the method of accessing our free travel vouchers is changing in 2020. To continue receiving these vouchers we must now register for them at www.ptv.vic.gov.au/vouchers.

Alternatively, you can fill out and post the registration form you received with your last Seniors Card Magazine. Registration forms are available from any staffed train station or the PTV Hub at Southern Cross Station. You'll need to post it back to PTV for processing (registration forms cannot be left at staffed stations):

Post to: Free Travel Voucher Registrations, GPO Box 2392, Melbourne.





Notes from our Social Secretary

Trip to Bright

The trip to Bright has been finalised. The train leaves Broadmeadows station at 7.36am. Please note: You need to be at the station **NO LATER** than 7.00am

Dine Out

There will be no Dine Out this month as I will not be in Melbourne.

If all are agreeable I would like to book the Green Bamboo Restaurant at 304 Keilor Road Niddrie for November 22nd at 6.30pm. Restaurant is fully licenced.

Reminder: *Bookings must be made no later than 2 days prior. If you haven't booked there is a possibility of not having a seat on the night.*
Call Anne **0403 067 626**

Summer Program

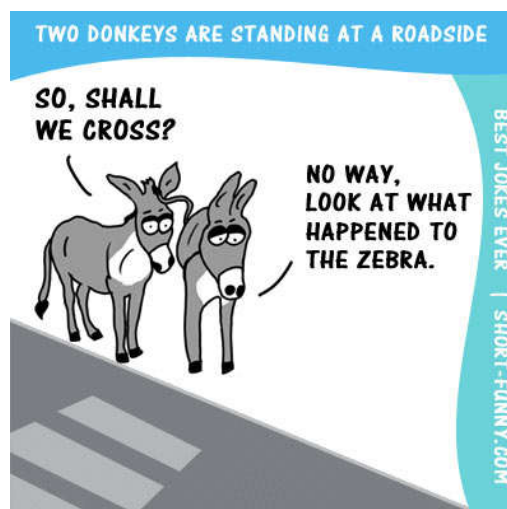


I have already had some great suggestions from Peter. Happy to take special requests /ideas from members and specially those who regularly attend the Summer Program. Let me know ASAP. Mob: **0403 067 626**

Live shows

Chicago: There are still 10 tickets available at a cost of \$70.
Wednesday January 15th 2020 at 1.00pm
Tickets to be paid by Friday November 15th.

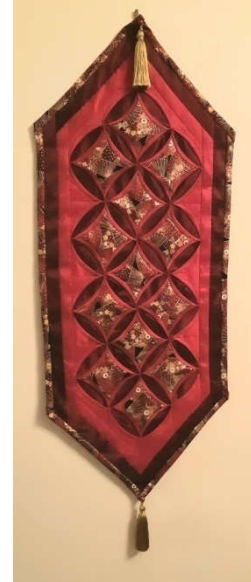
Billy Elliot: There are still 15 tickets available at a cost of \$79
Wednesday April 29th 2020



Patchwork Prizes.....Su Butterfield

I entered some work in the Royal Melbourne Show this year and won First Prize with a quilt done in a Bargello style, named TOUJOURS L'AMOUR.

It now belongs to my grand daughter, in celebration of her recent birthday and engagement.

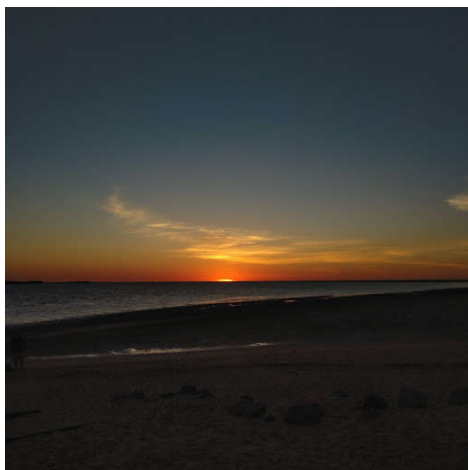


My wall hanging/table runner, made using Cathedral Windows, also won Third Prize in the Advanced Section of the Craft Patchwork at the Royal Show.

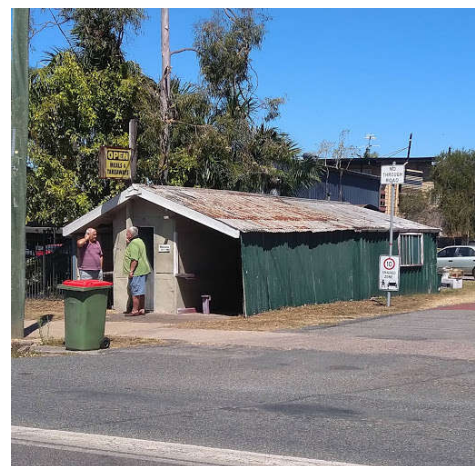
Travelling north in Winter.....Jenny

We left home in June this year and arrived back in Melbourne last week. Plenty of cool evenings and sunny days but no rain that is until we were packing up on our last day. It poured. Murphy's Law I guess. The rain is sorely needed in the outback of QLD and NSW sadly however they got bushfires instead.

Our travels took us as far west as Mt Isa and north to Karumba, across country to Port Douglas and inland down the east coast.



Sunset on a sand island in the Gulf.



The Diner in Sarina (QLD). A great meal. chat with locals thrown in for good measure



Legend has it that this was the Coolibah Tree and billabong that gave Banjo Patterson the inspiration to write Waltzing Matilda.

Extract from Hume U3A Code of Conduct

DEFINITION OF INAPPROPRIATE BEHAVIOUR

1. Any behaviour which breaches the rights, health or safety of other persons to participate in any group, class, course or activity organized by the U3A.
2. Failure to comply with a reasonable directive from any member of the committee, tutor or class leader.
3. Failure to comply with a directive relating to health or safety or other inappropriate behaviour.
4. Wilful or negligent damage to any property used by the U3A or the property of other persons involved in the U3A.
5. Any verbal or physical assault or attempted assault to any other member of the U3A.
6. Entering any property or location being used by the U3A when not entitled to do so.
7. Conduct which is disorderly, intimidating or which interferes with other persons of the U3A.
8. Conviction of a criminal offence committed which may be related to the U3A, its members, tutors, class leaders or Committee of Management.
9. Any behaviour which, in the view of the Committee of Management, amounts to racism, sexual harassment, intimidation or discrimination, including on the basis of gender, race ethnic origin, disability, age, religious or political belief, marital status or parenthood.
10. Failure to comply with any request or warning about inappropriate behaviour related to the policy or procedure under this Code of Conduct.
11. This policy does not preclude the right or responsibility of any U3A member to bring exceptional inappropriate behaviour, especially relating to health and safety issues, directly to the attention of the police or other emergency services.

**Next
edition:
December
2019**

The Committee of Hume U3A would like to thank Maria Vamvakinou MP and her staff for the printing of this newsletter.