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A Word from the President

Dear members,

I trust that you are all enjoying being back in classes this week following 6 weeks of lockdown restrictions and a semester break. Let's hope we can continue for the remainder of this year and beyond without any further disruptions to classes.

At 10.00am on Tuesday 17th August 2021 we will be conducting the **Hume U3A Annual General Meeting** at the Gladstone Park Community Centre. On behalf of the Committee I would encourage you all to attend. A separate Notice will be forwarded to all members via e-mail or a hard copy for those without an e-mail address.

As in previous years we are desperately looking forward to receiving nominations from members to fill key roles on the Committee. In particular the Course Co-ordinator role, the Office Manager and Social Secretary. Also I'm sure the Secretary and President and other Committee members would be more than happy to stand down and pass the reins on to anyone interested in these positions. We are looking for new blood and new ideas.

Anyone who may be interested in the role of President, but are unsure of whether or not they are capable of doing so, may wish to take on the lesser role of Vice President for a year and learn the ropes before stepping up. I would be more than happy to bring someone up to speed and give them confidence to take on the role of President.

This week I received my second jab against the Corona Virus. I have now already packed all my luggage and I'm ready to go on the next suitable overseas trip/cruise.

Bon Voyage !!!!

Yours sincerely

Geoff Mackay, President Hume U3A

Newest airport
codes for our current
travels.

LVG - living room

DNR - dining room

BTH - Bathroom

KY - back yard

PAT- patio

MBR - master bed
room

OFC - office

WNC - wine cellar

What other places
are in your current
plans?

NOTICE OF ANNUAL GENERAL MEETING 2021

Tuesday 17 August 2021 at 10.00 am.

The business of the Annual General Meeting is to confirm the minutes of the 2020

Annual General Meeting, to receive the Annual Report, to receive the Financial Statement submitted in accordance with Part 7 of the Associations

Incorporation

Act, to elect the members of the Committee and to confirm the amounts of the annual subscription and joining fee.

Vacant Committee Positions

Whilst there are several positions currently vacant, for example Vice President and Course Co-ordinator, we encourage all members to regard every position as being vacant. Here are all Committee positions you can nominate for.



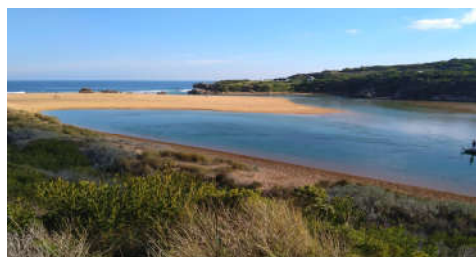
<i>President</i>	<i>Vice-President</i>
<i>Secretary/Public Officer</i>	<i>Treasurer</i>
<i>Membership Officer</i>	<i>Marketing Officer</i>
<i>Course Co-Ordinator</i>	<i>Newsletter Editor</i>
<i>Grants and Procedures</i>	<i>Office Manager</i>
<i>Social Secretary</i>	<i>Three General Committee Members</i>

Assistants for the Committee

We also seek members who will assist the committee (but don't require being on the committee) with the many duties and tasks that are needed to be performed to run U3A Hume such as assisting with the website, Facebook, catering, social activities, fund-raising, office management, and attracting new members. There are many members who currently assist U3A Hume in support roles, and all of U3A Hume thanks them for their continued service.

A wintry week in the country

While we are not able to pack up and head to outback QLD, as normal for our Winter, we chose to spend this last week in Mortlake and Colac. Yes, it was cool but we had some sunny breaks and time away from our four walls. Tried some whale watching in Warrnambool, no whales and a visit to Lorne and Forrest in The Otways. Great parts of our wonderful state



Beautiful sunny Winter day in Warrnambool and dark stormy sky over Lorne.

Beautiful whichever way you look at it!!!

NEW COURSE OPPORTUNITIES FOR HUME U3A MEMBERS

Using Linux on your Computer

Are you tired of the continual interruptions, messages and updates from Windows when working on your computer? It's time to investigate an alternative computer operating system. Linux is a free, secure, and stable operating system you can use instead of or alongside Windows on your computer.

Using Linux is a six week course. The first week will introduce Linux to you. You can then decide if it is something you would like to pursue. The weekly topics are:

- 1. What is Linux, and why should I consider it?*
- 2. Let's use Linux on your computer and explore some of its capabilities.*
- 3. Using equivalent applications on Linux. Installing and maintaining software.*
- 4. Installing Linux alongside Windows on your computer.*
- 5. Understanding the administration of Linux.*
- 6. Workshop to help you settle into this new environment.*

Electronics and Coding

Construct simple projects using electronic components and microcomputers. In this collaborative course you can learn about assembling electronic components, the Arduino microcomputer, and some computer programming. After you've learned some basics you can then get your grandchildren interested in this hobby. Some examples of Arduino projects can be found at

<https://create.arduino.cc/projecthub>

Contact Peter for more information at webmaster@humeu3a.org.au or alternatively on mobile 0400621400

Hume City Council.....Bring your Bills Day

If you have high energy or water bills, you may not be getting the best rates. Bring your bills to Goonawarra Community Centre on Tuesday 20 July to meet experts from the water, power and service sectors and receive free confidential advice. You may be able to access a range of concessions to help you save!

Visit [Bring Your Bills](#) for more information and to register to attend.

***I attended a similar session in Dallas in 2020 and found it very worthwhile. I had my queries answered.
Editor***

FEELING BREATHLESS? DIZZY? FATIGUED?

DON'T ASSUME IT'S YOUR AGE; IT COULD BE YOUR HEART.

As we age, our bodies go through many physical changes. You may not be able to climb stairs as easily, or you may notice discomfort or inability to participate in normal daily activities.

But sometimes, these changes may be signs of an underlying medical condition, such as heart valve disease – a common condition in which the heart valves do not work the way they should.

Heart valve disease can reduce the amount of blood to your body. If your body is not getting enough oxygen, this can lead to symptoms such as shortness of breath, fatigue, light headedness, chest pain and difficulty exercising.

*Heart valve disease (aortic stenosis, mitral valve regurgitation and tricuspid regurgitation) impacts 2.5% of Australians, rising to 8.5% of over-65s³. Aortic Stenosis is one of the most prevalent and serious conditions impacting elderly people in Australia. It is estimated that one in eight senior Australians has Aortic Stenosis. Unfortunately, up to 50% of people who develop severe aortic stenosis symptoms **will not survive within two years**, unless they have a valve replacement. Early diagnosis is therefore essential for survival.*

Diagnosis of aortic stenosis starts with listening to the heart, but 4 in 10 Australians say their doctor rarely or never checks their heart with a stethoscope, making the illness undetected, undiagnosed, and untreated. If you are experiencing signs or symptoms reflective of heart valve disease, ask your GP to listen to your heart next time you see them.

For more information go to: NewHeartValve.com.au

Thank you Harry Safstrom and Probus South Pacific



Joke of the Day

I was having hearing problems, so I went to the Audiologist for a checkup.

He asked me to describe my symptoms, so I said that Homer was a fat bald man and Marge has blue hair.

That's exactly what my Heart Specialist told me and within two weeks I had surgery to replace my dodgy valve.

Editor



Call Anne on
0403 067 626

From the Social Secretary

Dine Out

When: Friday July 23rd 2021 at 6pm

Where: Di Caprios
221 Mickleham Road, Tullamarine

Time: 6pm

Reminder :

Bookings must be made at least 3 days prior. If you don't book there is a possibility of not having a seat.



Dine Out 2021 in Keilor Road Niddrie. No reason not to enjoy the night.



Question: What do you call a magician who has lost his magic?
Answer page 6

Apologies to both Pat Blundell and Pat Townsend re error in Warrnambool picture in our May edition



A hardy group of Hume U3A members who were not afraid of the Covid virus or cold weather, seen out and about in South West Victoria visiting Warrnambool, Port Fairy and Portland.

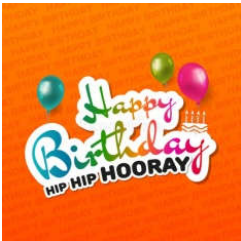
Left to Right:

Pat Blundell, Peter Lazarus, Evelyn Lazarus, Sharon Cameron, Julie Gozdzik.

Answer: Ian



*Huge milestone celebrations in July and August.
Congratulations to:*



- Enid O'Toole John Vale Rosa Savini
- Michelle Marchment
- Bernice Brownsey, (Founding Member)
- Harry Safstrom Theresa Infanti

True or Urban Myth???

Outside England's Bristol Zoo there is a parking lot for 150 cars and 8 buses. For 25 years, its parking fees were managed by a very pleasant attendant....The fees for cars (\$1.40), for buses (about \$7).

Then, one day, after 25 solid years of never missing a day of work, he just didn't show up; so the zoo management called the city council and asked it to send them another parking agent. The council did some research and replied that the parking lot was the zoo's own responsibility. The zoo advised the council that the attendant was a city employee. The city council responded that the lot attendant had never been on the city payroll.

Meanwhile, sitting in his villa somewhere on the coast of Spain, or France, or Italy, is a man who'd apparently had a ticket booth installed completely on his own and then had simply begun to show up every day, commencing to collect and keep the parking fees, estimated at about \$560 per day -- for 25 years. Assuming 7 days a week. This amounts to just over \$7 million dollars.... and no one even knows his name.

Vaccination madness

Blurred vision after 2nd shot.....

Worth the read and take heed...you never know.

This happened and is important information for our age group.

A friend had his 2nd dose of the vaccine at the vaccination centre after which he began to have blurred vision on the way home.

When he got home, he called the vaccination centre for advice and to ask if he should go see a doctor or be hospitalised.

He was told NOT to go to a doctor or a hospital, but just return to the vaccination centre immediately and

pick up his glasses.



"I hate giving shots. Would you mind leaning into it?"



Before 2020, we were pretty wild! Remember how we all used to eat cake after someone had **blown on it**? Crazy times!

Night clubs are reopening, but only vaccinated people will be allowed... 🤔



Baz's Brainers

- (1) In a website browser address bar, what does WWW stand for?
- (2) According to Greek mythology, who was the first woman on earth?
- (3) In which European city would you find Orly airport?
- (4) The only known monotremes in the animal kingdom are the echidna and what other creature?
- (5) Which author wrote the "Winnie The Pooh" books?
- (6) What is the tiny piece at the end of a shoelace called?
- (7) John Lennon was killed outside which New York building?
- (8) Which African country was formerly known as Abyssinia?
- (9) How many of Snow White's dwarves did not have beards?
- (10) Fissures, vents and plugs are all associated with which geological feature?
- (11) In a game of Bingo, what is represented by TWO LITTLE DUCKS?
- (12) What is the world's biggest Island?
- (13) What is the softest mineral in the world?
- (14) What is the smallest ocean in the world?
- (15) In which city was Anne Frank's hiding place?

Answers

- (1) World Wide Web
- (2) Pandora
- (3) Paris
- (4) Platypus
- (5) A. A.
- (6) An Aglet
- (7) The Dakota Building
- (8) Ethiopia
- (9) Dopey
- (10) Volcanoes
- (11) Number 22
- (12) Greenland
- (13) Talc
- (14) The Arctic Ocean
- (15) Amsterdam

Thanks again to Peter and crew for our newsletter distribution.

**Next Edition
September 2021**

