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### **A word from the President.**

Firstly, I would like to thank the 27 members who took the time and effort to join us at the Zoom Annual General Meeting held on August 17, 2021.

At the meeting it was decided that the following members take on the undermentioned positions on the Committee for the ensuring year ending June 2022.

President:	Geoff Mackay
Vice President:	Vacant
Secretary/Public Officer:	Harry Safstrom
Treasurer:	Julie McPherson
Membership Officer:	Marilyn Rohweder
Office Manager:	Vacant
Committee Members:	Pat Blundell
Marketing Officer:	Vacant
Course Co-ordinator:	Vacant
News Editor:	Jenny Brodie
Social Officer:	Anne de Gabrielle

Unfortunately, we were unable to fill the positions of Vice President, Office Manager, Marketing Manager and Course Co-Ordinator. This is very disappointing and, whilst some of the duties can be covered by other members of the Committee, it is certainly not an ideal situation by any means.

It is pleasing to welcome Pat Blundell on to the Committee and I thank her on behalf of all members for stepping up to provide her support. I would also like to thank Harry, Julie, Marilyn, Jenny and Anne for standing again in their existing positions in the absence of any new nominations.

Also a big thank you to Peter Lazarus who is prepared to continue to provide on-going support to the Committee wherever possible behind the scenes. Best wishes to the new Committee for 2021/2022.

Looking forward to the end of Covid-19 Lockdowns and the return to normal classroom activities.

*Geoff Mackay, President Hume U3A*

## ***Aussie, Aussie, Aussie .....oi,oi,oi!!!!***

Australian Athletes from all events enjoyed an amazing, although belated, Olympic Games in Tokyo, due in no small part, I'm sure, to our own Margaret Skellet's contribution.

***You just can't keep  
a good woman  
down, lift our  
spirits every time.***



## ***Olympic Games Brainers***

- (1) In what year were the Modern Olympics first held?
- (2) Who is credited with starting the Modern Olympics?
- (3) What are the colours of the Olympic rings?
- (4) What do the Olympic rings represent?
- (5) When were the first Winter Olympics held?
- (6) What prize was given to the winners of the Ancient Olympics?
- (7) When did the Olympics first award gold, silver and bronze medals?
- (8) How many countries boycotted the 1980 Moscow Olympics?
- (9) Where is the Olympic torch first lit each year?
- (10) The first opening ceremony was held in which city and in what year?
- (11) What is the standard distance of the modern marathon?
- (12) Which American Olympic athlete was prisoner of war in World War 2?
- (13) BMX made its Olympic debut in which city?
- (14) At the 2008 Olympics, Michael Phelps broke whose record for the most swimming gold medals?
- (15) The Soviet Union boycotted the Olympics in which American city?

From  
"News for Hume  
Senior."



<https://www.seniorsonline.vic.gov.au/festivalsandawards>

This year's Victorian Seniors Festival Reimagined continues to present a diverse mix of programs to share the talents of extraordinary people in Victoria. Tune into the 60 online and radio broadcasts with new performances added every month until October, when live events will be welcomed back.

Expect to see creative programming from performers, artists, cultural workers and social advocates.

Explore the [Victorian Seniors Festival Reimagined](#) programs for 2021.

### **Seniors Rights Victoria website launch..**

**Seniorsrights.org.au**

Seniors Rights Victoria's (SRV) new website is packed with information for older people, their loved ones and carers, and professionals working with them.

The revamped website is easy to navigate and provides useful information about what elder abuse is, people's rights, where to get help, how to best plan for the future, news, events and more. Visit the [Seniors Rights Victoria](#) website to have your questions and queries answered.

***Signs:***

***On a Septic Tank Truck: Yesterday's Meals on Wheels.***

***Sign on the back of another Septic Tank Truck:  
"Caution: This Truck is full of Political Promises."***

## Causes of: MENTAL CONFUSION IN THE THIRD AGE

Article of interest provided by a U3A member. There are several references on the internet in relation to Dr Liechtenstein and this subject.

He writes that it is not the head tumour or Alzheimer's symptoms that generates confusion in the elderly. Three most common responsible causes are:

1. **Uncontrolled Diabetes**
2. **Urinary tract infection and**
3. **Dehydration**

People over 50 years old constantly stop feeling thirsty and stop drinking fluids. When there is no one at home to remind them to take liquids, they dehydrate quickly. Dehydration is serious and affects the whole organism. It can cause abrupt mental confusion, drop in blood pressure, increased heart palpitations, angina (chest pain), coma, and even death.

It is serious!

In the best of cases this forgetfulness to drink fluids begins at 50 years of age, when we have little more than 50% of water that we should have in the body. This is part of the natural aging process. Therefore, people over 50 years old have a lower water reserve. But there are more complications. Still dehydrated, they do not feel like drinking water, because their internal equilibrium mechanisms do not work very well.

**Conclusion:** People over 50 years old are easily dehydrated not only because they have a smaller water reserve, but also because they don't feel the lack of water in their bodies. Although people older than 50 years are healthy, the performance of the chemical reactions and functions of the whole organism is impaired.

**So here are two alerts:**

**The first** is to get into the habit of drinking fluids such as water, juices, teas, coconut water, milk, soups, gelatin and fruits rich in water, such as watermelon, melon, peaches, pineapple. Oranges and tangerines also work. The important thing is, to take some liquid, every two hours.

**My second alert is for family members**

Be attentive to them, if they refuse to drink liquids, be patient, they may be dehydrated.

*Dr. Liechtenstein(46), is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP)*

**On a Plumber's truck:**

**"We repair what your husband fixed."**

## THE IRISH GUIDE TO MEDICAL TERMS AND THEIR MEANINGS.

Artery	The study of painting
Bacteria	The back door to the Cafeteria
Barium	What undertakers do after doctor treatment failed
Bowel	A letter like A,E,I,O,U
Caesarean Section	A district of Rome
Cat Scan	Searching for kitty
Cauterise	Made eye contact with her
Colic	A sheep dog
Coma	A punctuation mark
Congenital	Friendly
D & C	Where Washington is
Dilate	To live long
Enema	Not a friend
Genital	Not Jewish
GI Series	Soldier ball game
Grippe	Suitcase
Hangnail	Coat hook
High Colonic	Jewish religious holiday
Impotent	Distinguished, well known
Labour pain	Getting hurt at work
Medical staff	A doctor's cane
Morbid	A high offer
Nitrate	Cheaper than day rate
Node	Well aware of
Outpatient	Person who has fainted
Pap Smear	Fatherhood test
Pelvis	Cousin of Elvis
Post Operative	Letter carrier
Prostate	Flat on your back
Recovery Room	Place to do upholstery
Rectum	Damn nearly killed me
Rheumatic	Amorous
Secretion	Hiding something
Seizure	Roman Emporer
Tablet	A small table
Terminal Illness	Getting sick at the airport
Tibia	A country in Africa
Tumour	More than "one more."
Urine	Opposite to "you're out."
Varicose vein	Nearby
Vein	Vain



### *Milestone Birthdays being celebrated in September*

- ❖ Beth Broad
- ❖ Val Homan
- ❖ Lea Van Berlo
- ❖ Val Griggs



There is no getting away from Covid and we do need a good laugh, so here goes:

I was talking to a friend and she asked me how I was feeling. I said fine. She replied "Do you know what fine means?" Fine means Frustrated, Insecure, Neurotic and Emotional.

Yep, that's me in Lockdown 6 .I'm Fine

Jenny B

First day back at school after lockdown 🤔😞🙄🤡



**Good morning inmates!!!  
Anyone know how much vodka goes in scrambled eggs??**

**MY CAT JUST CAME HOME WITH 24 BAGS OF KITTY LITTER.  
Time to stop this nonsense.**

So for season 2... I mean the second wave... can we switch quarantine partners or are we stuck with the same ones from season 1? 😊

**BREAKING NEWS... swimming pools to re-open from the 4th July, but due to continued social distancing regulations there will be no water in lanes 1, 3 and 5.....**

**Had I known in March that it was the last time I would be in a restaurant, I would have ordered the dessert**



## Quick One

1		2		3		4		5		6
	■		■		■		■		■	
7										
	■		■		■		■		■	
8			9		10		11			
	■	■		■		■		■	■	
12		13		14		15		16		
	■		■		■		■		■	
17										
	■		■		■		■		■	
18										

### CLUES:

#### Across

1. Relocatable dwellings (6,5)      7. Similarity      8. Election Overseer  
 12. Make individual      17. Felt pleased about      18. Strove

#### Down

1. Bazaar      2. Coat in pan juices      3. Restrict  
 4. Hi!      5. Riviera Resort ..... Carlo      6. Led ( attack)  
 9. Audio discs      10. Charged atom      11. Zilch  
 13. Lassoed      14. Beginning and end, alpha and .....      15. Mexican friend  
 16. Bury ( corpse)

## Olympic Answers

- (1) 1896  
 (2) Baron Pierre De Coubertin  
 (3) Blue/Yellow/Black/Green/Red  
 (4) Africa/The Americas/Asia/Europe/Oceania  
 (5) 1924  
 (6) An olive branch crown  
 (7) 1904  
 (8) 66  
 (9) Olympia, Greece  
 (10) London 1908  
 (11) 26 miles 385 yards / 42,195 metres  
 (12) Louis Zamperini  
 (13) Beijing  
 (14) Mark Spitz  
 (15) Los Angeles

*Quick One.....answers*

1	M	O	2	B	I	3	L	E	4	H	O	5	M	E	6	S
A			A		I				W		O					P
7	R	E	S	E	M	B	L	A	N	C	E					
K			T		I		L		T							A
8	E	L	E	9	C	T	10	I	O	11	N	E	E	R		
T				D		O		I								H
12	P	E	13	R	S	14	O	N	15	A	L	16	I	S	E	
L			O		M		M		N							A
17	A	P	P	R	E	C	I	A	T	E	D					
C			E		G		G		E							E
18	E	N	D	E	A	V	O	U	R	E	D					

**WHY ENGLISH IS SO HARD**

We'll begin with a box, and the plural is boxes,  
 But the plural of ox becomes oxen, not oxes.  
 One fowl is a goose, but two are called geese,  
 Yet the plural of moose should never be meese.  
 You may find a lone mouse or a nest full of mice,  
 Yet the plural of house is houses, not hice.

If the plural of man is always called men,  
 Why shouldn't the plural of pan be called pen?  
 If I speak of my foot and show you my feet,  
 And I give you a boot, would a pair be called beet?  
 If one is a tooth and a whole set are teeth,  
 Why shouldn't the plural of booth be called beeth?

Then one may be that, and three would be those,  
 Yet hat in the plural would never be hose,  
 And the plural of cat is cats, not cose.  
 We speak of a brother and also of brethren,  
 But though we say mother, we never say methren.  
 Then the masculine pronouns are he, his and him,  
 But imagine the feminine: she, shis and shim!

 /grammarly

-ANONYMOUS

Next edition:  
 October 2021

Thanks once more to Peter and the crew for getting our newsletter distributed to members.

