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Dear Members



Meet our new President, Dr. Richard Johnson. He says, “just call me Richard”. He has spent all his professional life teaching in schools and universities, doing research and collecting degrees. He has more degrees than a thermometer, B.Com, BT, Bed, Grad Dip, MA; PhD, and Cert IV Teaching/Assessment. He is delighted to have this new chapter in his life focus entirely on the U3A Hume

with the objective of creating an environment that promotes inclusion and wellbeing for each person in our community. Our new committee is committed to work as a team to create a fun and engaging environment that promotes the wellbeing of each person and keeps the spark of learning and teaching alight in each of us.

Richard has looked at the mountain of research on wellbeing and pulled out the most current and effective thing for us to do: “SING TOGETHER”! So, this is a plan which we present to you:

- Apply for and get funding for a good leader for our singing group. One who believes that EVERYONE can sing.
- Practice once per week. FREE and for everyone.
- Singing practice will be accompanied by a free bowl of soup with bread and butter with a choice to listen or sing. (We will apply for sponsorship for the food.)
- We want to have a ‘reach out’ group who will ask: How are you? We believe that ‘no one should feel alone’ in U3A Hume.
- We will have researchers from Deakin University conduct a research study to find out whether we are reaching our goal of improving wellbeing through community singing.

We are looking for:

Engagement from everyone

Nominations for a singing leader

Nominations for the reach-out team

Funding/sources for funding/sponsorship... Please share your ideas with us.

Ideas for what you want ... Suggestions for new courses that will contribute to YOUR wellbeing.

Speak to anyone on the committee with whom you feel comfortable, but please give us feedback.

### ***Singing for fun.....a new venture for us***

Don't think you can sing. It doesn't matter.....we're doing it for fun and connection. Research shows that singing improves our sense of happiness and well being.

**Come join us**

**When:** Wednesday October 16<sup>th</sup> between 10am –noon.

**Where:** White room GPCC

Bring a **small** plate to share with a cuppa.



## Welcome your U3A Hume Committee for 2024-2025



**L –R:**

Peter Lazarus ( Secretary), Jan Bowles (Vice president) Pat Blundell ( Committee member) Richard Johnson ( President) Jenny Brodie( Editor)  
Marilyn Rohweder ( Membership) Julie McPherson ( Treasurer)  
Abs: Anne De Gabrielle ( Social Secretary)

### 2025 Enrolments and fees

It's time to think about your enrolment for 2025 as memberships **don't roll over** from year to year. All fees must be paid prior to commencing classes in the new year. We are expecting to start enrolments/ collection/payment of fees (\$60) in mid November. As in 2024 enrolments will able to be completed on line via our website or in paper format.

Fees can be paid on line or in person at the office.

Further information will be forwarded via email in the coming weeks.

### Membership

As of September 30<sup>th</sup> 2024 our total membership is 206, with 28 new members since November 2023.

### Special Effort fundraiser

Our recent Special Effort fundraiser raised \$400 for U3A Hume. Thankyou to all who donated prizes. Congratulations to our winners.

1 <sup>st</sup> prize	\$100 Bunnings Voucher	Joan F
2 <sup>nd</sup> prize	Wine cooler and wine	Margaret A
3 <sup>rd</sup> prize	Family picnic set and chocolates	Cheryl W



## Sausage Sizzle

We were fortunate enough to be allocated an extra Sausage Sizzle this year. While Sunday September 29<sup>th</sup> was cold and wet, our band of enthusiastic volunteers were not deterred. They cooked and served the delicious and everyone's favourite "snag in bread" and at close of business there was a tidy profit of \$964.00.



Julie, Lin and Jan are on the last shift for 2024.

A huge thankyou to all involved in this year's efforts and special thanks to Marilyn and Choi for undertaking the planning and delivery of such successful fundraisers.

## Walkaways ....Artwork along Merlynston Creek near Coburg Lake.



Every week Walkaways group spends an hour walking along one of the many pathways and trails which follow local waterways. Last week while walking near Coburg Lake we came across this installation which, while eye catching also provided us with information about local native flora in the area.

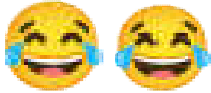


**Summer Program** The Summer Program is in its planning stage. To keep informed read your emails or log on to the U3A Hume website.

**Our Library** We have some new books in the library. Come browse. The library will be open on Thursdays. Julie McPherson ( patchwork) has a key to open up and on other days ask Marilyn R.



## Floral Art



Under Maria's guidance we have more beautiful creations from Floral Art group. The class has had an increase in numbers welcoming Neville to the group. Maria commented that he's not really a student because he doesn't follow instructions. He just does his own thing and advises some of the ladies as well. He has the group in stitches.



### **From Our Social Secretary: Dine Out**

**When:** Friday October 25th  
**Where:** Taylors Lakes Hotel  
7 Melton Hwy, Taylors Lakes  
**Time:** 6.00pm

**When:** Friday November 22nd  
**Where:** Green Bamboo Restaurant  
304 Keilor Road, Essendon North  
**Time:** 6.00pm

For booking purposes you need to text or call Pat Blundell on 0400092027 with numbers attending.

**"Whether you think you can, or you think you can't--  
you're right."**

**— Henry Ford**

**U3A Round up.....**



**Halloween Facts from Google.**

**Samhainphobia is the pathological fear of this ghoulish holiday.  
Black cats are harder to adopt close to Halloween.  
Halloween used to be a time for romance. ...**

**Great new place to catch up with friends....  
hospital waiting room.**

**Baz keeping an eye on Robin and Dina following their successful surgeries.**



**Promenading has long been a feature of the Melbourne Cup. The Victoria Racing Club officially introduced Fashions on the Field to the Cup Day program in 1962 as a way of attracting more women to the races. It is estimated that over \$27 million is spent on fashion for the four-day Cup carnival each year.**

**Our very own fashionista Margaret**

## **"Flowers of Melbourne's Western Plains" exhibition**

**Ed: So much talent among our members. For those of us who don't know Lesley, she is wearing the green dress in the group photo.**

**More of Lesley's art work has been uploaded to the Photo Gallery on our U3A Hume website.**



On Friday, 29<sup>th</sup> September, my art exhibition, "Flowers of Melbourne's Western Plains" was launched at the Gee Lee-Wik Dolleen gallery at the Craigieburn Global Learning Centre. There are 60 watercolour paintings of plants, all indigenous to the grasslands of Hume. People will be familiar with some of the plants such as Wattles, but probably not others. The main purpose of the

exhibition, linked to the Hume City Council's Gardens for Wildlife program, is to make these indigenous, grassland plants more widely known and appreciated through art.

I have been attending the Gladstone Park U3A art class for about 5 years, and it is here that I first learned to paint in watercolour. When I started, Laurie Munro was the tutor. My first project was drawing and shading an egg, so I have made progress since then. Many members of the art class, new and long-term members, attended the launch, providing warm and unwavering support for which I am most grateful.

### **Lesley Kubalsky**



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