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Dear Members

I wish each of you a happy and rewarding 2025. Let us continue to work collectively to maintain an environment at HUME U3A that is safe, supportive and inclusive.

In all our activities, I encourage you to embrace the belief that we are lifelong learners and take time to reflect on what we can do to improve our own wellbeing and the wellbeing of our community. I have developed a tool that we may choose to use in discussions about how we learn in the third age. This is a 'work in progress' so if you have any feedback, please let me know.

We/me/us: The U3A Community is our focus.

Engagement: A key feature in learning.

Life-Long Learning: Body/Mind/Spirit

Learning: The third age gives us the opportunity to enjoy our learning... no exams... no detention...

Belonging: At U3A HUME there is an appreciation of the importance of belonging in wellbeing.

Enjoyment: Third age learners have the licence to have fun. It is the priority for our singing group.

Intention: Our intention to learn and have fun leads to involvement being the cornerstone of our learning.

New: Embrace the NEW... We don't need to be on top of artificial intelligence, but we could explore how we can use it. This is one of the 'big questions' we will address in our Q&A course.

Growth: We believe in Growth even in the third age!

In this context, I recommend that all tutors use the following Course feedback form at the end of each course.

U3A HUME Course Feedback Sheet

Course Name:

Please underline your preferred word for each statement and feel free to comment.

<i>This course is FUN.</i>	AGREE DISAGREE
<i>I love learning without pressure.</i>	AGREE DISAGREE
<i>I feel I learn a lot from this course.</i>	AGREE DISAGREE
<i>I enjoy chatting and being with others.</i>	AGREE DISAGREE
<i>I feel safe in my course group.</i>	AGREE DISAGREE
<i>I feel supported in my learning.</i>	AGREE DISAGREE
<i>I feel included as a member of the group.</i>	AGREE DISAGREE
<i>I feel that this course is good for my well-being.</i>	AGREE DISAGREE
ANY OTHER COMMENTS:	

Richard

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Farewell 2024.....



Christmas break up for Line Dancing. Relaxing after a dance and lunch. Ready to do it all again in '25. Our Line Dancers also celebrated three birthdays.

Happy Birthday wishes to:

***Marissa Pettinato, Anton Godressi
Delores Quintigliano***



Naughty or nice Dina?



Cook N Dine Christmas celebration with great food and great company. Diners were entertained with Christmas Carols presented by our own U3A songsters.



Celebrating all our Huff 'N' Puff'n efforts throughout 2024 with good food and great company



Gloria reflecting on the year that was 2024.

Walkaways last walk for the year and we all deserved a rest, cuppa and a chat.

Jan claiming the baton as her own. It's the magic wand turning us all into singers in the new year. Our very own maestro.

First session for the new year is February 5th at GPCC 10.00am -11.30am



**Life doesn't get easier or more forgiving,
we get stronger and more resilient.**

Resilience: The ability to “bounce back” from difficult experiences and situations. Many of us showed resilience as we bounced back from illness or injury. Margaret Skellett, perhaps our most recent. She was sporting cuts and bruises from a motor car accident, thankfully a slow moving one, and impressed Richard when the next day she bounced up to the Centre to let the yoga group she couldn't attend class that week. Now there is another U3A member showing great resilience. Take a bow everyone.

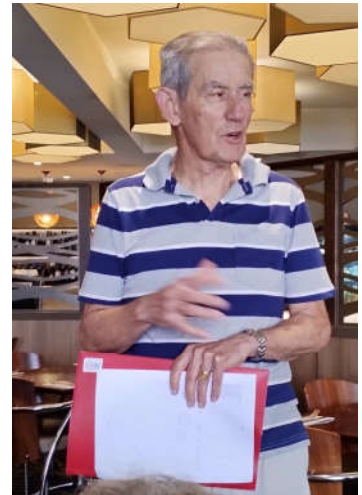
*Endings tend to precede new beginnings, so why not
celebrate?" "Goodbye 2024, hello 2025!"*



We celebrated the start of the new year with lunch at Velvet Bean. The luncheon was one of the Summer program activities and enjoyed by all.

Thankyou Pat

Volunteer Lunch January 17thGladstone Park Hotel.



Annually we thank our volunteers who make U3A Hume's programs possible. We could not survive without our tutors, those who support the tutors, committee members and members who volunteer with fundraising efforts such as the Bunnings' Sausage Sizzle. This year the Volunteer Lunch was held at the Gladstone Park Hotel on January 17th where all enjoyed a good meal, good conversations and plenty of laughter.

Thankyou to all. We look forward to what 2025 has to bring us.



*Keep this date free.....April 17th 2025 at 11.30am
Hume U3A will celebrate its 30th birthday.*



Social Secretary: Dine Out

When: Friday February 28th 2025

Where: The Cross Keys Hotel
350 Pascoe Vale Road, Essendon

Time: 6.00pm

When: Friday March 28th 2025

Where: Lucky Little Dumpling
T101/1 Champ Street, Coburg
Located within the shopping centre at Pentridge
Plenty of underground parking

Time: 6.00pm

When: There will be no Dine Out in April due to Anzac Day being the fourth Friday. The previous Friday is not an alternative as it is Good Friday. Gives us all plenty of time to come up with some new Dine Out ideas for our group. Text or call Pat with ideas.

For booking purposes text or call Pat Blundell **mob: 0400 092 027**



Lion King

Contact Pat on 0400 092 027 if you would like to see Lion King. There must be at least 10 people interested for Pat to investigate.



Editor: We officially welcome Pat Blundell as our Social Secretary, a position in which she has supported Anne de Gabrielle in recent years. Anne has resigned from the position but will remain on the Committee. Thanks Anne for all you have done as Social Secretary over many years. You have much to be proud of.

Sausage Sizzles 2025



Fundraising time is upon us already with our first Sausage Sizzle for the year on:

Sunday February 16th 2025

Marilyn and Choi would love to hear from you if you can spare some time, on the day, to assist with the sizzle. It's a great way to get to know others from our U3A while raising money for the group and feeding the masses who love a Bunnings' sausage. I can smell the onions now.

Call/ text Marilyn on **0409 622 238** to register your interest

The other dates for 2025 are: **Sunday June 8th and Saturday September 13th**

New Courses:

Spreadsheet with Libre Office (an alternative to Excel) Weekly on Monday 10.00am via **Zoom** Starts Feb 10th

Singalong and morning tea. 10.00am -11.30am on 1st and 3rd Wednesday of the the month commencing Feb 5th

Q & A 10.30am Wednesday Monthly Feb 12th

Walking Indoors for Fun and Fitness. Weekly classes in the White Room on Thursday 10.00am -11am. Commencing February 13th **Call Marilyn to register 0409 622 238**

Workout to Music of the 50's, 60's and 70's. Weekly classes in the White Room. 1.00pm - 2.00pm. Commencing February 11th . **Call Marilyn to register 0409 622 238**

We live in an ever changing world and this week it was ours to experience when three beloved members of Huff n Puff left our group.

Ira Vale who tutored and encouraged us weekly through 45 mins of aerobic exercise and weights.

Robyn Craig who was 2IC to Ira and on many occasions took us through our paces, supported new members to the group and kept an eye on our wellbeing.

Barry Craig our own Mr Music. How could we exercise without music ?

We will miss your leadership, enthusiasm, support and friendship.



NOTE: While Monday's class is being re visited the group decided to keep active and walk. Please come along, enjoy a walk, a chat and a cuppa

Snapshot

We all have a story to tell. Everyone's story is unique and interesting despite what you may think.....

In the spirit of wellbeing, community and lifelong learning we would love to publish a snap shot of a member each edition. My most recent snap shot of people's lives was during Singalong and Morning tea where we all shared where we have come from.

Please feel free to forward me a snapshot of your life and a picture. It would be amazing to hear about the moments of your lives. Maybe you have trekked Kokoda or volunteered for many years or been like most of us, a good solid citizen. We can learn so much from each other.

Email: jjbrodie50@gmail.com

I am starting with someone I know quite well.....



Born in Ivanhoe, Melbourne I spent my primary school years growing up in the country of the north east of Victoria. My parents owned the local “grocery shop and post office, “ pretty much in the middle of nowhere and was well patronised by locals until supermarkets appeared and grew in popularity. We lived in a part of the state where many families had some relationship with, and fiercely defended Ned Kelly.

From the north east we relocated to my grandparent’s farm in the Wimmera for a short while and I never ever learnt how to get enough milk for a cuppa from my grandma’s beautiful jerseys. We finally settled in Ballarat where I finished my secondary education and teacher training, back in the day when your qualification was a Certificate from a Teachers College and not a University Degree and, when in your first posting, the Principal didn’t allow women to wear trousers to school. How times have changed. I have always worked in the Education and Training sector. First in primary schools, followed by stints with TAFE, local council and Neighbourhood Houses working in, or managing, labour market programs designed for at risk young people and long term unemployed adults. Intense and often frustrating work but also very rewarding. For some there was more than a dislike of the education system that affected their progress. In the early days of this type of work it was much easier to access vital services and interact with Centrelink unlike that which is experienced today.

The usual family activities filled our weekends with camping holidays taken wherever there was a lake or river. Since we retired we have spent 3 months of the year travelling north for Winter with small stints exploring our own state, and plan to do continue doing so. We have also been lucky enough to do a little overseas travel. I can’t say I have a passion for anything in particular although I could pack up the van and leave home for a year and travel quite easily. One of my happy places is the garden, while a daily walk sets me up for the day and is enhanced by participating in our exercise programs. I am responsible for production of the newsletter which I took on when, a number of years ago, it was going to fold with all communication via email or our website. At that time some members had no access to electronic devices. Now there is a choice for us all.

Jenny Brodie

Other local programs to investigate:

Dallas Neighbourhood House has programs /trips that may interest you.

For more details and bookings checkout the website at: dallasnh.org.au/programs

Next Edition: April 2025

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