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Dear Members,

Our U3A Family has suffered a significant loss, and I am struggling to write this piece. I am struggling in the same way as we are all struggling, as we attempt to make sense of what has happened. Like you, I feel shaken to my foundations, and question what to say that might ease the pain everyone is feeling. We are lucky to be part of a wonderful community where we can support each other and Peter and Evelyn. We feel for their loss and offer our condolences.

Rest in Peace, Dear Simon.

I will now move on to updating you on more regular news items. Sandra (Pretty), member of our Executive Committee, drew my attention to a \$5000 Grant from Aussie Broadband to support the use of technology in the workplace. I shot off an application to get 10 Samsung Galaxy Tab A9+ WiFi, 128GB Tablets. Now, we keep our fingers crossed, and when the tablets arrive, they will go to the ten most reluctant users of technology in our U3A. The purpose is to lure them into using the technology with the right easy-to-use apps and gentle help given by us.

Time to share a secret with you: I want everyone in our U3A to be given one of the above tablets to be used to deliver rich dollops of assistance to each one of us. Making life easier, even in small instalments, would be welcome. As it so happens, this is also the aim of the research team from the University of Melbourne, who will be working with us. Their research (and we are talking about the cream of young academic minds) will be tuned to working out how Artificial Intelligence can be used to develop solutions related to technology, to assist people as they age. Senior government officials are interested in the findings of this technology, and I would like you to reflect on the fact that they will be working with us in our sandpit, and we will have access to them and the developments they initiate. Last week, Professor Jenny Waycott, asked if one of her PhD students could do her study with us on storytelling and how technology can be used to assist people as they age. I agreed, which means that we will be having a PhD student work with us for the duration of her study (generally three and a half years). There will also be advantages coming from the results of her research.

As we approach the end of the year, our program of classes that we offer also comes to an end. I think of the people who live on their own because the loneliness that sometimes accompanies living on your own is most felt during long breaks, when our community engagement through courses and events is not on offer. I know, because I live on my own. I plan to offer sessions on two days of each week, one on board games and the other on a book club. Both, with plenty of chatter and coffee and biscuits. I will ask Marilyn for advice, and she will communicate the days selected via email.

As courses wind up, please remember to submit your feedback sheets to enable your tutors to improve their courses and get to feel your positive support. Also, reflect on the courses you put your name down to attend and those you attended regularly. In 2026, please choose courses you are able to attend, and even if you find you cannot attend, you can remove your name from the list. There are names on the list for the meditation class that have never attended! There are fifteen on the list, and I only get four or five attendees. I have been teaching for a long time, and I have developed the necessary thick skin to not take it all too personally, but I can't help thinking, "Are people not aware of the research that tells us the immense benefits of meditation on health and wellbeing?"



Dear Members, I want to thank each one of you for making our HUME U3A community what it is today. I wish you and those near and dear to you, well-being in all its dimensions. Have a Merry Christmas and a Happy New Year.

### Richard

PS This is what happened at the end of a Thursday morning walk. Jan decided to whip up interest in seeing Hair, and here we are on Saturday, November 22, at the Athenaeum Theatre. I am surprised I am sitting where I was because Jan emphatically pointed out, "Richard, I don't want to sit next to you because there's nudity in the show". I assured her that I would keep my clothes on.

### *Let the Sunshine... Let the Sunshine... the sun shine in...*



Google tells us that:

The musical Hair was first performed off-Broadway on October 17, 1967, at the Public Theatre in New York City. It then moved to Broadway, where it had its official opening on April 29, 1968. Hair premiered in Australia in 1971.

Hair was extremely controversial when it came out because of its political nature and onstage nudity. The musical's songs stood against the Vietnam war, racism, and pollution and had a genuine heart behind it.

Ed: Hope you all enjoyed your experience



### *A night out at the movies.....*

Come join us for a movie and popcorn.

**Where: White Room at Gladstone Park Community Centre**  
**When: Friday December 5th at 6.00pm.**

Please find the time to call/text **Richard on 0416522401** to grab a seat and make sure we have enough popcorn for all.

### *Membership*

Currently our membership sits at 222 with 44 new members joining us this year. Our numbers are growing.



## Summer program.....



A program for over the holiday period is being considered, so keep an eye on your emails, our website and Facebook pages for updates.



### **Social Secretary: Dine Out**

**When:** Friday February 27<sup>th</sup> 2026  
**Where:** Westmeadows Tavern  
10 Ardlie Street, Westmeadows  
**Time:** 6.00pm

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

Please check emails and website in case of any change to times or venues

## Huff n Puff

Can't miss an opportunity to mix exercise, dressup and food. Today it was celebrating our world famous Melbourne Cup.



## Voila..... And now we have a table!!



Every Huff N Puff session finishes with coffee, tea and biscuits. For all the years this has been happening we have always sat in a circle on our chairs and the biscuits have pride of place on the floor. That all changed recently when Jim Arnold dropped in to take Lisa home. He asked why we sat around like people around a camp fire and had no table for the biscuits. Lisa asked and Marilyn bought us a table. Such a little thing but it was

pretty special moment this morning. One member remarked " I will stay this morning for a cuppa now we have a table." How we enjoy the finer things in life.

Thankyou Jim Arnold.

## A Personal Journey ... Christine Campani



Each year Diabetes Australia presents the Kellion Victory Medal to those who have lived with type 1 or type 2 diabetes for 50 years or more. It recognises the achievement of living a fulfilling life with diabetes.

Christine Campani remarked: " I feel very proud of myself having lived with Diabetes for the last 50 years"

Christine was diagnosed with diabetes during her pregnancy, however gestational diabetes did not resolve itself after giving birth. "When diagnosed I didn't know anything about diabetes" she recalls. "It was a very scary thing to have to face. I didn't like injections and remember sticking needles into an orange as practice." While her family was supportive Christine often had to manage her diabetes largely on her own. She recalls feeling isolated in those early years, as there

was very little support or understanding at the time.

Life in the early days involved a lot of careful management with limited tools. Christine used a glass syringe that had to be boiled to sterilise it and Clinitest tablets were dropped into urine to check sugar levels. Frequent **\*hypos** were particularly challenging, affecting both her and her husband. Eating at strict times also made social occasions like dinner invitations or dance events difficult to navigate.

Technological and educational advances have transformed her experience. Christine describes short acting insulin as a "godsend" that gave her flexibility. She also attended the **\*\*DAFNE** course which



she found very helpful. “The best thing ever invented for me was the \*\*\***Freestyle Libre 2**” she says.” I no longer have to worry about hypos, as it wakes me in the night if I am low. I just love it and wonder how I ever managed without it,”

Christine has also benefitted from the excellent medical guidance throughout her journey from her endocrinologists, who offered reassurance and encouragement when she needed it most.

Her husband John has been an indispensable source of support, helping her through hypos and daily challenges she has faced over 50 years. Receiving the Kellion Victory Medal is deeply meaningful to Christine. She reflects on living with Type 1 diabetes around the clock for five decades and says “ I feel very proud of myself having lived with Diabetes for the last 50 years. I have been very lucky so far and have had no side effects from Diabetes.”



**Type 1 diabetes** is an autoimmune disease where the body's immune system attacks and destroys the insulin-producing cells in the pancreas, leading to a severe lack of insulin. Without insulin, glucose cannot enter cells for energy and builds up in the blood, causing high blood sugar (hyperglycemia). This requires lifelong management with insulin therapy to control blood glucose levels, as it is a chronic, autoimmune condition that can be diagnosed at any age but is often seen in children and young adults.

**\*Hypos,**( hypoglycaemia), a condition where blood glucose levels drop below 4.0mmol/L, which is common for people with diabetes using insulin. Symptoms include shakiness, sweating, dizziness, hunger, and confusion. To treat it, consume fast-acting carbohydrates like glucose tablets, juice, or jelly beans.

**\*\*DAFNE** is a practical course that helps you manage your diabetes by working out how much [insulin](#) you need for the amount of [carbohydrate](#) eaten. hypoglycaemia.

**\*\*\*Freestyle Libre 2** is worn on the arm continuously measure glucose levels and can send messages to your smart phone.



### **VALE** George Skellet

Our thoughts are with Margaret Skellet and her family following the recent passing of her beloved husband George. Margaret is a long term member of U3a, a regular to Huff n Puff and contributor to our newsletter.

**Celebrating George’s life as only Margaret knows how!**





Our Walkaways class this year has been great, but also a bit different as our walkers have travelled far and wide. By land sea and air four members visited South Australia and Western Australia, rode the Indian Pacific to Perth and sailed across the Top End.

Some members went to Queensland to see family and others spread their wings further afield to Spain Portugal, India, Switzerland, Germany, England, Hawaii, USA, Phuket and New Zealand. A Pacific Island Cruise made the travel list as well as a houseboat holiday on our Mighty Murray. Local holiday spots included Maldon and Castlemaine and Whroo.

Everyone enjoyed their holidays and all are back again so our Thursday group is whole again. It's a really great way to finish the year. Sadly this year we lost to heaven Margaret Allen a long time Walkaways member.

Enjoy your Christmas break and be ready to walk again in February 2026.

**Lorraine levens**



### The Four Stages Of Life

Your relationship with Santa Claus, exists in four stages:



You believe in the Santa, the fat jolly man who comes down the chimney to deliver your presents.

You grow up and stop believing in Santa.

You have children and now you are Santa.

You age and finally you look like Santa!

The Committee of U3A Hume would like to thank Basem Abdo MP, Federal Member for Calwell, and his staff for the printing of this newsletter.

