



**HEALESVILLE**  
UNIVERSITY OF THE THIRD AGE

## OCTOBER NEWSLETTER

### AGM 2022

U3A Healesville's 2022 AGM was held on Thursday 15 Sept at 2 pm, at the Senior Citizens Hall: 45 members attended the event.

President John Pascoe began by acknowledging this AGM as the first face-to-face AGM in three years. He also welcomed Anne Galletti, the guest speaker, and acknowledged Doug Fudge as a significant member of and contributor to Healesville U3A. John noted the ongoing increase in enrolments in our 46 different classes, with new classes such as Yoga and Music Theory for Beginners starting in Term 4. He thanked the course leaders for their support and involvement, acknowledged outgoing course leaders, and thanked members of the U3A committee. He also thanked the Yarra Ranges Shire for their ongoing support of U3A Healesville.

Bill Woods then presented the Treasurers report, noting in particular U3A Healesville's healthy financial position. He noted that U3A Healesville is already working with the Council re our recurrent funding and also re the lease on the Court House.

Membership fees for 2023 were put to the AGM for approval and were subsequently passed unanimously. It was noted that this fee scale is identical to the pre-Covid Fee Scale of 2019 which means there has been no increase since then. 2023 membership fees are as follows:

- \$50 for full membership;
- \$25 for course leaders who are participants in U3A Healesville courses;
- \$0 for course leaders who are non-participants;
- \$20 for associate members;
- \$0 for Outer Eastern Ranges members who are members of another OER U3A.

The AGM also elected the U3A Healesville committee for 2022-23: John Pascoe – President; Barb Woods – Vice President; Bec Doig – Secretary; Bill Woods – Treasurer; along with committee members George Doig, Jane Judd, Lucia Messina, Ethne Pfeiffer, Carol Taylor and Wendy Veitch. John Pascoe then thanked retiring member, Bob Willis, for his contribution to the committee, especially his management of the website and database. Bob will remain in an ex officio position on the committee.

Wendy Veitch then introduced Anne Galletti, the guest speaker.

Anne provided a very informative talk about her involvement in the charity, 'One family at a time'. She said that her involvement covered a number of current initiatives in Cambodia, in particular sewing. Projects have included making sanitary pads for girls, using money from a coffee club to purchase rice for food, helping Year 7 students to learn English and increase their chances of getting a job, and teaching sewing to the girls to help them create sellable objects, set up small businesses and to teach each other sewing skills. Sewing projects have included lunch bags, vegetable bags, and roll up shopping bags - all are selling well. Anne said she is sad every time she leaves Cambodia – she has made great friends there.

This impressive talk concluded the AGM, and was followed by light refreshments.

### What's new

- U3A Healesville committee has purchased a brand-new vacuum cleaner – it's easy to use and a fantastic asset in helping to spruce up the Court House. All groups are encouraged to use it at the conclusion of their activity, especially if you have been eating!
- The Court House now has three air purifiers – two in the main room and one in the small back room.

- U3A Healesville has purchased two small first aid kits – they are in the cupboard in the kitchen. Course leaders for outside activities such as cycling and walking are encouraged to take one along whilst their activity is taking place.
- New courses: there are several new courses - yoga on Tuesdays and music theory for beginners. Bocce will return on Wednesday afternoons at 3:30 pm. Potential additional courses include tap dancing and gymnastics. For more information, contact George Doig.

### **Dates to remember**

#### **Afternoon tea**

U3A Healesville's afternoon tea will be held on Wednesday 5 October from 2 pm at the Senior Citizens Hall. All are encouraged to bring a small plate to share. There will be entertainment from various U3A Healesville music groups.

#### **Trivia quiz afternoon**

The CWA Tarrawarra Branch is holding a trivia quiz afternoon on Saturday 8 October from 2 pm to 6 pm at the Senior Citizens Hall, Healesville. Booking a table of eight will help the CWA support families in our community. Tickets are \$10 pp, BYO drinks and nibbles. More information - contact Del on 0422002266 or Anne Faulks on 0408903925.

#### **Pop-up at the Memo**

On Friday 21 October there will be a pop-up performance outside the library that will include various U3A music groups and the Healesville Community Choir. It's bound to be entertaining.

#### **Health and wellbeing expo**

The Yarra Ranges Health and Wellbeing expo will be held on Sunday 13 November at the Memo from 10 am to 12.30 pm. The presentation will be facilitated by Dr Damian Kristof. Dr Kristof is a naturopath, nutritionist and chiropractor who is highly sought after for his presentations on longevity, wellbeing and leading a healthy life. The theme of the Expo is Health and Longevity, and will include Damian interviewing a panel including two U3A members –former President Dr Ian Tinney and Course Leader Bryn Jones. A number of stalls will be in the foyer exhibiting Health and Wellbeing services in Healesville. U3A Healesville will have a stand at the event.

#### **Registration Day**

The registration day for 2023 U3A Healesville courses will be **Thursday December 8 from 10 am to 2 pm**. Information about U3A Healesville courses for 2023 will be available by late November.

#### **Friday at 5**

The next Friday at 5 will be on 9 December starting at 5pm to celebrate Christmas and to thank course leaders.