

U3A BRIGHT DISTRICT

UNIVERSITY OF THE THIRD AGE

good company lifelong learning staying active
U3A

DEC 2022

President's Report - Summer 2022

Hello everyone.

After many months of consultations and negotiations, I am very pleased to announce that Alpine Shire has approved the move of U3A Bright District from our current small rooms to the wonderful community facility, currently known as the Bright Senior Citizens Centre. We will be co-tenants and the process of forming a Community Asset Committee (CAC) of management is well underway, with 2 representatives from both ourselves and the Senior Citizens, 1 Shire rep and 1 community member.

While I would love to give you definitive dates I cannot at the moment, but ideally, we would like to start the new year of programmes in 2023 at our new premises. As soon as I have more information I will update you all.

In light of the uncertainty, our Courses rollover and membership renewals will be held off until mid-January, when we will have more concrete information about venues etc.

This shift opens up a new world of exciting possibilities for our courses & activities. If you have ever thought of becoming a Convenor/tutor we will have more and larger spaces and facilities available to utilise. There is a list of potential short courses on our website. Check it out! You may have other outstanding ideas too - let us know of them.

U3A Network Victoria will also be offering Mentoring May in 2023 where Victorian U3A members who would like to run a class for their U3A will receive course guides to the following popular courses, Friendship in later Life; Scribblers (Art); First Nations & Curious about Science.

The mentoring course guides have step by step instructions on how to run the class including discussions, slides, links to resources & teaching tips. You do NOT have to have ever been a teacher, just a real interest in the topics. More details will be provided closer to the time.

Recently Myrtleford and Bright U3A committee members got together to discuss opportunities for growth. It was an informative and productive session and the next will be held in Bright mid-

AGM Bright District U3A

Friday 27th January
2023

10am - noon

Venue to be confirmed

Duty Group -
Bushwalkers

Enrollments in U3A courses/ activities for the 2023 year will commence in mid January. Enrol in your course through the membership system UMAS with your membership no and password. Instructions on website.

www.u3abright.org.au
Click on LOGIN

We will also have a member of the UMAS team to assist anyone wishing to enrol in courses and update their details at the AGM.

Bright District U3A

**AGM will be held on Friday
27th January 2023**

**Nomination form included
with this newsletter.**

**We are looking for a
secretary to take over from
Kim Robinson who is retiring.**

Bright U3A Committee Contacts

President: Marianne Dredgeinfo@u3abright.org.au
Courses: Linda Hayes.....courses@u3abright.org.au.

Treasurer: Robyn Cirulis.....members@u3aBright.org.au
Web Admin/Newsletter: Helen Brecknell.....jhcw@bigpond.com

lifelong learning

January and include Alpine U3A Mt Beauty. As we 3 are small regional U3A's, a collaborative sharing of programmes and activities for the minimal cost of \$10 (if you are already a member of another Alpine area U3A) opens up many possibilities for each member.

Arno and Sue van Winden organised a certificate course in practical First Aid late November which was extremely well received and helpful to attendees and by extension, our whole membership who could be potential beneficiaries of the skills and knowledge gained. Well done Arno and Sue!

The social committee organised an afternoon of Christmas fun & cheer last Friday and a great time was had by all who attended. Many thanks and congratulations to Diane Mayorga, Kieran Ryan & Jan and Mike Smith. Watch future newsletters for information about upcoming social events.

Attached to this newsletter is a nomination form to become a member of your committee of management. We are a 100% VOLUNTEER organisation and cannot function without them!

Our current Secretary, Kim Robinson, is retiring at the AGM on Friday January 27th 2023 and we desperately need someone to fill this important position. Could that person be you?

A huge THANK YOU to all the volunteers who have continued to share their time, energy and skills throughout the year to make our organisation a welcoming, friendly and interesting place to be.

Wishing you all a very Merry Christmas and a happy, healthy & rewarding new year.

Marianne Dredge
President



Casual Cycling

News

The Casual Cycling group has been getting between 20 – 30 riders on a Tuesday for their regular weekly rides and between 10 -20 for their lunch rides which are organised occasionally depending on the weather and availability of coordinators.

The Casual Cycling group organised a fully accredited First Aid course HLTAID011 which was held on Tuesday November 29. Nineteen cyclists and five bushwalkers attended a very interesting and thought provoking course that was preceded by detailed pre course homework.

Since then several other people have mentioned they might also like to complete a First Aid course. If anyone wishes to organise another course the providers were VICFIRSTAID (vicfirstaid.com).



Ride to Whorouly Post Office and Café where the proprietors are very helpful catering to a group of cyclists



Riders in the group have road bikes, hybrid bikes and electric bikes and all are welcome, the idea is to just keep on riding and enjoying casual riding in a social group. This is Helen Carlson with her brand new electric bike. Helen now rides either her road bike, her hybrid bike or her electric bike depending on the ride.

staying active



a peloton of riders all on manual bikes ready for a ride to Wandiligong



Joe Kenwright enjoying 'a small snack' at Whorouly Pub on one of the Casual Cycling lunch rides



Ride from Everton to Eldorado for a great lunch at McEvoy's Tavern – the smallest pub in Victoria

FREE RAPID ANTIGEN TESTS

available at

Bright, Mount Beauty and Myrtleford Libraries

Alpine Shire Council Customer Service, Bright

Eligibility:

People aged 70 years or older

Concession card holders:

- Victorian Seniors card
- Pensioner Concession card
- Commonwealth Senior Health Care card
- Health Care card
- Low Income Health Care card
- Department of Veterans' Affairs Gold, White or Orange cards

People with disability, immunocompromised people (self-declared) or their carer, in line with eligibility criteria, including:

- NDIS participants
- Disability support pensioners
- People with a disability who receive a Transport Accident Commission benefit.

You must be able to provide evidence of your eligibility.

For more information call 5755 0555



Nomination Form for Committee Positions

Return to the Secretary, Bright U3A Inc, PO Box 458, Bright 3741
by 20th January 2023 or hand in at the AGM 27th January 2023

Bright District



Bright District U3A Inc. Reg A0043327J

Nomination for 2023 Committee

I nominate.....(name) for the position of.....

Proposer..... Seconder.....
Print name *Print name*

Signature.....Signature.....

Iaccept the nomination. Signature.....

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DUTIES AND RESPONSIBILITIES OF U3A SECRETARY

info@u3abright.org.au - receive and distribute incoming mail to relevant committee members. You will need to set up to receive emails using the above address.

MEETINGS: Third Friday of the month at 1.30 p.m. at U3A rooms. (Can vary depending on the date of the end-of term coffee morning).

Call for agenda items and apologies on the Monday prior to the meeting. Collate onto agenda and forward this to the Committee one or two days before the meeting.

Take minutes.

Complete minutes within a couple of days of the meeting and distribute to the Committee.

*All emails are handled using the UMAS (U3A Membership Administration System)

AGMs

Held at the end of January/early February each year.

Have Office Bearer nomination forms on hand.

Take minutes, and distribute these to the Committee afterwards.

Following the AGM, visit myCAV (Consumer Affairs) and submit an Annual Statement.

OTHER TASKS:

Keep a register of the five key-holders for the building.

Keep tidy records of meetings, U3A activities, etc.

From the Editor

What a year this has been! As Bright U3A President, Marianne Dredge, has been able to highlight, some of our activities will be moving to what is currently known as the Senior Citizens Centre. Details are not clear yet but we are preparing for the move to happen early in the New Year. As Admin for the UMAS system and along with the convenor coordinator, Linda Hayes we are making alterations to the system so that when we open for enrolments sometime in January everything will be ready to go.

The U3A xmas party was held under the trees on Riverside Drive. Many thanks to the organising committee for a wonderful afternoon.

As editor of the newsletter I am always struggling to find newsworthy articles. If any member - be it convenor or attendee has something to share please get in touch with me. You can do this simply by replying to my emailed newsletter.

Happy Christmas and a safe and joyous new year!

An older man, living alone, decided he wanted to add a pet companion to his life. After thinking long and hard about the decision, he buys a parrot and brings it home. However, the parrot almost immediately starts insulting the older man and gets really rude. In a moment of frustration, the man picks up the parrot and tosses it into the freezer to teach it a lesson. But when the bird stops squawking, the man panics and opens the freezer. The parrot walks out, looks up at the man, and says, "I apologize for offending you, and I humbly ask your forgiveness." The man replies, "Well, thank you. I forgive you, and I'm sorry too." The parrot then says, "If you don't mind my asking... what'd the chicken do?"

SCAMWATCH

Every year, scams cost Australians, businesses and the economy hundreds of millions of dollars and cause emotional harm to victims and their families.

The best way to protect yourself is through awareness and education. This new edition of The Little Black Book of Scams is brought to you by the Australian Competition and Consumer Commission (ACCC), the national consumer protection agency.

The Little Black Book of Scams is recognised internationally as an important tool for consumers and small businesses to learn about scams including:

- the most common scams to watch out for
- the different ways scammers can contact you
- the tools scammers use to trick you
- the warning signs
- how to protect yourself, and
- where you can find help.

Protect yourself – sign up to Scamwatch

To stay one step ahead of scammers, learn more by visiting the ACCC's Scamwatch website – www.scamwatch.gov.au – where you can sign up for free email alerts on new scams targeting consumers and small businesses. You can also follow Scamwatch on Twitter at [@scamwatch_gov](https://twitter.com/scamwatch_gov) or http://twitter.com/scamwatch_gov.

The top scams to avoid

Everyone is vulnerable to scams so everyone needs information about how to identify and avoid being scammed. Some people think that only the gullible and greedy fall victim to scams. The truth is scammers are clever and if you don't know what to look out for, anyone can fall victim to a scam.

Have you received an offer that seems too good to be true, perhaps a phone call to help fix your computer or a threat to pay money you do not owe, an alert from your bank or telecommunications provider about a problem with your account or even an invitation to 'befriend' or connect online? Scammers know how to press your buttons to get what they want.

They are getting smarter, moving with the times to take advantage of new technology, new products or services and major events to create believable stories that will convince you to part with your money or personal details.

However, thanks to the tens of thousands of scam reports received every year, the ACCC has prepared a list of common scams to reveal the secrets and tactics that scammers don't want you to know.

The Little Black Book of Scams is available online at
www.accc.gov.au/littleblackbookofscams.

