

U3A BRIGHT DISTRICT

GOOD COMPANY, LIFELONG LEARNING, STAYING ACTIVE



President's Report

JUN 2024

Greetings from Canada!

We have seen some stunning, breathtaking sights and explored very interesting cultural & historical places on our six week trip throughout this vast country. In fact, Canada is the second largest country on earth after Russia (Australia is 6th largest).

Canadians are friendly and polite & in many of the cities, you could imagine yourself in Melbourne.

My U3A French language classes really helped us in French speaking Québec, but whatever the language or accent, the conversations had & overheard were the same conversations we have in Australia!

I hope you have been enjoying the glorious early winter sunshine and our own beautiful home.

I'm delighted to inform you that the new oven has arrived and we are just waiting for the council to arrange installation which will be happening soon.

On a sadder note, we extend our deepest sympathy to Peter Lukey and his family on the recent loss of his wife, Irene. Irene was a long-term member of U3A and a beautiful friend to all who knew her.

A few of our members have their own health struggles at the moment and we wish them well for their treatments.

Looking forward to catching up with you at the end of term coffee morning on Friday June 28th.

Until then, bonne journée (have a good day)

DATES TO REMEMBER

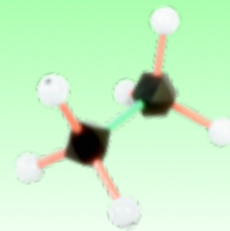
COFFEE MORNING

FRIDAY 28th Jun 10am

Guest Speaker - Sally Roberts

See details page 3

CURIOUS ABOUT SCIENCE?



**New Course
Details page 3**

Duty Roster - Coffee Morning 28th March

Tai chi, Qi Gong, Yoga

Duties: – Place one table at entry point where members can sign in

All members of duty group/s to arrive at venue – Senior Citizens Centre, 2 Cobden St- by 9.45 for 10am start.

Bright U3A Contacts.

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

Secretary: Andrew Bird.....info@u3aBright.org.au
Courses: Linda Hayes.....courses@u3aBright.org.au
Social Sub-Committee: Jan Smith.....social@u3aBright.org.au

Marianne's photos from Canada



Coffee Morning Guest
Sally Roberts

Refugees in Australia – Their Untold Stories

Synopsis: In this talk Sally will share her reflections on her years working with traumatised refugees arriving in Australia from Africa and the Middle East. Sally will reveal the stories of hardship, bravery and good fortune of the people she was privileged to work with in two different organisations. Firstly as the 'Trauma and Torture Counsellor' at the Migrant Resource Centre in Launceston [2005 -2007], and secondly as a 'Refugee Family Counsellor' at the Ecumenical Migration Centre (Brotherhood of St Laurence) in Fitzroy, Melbourne [2008-2015].



Sally has been happily ensconced in Eurobin for eight years, blessedly married to a sweet man. They have two daughters, four grandchildren and four grandcats. Career-wise she's been a Commonwealth Public Servant, primary school teacher and counsellor, if not a candlestick maker and poet. In another life she'd have been a travel agent.

Are you....Curious about Science? – Course overview

This course is designed to promote hands on learning through participation in experiments followed by explanations of scientific principles. The course aims to build a supportive, social and fun environment which is uniquely enhanced by participating in science experiments. Another benefit is participants can share their science experiences with their grandchildren and others at home. The course aims to foster a curiosity about science, the scientific method, and how it relates to our everyday lives and is for all U3A members, regardless of their knowledge or skills in Science.

There are 5 sessions in the course:

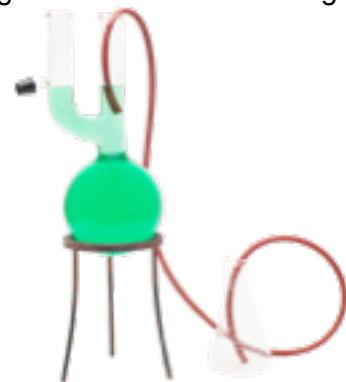
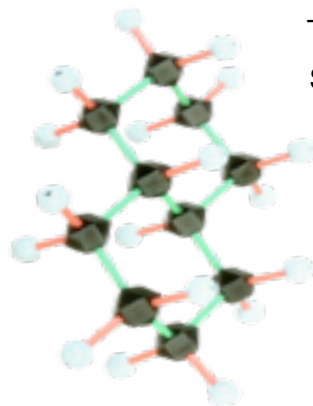
Session 1: Candles and Combustion

Session 2: Chromatography (the science of separations)

Session3: Food Science

Session 4: Density and Buoyancy

Session 5: Optical Illusions



The course will run during Term 3, every 1st and 3rd Monday, starting on Monday 15th July, from 1:30 to 3:30pm.

There is no cost to participate, and most resources will be provided. Occasionally, participants may be asked to bring an item from home.

Enrolments are now open in the UMAS system. For additional information or assistance in enrolling please contact us - email members@u3abright.org.au or courses@u3abright.org.au

Three years ago U3A Bright did a major update to the website and installed a new membership management system (UMAS). Up until then all members details and enrolments were held in a paper based system (some of it was on a several computers) with the jobs shared by several committee members. Inevitably errors crept in and tracking of who was in which activity was difficult to say the least.

A decision was then made that we would install the new website that was from the Victorian U3A Network, along with UMAS, to manage our membership and activities. Naturally there were teething problems but now they have mostly been ironed out. Timely information can be found on the website as well as all the activities on offer throughout the year.

We also moved into the Senior Citizens Centre and this has allowed U3A to expand the number of activities on offer which has also encouraged new members.

UMAS has made it more efficient for the committee members who manage the membership and activities and has also been a giant leap forward in keeping members' details safe and secure. The security in behind the scenes is extremely good.

As website manager I receive a weekly report on the current attempts to infiltrate our website and more worryingly to try to get into the membership system. But this system is only as secure as the weakest link which, unfortunately, is us, the users. Members can only access their own details but activities convenors/tutors have limited access to all the members enrolled in their specific activity. There are only two committee members who have access to the total system, necessarily so for administration purposes.

It is up to convenors to ensure that their enrolled members' details are kept safe. This means that each convenor cannot copy contact details of their enrolled members onto their own personal computers. If the convenor wishes to do this then permission MUST be sought from each attendee before doing so. Please check the Federal Privacy Policy Guidelines for more details.

As members we must also be vigilant in keeping our details secure. It is up to all of us.

Duties for Roster Group

- Place one table at entry point where members can sign in
 - All members of duty group/s to arrive at venue – Senior Citizens Centre, 2 Cobden St- by 9.45 for 10am start.
 - Place 2 tables across front of hall
 - Bring plate of food to share. Keep covers in case left over food to be taken home
 - In kitchen, fill urn with water.
 - Set up urn on table on servery area & bring urn to boil
 - Put out tea bags, coffee, milk, sugar, cups, spoons & bowls for used teaspoons.
 - Place bin next to urn table for used teabags
 - At conclusion of meeting, collect all bowls club dirty dishes, wipe down all the tables. Wash, dry & put away dishes in kitchen.
 - Wipe down sinks & hang up teatowels
 - Vacuum the floor
 - Restore tables & chairs to their previous layout
- Don't forget to take your OWN plates home!

U3A Bright Contacts

members@u3abright.org.au. Treasurer, Robyn

Use to: membership queries, joining, payments.

courses@u3abright.org.au Courses Coordinator, Linda.

Use to: Inquire about wait lists, resolve problems getting into a course, ideas for new courses, convenors changing course information, general how to use UMAS for members

media@u3abright.org.au. Media Coordinator, Website and UMAS Admin, Helen

Use to: Submit articles and photos for inclusion in quarterly newsletter, general how to use UMAS for members, sort issues with enrolments and use of UMAS

social@u3abright.org.au Social Activities Coordinator, Jan

Use to: Advise of dietary needs (If any). Enrolments in social activities are done through UMAS.

“Come Join Us” - two places available

The U3A Book Group started this year and currently has a membership of 13 and has so far reviewed 5 books: "Wifedom" by Anna Funder, "Windswept and Interesting" by Billy Connolly, "Thaw" by Dennis Glover, "Old God's Time" by Sebastian Barry and "Question 7" by Richard Flanagan.

Books for the rest of the year include "Rooftops of Tehran" by Mahbod Seraji, "Horse" by Geraldine Brooks and "Captain Corelli's Mandolin" by Louis Berniere.

If you'd like to join us on the first Friday of the month at 2:00pm at U3A Headquarters, simply enrol via the UMAS system. It's that easy.



We look forward to welcoming new members.

Helen Carlson, Convenor

Christmas in July Lunch

Xmas in July for Sunday 21st July 2024.

A menu of prawn cocktail entree, roast beef, chicken, turkey and smoked ham, roast potato, pumpkin, carrots, other vegetables? corn, peas?

Vegetarian lasagne for approx 10 serves

Dessert choice of plum pudding with brandy custard or pavlova.

Cost per person \$30

The lunch will start at 12 midday, with first course served at 12.30pm.

To book, log in to the membership system and select, you will be issued with an invoice.

Payment made to bendigo Bank.



staying ACTIVE

I guess I am showing my age.....

Mergatroyd? Do you remember that word?

Would you believe the spell-checker did not recognize the word, Mergatroyd..... Heavens to Mergatroyd!

The other day a not so elderly (I say 75) lady said something to her son about driving a Jalopy; and he looked at her quizzically and said, "What the heck is a Jalopy?" He had never heard of the word jalopy! She knew she was old ...But not that old.

Well, I hope you are Hunky Dory when you read this and chuckle.

These phrases included: Don't touch that dial; Carbon copy; You sound like a broken record; and Hung out to dry.

Back in the olden days we had a lot of moxie. We'd put on our best bib and tucker, to straighten up and fly right.

Heavens to Betsy!

Gee whillikers!

Jumping Jehoshaphat!

Holy Moley!

We were in like Flynn and living the life of Riley; and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Back in the olden days, life used to be swell, but when's the last time anything was swell? Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes, and pedal pushers.

Oh, my aching back! Kilroy was here, but he isn't anymore.

We wake up from what surely has been just a short nap and before we can say "Well, I'll be a monkey's uncle!"

Or, "This is a fine kettle of fish!" We discover that the words we grew up with, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those great phrases gone?

Long gone: Pshaw, The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper.

Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses.

It turns out there are more of these lost words and expressions than Carter has liver pills.

This can be disturbing stuff! (Carter's Little Liver Pills are gone too!)

Leaves us to wonder where Superman will find a phone booth.

See ya later, alligator! Okidoki !

You'll notice they left out "Monkey Business"!!!



staying active

*Just a few highlights
from NW Tasmania*

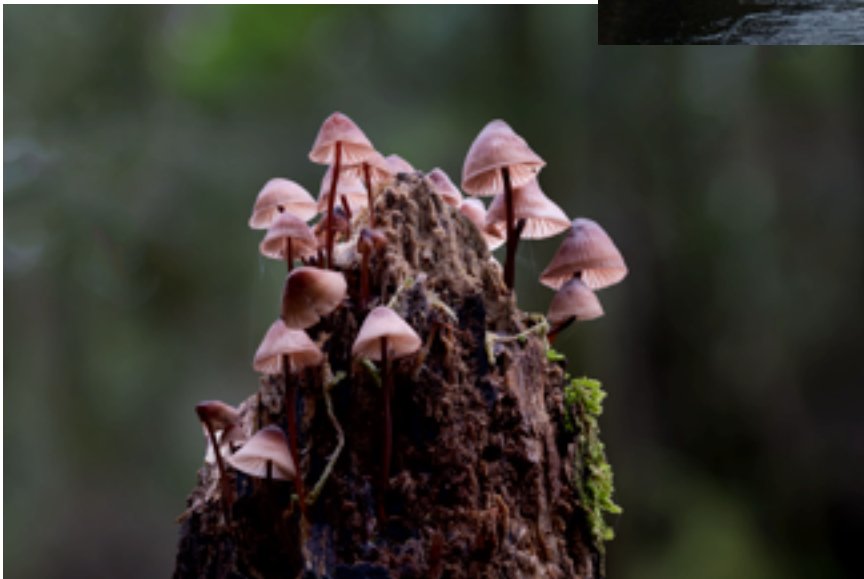


Above. Sea Eagle catching dinner!
Arthur River



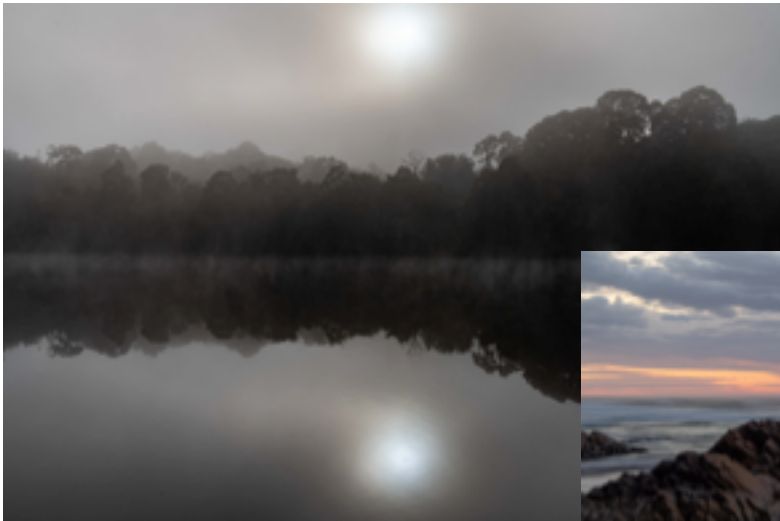
Right. Pieman River Dawn

Below. Cluster of Fungi - Corinna



Right Fungi -
Corinna

Left. Pieman
River



Right. The End of the World

