



Hastings U3A Inc.  
PO Box 537 Hastings 3915 VIC.  
ABN25824915887 Inc.No.A0050846E

# Newsletter



## TERM 2 2023 Newsletter

### PRESIDENT'S REPORT

#### The Future

Western Port and Hastings has undergone a considerable amount of growth in recent years. This is bringing families to the area. I believe Hastings U3A is an important club for the local community especially for the retired or semi retired members of these families. It is important that we move with the times and make ourselves relevant to potential members living in our area. As we grow we will not leave existing members behind, we will continue to provide the courses and events that you all know and love and we will add new subjects and events that will attract new members. If we do not draw in new members we will fail. I believe we are too valuable to the community to fail.



#### Enrolment

The New Year is already well underway, and Term 1 has commenced. Many of you will have noticed some changes in our enrolment procedure. We now have a computer-based membership records system (called UMAS) and the ability for members to pay by credit/debit card either in the office or over the phone and you can also pay by cash or bank transfer. This year the entire committee set aside a few days to be in the office to help members enrol and many of you turned up and I am pleased to report that quite a few also enrolled online. Generally, the process went without too much

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Please email your contributions to the newsletter to:  
Trish Kelly [trishku3a@gmail.com](mailto:trishku3a@gmail.com)

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difficulty and members selected their courses and payments were made quickly and smoothly. There are a number of members, from last year, that still have not re-enrolled but the committee, once again, will provide assistance throughout February. If you still have not enrolled, you can complete the form online. When you do, the system will issue you with an invoice, that you can bring into the office, or you can pay by credit/debit card over the phone or make the payment online via your Bank.

## **Seniors Learning Hub**

I and four other committee members attended a meeting with the Shire to update us on the work required to the Seniors Learning Hub. The problem is one of damp getting into the floorboards due to inadequate floor ventilation and drainage around the building. The Shire has a couple of options regarding the solution to the floor ventilation but is clear about the extent of the drainage. Managing the logistics of the project will be a challenge and they expect to start in March 2023.

## **New Courses**

Your committee has been particularly busy implementing changes and developing new courses. Check out the request for expressions of interest for new courses in this Newsletter.

## **Facebook**

I am pleased to announce that Hastings U3A now has its own Facebook page. We regularly post information regarding our courses and events so check it out. Facebook has been an interesting development for us this year and has been responsible for getting our message out to whole new group of potential members. Hopefully you like it and find it informative and useful. Use it to show us how you enjoy U3A by posting comments and even photos. If you want to find it search Hastings U3A Inc on Facebook.



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## The AGM

The Annual General Meeting is planned for the 5<sup>th</sup> April 2023. The meeting will be held at Hastings Club and food will be provided. The AGM is restricted to fully paid-up members only. Non-members cannot attend the meeting. The formal paperwork will be issued to you in early March. The AGM is a very important meeting for the club because it is when the new committee is elected. We will be looking for new committee members because sadly three feel that they need to spend more time with their family. Whether you want to be a committee member or simply want to volunteer to help we would love to hear from you, preferably before the AGM, so that we can discuss how you might help. We need input into the committee on a number of fronts including assistance with Grant Applications, Course Co-ordination, Cash Control, Office Admin, Meeting Minutes and Graphic design. If you are interested feel free to contact me confidentially to find out more. My contact details are on the back of the Newsletter along with all committee members.



## Giving Back to Your Community

It will not surprise you to learn that a club like U3A needs a committee to run it, to steer it, to make it work. This requires a few good people to volunteer their time, passion and energy. We have been fortunate over the years but now a number of the present hard working and passionate committee members are vacating their roles to take a well-earned rest. So, we need to find replacements.



U3A provides a valuable service to the community. Not just because of the courses and events it organises but we create social networks and opportunities to socialise with people of a similar interest in our community. These social networks bring people together to build friendships. Retirement can, at least initially, be a little difficult.

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It is often entered into without too much forethought or real planning, especially if you are male. This can leave the newly retired kicking their heels and wondering what to do. If like me you have moved home to be near your adult children and their family, you can find yourself cut off from your previous social circle, regular events, activities and favourite jaunts. Whilst the family can provide some support you do need friendships outside of their busy lives. U3A is an excellent starting point to tackle new things and meet like-minded people. The courses, events and activities we put together create opportunities for individuals to meet and participate in something while making new friends. U3A is a gateway to a more satisfying retirement.

We live in an area with a significant retired population, some of whom are recent arrivals and want to make friends locally. Others find themselves at a loose end because their adult children are now working out of the area. At U3A we want new members to feel welcomed, encouraged and to participate. We want our members to enjoy retirement and to get more out of it. That's where you come in. If you share this vision and would like to help us achieve it, please come along to our offices or apply online or come along to the AGM and apply to be a volunteer or committee member and give something back to this wonderful Western Port community.

Being a committee member is interesting and when done well it is satisfying. So please step forward, look around your community and identify the needs and the needy and help your U3A to deliver something that will improve lives.

You can do it. We can make a real difference, together.

**Mike Wright** Acting President



Don't forget if you have a Ritchies IGA card you can nominate U3A Hastings as your favourite club for any donations.



## Course Coordinator's Update

By now you will hopefully be enrolled in several classes, and you will be enjoying the stimulation of new friends and new challenges. As we are constantly being told we need to keep active both physically and mentally to keep our marbles in order and not lose them.



You will have noticed that several courses have waitlists so if you find you are unable to attend a class, please let your tutor know and if this is ongoing give your place to someone on the waitlist.

I do want to encourage you to try new things and join classes that may be outside your present comfort zone. Best wishes for a year full of new interests and possibilities.

**Gillian**

Course Coordinator

### Covid Changes

Following changes in the Victorian Government guidelines, U3A no longer requires members to show evidence of covid vaccination. Members are still advised to be cautious, wear masks and abide by social distancing if they have issues, with large groups in confined spaces.

**Four new courses that could be available in the coming months:**

### Pétanque

Now is your opportunity to find out all you need to know about this wonderful social game. We have amongst our number an experienced Pétanque player and coach, Sue Barron, and whatever I tell you about the game is bound to be wrong. Sue has played for many years so take advantage of this opportunity.

I do know Pétanque was devised in 1910



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in a small French town called La Ciotat near Marseille. It is played with metal boules, and I discovered it is played with "pieds t nques" feet stuck so that whatever your age or ability you are not at a disadvantage. There are 2 teams and boules are thrown with the aim of getting as close to the 'but' as possible.

With this valuable information you can now proffer your Expression of Interest to Sue Barron at [eriba29@gmail.com](mailto:eriba29@gmail.com) or [courses@u3ahastings.com.au](mailto:courses@u3ahastings.com.au) and all will be revealed.

## Bocce

Bocce was developed in Italy and has some similarities to P tanque. If you are interested in Bocce please send your expressions of interest to [courses@u3ahastings.com.au](mailto:courses@u3ahastings.com.au) We will need an enthusiastic person to volunteer as a leader to coordinate the group.

## Pickleball

You may be aware that U3A purchased Pickleball equipment some time ago but have been unable to offer classes due to lack of a leader and a suitable venue. We are negotiating a venue with the council so if you are interested in playing , please contact me,

Gill at [courses@u3ahastings.com.au](mailto:courses@u3ahastings.com.au)

We need a leader for this group to be viable . You do not have to be an expert just a contact person for the group.



## Golf Group

John Hallo is prepared to run a golfing group. If you are interested please contact the Office

## Wills and Probate

All you need to know regarding planning for your demise. Joseph Oliver, a lawyer with Peninsula Community Legal Services (PCLC) is conducting a workshop tackling those tricky problems around wills and probate.



Date: Monday March 20th 10.00—12.00

Place: Wallaroo Good Shepherd Community House

## FROM THE MEMBERS:



A **GOURMET DINER** is: A person with refined taste who is knowledgeable in the craft, preparation and enjoyment of food.

>

**GOURMET DINING** is: A cultural idea associated with the culinary arts of fine food and categorized by refined preparation of contrasting courses in a pleasing presentation.

>

The U3A choices for Gourmet Dining try to offer new ideas for lunch so be prepared to pay a little more for a rewarding experience.

>

It is planned to meet bi-monthly and the FIRST Sunday in the month, however this can be altered as required to a SATURDAY and at any time of the month.

>

Most 2 course meals will be near to \$70.00 per person plus drinks.

>

Contact: **Carole** - 0425 140 757. **Roger** - 03 59 839 451.

## Cycling

U3A Hastings has an active cycling group that meets twice per week weather permitting. We ride the shared pathways around Western Port at a relatively gentle pace. To describe us as a cycling group might be a bit misleading, we are really

coffee drinkers who cycle to the cafe. Over the last 12 months U3A and Bittern Probus have complained bitterly to Mornington Shire about the poor condition of the shared pathways. I am pleased to say that some much needed maintenance work has been carried out. The pathways near Balnarring and Bittern have undergone significant upgrades.



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I must thank our local Councilors Lisa Dixon and David Gill for their guidance on the subject.

Keeping reasonably fit is a crucial part of maintaining your wellbeing and cycling with friends is, in my opinion, one of the best ways to be active in both body and mind. There is nothing like the companionship that develops amongst those who share a common interest and particularly a common exercise routine. Link that to lighthearted conversation over coffee and cakes at the local cafe, and I think you can get the picture what our cycling group is all about.



**Members of our cycling group with Councilor Lisa Dixon admiring the new shared pathway at Bittern Station**

We meet every Thursday and Sunday at the Pelican Cafe and Bittern Station respectively. The details and timings are on our website. We are open to all cyclist and peddle or electric bikes. In fact, electric bikes are almost as popular as the old fashioned peddle bike these days. Please before you set off to join our group enroll on the course otherwise, we cannot keep you up to date with what is happening.

So come on give it a go. It is good fun and good for you.

**Mike Wright**



As leader of the **Walking Group** I would like to welcome all our new members and hope that I will get to know all of you over the course of this year. We have a wide variety of walks this year for you to enjoy and I welcome any suggestions for future walks from you all. Happy walking all,

**Wendy Melling**



## Quaffers Group



A group of 9 met up at a member's home on 29th January for our first Quaffers session. Five wrapped bottles of wine were sampled with the only clue given was that they had all won awards.

Our first sampling was a sparkling wine which was liked by everyone, the following 4 bottles received mixed reviews with some likes and some dislikes. At the end of our lunch it was revealed that all of the wine had been purchased from ALDI with nothing priced above \$10.

For a light refreshing lunchtime sparkling wine we would recommend Aldi's Corte Carista Prosecco @ \$9.99

Our next meeting will be in March when we wait to see what other wines we have to sample. If you would like to join us please enrol online or at the U3A office.

*Julie and Mike Wright*

## Book Club

A wonderful variety of genres and authors discussed by our readers at our first meet for 2023 at Hastings library. Come and tell us about your own book selection! All welcome.



## Hastings U3A Cabin and Caravan Schedule for 2023

### INVERLOCH

Big 4 Igenia Holiday Park. Arrive Sunday 19th March for 5 nights, departing Friday 24th March 2023.

Group leader Julie Wright

**REEVES BEACH** Free camping. Those travelling to Inverloch by self contained caravan may wish to add on 2/3 nights. Please advise if interested.

### BARWON HEADS

Barwon Heads Caravan Park. Arrive Sunday 30th April 2023 for 5 nights, departing Friday 5th May 2023

Group leader Julie Wright



### BEECHWORTH

Lake Sambell Holiday Park, 7 nights in October 2023

Date to be arranged sometime in October

Group Leader TBA

Those travelling to Beechworth may like to add on a few nights at Jamieson caravan park near Lake Eildon, please advise if interested.

### ERICA

Erica Caravan Park. A short break 3/4 nights to be arranged in November 2023 - details coming later.

Group Leaders Sue and Ian Barron

If you would like to join our group please enrol online:

[u3ahastings.org.au](http://u3ahastings.org.au) **Julie Wright** Group Leader



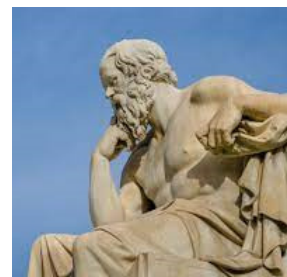
Why not come and join the Morning Coffee Group. At the moment we plan to meet at 10am on 4th Friday of each month at Café Nora in Victoria Street, Hastings. It's a good way to meet some of your fellow members. Give me a call to reserve your seat,

**Trish Kelly** 0403 225 191

**INTRODUCTION TO PHILOSOPHY** 2<sup>nd</sup> & 4<sup>th</sup> FRIDAYS: 10.00 – 12.00.  
Hastings Community Hall.

Co-ordinator: Roger Stanley. Ph: 0359839451.

This is a discussion group where members are invited to suggest a topic classified as "Philosophical".  
The first meeting asks us to consider: *Is the courage to overcome fear a VIRTUE? Or is it: selfish foolhardiness?*



**TERM 1**

Feb 10th + 24th; Mar 10th + 24th

**TERM 2**

Apr Easter 28th  
May 12th + 26th; Jun 9th + 23rd

**TERM 3**

Jul 14th + 28th; Aug 11th + 25th  
Sep 8th + H

**TERM 4**

Oct 13th + 27th; Nov 10th + 24th  
Dec 8th + H

Hastings U3A Committee Members Contact Details		
<b>President</b>	Mike Wright	0449 900 264
<b>Vice President</b>	Wendy Melling	0431 377 929
<b>Secretary</b>	May Watson	0438 472 342
<b>Treasurer</b>	Ian Barron	0478 624 658
<b>Events Coordinator/Welfare</b>	Julie Wright	0449 900 264
<b>Course Coordinator</b>	Gillian Tolley	0479 082 828
<b>Membership</b>	Marylin Ransome	0412 727 020
<b>Publicity/Promotions Coordinator</b>	Noel Tolley	0478 243 116
<b>Newsletter Editor</b>	Trish Kelly	0403 225 191
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