



Chat Sheet

Editor: Bill Richardson- October 2011

Welcome

NOTES FROM THE PRESIDENT

This month we meet for Open Day displaying the activities and courses which form the basis of U3A Baw Baw .

It is pleasing therefore to note that the brochure for Term Four 2011 contains increased course offerings. I hope this is a trend that continues.

In committee we noted that some other U3A groups offer 'one-only' sessions on a particular topic.

So an offering does not have to be one that continues for a year, nor even a term. It can be a single session. That being the case, most of us have an interest in something that could form the basis of a two hour discussion or presentation.

Why not give it some thought and talk to Laurie Huffer who convenes our activities sub-committee.

Which brings me to committee matters.

I suspect many members wonder just what goes on in committee.

I did until I joined!

Providing detailed minutes for general members to read might be expecting a little too much.

Let me try to encapsulate the results of the October meeting.

Your committee:-

Entered in to a contract with the Department of Community services receiving extra funds from Volunteers Grants

Agreed to attend the first Gippsland Regional meeting of U3A groups at Sale

Prepared a program for Open Day

Attended to welfare matters

Debated housekeeping issues such as venue for the Christmas meeting, equipment repairs, and extending communication through the web page.

Discussed avenues to ensure the longer-term accommodation issues of U3A Baw Baw

Received a Report from our Delegate Chris Bennie covering Statewide developments associated with growth of U3A in Victoria

Endorsed the program of future courses and trips for Term 4

Decided to submit an Application for 'Growth' funding for 2012

Passed the monthly financial report

Investigated the possibility of holding a committee meeting at Casey U3A to experience another U3A facility and processes

Heard suggestions regarding future speakers and courses

And so it goes

If readers think this type of reporting is useful and of interest I am happy to continue it on a monthly basis Until next time, enjoy Open Day among friends

Russell Brown

October 2011

Welcome to all new members and visitors. We hope you enjoy your day with us and consider participating in some of our courses and excursions.

MEMBERSHIP FEES DUE

This is reminder that annual subscription fees are due. If you have not already done so, please give \$35 to Treasurer Robert Gratton or post to: The Treasurer, P. O. Box 1320 Warragul 3820.



Excursions

The Golden Mile Walk

Tuesday 25th October. More information available from Laurie Huffer.

A trip to the Wonthaggi Desalination Plant

November 15th. Visit the Coal mine in the morning, lunch at the RACV in Inverloch, followed by a visit to the Desalination Plant in the Afternoon

A Morning Tea for New Members

Will be held on the 4th. Tuesday of each month, commencing on Tuesday 25th October. Contact Russell Brown for details.

Walking Group

Our next U3A Walk will be on Tuesday, 18 October. We will gather at the Steam Engine at the playground in Latrobe Street, Warragul, near the corner with Princes Way at 10.00 a.m. Depending on the weather, we will walk the Linear Trail right there for an hour or so, or move on to a different walk as agreed on by the participants. Newcomers welcome, and friends of U3A members. Easy walking promised. Enjoy a cuppa at the end of the walk. Enquiries to Jim Connelly, 5623 6121.

October 2011						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17 *German	18 *Walking Group	19 *Italian	20 *Mahjong *Crafty Creatures	21 *Memoir-ography *Baw Baw Civic Affairs	22
23	24 *Discussion Group *Marvellous Melbourne	25	26 *Italian *Genesis	27 *Theatre Group	28 *Scrabble *Art Group *Fine Film	29
30	31 *German					
November 2011						
		1 *Committee Meeting *Aspiring Committee Meeting	2 *Italian *Genesis	3 *Mahjong *Crafty Creatures	4 *Memoir-ography *Baw Baw Civic Affairs	5
6	7 *Discussion Group	8 *General Meeting	9 *Italian *Genesis	10 *Book Chat	11 *Scrabble *Art Group	12
13	14 *German	15	16 *Italian *Genesis	17 *Mahjong *Crafty Creatures	18 *Memoir-ography *Baw Baw Civic Affairs	19

LIFE! Taking action on diabetes

U3A Baw Baw has been offered a course in prevention of chronic illness, mainly diabetes, by Healthy Inspirations in Sale. This would involve five fortnightly sessions conducted by a nutritionist and facilitator, with a follow-up six months later. Intending participants would be expected to fill in risk assessment tools and a lifestyle questionnaire, and be weighed, have height and waist measured, and blood pressure taken in sessions 1 and 5. A workbook will be provided with goal-setting worksheets and nutritional tools.

This course is not for people who already have diabetes, but it can help their families. It will include advice on the many conditions that may arise because of diabetes, especially if undetected. If we accept this offer it is anticipated the course would be in place in early 2012.

If you are interested in this in U3A offering this course, please contact Esther Martin (5625 2023) for further information.



Check out our U3A

Website: <http://www.u3abawbaw.org.au/>

which includes our Athene newsletter, our chat sheets,

course details plus much more. Webmaster Bill Richardson: ixia@dcsi.net.au

ON THEIR OWN - EXHIBITION

Britain's Child Migrants: 13 October- 6 May 2012. From the 1860's, Britain sent over 100, 00 children to Commonwealth countries through child migration schemes. This exhibition explores the experience shared by these children. 0399272754

www.museumvictoria.com.au

Guest Speakers Timetable:

8th November: Mrs. Leanne Anderson:
Life in the Emirates state of Qatar.

13th December: Xmas lunch.

U3A Baw Baw wishes to thank the Member for Narracan Gary Blackwood and staff for their assistance in printing this Chat sheet.

Don't judge each day by the harvest you reap but by the seeds that you plant.

Robert Louis Stevenson