

Watson

12th March, 2023

Hi to all members

We are now into our second month of 1st Term and all appears to be running smoothly. Many thanks to our volunteer Team Leaders that have got on with the job of organising their activities. We have several new members that seem to have settled in nicely and our returning members have picked up where they left off last year. Well done everyone.

If any Team Leader did not get updated information for their Leader Packs, please contact Helen or Sharon on below contact details and we will organise delivery to you.

A reminder to everyone that has NOT renewed their membership as yet, membership fees are now due, cost is \$30.00 per annum. Membership form is in attachment, details on making payment is on the membership form.

If we have not received your membership renewal by end of Term 1 Thursday 6th April 2023, your name will be deleted from our register and you will no longer receive emails, Watson, Newsletter and you will no longer be able to attend activities. If you have any issues in regard to this matter, please contact Helen on below number and we can discuss this.

Several of our members travelled to U3A in Melton to attend a CPR and Defibrillator Workshop. We found this very informative and have received very positive feedback from the members that did attend. Prior to the event, some of our members stated they were interested but the day did not suit. This activity is run by Life Saving Victoria, they presently have Government funding to take their workshop to ageing volunteer community services which is us and there will be no cost.

If Bacchus Marsh U3A were to organise this same event, would you be interested in attending? Please let Helen on below contact details know as we will need approx. 20 attendees.

Committee matters:

We will be holding our 2023 Annual General Meeting on Wednesday 24th May 2023 at Darley Neighbourhood House starting at 10.00am.

As previously advised, we are looking for new members for various positions on our committee. One position is that of 'secretary'. If you are contemplating that you may have an interest in this position or any other positions that need to be filled, please let us know.

The advantage of taking on the secretary role will be that you will have the use of the U3A Computer/Laptop and the 'secretary@u3a bacchus.org.au' email address.

We value our committee members input, sometimes a fresh or different idea can make all the difference on how we forward plan. If you are interested in any committee positions and would like to see what we do in advance, we extend an invitation for you to attend our next committee meeting which will be on Wednesday 12th April 2023 at Helen's home at 15 Costello Close Bacchus Marsh (due to Darley Neighbourhood House being closed for school holidays) starting at 10.00am.

New Activity:

In our last Watson, we mentioned that one of our new members is very keen to start up a senior's exercise class. The main focus will be on balance and muscle strengthening as well as other wellbeing exercises. If there are enough members interested, we are looking at holding this activity weekly on Monday 1.00 – 2.00pm at Darley Neighbourhood House. For further information please contact Ida on 0447 501 472 or to book yourself into this session, please contact Helen on 0400 143 392. If you are interested in this activity and would attend if the time frame was changed, you may contact Ida to discuss.

NOTES FOR YOUR DIARY:

AGM: Bacchus Marsh U3A 15th Annual General Meeting to be held on 24th May, 2023 at Darley Neighbourhood House starting at 10.00am, after President's report the Team Leaders will give a brief talk on their activities, followed by morning tea.

Garden Group: Trip to Begonia festival at Ballarat Botanic Gardens on Friday 17th March 2023. There will be carpooling, meeting behind the RSL/Bacchus Marsh Bowls carpark at 10.00am. For further details or to register your interest please contact Mazi on 0409 245 881.

Movie & Lunch: 31st March 2023, movie at Lederberg Library is Mrs Harris goes to Paris (I googled the trailer, now I can't wait to see the whole movie). Contact Juanita 0409 251 952 to reserve your seat for Movie and/or lunch.

COMMUNITY SERVICE:

1. Darley Neighbourhood House and Learning Centre – Marsh Menders Repair Café, the first one was a great success, there will be a range of different menders at the next repair café on Saturday 25th March 2023 at 33-35 Jonathan Drive Darley from 10.00am. You may contact Darley Neighbourhood House on 5367 4390 to enquire on which menders will be at this event (I did hear that a knife sharpener may be there).

2. Moorabool Shire Council are once again running the **FREE** 'Wiser Driver' course. Several of our U3A members attended this course last year and found it was an excellent refresher on road rules and our driving awareness. They all agreed that this course was very beneficial and recommended that anyone still driving should attend.

There will be four x two-hour sessions.

Tuesday, 14 March 2023 | 10:30 AM - 12:30 PM

Tuesday, 21 March 2023 | 10:30 AM - 12:30 PM

Tuesday, 28 March 2023 | 10:30 AM - 12:30 PM

Tuesday, 04 April 2023 | 10:30 AM - 12:30 PM

Bookings are essential, please contact the Aged and Disability Liaison Officer at 5366 7100 to reserve your seat.

3. Sharing this video link that was forwarded to us by Robyn Ford, Aged & Disability Community Liaison Officer at Moorabool Shire Council. The below link is from Gardening Australia in regard to Woookarung Regional Park on Wadawurrung Country outside Ballarat, featuring lovely walks, areas to rest and views of local Messmate stringybark woodland, grass trees, and native heath. There is also a great talk on dementia awareness.

[Memory Lane - Gardening Australia \(abc.net.au\)](https://www.abc.net.au/memorylane/gardening-australia/woookarung-regional-park-wadawurrung-country)

That's all for now. Any queries in regard to any of the above, please contact either:

Helen Brown 0400 143 392 or Email: president@u3abacchus.org.au

Sharon Moore 0407480207 or Email: secretary@u3abacchus.org.au

or Info@u3abacchus.org.au