



Hello Everyone,

What a wonderful Term Two we have had! Despite our cold and sudden introduction to winter we have managed to keep warm with our wonderful activities, courses and excursions.

The cold did not stop us from going to Bendigo - *twice* – to enjoy the Elvis Exhibition and the Grand Stupa Bus Tour. Overnewton Castle extended us a warm welcome with a tour of the homestead and a delicious afternoon tea. We caught the train into the city and were wowed by Moulin Rouge and La Lume. We trekked up to Mount Players to enjoy a wonderful performance of *The Odd Couple*, listened to a plethora of fascinating speakers and consumed a variety of monthly dinners.

The Mah Jong players were delighted when the Minister for Disability, Ageing and Carers, Anthony Carabines and our own local MP Josh Bull, Parliamentary Secretary for Carers and Volunteers popped in for a visit and a lesson in playing Mah Jong. You can see photos of this hilarious time on our web page:

<https://u3asunbury.org.au/>

Classes have continued and with some juggling of venues are all now happily settled in their new homes.

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## Key Dates

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**Monday 11th July - Term Three begins**

**Thursday 18<sup>th</sup> August – Annual General Meeting**

**Friday 16<sup>th</sup> September – Term Three finishes** (with an end of term lunch at Russo's Restaurant)

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## President's Report

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Hi Everyone,

I hope you are having a good break and look forward to seeing you all from the 11<sup>th</sup> July when Term 3 begins. On the 18<sup>th</sup> August we are going to have our AGM and we hope that some of you will consider coming on to the Committee. Both Leigh our Secretary, and Bernie our Treasurer (who we are seeking to return as Treasurer for further 12 months through a Special Resolution), will not be continuing in their positions past August 2023. We will therefore, in the next 12 months, be looking for replacements. The AGM in August is the perfect time to step forward if any of these positions interest you, because you could have 12 months of working alongside these wonderful women who can provide you with all the support and training you will need.

Likewise, we are also desperately looking for volunteers to work alongside Kaye and Sue in Courses and to in time, take on the role of Course Coordinator. Again, all the support you need is readily available, so please don't be afraid to step forward. U3A Sunbury is changing, as was evident at the very successful Sausage Sizzle where so many people came forward to make a difference. We are encouraging our members to come onboard with new ideas and the offer of assistance. We all enjoy working together, we share ideas, have fun and enjoy making a contribution and difference to U3A Sunbury which continues to grow and gain recognition. So, if you would like to join us, please come and have a chat.

See you all soon

Marlene

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## Courses and Activities

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The **Equip for Life** program ran for four sessions and was very successful. We were able to combine a zoom presentation with a face to face group and it worked brilliantly. So members were able to access the program from the comfort of their own home too. Many thanks to Club Sunbury (Bowls Club) for their venue and their assistance with technology.

If you would like further information about how to access this program go to:  
<https://www.equip4life.com.au/>

**Australian History** is going from strength to strength. Bev Collins is delighted to welcome Ross Martin to the course. Ross, an amateur historian with a passion for post-Federation Australian History, brings a new and detailed perspective to this fascinating subject.

**Science for the Curious** continues to re-invent itself. This term we have Human Biology and Physical Geography running one after the other. Check the website for more details.  
<https://u3asunbury.org.au/courses-activities/>

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## New Courses

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### SPEAKING WITH CONFIDENCE



Are you nervous about speaking in public? Does your mouth go dry and your palms begin to sweat when you have to introduce a speaker or give a speech at a wedding? If your answers are YES then this is a course for you.

Leigh Martin is a skilled public speaker with 26 years of experience. Gently and caringly she will guide you through the techniques of speaking to a group of people, of how to deal with your nerves and how to sparkle before an audience.

There will be homework in this course and of course lots of opportunities to speak in front of your class mates and all culminating with a real life public speaking experience at the end of the course.

Starting Friday 18<sup>th</sup> July 10am – Boardroom – Sunbury Social Club (Football)

Registration is available through UMAS.

### **SILK PAINTING**

Colleen Weste is the teacher of this colourful and exciting course that will be held at her studio in Mount Macedon.

Discover how easy and enjoyable it is to paint on silk. Vibrant colours and beautiful patterns are a feature of silk painting.

Commencing Monday 11<sup>th</sup> June 10.30am

**Editor's note:** *sadly there are no vacancies left for this class.*

### **CHANGES TO COURSES**

**Square Dancing** is now being held on **Tuesday mornings at 10am** in the Sunbury Social Club (Football).

**Flight Club** has been suspended. This group could re-convene if there is enough interest from members. Contact [courses@u3asunbury.org.au](mailto:courses@u3asunbury.org.au) if you are still interested.

**Family History** leader Brian is away on holiday so formal classes are suspended. However members are welcome to meet informally at the library and use the library free Wi-Fi and access to Ancestry.com. Kaye is available via email to help solve any tough issues:  
<mailto:edina120@hotmail.com>

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**FUTURE COURSES**

Can't see what you want on UMAS? Do you have an idea for a class you would like to attend? Have you heard about an interesting speaker that would suit our needs? Do you have a skill, talent or passion you would like to share with others?

Then just let us know! Our minds and ears are always open and welcoming to suggestions of how we can improve our program.

Contact us at: [courses@u3asunbury.org.au](mailto:courses@u3asunbury.org.au) or [events@u3asunbury.org.au](mailto:events@u3asunbury.org.au)

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***Guest Speakers and Events***

**TERM 3 GUEST SPEAKER PROGRAM**

These mornings are held at the Sunbury Social Club (Football) commencing at 9.45am. Please register for guest speakers on UMAS.

- 14<sup>th</sup> July – Margaret Brown – Genealogy**
- 21<sup>st</sup> July – Catlin Healy - Destiny Rescue**
- 4<sup>th</sup> August – Bruno Lettieri – Bruno Goes Everywhere**
- 11<sup>th</sup> August - Kim McKeown - Elder Abuse**
- 18<sup>th</sup> August – Annual General Meeting**
- 15<sup>th</sup> September – Speaking with Confidence Exhibition**

**\* STOP PRESS \***

**Harmonix Men's Choir will be performing at the AGM on Thursday 18<sup>th</sup> August.**

**Morning tea will be provided too!**

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**EVENTS**

Attendance for all events can be registered on UMAS

**12<sup>th</sup> July – ELVIS The Movie – Readings Cinema \$13**

Please gather in the cinema foyer at 10am. Lunch afterwards at Club Sunbury (Bowling) commencing at 1.15pm – everyone welcome. Please register your interest for either event on UMAS

**Friday 29<sup>th</sup> July - Dining Out at Sunanta's Thai Restaurant 31 Macedon Rd, 6.30pm. BYO and cash only**

**Friday 12<sup>th</sup> August – Barefoot Bowling**

preceded by lunch at Club Sunbury  
Lunch at 12.30pm and Barefoot Bowling at 2pm - 4pm. **\$10.00.**

**Thursday 25<sup>th</sup> August – The Shrine** with a guided tour followed by lunch at the Botanical Gardens. Further details to follow.

**Friday 26<sup>th</sup> August - Dining Out 6.30pm**  
Restaurant yet to be decided.

**Mid to late August - The Mount Players Theatre** production of Reservoir Dogs. Brunch prior, with further details to follow.

**Wednesday 31<sup>st</sup> August - 9 to 5 The Musical** with brunch beforehand.

*Editor's note: sadly there are no vacancies left for this event.*

**Friday 16<sup>th</sup> September End of Term Lunch at Russo's** - further details to follow.

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### And still in the planning:

- September/October – Coach tour
- The Art Exhibition of Botanical Illustration with a specialist guide.
- Audience participation of Millionaire Hot Seat.

**Events Group:** Beris, Catherine, Ena, Karen, Laura, Marlene and Trev.

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### Committee News

The Committee of Management has been very busy in Term 3. We ran a very successful sausage sizzle on Sunday 26<sup>th</sup> June raising almost \$900 to support hire of venues for courses. We are very appreciative of the 25 plus people who gave up their time on a wet and cold Sunday to assist in raising this money.

As always the committee is looking for new people to join us. We know and understand that you all enjoy the great variety of activities, excursions and courses that are provided for you but this all takes work. And at the moment this is falling on the shoulders of just a few. Please consider joining us, even to help with a single project, it will make a big difference.

*“Many hands make light work!”*

We acknowledge the support of the following organisations in providing venues for us:

*Hume City Council  
The Sunbury Art Society  
Sunbury Social Club  
Sunbury Club*

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### A bit of a laugh

“My mother always used to say: The older you get, the better you get, unless you’re a banana.” - *Rose (Betty White), The Golden Girls*

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“Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.” - *Jack Handey*

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“Insomnia sharpens your math skills because you spend all night calculating how much sleep you’ll get if you’re able to ‘fall asleep right now.’ – *Anonymous*

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“You know you’ve reached middle age when you’re cautioned to slow down by your doctor, instead of by the police.” - *Joan Rivers*

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### Contact Us

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UMAS for Members login:

<https://u3asunbury.org.au/members/>