

Learning For Pleasure

Moving forward in 2010

All Community Groups that are run entirely by volunteers have a few hiccups along the way, and we are no exception.

People **volunteer** for a number of different reasons, ranging from a desire to learn new skills, have fun or make a difference. Some are completely devoted to the cause, while others simply wish to do their bit where they can. One of the more obvious reasons why people **volunteer** is because they find something they are passionate about and want to do something good for others. People who volunteer in their community have a personal attachment to the area and want to make it a better place for themselves and for others. People who have themselves struggled with social issues usually have a certain empathy for those in a similar situation and will often

wish to help out. Many people who **volunteer** think that they are very fortunate to live the way they do and want to give something back to society, as a way of balancing the scales.

Many people choose to **volunteer** simply for the pride that comes from completing something. People often find lifelong friendships through volunteer work. Everyone who becomes a **volunteer** does so for their own reasons; unfortunately sometimes life circumstances change and they can no longer give the time, sometimes illness prevents the **volunteer** from remaining actively involved.

There are as many reasons why a person becomes a **volunteer**, and just as many reasons as to why they can no longer continue to be a **volunteer**.

Therefore, sometimes there are changes to the

Committee of Management and to the Leaders Programs. Just as there has been here at U3A Melton Campus recently, with the Treasurer, Secretary and Writing group Leader positions becoming vacant. At the last committee meeting a new Secretary and Treasurer were appointed to the Committee of Management.

The new Treasurer is Nola Camilleri, and the new Secretary is Ros Elsworth. At present we do not have a Leader for the Writing Group. If you are interested in filling this spot, please let Carol or a committee member know.

Constitution and By-laws

If you are interested in being involved in assisting with the updating of the constitution and by-laws, the Committee is looking to five people from the members group to assist with this very important review.

Please place your expression of interest in the box at the

office and the Committee will be in touch with you and let you know the time and date of the preliminary meeting. We hope to have the review completed before the next general meeting in June, 2010.

Please place your name on a piece of paper and mention

that you are interested in participating in the constitution and by-laws review.

If you have any questions about this very important process, please contact Carol or a committee member. Remember its your U3A...

The Committee of Management is looking to add another craft group,. Before we finalise this group we would like to hear from the members about what you would like to learn, Please drop us a note into the box at the office.



Reminder!

Please let THE OFFICE know of any change in your e-mail, postal or other contact details. The office handles all changes of address details .

VACANCIES

We have vacancies for the following positions:

- * Vice President
- * Social Coordinator
- * Writing Group Leader

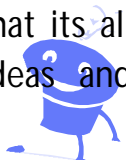
If you are interested in any of these positions please place an expression of interest in the box at the office.

www.u3amelton.com

Your U3A

The Committee usually meets on the second Monday of each month

Whilst the Committee of Management has been elected to run the day-to-day aspects of the U3A Melton Campus Inc, we rely heavily on all members to assist with the sharing of new ideas. Each one of us has something valuable to contribute, so please don't be shy or think your idea may not be worthwhile. All ideas will be looked at . That's what its all about, sharing of ideas and skills!



From time to time there will be outings arranged and for these activities to go ahead we will need to have an idea of how many people will be participating to enable bookings to take place; most times there will be a notice

lunch. You can either take your own, or buy something there. You will notice that the more interest there is, the cheaper the cost. This will apply where a large bus needs to be used.



placed on the notice board.

At present there is one on the board for an outing to the Merrimu Reservoir for morning tea and then onto Daylesford for

It will be a fun day, and Daylesford is a very picturesque township with many interesting things to see and do.

Committee members

President - Carolyn Hogg

Secretary - Ros Elsworth

Treasurer - Nola Camilleri

Course Co-Coordinator - Gaye Boltong

Newsletter Editor/Publicity - Ros Elsworth
editor.u3amelton@live.com

Norman Bond - Ordinary Member

F.Y.I.

When Gaye returns in May she will be running two new courses...



clock making
*and writing
fun poetry*



EASTER IS COMING UP.... THERE WILL BE NO CLASSES DURING THE SCHOOL HOLIDAYS. Holidays start Friday 26th March
Classes will resume on Monday 12th April.



Jewellery Making is a great way to have fun and be creative. You will learn to make new things for yourself or perhaps for gifts for birthdays and Christmas or just some thing nice you would like to give a special friend. Join the group on Tuesday afternoons from 1.00pm until 3.00pm.

Come and join the Mahjong group on Monday afternoons from 1pm till 4pm

Doctors say a bystander can recognize a stroke by asking three simple questions: **STR** - the first three letters of **STROKE**.

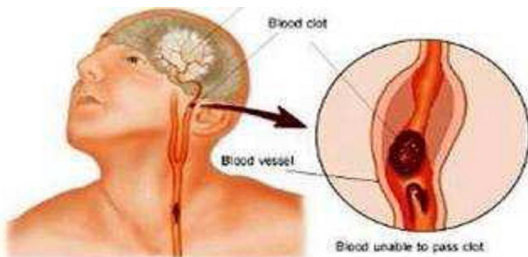
S - Ask the individual to SMILE.

T - Ask the person to TALK and SPEAK A SIMPLE SENTENCE coherently (e.g. It is sunny out today.)

R - Ask her/him to RAISE BOTH ARMS.

If he or she has trouble with **ANY ONE** of these call an emergency number immediately and describe the symptoms to the dispatcher.

Another indication: Ask the person to stick out her/his tongue. If the tongue is crooked i.e. if it



goes to one side or the other, that is also an indication of stroke

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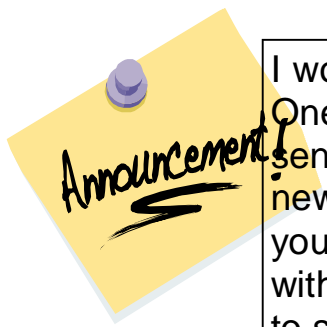
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**The Secretary, PO Box 2020,
Melton South 3338**
OR paid at U3A office.



I would like to introduce some regular features to future newsletters. One feature will be **'class notes'** so I will be asking all leaders to send some info on what is happening in their classes for the next newsletter. Another I would like to feature is **'travelling with...'**, so if you have been somewhere and would like to share your experience with everyone, then send it to me. The budding writers are welcome to submit work for the **'Writers Corner'**, if you have a handy hint to share then send that along for the **'did you know...'** section. I am happy to introduce other headings if anyone has any ideas. Keep an eye out on the notice board for the closing date of the next newsletter

Gaye would like some photos of the various groups to put onto the website. Please drop them into the office so that we can forward them to Gaye for inclusion on the website.



did you
If you have trouble holding a glass, slip several rubber bands around the glass at regular intervals. The glass will be much easier to grip

quick rundown of classes

| | |
|---|--|
| <i>Monday Afternoon -</i> Creative Writing Learning or playing Mah-jong | 1.00pm - 3.00pm 1.00pm - 3.00pm |
| <i>Tuesday Morning -</i> Tai Chi Craft (if enough interest) | 9.00am - 10.30am 9.00am - 12.00 noon |
| <i>Tuesday Afternoon -</i> Learning to play cards Jewellery Making | 1.00pm - 4.00pm 1.00pm - 3.00pm |
| <i>Wednesday Morning -</i> Walking Group Watercolour, Pastels and Drawing | 9.00am onwards 10.00am - 12.00 noon |
| <i>Wednesday Afternoon -</i> Scrabble Oil or Acrylic Painting | 1.00pm - 4.00pm 1.00pm - 4.00pm |
| <i>Thursday Morning -</i> Tai Chi Australian History Billiards & Snooker (Senior Citizens clubrooms) | 9.00am - 10.30am 10.00am - 12.00 noon 10.00am - 12.00 noon |
| <i>Friday Morning -</i> Reading for Pleasure | 10.00am - 12.00 noon |
| <i>Friday Afternoon -</i> Computers (email & Internet) Darts/Hookey | 1.00pm - 3.00pm 1.00pm - 3.00pm |