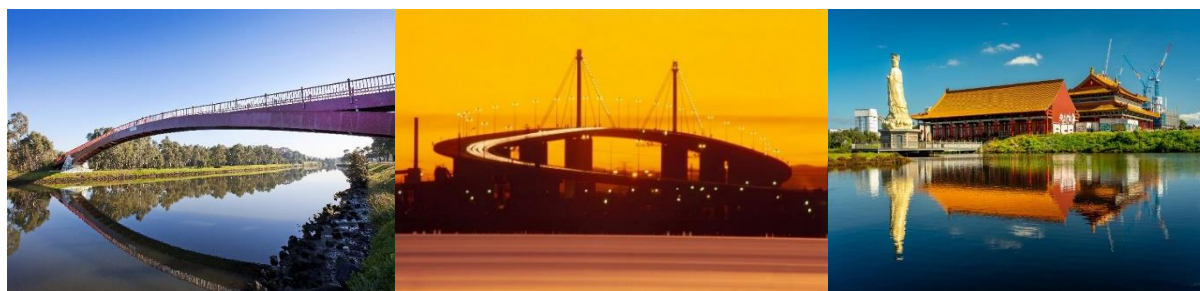




# Community Connector

Maribyrnong U3A Inc. A0117566U    Established 2023    September 2024    Number 2



In this Issue:	Page	Page
Secretary Lesley Macleod’s report	1	
Member Feedback	2	
Announcements	4	

Welcome to the second edition of the U3A Maribyrnong (U3A M) newsletter. A big thank you to the Committee of Management and all our members for their support. The organization is still going strong with a100 paid up members for 2024. One and a half years down the track it is a thriving community with expanded activities schedule, a website moving to a new system, and a string of community connections. This newsletter belongs to its members so please do not hesitate to send your contributions to the editor via the U3A M website: [members@u3amaribyrnong.org.au](mailto:members@u3amaribyrnong.org.au) . Love to hear from all of you.

## Secretary Lesley Macleod’s report



U3A Maribyrnong commenced in 2023 and in our first 12 months we amassed just over 100 members, a truly remarkable result. As we near the end of our second year again we have just over 100 members. Our members come from 24 suburbs mainly in Maribyrnong City Council area but some from suburbs further afield such as Williamstown, Werribee, Sunshine and Niddrie.

We have 16 Facilitators who volunteer their time to tutor activities and courses and a small number of members who are members of other U3A groups such as Hobsons Bay/Williamstown and Moreland.

Most of our members (68%) are aged between 60 and 75, 15% between 21 and 60, 10% between 76 and 80 and 7% over 80 years of age. Members in all age categories are engaged in both physical and cerebral activities. Most members enrol in only one term type activity but will also attend several short courses or one-off activities. Remember as a member you can attend any and as many of the events we list as you like and nearly all activities are free.

Our new membership year will start in January 2025, we have a number of members and friend's events coming up before the end of 2024 so come along and introduce a friend to the benefits of being a U3A Maribyrnong member. We are always open to hearing member's ideas for new activities and if you have experiences to share and would like to facilitate an activity be it a one off or a short course, get in touch on [courses@u3amaribyrnong.org.au](mailto:courses@u3amaribyrnong.org.au), we offer facilitator support and training if required to help you.

## Member feedback

### Dining out in Maribyrnong -Texas here we come!

*Dining out in Maribyrnong* is one of our first and most successful groups. The City of Maribyrnong is very lucky with restaurants representing every culture and cuisine in the local community. Meeting once a month on a Thursday, the group tries different cuisines and venues. Members keep on the lookout for new and different places to eat and have so far enjoyed Thai, Indian, Vietnamese, Italian, Greek and African food. The facilitator Kerrie does her research, finding and circulating menus to the group so that there are no surprises.

July's visit was to a new Mexican restaurant. At first, Kerrie struggled to find a menu – not on the website or in any google reviews. When she eventually found one and circulated it, she was most surprised to get a phone call from one of the group. 'Will we need our passports?' laughed the caller. The menu was for a restaurant with the same name – in Texas!



The group enjoyed a Mexican take on churros and chocolate sauce.



### ***Just a step or two to fun!***

The line dancing group held at Maidstone Community Centre (Mondays 3-4) is as popular as ever. Everyone agrees that it's fun. Socialising is important for everyone and for one member the class being close to home means she is enjoying stepping out into the community.

There is no pressure. – everyone belongs. 'I am inspired that people volunteer to share their knowledge, facilitate the session and teach the steps', says one longtime participant.

Although for line dancing you need to coordinate your movements, 'if you watch the teacher and follow what others are doing it's not so hard to learn', says another member. 'I didn't realise it at first, but it makes me use my brain differently. Body moving, brain moving, can't get much better.' Why not try it?

### **Ethics and news coverage**

The ethics and news coverage group met at the Yarraville Senior Citizens Club. The course is designed to introduce participants to how the news is covered in the media and the pitfalls involved. Journalists are supposed to abide by a 'Code of Ethics' meaning Journalists should be honest and courageous in gathering, reporting and interpreting information and should be accurate and fair in their reporting of it. The participants used this code of ethics to analyse the reporting of several current events gaining insights into the work that journalists do, the hazardous nature of their work, and the problems they encounter in reporting the news fairly and objectively.

Social media and the internet have given rise to instant news reporting and misinformation and with AI in tandem has complicated the whole business of news coverage. The course provides easy access to this complex area that most of us delve daily. Join the group and make sense of the news.

### **Seniors' Festival – Bay in a Day**

The Senior's Festival is from the 1<sup>st</sup> to the 31<sup>st</sup> of October. As part of the festival, public transport is free for seniors from 6 – 13 October 2024 (seniors' week). U3aMaribyrnong has its own special event for senior's week. Kevin, the facilitator for **Round the Bay** is leading members in an adventure around Port Phillip Bay, taking advantage of the free public transport to travel to Frankston, Sorrento, Queenscliff, Geelong and back to Footscray on train, bus and ferry. Only the Ferry has a cost, \$15.00.



Interested? Look at our website and enrol.

**Announcements:**

***Coffee with the Committee***

Join us for coffee and tell us about your ideas for activities. Find out what is planned for the rest of the year and next year... At Myrtle Cafe, Footscray Community Arts Centre, Moreland Street, Footscray.

14<sup>th</sup> September @ 11.00 am. Enrol on our website so that we can confirm our booking.

***Are you interested in running a course? If so, use the form below to register interest***

**U3A Expression of interest - running an activity form**

To propose an Activity Idea please provide as much of the information below as possible:

1. Summary of activity - Include any prerequisites, materials, costs
2. Day of the week
3. Time of day
4. Length of session
5. Frequency of session/s
6. Preferred venue
7. Venue type- Room, Hall, Outdoor
8. Venue requirements – Laptop, Projector, WiFi
9. Max or Min Number of participants

The Program Coordinator will contact you to discuss and finalise program time and venue availability.

If you just want to discuss an idea, please email [courses@u3amaribyrong.org.au](mailto:courses@u3amaribyrong.org.au) or call Lesley on 0420921737