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Email: Membership enquiries: membership@u3awaverley.org.au,

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PLEASE EMAIL ALL NEWSLETTER ITEMS AT LEAST 7 DAYS BEFORE THE START OF THE MONTH TO:

Lorraine Erenstrom on erenstrom@optusnet.com.au

PRESIDENT'S REPORT

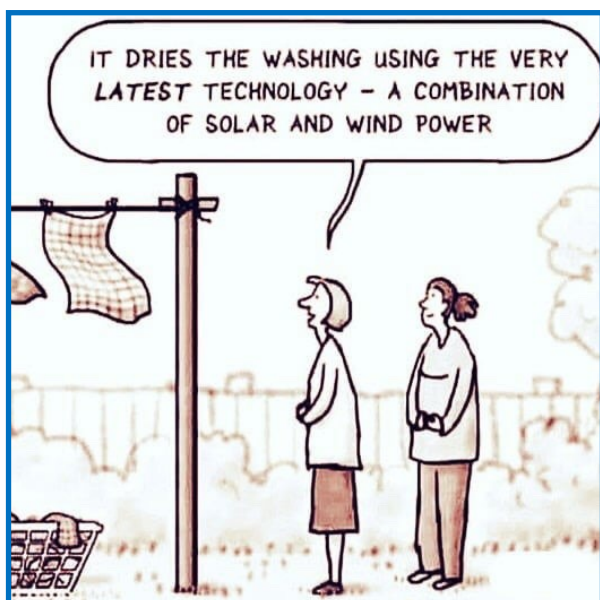
Very little has occurred in the last month – it is “business as usual” at the present. Tutors report that classes are smaller than usual with many members taking the opportunity to travel and get away from what seems to be a very cold winter here in Melbourne.

At a committee level, our new treasurer, Alime Adieva, is guiding us through a restructuring of our financial systems to take advantage of modern technologies in the banking system. Like all of such changes, getting the system right for us is taking some time and, occasionally, is very frustrating when things that are supposed to happen just don't!

Whilst it is early days yet, it would seem that 2023 will present us with new challenges as a number of our tutors have given preliminary advice that, for a variety of reasons, they will be unable to continue next year. As we approach the end of the year the committee will be considering class offerings and re-enrolment for 2023. If you have an idea for a new course or, better still, you or somebody you know well is prepared to offer a course, our course coordinator, Sue Sturman, would be very interested to hear from you.

Best wishes

Robert



OPERATIONAL DATES 2022

Term	Starts	Ends	Public Holidays
3	11 July	16 Sept	
4	3 Oct	2 Dec	31 Oct & 1 November—Melbourne Cup

Last night I ordered a glass of wine with my dinner and the waiter asked for my ID. I replied “do I look that young?” And the waiter said “No, I just wanted to see if you qualified for the Senior Citizen discount.”



If I woke up and nothing hurt, I would think I was dead.

Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce and cheese. FINE. It was a pizza. OK I ate a pizza! Are you happy now?

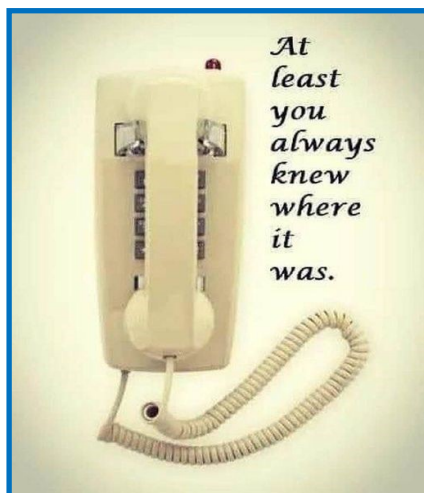
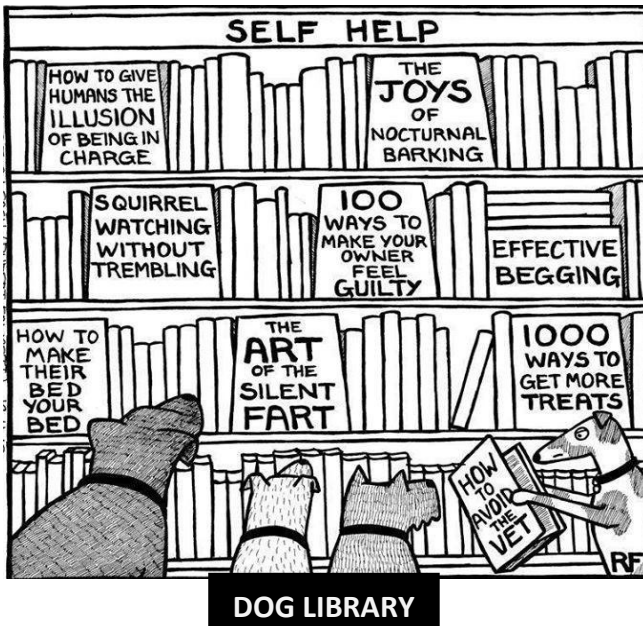
COPING WITH STRESS

Eastern Health is a mental health service for older adults in the community. They have put together a short educational video for U3A members.

Please find below the VIMEO video. The video runs for 20 minutes with information on coping with stress and their service which is exclusive to 65 years+ adults.

Coping with Stress Video Link: <https://vimeo.com/708507188> - (post this link into a browser).

They would greatly appreciate any feedback, which can be quickly completed within 60 seconds via this link: <https://redcap.easternhealth.org.au/surveys/?s=FW7EE47MT8LHPT8F>—(post into a browser).



MORE TUTORS NEEDED FOR 2023

U3A Waverley is fortunate to have many wonderful tutors who plan, share their expertise, and give of their free time to deliver a wide variety of courses.

Now is the time to think of how you could contribute in the new year. Do you have a passion for a particular topic, are you keen to share knowledge, are you willing to help U3A thrive? A new course can occur weekly, fortnightly, monthly or even be a "one off" event.

If YOU would like to become a tutor in 2023, please contact Course Coordinator Sue Sturman at bssturman@gmail.com

Do you get a courtesy dog if you have pet insurance and yours is in the vets?

To combat petrol prices, a company is making petrol out of insect urine. It's called B P

I can't afford an Ancestry DNA Kit to learn about my relatives. So instead I just posted online that I had won a lottery.

Why are there shops selling luggage at the airport? Who the hell leaves home with armfuls of clothes saying "Damn it, we'll pack when we get to the airport"

