

We are located at the German Austrian Australian Club

5 McFarland Rd, Wodonga

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**Website address:** [u3aalburywodonga.org.au](http://u3aalburywodonga.org.au)

## November Newsletter 2021

Editor : Tony Keys | Publication Date : November 3rd 2021

### U3A Albury-Wodonga Inc. 2021-2 Committee Members

Rod Farr (President, VicNet & Regional Liaison ) • Kerrie Horner (Secretary) •  
Doug Reid (Treasurer) • Peter Massey (Systems Director & UMAS) • Diana Pape (Social Coordinator) • Tony Keys  
(Newsletter) • Anthony White (Vice-President ) • Ludger Pille (Program Coordinator) • Karen Matthews • Colin Frost

### Enrolment for 2022

**This will be a combination of face to face at the GAAC preceded by a period of online enrolment.**

**Dates and details to follow in a separate bulletin.**

**A refresh on how to enrol online is on pages 12-19**

### Term 3

**Begins 4th October**

**Ends Friday 3rd December**

**Next Committee Meeting**

**Friday 12th November**

**End of Year Celebration**

**TBA**

## Covid message

Please remember that face **masks** must be worn indoors, and physical distancing of 1.5 metres maintained.



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## U3A Coffee Morning October

### Talking Travel and Looking Ahead Past These Covid Times

Speaker: Renee Nightingale



Travel is on the  
horizon!

Unperturbed by her inability to get Zoom to share her screen (who would have thought that?), our effervescent speaker was Renee Nightingale, the sole owner of **Hello World Travel** in Albury, Wodonga and Wangaratta. She has been in the travel industry for 17 years.

Renee obviously practises what she

preaches because in 2019 (pre-Covid) she went to Malaysia, Egypt and Jordan, Greece, Vietnam, USA and the Caribbean. However, the arrival of Covid has been disastrous for the tourism industry. Early in the period, tourism agencies were collapsing, and Renee had to make rescue arrangements for people who were stuck in Turkey, Russia, Dubai and the USA.

Renee pointed out that you can book tours yourself but booking through a **reputable agent** has advantages. It can even cost less because of their buying power. It is much simpler and worry-free, and should there be problems your agent will be very helpful. Helloworld for example will do everything on your behalf. Another aspect is that you will not be paying fees that go overseas; for instance, Expedia.com is a US company.



Renee was very pleased that Covid seems to be nearing the end and travel will be opening up in the near future. Despite that, **Renee's advice for 2022** was to travel in Australia, pointing out

that there are wonderful trips available on the Ghan, the Indian Pacific and elsewhere.

In answer to a question about **airfares**, Renee said they would probably be higher, but not much higher, than in the past, and quoted Emirates flying to London from March 22 next year for about \$2100.

Another question relates to which destinations and forms of travel will be the most popular. Renee said Europe will remain very popular, as will cruises. The latter are likely to be safer in the future following the Covid experience.

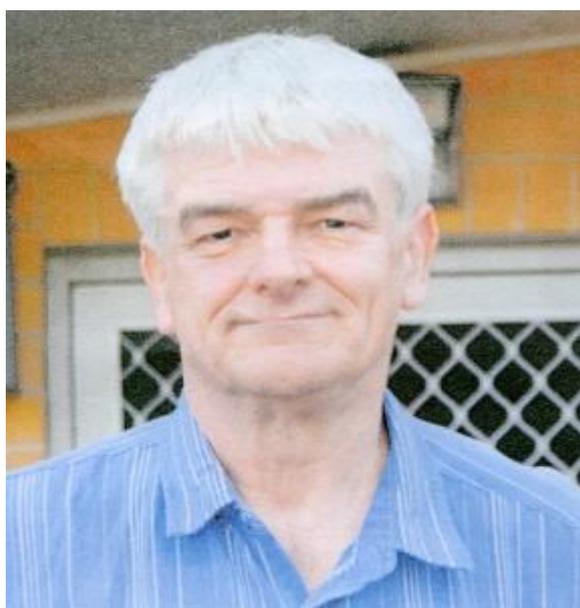
Renee finished up by saying that she loves what she does, and that was very apparent by the enthusiasm that she displayed during her talk.

*Bruce Key*

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**VALE**

**Martyn Stevens**



Martyn was a tutor and participant in U3A classes. He lead the *Adventures in*

*Philosophy* group and fulfilled the role of resident philosopher in the *Philosophical Discussions* class for many years. He was also in the *Sustainability, Everyday Philosophy* and *Play Reading* groups.

Martyn said, "Philosophy helps us to understand the underlying basis of our assumptions and creates a greater capacity for independence of thought."

What follows is a tribute by Father Peter MacLeod-Miller.

**LOCAL COMMUNITY TRIBUTE FOR A MENTAL HEALTH AND HOMELESSNESS ADVOCATE**

Martyn Stevens was a familiar figure in Albury for the last 14 years having had his life aspirations thwarted on account of mental health problems and frequently inadequate public health responses.

He was born in London and came to Australia as a small child. He studied Philosophy at Sydney University to a Doctoral level with an interest in Social Activism and a career in journalism. He found himself on the receiving end of an era of enormous changes in mental health treatments and social attitudes to those living with psychiatric challenges.

With a passion for chess and even teaching local students, his last years were probably his best, finding wonderful support through local networks, settling into a period of stability and making a contribution to community awareness of the reality of navigating mental illness into a positive productive place in our own society.

Martyn was involved in local forums in this changing mental health landscape and could speak from personal



Martyn and cast in the performance of *The Importance of Being Earnest* in 2019.

experience in a most articulate and genuine way. He earned the respect of many who work in that sector and was also an example of what could happen when people receive appropriate treatment and care. His story challenges the stereotypes associated with mental illness and he was deeply committed to changing attitudes and outcomes.

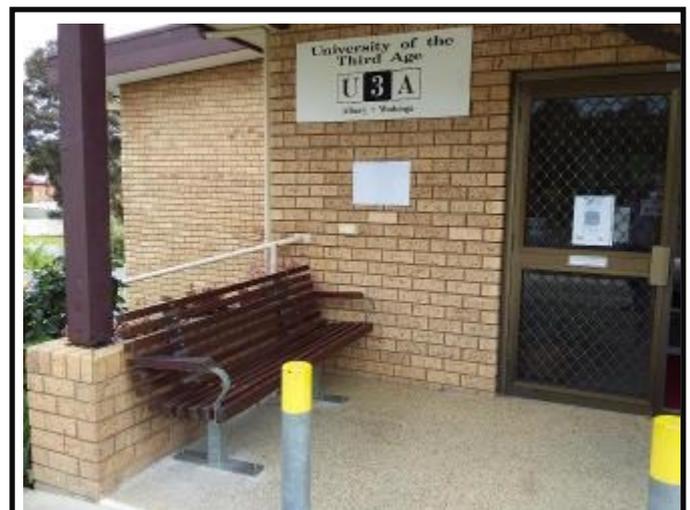
It will come as an enormous shock that when his life was rising to the crest of a wave with stable accommodation and social networks that he succumbed to a family history of heart failure and he passed in his own bed dreaming of a more positive future and fulfilling the great range of plans that he had to assist others.

He was a great social and political activist but he especially championed the disadvantaged, those most in need of care and support.

His Memorial Service was held at St Matthew's Albury on Friday 8th October

2021 and was well attended, including by many U3A members.

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**Did you notice our new seat at the entrance?**

## From the Website

### Designing an age-friendly, rural, multidisciplinary primary care model

You are invited to take part in a research project, ***Designing an age-friendly, rural, multidisciplinary primary care model using the Indigo 4Ms Framework.***

The Indigo 4Ms Framework (I4M) includes four elements that, when addressed together, can improve care outcomes for older people:

- What matters to older people
- Medication
- Mental health
- Mobility

The research project is aiming to explore if, and how the Indigo 4Ms Framework can be successfully used to develop integrated models of care for older people in the Upper Hume region.

We are seeking the consumers (>65) voice to share their experiences about how older people and carers experience health care within the region and to help build a new model of care.

If you agree to participate, you will be asked to attend and contribute to a series of 5 workshops, which will be scheduled over a 1.5-year period. These workshops will last approximately 3 hours each (15 hours total) and be conducted at the Cube, Wodonga. The group workshops will include health professionals and a diverse range of consumers.

This research has been funded by the Department of Health – Community Grants Hub and will be conducted by researchers from La Trobe University, Upper Hume Primary Care Partnership and Beechworth Health. It does not form part of a student project.

Please contact Liz- Project Officer if interested in participating

[elizabeth.ibrom@beechworthhealth.org.au](mailto:elizabeth.ibrom@beechworthhealth.org.au)

03 5728 0237

## Grow Your Own Workshop series

The Albury Wodonga Local Food Network, in partnership with Felld timber Community Centre proudly bring you our Grow Your Own workshop series, a three part backyard and collective growing series of workshops.

See [Grow Your Own workshop series flyer SLF 2021](#) to these FREE community workshops each being held as part of the 2021 Albury Wodonga Sustainable Living Festival.

All workshops just need to bring yourself and a willingness to get your hands dirty, be inspired and learn what, when and how to grow your own food!

Come along to one, two or all three workshops. Tickets are very limited due to COVID restrictions.

All bookings can be made using the Facebook event or Eventbrite links below:

See you at Felld timber Community Centre in Wodonga!

### Workshop 1: Backyard Vegetable Growing #1

Sunday November 7, 2-4pm

Facebook event link: <https://fb.me/e/1koP2tFPX>

Eventbrite link: <https://www.eventbrite.com.au/e/166881221225>

### Workshop 2: Backyard Vegetable Growing #2

Wednesday November 10, 5.30pm to 7.30pm

Facebook event link: <https://fb.me/e/2NxogzkVI>

Eventbrite link: <https://www.eventbrite.com.au/e/166886978445>

### Workshop 3: The Story of Acres & Acres Cooperative

Thursday November 11, 6.00pm to 7.30pm

Facebook event link: <https://fb.me/e/1Mu6X2gMX>

Eventbrite link: <https://www.eventbrite.com.au/e/166887167009>

## LAUGHTER IS THE BEST

Please remember the continuing important role of our Covid Monitors whose job it is to support compliance with health protocols.

They will help you with procedures such as QR code signing in, vaccination registration and cleaning chairs.



## MEDICINE

### Enrolments 2022

U3A AW enrolment will be starting at the end of the month so it is a good time to refresh your knowledge about enrolment procedures if you are planning to enrol using **U-MAS For Members** on our website (THE PREFERRED METHOD COMBINED WITH DIRECT BANK DEPOSIT). See pages 12-19 for instructions.

You can enrol (when notified of the appropriate dates) by:

- **Online enrolment** through the Member Login link on the U3A Albury Wodonga website.
- **Face to face enrolment** at the German Austrian Australian Club in Wodonga at the times yet to be advised

If you are returning to **Face to Face** and have NOT yet presented your Vaccination status evidence, please show this to your Tutor, Covid Monitor or a Committee member on your first attendance so it can be recorded on the Master List.

If you are unwell, please get tested and isolate until you get a negative result. Do not attend class.

If you are concerned about returning to face to face or are not fully vaccinated at this time please continue to Zoom your classes.



The views expressed or implied in the content of articles or humour in this publication do not necessarily reflect the views or values of U3A Albury Wodonga Inc.

## Class Timetable 2021    Remainder of Term 4

<b>MONDAY</b>			<b>Venue until late October</b>
FAMILY HISTORY ON THE INTERNET	Monday    Weekly	10am – 12 noon	ZOOM
MEDITATION (New course)	Monday    Weekly	9.30am – 11.00am	ZOOM
CHINA: FROM QING TO XI (New course)	Monday    Weekly	10.00am— 11.30am	ZOOM
ECONOMICS & POLITICS	Monday    Weekly	1pm – 3pm	GAAC          Room 1
CAE BOOK STUDY	2 <sup>nd</sup> Monday of Month	1.30pm – 3.30pm	GAAC          Room 2
<b>TUESDAY</b>			
SUSTAINABILITY	Tuesday    Weekly	10am – 12 noon	GAAC          Room 1 <b>HYBRID</b>
RANDOM THOUGHTS & IDEAS	Tuesday    Weekly	1.30pm – 3.30pm	GAAC          Room 1
GARDEN GROUP 1	Tuesday    Weekly	1pm – 3pm	GAAC          Room 3
AIR RIFLE SHOOTING	Tuesdays    Weekly	3.30pm- 5.pm	GAAC          Room 3
<b>WEDNESDAY</b>			
GARDEN GROUP 2	Wednesday    Weekly	10am – 12 noon	GAAC          Room 3
SOCIAL GARDENER	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays	10am – 12 noon	Various Locations
MAHJONG FOR BEGINNERS	Wednesdays    Weekly	10am – 12 noon	GAAC          Room 2
COMPILING A LIFE RESUME	Wednesdays 10, 17, 24 November	10am – 12 noon	GAAC          Room 1
CRYPTIC CROSSWORDS	Wednesdays    Weekly	1.30pm – 3.30pm	Trinity Uniting Church North Albury
MAHJONG	Wednesdays    Weekly	1pm – 4pm	Wodonga Tennis Centre
OUR WORLD	Wednesdays    Weekly	1pm – 3pm	GAAC          Room 1 <b>HYBRID</b>

<b>THURSDAY</b>					
PHILOSOPHICAL DISCUSSIONS	Thursday	Weekly	10am – 12 noon	GAAC	Room 3
USA: THEMES PEOPLE & EVENTS	Thursdays	Weekly Semester 2 Start Date TBA	10am – 12 noon	GAAC <b>HYBRID</b>	Room 1
INTRODUCTION to DRAWING	Thursday	Weekly	10am – 12 noon	Private venue	
SCRABBLE	Thursdays	Weekly	1pm – 3.30	GAAC	Room 2
OUR WORLD 2	Thursdays	Weekly	1pm – 3pm	GAAC <b>HYBRID</b>	Room 1
CHESS	Thursdays	Weekly	1pm – 3pm	GAAC	Room 3
BIRD WATCHING in ALBURY WODONGA	Thursday, 2 <sup>nd</sup> and 4 <sup>th</sup> of the Month		10am – 12 noon	Various Locations Wet days GAAC Room 2	
EASY PEASY WALKS	Thursday, 1 <sup>st</sup> and 3 <sup>rd</sup> of the Month		10am – 12 noon	Various Locations TBA	
<b>FRIDAY</b>					
PLAY READING GROUP	1st & 3rd Friday of Month		10am – 12 noon	GAAC	Room 3
U3AAW Management Committee	2 <sup>nd</sup> Friday of the Month		Morning	GAAC	Room 3
500 (Card Game)	Friday	Weekly	1pm – 3pm	GAAC	Room 3

### **KEY TO TABLE**

**GAAC**, German Austrian Australian Club, 5 McFarland Rd. Wodonga.

**Rooms 1 and 2** Upstairs, accessed from **front** entrance.

**Room 3**. Downstairs, conveniently accessed from the **bottom** of the carpark.

**Hybrid** The class will be conducted Face to Face and concurrently via ZOOM online.

### **CONTACT**

**U3A Albury Wodonga Office** at 5 McFarland Rd Wodonga. Phone **0499 895 117**

P.O.Box 702, Wodonga 3689 VIC

Email: [office@u3aalburywodonga.org.au](mailto:office@u3aalburywodonga.org.au) Web address: <https://u3aalburywodonga.org.au>

**TERM DATES 2021**      **Term 4**    Monday 4<sup>th</sup> October to Friday 3<sup>rd</sup> December 2021

**U3A INSURANCE & INDEMNITY POLICY** The U3A Albury Wodonga Inc. is insured under the Victorian Managed Insurance Authority (VMIA) Community Service Organisations Insurance Programme 2020-2021 (CSO) for Public Liability, Professional and Medical Indemnity and Personal Accident. Contractors other than those providing educational and training services, non U3A members and other persons participating in U3A classes, events or functions are NOT covered under this Insurance Policy. Further information regarding details of this policy can be accessed at the following website: <https://www.vmia.vic.gov.au/insurance/policies-and-cover/community-service-organisations-program>

# How to Check Your U3A Member Profile

**The instructions on this page are for members who do not know or have forgotten their U-MAS password.**

This will enable you to check and edit your details recorded in **U-MAS** (our U3A Member Administration System). You are encouraged to become familiar with this in readiness for when online membership renewals and course enrolments begin at the end of this month.

1. View our website <https://u3aalburywodonga.org.au/>
2. Select the menu item **Member Login** at the top right hand corner (the Login page for U-MAS U3A Albury Wodonga will appear).
3. Select **Login** (if you are an existing or renewing member)
4. Click the **Reset Password** link (the Request password reset page will appear).
5. Enter your **Member Number** and **Surname** and click **Submit** (an authorisation code will be **emailed** to you at the address on our records)).
6. Enter the **authorisation code** and the **New password** you would like and **Confirm new password** (Password must be 8-20 characters long, must contain a mix of uppercase and lowercase letters and numbers, and must not include any of these characters: <>&) and click **Submit** (a message will appear: "Password updated. Success: Your password has been updated. Would you like to login?").
7. Click on the **login** link (this returns you to the Login page).
8. Enter your **member number** or email address, your new **password**, and click **Submit** (the My Membership page will appear).

**My Membership** page allows you to view and edit your details, and view your enrolments, enrol at the allowed times, etc.

When finished, click **Logout**.



## Member Guide for Enrolling using **U-MAS For Members**

### Instructions for Members

1. Go to <https://u3aalburywodonga.org.au/> website and click on **Member Login** (top right of the menu on a computer or a “hamburger” option on a phone)



The following page appears



**Tip.** You can use a Tablet or a Smartphone. The display will adjust to screen size. However, if you have shaky fingers stick to Tablet/Laptop/PC.

2. Click on **Login**

# Log in

Member no. or email address \*

Password\*

SUBMIT

Help links

- Forgot password? [Reset password](#)
- Forgot member number? [Retrieve member number](#)
- Forgot all login details? [Retrieve member details](#)
- Not a member yet? [Join up](#)

### 3. Login using Member No (or email address) and Password.

**Tip.** If you are sharing a device with a family member and autofill is on you will have to over-ride to enter a password for the person who is not the primary user.

After successful login you will see My Membership details (incomplete screen shown)

# My Membership

To update your details, simply edit the form below, and then click the SAVE button at the bottom of the form. You can also change your **PASSWORD** and view your [enrolments](#), [invoices](#) and [absences](#).

Member Number 17147	Member Type Full Member
Members hip Active No	Members hip Expiry 28 Feb 2019

---

First name \*  
Manny

Surname \*  
TEST

Preferred name

---

Street \*  
2060 My Road

Suburb \*  
LALOR

Postcode \*  
3075

State \*  
VIC

**Tip.** Check your Membership Details are correct.

#### 4. Click on Courses in the Menu on the left

##### Tips:

Courses are arranged in block of 20 Courses

Use the arrows at the top < > to move between blocks of courses

>| takes you to the last block of courses

|< takes you back to the first block of courses

Filter allows you to narrow the selection (examples shown **not** U3A Albury Wodonga)

### Course Display Settings

<b>Show Timespan</b> Current timetable ▾	<b>Show Categories</b> <input type="button" value="TICK ALL"/> <input type="button" value="UNTICK ALL"/>
<b>Exclude</b>	<input checked="" type="checkbox"/> <b>ART:</b> Art activities
<input checked="" type="checkbox"/> Finished courses	<input checked="" type="checkbox"/> <b>BUS TRIP:</b> Bus trip
<input type="checkbox"/> Full courses	<input checked="" type="checkbox"/> <b>COMPUTER:</b> Computing
<input checked="" type="checkbox"/> Closed courses	<input checked="" type="checkbox"/> <b>CRAFT:</b> Craft
<b>Sort By...</b>	<input checked="" type="checkbox"/> <b>CULTURAL:</b> Multicultural activities- information
Day of week ▾	<input checked="" type="checkbox"/> <b>DANCE:</b> Dancing
<b>... Then By</b>	<input checked="" type="checkbox"/> <b>Email:</b> Remote classes offered online
Course code ▾	<input checked="" type="checkbox"/> <b>EXERCISE:</b> Exercise
	<input checked="" type="checkbox"/> <b>GAMES:</b> Games

Filter aids in navigating the course offerings. Note the defaults are shown above but you can adjust the filter and click **Apply Changes**. The selection **below** is a portion of courses using Category “Online” sorted by Day of the Week.

ZOOM Listening to Your Story	03ONL04	15 Jul 2020 - 25 Nov 2020	▼
ZOOM Wednesday Chat with Friends	03ONL05	15 Jul 2020 - 25 Nov 2020	▼
ZOOM Introduction to Genealogy	03ONL06	15 Jul 2020 - 25 Nov 2020	▼
Office Use Only	20ZZZ14	1 Jul 2020 - 29 Oct 2020	▼
Day of week <b>Thursday</b>			
Course	Course code	Dates	
ZOOM Technology and Computers for Senior	04ONL01	16 Jul 2020 - 26 Nov 2020	▼
ZOOM Singing For Joy	04ONL02	16 Jul 2020 - 26 Nov 2020	▼

## Symbols next to Courses

When you are logged in, any courses in which you are currently enrolled or waitlisted will be marked with a blue letter E or W respectively:

 Enrolled  Waitlisted

Any course that is currently in your cart will be marked with a yellow letter C:

 In cart

Any course from which your enrolment has been deleted will be marked with a grey letter D:

 Deleted

Some courses may have an icon denoting course status:

Grey lock icon: Closed to new enrolments.

Grey waiting icon: All enrolments waitlisted, zero maximum enrolments\*.

Grey crossed icon: Full and only accepting waitlist enrolments.

Blue star icon: New (recently added to the timetable).

 Closed  All Wait  Full  New

\*Usually, an "All Wait" course means that all enrolments are initially placed on a waitlist, and admission is up to the tutor/leader. Examples include courses such as advanced languages that require a minimum level of skill and thus are not suitable for beginners, or day trips that will only proceed if there are enough participants.

## Course Selection

If you are interested in a Course click on that Course e.g: **Office Use Only** to bring up the details as part shown below:

Timetable	None Day: Wednesday, 12:00 PM - 3:00 PM Dates: 1 Jul 2020 - 29 Oct 2020 Next date: 26 Aug 2020
Availability	Accepting enrolments? Yes Capacity: 5, enrolled: 4, available: 1, waitlisted: 0
Full Fee	\$0.00

[ADD TO CART](#) [CLOSE](#)

To select this click on **ADD TO CART**

If you are re-enrolling or enrolling for the first time for that year the Cart will show 2 items as the Subscription will be included in the Cart



**Click on Cart.** The selected course/s will be shown as well as the Subscription Fee (note the fee may change from year to year). If you made an error selecting the course you can remove it and reselect from the Courses menu

Cart					
You do not have a current membership: A membership subscription will be automatically added to your cart if required.					
	Code	Name	Start date	Status	Fee
	20ZZZ14	Office Use Only	1 Jul 2020	OK	\$0.00
	20SUBS	Subscription for 2020	1 Jan 2020	OK	\$30.00
<b>Total</b>					<b>\$30.00</b>
<a href="#">CLOSE</a> <a href="#">CLEAR CART</a> <a href="#">CHECKOUT</a>					

**Click on Checkout.** You need to tick the box agreeing to Terms and Conditions before checking out. Terms and conditions can be found on the Website.

# Checkout

Cart summary:

20ZZZ14: Office Use Only  
20SUBS: Subscription for 2020

Our terms and conditions are [available here](#).

I agree to the Membership Terms and Conditions

Please confirm that you agree to the terms and conditions

[VIEW CART](#)

Once you have ticked the “I agree to the Membership Terms and Conditions”, click **Checkout** and the **Invoice** (example courtesy of Whittlesea U3A) will appear:

# Checkout

## Checkout success

Total due is \$30.00.

Available payment methods are shown at the bottom of the invoice below.

 [DOWNLOAD PDF](#)

## INVOICE



Invoice ID: 17147-8875

Date: 23 Aug 2020

### Bill to:

Manny TEST

Member no: 17147

2060 My Road

LALOR

VIC 3075

E: [member.test@gmail.com](mailto:member.test@gmail.com)

Mob: 0419 123 456

**Whittlesea U3A Inc**

Incorporation: A0042387P

ABN: 91 617 395 831

PO Box 1157,

Lalor, Vic, 3075

Code	Name	Start date	Status	Fee
20SUBS	Subscription for 2020	1 Jan 2020	Enrolled	\$30.00
20ZZZ14	Office Use Only	1 Jul 2020	Enrolled	\$0.00
Total				\$30.00
Paid				\$0.00
Due				\$30.00

### PayPal or credit card:

Use the PayPal button above this invoice. You can use a credit card even if you don't have a PayPal account.

### Bank deposit / EFT:

Westpac Bank  
BSB: 033 137  
Acc: 189765  
Reference:  
17147-8875

### Other payment methods:

- Cheque by mail, made out to Whittlesea U3A Inc, and sent to:  
PO Box 1157,  
Lalor, Vic, 3075

**Tip:** Payment options available are shown on the Invoice. **The reference for a Direct Deposit is at the bottom and includes your member number.**

**PLEASE USE THIS IN YOUR BANK TRANSFER** so that we know who paid.

You can close the invoice and logout to make your payment.

**Note, you will not be an Active Member till payment is received and your Member Details are updated by the office.**