

Newsletter - August 2025

*Are you aged 55-plus and retired or semi-retired? Live in the Bass Valley or surrounds? Want to keep your brain and body active and make new friends? Want to share your skills and experience with others? Then join in the University of the Third Age Bass Valley (U3A Bass Valley). For a modest annual membership fee you can participate in a wide range of courses, social activities, excursions and events.
Learn, Laugh & Live*

U3A Bass Valley Committee

President: Pam Richmond	Committee Members:
Vice President: Marg Boyer	Geoff Guilfoyle
Treasurer: Glenda Bent	Janet Cobden
Secretary: David Laing	Marcia Comber
Minutes Secretary: Di Goeman	

News

Spit Roast Lunch & AGM - Friday 29 August @ 12.30pm CDCC Main Room

Mark the date in your diary. A good opportunity to meet other members and enjoy a beautiful lunch after a short AGM. The AGM Agenda will be emailed shortly.

U3A Bass Valley
Invitation to Lunch & AGM for members & partners. VENUE Corinella & District Community Centre, Friday 29th August @ 12:30pm. \$20 per person Payment by Friday 22nd August To U3A Bass Valley Account BSB 633000 Account No. 132310517 Bendigo Bank (Please include your name as reference)

BASS VALLEY
UNIVERSITY OF THE THIRD AGE
U3A
LEARN LAUGH & LIVE
ebbesocial by com
bassvalley.org.au

MENU ... Spit Roast Lunch, Side dishes & dessert, BYO drinks & glasses. Entertainment provided by U3A members. All members are encouraged to attend & enjoy a delicious meal & catch up with our wonderful & interesting members.
Mark this date in your diary!

U3A Bass Valley Tutors' Meeting - Wednesday 23 July

The Tutors met with Committee members and discussed how their classes were going. The issue of insurance liability was raised, especially on outside excursions (eg Digital Photography) and classes in people's homes. The Committee will investigate this issue further with U3A Victoria. The new Tutors' Handbook was distributed via email and discussed.

Book Club B - what's it about?

When I asked Liz Bernal to write something about the Book Club she came up with this masterpiece!

BOOK CLUB

A book club I hear you mutter
Count me in, give it a flutter.
Myli library for meet and greet,
Then change of venue just down the street.
An open home, a kindly member
Always willing to be a lender.
Water views a sight to see
Especially with a cup of tea.

Another portal we did go
Surely this will steal the show.
Shelf to shelf, books aligned
Many titles to open mind.
Novels, light hearted and the facts
Conversation, leads the pack.
Words abound, off the table
Into the bag and out of the stable.

Up ahead, The Tea Ladies take our fancy
Especially with the smarty pants Nancy.
Nine Perfect Strangers flying out of the gate
Then A Gentleman in Moscow coming down the straight.
Everyone on this Train is a Suspect
With too many characters that you must get.
Amanda Hampson leads so far
But Amor Towles may set the bar.
Liane Moriarty hits the bails
With Benjamin Stevenson off the rails.

Our Book Club will surely discover
All announced, on the cover.
It could be a thriller,
Stalker or killer.
And there's heroes to keep you warm
In our new Myli library where books adorn.
With friends all in clover,
This Book Club has won me over.
Liz Bernal

Learning with Locals - Friday 17 October 1.30-3pm CDCC Main Room "How to Live at Home For Longer" Information Session

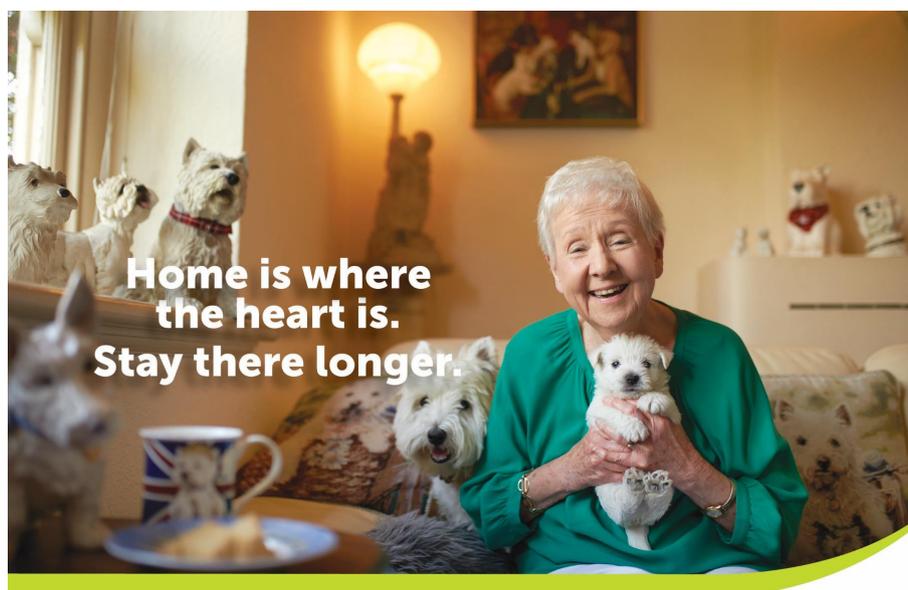
As of November 1st, 2025, significant changes are being introduced across the Home Help and Aged Care sectors.

As part of our *Learning with Locals* program we will be hosting a session presented by the Latrobe Community Health Service, hopefully in October. This will be a 40 minute session followed by questions and answers, with a take home information pack for all attendees.

Key Topics Covered:

- **Understanding My Aged Care:** What it is and how to get started
- **Eligibility Criteria:** Who qualifies for support
- **Navigating the System:** How to register and what to expect
- **Commonwealth Home Support Program:** Updated services and access
- **Support at Home Program:** Key updates and choosing the right provider
- **Other Resources:** Additional support available for older Australians

Don't miss out on this important opportunity to learn about the new changes.



How to live at home for longer

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home. Hear our service experts explain how you can access government funding to help you stay living at home for longer.

When: Friday 17th of October at 1:30pm

Where: 48 Smythe Street, Corinella Victoria 3984

RSVP: Friday 10th of October

Contact: 0411 049 708 or admin@u3abassvalley.com

Laura Corbett – 0483 289 683 or laura.corbett@lchs.com.au
1800 242 696 dial 2 then option 2 for Home Care Packages

President's Annual Report 2025

Dear members,

I am pleased to present to you the President's Annual Report for the year 2025

U3A Bass Valley is a thriving organisation, thanks to the work of our current volunteers and all those who have volunteered over the preceding years. We extend our gratitude to our dedicated volunteer tutors who generously share their time, knowledge, and expertise with our community. They are the lifeblood of our organisation .

I would personally like to thank all our committee members who have enthusiastically supported me over the past year. They have all worked very hard to ensure the smooth running of our organisation and each have played their part. The Secretary's role is particularly demanding and I would like to express my gratitude to David Laing particularly for his hard work in keeping our data lists up to date.

U3A Bass Valley remains financially stable and sustainable. We have worked to reduce our venue costs through links with other bodies like Myli and using home locations. Our membership numbers continued to grow steadily throughout the year and there are now 47 financial members.

In response to the diverse interests and needs of our members, we expanded our course offerings this year to include another Book Club (B), a Games Club and the *Learning with Locals* program. We are also pursuing other suggestions such as Armchair Yoga, Ikebana and singing for fun. We have worked collaboratively with other bodies like the Corinella & District Community Centre (CDCC), Grantville Market and Myli.

There have been some changes. We were sad to farewell Clive Budd whose contribution over the years, especially to the Ukelele group, has been enormous. Thanks to Allen Harris for picking up the baton. We farewellled Christine Holmes who left our committee at the beginning of the year, and welcomed Marcia Comber who filled the vacancy.

Our current groups are:

Book Club A (9), Jennifer Jansen
 Book Club B (8), Di Goeman
 Games Club (14), Pam Richmond
 Digital Photography (8), Andrew Keir
 Ukelele (12), Allan Harris
 Tai Chi (24), Steve Howitt

Highlights of the year include:

- Inaugural *Learning with Locals* session - Christine Dineen's presentation on French Island which was very well attended (43) and highly rated. We hope this program will continue with interesting local speakers.
- Grantville Market Easter raffle and presence promoting U3A Bass Valley and the CDCC.
- U3A Bass Valley banner purchased with money raised at the above two events.
- Tutors' Meeting at which the new Tutors' Handbook was distributed. It was great to get to know our tutors better and hear their reports.
- Australian Post Grant Application which, if successful, will allow us to greatly expand our offerings in the next 12 months or so.

Our main method of communication is through our monthly newsletter and by email. So I encourage everyone to check their emails regularly for important information. Also, please ensure your membership is up to date. Membership forms are on our website: u3abassvalley.com

I am optimistic and excited about the future of U3A Bass Valley. With your ongoing support and active participation we can continue to offer lifelong learning and community engagement.

Pam Richmond

Memberships

There are still some members who are not financial. Please ensure you are up to date.

Our EFTPOS Deposit details are:

BSB 633000 Account No. 132310517

U3A Bass Valley

Bendigo Bank (please include your name as reference)

No matter how you pay your renewal please also complete the membership application form so we know what courses you are interested in. The form is available on our website at u3abassvalley.com under "Membership".

Brain Tickler August

Alison has 20 sweets to share. She doesn't know if she will have to share between 3, 4 or 5 children. Sharing between 4 children will be the simplest where sharing between 3 or 5 children will mean 1 sweet is left over. How many sweets does Alison have?

Last month's solution:

Pages per day to finish the book in 12 days = $350 \div 12 = 29$ remainder 2. So Emma reads 31 pages on the first day, then 29 pages for 11 days.