

## MINUTES OF U3A CORANGAMITE COMMITTEE

**Minutes of Meeting 7/2021 held on Tuesday 13<sup>th</sup> July 2021  
@ 11am at 5 Errey Street, Camperdown**

### **Meeting opened at 11.00am**

#### **1. Present**

Gary Kimber, David Mernagh, Don McInnes, Sue McInnes, Helen James, Anne Corbin, Maureen O'Connor

#### **2. Apologies**

Linda Castaldo, Dominique Fowler, Anne O'Brien

#### **3. Minutes of Previous Meeting**

Minutes of Committee meeting 6/2021 held on 16<sup>th</sup> June 2021 had been circulated previously to Committee members.

Moved: Anne Corbin; Seconded: Don McInnes *Carried*

#### **4. Correspondence**

Details of recent correspondence received had been circulated with the agenda and was duly noted by members.

#### **5. Treasurer's Report**

The U3A Corangamite financial statement for the month ending 30<sup>th</sup> June 2021 had been attached to the agenda.

The Treasure had advised that there were now 139 members of which 14 were new members this year.

It was noted that the coordinator of the Singing Group had invited a specialist singing coach to attend one of its meetings in August to help the group with technique etc. The Committee agreed to approve the cost of payment for this specialist.

Moved: Helen James; Seconded: Maureen O'Connor *Carried*

#### **6. Business Arising from Previous Meeting**

##### **6.1 Succession Planning**

Members agreed to proceed with taking the issue of succession planning to members for their input at a special general meeting and a tentative date of Thursday 30<sup>th</sup> September was agreed. This date is in the week after the next scheduled Committee meeting at which the Committee will discuss and finalise the format of the presentation and the venue.

## 6.2 U3A Future Activities

The following activities for August were noted by the Committee.

### *Let's Go to the Movies*

Due to organisational difficulties with the theatre, this program will go into recess for the time being.

### *Friday Forum*

Friday 20<sup>th</sup> August @ 1.30pm, Cobden Senior Citizens' Centre  
Maree Belyea. "*Mrs Collie's Scrapbook*"

*Tales of women in WW1 who lost their husbands in the war and how they coped – after the men were sent over and after their deaths.*

Afternoon tea provided. Gold Coin donation

Bookings to Eve Black on 5592 5333 by Monday 16<sup>th</sup> August

### *Travel Tales*

Friday 27<sup>th</sup> August @ 1.30pm, Cobden Senior Citizen's Centre

Heather and Dallas Petrie – *India and Nepal*

*This trip to India was with a group of young travellers and they travelled from New Dehli to Nepal; covering both west and east Nepal. On arrival in Kathmandu, they organised a self-guided trek of Nepal's Kathmandu Valley with two guides (Sherpas). After several days on our gruelling trek, they arrived back into Kathmandu; with very sore feet and very relieved.*

Afternoon tea provided. Gold Coin donation.

Bookings to Marilyn on 0437 584 998 or [mazz060253@gmail.com](mailto:mazz060253@gmail.com) by Monday 23<sup>rd</sup> August

### *Let's Do Lunch*

Friday 13<sup>th</sup> August @ 12.30pm

*Terang Middle Pub* - High Street, Terang

Bookings to Gary on 0439 079 098 by Monday 9<sup>th</sup> August

### *Bike Ride & Hike*

Bike Ride: Wednesday 11<sup>th</sup> August @ 10.30am

Terang to Noorat & return: meet by the Church opposite Petrol Station in Terang.

Bookings to Helen on 0409 438 044 by Friday 6<sup>th</sup> August

Hike: Wednesday 18<sup>th</sup> August @ 10.30am

Hike up Mt Leura/Mt Sugarloaf, Camperdown: meet at base car park at 10.30am.

Bookings to Helen on 0409 438 044 by Friday 13<sup>th</sup> August

### *Tea and Tour for Ten*

Tuesday 17<sup>th</sup> August @ 1.30pm

*Thommos Hotel, Cobden* Cost \$10

*"When you come to Thommo's Hotel, which was established in 1904, you'll be taken back to a bygone area. With a huge number of renovations, the walls have stories to tell, so be swept up in the pub's history. Complete your visit with a delicious afternoon tea".*

Bookings to Marilyn 0437 584 998 or [mazz060253@gmail.com](mailto:mazz060253@gmail.com) by Friday 13<sup>th</sup> August

***NEW! Scrabble at Terang***

Thursday 26<sup>th</sup> August @1.30pm

Commercial Hotel, Terang.

From then offered on the 4<sup>th</sup> Thursday of the month

Afternoon tea available

Bookings to Anne Corbin on 0428 899 126 or Linda Castaldo on 0438 457 825

***Appy Hours at Cobden***

It was noted that the fortnightly Appy Hours activity at Cobden will be in recess for a few weeks and will resume on Tuesday 14<sup>th</sup> September @ 10.00am.

**6.3 Special Events organised Pre Covid**

It was noted that Anne O'Brien had advised that in regard to the visit to the Rabbit Factory she has been in contact with Robert Wuchatsch who had suggested that next year would be best. The property has new owners and he has had health issues so he needs time to put a plan in place.

**6.4 Venues and new future activities**

It was noted that we are still able to use the Cobden Golf Club on Monday and Tuesday as it is only the bistro part of the club that is closed on those two days.

***NEW! Mindfulness***

A draft proposal for a four-week Introduction to Mindful Meditation and Relaxation in August (*See attached draft flyer*) coordinated by Maureen O'Connor was tabled. Following discussion, it was agreed that it will be better to offer this activity later in the year when the weather was warmer, possibly late October/early November.

Maureen O'Connor also mentioned a *Creative Memories* activity that is being offered at the Timboon Hall one a month at a cost of \$10 per person. The Secretary agreed to contact the coordinator to discuss the possibility of offering this activity to members.

It was also noted that the Timboon Hall can be hired at a reasonable rate and a figure of around \$18 per session was suggested.

**6.5 U3A Entry in the Lismore News & Derrinallum News and Natter**

It was noted that U3A Corangamite ½ page adverts have been arranged for 12<sup>th</sup> & 26<sup>th</sup> August in the Lismore News and 18<sup>th</sup> August and 1st September in the Derrinallum News and Natter.

**6.6 Scrabble and Mah-jong in Terang**

It was noted that a Quick Response Grant for \$421.00 has been approved by the Corangamite Shire for the purchase of Scrabble and Mah-jong sets for these new activities in Terang commencing on 26<sup>th</sup> August and then on the fourth Thursday of the month afterwards. After Scrabble gets underway, consideration will be given to getting a mah-jong group operational.

## 7. General Business

### 7.1 Next U3A Committee Meeting

As agreed at the last meeting, there will be no Committee meeting in August so the next scheduled U3A Committee Meeting will be 11am on Tuesday 21<sup>st</sup> September 2021 @ 5 Errey Street, Camperdown.

Meeting closed at 11.45am

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## DRAFT PROPOSAL

### 4 WEEK INTRODUCTION TO MINDFUL MEDITATION AND RELAXATION

*Facilitated by John Truscott and Maureen O'Connor both  
Meditation and Well-Being Coordinators for over 20 years*



**AT 'WILLOWGLEN' 54 ROWES ROAD  
NORTH SCOTTS CREEK  
THURSDAYS 2.00 PM. - 3.00 PM.  
AUGUST 5<sup>TH</sup>, 12<sup>TH</sup>, 19<sup>TH</sup> 26<sup>TH</sup>**

*Mindfulness is about being in the moment, about being engaged with what we are doing rather than being caught up by the distractions of our mind wandering and projecting itself into the past or the future and also being reactive to situations and people around us. When we practise mindfulness meditation and relaxation, the quality of our life demonstrably improves*

*For bookings Telephone 5595 9277  
email [willowglenretreat@gmail.com](mailto:willowglenretreat@gmail.com)*

**A Very Worthwhile  
Experience!**

**Should not be  
missed**

**Regular Meditation  
leads to a Happier  
and Stress Free Life**

**Some Common  
Responses**

*"The simple regular things in life become so much more enjoyable such as having a shower and eating meals and walking in nature.*

*"After even 1 week of mindfulness meditation I am less disturbed by external influences in life and can always find tranquility inside myself."  
"I've never realized until learning mindfulness meditation how much I was disturbed by reacting to others.*

**The science of  
neuroplasticity has shown  
that we can "rewire our  
brains" to be more calm and  
happier by the simple  
practice of Mindfulness  
Meditation.**