



CORANGAMITE
UNIVERSITY OF THE THIRD AGE

Keeping minds and bodies active

GREY MATTERS

JUNE 2024



PLEASE NOTE: The information and personal details provided in this newsletter are for the use of U3A Corangamite Members and affiliates only and the information given should not be disseminated to any third party unless permission has been approved by the U3A Corangamite Committee.

FROM THE U3A COMMITTEE

RULES FOR NOT-FOR-PROFIT ORGANISATIONS

The Australian Taxation Office (ATO) has recently initiated a new system of self-assessment for not-for-profit organizations. A U3A that is a registered charity will not be affected by these changes and will continue to benefit from income tax exemption as long as the Australian Charities and Not-for-profits Commission (ACNC) registration remains active. A U3A that does not wish to register as a charity will likely be required to lodge a tax return and pay income tax if it has an annual taxable income of \$416 or more.

Accountant and U3A member Colin Hayman, who reviews the annual U3A accounts, had been asked to provide the Committee with a view on how we ought to proceed on this matter.

His principal recommendation was that as U3A Corangamite is not already registered as a charity ACNC, the national regulator of charities, it should become registered in order to be income tax exempt; otherwise, its funds will be assessed as income taxable. There will be obligations but these will not be too difficult to comply.

The Secretary is investigating this further.

NEW ACTIVITIES IN JUNE



Let's Do Lunch! Mid-year Lunch

Friday 14th June @ 12.30pm

Simpson Hotel

This is a chance to get together before we have a winter break! **We need at least 30.**

Bookings to Gary Kimber on 0439 079 098 or gazzmazz3@gmail.com by Monday 10th June



Tea and Tour for Ten (\$10)

Tuesday 18th June @ 1.30pm

Great Ocean Road Cordial Syrups

200 Curdies-Leichfield Road, Glenfyne

Full details of this event are given on Page 7

Cost \$10 includes afternoon tea.

Bookings by Friday 13th June to Marilyn

Kimber on 0437 584 998 or

mazz060253@gmail.com



Travel Tales

Friday 28th June @ 1.30pm.

Cobden Senior Citizens Centre

Denise Butler

- 1. Highlights of England and Scotland, &*
- 2. The Do's and Do Not's of Travel*

There will be some real surprises with these!

Full details of this event are given on Page 8

Bookings by Monday 24th June to Marilyn

Kimber on 0437 584 998 or

mazz060253@gmail.com



Bike Ride

Wednesday 5th June @ 10.30am

Trestle bridge to Timboon & return ride

approx. 10km fairly flat and 1.5hrs including coffee stop.

To register contact Helen James by

Monday 3rd June on 0409 438 044



Hike

Wednesday 12th June @ 10.00am

Flattish loop-walk around Noorat less than

5km - approx 1 hour plus coffee time.

To register contact Helen James by

Monday 10th June on 0409 438 044



FORUM



Trivia Quiz - Australiana

Thursday 20th June @ 1.30pm
137 Glenormiston Road, Noorat
Prizes galore and heaps of fun. No Cost.
Afternoon tea provided
Bookings by Monday 17th June to Gary
Kimber on 0439 079 098 or
gazzmazz3@gmail.com

Friday Forum

Friday 21st June @ 1.30pm. Cobden Senior
Citizens Centre
Topic: Just move for 30 minutes a day
Guest speaker: James MacAuslan
Full details of this event are given on Page 6
Bookings by Monday 17th June to Maureen
O'Connor on 0429 724 011
or willowglenretreat@gmail.com

NOTE: There is no Singing activity until Wednesday 19th June

ITEMS OF INFORMATION

FOOD BANK

Camperdown Community House, a registered Food Bank agency, works in partnership with community groups and service agencies across the Corangamite Shire to identify and meet need for emergency food relief in the community.

Food Bank is hoping to increase the reach and accessibility of its service across areas of Corangamite that are currently underserved. If you know of any other community groups or persons who might be interested in getting involved, and becoming a service agency partner, in order to try and provide greater accessibility in areas currently underserved, such as Port Campbell, Terang, Skipton, Derrinallum and surrounding regions, please let Emily Mercer at Camperdown Community House know; her contact number is 5593 1403.

The Committee has also agreed to have a Food Bank drop-box available at Friday Forum and Travel Tales events so that members will be able to make a donation to Food Bank.

For the Friday Forum in November, we would like to make it a '*fun*' forum – special presenters or acts, musical groups etc. - and we would like to ask you for any ideas you might have for this 15th November date and to forward them to us.

Protect yourself from scams

While anyone can be a victim of a scam, there are steps you can take to protect yourself.

Be on the lookout

The most important thing is to know that scams exist and be on the lookout for them.

- Always make sure you know who you are dealing with or talking to. If something seems too good to be true, it probably is.
- If you are not sure that an offer is genuine, do not go through with the purchase or share personal details.
- Check if the company is registered through the ABN lookup website [↗](#).
- Read reviews of the business and check for signs that it could be a scam.
- Use a credit card rather than a debit card or bank transfer so that you can ask your bank for a chargeback.

Keep up to date at Scamwatch

The ACCC's Scamwatch website [↗](#) has up-to-date information about scams and how to get help if you have been impacted by a scam.

- [Subscribe to our email alerts on the latest scams](#) [↗](#)
- [Find out about the latest scams at Scamwatch](#) [↗](#)
- [Follow us on Twitter @scamwatch_gov](#) [↗](#) for daily warnings on current scams circulating in the community.

For further information contact us via e-mail: u3acorangamite@gmail.com

and don't forget to check out the

U3A Corangamite website: <https://u3acorangamite.org.au>

**We are proudly supported by the Cobden & Camperdown
Community Banks (Bendigo Bank)**



		JUNE				
01	02	Mon 03 Mindfulness: Scotts Creek @ 8.45am & via Zoom Mah-jong: + Timboon @ 10.00am + + Derri Library @ 1.30pm	Tue 04 Scrabble: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 05 Bike Ride: @ 10.30am China Painting: Lismore @ 1.30pm	Thurs 06	Fri 07 Mah-jong: Cobden @ 10.00am
08	09	Mon 10 (See note below) Mindfulness: Scotts Creek @ 8.45am & via Zoom Mah-jong: + Timboon @ 10.00am + + Derri Library @ 1.30pm Let's do Coffee and Books: Noorat @ 2.00pm	Tue 11 China Painting: Lismore @ 1.30pm	Wed 12 Hike: @ 10.00am Cribbage: Cobden @ 2.00pm China Painting: Lismore @ 1.30pm	Thurs 13	Fri 14 Mah-jong: Cobden @ 10.00am Let's Do Lunch /Mid-Year Lunch: Simpson Hotel @ 12.30pm
15	16	Mon 17 Mindfulness: Scotts Creek @ 8.45am & via Zoom Mah-jong: + Timboon @ 10.00am + + Derri Library @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 18 Tea & Tour for Ten (\$10): Glenfyne @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 19 Singing: Terang @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 20 Trivia Quiz: Noorat @ 1.30pm	Fri 21 Mah-jong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens @ 1.30pm
22	23	Mon 24 Mindfulness: Scotts Creek @ 8.45am & via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum Library @ 1.30pm Let's do Coffee & Books: Scotts Creek @ 2.00pm	Tue 25 China Painting: Lismore @ 1.30pm	Wed 26 Cribbage: Cobden @ 2.00pm China Painting: Lismore @ 1.30pm	Thurs 27	Fri 28 Mah-jong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm

NOTE: As Monday 10th June is a Public Holiday, please check with the coordinator if the event is being held on this day

U3A CORANGAMITE SPECIAL ACTIVITIES IN JUNE

ACTIVITY	DAY	TIME	DETAILS & VENUE	CONTACT PERSON
Friday Forum	Friday 21 st June	1.30pm	<p style="text-align: center;"><i>Just move for 30 minutes a day</i> <i>Guest speaker: James MacAuslan</i></p> <p>James is an accredited exercise professional located at Timboon Health Care. We all know the importance of movement for our health and well-being. This is especially so as we age or live in chronic pain or suffer with other health issues. Just moving for 30 minutes a day can make a world of difference to our health. It is one of the most important things we can do for ourselves. James will inform us about the programs, resources and professional advice available to us in the Corangamite Shire.</p> <p style="text-align: center;">Senior Citizens Centre, Cobden Afternoon tea provided. Gold coin donation Bookings to Maureen by Monday 17th June on 0429 724 011</p>	<p>Maureen O'Connor 0429 724 011 willowglenretreat@gmail.com</p>

ACTIVITY	DAY	TIME	DETAILS & VENUE	CONTACT
Tea & Tour for Ten (\$10)	Tuesday 18 th June	1.30pm	<p style="text-align: center;"><i>Great Ocean Road Cordial Syrups</i> 200 Curdies-Leichfield Road, Glenfyne</p> <p>Anne Rosolin, the founder of '<i>Great Ocean Road Cordial Syrups</i>', will give us an insight into her journey and will tell us about her business that makes cordials from natural ingredients. We'll get a tasting, a mocktail demo, question time, Devonshire afternoon tea....and if the weather is kind, we'll get a stroll around Annes garden</p> <p style="text-align: center;">Afternoon tea will follow the talk/tour.</p> <p style="text-align: center;">Cost: \$10 that includes afternoon tea.</p> <p style="text-align: center;">Bookings to Marilyn by Friday 14th June on 0437 584 998 or mazz060253@gmail.com</p> <p style="text-align: center;">https://greatoceanroadcordialsyrups.com/</p>	<p style="text-align: center;">Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>

ACTIVITY	DAY	TIME	DETAILS & VENUE	CONTACT
Travel Tales	Friday 28 th June	1.30pm	<p>1. <i>Highlights of England and Scotland</i> & 2. <i>The Do's and Do Not's of Overseas Travel</i> <i>Guest Speaker: Denise Butler</i></p> <p>There will be some real surprises with these! Denise travelled in Scotland and England in 2023. She has great photos and stories and then will give you some do's and don'ts about international travel as a result of this trip and others. Denise always entertains with her travel tales. Afternoon tea provided. Gold coin donation Bookings to Marilyn by Friday 24th June on 0437 584 998 or mazz060253@gmail.com</p>	<p>Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>