

## Newsletter 9

### October 2020

#### From the Committee

There was a very productive committee meeting last Monday. The most important decision was to continue courses online, by email, and post for the first semester 2021 due to unknown factors around Covid19 hygiene, ventilation, and physical distancing requirements. The committee wanted clarity around the complex planning involved in course offerings and scheduling. This decision would also allow us enough time to safely and slowly implement appropriate requirements should the restrictions lift enough for us, firstly, to enter the Turf Club grounds, and secondly, to create a CovidSafe environment in our room.

The committee also decided that, under current restrictions, a face to face AGM and Enrolment day would not be possible. So the AGM will be held online via Zoom on Thursday 28 January. Many of you will be disappointed by this decision but please understand that the decision was made in the best interests of all members. If you do not zoom, perhaps you have a U3A friend who does and you can sit with him/her.

After the November committee meeting, all members will receive a package of materials by email or post containing

- enrolment form with instructions on filling it out and returning it, as well as how to pay membership fees. Tutors are required to complete an enrolment form for insurance purposes but do not pay fees unless they attend a course other than their own.
- terms and conditions of membership
- course descriptions
- timetable
- nomination form

A second package of materials will be sent in mid-January which will contain:

- AGM agenda
- Minutes of the 2019 AGM
- President's Report
- 2020 Financial Report
- Zoom link to the online AGM

We are talking to three potential nominees for the Committee of Management which is great and gives us a quorum if they follow through. There are still several vacancies so please think about helping us along in 2021.

## From the Course and Zoom Coordinator

The Latin classes have participants from Indigo U3A (Beechworth), two of our local choirs, 4 from U3A Wangaratta, and one person from Preston. Sharing courses opens up a whole new horizon for U3A participation. Network is working on protocols for sharing classes statewide and the formation of a pool of tutors who are willing to offer courses.

There are 9 courses and activities on offer for 2021 at this point. We have room for more so if you have a passion you would like to share with fellow U3A members, please contact Erica Pike, Course Coordinator, at [u3awangaratta@gmail.com](mailto:u3awangaratta@gmail.com). Help with Zoom is available.

## From Network Victoria

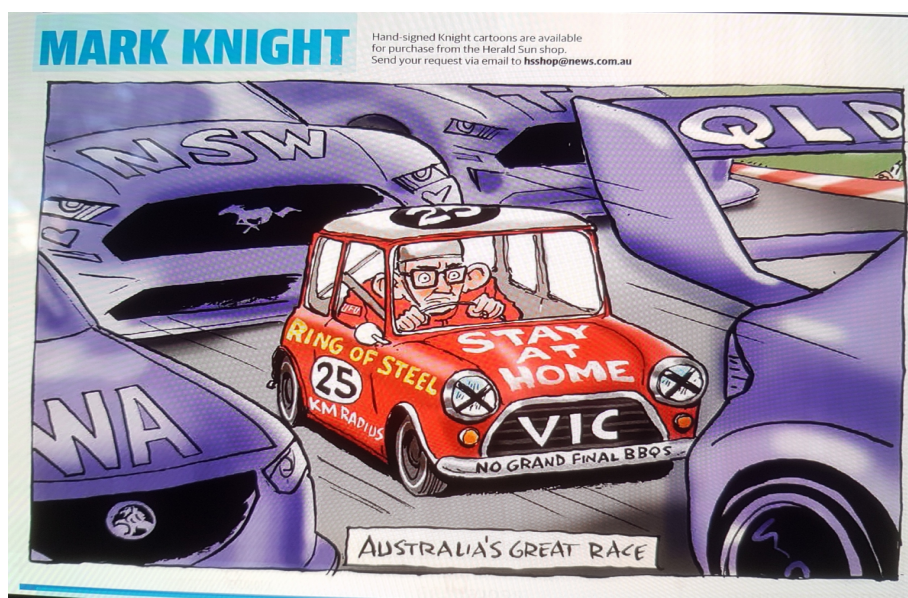
Introduction to Buddhism. Free statewide, online course

Pip Ransome from U3A Mornington is offering a 7-week course on an Introduction to Buddhism. The course begins at 11.30 am on Wednesday the 28th of October. For further information or to enrol, email Nellie Collier at [epm@u3avictoria.com.au](mailto:epm@u3avictoria.com.au). Below is a description of the course:

This course will include the story of the Buddha's life, the Four Noble Truths and the Noble Eight-fold Path, Enlightenment, the Buddha's definition of wisdom and the importance of heart. Within these subjects, we will discover 30 Tools for daily living drawn directly from the Buddha's teachings including values, meditation, mindfulness and contemplation.

The course will suit both beginners and experienced meditators. It will emphasise practice – because through practising the 30 Tools you can increase your resilience, contentment and happiness in whatever situation arises in your life – including a worldwide epidemic.

This is not religion. No belief is involved, no rules imposed. The Tools and support for your practice are provided. The rest is up to you! The course will introduce you to a way of living a rewarding human life in the daily outer world and on your own inner journey. You are most welcome to join us on Zoom!



Isn't it nice to be able to meet friends over coffee again? Such a small pleasure which we took for granted yet so important to get together for a laugh or several.

Anne Bittner  
Secretary, U3A Wangaratta Inc