



**TERM 1, 2023**

# NEWSLETTER

By the Members for the Members

## Our New Committee

### Executive

<b>President</b>	Lorraine Scott
<b>Vice President</b>	Bonnie Walker
<b>Secretary</b>	Vacant
<b>Treasurer</b>	Dan O'Connell
<b>Past President</b>	Joy Green

### Committee

Bob Parrôt	Jill Johannsen
Brenda Murray	Julie Tehan
Pauline Glynn	Wendy Boyd



## TERM 2 DATES

24th April to 24th June - Classes as per Term 2 Program

**PUBLIC HOLIDAYS (no classes)** - 25th April (Anzac Day); 12th June (King's Birthday)

## CLASS FEES

The option of paying your \$2 per class session in advance for the term is now available. If you wish to take advantage of this for Term 2, payment by cash or EFTPOS can be made at the office.. It must also be noted that this is non-refundable.

## NAME BADGES

There are still a number of name badges in the office ready to be collected. Please note that these need to be worn when in the premises.

# THANK YOU JOY

We have been so lucky to have had Joy Green as our President for the past four years. The changes and improvements made to our U3A, not to mention the smooth running of this organisation, is a testament to her work and dedication to this role.

Joy's thoughtfulness to members and her ability to handle any situation that arises is noted by many.

According to our new Constitution, Joy will be available in an advisory role for the next twelve months. We will also see her regularly in the Community Room and in the classrooms. She has earned the chance to partake in the classes she has not had the time to enjoy recently.

We all thank Joy for her tireless work in the past four years as President and the previous years that she has been a part of our Committee.



## CHANGES TO PROGRAM FOR TERM 2

As June Treadwell will be absent during Term 2, Lorraine Scott has kindly offered to take the History/Arts class and incorporate her Let's Explore class with this group. This will be held on Mondays between 10 a.m. and 12.00 noon in Room 16.

IT Support by Vision Australia will be available to all members. Jodie, Peter and Paul can be seen every Tuesday in the Community Room between 10.00 a.m. and 12.00 noon. They have a broad range of experience in information technology, with impressive qualifications in this field.

Catherine Ross is commencing her two classes on Tuesday afternoons in Room 18. French for Travel will run from 1.00 to 2.15 p.m. and Everyday Legal Essentials from 2.30 to 3.30 p.m.

Catherine will also be taking on the small group in Conversational French on Thursday morning in Room 19A, a class previously tutored by Mee Mee Bell.

It should be noted that Ancient Cultures with Jessie Walker (as advertised for Expressions of Interest) will not be running.

Dancing for Fun has been postponed to a later date. Those members who filled in the Expressions of Interest form will be notified as to the commencement date.

Celtic Folk Traditional and Ukulele classes will continue to meet in Room 15.





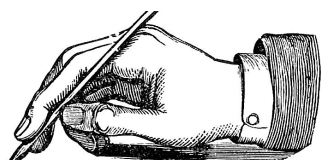
# JUST WRITE

## Early Autumn by Dawn Eadie

Autumn's here and summer's burning days  
Have softened to a smoky haze.  
Low in the sky, to the East  
A pallet of colours shows a feast  
of tints, blending from yellow to red  
When Butcher sings, it's hard to stay in bed.

Strange to think the earth's rotation  
Could influence my imagination.  
Last week there was no such view to see  
But now Autumn's return is a symphony.  
A cycle of continuity returns the similar  
Changing and returning the familiar.

Sweet white climatus has bloomed and in its place  
Seed pods hang like twisted lace.  
Percussion of frogs throb their drums  
Waiting for the rain to come.  
Crickets chirp at a constant rate  
A sea mist drifts above the lake.



I was fortunate to be asked by Beatty to sit in on a portion of the Just Write class and thoroughly enjoyed the poems and stories read out by members of this very talented group of writers. Two of the members have kindly agreed to pass on their work and we hope you enjoy their poems.

**Sue Tanian**

## My Dog by Roger Bradbury

I love my dog with all my heart  
He is really very smart  
His doggy breath is less than fresh  
Yet I hug him nonetheless.

From barking he will not refrain  
The house and yard is his domain  
Park on the street or walk on past  
And you will likely cop a blast.

Meter readers, couriers  
Serve to make him furious  
Possums lizards or any cat  
Will not be shown the welcome mat.

He wages war with the lawnmower  
Outdoor sweeper and leaf blower  
And switching on the vacuum cleaner  
Won't bring out his best demeanour

Once introductions make the rounds  
His friendliness knows no bounds  
Though not all guests are fully rapt  
With 30 kilos on their lap.

Should you leave your nice warm chair  
On your return you'll find him there  
And when he's urged to vacate  
He'll turn into a real dead weight.

To baths he has a strong aversion  
Desperate to avoid immersion  
Yet he will display his dive technique  
In any muddy pond or creek.

I give him scratches, it makes him smile  
Give him an inch, he'll take a mile  
Stop and he will demand still more  
Prodding you with paw and claw.

He's got character I will say  
But that's just a nicer way  
Of saying he's a problem child  
Sometimes crazy sometimes wild.

For all his faults I love him dearly  
And in turn he loves me clearly  
He's my funny gorgeous lad  
And when he goes I will be sad.



# ART AT U3A



The **Watercolour Painting** classes are held every Wednesday and Thursday in Room 18 from 10.00 a.m. to 12.00 noon.

With the guidance of tutor Pip Cooper, members are honing their creative skills.



The **Painting with Acrylics & Drawing for Fun** class is held every Wednesday in Room 18 from 1.00 p.m. to 3.00 p.m..

This self-guided group help and support each other, where different ideas and interpretations are swapped amongst this friendly and encouraging group.





# MOVEMENT

**Armchair Aerobics** is held in Room 16 every Wednesday and Thursday from 9.00 to 9.30 a.m. and on Friday from 9.00 to 9.45 a.m.

Helen Gottschalk keeps those muscles moving and helps to strengthen the body which is very important as we age.

If this is something you think you would enjoy and need, contact Helen or come and take a look.



The movements of **Yoga** and of **Qigong** are designed to release tension and bring harmony to body and mind. Each skill-set has its own tradition and heritage dating back into history many thousands of years. We all – men and women - work to our own abilities, with deliberate intention of incorporating breath, posture, relaxation and focus. A sense of openness, calm and invigoration can be felt as we complete our session.



**Better Balance** with Lesley also meets on Tuesdays. It is a fun, easy, informal class to help with balance, regardless of present level of fitness.

If this or Tai Chi is something you have always wanted to try or sounds like something you would like to investigate further, talk to Lesley.



**Simply Yoga** is held in Room 16 every Tuesday morning from 9.30 to 10.45 a.m. and in the afternoon from 1.45 to 3.00 p.m. **Qigong** is held every Thursday afternoon from 2.30 to 3.30. If either of these is something you think you would enjoy and need, contact Thea or come and take a look.



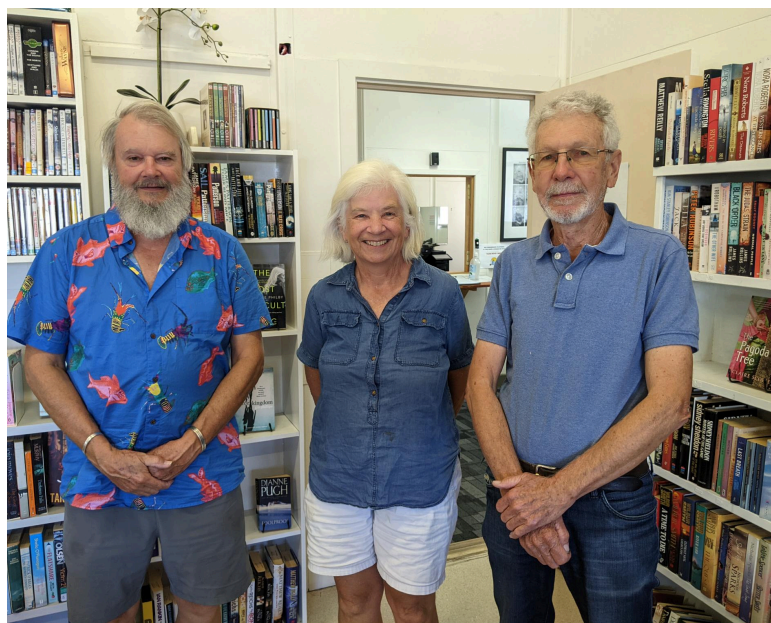
**Tai Chi** classes with Lesley Prosser are also popular, with Beginners, Intermediate and Advanced groups meeting on Thursdays for one hour sessions. Lesley also runs a **Tai Chi for Vision Impaired** class on Tuesday morning.





# ENVIRONMENTAL ISSUES

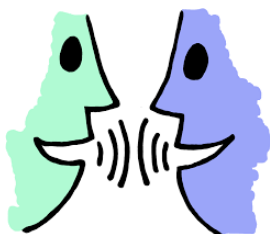
We have been conducting hybrid Room 20/ Zoom sessions since early 2020 so that members can tune in (e.g. from Maffra, Mallacoota or even Melbourne) without having to be physically present in the classroom. A recent opportunity arose for a joint session with U3A Mallacoota when Mike Hinchey (a Tutor in Environmental Issues at U3A Bairnsdale) spent a week's holiday at Mallacoota. The subjects covered were 'An Introduction to Electric Vehicles' by Mike Hinchey and 'The Protection and Improvement of Mallacoota Natural Environment' by Max Elliot. Mike's presentation covered such issues as to why the need for change to electric vehicles, some tips in understanding the electric vehicle specifications, and the latest information on public charging stations in the East Gippsland Region. Max's presentation covered the works being carried out by the Friends of Mallacoota - both around the township and further afield. An excellent turnout with 23 people at Mallacoota and another 16 on Zoom."



George & Fiona Raitt, Associate Members from Mallacoota U3A joined with Mike Hinchey in the Environmental Issues class

# LANGUAGES

We are very lucky to have a vast range of language tutors and their popularity is evident by the numbers attending classes. Tuesday sessions cover German and Japanese. Wednesday you can attend French or Conversational French and Thursdays classes in Italian, a small group of Conversational French and Mandarin round up the week.



*As can be seen in the photo, Bernadette's French class is a very happy group who all love coming to this session every Wednesday.*



**U3A Bairnsdale & District acknowledge the following:**

Tim Bull and his staff for the assistance given in printing requirements  
REG FM for providing air time