

UNIVERSITY OF THE THIRD AGE



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~ By the members for the members ~

NEWSLETTER

AUGUST 2023

Top News

## UPCOMING EVENTS

Learn how to repot your orchids  
on 20th September

### Spring GARDEN FESTIVAL



Monday 10am - 12pm  
**18TH SEPTEMBER**

*~ The History and Mystery of Gardening*  
Join Lorraine Scott to explore the history of gardens, impact of Colonisation and immigration on the world of plant growing and Australian Gardens. Room 16 at U3A



Wednesday 10am - 12pm & 1pm - 3pm  
**20TH SEPTEMBER**

*~ Repotting Orchids*  
Bring along your orchids & a pot to repot with guidance and assistance. Appropriate compost and fertiliser will be provided by U3A for the repotting of one medium sized orchid. Additional orchids may be re-potted but a small additional charge will be made.  
Held at U3A. Bookings Essential.



Friday 10am - 12pm & 1pm - 3pm  
**22ND SEPTEMBER**

*~ Spring In The Garden*  
- Enjoy a garden visit and Devonshire Tea at John and Lorraine's cottage garden and orchid house at Eastwood. Bookings Essential.  
Limited numbers of 10 in the morning and 10 in the afternoon. Tickets will be available at the office.

**BOOKINGS ESSENTIAL**

*Book Now at the Office*

For The Spring Festival Events & The Art Workshops

### ART WORKSHOP

With Sue Mulcahy

Water Colours - MORE THAN MONET

**\$30**

ONLY 15  
PLACES  
AVAILABLE

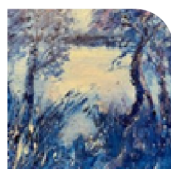
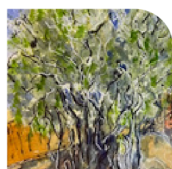
### Watercolour Workshop

WED, 27TH & THURS, 28TH SEPTEMBER

9:30am - 3pm each day Room 18

The tutor is Sue Mulcahy, who describes herself as A Colourist and Expressionist. This activity will be available for 15 members only. Sue describes the purpose of the course as:

- Exploring the world and aspects of Contemporary Watercolour to discover fresh approaches to water colours
- Interpretive, expressionist, inspirational.



# NEWS FROM THE PRESIDENT

## Outcomes from the August meeting of the Committee

- **Approval** to purchase and install a TV and screen in Room 17 was obtained. This should be in place in the very near future.
- **Disposal of unwanted equipment.** This will be offered to members first. Some free and some small charge will apply. This includes the compactus in the hallway. It is free to anyone who wants it. Other items will be placed on tables in the corridor. Take them if you want them.
- **End of Year Function** The function will be held at the RSL Club, Bairnsdale on the 6th December. Again, a subsidised meal will be offered. Look out for details. This function also acknowledges the work of tutors and volunteers.

**Note:** There will be no classes on this day.

### LIBRARY BOOKS

Our library is groaning with with books. We welcome modern fiction books, but have little room for non-fiction.

It is recognised that the disposal of books is a problem. Here are some options:

- Speak to Sue (our librarian) about the Paynesville Library book sales.
- Tambo Waste, 76-78 McMillan Street, Bairnsdale will take books, cardboard, etc. for recycling for a small fee, depending on the amount.
- Gems and Jams Opportunity Centre on Lakes Entrance Road will accept books. They have an arrangement where the books are forwarded on to a bookseller and the income they receive provides educational opportunities for a wide range of children here and overseas.



### Handy Hint

#### Phone Shield

When you're painting or gardening, keep your phone clean and dry by sealing it inside a zip-top bag. You can still work the buttons right through the bag.



### Website

Please check this out as there is now lots of information on it

<https://u3abairnsdale.org.au>

You would have noticed our newsletter has a new look! We'd love to hear what you think about it.



### Facebook

Keep up to date by looking at U3A Facebook page as it contains up to date information

<https://www.facebook.com/U3ABairnsdale>



# NEW COURSES FOR 2024

AN EXPRESSION OF INTEREST FORM FOR THESE COURSES WILL  
BE IN THE COMMUNITY ROOM TO REGISTER INTEREST

## GERMAN FOR BEGINNERS

Interested in languages? Then this program may interest you



## BEGINNERS FRENCH WITH CATH ROSS

This is a short, concentrated course for real beginners to be held in January.



## REPAIRING OLD PHOTOS

Do you have old family photos that you would love to restore and save for future generations? Then this program may interest you.



# FOR THE LOVE OF FLOWERS

WITH

Lorraine  
Scott

If you love history, botany, politics, traditions, art, textiles, science, genealogy, economics, geography or simply flowers, then this course may interest you.

The program is designed over two semesters and includes a wide range of activities that include lectures, demonstrations, visits to gardens and more.

Some of the topics covered will include:

- Why are flowers important in our lives?
- The philosophy of the way we garden
- The role of flowers in the decorative arts
- Exploration and geography and the role of flowers
- Economics of flowers - past, present and future
- Flowers and art

and much more



# Celebrate Learning

## Adult Learning Week 1st - 8th September

**CELEBRATE BY SHARING YOUR U3A LEARNING STORIES WITH OTHERS AS A MEANS OF CELEBRATING THE OPPORTUNITIES U3A OFFERS ADULTS TO LEARN**

Marie Potter and June Treadwell are great examples of the sharing of knowledge that can be gained by adult learners.

For 16 years June has carefully prepared classes on the countries and the families that have had an impact on our history.

June has taught about the dynasties, kings and queens, wars and the events that have made the world as it is today.

The history group is a great example of how a love for history can continue at any age.

Marie Potter (known for celebrating birthdays by taking a parachute jump) has attended the classes since it began in 2007.

Marie recalls the many different topics they have covered including Napoleon and Mary Queen of Scots.



**Marie Potter and June Treadwell  
both long-term members of U3A**

Such a long running group has formed a strong bond of friendship and support for one and another. The group is currently studying inventors such as Ida Lovelace and Marie Curie and their contribution to life today.

June's contribution to U3A has been recognised with the award of life membership. For Adult learners and lovers of history, this group is worth a visit.

This course is one of the largest and most popular group which meets each week on Monday from 10.00 a.m. to 12.00 noon in Room 16.



## JUST WRITE

The class was given a photo and were asked to write a story about this photo.

Don't tell Mum she shouldn't know  
Here we are in the wood shed  
Lighting up to have a blow.  
I'm scared of what will happen  
If my mother does find out.  
If she saw us doing it  
She'd give a mighty shout.

Sally brought the cigarettes  
And Alice brought the matches.  
We organised it for playtime  
When no-one was in school.  
It's bad luck when they catch us  
And we're thought to be a fool.

Smoking is so bad for you  
It ruins all your lungs  
It doesn't matter what age you start  
It's worse still when you're young.

It shows up later on  
And they say it causes cancer  
We'll have to pay for it in later life  
And for that there is no answer.

Put those cigarettes away  
And don't bring any more.  
It will ruin all your lives  
And the doctors know for sure.

I was told that long ago  
In Bairnsdale was a doctor  
His name was appropriate, Dr Graves  
And he handed out fags to his patients.

They didn't think that was the thing to do  
And of that I'm pretty sure,  
So don't you kids go smoking now  
And go to school now through that door

You should become quite healthy  
If you listen to what I say.  
Don't go smoking or you find  
You've smoked your life away.

By Beatty Blennerhassett

## TUTOR PROFILE

LESLEY  
PROSSER



I began to practice Tai Chi back in 2012 when, following knee replacement surgery, I found my balance and coordination were way worse than they should have been for my age. I was lucky to be seeing a physiotherapist who was also a Tai Chi instructor. He was my first teacher, and as my interest grew, I began to seek lessons from other teachers.

I studied with Dr. Paul Lam of the Tai Chi for Health Institute in Sydney and Melbourne and inspired by his enthusiasm and great teaching, decided to take the plunge and qualify formally as an instructor. I am now a Certified Trainer with the Institute, and teach Tai Chi for Arthritis, as well as the very popular 24 Form. Teaching Tai Chi at U3A has been a very rewarding activity, and I enjoy watching students progress, and have made wonderful new friends.

## Recipe of the Month

Soup recipe from the U3A Cookbook

### Pumpkin & Bacon Soup

Rachael Dean attended Bairnsdale High School - the current U3A premises, in the 1940's. This beauty has been handed down to current U3A member Maggie Lukey, who is Rachael's daughter

🕒 50 Minutes

👤 4 People

#### Ingredients

1/4lb (120g) Diced Bacon  
1 large Onion  
2 tsp Sugar  
1 tsp Curry Powder  
2lb (1kg) Pumpkin  
A pinch of Nutmeg  
4 Chicken Stock Cubes  
Salt and Pepper to taste

#### Method

Combine all ingredients in a large soup pot  
Cover with water  
Bring to simmer  
Keep at simmering and cook for 45 minutes  
Puree and gradually add milk to achieve desired consistency

• Add cubed potato and carrot for a creamier soup



Reg was a long-term member of U3A.

Our deepest sympathy to Reg's family on his recent passing. We send our sincere thoughts to them.