

UNIVERSITY OF THE THIRD AGE



BAIRNSDALE & DISTRICT INC



ABN: 42 764 828 242  
REG. NO: A0031653Z



[u3abairnsdale@gmail.com](mailto:u3abairnsdale@gmail.com)



(03) 5152 3063



[www.u3abairnsdale.org.au](http://www.u3abairnsdale.org.au)



Cnrs Service and Rupert Sts  
Bairnsdale, Victoria, 3875

PO Box 973  
Bairnsdale, Victoria, 3875

~ By the members for the members ~

NEWSLETTER

SEPTEMBER 2023

Top News

## UPCOMING EVENTS



### CUT YOUR ENERGY BILLS

Come along and learn from local energy efficiency expert Mike Hinchey. He will discuss what you can do around the home to reduce your energy bills





Date/Time	Venue	Cost
11th October 10am - 11am Followed by Morning Tea	U3A Bairnsdale Cnr Rupert & Service Sts Room 16	FREE Members & Non Members Sign in at front office required

RSVP - Email or Phone OR No RSVP just show up!

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## Art WORKSHOP

Acrylic Painting

**\$30**  
book & pot  
at the office

**WITH KAREN PRICE**

**13TH & 14TH OCTOBER 2023**  
**9:30AM - 3PM EACH DAY**  
**CLASS SIZE: 15 - VENUE ROOM: 18**



### AN INTRODUCTION TO THE U3A ENVIRONMENT GROUP



Alistair Mailer will give a 30 minute overview of the Environment Group and the interesting topics they cover throughout their term.



Date/Time	Venue	Cost
11th October 11:30am - 12pm	U3A Bairnsdale Cnr Rupert & Service Sts Room 16	FREE Members & Non Members Sign in at front office required

RSVP - Email or Phone OR No RSVP just show up!

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### GROUP HYPNOTHERAPY SESSION

With  
**MANDIE COMBE**  
CLINICAL HYPNOTHERAPIST



Friday 13th October  
10:30am  
Room 16



The aim is to help improve sleep habits & quality.  
\*The class has now been filled\*

If anyone who is registered is unable to attend, please phone Jill Johannsen on 0437 313 434 so that your place can be offered to someone else. To be placed on the wait list please phone Jill.

**HYPNOTHERAPY**

# NEWS FROM THE PRESIDENT

## Outcomes from the September meeting of the Committee

### PERSONAL PROPERTY LEFT ON SITE:

Bairnsdale U3A cannot take any responsibility for personal items left on site. Members are advised to always take their belongings with them.

### FACILITIES:

- The rooms used by U3A are available to other groups when not in use by U3A. Consequently, there is minimum storage available and nil in rooms. This leaves the rooms neat and tidy and able to be cleaned more efficiently.
- The TV is now installed in room 17 and has a wide range of online channels.

### FUTURE DEVELOPMENTS:

- Upgrading the garden area. Consultation with the gardening group and Gellen is the first step.
- Upgrading the Boule Courts Consultation with Gellen is the first step. Step 2 will be sourcing grants for each project.

### HEALTH AND SAFETY:

This is the priority for the Committee. Each year the Council conducts a health and safety review. Lorraine Scott accompanied them on the internal inspection and as a result several issues were addressed.

- The first step was to ensure seating was fit for purpose in the rooms and upgraded where necessary.
- The purpose of the rooms is to conduct the set classes in. Consequently, the establishment of the Reference library. This has also resulted in better cleaning as much dust and dirt has been removed.



**END OF  
YEAR  
EVENT**

**Celebrating 36 years**

Wednesday, 6th December  
Lakes Room, Bairnsdale RSL  
11.45am - 2.30pm

Cost \$12.00  
Seniors Sized Meal, Tea,  
Coffee and Chocolates.

**See Page 6 for further details**



**WEBSITE**

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

<https://u3abairnsdale.org.au>



**FACEBOOK**

Keep up to date by looking at the U3A Facebook page. It contains up to date information

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



# DONATIONS

## DONATIONS OF GOODS

The Committee appreciates the kindness of members and friends offering donations of goods, especially books. However, we are often overwhelmed with books and have limited space. Novels in good condition may still be donated but please speak with our Librarian, Sue Tanian, before leaving your books with us. Want to donate other things? Please see Lorraine Scott. Our Treasurer Dan said that he is always happy to receive donations of money.



## RECENT LIBRARY CHANGES

Reference books and other literature previously in rooms are now in Corridor Area 1. This has been positively received by most members.

We thank Lorraine Scott for organising this mammoth task. She has worked tirelessly in the past weeks making extensive improvements to our building. Her hard work is evident to tutors, members and volunteers. Well done Lorraine.

Special thanks to Larry, Patricia, Cheryl, Joy and others who have assisted. A very special thanks to our Librarian, Sue Tanian, who has completed an extraordinary effort in cleaning and reorganising the fiction section of the library.



**Do you like to read about famous people? Take a look at our Biography section of the Library.**  
**You will find it in it's new position in Corridor Area 1**

**GREAT WORKS OF LITERATURE** with Pat McKeown  
2nd Monday each month 1pm - 3pm  
We are 6 years new!

Began with Jane Austen's Bi-Centenary. Read 4 of them and since then, we've read some 45 novels; American, English, French and Russian in translation. Quite a hike for enthusiasts! Now in term 4 we are going back to the origins of the novel, Chaucer's Canterbury Tales. In a modern translation, a Penguin paperback, easily ordered from Charlotte at School Supplies in Macleod Street.

His tales start with The Knight's Tale, (fascinating), followed by The Cook's Tale, (funny), that's on 9th October.

Stand by for The Miller's Tale, (best bawdy), on 13th November.

Welcome one and all!

**NEW TITLE!**



# RAYMOND ISLAND KOALAS

## just write

Out into the Gippsland Lakes the boats do gaily head  
While we do take the ferry across the Straits instead  
Strolling through the gum trees on a pleasant walk  
To see the grey koalas perched up in a fork  
Koala's hair is fairly short and they haven't any tails  
With sturdy legs for climbing and protecting their females  
With padded paws with thumbs and arms so very strong  
Sleeping twenty hours, they're restoring all day long.

For night time they awaken for their nocturnal quest  
Descending to the ground after their long rest  
Searching eucalyptus leaves that drip with heavy dew  
Then they're busy eating them all the long night through  
The males they bellow loudly when looking for a mate  
To warn another rival, or just to communicate.  
Their numbers often counted and keep a close account  
To know if they're declining, it is paramount.

Their joeys stay in pouches when they are newly born  
Soon they climb on mothers' backs to greet the day each morn  
We see some joeys clinging to their mother's back  
We see their spoon shaped noses that are coloured black  
With rounded ears so fluffy, coloured grey and white  
They look so sweet and cuddly and such a pretty sight  
But they are so precious their numbers are declining  
For just one baby yearly slows down their multiplying.

They are endangered species that we can just observe  
And keep their eucalyptus trees so they can be preserved  
For only trees like yellow, blue or red gums they prefer  
To always keep them healthy, for they will not transfer.  
With koalas high up in trees, that we could not touch  
We sadly leave these animals that charmed us all so much  
Our photos will remind us we were lucky to attend,  
And board the ferry once again as this adventure ends.

**Thelma Rawlings**



**THE JUST WRITE CLASS  
MEETS EVERY  
THURSDAY  
FROM  
10AM TO 12PM  
IN ROOM 23**





# TUTOR PROFILE

## THEA TALBOT

Yoga has been in my life since the 1970s; greater than a fifty-year span as a personal life-style pastime. This began before the birth of my daughter Susan and son William.

I have been practising the harmonious routines of Tai Chi and QiGong (Chi Kung) as forms of 'Stillness in Movement' since the mid 1980s.

Upon receiving certificates of qualification, I have conducted classes since 1983.

Immersion in voluntary and paid employment in my local community has also been part of my passion. Coordinating a Healthy Ageing Program (60 and Better – Hervey Bay, funded by Queensland Health), and being self-employed as chief instructor of Tai Chi and QiGong (Chi Kung) For Health in Hervey Bay, Queensland.

In the new millennium my employment changed direction into another occupation (in hospitality); managing a café when relocating to the Mornington Peninsula whilst retaining my interest in energizing and harmonizing body and mind. When moving to the Sapphire Coast, both Yoga and Qigong were successfully presented at U3A in that area.

Today, these two modalities have a loyal following since 2017 at the Bairnsdale U3A. I am very grateful to be able to lead these sessions and value the contribution, involvement and participation of all who attend as we learn together.



## Stillness in Motion



Limbering ~ Relaxation ~ Meditation ~ Breathing  
Self-care techniques as powerful tools in  
returning to and maintaining wellbeing

Come along – working at your own pace.  
Thursday 3.45pm Room 16 with Thea  
November 2nd to 30th

- .. connect with breath, movement, focus ..
- .. activate and balance natural energies ..
- .. improve blood circulation and boost immune system ..
- .. enhance flexibility ..

### THE BENEFITS OF BODY AND BREATH AWARENESS

- effective for respiratory systems
- digestive disorders and headache as well as improving blood circulation and general mobility
- allowing you to experience a wonderful sense of unity



Contact Thea  
Mobile: 0476 253 957  
Email: [thheemaree@hotmail.com](mailto:thheemaree@hotmail.com)







## OF THE MONTH



From our U3A Cookbook  
This one for the  
Chocolate Lovers  
by  
Joy Green

# Double Choc Mug Muffin

A dessert for the health conscious  
Delish!  
Supplied by Joy Green

⌚ 15 Minutes

👤 1 People

### Ingredients

2 Dates - chopped  
1 Mashed Banana  
20g Rolled Oats  
1 tsp Cocoa Powder  
Vanilla to taste  
Choc Bits  
97% Fat free Yoghurt  
Fresh Strawberries

### Method

Place all ingredients but the choc bits into a 300ml microwave safe mug  
Press choc bits into mixture  
Microwave on high for 90 seconds or until cake comes away from the sides  
Done!

\*Serve with fresh strawberries & Yoghurt



WITH THIS TRICK,  
YOUR POT WILL  
NEVER BOIL OVER  
AGAIN!



### HOW TO DO IT

All you need, is a wooden spoon. It is that simple! Whenever your pot is close to boiling over, just put the spoon on top of the pot (not in it), and see what happens. Whenever the bubbles reach the spoon, they will pop and because the spoon is colder than the bubble itself, it will burst and liquefy. The only downside is that this trick only works when you put the spoon on top of the pot right before it starts to boil over. If you put it on there when you start cooking, the spoon will get too hot and the trick won't work anymore.

### OTHER TRICKS

If you are easily distracted while making dinner, the spoon-hack might not work for you. After all, you have to pay attention to your pot and put the spoon on it before it boils over. But luckily for you, there are some other hacks you could try. Like adding some oil to the pot. The oil actually breaks up the surface tension of the water and that makes sure it doesn't foam or boil over.

With these hacks, whether you're a natural cook or not, your pot will never boil over again!

# End of Year Event

## JOIN US



**6th December at the Bairnsdale RSL to celebrate another successful year at U3A Bairnsdale.**

### Choice of dishes:

- Roast Beef with Vegetables (can be Gluten Free)
- Chicken Curry with Rice (can be Gluten Free)
- Vegetable Lasagne with Chips & Salad (vegetarian)
- Quiche w Chips & Salad (vegetarian)
- House made Tuna Patties, Aioli with Chips & Salad
- House made Beef & Mushroom Pot Pies with Vegetables

# MEAL PLAN

**Payment of \$12.00 by 28th November confirms place**

**Group Tables:** Groups can make up tables of 6-10 people. Suggest groups collect their money and pay for their whole table at once.

**Mixed Tables:** Pay individually.