UNIVERSITY OF THE THIRD AGE BAIRNSDALE & DISTRICT INC



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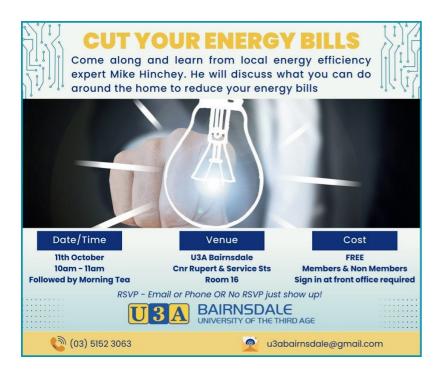
 \sim By the members for the members \sim

NEWSLETTER

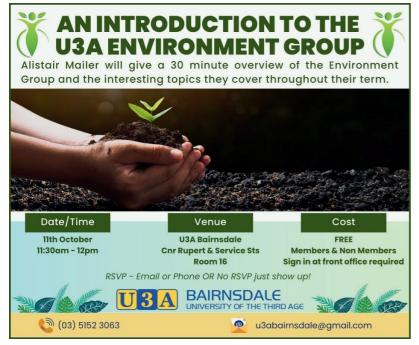
SEPTEMBER 2023

Top News

UPCOMING EVENTS











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.



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.





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



Please check this out as there is now lots of information on it https://u3abairnsdale.org.au

PON'T NEED TO BE AN EXPERT SOMETHING GREAT

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!



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.





Creative







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



THEATALBOT

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.









OF THE MONTH



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

Double Choc Mug Muffin

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

(L) 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





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



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.