

~ By the members for the members ~

NEWSLETTER

OCTOBER 2023

Top News

RECENT EVENTS

CELEBRATING SENIORS FESTIVAL OCTOBER 2023

The Senior's Festival has been a great success. Activities have included a garden week, art workshops and open days. All workshops were well attended and there has been an increase in membership as a result.

U3A recently hosted a Group Hypnotherapy Session run by Mandie Combe, a Clinical Hypnotherapist from Melbourne. The aim was to improve the sleep habits of the fifteen ladies who chose to attend.

Mandie started by informing the participants that they could change their habits and beliefs and the way they think by deciding to tell themselves a new story. We do not need to be governed by outside influences or our usual reaction to negative situations, in this case our inability to get a good night's sleep, because we have the ability to change our subconscious thoughts.

We were taken through a guided hypnosis during which Mandie helped us to rid ourselves of anxieties, hurts, guilt, intrusive thoughts and entrenched negative beliefs.

A few ladies actually fell asleep!

Everyone signed up for Mandie's free hypnosis audio to listen to in bed or before going to bed.

The next morning Mandie happened to meet one of our members who said, "Thank you Mandie, I slept for seven hours straight last night which is unprecedented for me!"

HYPNOTHERAPY



*"I was so relaxed,
I almost
fell asleep"*

*"I was able to rid
my
mind of
intrusive
thoughts
and follow
Mandie's
instructions"*

*"I felt I
melted into my chair"*

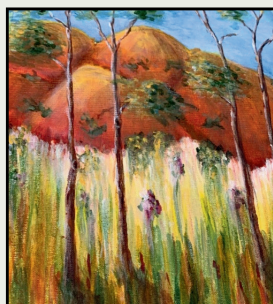
**We ♥ our
Volunteers**

Cut your Energy Bills was a most successful event hosted by U3A Bairnsdale and sponsored by the Shire of East Gippsland linking with Mallacoota and other locations to share ways of combating rising energy costs.



Well Done!

Art Workshops



Two visiting artists, Sue Mulcahy (Watercolour) from Western Australia and Karen Price (Acrylics) from Avondale Heights provided workshops that introduced participants to new approaches to their Art.

Both tutors provided activities that allowed students to further their knowledge of techniques as well as providing individual tuition.

One task involved recreating the colours of autumn leaves, while another encouraged the application of techniques on a scene such as the Olgas. That allowed participants to demonstrate their own style. The one on one advice and approach was greatly appreciated by all.



Another delicious recipe from the
U3A Cookbook.

This one by June Soutter

Date Loaf

Supplied by June Soutter

45 minutes

4 People

Ingredients

1/4lb (110g) Butter
3/4 cup Sugar
1 cup Plain Flour
1 cup Self Raising Flour
1/2lb (220g) Dates
1 tsp Bi-Carb Soda
1 cup Boiling Water

Method

Preheat oven to 180 degrees C
Put sugar and butter in basin with dates
Add bi-carb soda then boiling water over mixture
Beat and add flour
Bake for 1/2 hour in a loaf tin

- For a little crunch add some Walnuts to the mixture
- Sprinkle with Icing Sugar if desired



Warmer weather is coming and sometimes those pesky fruit flies come with it! Here's a handy way to combat those critters

The Apple Cider Vinegar Trap is a simple yet highly effective method for trapping and eliminating fruit flies. Here's what you'll need:

1. A small glass or jar
2. Apple cider vinegar
3. Dish soap
4. Plastic wrap
5. A rubber band
6. A toothpick



Here's what to do:

- Pour a small amount of apple cider vinegar into the glass or jar, about half an inch deep.
- Add a few drops of dish soap to the vinegar and mix it gently. The soap breaks the surface tension of the liquid, making it impossible for fruit flies to escape once they land.
- Cover the glass or jar with plastic wrap, securing it in place with the rubber band.
- Use the toothpick to poke several small holes in the plastic wrap. The holes should be large enough for fruit flies to enter but not so large that they can easily escape.
- Place the trap in areas where fruit flies are most active, such as near your fruit bowl or compost bin.



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>

NEWS FROM THE PRESIDENT

OUTCOMES FROM THE OCTOBER MEETING OF THE COMMITTEE

Facilities

- Leaks from rain were promptly dealt reviewed and repair plans under way. Thank you Gellen and East Gippsland Shire.
- Committee discussed how important it was for members to realise that the facility is rented to us and other people. Discussion reinforced that no responsibility can be taken for unlabelled goods left on the premises. U3A resources such as the library have been relocated to a common area.
- Donated Goods- once goods are donated, they become the property of U3A.
- Tutors are responsible for ensuring that the rooms they use are left in a way they can be used by other classes. If a class decides to reorganise a room it must be returned to a regular teaching room.

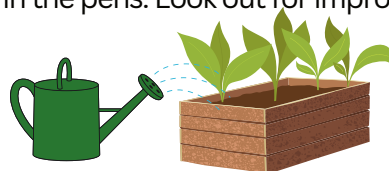
For the Members by the members

As a voluntary charity U3A does not employ any staff. Consequently, reporting repairs is important so they can be fixed. Gellen is very responsive to our requests.

- The organisation can only operate if we have volunteers. We need someone who is able to assist with some administration. If you don't want to be the Secretary, perhaps you can assist with some administrative tasks. Speak with Lorraine Scott if you can assist.

Garden Group

- Liaison with the gardening group, clarification of areas of responsibility relating to the Neighbourhood House community garden has taken place. Working with the garden group the first area to upgrade will be the pen. Do you know anyone with building skills for a small repair job? Inform Lorraine if you do.
- Raised garden beds suitable for mature age people and actually growing things will be installed in the pens. Look out for improvements.



IMPORTANT NOTICE



In order to ensure functionality for all groups who use this room members are requested to place all chairs with arms at the front of the room and not along the sides of the room. Red chairs to be placed along side wall. The Committee appreciates your cooperation.

Vale

We were saddened to hear of the deaths of two of our Nonagenarians

Arlene Dickinson
Ken Meates

and past member
Karen Fry (wife of Peter)

Our sympathy and thoughts go to their family and friends

End of Year Event

Reminder

Order Now!

Choice of dishes:

1. Roast Beef with Vegetables (can be Gluten Free)
2. Chicken Curry with Rice (can be Gluten Free)
3. Vegetable Lasagne with Chips & Salad (vegetarian)
4. Quiche w Chips & Salad (vegetarian)
5. House made Tuna Patties, Aioli with Chips & Salad
6. House made Beef & Mushroom Pot Pies with Vegetables

Group Tables Available: Groups of 6-10 people. Groups to collect their money and pay for their whole table at once using table number as reference for receipt.

Mixed Tables: Pay individually.

JOIN US!

At Bairnsdale RSL
to celebrate another successful year at
U3A Bairnsdale.

December 6th 11:45 - 2:30

MEAL PLAN

\$12 PER MEAL
Includes
Senior sized meal.
Tea/coffee &
Chocolates

Registration Forms can be found in the Community Room.

Please choose the form with your preferred table number & register your name/s & preferred meal.

Make payments at the office by 28th November

Group Tables quote table number when paying

TUTOR PROFILE

JOHN SCOTT

Fly Fishing and Orchid Culture are John's two passions. From as far back as he can remember his father involved him in gardening and took him fishing. His grandfather had a large hot house and grew orchids.

A work background in law courts, local government, community development and Ministerial Advisor for Local Government and Aged Care have provided John with an overall insight into community needs.

Tying fishing flies developed into keen interest while accompanying Lorraine to Cambridge Boston where he attended night classes at the Cambridge Community Learning Centre, the American Version of U3A.

John enjoys being a tutor at U3A. Apart from learning new skills, one also develops a knowledge of the entomology of the area and the challenge of tying flies that replicate local insects. Fly-tying classes at U3A are more about sharing interests, comradery, and support. Tying flies are part of the journey.



John and Pam Wilkinson discuss the growth habits of a paphiopedilum, commonly known as a slipper orchid.



John recently shared his orchid knowledge with members of U3A who brought their orchids along to a demonstration of effectively repotting orchids and assistance with correcting problems. In addition, members had the opportunity to explore the orchid house and its variety of orchids.

FLY TYING WEEKLY ON TUESDAY
10am - 12pm Room 23

With
**JOHN
SCOTT**

Learn the basics of fly tying & extending fly tying skills to create flies that are suitable to Australian & New Zealand waters. There will be opportunity to further develop the art of fly fishing. Participation in fly fishing in the high country is possible depending on the interest of the participants

**THANK
YOU**
From
Sue Tanian

We have had a great number of amazing books donated to our library in the last few months. To those who have donated, a huge thank you. Our library is growing daily and members comment frequently about how much they enjoy the great selection of books. It is noted how many books are being borrowed now, which is very pleasing to see.

*Just
Write*



Rhyming Romances

Oh for those unfettered Romances
Going out to dances
Taking all kinds of chances
Regardless of the circumstances
Damn the consequences!
Feeling the differences
Ignoring the witnesses
Enjoying those advances
Making all kinds of passes
Picking fruit from low hanging branches
Lying hidden in tall grasses
Writing love poems of several stanzas
Who cares. For checks and balances
Hugging and kissing really enhances
So bugger the lack of finances
as those eyes give acceptances
and promise compliances
oh those lovely dalliances
no more disturbances
for these were the circumstances
that created Rhyming Romances

Roger Bradley

**VOLUNTEERS
NEEDED**

**VOLUNTEER OPPORTUNITIES AT U3A
FOR
TEACHERS AND FACILITATORS**

Are you a retired school teacher or possess teaching/facilitating skills?

Why not join our team of volunteers at U3A and make a difference in the lives of seniors?

We welcome volunteers who can teach seniors, assist with office duties, speak multiple languages, or provide one-on-one mobile device instruction.

In fact anything you think you have to offer we'd love to hear about it.

The commitment is minimal, just one or two hours per week or fortnight.

At U3A, we offer seniors the opportunity to learn and interact with people who have valuable life experience.

Most importantly, we believe in living, learning, and laughing together.

Contact us via the details above to discuss how you can help!