

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

NOVEMBER 2023

Top News

## 2023 IS ALMOST OVER

As the year comes to a close, we here at U3A Bairnsdale just wanted to take a moment to express our immense gratitude for the unwavering support our members have shown us throughout this past year. It's thanks to you, our incredible community, that we are able to keep our doors open and offer an array of stimulating courses and events. Looking ahead, we are excited to embark on another fantastic year and cannot wait to see all of your familiar faces, as well as welcoming some new ones. Rest assured, most of our existing courses will continue to be offered, catering to your wide range of interests. Additionally, get ready for some thrilling changes, including a selection of exciting short courses and special events! Thank you once again for being the driving force behind our success and we cannot wait to create more amazing memories together in the upcoming year.

## NEW COURSES IN 2024

### PHOTO ART COURSE

WEDNESDAYS | 11AM - 12:30PM | ROOM 23

With **GRAEME BATCHELOR**

A 26 week - 2 part Course for active retirees and senior persons.

Part 1: 13 weeks Photo Re-touching & Restoration.

Participants will repair their old black and white photos and/or colour photos on their laptop/PC computer. Course participants will scan an old photo negative or slide, to enable them to create a photo print to re-touch/restore.

Part 2: 13 weeks Convert a Photo to a Watercolour Painting.

A participant's photo would be a copy of a landscape or portrait photograph. By way of their laptop/PC computer, each participant will convert, enhance and frame their fine-art painting.

The Tutor will show many examples and will demonstrate, in real time, various step-by-step techniques - to enable the Course participants to achieve successful results.

### DANCE FOR FUN & FITNESS

FRIDAYS | 10AM - 11AM | ROOM 16

With **NIKKI & SUE**



This will be a fun dance class designed for seniors that can be done freely at the individual's pace and ability. There are no set rules. 'Body Groove' was founded by Misty Tripoli and designed to get people moving for fitness while having a whole heap of fun. Yvonne & Roger Puckett created and included a series called 'Young at Heart' which is where we'll be focusing. This dance class will be viewed and followed on the TV screen, mainly focusing on the 'Young at Heart' series that has been designed for older people. Each dance is approx. 3 - 5 mins and can be done seated.

### LEARN TO PLAY BRIDGE

TUESDAYS | 1PM - 3PM | OFF SITE

With **DAN O'CONNELL**



Would you like to learn how to play Bridge? Then this is the opportunity for you. Bridge is a trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Venue: Bridge Club 117 Macleod St Bairnsdale.

### CONVERSATIONS IN QUILTING

TUESDAYS | 10AM - 12PM | ROOM 18

With **DIANE GRANGER**

This course provides the opportunity for members interested in patchwork to share their work, ideas and skills in a friendly relaxed way.



### EVERYDAY LEGAL ESSENTIALS

WEDNESDAYS | 1PM - 2PM | ROOM 23

With **CATHERINE ROSS**

An activity-based course designed to enable participants to understand the civil law system and find solutions to various everyday legal problems, including navigating the VCAT, Privacy and Intellectual Property. Legal qualifications or previous legal experience not required.



WEBSITE

<https://u3abairnsdale.org.au>



FACEBOOK

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



Scan the QR code to access our website where you'll find all the latest news and updates

# THE BACKBONE OF U3A BAIRNSDALE

Thank  
You!

Well  
Done!



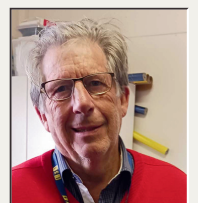
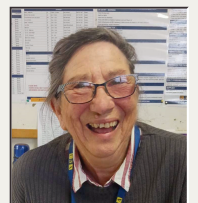
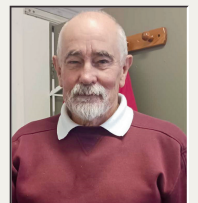
U3A Bairnsdale is able to operate smoothly thanks to our dedicated volunteers. This includes office assistants, tutors, committee members and generous individuals who graciously donate their time and energy. Your unwavering commitment ensures that seniors in our community can continue to enjoy a wide range of courses and engaging social gatherings.

As office assistants, your invaluable contributions assist with administrative tasks, ensuring that everything runs efficiently behind the scenes. The support and knowledge provided by tutors enable our members to expand their horizons and learn new skills. Committee members play a crucial role in making strategic decisions and shaping the future of our organization.

We are truly grateful for each and every volunteer who selflessly donates their time, expertise and passion to U3A Bairnsdale. Your efforts make a significant difference in the lives of seniors in our community. Together, we create an inclusive and vibrant environment where learning and socialising can thrive.

Some of our wonderful volunteers pictured top left Glenda Hein, Middle left Helen Gottschalk, bottom left Pip Cooper. Top right Phil Searl, middle right Merran Oakley bottom right John Mills.

Thank you for being the backbone of U3A Bairnsdale.



We ♥ our  
Volunteers



Wendy



Rosie



Maureen



Sue & Joy

you  
ARE  
awESome

## Christmas Cake

Supplied By Maggie Lukey  
Recipe from an edition of The Age newspaper  
in 1930. Handed down from Peggy Fraser to her  
daughter, Rachael Dean, and then to Rachael's  
daughter Maggie.

90 minutes

4 People

### Ingredients

8oz (230g) Butter  
8oz (230g) Castor Sugar  
1 tsp Vanilla  
1/2 tsp Lemon Essence  
5 Eggs 8oz (230g) Plain Flour  
2oz (60g) Self Raising Flour  
1 tsp Cinnamon, Nutmeg, Allspice  
Pinch salt  
16oz (475g) Sultanas  
8oz (230g) Currants & Raisins  
4oz (115g) Mixed Peel  
2oz (60g) Cherries  
2oz (60g) Almonds  
1/4 cup Sherry + 1/8 cup to use later  
1tbsp Fig Jam

### Method

Prepare fruit - soak with sherry for up to 2 days, then  
add fig jam to fruit.  
Preheat oven to 140 deg C  
Cream butter & sugar with vanilla and lemon essence  
Add eggs, one at a time and beat well  
Add sifted dry ingredients and prepare fruit alternately  
and add an extra 1/8 cup of sherry  
Decorate with almonds  
Line deep tin with 4 layers of brown paper base last  
Bake for 4 hours - test with a skewer



DID  
YOU  
KNOW

LAUGHTER

IS THE BEST MEDICINE?

“Always laugh when  
you can. It is cheap  
medicine. – Lord Byron”



# NEWS FROM THE PRESIDENT

## OUTCOMES FROM THE NOVEMBER MEETING OF THE COMMITTEE

**Resignation of Tutor** - The Committee accepted with regret the resignation of Lesley Prosser. Every endeavour has been made to address the tutors' needs including removing 40 chairs, replacing large chairs with smaller ones to increase space in the room and placing up signs. Unfortunately, everyone in U3A is a volunteer and aging. No staff are employed. The lease for the building is essentially only during school hours so it was not possible to ensure chairs were always in the tutor's desired positions for classes.

**Upgrading Equipment** - A larger screen has been purchased for Room 16 to improve visibility for all classes. This was purchased with a grant and was obtained for \$3,000 less than the recommended price.

**Nominations** are now open for Committee positions for 2024. Nomination forms are available on the Notice board inside the front door.

# Welcome

**Welcome** - Janet Hudson has accepted the position of Secretary and the Committee welcomes Janet to the team.

**Welcome** - Di Granger has accepted the position of Program Coordinator. Di brings a wide range of administration skills to the position and is a great asset to the team.

### ENROLMENTS AND PAYMENT OF FEES 2024

Enrolments anytime on line from  
10th December 2023

### ENROLMENTS OR PAYMENT IN PERSON

\*11th, 12th 13th December - 10am - 2 pm.  
\*22nd - 25th January - 10 am - 2pm

*All fees paid by the 31st January.*



**VALE**

*John Walker*  
1934 - NOVEMBER 7, 2023

John sadly passed away on the 7th November 2023. John was married to Bonnie (Vice President U3A). John was an active member of U3A since 2010 as a tutor and facilitator of classes such as indoor bowls and Saturday Movies. John grew up in Ballarat and followed a career as a consulting engineer.

John met Bonnie in London where they married and enjoyed a honeymoon travelling around Great Britain. Returning to Australia they spent their working lives in Ballarat, Tasmania and Bairnsdale where they settled. They have two sons, one who runs the family farm at Ballarat and another is a corporate lawyer living in Melbourne. They were married for 63 years.

John participated in a wide range of U3A classes and particularly enjoyed drama where he actively participated in a number of productions include a well-remembered part as the Ugly sister in Cinderella.

We extend our condolences to Bonnie & her family

# RETIRING TUTORS & Conveners



U3A sincerely thanks the following tutors who have indicated that they will not be returning in 2024. They will all be sadly missed.

\*Lesley Prosser, \*Mee Mee Bell, \*Claire Dingey, \*Stella Tyers and \*June Treadwell

*2024 at Bairnsdale U3A is shaping up to be as bold and versatile as the previous years.*

*Our president Lorraine, is always working toward more courses, members and volunteers.*

*So many choices will be available to fill your days/daze!*

# TUTOR PROFILE



BEATTY

BLENNERHASSETT

I was a student at the U3A site in 1946 then went student teaching at 754 and later taught at 754. In those days you had to resign when you married so I became a farmer, helping to run a Marino sheep stud at Bengworden.

When I came back to live in Bairnsdale, we (Frank and I) joined U3A, enjoying the company and the classes. I had previously done classes at Tech School (night school), BACE and TAFE, including a 4 year wool classing course.

U3A provides friendship and support and a joy in learning new things. The writing group is given a challenge each week and then write a story to be read out the next week. As well, we do other writing exercises to make our brains work and give us all enjoyment from stories others write. Thursday morning is one of the highlights of my week.

Join

BEATTY  
BLENNERHASSETT

JUST  
WRITE



In this group writers share what they've written – memoir, novel, novella, short stories or poetry – and invite comments from the group. Discussions are constructive, kind and hopefully helpful to the writer.

EACH  
THURSDAY  
10AM - 12PM  
ROOM 23

Share What  
You  
Write

JustWrite

## ODE TO AGING



Eye drops, vapour rub, strong glasses for reading,  
my hip is worn out, a new one I'm needing.  
Joints all a creaking, my stance is askew,  
oh for new dentures so that I can chew!

My hearing is gone; don't know where it went,  
along with my memory, that seems to be spent.  
I have a companion who causes me strife,  
his name is Arthritis; he's with me for life.

I've heel spurs and bunions and a pretty crook knee  
an ulcer that plays up and won't let me be.  
My back gives me curry when it slips out of place,  
won't do to complain, I put on a brave face.

My sinuses are shot, likewise my shoulder,  
not always easy for those getting older.  
Young relatives think I'm over the hill,  
yet all is not lost; I've got my wits, still!

When I remember what I've done with the key,  
I'll hop on my scooter and be fancy free.  
I'll zip into town, buy lunch for a treat,  
past it, not I! No, life is still sweet.

## CUP DAY AT ROSIE'S

Rosie Thomson has the ultimate of views. From her property in Mt Taylor, you can see all the way across Bairnsdale and the lakes to Eagle Point. In this idyllic setting Rosie has created a charming garden. In what is hoped to become an annual event Rosie will host a Melbourne Cup event again next year. A special thanks to Rosie for the lovely afternoon tea, the leftovers being enjoyed by Wednesday's classes.



We have a number of Special Events & Short Courses lined up for 2024 including: Remembering The Sixties - Celebrating The Good Years - Spring In The Garden - Open Day - Art Show - Orchid Workshops - Melbourne Cup at Rosie's - Progressive Art Activity - December Birthday Luncheon