

UNIVERSITY OF THE THIRD AGE



BAIRNSDALE & DISTRICT INC



UNIVERSITY OF THE THIRD AGE

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~ By the members for the members ~

NEWSLETTER

FEBRUARY 2024

Top News

A GREAT START TO THE NEW YEAR



U3A has been very busy with returning and new members. Classes have started with great enthusiasm. The simplified new enrolment for returning members was well received. Whilst it has been a learning experience for operators, the new payment system has improved our services to members and is providing excellent financial records. Thanks to treasurer Dan for all his work and support. The support of volunteers and past president Joy Green over this period has been greatly appreciated. There are currently 400 members enrolled. Maureen, Di and Wendy have made every effort to ensure records are up to date and rolls are available. Due to the constant stream of new members daily, we have not been able to ensure rolls have everyone's name on them. We hope to have the rolls up to date by the middle of the month.

NEW COURSES IN 2024

VISION IMPAIRED SUPPORT GROUP

The Visionaries

EVERY 2ND TUESDAY

1PM - 3PM
ROOM 18

With
**JODY HERBERT
&
BRENDA MURRAY**



NEW!
2024

U3A has a new support group called 'The Visionaries' that will be meeting on the 2nd Tuesday afternoon of the month from 1pm until 3pm.

This is a Vision Impaired Support Group that provides social support for people with vision impairment. A vision impairment refers to all eye conditions that prevent you from participating in things you enjoy and cause difficulty in seeing and not necessarily near blindness or total blindness.

We would have guest speakers, some informative outings and possibly instructions in crafts and other activities. We welcome requests for activities and other things of interest from those attending. The sky is the limit!

You are welcome to come to the first meeting and learn more about it before committing to coming each week and joining U3A. Come along and join Jody & Brenda for a chat.

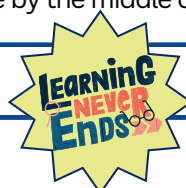
UKULELE FOR BEGINNERS

WITH LIZ HROUDA

WEDNESDAYS

ROOM 17 | 12PM - 1PM

No musical knowledge or previous playing experience is needed for this fun program. Learn to play simple chords and sing along to many old favorites.



New
2024

Tai Chi



TAI CHI

THURSDAYS | 11AM - 12PM | 1PM - 2PM

With **JAN O'CONNELL**



Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai Chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation. Program by Paul Lam. Directed by online and consistent support. Clothing should be comfortable and shoes flat.



TUESDAYS
10AM - 12PM
ROOM 20

TECHNOLOGY SUPPORT SESSIONS

With
JODY & PETER

Support with your mobile phones, iPads and Tablet devices or laptop computers. Assistance with assistive technology devices (for visually impaired). Assistance with upgrading your devices software, installing applications or programs or showing you how to use your device.



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

NEWS FROM THE PRESIDENT

New Telephone Number ~ 0493 672 446 Members and tutors are asked to use this number for making enquiries, leaving messages or texts. The landline experiences a number of problems and will hopefully be phased out during term 1.

Important Information ~ Evacuation procedures have been placed in all rooms (thanks to Gellen). While your tutor will have made you familiar with this information, please check it out for yourself. In case of an evacuation, tutors must ensure that class members must stay together until names have been checked off.

First Aid Kits ~ Are located in the hall outside room 17 and in the kitchen by the office. These are very general band aids, etc.

Defibrillator Is on the wall outside room 17. There is a 1 minute "How To" video on YouTube ~ First Aid Basics: Defibrillator (Emergency Australia) <https://www.youtube.com/watch?v=6My74kjVcBk>

EMERGENCY In an emergency call 000

Name Tags ~ Please wear them ~ being able to contact someone in an emergency is essential.

Signing in ~ This is important for insurance purposes as it proves you were here.

ANNUAL GENERAL MEETING

Details of the upcoming Annual General Meeting of the members of U3A Bairnsdale and District Inc are as follows:

- Wednesday March 20th
- Time 12.15
- Room 16
- Bristol Building, Corner Service and Rupert Streets, Bairnsdale, Victoria, 3875.
- Ph: (03) 5152 3063 or 0493 672 446
- Annual Report - this report has been forwarded to members. If you have joined after the 31st of January, you may not have received the report. Copies are available on the information Board.
- Annual Financial Report
This will be forwarded to members in the last week of February.

COMMITTEE VACANCIES

There are vacancies for committee members. Proposal forms available at the office.

Can't make the meeting? Send an apology or fill in a proxy form, available at the office.



If you want lunch on that day please complete the form in the common room.



Alinta Gas's Generosity Provides New Resources for U3A Bairnsdale

Thanks to Alinta Gas Community Development, U3A Bairnsdale now has a very large screen TV and an upgrade of our electronic communications network. We are very appreciative of this grant and the benefits it provides for our members.



A NOTE FROM

THE TREASURER



Over the past 3 months we have introduced new technology in the office. The old lockable drawer, handwritten receipts and manual tallying of the cash each day are no longer. Using similar technology as your local café or restaurant, we have introduced a Square (brand name) Cash register, linked to a lockable cash drawer and printer. This has enabled the accurate tracking of all payments made to U3A Bairnsdale, the secure storage of cash during the day and the precise reporting produced daily dissecting the income by class, category and payment method. The system links to the treasurer's computer and other handheld devices that were used last year. This could not have happened without the co-operation of the volunteers manning the office. I would like to thank everyone involved. While most volunteers were eager to learn, some had their reservations. Despite this, they all took to the task with an open mind and I am pleased to say, they have conquered the mountain. I think we have successfully introduced 21st Century technology to our 20th Century volunteers and they are the winners. We have a robust system that I believe makes life easier for all involved. The system also provides us with better quicker and more accurate recording of our finances.



A FEW INSPIRATIONAL WORDS FROM MAGGIE JAMES.....

Maggie James is 84 yrs old and has been a member of U3A since 2006. She is now a regular attendee of the Dance for Fun and Fitness class held each Friday from 10am - 11am



I joined Dance for Fun and Fitness for a few reasons, with much enthusiasm to keep myself as agile as possible. This particular class has already challenged me to express myself in a motivated, positive way. It suits my metabolism and character, without a doubt!

Having experienced the situation of learning to walk again completely after undergoing Spinal Surgery, followed by Bilateral Hip Surgery, my goal right throughout this journey was to strive for what I have now achieved. To do 'n' kick up my heels on the dance floor, and dance!

It is pleasing to mention how this class's style of exercise leaves me with almost NO painful after-effects, especially my surgical titanium joints, making it a proven success for me to continue participating. All of which reminds me how blessed I am.

The video's meaningful guidance and instructional advice, I find very beneficial and uplifting. This of course is backed by appropriate music to 'set the mood'. Music helps express each individual style and personality, I believe, without any pressure. Just move and groove is my motto, even when one's co-ordination goes off beat, especially in my case!! So I laugh it off with a groovy, hippy hippy shake! Also the video's all round routine brings about a friendly connection to others, on and off the dance floor, who, in my instance are mostly new people to meet. Another nice aspect to make you feel good within yourself. And what better way to end our mornings 'Happy Hour' than to cool down gracefully to the ever inspirational tune of 'Amazing Grace'!



Name tags are now available for collection. They can be found in alphabetical order pinned to the *blue board* in the common room. On collection please check that all details are correct, especially your emergency contact details and advise one of our friendly office people of any changes needed. If you can't find your tag on the board please let the office people know and they will add it to the list of 'names to be printed'.

Name holders and lanyards are also available at the office.

“

Come along, join in, be yourself.
Wear a smile, dancing shoes too.
Be creative, give it a whirl!
Because dancing makes you feel
on top of the world!

-Maggie James



”

DANCE FOR FUN & FITNESS

FRIDAYS

10AM-11AM | ROOM 16

With NIKKI & SUE

Our first Dance For Fun & Fitness Class was a huge success with 20 happy dancers all moving their bodies at their own pace. This is so much fun!!!

Each dance is around 3 minutes and you can even do it sitting down! You simply do what your body allows you to do.

We've had
some very
hot days
this month!



RECIPE OF the MONTH

Middle Eastern Orange Cake

A favourite recipe supplied by Robyn Counihan

180 minutes 4 People

Ingredients

2 Large Oranges washed
6 Eggs beaten
250g Ground Almonds
250g Sugar
1 tsp Baking Powder

Method

Boil oranges, barely covered with water, in a covered saucepan for 2 hrs
Allow to cool (I often do them the day before), then cut open, remove the pips and chop roughly, including the rind.
Preheat oven to 190 degrees C
Grease a 24cm spring-form tin
Blend oranges and eggs thoroughly in a food processor.
Mix ground almonds, sugar and baking powder in a large bowl, then add the orange mixture and whisk to combine.
Pour batter into tin and bake for 45 minutes - 1hr.

*Cool in tin before gently turning out

*If cake is still very wet, cook a little longer



JUST Write



ODE TO THE POTATO

Oh, pomme de terre that sounds rare
But never fear, I'm showing off here.
You know it's just the dear old spud
Sounds better in French, much more flair.
An "apple" of the ground is what it means,
But why worth an ode?
I'll tell you my dear.
This humble root can be anything.
Now here's a list, give me more if you wish.
Chips (French Fries for a Yank)
Mashed with cream & butter over meat if you please,
Large ones, baked, with toppings and cheese,
Or roasted with oil, herbs scattered over,
Thin sliced in layers with tomatoes, a casserole
With veggies and herbs and other stuff.
I could eat and eat and not have enough.
Mister Google gave 100 ways to eat them
I can't tell you them all, too busy I was
Choosing which one I was going to cook
Now Beattie wanted rhymes which I'm not good at
Yes, she who must be obeyed said it, that is a fact
So here you are dear leader,
This is all I can manage



Judy Walk

BONNIE WALKER

TUTOR PROFILE

Bonnie joined U3A in 2010. She is a keen photographer and land developer and still breeds cattle on her farm at Wy Yung. Bonnie's love of farming and particularly cattle come from her early years and the 20 years she spent managing the family farm that specialises in Murray Grey cattle. Bonnie was born in 1937 in Ballarat where her family were graziers. She undertook her schooling as a scholarship student at Clarendon PLC Ballarat. After Year 12 Bonnie trained as a nurse at Ballarat Base Hospital. Like many country girls, she travelled to London where she worked as a private nurse.

In previous years Bonnie offered a wide range of classes at U3A including, *Australia, Present and Future* and *Finance and Shares*, where she organised a wide range of interesting speakers. Bonnie has had a keen interest in computers and assisted with establishing and maintaining the computers in the U3A rooms. While scaling back her roles in recent times she is still very involved with U3A and enjoys hosting movies on a Saturday.



“Bonnie is passionate about U3A stating that it enables people to follow up interests that they were not able to during their working lives. She says it provides support, stimulation, friendship and exercise of brain and body. “Being a tutor is great and I really enjoy the research” ”

JOIN US FOR A

MOVIE

With
BONNIE WALKER

SATURDAY MATINEE
1PM - 3PM ROOM 16

For those who love movies especially the old time ones this is a relaxed and enjoyable way to spend a Saturday afternoon.

OLD SCHOOL STILL A PLACE FOR LEARNING

The former Bairnsdale High School Home Economics complex in Service Street, now known as The Bristol Building, is home to 400 mature age learners. Fiona McDonell, a former French teacher, taught here as a young teacher and now is a regular participant in Art classes, not only continuing her learning but sharing her skills with others.

U3A Bairnsdale provides more than 50 classes each week in a wide range of subject, from history to environment, electronics to art, dance and music and many more.

President Lorraine Scott stated that the Council-owned building is an outstanding asset to the community providing an excellent resource where 48% of the population is over 50. A recent survey identified U3A as an important network for older community members.

“

Many members were students.
One member remembers
watching the moon landing
when they were in the building.

”



There has been a mini working bee in the office!

Some tweaking of furniture and tidying up of cupboards, all to make things easier and more accessible for our amazing volunteers.

There may be a bit more tweaking to do as feedback filters through but all in all the changes have been well received. Thanks to all who have assisted.

Thank you
to our
Volunteers



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