

~ By the members for the members ~

## NEWSLETTER

MARCH 2024

## Top News

# NEWS FROM YOUR COMMITTEE

The Annual General Meeting was held on Wednesday 20th March in room 16

### THE COMMITTEE FOR 2024/5 IS AS FOLLOWS: -

President: Lorraine Scott

Treasurer: Dan O'Connell

Secretary: Janet Hudson

Nikki Francis, Robert Parrót, Jill Johannsen, Sue Cade, Julie Trewin, Jody Herbert

\*Special thanks to Joy Green, Sue Tanian, Julie Trewin and all the others who participated in providing the excellent luncheon.

## RECOGNITION OF CONTRIBUTION

The following RETIRING committee members are thanked for their contributions to U3A and Committee

### BRENDA MURRAY

Brenda (pictured right) brought to the Committee of U3A an outstanding knowledge of meeting procedures, local government and not for profit organisations that has proved invaluable to committee operations. The linking of the needs of vision impaired members and community members has enriched the organisation, raised awareness of broader issues of the aging population as many of our skills decline. Importantly, linking volunteers who can specialise and assist members with new technology has been of great value to all.



### BONNIE WALKER

Life Member Bonnie Walker (pictured right) tutored in Finance and Shares for five years organising a wide range of interesting speakers. She also offered a course on Australia Present and Future as well as taking over from her husband, John, who ran Saturday Films. Bonnie's interest in computers helped many to learn and use computers. Bonnie worked consistently to maintain computers in the U3A rooms as well as the Juno system to assist those with hearing difficulties.

The photography display was a quiet passion and the interesting displays Bonnie coordinated were enjoyed by many.

Bonnie joined the Committee in 2018. As a committee member Bonnie took special interest in technology and finance. Bonnie ensured Committee addressed all issues and always sought clarification where necessary. Bonnie's alert and enquiring mind were indeed an asset.



### JOY GREEN - AWARDED LIFE MEMBERSHIP

The Commitment of Joy Green (pictured right) to U3A has been exceptional. Joy has been a committee member for eight years and President for four. She has led the organisation through a major period of reorganisation, including a new constitution, rental agreements, updating of resources, reorganisation of how the committee operates and improved documentation and communication for committee members and members generally. Finances have been updated. UMAS, MYOB and EFTPOS introduced. Joy has worked to resolve behind the scenes conflicts and grievances with dignity and discretion. During bush fires and Covid Joy worked to support members showing empathy and common sense.



### U3A DAY OUT TO SALE GALLERY

The Committee approved subsidising a bus to take members to the Sale Art Gallery to view the Annemieke Mein Exhibition at Sale Art Gallery. (See details elsewhere in this newsletter).

### IMPROVEMENTS TO GARDENING AND BOULE AREA

Plans are underway to address access and safety in this area as well as requests from the groups concerned.

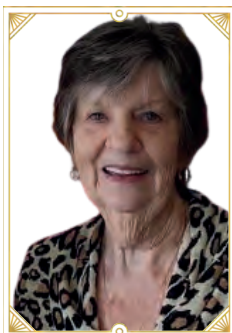
### INTERNET UPGRADE

Our internet plan has now been upgraded to unlimited with faster speed. This will benefit U3A greatly.

# JOY GREEN

Joy has been a dedicated member of U3A for 17 years, serving as President for 4 years. After stepping down from her role a year ago, she graciously continued to volunteer her time in an advisory capacity and as the Welfare Liaison Officer.

Thank you!



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*I first joined U3A Bairnsdale in 2007 where a small group met at Morgan Street, Bairnsdale. The rooms were small and in fact we used to play Mah Jong on card tables in the hallway.*

*In 2009 we moved to our current premises, but not as we know them now. Over time and with lots of negotiation, we now have use of the whole of the Bristol Building.*

*In 2017 I joined the committee and in 2018 become vice President and then 2019-2023 I took on the role of President. I am very passionate about the values and involvement of U3A within our community. This became more apparent during the bushfires and then the pandemic lockdowns. We became very aware of just how important we were to our most vulnerable elderly members.*

*The role of President was at times quite stressful and might I say challenging, but with a dedicated and hard working committee I would not have changed it in any way.*

*I have enjoyed being part of this wonderful organisation and even though I am moving away Bairnsdale will always have a special place in my heart. The support and friendships I have made are amazing.*

*I am very honoured to be nominated for Life Membership of U3A Bairnsdale and look forward to future involvement.*

*I wish the committee and members all the very best for the future.*

~ Joy Green

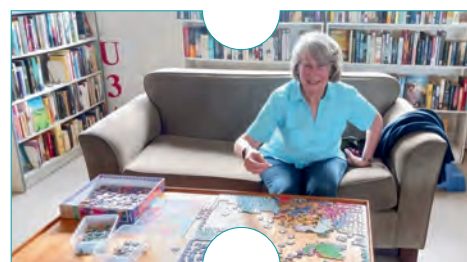
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## OUR WONDERFUL LIBRARY

Our library is growing weekly, with donations coming in on a regular basis. We thank all those generous members who have kindly donated some amazing and current novels for the enjoyment of our many members. We are regularly culling books which have not been borrowed in some time to make room for our new titles. These books are in the first book case in the corridor for those who wish to take these to keep. Any duplicate books can also be seen on these shelves so make sure you have a look next time you are at U3A.



It is also lovely to see our jigsaw being enjoyed by many whilst they wait for their class or just to spend some quiet time adding to our current puzzle. Thank you to those members who have donated puzzles for our use.



**Holiday Dates are:**  
**29th March - 14th April**

Some classes will run during the holidays. Please confirm with your tutor if yours is one of them.

**TERM two dates**  
**15th April - 28th June**

We ♥ our Volunteers



“

A special thanks to Bonnie Walker for stepping up and leading the Safe For Walking information session when Angela Boschen couldn't make it.

”



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



# U3A OUTING - SALE ART GALLERY

## WEDNESDAY

10TH APRIL | BUS DEPARTS 9:30AM | RETURNS 1:30PM

### Annemieke Mein: A Life's Work – A Retrospective

#### BUS FARE - PAID TO THE U3A OFFICE

- \$5 per person - secures your seat

#### ENTRY TO EXHIBITION - PAID BY MEMBERS TO THE GALLERY

- \$16 Concession \$18 Seniors

There are limited seats available on the bus.

\*To avoid disappointment please pay as soon as possible\*



*This Exhibition  
should not be missed*

The ABC describes it as ...

“From serious botanical illustrations, to shimmering labyrinths of birds, butterflies, and insect life spilling from her canvases, beloved Gippsland-based textile artist Annemieke Mein has created an extraordinary body of work during her lifetime.

Working with all kinds of fabrics and fibres, collaged together with painted, beaded, stitched, and machine-embroidered embellishments, Mein's work tells the magical story of the Gippsland ecosystem where she has lived for the past 55 years.”



### Short Course

Back by popular  
demand!

2ND - 9TH - 16TH  
MAY

See noticeboard for  
details



### CHAIR BASED QIGONG [CHEEGONG]

Effortless, unforced movement with ease and grace. Breathing spaces.

3 WEEKS WITH THEA ON THURSDAYS

3:45PM - 4:45PM | ROOM 16



### Lemon Curd

Supplied by Kate McLean

15 Minutes 4 People

#### Ingredients

- 4 large Egg Yolks
- 2/3 cup Granulated Sugar
- 1 tbsp Lemon Zest (about 1 lemon)
- 1/3 cup Lemon juice (about 2-3 lemons)
- 1/8 tsp Salt
- 6 tbsp Unsalted butter - softened at room temp

#### Method

Fill the bottom of a broiler with 2 inches of water (or a heatproof bowl over a saucepan), boil water and reduce to a low heat to keep a simmer. Place egg yolks, sugar, lemon zest, juice and salt into top pot of broiler (or bowl), whisk until completely blended, continue to whisk as the curd cooks - whisking prevents curdling. Continue to whisk until mixture thickens like a hollandaise sauce (about 10 minutes), if mixture isn't thickening - turn heat up and whisk some more. Remove from heat, cut butter into 6 separate pieces and whisk into mixture. Pour curd into jar or bowl and cover with cling wrap - so the wrap touches the top of the curd to prevent a skin forming on top. Once cool, remove plastic and refrigerate for up to 10 days.

- To make a thicker curd, replace 2 egg yolks with 1 whole egg
- Will freeze for 3-6 months
- Fresh squeezed lemon works best for this recipe



### JUST Write

I sit and ponder with paper and pen  
write, erase and begin again.  
This week's challenge has got me beat,  
The looming deadline I have to meet!

My mind's gone AWOL, the plot elusive,  
a jumble of thoughts but none conclusive.  
Some rhyming verse that might do the trick,  
time's running out, I'd better think quick!

Just Write is our class, they're sure a swell lot,  
advice is at hand, if one's in a spot.  
Led by our Beatty, she really is smart,  
she runs things with humour and a generous heart

The talent on show, it simply astounds,  
spirits are lifted as our laughter rebounds.  
Sometimes there's sadness, memories bring pain,  
those times are fleeting, we soon smile again.

I'm drifting off course from the task at hand,  
I've made no progress, it's not what I planned.  
No story weaved to create an illusion,  
sadly I'm wallowing in utter confusion.

If I don't contribute, my week's not complete,  
if I just give up, conceding defeat.  
I must persevere, I feel that I should,  
for everyone else will bring something good.

Writing was not meant to be a chore,  
I'll take some work that I've done before.  
There's no need to panic, for goodness sake,  
no one will mind so what difference will it make?

~Glenda Stapert



# TERM ONE ENJOYED BY MANY



Some of our members  
(pictured right)  
enjoying a chin wag &  
sharing ideas & stories  
around quilting

Every Tuesday  
From 10am  
Room 18

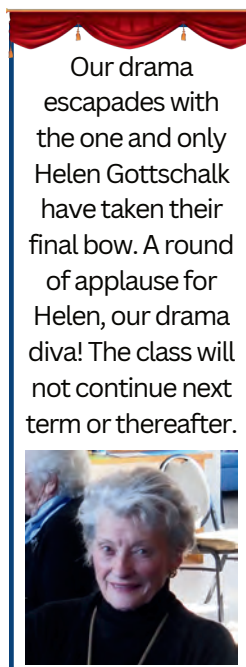


Artists at work during one of our workshops



Members of the  
Mah Jong class  
(pictured right)  
concentrating  
on the game

Every Tuesday &  
Thursday  
1pm - 3pm  
Room 18



A game of Canasta enjoyed by members on Thursdays



Canasta  
(pictured left)  
meet every  
Thursday  
1pm 3pm  
Room 20



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