

UNIVERSITY OF THE THIRD AGE



BAIRNSDALE & DISTRICT INC



UNIVERSITY OF THE THIRD AGE

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~ By the members for the members ~

NEWSLETTER

APRIL 2024

Top News

WELCOME TO TERM TWO

JOIN US FOR A
MOVIE
With
BONNIE WALKER



SATURDAY MATINEE
1PM - 3PM ROOM 16

CURRENT AFFAIRS

With
GEORGE ELLINGSEN

THURSDAYS
Room 17
10am - 12pm

A get together of members who are interested in what is happening in the world, like to contribute their views and listen to the other side of the story.

“ I was familiar with some of Annameike Mein's amazing art but had not seen the incredible sketches and paintings that preceded her three-dimensional textile artworks. Her observation of nature and attention to detail is extraordinary. A wonderful exhibition.
~ Gill Gayton

See Page 3 for more about the bus trip to Sale

It would be nice to have a few more participants on Saturdays afternoons. We have seen some excellent films in term 1 which featured older actors such as Judi Dench and Henry and Jane Fonda. Also two excellent modern films - Mao's last Dancer and the much acclaimed Oppenheimer.


~ Bonnie Walker

This term Bonnie is featuring Australian films as Australia has an excellent history of cinematic story telling. I am sure many will find the program interesting.

CHESS

With
BOB PARRÔT

MONDAYS
10AM - 12PM
ROOM 17




This Chess program caters for absolute beginners to accomplished players. Our aim is to have FUN whilst covering all the rules and tactics of chess. Come along if you want to find out how to beat your grandchildren!

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.




Every member is welcome to contribute informative articles that are non political, supportive, curious, whimsical, polite and in keeping with the U3A philosophy.

By The Members For The Members

COMMITTEE

UPDATE

APRIL 2024

ANZAC DAY

The 25th of April is Anzac Day, a National Day of Remembrance in Australia and New Zealand. It has become a day to commemorate all who served and died in all wars, conflicts and peacekeeping operations. For many families, the impact of war lingers on long after the event.

U3A is closed on ANZAC DAY. As the years roll by, memories of events such as the Vietnam War, Korean War and WWII fade. ANZAC Day provides an important day for reflection and appreciation of those who have fought and the democracy and freedom they fought for.

VANDALISM

Thanks to Gellen and the Shire for the swift repair of vandal damage carried out over the weekend of 12/13 April. The glass was cleaned up ready for morning classes and glass replaced the same day.

CARPARK

Line marking in the carpark will be completed in coming weeks. Again, thanks to the Council and Gellen for actioning this.

OUR COMMUNITY ROOM

Our community room is a great place to catch up for a cuppa and a chat. Give yourself time to browse the diverse range of titles in our wonderful library. Why not contribute to our ever popular jigsaw puzzle?

Introduce yourself to someone new, spark up new friendships and a support network.

IMPROVING RESOURCES FOR MEMBERS



This hazard has now been removed, making it safer for both groups and providing the opportunity to provide seating and perhaps shelter for the boule group.

Over the years a large pile of garden waste from many sources has been building up outside the shade house used by our gardening group. The area adjacent to this is used by the Boule group.



WHAT'S HAPPENING IN OUR GARDEN

The Garden Group is currently planning on developing wicking garden beds

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ORCHIDS

Orchids- early orchids such as Cymbidium tracyanum should be showing their spikes now. This orchid is best grown into a specimen plant. Unusual for orchids, it has sweetly fragrant flowers.

Check for spikes and make sure you have prevented the slugs and snails from enjoying the flowers. (John)

“Poppies - Anzac Day is always a reminder to me to plant poppies to ensure a good spring display. (Jazz)”

SAVE THE DATE
JULY
Remembering The Sixties
8th July
Celebrating The Good Years
10th July



Did You Know?

TERM 2 dates
15th April to 28th June

YOUR COMMITTEE



Left to Right: Jody Herbert, Dan O'Connell, Jill Johannsen, Nikki Francis, Lorraine Scott, Sue Cade, Bob Parrót. Janet Hudson, Julie Trewin

YOU CAN GET RID OF UNWANTED WEEDS WITH WHITE VINEGAR AND WATER

To get rid of unwanted weeds, mix equal parts white vinegar and water in a spray bottle and apply directly to the weeds. White vinegar is a natural and non-toxic weed killer. Unlike chemical herbicides, white vinegar is safe for people, pets and the environment. It is effective against a wide range of weeds. It can kill weeds like dandelions, chickweed and thistle, as well as grassy weeds like crabgrass and quackgrass.



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

WHAT'S HAPPENING IN OUR GARDEN

The Garden Group is currently planning on developing wicking garden beds. What is it you may ask? It is a clever and efficient way to grow plants while conserving water. They are essentially self-watering garden beds that are built over a reservoir of water the same size as the bed. The key idea is that the plants will absorb water from the reservoir even if the surrounding area is dry.



The wicking bed consists of two main layers:

Soil Layer: This is where you grow your plants. It contains good-quality veggie garden soil rich in organic matter.

Water Reservoir Layer: Located below the soil layer, it holds water.

Don't have a large space? Don't worry, small wicking beds are available from local hardware stores and nurseries.

Click this link to watch the Gardening Australia episode on building a wicking bed or go to <https://www.abc.net.au/gardening/how-to/building-a-wicking-bed/9435452>



The small one pictured has proven most successful for growing herbs.



With
LESLEY FENTON

Mondays 10am - 12pm

Community Garden Group

Short Course

Back by popular demand!

**2ND - 9TH - 16TH
MAY**




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

See noticeboard for more details



BOOK Club *with* **CASS MILLS**

4 **4TH THURSDAY OF THE MONTH**

ROOM 19A - 1PM - 3PM

The book discussion group 4 recently read a great yarn of historical fiction entitled 'A Gentleman in Moscow'. Gates Notes: Quote: "A Gentleman in Moscow has a little bit of everything". Quote: "There's fantastical romance, politics, espionage, parenthood and poetry". The NY Times mentions its idiosyncratic wonder. The Washington Post's quote is "a charming reminder of what it is to be classy". An American author recently retired from his finance work and started to write fiction. Amor Towles is the author, with rules of civility as his 1st novel. Herald Sun newspaper cites: "Paramount screens the movie starting last Friday and episodes drop weekly. Actor Ewan McGregor stars as Count Rostov sentenced in 1921 to life inside the Metropol Hotel Moscow. His actress wife, Mary Winstead, also features. The Count who until now has never worked a day in his life must now learn what it is to be a man of purpose".

~ Cass Mills

Bus trip to
Annemieke Mein: A Life's Work - A Retrospective



John Scott
Pam Cracknell
Beatty
Janet & Barbara
Gayle O'Conner
Silvia Easton
Roger Newman
Jean & Margaret
Elsbeth McCrae
Thelma Rawlings
Margaret James
Olive Waltham

The publicity was intriguing
Our interest was piqued
"The most comprehensive retrospective
Her life's work!
Her 80th Birthday!
Nationally acclaimed Textile artist!
Renowned for her vivid recreation
of Australian Flora and Fauna "
On a cloudy Wednesday morning
we boarded the bus.
"Leaving 9.30 sharp!" we were told
All 35 of us, chatting and laughing
we headed for Sale!
A coffee was needed
It was our daily routine.
Filled with caffeine and anticipation
we filed on through.
Breathtaking, Astonishing
Beautiful and Amazing"
Were the words that were heard
As we gazed at the wonders hung on the walls
In awe of the skill and the patience it took
To create all this beauty.
Birds, dragonflies, moths and more
Stunning in their detail
Vibrant in their colour
Too much to absorb.
Then home on the bus
Our minds filled with wonder
At what we had seen
The Life's Work of Annemieke Mein

~ Maureen B




Places in Poetry

Hidden Gippsland Secrets

JUST Write



Poetry-throughout the years has been used as a means of recording history. Consider Alfred Lord Tennyson's poem, **The Charge of the Light Brigade** about the Battle of Balaclava, fought on October 25, 1854, during the Crimean War. In the battle, a group of 600 British men on horseback (the Light Brigade) made a charge against a larger and more heavily armed Russian army. "Half a league, half a league, Half a league onward, All in the valley of Death Rode the six hundred".

Poetry has become the forgotten way of recording history. Yet poetry has many advantages. Using the right words, it enables the poet to provide a picture of an event with minimum words. Poetry in Australia has developed its own style, defined as poetry with rhyme and meter that depicts Australia, Australians and the way of life in Australia. It explores a range of different ideas, from Australia's rich history to modern issues such as, politics, medicine and environmental concerns.

USA member, **Thelma Rawlings**, is not a public speaker but a confident poet and writer. Her poems and writings speak for her. Thelma has produced an excellent publication, **Places in Poetry** (Hidden Gippsland Secrets). Thelma is an only child who grew up in England, migrated to Australia and like many before her, adopted Australia as her home. While shy in nature, Thelma developed her writing skills as her major form of expression of thoughts, ideas and dreams. For Thelma, poetry especially, is the way she enjoys expressing her thoughts. Thelma is interested in the legacy she leaves to her family and future generations. She has completed stories of her life and handed them on to family. This volume is a means of recording events, like drought, geographical features like the Agnes Falls, Buildings like Bairnsdale Court House and events like the Benambra Cattle Sale.

The opening poem, **Gippsland**, sets the scene for the poems that follow.

*Gippsland has the sparkling lakes
We have the Buchan Caves
There's skiing down the mountain tops
Or surfing in the waves.*

*But there are many other things
That only locals know
and so in poetry I bring
Some places you may go*

*There's history and there's legends
There's beauty in this state
There's amazing things in Gippsland
We can all appreciate.*

Thelma's work reflects the style of the bush poets, it has rhyme, rhythm and is clearly Australian.

I congratulate Thelma on her achievement. I have set a goal of going to each of these places and reading Thelma's poem there. My curiosity is aroused to know more. Thank you Thelma for sharing and lighting the fire of curiosity.

~ Lorraine Scott



Thelma Rawlings



SECOND CHANCE

I'm a little old dog sitting by the road
Sad, lost and lonely, I bear a heavy load.
My owners dumped me, drove off without a thought,
They've got a new pup, a boisterous, bossy sort.

I'm not wanted now, I only get in the way,
No pats or walks and never any play.
My coat is all matted and I'm riddled with fleas,
They used to love me, I was the bees-knees!

I didn't get a last meal, not even a bone
How could they do it, leave me all alone.
A lady comes a walking, this might be my chance,
I'm so scruffy though, not worth a second glance.

I'll sit up pretty, with sad eyes I will beg,
I'll dangle my paw and show my sore leg.
She looks and smiles, then she walks on by,
I think I'll follow her, it might be worth a try!

I trot behind her, along a dusty track,
Every so often, she'll stop and then look back.
I'm tired and so hungry, it's a black day indeed,
Oh please lady, will you please give me a feed?

I think it's working! She doesn't shoo me away!
Maybe all isn't lost, on this such dismal day.
There's a house up ahead, oh it looks so grand,
Perched on top of a hill where there's lots of land.

Up a long driveway, right up to a gate,
I won't be a nuisance, I'll patiently wait.
She goes inside, then comes back out with meat!
It's days since I have had anything to eat.

If I'm very good, perhaps she'll let me stay,
I'd be her loyal pal, forever and a day.
She's kind and gentle, I'd have no more to fear,
No boots to dodge, or clips around the ear.

I can't believe it! I've had a long bath!
I'm sitting on a rug in front of the hearth!
My coat is so shiny and no more pesky fleas!
If I am dreaming, don't ever wake me please!

I am a lucky dog, to have a second chance,
I chase my tail and on my hind legs dance!
Life with my new chum won't be nearly as tough,
My new friend calls me Scruff, I can't love her enough.

~ Glenda Stapert

RECIPE OF the MONTH

Variety of Fruit Balls

Supplied by Jenny Benson



Apricot Balls

1 1/2 cups Dried Apricots
3/4 cup Oats or Muesli
3/4 cup Coconut
6 tbsp Tahini
3 tbsp Honey
3/4 tsp Ground Ginger
Pinch of Salt

Method

Process all ingredients until finely chopped or doughy. Roll into tablespoon sized balls. Roll in coconut - optional
Best if left to chill in refrigerator for 30 mins. If mixture seems too dry - add lemon juice.
Will keep for 2 weeks in the fridge!

We ♥ our Volunteers

Ingredients 4 People 40 Minutes

Peanut Butter & Date Balls

3/4 cup Peanut Butter
10 Medjool Dates
3/4 cup Oats, Muesli or All Bran
2 tbsp Maple Syrup
Chocolate (optional)

Mango Balls

2 cups Dates - 1 cup Cashews -
1 cup dried Mango or Fruit of your choice

Coconut Lemon Balls

1 cup Nuts
Zest, juice of 1 Lemon
2/3 cup of Oats, Granola or Muesli
1/4 cup of Coconut Flakes
1/2 cup Dates, Cranberries
or other dried fruit
Chocolate Chips (optional)