

Welcome to our April newsletter. There is a lot going on and the committee hope everyone is enjoying their courses and making new friends.

New courses coming in May

Cryptic Crosswords – will be starting on 24 May.

Tutor: John Parkes

Exploring Shakespeare – will be starting on 15 May.

Tutor: Chris McCracken

Woodwork – will be starting on 7 May.

Tutor: Alan Fleming

For all of the courses listed plus the courses that are currently running, please see more detail on the website.

Remember these courses will only run if there is sufficient interest to make a class. Please do not leave your enrolment until the last minutes – it would be very helpful if you enrolled as soon as the classes are offered.

If you have trouble connecting to the website: www.u3amyrtleford.org.au

please contact either:

Jan Mock (Sec) 0401 064 030 or

Yvonne Tabalotny (Treasurer)

0468 482 971 after the end of April.

Lifeball



Myrtleford Lifeball hosted a Fun and Friendship Day on 20th April. Groups came from Benalla, Wangaratta, Rutherglen and Albury. Everyone enjoyed the fun of Lifeball and the yummy lunch of soup, sandwiches and other treats. It was a great social occasion. Lifeball is played every Friday at the Myrtleford Stadium from 10.45 – 12 noon. Lifeball is always followed by a cuppa and a chat. Everyone is welcome.

Coffee/Speaker afternoon

We have 2 afternoons coming up. All afternoons go from 2.00 – 3.30pm and are held at the clubrooms of the Myrtleford Lawn Tennis Club.

1. **Friday 27 April:**

Jaclyn Symes is an Australian politician. She is a Labor member of the Victorian Legislative Council, having represented Northern Victoria Region since 2014.



2. **Friday 11 May**



Matt Pfahlert, Co-founder and CEO of ACRE (Australian Centre for Rural Entrepreneurship)

Matt is a well-known social entrepreneur with a long standing commitment to rural Australia.

The Australian Centre for Entrepreneurship (ACRE) is a small and rapidly growing for-purpose organisation operating as a social enterprise.

A social enterprise is an organisation that trades intentionally to tackle social problems, improve communities, provide people access to employment and training or help the environment.

Alexander Technique – has started but it is not too late to join the course. Tuesdays 10:30-12:00 at SCC

What is the Alexander Technique? The **Alexander Technique** is an educational method used worldwide for over 100 years. By teaching how to change faulty postural habits, it enables improved mobility, posture, performance and alertness and relief of chronic stiffness, tension and stress.



Memoir Writing – Tutor Joy Phillips.

A memoir (a personal narrative) springs from a lifetime of experiences and memories, and from the desire to shape them and record them when you have time to reflect and make sense of them.

In this course, Joy helps you to develop your thoughts and ideas about memoir writing – why write a memoir, who it's for, how to start, how to express the intricacies of memory and feeling, how to tell the stories, how to shape them for an audience of one or many.

In an intimate and confidential environment Joy leads the participants to use their senses to harness lifetime observations, and to trigger ideas and emotions. She shows you how to capture these and express them meaningfully in your writing.

The group bonds and works together. For semester 2, Joy will start a second group to be held in July.



Changes to Finska

Due to the quality of the grass, Finska is going back to the Myrtleford Senior Citizens Centre with the starting time, 1.00pm (not 1.30pm).

Food Glorious Food

The next session in the course Food Glorious Food will be held on Wednesday 23 May and our guest chef is Carly Montgomery. The menu will be gnocchi with gorgonzola cheese sauce. If you wish to come along please go to the website and enrol and get more details.

Discover Mount Buffalo

The next walk on Mount Buffalo will be Tuesday 8 May. The website has all the details.

Computers

We are looking at offering computer courses later in May. Members will be notified when these courses are organised.

Membership forms:

Paper copies of the membership forms for U3A Myrtleford and District Inc. are now available at the Myrtleford Library, the Visitor Information Centre and the Myrtleford Neighbourhood Centre

German Classes

Learning a language other than our own provides insight into how other people think, giving a better understanding of the world today.

This is the opinion of German tutor Peter Hoppach whose excellent series of German Language Lessons for Beginners has been more than learning basic German vocabulary and pronunciation.

Greeting people correctly, ordering meals and booking accommodation, the different types of accommodation and even how train timetables work have been included in the lessons.

Peter is a German migrant who has had a successful career as a chef, restaurateur, caterer and businessman and has also been a teacher with TAFE. but is also a family man who has experienced travelling with his Australian family and observing their reactions to a different culture.

Conversational German will recommence with Peter Hoppach as tutor on Wednesdays from 11-00 to 12-00 noon and is a definite must if you intend to travel to Europe or even if another point of view on world events is of interest.

Photo Gallery

If any members have photos to share of U3A activities, please send them to Jan Mock for inclusion in the next newsletter.

Wine Appreciation



Mount Buffalo: View Point Lookout and view from The Horn

