



Welcome to the June edition of our newsletter. Last month I asked if anyone could come up with a good name for this newsletter.

The committee would still like to hear your ideas.

Email: u3amyrtleford@gmail.com

New Courses for Term 3

The first week of Term 3, ie week starting on Monday June 16, will see 2 computer courses starting for U3A members.

1. Learn More About Your Computer – tutor is Kay McGuffie and this course will be held at the Myrtleford Neighbourhood Centre on Mondays from 10.3am-12noon.
2. Computers – Its All About Word – tutor is Cindy Lucas and this course will be held in the canteen at the P-12 College

Both of these courses will be provided free of charge and computers will be available for your use.

We thank both the Myrtleford Neighbourhood Centre and Myrtleford P-12 College for their generosity.

Additional Opportunities

U3A Myrtleford and District Inc. members also have an opportunity to join in with Bright U3A for:

- Birdwatching
- Philosophy

If either of these activities interests you please let Jan Mock know so you can be put in touch with the U3A in Bright.

(Email u3amyrtleford@gmail.com or ph 0401 064 030).

Memoir Writing

Joy Phillips will run two courses for Memoir Writing on Thursdays starting 12 July at the Myrtleford Senior Citizens Centre:

- For existing students: 11.00am - 12.30pm
- For new students 9.15am-10.45am

Xmas in July

All members should have received a poster inviting you all to come together for a Xmas in July fun event at the Happy Valley Hotel on Wednesday 25 July. This invitation is included at the end of this newsletter.

Please remember we need to have some idea of numbers so your RSVP and forward payment is important.

Website

Last month we promised we would make some changes to our website. I would like to invite you all to have a look at the website www.u3amyrtleford.org.au

It has changed and our thanks go to Tony Fram who guided a couple of our committee members into making the changes.

Please click on the various links to see what is happening and give us your feedback. We are always keen to hear from you.

Thank you Tony, for your assistance.
We could not have done it without you.

Coffee Afternoon



Rebecca Carne, a solicitor who specialises in estate planning at Nevin Lenne Gross, will be our guest speaker on Friday 6 July.

Rebecca will talk about:

- **Wills**
- **Powers of Attorney**
- **Advanced Care Plans**

This is a perfect follow on from last month where Dr Kathleen Brasher talked on aged friendly communities.

Coffee afternoon at 2pm, Myrtleford Lawn Tennis Club rooms – a gold coin donation is appreciated to cover costs.

Please note the date – it is Friday 13 July and not 8 July as previously stated.



Talk from Dr Kathleen Brasher – Friday 8 June

Old age is no longer merely a health hazard, according to guest speaker, Dr. Kathleen Brasher, at the coffee afternoon on Friday 8th June at the Myrtleford Lawn Tennis Courts Clubrooms.

Kathleen was quoting world expert on Ageing and Age Friendly Communities, and adviser to the South Australian government, Alexander Kalache.

Another “season” has been added to the cycle of youth, maturity and old age. This has been titled the “Third Age” and occurs between retiring and extreme old age.

Australians are living longer, unprecedented in western civilisation. Families can expect five generations to be alive simultaneously.

In 1900 the life expectancy for women was 59 years, five or so less for men. By 1950 this had increased to 69 years for women, and again five or so less for men, and in 2018 this figure, according to

statistics, will mean a life expectancy of 84.5 years for women. (Again less for men).

We are at the forefront of the biggest population change in the western world, brought about by better health care, better food and a wider variety of food. Labour saving devices also play a part in this change. Transport is also a major factor in increased life expectancy, specially of men, as dealing with horses and manure was a major health hazard.

Western governments now face the problem of providing a means to a healthy lifestyle for those in the “Third Age” whose life expectancy has increased. Dr Kathleen Brasher’s talk, “How To Age Well in our Local Communities” addressed this issue.

Kathleen has worked with The World Health Organisation and its Age Friendly Cities and Communities project. Studies have shown that maintaining the health and well being of people in the “Third Age” involves attention to appropriate housing, transport, parks and recreational space, as well as health and social services.

Communities need to adapt physically and culturally to make this happen , if this group is to maintain the physical and mental capacity that enables them to still contribute through work, volunteering and other civic participation.

Many thanks to Dr. Kathleen Brasher for a thought provoking afternoon, which has made Vivaldi’s violin concerti “The Four Seasons” feel totally relevant.



Some reports from Courses during the month

Flora and Flora Friends

Upwards of twenty people toured the 150 year old garden at Homestead Estate Wines, hosted by owners Noela and Micheal Freudenstein.

The remnants of the historic garden include a hoop pine from 1872, a magnolia grandiflora, elms and acacias. Replanting has been trial and error, said Noela, but the ginkgos look fluffy and beautiful and an over enthusiastic camellia had to be trimmed back, as it hid the sensational view of the valley. The gardening group enjoyed scones and tea prepared by winemaker Micheal. Tour leader, Jamie Kronborg, was presented with a special tree, as a gift.



A beautiful Ginkgo in autumn splendour.

Another exceptional garden explored by the group was hosted by U3A committee member Denise Kennedy, whose work with water features and statuary was admired by all.

Conversational German

Two new students were welcomed to the German Course, with those proficient in the language taking the beginners in hand. Plenty of robust discussion around manners and customs has ensured a lively, informative and enjoyable class.

Memoir Writing class

Joy's coaching has encouraged a heightened sensory perception in her class which triggers recollections. The recollections awake further memories and insights into events, and people, which have shaped the lives of the participating students.

Discussion and feedback among the group help to distil these ideas and impressions, and gain the clarity to create unique stories. Students have found that capturing these stories on the written page has been an enriching and rewarding experience.

Joy will start a second writing group at the commencement of term three.

Food Glorious Food

There will be 2 sessions in July:

- Vietnamese with Ann Orchiston:
Wednesday 11 July at 10.30am -12noon at the Myrtleford P-12 College
 - Preserves with Noela Dawes, Wednesday
18 July at 3.30pm-5.30pm at the Myrtleford P-12 College.
- Please enrol on line for these classes or call Jan Mock 0401 064 030