



Welcome to the May edition of our newsletter. It would be great to have a name for this newsletter. If any of you have any good ideas for a name, please let the committee know.

Email: u3amyrtleford@gmail.com

A message from the President, Nino.

It has been a very busy time for our U3A since our launch in February. Our growth has been amazing – much greater than we had expected. We now have 94 full members and 18 associates. 112 people have signed up since February.

We have also delivered and are still delivering courses every week. So far approximately 20 different courses have been offered. We have more still to offer this year. There are details of new courses in this newsletter.

Apart from specific courses we are looking at organising social events for everyone to enjoy. Details will appear in the next newsletter and you will be welcome to

bring your partners, if they are not already members. We want people to come together to make new friends and to enjoy themselves.

Our monthly coffee afternoons with a speaker are open to everyone to enjoy – there is no need to enrol – and you can bring a friend along with you.

I understand there is some frustration with the website. We are working to eliminate these problems and if necessary we will change our website to make it easier for people to use. I will report on our progress with this issue in the next newsletter.

I hope you all enjoy the classes you have enrolled in. Please invite your family members and friends to join in – our U3A will only ever be as strong as its members.

Life is full of teaching and we never stop learning.

Nino Mautone

(President, U3A Myrtleford and District Inc.)

Requests for New Courses – Can you Help?

We have requests to run:

Floral arranging
How to use your Smart Phone
The Political System
Bird watching
Photography
Trivia Classes
Social events
Philosophy

Are you able to tutor any of these – we would love to hear from you if you could.

Email: u3amyrtleford@gmail.com

or Mob: 0401 064 030

News from this Month?

- Cryptic Crosswords started with an enthusiastic class.
- Introduction to Shakespeare.
After a gentle beginning to the language of Shakespeare, and only two sessions, all participants were able to share in reading lines aloud and discussing their interpretation of Shakespeare's meaning. There was some laughter as we quoted some of his famous insults and some smiling as we explored his language of marriage and love. These skills will be built upon with an investigation of Shakespeare's poetry – particularly his sonnets – in the next session. We are continually widening our knowledge of his plays and there is still the intention that we may read a play together in the future. Thank you to Barb Jones for supplying the emergency venue when we found

ourselves with a double booking. We are heading to the library for our next session on Tuesday.

- Woodwork has been put off until spring and we are pleased to say that German will be starting again on June 13.
- We had a great speaker in Matt Pfahlert on Friday May 11.

“Matt Pfahlert, presented his audience with an insight into his eleven years as the founder of Typo Station, and his work mentoring and providing outdoor activities to build the skills and confidence of his charges, marginalised adolescent boys.



Political support was unavailable, although the figures, \$9,000 for a year to prevent one young male from going to gaol, as opposed to \$90,000 to keep him in gaol, speak for themselves.

Matt has received several awards for his work, including the Sir Weary Dunlop “Young Australian of the Year” award, and in 2013 was granted a Churchill Fellowship to study social enterprise businesses (not for profit) and entrepreneurship models being taught in schools in the U.S. Canada and the U.K. Since his return Matt has focussed on projects that have both economic and community development components, with benefits for rural areas where youth unemployment and the loss of jobs due to the speed of technological change are reaching alarming proportions.

To encourage the shift from job seeker to

job creator Matt has recently founded A.C.R.E, The Australian Centre for Rural Entrepreneurship.

A current project being undertaken by A.C.R.E is the acquisition of the Old Beechworth Gaol to house a learning centre to encourage and teach young people and school leavers to identify and seek out business opportunities. It will also serve as a premier bicycling destination, with the aim of setting up hospitality, arts, and entertainment within the precinct.

So... watch this space !!!”

- Food, Glorious Food! - This month we enjoyed cooking **Meatballs in tomato sauce**. Yum! We thank Jessie Terteci, our chef, for coming and helping us at short notice.

Ingredients for the sauce-

1 chopped onion
1 chopped clove of garlic
1 bottle of tomato passata
1 can of tomato passata
chopped parsley and basil
salt and pepper to taste

Method- Fry onions and garlic in about ¼ cup of virgin olive oil until soft. Add bottle

and can of tomato passata and cook for at least 40 minutes.

Ingredients for meatballs-

500 gms beef mince
500 gms of pork mince,
½ cup grated parmesan cheese
2 eggs
¼ loaf of bread freshly crumbed
¼ cup chopped fresh parsley and basil (or oregano)
salt and pepper to taste

Method for meatballs-

Combine all ingredients and add water to moisten mixture (about ¼ cup).

Wet your hands and roll mixture into small balls (about size of a walnut) and place into the simmering sauce on the stove.

Cook for around 20 minutes. Stir carefully and add water if needed.

Serve with pasta. Add extra parmesan cheese. ENJOY!

We thank Myrtleford P-12 College for the use of their cooking centre.

The date for the next session of Food Glorious Food will be circulated as soon as the class is organised.

- **Gardeners’ ever-growing course**

U3A Myrtleford’s ever-growing North East garden history, tours and techniques group is digging into another term with a six-session program.

The 24-member course will visit Noela Dawes’ historic Rosewhite house and garden in the first of a series of expeditions to gardens in the region. Plans are in hand for later visits by the group to Genevieve Milham’s Stanley garden to explore its winter structure and to Kithbrook and Terip Terip early in spring.



The members have next chosen to discuss gardening with birds and for birds, followed by hands-on work in fruit tree and general winter pruning.

This will be followed by a session about mulch-making and composting, and then an exploration of biodynamic gardening and farming and its principles, in which soil fertility, plant growth and production are treated as ecologically interrelated tasks.

The group will later in the term discuss propagating plants from seed and gardening with Australian plants.

Participating members meet every Friday fortnight at 10:00am at Myrtleford Senior Citizens' Centre, or as advised, starting from June 1.

For course information and participation call course co-ordinator Jamie Kronborg on 0409 912 967 or email jamiiekronborg@me.com.

What Is Coming Up?

- Computer course will start in July at the start of the school term 3. The next newsletter will have the details.
- Walking on Mount Buffalo – Tuesday 13 June. The “walk” last month was a tour with Bob Adams, a former ranger, who showed us many special spots and gave us a history lesson into Mt Buffalo. A very interesting day.
- Watch out for new Memoir Writing course and Mosaics.
- Finska is going to stop playing skittles until spring time but the group will be playing games at 10.30am every Monday morning at the Myrtleford Senior Citizens Centre.
- Social events (coming)– Christmas in July and a tour of the old Beechworth Gaol (in spring)



Coffee afternoon with

Dr Kathleen Brasher - “How to Age Well in our Local Communities”.

2.00pm Friday June 8 at the Myrtleford Lawn Tennis Courts Clubrooms.

“As you will see from Kathleen’s biography she has an international standing in her work on ageing communities. I commend her to you as we are very fortunate to have someone of Kathleen’s calibre to speak to our group. I hope to see many of you there.” Jan Mock

Kathleen holds a BApSci and a PhD from Monash University with certificates in counselling, governance and is currently studying for her certificates in mediation and as an Essential Conversations Project Designated Facilitator. She is a member of the Australian Association of Gerontology, the Australian Institute of Company Directors and the International Federation on Ageing.

Kathleen’s commitment to improving the lives of older people found expression in her work with the WHO and its Age Friendly Cities and Communities approach. Some of Kathleen’s experience in issues of ageing includes her work with Council on the Ageing in Victoria and chair of the COTA Federation national approach to the development of Age Friendly Communities.

As an experienced, inspiring speaker and facilitator, Kathleen has presented at international and national forums on issues surrounding ageing, community engagement methods, and measuring organisational impact.