
Myrtleford MAGPIE



MYRTLEFORD & DISTRICT NEWSLETTER
UNIVERSITY OF THE THIRD AGE

Welcome to the July 2019 edition of
Myrtleford Magpie – # 17

From the Committee

Committees need to be kept fresh with new ideas and new people. To do this our U3A committee is supporting succession planning. Each year all committee positions become vacant at the Annual General Meeting. Existing committee members can be renominated and elected back onto the committee but we do think we should not be on the committee for too many years in a row; new people should be encouraged to come on, to share the workload and bring new ideas. We particularly want to rotate the executive positions so we are planning for the President and Treasurer to stand down at this year's AGM (in October) and the Vice President and Secretary will stand down at the end of 2020. The executive will then have a 2 year term, assuming they are not voted off the committee half way through this period.

Our committee has 2 vacancies at the moment. If anyone would like to observe at a meeting, you would be very welcome. The next committee

meeting is on 9 August at 2.00pm at the Myrtleford Senior Citizens Centre. We would particularly like some people to help with developing the program each term and to help with the newsletter.

The Committee, U3A Myrtleford and District Inc.

New Courses for Term 3

The calendar showing the courses for term 3 is attached to this newsletter. We hope it is in a format that is convenient to use and can perhaps live on your fridge.

Please note one change from the calendar that was originally emailed to you:

Card Making and Embroidery are to be combined – Thursday afternoons at the Myrtleford Senior Citizens Centre.

Card making starts at 1.30pm and Embroidery at 2.00pm

Shakespeare

At the conclusion of their studies of the *Merchant of Venice*, the Shakespeare group had lively discussions over the choosing of caskets, the importance of precious rings, fabulous trades and the failure of money to satisfy. They found it still to be a very relevant play for our time.



Christmas in July

After the success of last year's dinner, a booking has been made at the Happy Valley Hotel for Christmas in July, 2019. The date set is Wednesday 24 July at 6.00pm.

The cost will be the same as last year \$35 a head. You can book in for this on the website. Bookings will be essential for catering purposes.

RSVP by Wednesday 17 July.

Our Last Speaker



Andrew gave a very informative talk last Friday on the history of gold mining in and around Myrtleford. This mining activity coincided with the development of Myrtleford as a town dating back to the 1860s.

Andrew is very keen to link history with the place where these activities occurred. By people understanding what happened at specific locations, people then develop an attachment to that location and develop a respect for the past, appreciate the present and plan for the future.

Andrew has also invited our members to visit the Chinese archaeological dig at Harrietville in October if it goes ahead as it is planned to do. Watch out for notices about this opportunity. Andrew will also give us information about a walk on Mount Hotham that traces gold mining.

The next play we are contemplating reading together is *Twelfth Night* starting 23 July at the Library on a Tuesday afternoon.

We shall support each other through reading and discussing Shakespeare's *Twelfth Night*. No previous experience is necessary. And the text is supplied so we are all working from the same page.

Although this play is set in medieval times the issues are surprisingly contemporary. We will find ourselves discussing such things as:

What ways do family and friends influence our behaviour?

What are the qualities of a good friend and what obligations and commitments are part of a true friendship?

What is true love and what is the value of the rituals and ceremonies of courtship?

When does humour become cruel?

This exploration shall take about 6-7 weeks, meeting once a week, and will conclude with viewing a film of the same.

Enquiries about this course can be directed to the tutor, Chris McCracken on 0408 195 009.

Project to document the Italian Migration to Myrtleford

The aim of this project is to produce a publication documenting the Italian migration to Myrtleford and launch it at La Fiera in May 2020.

A team of interested people has started conducting interviews with families who want to share their stories. It is a great privilege to hear these stories and to learn of the hardship many families went through in order to reach Australia and to establish themselves here.

The team, which consists of writers, editors, interviewers and a book designer, is meeting regularly.

Gardening

Unfortunately Jamie Kronborg is unable to continue to run the gardening sessions for our U3A, as he is now the full time media consultant for Helen Haines.

This class has been very popular and we want to keep it running in some form. Could all gardeners and "would be" gardeners please attend the Myrtleford Senior Citizens Centre at 10am on Friday 26 July to work out a plan? It should not be too hard.

Chair Yoga

This will be offered again in Term4.

Seniors Festival October 2019

Our U3A is supporting the Victorian Seniors Festival by offering the following:

Finska in the piazza on Monday 7 October at 10.00am with coffee and/or lunch to follow.

Speaker at the coffee afternoon on Friday 11 October, 2.00pm, at the RSL in Smith Street.

Something is planned for **Lifeball** – details will follow.

A music opportunity. See details from Jenny Corser, Development Officer (Youth & Communities), Alpine Shire Council.

Whilst October, and the Victorian Seniors Festival seems a long time away, I am excited to let you know

that Alpine Shire Council has been successful in reserving a limited number of early bird tickets for seniors to attend two great shows presented by the Wangaratta Performing Arts Centre:

1. *Melbourne Chamber Orchestra Quartet – From My Life will be performing at St Pauls Anglican Church, Milawa on Saturday 19 October at 3pm, tickets for this show are \$30.00 which includes bus transfer from Bright or Myrtleford.*

2. *Lady Beatle, the must see live music event of the year is a rollicking magical mystery tour sound tracked by The Beatle's biggest chart toppers, including Lucy in the Sky With Diamonds, Eleanor Rigby, Yellow Submarine and Penny Lane! This show is at 7.30pm on Saturday 26 October at the Wangaratta Performing Arts Centre, tickets are \$37.00 which includes bus transfer from Bright and Myrtleford, and we would anticipate leaving Bright at 5pm to allow time for dinner before the show.*

In order for these trips to go ahead we must confirm our ticket bookings by the end of July, so I would ask that you let your members know about this limited, first in best dressed opportunity and book soon. This is a great opportunity to go to a live show with friends or on your own. Book online at

<https://alpineseniorsfestival.eventbrite.com.au>

Please let me know if you need any more information.

Regards Jenny

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jennyc@alpineshire.vic.gov.au

Community Feedback Survey – Exercise Habits and Outdoor Exercise Equipment

Please see flyer attached regarding this opportunity. Alpine Shire Council together with Alpine Health, Gateway Health and Sport North East are trying to assess if there is a need for such equipment for residents in Myrtleford and District.

It is vitally important for the good health of older people that they maintain their strength and balance. This sometimes is hard to do as one gets older due to lack of opportunity and also the cost of organised exercise.

This equipment would enable people to maintain their strength and improve their balance at no cost.

Please consider completing a survey as per the flyer or pick up a hard copy from the Library or Visitor Information Centre.

Opportunity to learn more about Dementia

Denise Gregory from Dementia Australia has offered to run three Dementia Explained Sessions as part of Dementia Awareness Month in each of the main towns of the Alpine Shire in September. They would like to present the Myrtleford session on Tuesday 10th September in the afternoon.

Dementia Explained

This session will provide an understanding of Dementia by first exploring how a healthy brain works. It will address the main causes, key signs and symptoms of dementia and explain why behaviour changes with dementia. Risk factors as well as common myths and misconceptions about dementia will also be discussed. A brief overview of Dementia Australia support services will conclude the session.

At this session, attendees will learn:

- how a healthy brain works
- what Dementia is, including main causes/types, key signs, symptoms & risk factors
- why behaviour changes
- what to do if concerned
- what supports and services Dementia Australia provides

Duration: 1 – 2 hours

At the end of this presentation there is an opportunity for attendees to ask questions in relation to the session as well. Dementia Australia pamphlets & help sheets are also available for those who wish to take these at the end of the session.

This session is being organised with Alpine Health. You can express your interest by enrolling on the website or contacting Jan Mock 0401 064 030



Photo Gallery

Making Canneloni



Gypsy Caravan Tribal Bellydance



Blackwork Embroidery