

# Myrtleford MAGPIE



**MYRTLEFORD & DISTRICT NEWSLETTER**  
UNIVERSITY OF THE THIRD AGE

## Welcome to the August 2019 edition of Myrtleford Magpie – #18

### From the President

Firstly, I would like on behalf of our U3A, to express our sympathies to Judy Brewer and her boys on the passing of Tim Fischer today. Tim was larger than life and was supportive of our U3A as is Judy. We are fortunate to have had such an enthusiastic supporter of our U3A – I am sure everyone can remember Tim's speech at our launch in February 2017.

As we are approaching the end of our second year as a U3A, it is very pleasing to know that we have a strong membership and people are taking part in a variety of activities.

We all know that it is really important to be active and to keep our brains engaged for good health as we get older.

Another advantage of having a strong U3A is that we can be used as a conduit for delivering messages and other opportunities, that we may not otherwise find out about. There are 2 notices in this newsletter; one from Maureen Ryland from Alpine Health and the other is looking for participants to be part of a research project.

Our AGM will be held on Thursday, October 17. We encourage you all to think about volunteering for the committee- it is important that we have new ideas and the positions are shared around the membership.

Nino Mautone  
(President, U3A Myrtleford and District Inc.)

### Courses for 2019 - Term 4

We are preparing courses for Term 4 and will publish them in the next couple of weeks. If you have any ideas that we have not thought about please let us know and also if you would like to run a course or activity, no matter how short or long it is, please let us know, after all "variety is the spice of life".

### Next Coffee/Speaker Afternoon 6 September, 2.00pm

Warren Wilkinson, will be our guest speaker. Warren has had a varied career starting as a mechanic, moving into teaching and spending his last 10 years working in Doha, Qatar, for Holmesglen College, where his task was to set up a school in Doha.

Warren, will talk about life in an oil rich Middle Eastern country, where the culture and

environment is so different to what we are familiar with.

Can you imagine summer temperatures regularly in the 50s, a country which consists of one city, beautiful buildings and public spaces, the local citizens kept in luxury from the proceeds of their oil reserves and soon to be the hosts of the 2019 World Athletics Championships and the 2020 FIFA World Cup? Come along and hear about life in Doha, Qatar. Warren has some great stories to tell.

## Mal Wilson – Speaker 2 August “From life threatening Heart Condition to Long Distance Runner”



Mal Wilson spoke at the coffee afternoon on 2 August. His talk was about the importance of being healthy. He had a personal story to tell, where a change in his life style resulted in him recovering from a life-threatening heart condition to a long-distance runner. Many people, who attended this talk, would have gone home and thought about their diet and their exercise. As a direct result of this talk our U3A is going to offer Tai Chi as an activity in term 4.

Mal we thank you very much for your time and for your story. It was very generous of you to share it with us.

## Social Events:

### Christmas in July

We would like to thank Happy Valley Hotel for hosting us for our Christmas in July celebration. We had a lovely evening and as usual great food together with Christmas decorations in the dining room with Christmas carols playing in the background.

### Pasta Night – Club Savoy

Club Savoy has a pasta night on the first Tuesday of every month. Jessie Terteci is the cook for this event.

Our U3A will book a table each month. If you want to come along please email Jan Mock on [k.j.mock@westnet.com.au](mailto:k.j.mock@westnet.com.au) prior to the night so a final booking can be made.

**The next pasta night will be Tuesday 3 September.**

Cost \$15/member and \$18/non member.

Come along and enjoy friendship and great pasta.

### Lifeball

The Lifeball group will hold a “Come and Try” morning on Friday 15 November, starting at 10.30 at the Myrtleford Stadium.

You'll just need some comfortable clothing, rubber soled flat shoes and a sense of humour to discover what this game of walking netball for seniors is all about. It's non-competitive, and we laugh a lot.

A morning tea will be provided; a gold coin donation will be appreciated.

Come along, or contact Janet Ivone on Mob: 0427 186 047.

### Bird Watching with U3A Bright

A \$5 affiliation/associate fee can give you two wonderful Mondays each month bird watching with the Bright U3A group.

The second Monday in the month is a morning activity looking for birds in the local area such as Wandiligong, Bakers Gully, Cherry Walk and Roberts Creek, Porepunkah.

The fourth Monday in the month is a picnic lunch day to places such as Chiltern, Warby Ranges, Winton Wetlands, Beechworth, Buckland Gap, Wahgunyah etc.

The Bright birding group know their birds and are keen and eager to help you learn. Most birds can be seen within a few feet from where the vehicle pulls up or at the most an easy enjoyable stroll away. On most days 30 plus birds are spotted and it is very exciting to see a bird you have never

seen before. Birding is one of the most rewarding things to try and it can become very addictive. If you discover birding is not the thing for you your associate fee allows you to join in any activity that the Bright U3A group offers. The members of this group car pool so you do not need to drive in unfamiliar places. More information can be obtained from the website <https://bright.u3anet.org.au> or by contacting Ian Cheyne (bird watching co-ordinator) on Mob: 0421 224 994.

Notes from an avid bird watcher from U3A Myrtleford and District.

### Mount Buffalo Walks:

Tuesday 20 August a few of us braved the weather forecast and walked to Eurobin Falls on Mount Buffalo and then the Canyon Walk in Bright.



Canyon Walk



Upper Eurobin Falls



Moss Covered Rocks \_ Mount Buffalo

Next month on Thursday 12 September we are going snow shoeing at Mount Buffalo, depending

on the snow or to Mount Hotham/Dinner Plain. If you want to come please let Jan Mock know. (0401 064 030)

### Activities through the Month

Monday – indoor games, Qwirkle, when weather inclement.



And the very popular Bridge activity



### Other opportunities:

The Bocce Club at Club Savoy has offered a “Come and Try” afternoon on Friday 20 September at 2.00pm, with the thought that if we were interested, we could have a Bocce group. Please let Jan Mock (E: [k.j.mock@westnet.com.au](mailto:k.j.mock@westnet.com.au) or M: 0401 064 030) know if you are interested or enrol on website.

## Xmas Break Up

The committee discussed social events for Term 4 and as part of that discussion we thought about the Xmas Break-up.

The last few months of the year are always busy for most people so we are asking you 2 questions which we would like an answer to:

1. Do you want a Xmas break-up? We would probably have it at the Myrtleford Senior Citizens Centre where everyone brings a plate.
2. If we have a break-up, do you want entertainment that members would have to pay for - perhaps up to \$15/head?

**Please let Jan Mock know what you are think.**

## Understanding Dementia Sessions:

Dementia Australia is running sessions to explain the different types of dementia, diagnosis, prognosis and planning ahead. A flyer is attached to this newsletter.

The three Understanding Dementia Sessions across Alpine Shire will run as follows:

**Myrtleford:** Tuesday 10th September at 2.00pm at the Myrtleford RSL, Smith Street, Myrtleford.

**Mt Beauty:** Monday 2nd September at 1.30pm at the Senior Citizen's Hall, Tawonga Crescent, Mt Beauty.

**Bright:** Tuesday 3rd September at 1.30pm at The Pavilion (Bright Football Club), Coronation Avenue Entrance, Bright .

## Research Project

I, Janet Patford, am undertaking a Victoria University research study of older Australians who are currently, or have previously been, involved in Living-Apart-Together (LAT) Relationships. At the present point in time, I am trying to recruit participants for this study, and would be truly appreciative of your help. Please feel free to contact me. My mobile is 0447436643.

Regards ... Dr Janet Patford

A flyer is available by contacting Jan Mock

## Alpine Shire Council would like some help with teaching young people to drive.

If any of you have the time, Alpine Shire Council is looking for volunteers to help young people learn to drive as part of their L2P Program.

### What is L2P?

Under the new Graduated Licensing System, learner drivers need to accumulate 120 hours behind the wheel before they can gain their Probationary Licence.

**L2P** helps young learner drivers who may be having difficulty in gaining those hours to access driving practice with a volunteer mentor in a community vehicle.

**L2P** is a community based volunteer program designed to provide access to driving practice on public roads for learner drivers under the supervision of a fully licensed driver.

**L2P** provides young people involved in the program with free access to a number of professional lessons with local driving instructors.

L2P is free to young people 16-20 who live in the Alpine Shire.

If you are interested in volunteering please contact Jewel Hall, Community Development/ L2P Coordinator, Mob: 0418 736 665 or Email: [jewelh@alpineshire.vic.gov.au](mailto:jewelh@alpineshire.vic.gov.au)

