

Myrtleford MAGPIE



MYRTLEFORD & DISTRICT NEWSLETTER
UNIVERSITY OF THE THIRD AGE

Welcome to the January 2021 edition of *Myrtleford Magpie* – #29

From the President

Welcome all to our first edition of Myrtleford MAGPIE for 2021.

I trust that you had a happy and safe festive season and like many, are looking forward to a year containing much more certainty. This issue contains lots of information that we think you'll, find of interest.

Firstly, I acknowledge and thank the previous Committee which, under Nino Mautone's leadership, has placed our branch of U3A in a very healthy state. We have a stable membership base with good participation rates, we have an excellent and growing pool of tutors/course leaders and we are in a good financial position – all of which combined, allows us to deliver quality service to you, our members.

Since our later than usual AGM in early December last year, the new Committee has been busy. We have met twice as a group and have had several smaller sessions to pull together another Term 1 program of activities containing some old favourites and some new courses. Importantly, so that Term 1 could kick off without any hitches

and so that you are kept safe at U3A, the Committee is developing and is about to implement a COVID Safe Plan that is tailored to our needs. We will make this plan available to all members once it is finalised. This and several other measures, including the Victorian government having eased restrictions allows us to resume a full program of courses and activities. Hooray!

Also, in the background, the Committee has upgraded the Tutor Handbook incorporating the COVID Safe Plan and links to policies. The website www.u3amyrtleford.org.au has been updated too, making it easier to register for courses and to be up-to-date, generally. Additionally, we have purchased our own data projector and screen which gives tutors more flexibility in delivering classes.

This year, you will see other new courses become available which are in planning. For the first time, I will be enrolling in courses this year that I would not have contemplated just a few years ago and in the meantime, I look forward to visiting as many classes as I can, getting to chat with as many people as I can.

As we know, seniors have a great deal of knowledge and wisdom to share and there are now more than one million Victorians over 60.

Many of you may have some ideas on other courses or activities for our U3A to run either, by ourselves or jointly with another like-minded organisations. If so, please contact the Course Coordination team.

In closing, I would like to acknowledge the big win by our book writing team. They picked up the Community Innovation Award at the 2020 Victorian Multicultural Awards for Excellence, late last year. This was a very good Christmas present and a fitting recognition of the super efforts undertaken by this team, led by Jan Mock. We are already seeing the benefits of this project in our wider community, which will no doubt continue for a good while. Well done to all. Further details are on the website.

Have fun and see you 'round the traps,

John Twyford

(President, U3A Myrtleford and District Inc.)

Program for Term 1

The committee has put together a program for first term, 2021. We have assumed that COVID will not stop our program although we may have to be flexible at times and make adjustments as necessary.

The program is attached to this newsletter.

If you have any ideas that we have not thought about for courses could you please let us know. We would love to hear and would really appreciate any new tutors/leaders coming forward.

There are some activities that involve playing cards and games – you do not have to be an expert in these games or even know the rules. The leaders of these activities will teach you. If you are interested please join up.

Please note that everyone needs to re-enrol into courses and activities for 2021, even if you were enrolled last year for the same course or activity. If you have any problems enrolling please contact Yvonne Tabalotny, email ytab36@hotmail.com or Mob: 0468 482 971 Could you also please ensure

your contact details are up to date and you have given us the best means to contact you.

Our book – For A Better Life

The book gained a prestigious award last year – U3A Myrtleford and District Inc was awarded the winner of the section titled “Community Innovation” in the 2020 Multicultural Awards as presented by the Victorian State Government. This was an online presentation, streamed live on Channel 31 (an SBS channel) on Wednesday 16 December.

We have now had stickers printed for the front cover of the book to celebrate this achievement. If you would like a sticker please let Jan Mock know. Email u3amyrtleford@gmail.com or Mob 0401 064 030.

The book, *For A Better Life*, is continuing to sell. It is now available through the Myrtleford Newsagency, the information centres in Myrtleford, Bright and Mount Beauty, Beechworth Books and Edgars Newsagency. Copies can also be obtained from Judy Pitts, Yvonne Tabalotny and Jan Mock.

The sales have generated a profit and the committee is looking for a project that will benefit both the residents and visitors to Myrtleford. We will have in excess of \$10 000 to put towards a project. If you have any ideas please let Jan Mock or someone from the committee know.

Speaker, Friday 5 February

The coffee / speaker activity has been changed to the first Friday morning of the month, whenever it is possible to run – (Good Friday is on the first Friday in April so this activity will have to be rescheduled for April).

As for last year these sessions will be held in the Myrtleford Lawn Tennis Clubrooms.

I am very excited to tell you that the speaker for Friday 5 February is Gail Owen whose talk is titled: **Australia Assists** - the Australian Government's humanitarian civilian deployment program.

Gail's talk will focus on her experiences as a civilian deployee in the Pacific.

- How deployees are selected, trained and deployed
- Examples of deployments - Australian support for governance - Elections in PNG, Bougainville, Solomon Islands;
- Disaster Response - PNG Drought, Fiji - Post Cyclone Winston Assessment
- How Australia Assists fits into Australia's Humanitarian Program and contributes to our broader security, strategic and diplomatic goals.



Gail Owen assisting at the Bougainville elections in 2020.

Does the U3A have a need for a scanner?

In term 2 we are planning to run a course on making photo books. This will require a scanner to be able to scan negatives, film strips as well as photos and pictures printed onto paper.

Apart from the obvious use of a scanner for photo books, where you may want to make a

book on your family history, can anyone see a need for further use of such a scanner? The committee is prepared to buy one if they thought it would get used.

Call-to-Test service available

If you aren't able to get to a testing location, you may be eligible to have the test done at home through the Victorian Government's Call-to-Test service.

The Call-to-Test service is available to:

- people with an injury, chronic health issue, or frailty affecting mobility
- people with moderate to severe physical or psychosocial disability
- people with moderate to severe mental health or behavioural issues not otherwise classified as a psychosocial disability
- carers for a person with moderate to severe disability.

To find out if you are eligible for the Call-to-Test service, Call the coronavirus (COVID-19) hotline on 1800 675 398 and select option 9.

Want to know more about how the Call-to-Test service works? You might like to read through the frequently asked questions and answers that have been developed by the Department of Health and Human Services.

Some ageing facts

- More than 15 per cent of the state's population are older Victorians
- The number of Victorians aged 65 and above is set to triple by 2058
- Nearly 40 per cent of Victorians aged 65 to 85 are volunteers
- Victoria now has more than one million active Seniors Card holders
- 10 per cent of people over 60 in Victoria experience chronic loneliness



TERM 1 COURSES for U3A Myrtleford and District Inc. 2021

More information is available at www.u3amyrtleford.org.au or contact Yvonne Tabalotny on 0468 482 971

Day of Week	Course Title	Time and Venue	Description
MONDAY	Finska/Games Leader: Carmel Wyatt	10.00-12.00pm starting 1 February Venue: *MSCC	Game of skittles anyone can play. Have you ever thought throwing a lump of wood at pegs would be challenging and fun – it is.
	Knife and Tool sharpening Leader: Alan Fleming	2 sessions, 10.00-12.00noon. 15 and 22 February Venue: private residence	Are you fed up trying to use blunt knives and tools? First session: bring an old unserrated butter or dinner knife. Second session to be negotiated but Alan will advise on blunt objects, knives, chisels, secateurs etc and any sharpening tools to bring. Maximum number of participants: 8.
	Health Talks Leader: Bill Hackett	4 sessions 2.00-3.30pm 8 and 22 February and 1 and 22 March. Venue: *MSCC	Health talks will include topics on the 8 vital body systems. These include the circulatory, digestive, endocrine, exocrine, immune, muscular, nervous and renal systems. Heart health, diabetes and mental health will also be covered as well as how to use a defibrillator. Bill Hackett has extensive nursing experience having worked in Shepparton, Wangaratta, Bunbury, Halls Creek, Winton and Tasmania. He has completed a critical care course, was a nurse educator with North East Health for 3 years and was Director of Nursing at Winton hospital.
TUESDAY	Games morning Leaders: Yvonne Tabalotny/ Judy Pitts	10.00 – 12.00noon starting 2 February Venue: *MSCC	Come and learn new card and board games and perfect old favourites as well as enjoying a good chat.
	Discover Mount Buffalo	2 February and every first Tuesday of the month, weather dependent.	Enjoy the many walks on Mt Buffalo. Walks are typically of half a day duration.



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	Leaders: Jan Mock Sarah Deas Jon Harrington	Meet at the car park at *MSCC at 8.30am.	Walk 2 February: Mt Dunn Walk 2 March: Backwall (if open)
	Singing – Treble Makers	1.30 – 3.30pm starting 2 February Venue: TBC	Come along and make some joyful noise, singing in an informal setting with a small group led by Kaye McGuffie.
	Solo	1.30 – 4.00pm starting 2 February Venue: *MSCC	This is a trick-taking card game. Help will be given to new players.
WEDNESDAY	Yoga and You	9.30-11.00am starting 3 February Venue TBC (depending on number of participants)	<i>Slow Mindful Yoga</i> offers many benefits, including the potential for increased flexibility, strength, balance, and mobility. all qualities frequently sought after by older adults. Bring a towel, blanket and cushion and an exercise mat if you have one.
	Gypsy Caravan Tribal Belly dance	10:00-11:00am starting 3 February Venue: Dance studio upstairs Buffalo Farm Equipment	Belly dancing is a great way to exercise and improve flexibility as well as a good excuse to own amazing costumes.
	Beekeeping	10.00am starting 10 March Venue: *MSCC	2 sessions, 10 and 17 March. First session at Myrtleford Senior Citizens Centre, second session on site.
	Non-fiction Interest Book Group	1.30 – 3.30pm 2 nd Wednesday of the month starting date TBC** Venue: Porepunkah	Discuss a non-fiction book / topic This class is offered to both the U3A Myrtleford and District as well as U3A Bright.
	Bridge -ongoing	1.30-3.30pm starting 3 February Venue: *MSCC	Continuing course of bridge.



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	Italian for Travel and Fun Leader: Nino Mautone	2.00 -3.30pm starting 3 March Venue: *MSCC	Explore the mysteries of Italian grammar and practice tongue gymnastics, attempting to pronounce every letter in every word.
THURSDAY	Tai Chi Leader: Mike McGurgan	10.00 - 11.00am starting 1 February Venue: Rotary Park	Tai Chi is a low impact, slow motion exercise. Movements are usually circular and never forced. It aids concentration and flexibility and can be adapted for anyone.
	Photographs that Matter Leader: Meredith Briggs	10.30 – 12.30pm starting 4 February, for 3 consecutive weekly sessions Venue: private home	In this course you will examine our own responses to different styles of photography, and learn how the images have been crafted. New enrolments are welcome.
	Card Making Leader: Eileen Giles	1:30-3:30pm starting 4 February Venue: *MSCC	Make beautiful stitched cards. All supplies available at class. Cost \$10 a kit.
	Embroidery Leader: Ros Bruncher	2:00-4:00pm starting 4 February Venue: *MSCC	You can learn different types of embroidery.
	Cards: 500 Leaders: Eileen Giles Bev Cunningham	7.30pm starting 4 February Venue: *MSCC	For beginners and advanced players.
FRIDAY	Lifeball Leader: Janet Ivone	11:00-12:00noon starting 12 February Venue: Sports Stadium	Walking netball for everyone! Cost \$3.00 per week which include a cuppa and biscuits.
	Gardening in the North East Leader: Malcolm McKinnon, Pat	10:00-12:00noon 4 th Friday of the month Venue: *MSCC	Gardening techniques and tours of gardens in and around our region.



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Day of Week	Course Title	Time and Venue	Description
	Easterbrook, Lyn Brown		
	Coffee/Speakers Leader: Jan Mock	10.30am 1st Friday of month Venue: Myrtleford Lawn Tennis Clubrooms A gold coin donation is requested.	Coffee and chat with an interesting speaker. Note: you do not need to enrol into this activity You are welcome to bring your family members, neighbours and friends.

***MSCC – Myrtleford Senior Citizens Centre**

**** TBC – date for this activity has been postponed and will be confirmed as soon as possible**

Food Glorious Food will be offered but need to confirm availability of cooking centre at Myrtleford P-12 College. Information will be available either via newsletter or separate emails.

TRIP: Painted Silo Trail	Thursday 25 March Meet at *MSCC 8:30am Transport: bus or private cars to be determined closer to the date, according to COVID restrictions.	Day trip following the Painted Silo Trail and surrounding area. Enrol on the website or contact Jan Mock to book Email: u3amyrtleford@gmail.com or Mob: 0401 064 030)
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To enrol into any of these courses/activities you are requested to use the website with your details.

www.u3amyrtleford.org.au.

If you have problems doing this please contact Yvonne Tabalotny (Mob: 0468 482 971) and she will assist you with enrolment.

Have fun, be active and enjoy meeting your friends and new people.

U3A Committee