

# Myrtleford MAGPIE



MYRTLEFORD & DISTRICT NEWSLETTER  
UNIVERSITY OF THE THIRD AGE

## Welcome to the May 2021 edition of Myrtleford Magpie – #33

### From the President

The week, 17-23 May, was National Volunteer Week in which Australia celebrated and thanked more than six million volunteers. *Volunteering Australia* estimates that these volunteers dedicate over 600 million hours each year, to help others. I know some people who would say “Every week is volunteer week for me!” I think that many in our U3A are in this category and certainly deserve our collective thanks. So, here’s three cheers for all of you for giving us excellent excuses to not stay at home, to enjoy the camaraderie of others, to experience new things and to stimulate our minds in a positive way. Thank you.

In the same week, the U3A Network President, Susan Webster held the 12th Annual Presidents Briefing (via Zoom) to which I was invited as the rural representative to present how our U3A managed its way through the 2020 COVID year and how we are faring now. To assist in the smooth running of this on-line conference with more than 80 participating U3As, two other presidents and I had to pre-record our presentations. This was an exercise in cramming

in more than a year’s events in eight minutes and a real but worthwhile challenge. I managed though, to get across that we maintained communication with you our members, during the period of lockdown; how we have bounced back strong in 2021 with 11 new courses; our high participation rates with some members enrolled in four courses a week; about our boost in membership and the fact that we are currently running 27 courses across 17 venues. Of course, I mentioned our award-winning book and how it was very successfully launched at this year’s La Fiera festival and how *For a Better Life* has markedly assisted us in promoting our U3A, nationally and internationally.

Also, that week, we received a further donation towards the cost of a defibrillator unit being mounted at the entry of the Myrtleford Senior Citizens Centre, to provide our members and the community a 24-hour accessible facility. We acknowledge and thank the Bendigo Bank for this. We have now proceeded to purchase the unit which will be installed very shortly. Please enjoy this edition of the Myrtleford Magpie and as always, I look forward to seeing you ‘round the traps’.

**John Twyford**

(President, U3A Myrtleford and District Inc.)

## Our book – For A Better Life

### 1. Book launch

We had a very successful book launch on Saturday 15 May as part of the La Fiera celebrations.

Approximately 120 people attended at Club Savoy and we were blessed with an amazing address by Joe Lo Bianco, our guest, to launch the book. Joe also wrote the Foreward for the book and that on its own is worth reading. Please find Joe's address as an attachment with this newsletter.

Our thanks go to Club Savoy for providing us with their venue and refreshments afterwards. We appreciate your support.



Professor Emeritus, Joe Lo Bianco launching the book, *For A Better Life*, 15 May, 2021.



People lining up for Joe to sign their book.

Over the weekend of La Fiera we sold 111 books and the launch also whetted peoples interest and

sales since La Fiera have picked up, both through our outlets and via personal contact.

The Myrtleford Newsagency has been a great supporter and to date they have sold 160 on their own.

In total over 1000 books have been sold.

We also thank Ovens Valley Chain Saws and Lawn Mowers for the lend of a generator for the wine and food event at La Fiera. This generator enabled us to run an EFTPOS facility, thereby increasing options for our sales.



Our 3 authors, L to R: Roy Ward, Joy Phillips and Chris McCracken signing books.



Selling books at the wine and food event, La Fiera.

## 2. U3A Flags

The U3A committee has purchased 2 flags as seen in the photo above. These flags are for anyone running a course/activity for our U3A to use. Please do not hesitate to ask for a flag if you would like to advertise U3A at your event.

## 3. Projects using proceeds from the book

The committee is still looking for ideas on projects using the money generated from book sales of *For A Better Life*.

If you have any ideas, for a worthy project, please send it to Jan Mock ([u3amyrtleford@gmail.com](mailto:u3amyrtleford@gmail.com)) or someone on the committee. You will be asked for further and more detailed information on your idea. Good luck with your thoughts.

## Term 2 Program

### Coffee/speaker

The speaker for May was advertised as Steve Bekker but as it turned out Steve was unable to make it and so Red Ramia came and spoke about his shopping trips to China, Japan, Morocco and India. We have all seen the results of these trips in Red's 'shop'.

Red came to Australia from Lebanon with his family when he was 2 years old. He initially lived in the Geelong area and holidayed in the Ovens Valley. Finally like many others we would all know, he moved to Myrtleford 27 years ago and opened his iconic business 21 years ago.



People from all over Australia visit his business. Red will freight goods to people's homes but as his business becomes better known people now

arrive with trailers, utes and other vehicles to carry home their purchases.

Red has a lot of drive and is curious about other cultures and his stories about arriving in an unfamiliar country and finding out where to purchase goods he wants and how to ship them back to Australia were fascinating.

We thank you Red for your time and your stories. Next term we can organised tours of Red's business – watch out for this on the program for term 3.

Steve Bekker will be our next speaker, and his topic is "My Life in Aviation". Among many experiences that Steve will talk on, one will be his experiences as a Roulette Pilot.

I hope you will come along and hear his stories.

This event will be held on **June 11 at 2.30pm at the Myrtleford Lawn Tennis Clubrooms.**



## Painted Silo Tours:

Our thanks to Malcolm and Mirella McKinnon for organising the tour of the Painted Silos, for driving the bus and organising the delicious morning tea.

People who went on this tour indicated they would like some more tours.

If you would like a tour (whether you went this time or not) please let me know

(Jan Mock 0401 064 030) and we will schedule it into the program.

A trip to Falls Creek has already been suggested.

## Lockdown

All courses are suspended at the moment due to the COVID lockdown but as soon as we are able, they will commence immediately.

- Health talks

The last Health Talk with Bill Hackett will be on **Monday 7 June and not Monday 14 June**, as this is the Queens Birthday public holiday.

- Mt. Buffalo walks

Due to bad weather predictions the walks on Mt Buffalo have been cancelled for the last 2 months. The next one is scheduled for Tuesday 8 June, assuming the lockdown is lifted.

This walk will be to Rollason Falls and Eurobin Falls but if the weather is not suitable for those destinations, the Canyon Walk and Cherry Walk in Bright will be on the agenda.

- Interesting Structures and Places

Last activity Series 1, Thursday 3 June

**This activity has to be rescheduled due to the lockdown – a new date will be advised.**

## Our Noticeboard

Have you seen our new noticeboard at the entrance to the Myrtleford senior Citizens Centre. We thank Terry and Philippa Cartwright for building and installing it.

This board will have information about our U3A posted on it. Any member is welcome to post a notice on it but I ask that you write the date on the notice so we can ensure all notices are current.



## An Invitation from Casey U3A and Gamblers Help

### A Winter webinar series:

#### Exploring the hidden harms of gambling

Did you know Australia has recorded the worst Gambling losses, per head of population, in the world? (and it has nothing to do with one's capabilities!)

**This series of free community talks, with guest speakers, are designed to inform, to inspire and to create discussions about the impact of gambling.**

### About this Event

**Session 1:** Community change makers - we'll hear from those directly impacted by gambling and how they have turned their lives around.

Wed June 2nd 3:00 – 4:00pm

**Session 2:** The move online and the impact on our young people - we'll learn how potential risks increase with the ease of online advertising and gambling, especially for our younger people.

Wed June 9th 3:00 – 4:00pm

**Session 3:** Loneliness, isolation and the link to gambling harm - we'll explore how these risk factors may lead to gambling harm and discuss how we can support vulnerable people – friends, family and our local communities.

Wed June 16th 3:00 – 4:00pm

### **Register today!**

To join the webinars – one or all 3 click on this link

<https://www.eventbrite.com.au/e/a-winter-webinar-series-exploring-the-hidden-harms-of-gambling-tickets-152192974283> (a zoom link will be forwarded to you)

Or alternatively simply email Chris and she will forward the Zoom link to you

[ctrimnell23@gmail.com](mailto:ctrimnell23@gmail.com)