

Myrtleford MAGPIE



MYRTLEFORD & DISTRICT NEWSLETTER
UNIVERSITY OF THE THIRD AGE

Welcome to the August 2021 edition of Myrtleford Magpie – #36

From the President

Our AGM was held on 13 August and a committee for the next 12 months was elected. I am honoured to be your president again. Details of the members of the committee and their roles are described in this newsletter.

I look forward to running a very happy and enthusiastic committee and encourage you to let us know of any good ideas you may have; we want our U3A to be as strong as possible and to meet the needs of our members. We can only do that if you talk to us. Members are welcome to attend committee meetings - you just cannot vote.

Right now, we find ourselves in a very frustrating place with another lockdown. I promise you that as soon as it is possible, we will commence U3A activities again.

We have had to postpone some social events because of COVID restrictions but as soon as we can see they are possible to reinstate, we will put them back on the calendar. As John Twyford said in his President's report, Christmas in July may become Christmas in September or even Christmas at Christmas.

In the meantime, I hope you are all safe, healthy and positive. Remember if you feel like some company pick up your phone and call a friend, call another member or a committee member. They will probably really appreciate the call.

Nino Mautone

(President, U3A Myrtleford and District Inc.)

Mob: 0409 216 712

Bus Trip to the former Asylum at Beechworth and Bonegilla 13 September

This bus trip has had to be postponed to term 4, partly as COVID restrictions may not allow it to go ahead in September but more importantly because Malcolm McKinnon, our tour leader and bus driver has broken his ankle.

For any activities that have had a change of date, for example the Robertson Brothers and Christmas in July, we will refund your money if you have paid and/or you can no longer go on the activity on the rescheduled date. Let Judy Pitts know and /or email u3amyrtleford@gmail.com with your request and we will organise your refund.

There has been a request for a trip to Falls Creek in term 4 – we can organise that either as a bus

trip if Malcolm can drive or we can car pool and visit Falls Creek and parts of the Bogong High Plains. Watch out for it on the Term 4 calendar.

Book Exchange

Once we can use the Myrtleford Senior Citizens Centre again, the committee is proposing that we have a book exchange. There is a book shelf already installed in the meeting room that faces Smith Street with a few books in it. You are welcome to borrow these books and if you have any books that you don't want on your shelves anymore, please bring them down for other people to borrow.

There is no cost and no checking books in and out – an honesty system for everyone's benefit.

AGM

On Friday 13 August our AGM was held. John Twyford gave an excellent summary of the previous 9 months and Nino Mautone thanked him for his work and contributions whilst he was president.

The present committee is:

Nino Mautone – President

Yvonne Tabalotny – Vice President and website manager

Jan Mock – Secretary and newsletter editor

Judy Pitts – Treasurer

Philippa Cartwright - Assistant Treasurer

Bev Hackett – Tutor Co-ordinator and Tutor Liaison Contact with assistance from Yvonne Tabalotny

Gabriella Bettio – social secretary

Eileen Giles – assisting the social secretary

Mirella McKinnon – Course Co-ordinator

Sara Thorley-Smith – Health and Safety Officer/Risk assessment officer, assisting with website

Course Co-ordinators – Mirella McKinnon/ Judy Pitts / Yvonne Tabalotny / Jan Mock

Book Project – Nino Mautone, Jan Mock, Philippa Cartwright, Judy Pitts, Joy Phillips
We would like to welcome Sara Thorley-Smith to our committee.



Sara and her partner have lived in the district for 6 years. She has been the leader of the Bridge group for the past year.

Sara came to us with a background in education, ranging from teaching primary school students to involvement in juvenile centres and state ward facilities in NSW.

Prior to retiring in 2012, she was Director of Safety and Security for the NSW Department of Education and Training.

She will be a valued member of the committee.

Coffee/speaker

The next scheduled coffee speaker will be held on Friday 10 September at the **Myrtleford Senior Citizens Centre**. **Please note change of venue.** (This is assuming COVID restrictions allow it.)

Maureen Piera, CFA Presenter, will be conducting a Bushfire Planning workshop. As part of her planning for this workshop she would like to know from you, what aspects of bushfire planning you would like more information on –

- is it getting prepared prior to the bushfire season or

- is it about what to do and where to get information from during a bushfire event or
- is it about how to respond to an emergency or
- is it about what papers and other needs you should have ready in case you need to evacuate or
- is it about.....?

Please let me know so I can pass your preferences onto Maureen prior to her speaking. Email u3amyrtleford@gmail.com or phone Jan Mock on 0401 064 030.

One can never be too prepared

Our Courses

The mysteries of Italian cards.



Snowshoeing – Tuesday 17 August

We were very lucky to squeeze in a snow shoe activity at Mount Hotham between lockdowns.



The group at Dargo Lookout on a perfect day.

Tour of Red Ramia's



Minette conducted us through the magical world of Red Ramia Trading. The colourful stock from Morocco, Japan and India amazed us, but the stories of how these were sourced only added to the mystique.



Helpful Hints/Information

I would like to start a section in this newsletter where people can share some helpful hints and/or information.

Did you know you can buy compostable cling wrap - Great Wrap?

It is available via the website www.greatwrap.co



Single use plastics are a huge problem for the world - ***Remember that taking a small step in the right direction is better than taking no step at all. We will get there, it just requires a team effort.***

From Seniors Card:

- **Beware of Scams**

If you receive contact from someone claiming to be from a telecommunications company, a technical support service provider or an online marketplace seeking access to your computer **HANG UP** straightaway.

- **Cool new Program to keep your home comfortable**

A new program for owner-occupier households with an approved concession card or lower income is here to support people to replace an existing heater with an energy-efficient reverse-cycle air conditioner.

For more details go to:

<https://www.heatingupgrades.vic.gov.au/>

This is a Victorian Government scheme, so it is legitimate.

Care to Call:

COVID lockdowns can be really hard for people living on their own. There is a service, **Griefline**, partly funded by Department of Health, to look after people who are lonely. Please do not hesitate to use it yourself if you have a need and please pass on this information to anyone you know who is lonely.

From Griefline: (<https://griefline.org.au/>)

Today, the rates of loneliness and isolation are on the rise. We call it an epidemic within a pandemic, often directly linked to grief and loss, causing untold distress and leading to declines in mental and physical health.

That's why Griefline created **Care-to-Call**. A free service providing a compassionate person who will reach out to connect with those who are feeling isolated and lonely, once a week for a friendly check-in call.

For more information about the program, and to register, visit: <https://griefline.org.au/care-to-call>

Telephone: [1300 845 745](tel:1300845745)

You are also invited to call any of the committee members below if you want a chat:

Nino Mautone	0409 216 071
Yvonne Tabalotny	0468 482 971
Jan Mock	0401 064 030
Judy Pitts	0408 236 342
Eileen Giles	0403 310 766
Bev Hackett	0498 391 830
Mirella McKinnon	0407 835 049
Sara Thorley-Smith	0409 884 567
Malcolm McKinnon	0408 826 955