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# Myrtleford MAGPIE



MYRTLEFORD & DISTRICT NEWSLETTER  
UNIVERSITY OF THE THIRD AGE

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## Welcome to the September 2021 edition of *Myrtleford Magpie* – #37

### From the President

October is Senior's Month – a month for us to celebrate.

Our U3A has been working with Alpine Shire Council to promote this event by offering activities that the public can join in on. We are offering Finska and Italian card games for people to join in with as well as having asked John Taylor OAM, President Myrtleford and District Historical Society Inc. to give an address on "Myrtleford and Its History". We had hoped to offer Lifeball and a form of belly dancing, but at this stage we are unable to offer these activities, due to COVID restrictions.

Instead of the traditional Seniors lunch there will be an opportunity to have a picnic together. Picnic lunch boxes will be available for you to order and enjoy.

More details of Seniors Month are in this newsletter, the local paper and at the library. I encourage you all to take part in it and bring your friends along. Details are subject to change due to COVID restrictions so watch the paper and visit the library for the latest information or go to Alpine Shire Council's website

I also want to remind you again that scammers are still very active so please be careful in answering your phone and emails and don't give your banking details to anyone unless you are 110% sure of who they are.

In the meantime, be safe and stay well.

**Nino Mautone**

(President, U3A Myrtleford and District Inc.)

Mob: 0409 216 712

### Seniors Month

#### From Alpine Shire Council:

The motto of this year's festival is **Reimagined**, and that is what we are doing. With the difficulties that Covid has created when running community events, it makes it very difficult to plan anything too far in advance. This being the case, we have decided to operate the Seniors Festival a little differently this year, so we are able to cope with a changing environment.

The calendar for this year's event will be finalised on a weekly basis, allowing events to be altered or added as circumstances allow and will also include a number of on-line activities which are being offered from Victorian Seniors Festival. The weekly calendar will be published in the local papers each Wednesday from the 29<sup>th</sup> September, on Councils Facebook page and

website:

<https://www.alpineshire.vic.gov.au/community/news/2021-seniors-festival-reimagined>

Our local libraries will also form an important part of the team, by being the contact point for bookings, either in person or by phone, for community members who are unable to register on-line.

We will be kicking the festival off with a video message from the Mayor Cr John Forsyth on the 1<sup>st</sup> October which can be located on Alpine Shire Council Facebook page.

In the past we have offered Seniors Lunch, but that will not be possible this year, so with the support of a number of local eateries, we will be offering picnic boxes, which can be collected from those eateries. There is a selection of cuisine types for you to choose from. This is your chance to enjoy a meal from a part of the world that you may not have tried before. You have the choice to enjoy your meal at home, or you can go to a local park and enjoy your meal with other community members.

We hope this year's Seniors Festival will be one to remember and our local community members are able to participate in large numbers.

We thank you for your support.

### **Alpine Shire Council.**

When the date for the picnic is announced the U3A will message all members to encourage them to join in at the Piazza. Jan Mock

### **Changes to the program from Term 3**

- Bus Trip to the former Asylum at Beechworth and Bonegilla has now been scheduled for November (date to be confirmed).
- The trip to see the Robertson Brothers at Wangaratta Performing Arts Centre (WPAC) has been cancelled. It is now scheduled for September 2022. We will look at it again next year and any other event that maybe of

interest. All monies paid will be refunded for this activity.

### **Book Exchange**

The book shelves in the small meeting room at the Myrtleford Senior Citizens Centre have been cleared so you can start bringing down books you no longer want and borrow anything that is on the shelves.

There is no cost and no checking books in and out – an honesty system for everyone's benefit. The books are Boomerangs (they return to where they came from).

### **Coffee/speaker**

Our last speaker on Friday 10 September was Maureen Piera and Will Vale, CFA Presenters, conducting a Bushfire Planning workshop, specifically looking at protecting your property. Those who attended found it very informative and some signed up to have a free property inspection.

A second session can be organised if there is sufficient interest. Please let Jan Mock know if you are interested. Mob: 0401 064 030 or email: [u3amyrtleford@gmail.com](mailto:u3amyrtleford@gmail.com)



## Guest Speakers for Seniors Month

The next scheduled coffee speaker will be held on Friday 29 October at the **Myrtleford Senior Citizens Centre At 2.00pm. Please note change of venue and change of normal date and time.**

(This is assuming COVID restrictions allow it.)

We have **John Taylor OAM**, presenting a history of Myrtleford with Chris Wicks. This is an event to celebrate Seniors Month and I encourage you to come along. John and Chris have amazing knowledge of where we live; they are always great to listen to.

We have also asked John and Chris to do a follow up event as part of the November coffee /speaker afternoon. This talk will be on the Prisoner of War Camp at Whorouly on **November 12 at 2.30pm** at the Myrtleford Senior Citizens Centre.

## Our Courses

The program for Term 4 is attached. We would like you to enrol into the activities via the website and if you cannot do this, please contact Yvonne Tabalotny and she will organise it for you.

Mob: 0468 482 971

## Helpful Hints/Information

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

If you have something to share please let Jan Mock know. Mob 0401 064 030

or Email [u3amyrtleford@gmail.com](mailto:u3amyrtleford@gmail.com)

From Gardening Australia, ABC

### ***Can you use any stick in the garden?***

**MILLIE:** Yes you can! Whatever you can get your hands on can be used; bamboo prunings, although they don't last more than a few years. Hardwood stakes will last longer, even collect prunings off weedy trees to make stakes, however they will root readily.

## From Seniors Card:

Each month I will feature items of relevance to our members from Seniors Card.

- Register for your FREE Powerpal energy monitor. This is attached to your smart meter and shows your energy consumption in real time allowing you to identify power inefficient appliances. Users can reduce their energy bills by up to 15%. More information at: <https://www.powerpal.net/free-in-victoria>



## Research call for Australian women born before 1946

Monash University researchers want to interview women who have taken up a new endeavour later in life, such as a new job, business, sport, musical instrument, study, leadership position or volunteering role. The researchers want to document these women's lives, including what inspired them to take up the new pursuit when they did and why they didn't do it earlier. If you're interested, or know somebody who might be, contact Dr Maggie Kirkman via 03 9903 0295 or [maggie.kirkman@monash.edu](mailto:maggie.kirkman@monash.edu) or [visit the Monash website: https://www.monash.edu/medicine/sphpm/units/global-and-womens-health/current-projects](https://www.monash.edu/medicine/sphpm/units/global-and-womens-health/current-projects)

