

Myrtleford MAGPIE



MYRTLEFORD & DISTRICT NEWSLETTER
UNIVERSITY OF THE THIRD AGE

Welcome to the October 2021 edition of *Myrtleford Magpie* – #38

From the President

October is Senior's Month, and although it has been hard to run the events we would have liked to have done, we have still had some moments to celebrate – the Seniors picnic was very enjoyable and the food the local cafes provided was excellent. The U3A committee has thanked Alpine Shire Council for putting this on and has suggested to Council that we would like to see this happen again next year. We are looking forward to hearing John Taylor, OAM, and Chris Wicks give a talk on the history of Myrtleford. We could not have asked for better people to give this talk.

The committee met last week, a special committee meeting, to discuss and formulate a COVID policy to meet the new restrictions. I thank the committee for doing this work. As you all would be aware, you need to be double vaccinated to participate in face to face U3A activities and wear a mask indoors.

Last week approximately 20 people undertook training using our new defibrillator, the AED. It is relatively simple with the machine telling you what to do. We thank Alpine Health for providing a trainer and for

making it look easy. If any of you have missed out on training and would like to know how to use the machine, please contact a committee member and we can show you.

Leading up to Christmas we still have many activities going so don't stay home – get connected.

Nino Mautone

(President, U3A Myrtleford and District Inc.)

Mob: 0409 216 712



Training on using the AED

U3A members enjoying the Seniors picnic



To join U3A Myrtleford and District Inc go to our website and click on 'Membership'.

www.u3amyrtleford.org.au

Any photos and stories for this newsletter please email to u3amyrtleford@gmail.com

Deposits in the Bank

Our Treasurer, Judy Pitts, is pondering who has banked some money into the U3A account and tagged it "Annual Subscription." The money appeared in the U3A account on 26 October.

We have tried to work out who has made this deposit but have come up with a blank so far. If it is you or you know who it maybe, could you please let Judy know Mob: 0408 236 342?

Reminder

It is really important that you reference any deposit you make with your name and specify if it is for membership or an activity.

One off events for Term 4

- Soap making – on Saturday 13 November from 2.00 to 3.30pm at Myrtleford Senior Citizens Centre you can join a soap making class – make soap for you or for Christmas presents. There will be a charge of \$10 for the session. Please enrol if you are interested.
- Bus Trip has been slightly reconfigured to include a walking tour of the historic section of Beechworth as well as a visit to Bonegilla. WE had some problems settling on a final date but it is now set for Monday 6 December. The bus, the walking tour and Bonegilla are all booked. There are a few spaces left, so if you are interested, please book it online or email Jan Mock on u3amyrtleford@gmail.com
- On Friday 5 November interested people are going to Harrietville for a walk along the river and afternoon tea at the bakery or coffee van. There is no restriction on numbers for this trip so if you are free come and join in.

Book Exchange

The book shelves in the meeting room are filling up with good reading material. Thank you to everyone who has put books there and I hope you are able to find something that interests you.

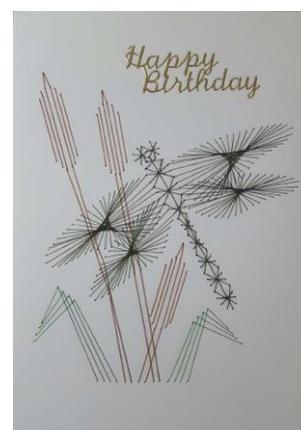
Coffee/speaker

John Taylor, OAM, and Chris Wicks will do a second talk for the November coffee /speaker afternoon. This talk will be on the Prisoner of War Camp at Whorouly where many Italians were interned.

Date/Time: **November 12 at 2.30pm** at the Myrtleford Lawn tennis Clubrooms.

Term 4 classes

The cards and embroidery group, which meet on Thursday afternoons, have a display at the Myrtleford Library. There are some lovely articles on display.



The artists participating in Drawing on the Right Side of the Brain have some impressive sketches. Kerry Hansen would like to offer this course again next year, term 2. If you are interested could you send Jan Mock an email on u3amyrbleford@gmail.com to give Kerry some indication if it is worth her preparing for another course.



Jan and Peter made a friend on the Mt Buffalo walk earlier this month – a White Eared Honey Eater.



Myrtleford Senior Citizens Centre

The U3A committee has been in regular contact with staff from Alpine Shire Council concerning the Myrtleford Senior Citizens Centre. We have asked for specific maintenance be attended to as well as the internal garden be tidied up. Our discussions have been very constructive and you will soon notice windows and blinds have been repaired and the garden attended to. If you notice anything that needs maintenance or have a good idea as to how the building can be improved please let the committee know and we will discuss it with Alpine Shire Council staff.

Helpful Hints/Information

Clean a slow drain.

When you notice your drain is starting to clog, sprinkle $\frac{1}{2}$ a cup of baking soda down the sink, followed by $\frac{1}{2}$ a cup of white vinegar. Cover with a wet cloth to contain the fizz. Wait five minutes then flush clean with hot water.

Clean stains off cutting boards.

Run the cut side of a lemon over the board to remove food stains and smells. For extra cleaning power, sprinkle the board with salt or baking soda first.

Shine silver in a pinch.

Notice your favourite ring or bracelet looking a bit dull? Wet it, rub with a little toothpaste, rinse, and dry with a clean cloth.

If you have any hints to share I would love to print them. Email: u3amyrbleford@gmail.com