

Myrtleford MAGPIE



MYRTLEFORD & DISTRICT NEWSLETTER
UNIVERSITY OF THE THIRD AGE

Welcome to the July 2023 edition of *Myrtleford Magpie* – #58

From the President

Our committee has been working on developing new activities for Seniors Month, which is for the month of October. We are working with Alpine Shire Council to celebrate our seniors in our communities.

Details will be published in the August newsletter, when we should have all activities confirmed.

The committee is also reviewing our policies that are on the website. Each month we look at a policy and make any changes we think better fits our organisation. These policies are then uploaded onto our website. So far we have looked at and updated the Conflict of Interest and Bullying policies. This is an ongoing task for the committee.

You will read on the last page a reminder to apply for a \$250 Power Saving Bonus. If you have not done this I encourage you to. Details can be found from the website. The scheme closes at the end of August so don't delay.

In the meantime enjoy your activities and reach out to make new friends.

Nino Mautone
(President, U3A Myrtleford and District Inc.)
Mob: 0409 216 712

Coming Events

Movie at the Library

August: "Sisters of War"

Sisters of War is a World War II memoir that re-creates events in New Britain during the Japanese invasion and occupation. It is a story about the Daughters of Our Lady of the Sacred Heart, especially Sister Berenice Twohill and her working friendship with nursing sister, Lorna Whyte. The Australians pulled out of the mission in Vunapope outside Rabaul, leaving the nurses and wounded who took refuge there. They were captured and about to be executed when Bishop Leo Scharmach MSC bluffed the Japanese by saying that he was the representative of Hitler and his people could not be executed.

Sunday 20 August, 1.30 pm at the library (back entrance facing Cundy Park).

September: "Light Between Oceans"

Tom is a World War I veteran who maintains a lighthouse off the shore of Australia with his wife Isabel, a woman desperate to have a baby. Her prayers are answered when an infant washes up on shore in a rowboat. Tom thinks they should notify the authorities but ultimately gives in to Isabel's wish to keep the girl. Fate strikes again when the couple meet the child's biological mother on the mainland. Now,

Tom and Isabel must make a decision that will forever affect the lives of four people.

Sunday 17 September, 1.30 pm at the library (back entrance facing Cundy Park).

“Lunch Because We Can” (Sunday 6 August) and the Snow Shoe (Thursday 10 August)

These 2 activities are in danger of being cancelled. If you are wanting to do either of them please enrol by Sunday 30 July. If numbers remain low, these activities will be cancelled.

Reports from Our Activities

Garden Club

The Garden Group had a Winter Special meeting at the warm Bowls Club on a freezing wet morning on Friday 18 July: “Grow it, Swap it, Taste it, Swap Recipes”. This meeting addressed the moment when summer gluts meet winter meals, as we keep out of our mostly quiet gardens.

Members shared everything from a warming Pumpkin casserole to a array of beautifully coloured chutneys, jams, jellies, cordials, and some amazing lemon tarts and slices. We introduced our contributions, discussed managing garden gluts and the reasons for using particular recipes. It was fun and informative, and we finished up with a terrific tasting buffet from the contributions! We are hoping to circulate some of the recipes to those interested. Here is the first of them:

Low Sugar Tomato Relish

Ingredients

- 1.5kg ripe plum tomatoes, diced
- 2 red chillies, deseeded and diced
- 6 cloves garlic, chopped finely
- 1 red pepper, diced
- 5 shallots, diced
- 1 tbsp oregano
- 2 tbsp paprika

- 2 tbsp fennel seeds
- Small bunches of basil, mint, parsley, chopped
- 60ml red wine vinegar
- 100g brown sugar
- Olive oil
- 2 tbsp Worcestershire
- Splash of Tabasco, to taste

Directions

- 1 Sauté the shallots and garlic for three minutes in three tablespoons of olive oil on a medium heat in a large pot.
- 2 Add the peppers and spices and cook for three more minutes.
- 3 Season with salt and a good twist of pepper, to taste.
- 4 Add brown sugar and cook for five minutes to caramelise, then add the red wine vinegar.
- 5 Add the tomatoes and cook on a medium heat for 45 minutes until thick and the liquid has reduced.
- 6 Season the relish with the Worcestershire, Tabasco and taste for salt and pepper.
- 7 Add the chopped herbs.
- 8 Divide the relish into some sterilized jars and drizzle with good olive oil before sealing the jars.

Source: irishtimes.com

Stitched Card Making and Embroidery

Every Thursday afternoon a group of dedicated crafters meet on a Thursday afternoon to make beautiful stitched cards and wonderful embroidery.

If you want to see what this group produces, pop in and see them on a Thursday afternoon in the meeting room at MSCC.



Yoga

Yoga will be starting on Wednesday 2 August.

Italian

The Italian class has been changed from Tuesday afternoon to Monday.

Times are from 2.00 to 3.30pm at MSCC.

If you have any ideas for an activity please let someone from the committee know. We have space at MSCC to run some extra activities.

Committee:

Nino Mautone – President

Yvonne Tabalotny – Vice President

Jan Mock – Secretary

Vicki Burrington – Treasurer

Judy Pitts Philippa Cartwright

Eileen Giles Bev Hackett

Sara Thorley Smith Barry Fullwood

Editor's Note

I will be happy to publish any notes or photos from any activity that the U3A runs.

Community Notices

Art Group

The Art Group that runs out of the old church at Gateway Health would welcome any new participants.

They meet every 2 weeks; the next session being Tuesday 8 August. The cost is \$2 a session. There is no need to enroll – just come.

Do your own art and bring your equipment, whatever that is, and mix with like-minded people

Seniors Card

There are many offers in the monthly newsletter from Seniors Card.

If you do not receive it either apply for a card and/or check their website.

<https://www.seniorsonline.vic.gov.au/news>

In case you missed it: **The \$250 Power Saving Bonus** is open until 31 August. The Power Saving Bonus is a \$250 payment for Victorian households to help ease cost-of-living pressures and encourage people to compare energy offers and save money.

The Bonus is available to all Victorian households who visit the Victorian Energy Compare website or engage with an energy affordability service through one of the participating community outreach partners.

<https://compare.energy.vic.gov.au/>

Call Out for Driving Mentors to help young people get their Driving Licence.

Driving mentors needed for the Myrtleford TAC L2P Program?

The program matches **learner drivers** and **volunteer mentors** together so learners who are struggling to get their supervised hours, can be supported to successfully pass their driving test and gain their **P** plates.

In the past 12 years, the program has supported 130+ Alpine Shire youth to get their licence by providing lessons and driving practice in a community sponsored vehicle.

Myrtleford and surrounds is in desperate need of mentors. So, if you would like to **assist someone** to get their licence, have some time to spare and enjoy giving to your community, contact us for more information.

Volunteer mentors receive training and have access to a dedicated vehicle, so speak to the L2P Coordinator on 03 5755 0555 or email info@alpineshire.vic.gov.au to find out more.

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

www.u3amyrtleford.org.au

Any photos and stories for this newsletter please email to u3amy