



CORANGAMITE

UNIVERSITY OF THE THIRD AGE

Keeping minds and bodies active

NEWSLETTER – JUNE 2018

The U3A Committee hopes you are enjoying the events that you have attended so far. Lots of activities and lots of fellowship!

An up-dated courses calendar for June and July is included in this Newsletter.

Please note: If you fail to attend an event in which you have enrolled and which requires payment, you will be required to pay the appropriate amount unless circumstances warrant a different outcome. During 2017, and already in 2018, we had many instances of non-attendance in this regard and the organisation had to pay the amount. We know you will understand this. Thank you.

A WORD FROM THE PRESIDENT

They say that the years go quicker as we age!! It's simply not true!! It seems like it but because we are all involved in so much with clubs, groups, Churches, our communities, U3A etc, we are all so busy and that is a wonderful situation to be in.

U3A is unique in that it doesn't meet regularly like clubs, groups etc. We all meet in February each year for the AGM and Course Enrolment and our next opportunity is our Mid-Year Lunch at Timboon Golf Club on Monday 18th June. This is a great chance just to get together, relax and socialise.

Just as we did last year we will have a half page evaluation sheet for you to complete to help us with our planning for the rest of 2018. No names will be required on the sheet.



The Sheet will ask you:

- ✚ what programs you've enjoyed;
- ✚ what can the Committee do to help you for the rest of the year - eg new programs, speakers/leaders, new venues, expenditure on equipment etc;
- ✚ if you have access to e-mail do you check it - **[Please Circle one]**

Daily Twice weekly Weekly Monthly Rarely

We will have lucky door prizes. The lunch is a great opportunity to bring a non-U3A friend. It will be a pay up front system and more details will come with the flyer you will receive shortly. We look forward to seeing you there. And remember keep enjoying all of our activities as we are all never too old to continue our learning journey.

See booking details on the flyer later in the newsletter

I would like to remind everyone that our *Facebook* is continually being updated with terrific pictures and stories of our activities; please like and share us. In addition, our website is continually being updated so have a look at it and please let us know your thoughts about the format. In addition please check your e-mails regularly as reminders are often being sent through.

I would like to acknowledge the work Clare Vaughan has led in the Shire with the *Live Well Project* with a real emphasis on providing so many opportunities for all senior citizens. Clare is changing jobs and we wish her well and thank her sincerely for her wonderful work and passion for the project. It is believed The Shire will place someone into Clare's position.

Finally, I would like to announce that as of July we will be moving to a monthly members' newsletter so as to keep your options fresher and easier to remember.

Gary Kimber

BUSHFIRES IN OUR REGION

SPECIAL TEA AND TOUR FOR TEN

“Blaze Aid” and more

On Wednesday 30th May @ 1.30PM - Cobden Go Kart Complex (behind mini-rail).

With the terrible bushfires in our district, *Blaze Aid* has set up camps in Terang and Cobden. Their purpose is to help farmers erect fences.

This tour is to inspect the Cobden camp and hear a talk from their leader, Chris Male, from Mark Roberts of the CFA re: their involvement during the fires and from Mayor Jo Beard re: the Shires involvement during the fires and recovery.

Afternoon tea included – your \$10 will be donated to *Blaze Aid*.

Come along and support this amazing organization.

Bookings: Marilyn Kimber on 04 3758 4998 or mazz060253@gmail.com By Friday 25th May

On behalf of U3A Corangamite members, the Committee has donated \$ 750 to the Bushfire Relief Fund run through the Cobden and Camperdown Community Bank.

We encourage members, if they can, to also donate. The appeal details can be found on the following website:

bendigobank.com.au/southwestvicbushfire

if you are doing this online, or direct deposit can be made at either the Cobden or Camperdown branches, or indeed any Bendigo Bank branch.

Blaze Aid (situated at the Cobden Go Kart Complex) is also looking for donations of:

- fencing materials
- labour.

If you can help them please ring Christine on 04 1874 5994.

AN APOLOGY

At our last Travel Tales we had a real problem with the quality of the computer projector. We sincerely apologise for this and we are endeavouring to fix the situation.

However, the issue has been resolved as a projector for use by U3A has been provided by Cobden Rotary (on loan) and another, as a back-up, by Don McInnes.

NEW COURSES/ACTIVITIES

Crafternoon

Now every 2nd and 4th Tuesday of the month @1.30pm

Venue: Cobdenhealth Education Centre

Next session: Tuesday 12th June. Vacancies exist

Contact: Dana Lander on 04 6656 1559

Let's Do Coffee and Books - Cobden

Every second Monday of the month @1.30pm

Venue: Cobdenhealth Education Centre

Next sessions: Monday 9th July

The next session will be looking at the book Angela's Ashes.

Contact- Anne Ward 0488 451094

Vacancies exist. Afternoon tea provided.

Friday Forum

Friday 15th June @1.30pm

Venue: Community House, Camperdown

Speaker: Robert McGregor "I heard it on the Wireless"

Robert will talk about his vast collection of wirelesses/radios and show us some.

Afternoon tea provided. Vacancies exist.

Contact: Eve Black on 5592 5333 by Monday 11th June

Travel Tales

1. Kerrin McKenzie: *Trekking the Kokoda Trail*
Friday 29th June @ 1.30pm
Venue: Cobdenhealth Education Center
Afternoon tea provided. Vacancies exist.
Contact Marilyn Kimber on 04 3758 4998 or
mazz060253@gmail.com by Monday 25th June
2. Amanda Nash: *The Beauty of Nepal*
Friday 27th July @ 1.30pm
Venue: Cobdenhealth Education Center
Afternoon tea provided. Vacancies exist.
Contact Marilyn Kimber on 04 3758 4998 or
mazz060253@gmail.com by Monday 23rd July

'Appy' Hours

1. **Cobden**
Tuesdays @ 10.30am @ Serenity cafe
Contact: Don McInnes on 04 2823 0244
2. **Terang**
Contact Cheryl Ham 04 3769 3661
3. **Timboon**
Third Wednesday of the month @ 10am @ Timboon Library
Next session Wednesday 20th June
Contact: Gary Kimber 04 3907 9098

Tea and Tour For Ten

Wednesday 13th June @ 1.30pm
Bev McLaren's Memorabilia Museum
208 Sisters/Noorat Road, The Sisters
Bev McLaren has amassed a collection of memorabilia (some dating back to the late 1800's!) and has set it up in a hall on her property.
Join us to view this interesting collection and hear Bev's tales about many of the items. Bev will supply afternoon tea.
Your \$10 will be donated to Cancer Research. Vacancies exist.
Bookings: Marilyn Kimber 04 3758 4998 or mazz060253@gmail.com

Let's Do Lunch

1. *Mid-Year Lunch*

Monday 18th June @ 12.30pm, Timboon Golf Club

Cost: \$27.50 for a 2-course meal.

Payment required with bookings

Door prizes and guests welcome

See details in flyer at end of newsletter

Contact: Don McInnes 04 2823 0244

2. "*Christmas in July*"

Wednesday 11th July @ 12.30pm, Panmure Hotel

Cost: \$29 for a full 2-course Christmas lunch

Payment required with bookings

Bookings: Gary Kimber 04 3907 9098 by Wed 4th July at the latest

Introduction to Silk Painting

Friday 22nd June from 10am - 3pm, Cobrico Hall

Leader: Helen Langley

Participants will have the opportunity to make a free style painting and have the chance to experiment with gutta to paint a picture.

They will have the opportunity to make a scarf.

Demonstrations also included

Cost: \$22 BYO Lunch. Tea/Coffee, morning, afternoon tea provided

Bookings: Marilyn Kimber 04 3758 4998 mazz060253@gmail.com

WHAT'S ON IN JUNE AND JULY

Make sure to check the courses calendar and courses list below to see what great events are being held during June and July.



For photos of recent U3A events, go to the U3A *Facebook* page

For further information contact us on: e-mail:

u3acorangamite@gmail.com

OR

via the **U3A Website**

The website address is: <https://u3acorangamite.org.au>

FREE COMMUNITY INFORMATION SESSIONS

You're invited to attend one of the FREE community information sessions titled:

Taking Care of your Brain – Helping to reduce your risk of dementia

Chrissy O'Bryan from Dementia Australia is a dynamic presenter who will provide interesting info suited to adults of any age. As with all prevention initiatives – the earlier action is taken, the better.

Refreshments will be served from about 15 minutes before the presentation starts, so come early and settle in.

Feel free to share this email with friends, family, neighbours etc. If you are part of a club or community group it would be wonderful if you would display the flyer at your next gathering.

✚ **TERANG:** Wed 6 June 10.45am-midday; at Rose Room, Civic Hall.
RSVP: Josie Black Community Health Centre Reception or call 5558 6000 by Mon 4 June

✚ **TIMBOON:** Wed 6 June 1.45-3pm; Health Service Conference Room.
RSVP: TDHS Reception or call 5558 6000 by Mon 4 June

✚ **CAMPERDOWN:** Thurs 7 June 1.45-3pm; Killara Room.
RSVP: Shire Civic Centre or call 5593 7100 by Mon 4 June

Kind regards,

Clare Vaughan
Age-friendly Communities Project Officer



U3A COURSE CALENDAR: JUNE & JULY 2018						
We are proudly supported by the Cobden and Camperdown Community Banks (Bendigo Bank)						
			JUNE			
Sat	Sun					Fri 01
02	03	Mon 04 Mahjong: Timboon + Derrinallum Cards/ Scrabble: Cobden	Tue 05	Wed 06 Art Group: Noorat Singing: Cobden Dementia Forum: 1. Terang - am 2. Timboon - pm	Thur 07 Current Affairs: Cobden Dementia Virtual Experience: Camperdown - am Dementia Forum: Camperdown - pm	Fri 08
09	10	Mon 11 Mahjong: Timboon + Derrinallum Lets do Coffee & Books: Noorat + Cobden	Tue 12 Crafternoon: Cobden	Wed 13 Art Group: Noorat Tea and Tour For Ten: The Sisters - Memorabilia Museum	Thur 14 Intro to Opera: Camperdown	Fri 15 Friday Forum: Camperdown - Robert McGregor "I heard it on the Wireless"
16	17	Mon 18 Mahjong: Timboon + Derrinallum Mid-Year Lunch: Timboon	Tue 19	Wed 20 Art Group: Noorat Singing: Cobden	Thur 21	Fri 22 Introduction to Silk Painting: Cobden
23	24	Mon 25 Mahjong: Timboon + Derrinallum Photography: Camperdown	Tue 26 Crafternoon: Cobden	Wed 27 Art Group: Noorat	Thur 28	Fri 29 Travel Tales: Cobden - <i>Trekking the Kokoda Trail</i>
30						



		JULY				
Sat	Sun 01	Mon 02 Mahjong: Timboon + Derrinallum Cards/Chess Scrabble: Cobden	Tue 03	Wed 04 Art Group: Noorat Singing: Cobden	Thur 05 Current Affairs: Cobden	Fri 06
07	08	Mon 09 Mahjong: Timboon+ Derrinallum Lets do Coffee & Books: Noorat + Cobden	Tue 10 Crafternoon: Cobden	Wed 11 Art Group: Noorat Let's Do Lunch: Panmure "Christmas In July	Thur 12 Intro to Opera: Camperdown	Fri 13
14	15	Mon 16 Mahjong: Timboon + Derrinallum	Tue 17	Wed 18 Art Group: Noorat Singing: Cobden	Thur 19	
21	22	Mon 23 Mahjong: Timboon+ Derrinallum	Tue 24 Crafternoon: Cobden	Wed 24 Art Group: Noorat	Thur 26	Fri 27 Travel Tales: Cobden - <i>The Beauty of Nepal</i>
28	29	Mon 30 Mahjong: Timboon+ Derrinallum Photography: Camperdown	Tue 31			

COURSE	DAY AND TIME	START DATE	END DATE	VENUE	CONTACT	VACANCIES
MAHJONG	<i>Timboon:</i> Every Monday @ 10.00AM	05 Feb	Ongoing	Margaret's Home Baking TIMBOON (next to Pharmacy	Christine Honeycombe 04 1431 5066	Yes
MAHJONG	<i>Derr'allum:</i> Every Monday @ 1.30PM	09 April	Ongoing	Library, DERRINALLUM	Robyn Hyde 04 3467 1310	Yes
LET'S DO... COFFEE AND BOOKS	<i>Noorat:</i> 2 nd Monday of month @ 2.00PM	12 Feb	Ongoing	137 Glenormiston Road NOORAT	Eve Black 5592 5333 04 1838 9751 mountnoorat@outlook.com	No
LET'S DO... COFFEE AND BOOKS	<i>Cobden:</i> 2 nd Monday of month @ 1.30PM	09 April	Ongoing	Cobdenhealth Education Centre, DHS, Clarke Street, COBDEN	Gary Kimber 04 3907 9098 gazzmazz3@gmail.com	Yes
SCRABBLE, CARDS & CHESS	1 st Monday of month @1.30PM)	05 Feb	Ongoing	Cobdenhealth Education Centre , Clarke Street, COBDEN	Linda Castaldo 04 3845 7825 lindacast55@hotmail.com	Yes
ART GROUP	Every Wednesday 10.30AM - 12.00PM	07 Feb	Ongoing	Noorat Scout Hall, Glenormiston Road, NOORAT	Helen Durant 04 1838 9751 helen.durant@icloud.com	Yes

COURSE	DAY AND TIME	START DATE	END DATE	VENUE	CONTACT	VACANCIES
SINGING	1 st & 3 rd Wednesday of each month	21 Feb	Ongoing	Home of Gwen Steel 8 Rix Avenue, COBDEN	Gary Kimber 04 3907 9098 gazzmazz3@gmail.com	Yes
LET'S...DO LUNCH	1. <u>Monday 18 June</u> - Mid Year Lunch, Timboon Golf Club 2. <u>Wednesday 11 July</u> - Christmas in July, Panmure Hotel				For 1. Don McInnes 04 2823 0244 For 2. Gary Kimber 04 3907 9098	Yes (for both)
FRIDAY FORUM	3 rd Friday of every second month 1.30 - 3.00PM	<u>15 June</u> - Robert McGregor - " <i>I Heard it on the Wireless</i> "		Community House CAMPERDOWN	Eve Black 5592 5333 mountnoorat@outlook.com	RSVP 1 week before event
PHOTOGRAPHY	Last Monday of each month 2PM	26 Feb	Ongoing	Court House CAMPERDOWN	Ric Robertson 04 0810 6575	Yes

COURSE	DAY AND TIME	START DATE	END DATE	VENUE	CONTACT	VACANCIES
TRAVEL TALES	Last Friday each month @ 1.30PM	<u>29 June</u> <i>Kerrin McKenzie – Trekking the Kokoda Trail</i> <u>27 July</u> <i>Amanda Nash – The Beauty of Nepal</i>		Cobdenhealth Education Centre Clarke Street, COBDEN	Marilyn Kimber 04 3758 4998 mazz060253@gmail.com	Yes
CURRENT AFFAIRS	1 st Thursday of the month @ 2.30PM	01 March	Ongoing	Cobdenhealth Education Centre Clarke Street, COBDEN	Gary Kimber 04 3907 9098 gazzmazz3@gmail.com	Yes
TEA & TOUR FOR TEN (\$10)	Wednesday 13 June @ 1.30PM Memorabilia Museum - Vast collection of things from the past.				Marilyn Kimber 04 3758 4998 mazz060253@gmail.com	Yes Cost \$10 for tour and a/noon tea
INTRO TO OPERA	Four Thursday sessions every 4 weeks @ 10.00AM & 2.15PM	14 June	12 July	Home of David Mernagh 5 Errey Street, CAMPERDOWN	David Mernagh 04 2995 1643 ormondboys@ozemail.com.au	NO.

COURSE	DAY AND TIME	START DATE	END DATE	VENUE	CONTACT	VACANCIES
CRAFTERNOON	2 nd & 4 th Tuesday of month @ 1.30PM	20 Feb	Ongoing	Cobdenhealth Education Centre Clarke Street, COBDEN	Dana Lander 04 6656 1559 danalander25@hotmail.com	Yes
PHOTOGRAPHY /PHOTOSHOP	Dates and venue to be organised				Graham Arkinstall Contact: Gary Kimber 04 3907 9098 gazzmazz3@gmail.com	
APPY HOURS	1. Cobden Tuesdays @ 10.30AM @ Serenity /The Blue Wrens Cafes 2. Terang – venue TBA 3. Timboon - Timboon Library			Every town	Cobden Contact: Don McInness on 04 2823 0244 Terang Contact: Clare Vaughan on 04 003 69525 Timboon Contact: TBA	Yes
INTRODUCTION TO SILK PAINTING	Friday 22 June 10AM-3PM	Single session		Cobrico Hall COBRICO	Marilyn Kimber 04 3758 4998 mazz060253@gmail.com	Yes

COURSE	DAY AND TIME	START DATE	END DATE	VENUE	CONTACT	VACANCIES
DEMENTIA - A VIRUAL EXPERIENCE	Thursday 07 June 11.30AM-12.30PM	Single session		Killara Room CAMPERDOWN	Contact: Gary Kimber 04 3907 9098 gazzmazz3@gmail.com by Mon 4 June	Yes
TAKING CARE OF YOUR BRAIN FORUM	Wednesday 06 June 10.45AM – 12.00PM	Single session		Rose Room, Civic Hall TERANG	Contact: Josie Black Community Health Centre Reception or call 5558 6000 by Mon 4 June	Yes
TAKING CARE OF YOUR BRAIN FORUM	Wednesday 06 June 2.00PM – 3.00PM	Single session		Health Service Conference Room, TIMBOON	Contact: TDHS Reception or call 5558 6000 by Mon 4 June	Yes
TAKING CARE OF YOUR BRAIN FORUM	Thursday 07 June 2.00-3.00PM	Single session		Killara Room CAMPERDOWN	Contact: Shire Civic Centre or call 5593 7100 by Mon 4 June	Yes



CORANGAMITE INC

UNIVERSITY OF THE THIRD AGE

Mid-Year Luncheon 2018

*MEMBERS & GUESTS ARE INVITED TO THE TIMBOON GOLF CLUB,
29 EGAN STREET TIMBOON, FROM 12.30PM MONDAY 18TH JUNE FOR
A TWO COURSE MEAL (ROAST BEEF OR TURKEY & TWO SWEETS)*

*AT A COST OF
\$27.50 PER PERSON*

CONTACT

DON MCINNES ON 04 4823 0248 TO SECURE A RESERVATION
**AS THIS IS A SET MEAL PAYMENT UP FRONT
IS REQUIRED**

- BY CHEQUE TO PO BOX 55, COBDEN 3266

- BY CASH TO ANY COMMITTEE MEMBER

- BY DIRECT CREDIT TO

BSB-633 000 ACC NO. 155 369 044

(PLEASE PUT YOUR NAME IN APPROPRIATE SECTION)

RSVP & MONEY BY 11 JUNE 2018

FOR CATERING PURPOSES

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Cobden and Camperdown Community Banks (Bendigo Bank)



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151 Manifold St. Camperdown Vic 3260 Ph: (03) 5593 3434

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