

## *Keeping minds and bodies active*



# GREY MATTERS

**OCTOBER 2021**

## **A WORD FROM THE PRESIDENT**

It is quite amazing that as we are about to enter October, COVID is still playing a huge part of our lives after 20 months! However, the Committee has decided to press ahead with a “*normal*” calendar of events for this month. Please remember that at all times, your health, safety and welfare will be paramount in whatever we do.

Of course, the activities are totally dependent on Government decisions. We will continue to be in touch and hopefully, as with September, we can provide some enjoyment for you.

Almost certainly, activities that are held in private homes – Coffee and Books, Singing and China Painting are doubtful at this stage. Activities in hotels or golf clubs are also doubtful unless the number of patrons allowed is lifted substantially.

In the meantime, we encourage you to keep in touch with each other, your loved ones, stay safe, busy and well. We will have new programs over the final two months and hope to have some form of end of year lunch together.

We are proposing to have a members’ forum on Succession Planning. We absolutely need to hold this event so that we can continue to prosper in years to come and as we come out of COVID. The details of this forum are given on Page 4.

## **For 2022**

### **1. 2022 Membership**

After discussion at the recent Committee meeting, it has been decided to reduce the membership fee for 2022 to \$20 due to the on/off nature of this year’s activities.

Membership can be paid from the 1<sup>st</sup> October. **You will have to complete a 2022 Membership Form** as well as paying the money to our direct credit facility or by cheque or to a committee member (*2022 Membership Form is attached to the e-mail*).

It must be completed and returned with your payment. Details are given on the form.

- 2. The Committee recently discussed the issue of members' COVID vaccination status and attendance at activities/ events. Although at this stage the Victorian Government has not yet mandated full vaccination for groups such as ours, it is essential we remain mindful that very soon it is highly likely to be a COVID requirement that members be required to confirm their vaccination status prior to attending any U3A activity.

It is important to point out that we are all members of many organisations and groups and we all will have to face this challenge.

Most important of all is that the Committee is absolutely committed to every member's health, safety and wellbeing.

The Committee will discuss this matter at its next meeting in October when it has more advice on this issue from the Victorian Government.

- 3. The Committee is now considering the format of the 2022 year, looking at courses, venues, leaders, contact people etc.

To ensure we continue strongly, we ask you to give us suggestions for courses. Please use the tear off below or quickly drop us a line via our e-mail [u3acorangamite@gmail.com](mailto:u3acorangamite@gmail.com) or send to **PO Box 55 COBDEN 3266** with suggested new courses, venues, possible leaders etc. **by 10<sup>th</sup> October.**

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<p><b>New course/activity:</b> .....</p> <p><b>Coordinator:</b> .....</p> <p><b>Contact person:</b> .....</p> <p><b>Venue:</b> .....</p>
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**Gary Kimber**

**NEW ACTIVITIES**

**Tea and Tour for Ten (\$10)**

*Dalvui Homestead Garden Ramble and Outside Afternoon Tea*

Friday 1<sup>st</sup> October @ 1.30pm

We're unable to go inside due to COVID rules

Numbers limited.

Bookings **essential** to Marilyn on 0437 584 998 or mazz060253@gmail.com

### Friday Forum

Friday 15<sup>th</sup> October @ 1.30pm, Cobden Senior Citizen's Centre

Susan Bosch - "*Working with Legal Aide*"

Afternoon tea included. Gold coin donation.

Bookings to Eve Black on 5592 5333 by Monday 11<sup>th</sup> October

Bookings **absolutely essential** due to number restrictions in the hall

### Travel Tales

Friday 22<sup>nd</sup> October @ 1.30pm, Cobden Senior Citizen's Centre

Ross Henderson - "*Living in Kenya*"

Ross has been to Kenya many times and has lived there for several months at a time.

His talk will focus on a Kenyan family who live on the edge of the Rift Valley, altitude 2400m. With no utilities, observing the life they lead, the way they eat, Ross says it was a travel back in time. Afternoon tea included. Gold coin donation.

Bookings **an absolute must** and to Marilyn by Monday 18<sup>th</sup> October on 0437 584 998 or mazz060253@gmail.com

### Let's Do Lunch

*Blue Wren Café, Curdie Street, Cobden*

Monday 25<sup>th</sup> October @ 12.30pm

Bookings **essential** to Gary on 0439 079 098 by Thursday 21<sup>st</sup> October

**Numbers will be very limited**

### Bike Ride & Hike

*Bike Ride:* Wednesday 6<sup>th</sup> October @ 10.30am. Meet @ Lake Bullen Merri South Beach Carpark. Bookings to Helen James on 0409 438 044

*Hike:* Wednesday 13<sup>th</sup> October @ 10.30am. Mt Elephant: meet at the Information Centre.

Bookings to Helen James on 0409 438 044

### Scrabble/Mahjong @ Terang

*Subject to the easing of COVID restrictions*

Thursday 28<sup>th</sup> October @ 1.30pm, Commercial Hotel, Terang

Afternoon tea available.

Bookings to Ann Corbin on 0428 899 126 or Linda Castaldo on 0438 457 825

Bookings by Monday 25<sup>th</sup> October an **absolute must** due to number restrictions

### Mini Golf

Here's a chance to get out in the fresh air for some fun and laughter. Prizes galore.

We plan to run 4 more sessions on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of October and November

Cobden Mini Golf Course, 29 Grayland Street, Cobden @ 10.00am

Sessions: 14<sup>th</sup> & 28<sup>th</sup> October and 11<sup>th</sup> & 25<sup>th</sup> November

You don't need to come to all sessions. Gary will take bookings each time

Cost: \$6 includes morning tea.

Bookings **essential** for each session. **Absolute maximum of 10**

To book, ring Gary on 0439 079 098

### **Silk Painting - The Next Step**

Helen Langley has offered to take a class for those members who have already taken part in one of her "*Introduction to Silk Painting*" sessions.

The next step in silk painting is working with Gutta. Using silk stretched on frames participants will use Gutta resist to keep the colours apart letting us create drawings and/or patterns. Simple shapes, stained glass patterns, colouring book designs etc. can be used to create a pattern or picture on the long piece of silk. Helen will finish off by steaming, washing and ironing the scarves so they are completed.

Wednesday 20<sup>th</sup> October from 9.30am to approx.. 3.30pm

Cobden Uniting Church Hall, 61 Curdie Street, Cobden

**Full details of this program are given on Page 11**

Bookings to Marilyn: 0437 584 998 or mazz060253@gmail.com **ASAP**

### **Mindful Monday**

Committee member Maureen O'Connor is keen to run this course in a face-to-face situation in 2022. She is also interested to see if any members would like to begin this in 2021 via Zoom. It will be a 30-minute session on a Monday morning using meditation and mindfulness strategies. **Contact the U3A Secretary on 0429 951 643 to register your interest.**

### **SPECIAL EVENTS**

#### **Succession Planning Forum**

Thursday 21<sup>st</sup> October @ 1.30pm, Cobden Senior Citizen's Centre

This is a chance for you to help shape the future of U3A Corangamite

Please come along and give your thoughts

Numbers will be limited

Bookings to Gary by Friday 15<sup>th</sup> October on 0439 079 098

#### **End of Year Lunch**

At this stage the lunch is planned for Friday 12<sup>th</sup> November @ 12.30pm at Sully's Bistro, Cobden Golf Club. More details will be provided closer to the event. No bookings yet please!

## **WHAT'S ON IN OCTOBER & NOVEMBER**

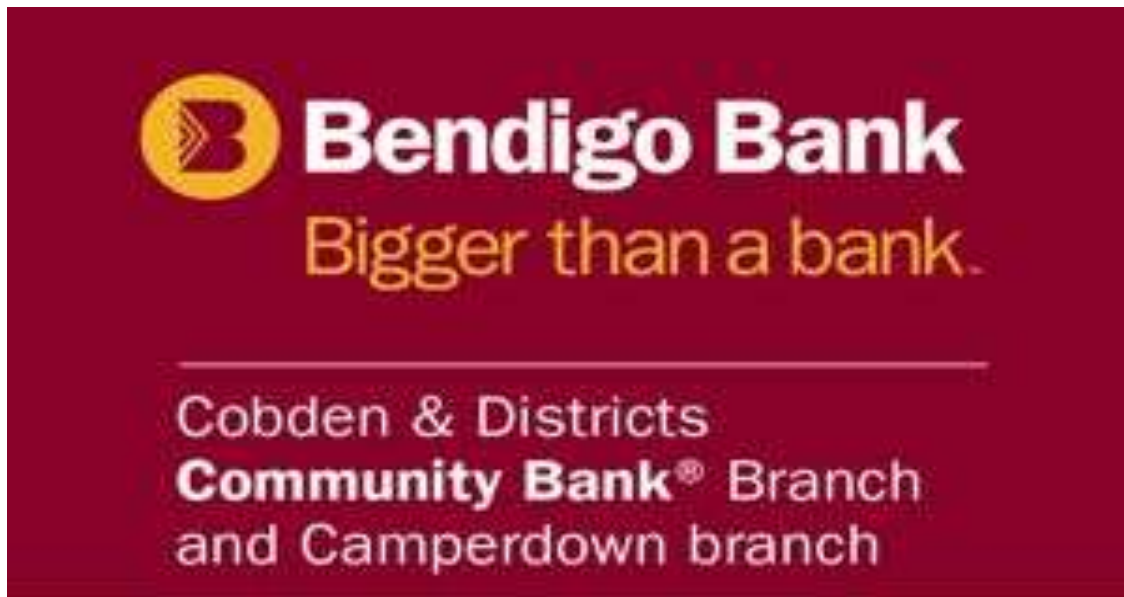
Make sure to check the activities calendar and list below to see what great events are being held during October and November

For further information contact us via e-mail: [u3acorangamite@gmail.com](mailto:u3acorangamite@gmail.com)

**OR**

U3A Corangamite website: <https://u3acorangamite.org.au>

**We are proudly supported by the Cobden & Camperdown Community Banks (Bendigo Bank)**



***and Helloworld, Camperdown***



## U3A ACTIVITIES CALENDAR: OCTOBER & NOVEMBER 2021

		OCTOBER			Fri 01 <i>Dalvui Homestead Garden Ramble and Outside Afternoon Tea: Noorat @ 1.30pm</i>	
02	03	<b>Mon 04</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm  Scrabble: Cobden @ 1.30pm	<b>Tues 05</b> Cooking: Camperdown @ 10.00	<b>Wed 06</b> Bike Ride: Lake Bullen Merri @ 10.30am	<b>Thurs 07</b> Current Affairs: Cobden @ 2.30pm	<b>Fri 08</b> Mahjong: Cobden @ 10.00am
09	10	<b>Mon 11</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	<b>Tues 12</b> Appy Hours: Cobden @ 10.00am  Crafternoon: Cobden @ 1.30pm	<b>Wed 13</b> Hike: Mt Elephant @ 10.30am  Appy Hours: Simpson @ 10.30am	<b>Thurs 14</b> Mini Golf: Cobden @ 10.00	<b>Fri 15</b> Mahjong: Cobden @ 10.00am  Friday Forum: Cobden Senior Citizens Centre @ 1.30pm
16	17	<b>Mon 18</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm  Scrabble: Cobden @ 1.30pm	<b>Tues 19</b> U3A Committee Meeting: Cobden @ 11.00am	<b>Wed 20</b> Silk Painting: Cobden @ 9.30am - 3.30pm  Appy Hours: Timboon @ 10.00am	<b>Thurs 21</b> <b>Special Meeting: Succession            Planning Forum: Cobden            Senior Citizens Centre            @ 1.30pm</b>	<b>Fri 22</b> Mahjong: Cobden @ 10.00am  Travel Tales: Cobden Senior Citizens Center @ 1.30pm
23	24	<b>Mon 25</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm  Let's do Lunch: Cobden @ 12.30pm	<b>Tues 26</b> Appy Hours: Cobden @ 10.00am  Crafternoon: Cobden @ 1.30pm	<b>Wed 27</b>	<b>Thurs 28</b> Mini Golf: Cobden @ 10.00am  Scrabble & Mahjong: Terang <b>TBC</b>	<b>Fri 29</b> Mahjong: Cobden @ 10.00am

		NOVEMBER				
		<b>Mon 01</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm  Scrabble: Cobden @ 1.30pm	<b>Tues 02</b>  <b>Public Holiday Melbourne Cup</b>	<b>Wed 03</b> Bike Ride: TBC @ 10.30am  Singing: Cobden @ 1.30pm  China Painting: Lismore @ 1.30pm	<b>Thurs 04</b> Current Affairs: Cobden @ 2.30pm	<b>Fri 05</b> Mahjong: Cobden @ 10.00am
06	07	<b>Mon 08</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm  Let's do Coffee & Books: Noorat @ 2.00pm	<b>Tues 09</b> Appy Hours: Cobden @ 10.00am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Wed 10</b> Appy Hours: Simpson @ 10.30am  China Painting: Lismore @ 1.30pm	<b>Thurs 11</b> Mini Golf: Cobden @ 10.00am	<b>Fri 12</b> Mahjong: Cobden @ 10.00am  <b>End of Year Lunch: Cobden @ 12.30pm</b>
13	14	<b>Mon 15</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm  Scrabble: Cobden @ 1.30pm	<b>Tues 16</b> Appy Hours: Cobden @ 10.00am U3A Committee Meeting: Camperdown @ 11.00am China Painting: Lismore @ 1.30pm	<b>Wed 17</b> Appy Hours: Timboon @ 10.00am Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Thurs 18</b>	<b>Fri 19</b> Mahjong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens Centre @ 1.30pm
20	21	<b>Mon 22</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	<b>Tues 23</b> Appy Hours: Cobden @ 10.00am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Wed 24</b> China Painting: Lismore @ 1.30pm	<b>Thurs 25</b> Mini Golf: Cobden @ 10.00am Scrabble & Mahjong: Terang @ 1.30pm	<b>Fri 26</b> Mahjong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens Centre @ 1.30pm
27	26	<b>Mon 28</b> Mahjong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	<b>Tues 29</b> Appy Hours: Cobden @ 10.00am Crafternoon: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	<b>Wed 30</b> China Painting: Lismore @ 1.30pm		

## ON-GOING U3A CORANGAMITE ACTIVITIES LIST 2021

**All activities subject to COVID-safe requirements and Victorian Government COVID Regulations**

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Mahjong	Each Monday	10.00am	Timboon Hotel	Christine Honeycombe 0414 315 066
Mahjong	Each Friday	10.00am	Golf Club Cobden	Dee Smith 0427 260 687
Mahjong	Each Monday	1.30pm	Derrinallum Library	Danielle Blomeley 0457 557543
Scrabble	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of month	1.30pm	Old Gym Cobdenhealth	Linda Castaldo 0438 457 825
Scrabble & Mahjong	4 <sup>th</sup> Thursday of Month	1.30pm	Commercial Hotel Terang	Anne O'Brien 0411 202 821
Let's Do Coffee & Books	2 <sup>nd</sup> Monday of month	2.00pm	137 Glenormiston Road Noorat	Eve Black 5592 5333
Singing	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of month	1.30pm	Home of Gwen Steele, 8 Rix Ave, Cobden	Gary Kimber 0439 079 098
Friday Forum	3 <sup>rd</sup> Friday every month	1.30pm	Senior Citizens Centre Cobden	Eve Black 5592 5333
Travel Tales	4 <sup>th</sup> Friday of every month	1.30pm	Senior Citizens Centre Cobden	Marilyn Kimber 0437 584 998
Current Affairs	1 <sup>st</sup> Thursday each month	2.30pm	Old Gym Cobdenhealth	Gary Kimber 0439 079098
Bike Ride & Hike	Wednesday of month - dates TBC	10.30am	Locations to be advised each month	Helen James 0409 438 044



## ON-GOING U3A CORANGAMITE ACTIVITIES LIST 2021

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Crafternoon	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month	1.30pm	Old Gym Cobdenhealth	Helen Sinclair 0439 315 019
Let's Go to the Movies <i>(Suspended for time being)</i>	4 <sup>th</sup> Thursday of each month	TBC	Colac	Gary Kimber 0439 079 098
Appy Hours	On a Tuesday every two weeks	10.00am	Golf Club, Cobden	Don McInnes 0448 230 248
Appy Hours	3 <sup>rd</sup> Wednesday of month	10.00am	Timboon Library	Gary Kimber 0439 079 098
Appy Hours	Saturday am by appointment	TBC	Derrinallum Library	Derrinallum Library 5597 6658
Appy Hours	4 <sup>th</sup> Friday of month TBC	12.30pm	Community House Camperdown	Emily Mercer 5593 1403
Appy Hours	2 <sup>nd</sup> Wednesday of the month	10.30am	Community House Simpson	Community House 5594 3448
Croquet <i>(In recess for time being)</i>	4 <sup>th</sup> Wednesday of the month	1.00pm	Croquet Club Terang	Anne Corbin 0428 899 126
China Painting	Each Tuesday & Wednesday	1.30pm	67 Oman Street Lismore	Loris Shannon 5541 0015
Mini Golf	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of the month	10.00am	Cobden Mini Golf Grayland Street, Cobden	Gary Kimber 0439 079 098

## U3A CORANGAMITE SPECIAL ACTIVITIES IN OCTOBER/NOVEMBER

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Succession Planning	Thursday 21 <sup>st</sup> October	1.30pm	Cobden Senior Citizens Centre Bookings to Gary on 0439 079 098 by Friday 15 <sup>th</sup> October	Gary Kimber 0439 079 098 gazzmazz3@gmail.com
Let's Do Lunch	Monday 25 <sup>th</sup> October	12.30pm	<i>Blue Wren Café</i> Curdie Street, Cobden Bookings to Gary on 0439 079 098 by Thursday 21 <sup>st</sup> October	Gary Kimber 0439 079 098 gazzmazz3@gmail.com
Friday Forum	Friday 15 <sup>th</sup> October	1.30pm	Susan Bosch - " <i>Working with Legal Aide</i> " Cobden Senior Citizens Centre Afternoon tea provided. Gold Coin donation. Bookings to Eve Black on 5592 5333 by Monday 11 <sup>th</sup> October	Eve Black 5592 5333 mountnoorat@outlook.com
Travel Tales	Friday 22 <sup>nd</sup> October	1.30pm	<i>Ross Henderson - Living in Kenya</i> Cobden Senior Citizens Centre Afternoon tea provided. Gold Coin donation. Bookings to Marilyn on 0437 584 998 or mazz060253@gmail.com by Monday 25 <sup>th</sup> October	Marilyn Kimber 0437 584 998 mazz060253@gmail.com
Tea & Tour for Ten (\$10)	<b>Friday 1<sup>st</sup> October</b>	1.30pm	<i>Dalvui Homestead Garden Ramble and Outside Afternoon Tea</i> Afternoon tea provided. Bookings to Marilyn on 0437 584 998 or mazz060253@gmail.com by Monday 27 <sup>th</sup> September We can't go inside due to COVID	Marilyn Kimber 0437 584 998 mazz060253@gmail.com

COURSE/ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Mini Golf	Thursday 14 <sup>th</sup> October & Thursday 28 <sup>th</sup> October	10.00am	<p><b><i>Cobden Mini Golf</i></b>            \$6.00 Morning tea included            Bookings to Gary 0439 07 9098            by Monday 11<sup>th</sup> October</p> <p>Bookings to Gary 0439 07 9098            by Monday 25<sup>th</sup> October</p>	<p>Gary Kimber            0439 079 098            gazzmazz3@gmail.com</p>
Silk Painting - The Next Step	Wednesday 20 <sup>th</sup> October	9.30am – 3.30pm	<p><b><i>Cobden Uniting Church Hall</i></b>            61 Curdie Street, Cobden            Cost \$22 (materials supplied)            BYO Lunch            (Morning and Afternoon tea will be supplied)            Apron or gardening gear. Small brushes if you            have any. Felt tip pen            Ideas or pictures            (Helen will have books and drawing paper)  <b>Max Number: 6!</b>            Bookings to Marilyn: 0437 584 998 or            mazz060253@gmail.com <b>ASAP</b></p>	<p>Marilyn Kimber            0437 584 998            mazz060253@gmail.com</p>
End of Year Lunch	Friday 12 <sup>th</sup> November	12.30pm	<p><b><i>END OF YEAR LUNCH</i></b>  <b><i>Sully's Bistro, Cobden Golf Club</i></b>            More details to be given closer to the event  <b>No bookings yet please!</b></p>	<p>Gary Kimber            0439 079 098            gazzmazz3@gmail.com</p>

**NOTE: Bookings are essential for all these special October activities as numbers are limited**