



CORANGAMITE

UNIVERSITY OF THE THIRD AGE

Keeping minds and bodies active

GREY MATTERS

OCTOBER 2022

PLEASE NOTE: The information and personal details provided in this newsletter are for the use of U3A Corangamite members and affiliates only and the information given should not be disseminated to any third party unless permission has been approved by the U3A Corangamite Committee.

NEWS FROM THE COMMITTEE

Planning 2023

As the meeting of the U3A Corangamite Committee was rescheduled from the 20th to the 27th September, at the time of going to print and distribution of this newsletter, unfortunately we are unable to confirm details of important issues for 2023 which the Committee hoped to have included in this newsletter, viz. membership fees, course enrolment information and the timing of the Annual General Meeting.

After the Committee has discussed the planning issues and finalised arrangements at its meeting on the 27th, a separate advice will be sent to you via e-mail by 1st October.

3 Year Partnership

It's with tremendous excitement that we can announce another 3-year partnership with the Cobden/Camperdown Community Bank (Bendigo Bank).

The bank will continue to support and assist with all of our costs for:

- the Welcome Day/ AGM/Enrolment Day in January each year;
- our wide range of administration costs throughout each year (postage, printing, flyers, advertising, venue costs, catering, computer costs etc).

It is so good to have the bank on board and we ask you to consider going into either branch to discuss banking options, travel assistance and all types of insurance.

The more people and groups that support the bank, the more it can give back to groups such as ourselves; that is indeed how we have been able to receive sponsorship.

NEW ACTIVITIES IN OCTOBER

Friday Forum

Hadley Sides - "How Bendigo Re-invented Itself!"

Friday 21st October @ 12.30pm, Cobden Senior Citizens' Centre

Hadley, one of our own members, was CEO of the City of Bendigo when it went through an organisational transformation. Some fascinating insights into Local Government!

Afternoon tea. Optional gold coin donation.

Bookings to Eve Black on 5592 5333 by Monday 17th October.

Travel Tales

Friday 28th October @ 1.30pm, Cobden Senior Citizens' Centre

Amanda Nash - "Women's Health in Fiji".

Amanda, a Women's Health & Community Nurse in Timboon, travelled to the remote Fijian island of Tavenue in 2019 & 2022 and volunteered with the Loloma Foundation, a Californian based organisation providing sustainable surgical, medical, dental, women health and infrastructure support to rural/remote communities in the South Pacific.

Part of Amanda's volunteer role was to provide Women's Health & Education. During her two weeks on Tavenue, she alternated between providing cervical screening and delivering the "*Days 4 Girls*" education sessions.

Bookings to Marilyn Kimber on 0437 584 998 or mazz060253@gmail.com by Monday 24th October. Afternoon tea. Optional gold coin donation.

Tea and Tour for Ten

Monday 31st October @ 1.30pm

Alderwood Speakers

Alderwood Manor, 56 Curdie Street, Cobden

Scott Wilkinson creates world-class speakers. Alderwood speakers are hand crafted out of instrument- grade birch timber taking up to a month to be finished. The latest invention, the Eros PRO is the most powerful speaker of its size in the world. Its design created a shift in the possibilities of miniature speakers and rippled the traditional audio world. Just a few of the places Scott's speakers are found include Government House, Melbourne Museum and Federation Square. Join us for an afternoon with Scott where he will share his incredible journey, show his innovative crafting and generally give you an insight into how/ why his products have gained world-wide attention. The afternoon will finish off with afternoon tea at the Cobden Bakery (next door) Cost: \$10

Bookings to Marilyn Kimber on 0437 584 998 or mazz060253@gmail.com by Wednesday 26th October.

Let's do Lunch

Steakroad Bistro, Camperdown @ 12.30 pm Friday 14th October

Bookings to Gary Kimber on 0439 079 098 by Monday 10th October.

Bike Ride

Wednesday 5th October @ 10.30am

Cobden to Naroghid on the Rail Trail. Meet at the old NAB building in Curdie Street.

Bookings to Helen James on 0438 918 337 by Monday 3rd October.

Hike

No hike in October

Movie Matinee

Thursday 20th October @ 12.00pm

Commercial Hotel, Terang - \$5 pp

The movie will be "*Bridget Jones - The Edge of Reason*"

A romantic comedy sure to hit the spot!

Bookings by Monday 17th October to Gary Kimber on 0439 079 098 or gazzmazz3@gmail.com

Terang Quiz - Australiana #3

Tuesday 11th October @ 1.30pm, Commercial Hotel in Terang

No cost, afternoon tea provided. Prizes galore.

Bring a friend!

Bookings to Gary Kimber by Friday 7th October on 0439 079 098 or gazzmazz3@gmail.com

ITEMS OF INTEREST

- ✚ Member Graeme Fischer has asked to let U3A members know that the upgrade of his book "*A 150-year cricket journey in South West Victoria*" has been reprinted. A full copy of the book costs \$30 and a copy of the addendum costs \$12. If interested, a text can be sent to Graeme on 0439 135 766
- ✚ *Terang Art Show 2022* is to be held at the Terang College Hall from Friday 28th to Sunday 30th October 2022. Full details, including an artist entry form, may be obtained by clicking on the following link -
<http://www.terangartshow.wixsite.com/artshow>
- ✚ Member Anne Corbin has advised that the Terang Croquet Club is having a seniors' day on the 2nd Wednesday in October (12th) and the Club invites any interested U3A members to join in and enjoy. If interested, please contact Anne on 0428 899 126.

WHAT'S ON IN OCTOBER & NOVEMBER

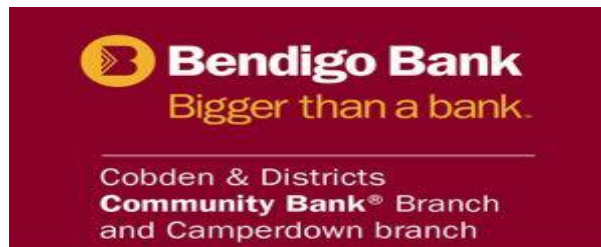
Make sure to check the activities calendar and list below to see what great events are being held during October & November

For further information contact us via e-mail: u3acorangamite@gmail.com

OR

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

**We are proudly supported by
Cobden & Camperdown Community Banks (Bendigo Bank) and Helloworld Travel**



U3A ACTIVITIES CALENDAR OCTOBER & NOVEMBER 2022

		OCTOBER				
01	02	Mon 03 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tue 04 Appy Hours: Cobden @ 10.00am Scrabble: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 05 Bike Ride: @ 10.30am Location TBC Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 06 Current Affairs: Cobden @ 2.30pm	Fri 07 Mah-jong: Cobden @ 10.00am
08	09	Mon 10 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Coffee & Books: Noorat @ 2pm & Cobden @ 1.30pm	Tue 11 Terang Quiz: Australiana #3, Commercal Hotel Terang @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 12 Hike: @ 10.30am Location TBC Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 13	Fri 14 Mah-jong: Cobden @ 10.00am
15	16	Mon 17 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 18 U3A Committee Meeting: @ 10.30am - venue TBA China Painting: Lismore @ 1.30pm	Wed 19 Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 20 Movie Matinee: Terang @ 12 noon. + Lunch Movie is <i>Bridget Jones- The Edge of Reason</i>	Fri 21 Mah-jong: Cobden @ 10.00am Friday Forum: Cobden Snr Citizens @ 1.30pm
22	23	Mon 24 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tue 25 China Painting: Lismore @ 1.30pm	Wed 26 Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 27 Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	Fri 28 Mah-jong: Cobden @ 10.00am Travel Tales: Cobden Snr Citizens @ 1.30pm

		OCTOBER 31 & NOVEMBER				
29	30	Mon 31 October Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Tea & Tour for Ten: Cobden @ 1.30pm	Tue 01 November Appy Hours: Cobden @ 10.00am Scrabble: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 02 Bike Ride: @ 10.30am Location TBC Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 03 Current Affairs: Cobden @ 2.30pm	Fri 04 Mah-jong: Cobden @ 10.00am
05	06	Mon 07 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tue 08 China Painting: Lismore @ 1.30pm	Wed 09 Hike: @ 10.30am Location TBC Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 10	Fri 11 Mah-jong: Cobden @ 10.00am
12	13	Mon 14 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Coffee & Books: Noorat @ 2pm & Cobden @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 15 U3A Committee Meeting: @ 10.30am - venue TBA China Painting: Lismore @ 1.30pm	Wed 16 Singing: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 17 Movie Matinee: Terang @ 12 noon Movie is <i>TBA</i>	Fri 18 Mah-jong: Cobden @ 10.00am Friday Forum: Cobden Snr Citizens @ 1.30pm
19	20	Mon 21 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tue 22 China Painting: Lismore @ 1.30pm	Wed 23 Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 24 Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	Fri 25 Mah-jong: Cobden @ 10.00am Travel Tales: Cobden Snr Citizens @ 1.30pm
26	27	Mon 28 Mindfulness @ 9.00am: Scotts Creek and Via Zoom Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tue 29 China Painting: Lismore @ 1.30pm	Wed 30 China Painting: Lismore @ 1.30pm		

U3A CORANGAMITE SPECIAL ACTIVITIES IN OCTOBER				
ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Let's do Lunch	Friday 14 th October	12.30pm	<i>Steakroad Bistro, Camperdown</i> Bookings to Gary Kimber by Monday 10 th October	Gary Kimber 0439 079 098 gazzmazz3@gmail.com
Friday Forum	Friday 21 st October	1.30pm	<i>Hadley Sides - "How Bendigo Re-invented Itself!"</i> Cobden Senior Citizens Centre Afternoon tea provided. Gold coin donation. Bookings to Eve Black by Monday 17 th October	Eve Black 5592 5333 mountnoorat@outlook.com (See Page 2 for full details)
Travel Tales	Friday 28 th October	1.30pm	<i>Amanda Nash - "Women's Health in Fiji"</i> Cobden Senior Citizens Centre Afternoon tea provided. Gold coin donation. Bookings to Marilyn Kimber by Monday 24 th October	Marilyn Kimber 0437 584 998 mazz060253@gmail.com (See Page 1 for full details)
Tea & Tour for Ten	Monday 31 st October	1.30pm	<i>Alderwood Speakers</i> Alderwood Manor, 56 Curdie Street, Cobden Cost: \$10. Afternoon tea @ Cobden Bakery Bookings to Marilyn Kimber by Wednesday 26 th October	Marilyn Kimber 0437 584 998 mazz060253@gmail.com (See Page 2 for full details)
Movie Matinee	Thursday 17 th October	12 noon	Commercial Hotel, Terang The movie is <i>Bridget Jones - The Edge of Reason</i> \$5 + lunch Bookings to Gary Kimber by Monday 14 th October	Gary Kimber 0439 079 098 gazzmazz3@gmail.com
Terang Quiz Australiana #3	Tuesday 11 th October	1.30pm	Commercial Hotel, Terang Bookings to Gary Kimber by Friday 7 th October	Gary Kimber 0439 079 098 gazzmazz3@gmail.com