



CORANGAMITE
UNIVERSITY OF THE THIRD AGE

Keeping minds and bodies active

GREY MATTERS

MARCH 2023



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.

A WORD FROM THE U3A COMMITTEE

At the end of January, we held a successful Annual General Meeting and, for the information of those of you who weren't present, a new Committee has been elected with Eve Black once again taking on the position of President. The names and contact details of the members of the Committee are given later in the newsletter.

We currently have 122 members and by now you should have received your 2023 membership cards. If by any chance you have not received your new cards, or you require another lanyard, please call Secretary, David Mernagh on 0429 951 643, and this will be remedied.

As this is the first general newsletter for the year, towards the end, a list of the ongoing *U3A Corangamite Activities for 2023*, with the contact details of each individual activity coordinator, is included. This list will not be included in future newsletters and only a listing of **Special Activities** occurring in each month will be provided so it is recommended that for your own reference during the year you retain this on-going activities contact list.

A revised version of the members' newsletter is being presented this year to incorporate a better format for you to read. Your comments on this new layout would be appreciated.

In addition, if you have any ideas for articles for inclusion in the newsletter that you think may be of interest to members, please let us know.

PROGRAM NEWS AND INFORMATION

Our programs are well underway. Thank you to our activity coordinators, contact people and all of you for supporting us again. There are some special monthly activities (see below) that you **MUST** register for each month (and not for the whole year). These activities are *Friday Forum*, *Travel Tales*, *Tea and Tour for \$10*, *Let's Do Lunch*, *Mini Golf*, *Bike Ride and Hike*. When you register, please put it in your diaries/calendar and if then you can't make it at that time, please send an apology to the contact person.

We are also looking for suggestions for places for *Let's Do Lunch*, *Tea and Tour for \$10* and for people to speak at *Friday Forum* and *Travel Tales*. We know there are plenty of possibilities out there so please let us know.

Phone Gary Kimber on 0439 079 098 or email gazzmazz3@gmail.com

NEW ACTIVITIES IN MARCH



Let's Do Lunch!

Wednesday 29th March @ 12.30pm

Union Station Hotel, 23 Manifold Street, Woolsthorpe

Bookings to Gary Kimber by Friday 24th March on 0439 079 098 or gazzmazz3@gmail.com



Tea and Tour for \$10

Tuesday 21st March @ 1.30pm.

Visit to the *Historic Shearing Shed of "West Cloven Hills" farm @ Bookaar owned by Nic Cole.*

Further details of this event are given on Page 10

Cost \$10 includes tour, talk and afternoon tea.

Bookings to Marilyn Kimber by Friday 17th March on 0437 584 998 or mazz060253@gmail.com



Travel Tales

Friday 24th March @ 1.30pm

Lizzie Patterson - Japan

Further details of this event are given on Page 9

To register contact Marilyn Kimber by Monday 20th March on 0437 584 998 or mazz060253@gmail.com

Friday Forum

Friday 17th March @ 1.30pm

Speaker is ***Janine Fitzpatrick.***

Her talk is called "***The Power of One Car.***"

Further details of this event are given on Page 9

To register contact Eve Black by Monday 13th March on 5592 5333 or email mountnoorat@outlook.com



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Mini Golf

Thursday 9th March @ 1.30pm
Cobden Mini Golf, 29 Grayland Street, Cobden
(Next to mini trains).

Further details of this event are given on Page 10

Booking to Gary Kimber by Monday 6th March on
0439 079 098 or gazzmazz3@gmail.com



Bird Watching & Bird Identification

Wednesday 15th March 2023 @ 9.30am at
Lake Purrumbete - to be led by Helen Langley.

To register contact Sue McInnes by Friday 10th
March on 0428 230 244 or jitarning48@gmail.com



Trivia Quiz Afternoon

Monday 6th March @ 1.30pm @ 137 Glenormiston
Road, Noorat. (Eve Blacks house)

Have a go at an Australiana Quiz. Make up a team,
bring a friend for more "friendly" competition.
Prizes and afternoon tea provided. No cost.

Bookings to Gary Kimber by Wednesday 1st March
on 0439 079 098 or gazzmazz3@gmail.com



Musical Theatre

Friday 31st March 1.00 - 4.00 pm

A DVD of the original 1979 Broadway production
of Stephen Sondheim's *Sweeney Todd* starring
Angela Lansbury in the role of Mrs Lovett.

Unfortunately, this event is fully booked as there
is only a limit of 6.

All members who ticked this event on their
enrolment form have been contacted.



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Mahjong @ Terang

Thursday 23rd March @ 1.30pm
Commercial Hotel, Terang

Further details on this activity are given on Page 11

Bookings to Suzanne Green by Monday 20th March
at suzannegreen1@bigpond.com or 0411 453 318

U3A CORANGAMITE COMMITTEE 2023

U3A EXECUTIVE		
Eve Black: President	5592 5333	mountnoorat@outlook.com
Helen James: Vice-President	0409 438 044	thejamesclan@me.com
David Mernagh: Secretary	0429 951 643	ormondboys@ozemail.com.au
Linda Castaldo: Treasurer	0438 457 825	lindacast55@hotmail.com
GENERAL COMMITTEE		
Gary Kimber	0439 079 098	gazzmazz3@gmail.com
Dominque Fowler	0438 918 337	djfowler44@gmail.com
Sue McInnes	0428 230 244	jitarning48@gmail.com
Maureen O'Connor	0429 724 011	willowglenretreat@gmail.com
Heather Petrie	0408 401 562	petrie351@gmail.com
Hadley Sides	0419 497 589	hadley.sides@gmail.com

Please feel free to contact any member of the Committee if you have any issue you would like the committee to consider.

MEMBERSHIP CARDS

By now you will have received your 2023 U3A membership card and a new medical card. Just write your preferred first name on the 2nd blank card and **complete your details on the medical card** and retain it between the two membership cards in the card holder.

If you require a new card holder or lanyard, can you please send an e-mail to u3acorangamite@gmail.com and one will be provided. You must carry your membership and medical cards with you to each U3A event that you attend.

If by any chance we have inadvertently failed write 2023 in the “Valid until 31st December --” line, can you please write 2023 on the two membership cards.

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

and don't forget to check out the

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

ITEMS FOR INFORMATION

U3A Network Course Guides

U3A Network Victoria has commenced a project to establish a range of course guides that can be offered by individual U3As. Mentoring will be given by U3A Network in May 2023 to those who might consider running on of the courses

The course guides come with step-by step instructions on how to run the class, including discussions and experiments. Mentoring will be given to those wanting to run the course at their U3A this. **No background or expertise in any of the specified areas is required.**

Mentoring programs will be run in May for the following course guides:

- 🚩 Understanding Friendship in Later Life
- 🚩 Scribblers (art)
- 🚩 First Nations
- 🚩 Curious About Science

If there is a member who might like to participate in course guide mentoring in May, and then run the course later in the year, and would like further information, can they please contact the Secretary on 0429 951 643 to discuss and have your interest registered with U3A Network Victoria.

Karate for Over 50s

In November, the Committee was approached by Peter Conroy offering to explore the possibility of providing for U3A Corangamite, a traditional karate class specific to 50yo+. Although the Committee thought this was an '*interesting*' proposal for a new activity it decided not to include the activity as a scheduled U3A event but to let members make their own decision on the proposal and details will be provided in the newsletter. Members will then be in a position to contact Peter Conroy directly on peterconroy865@gmail.com if they wish to participate.

Details are:

3rd Age Karate classes will begin in Camperdown in 2023

3rd Age Karate is Specifically Designed for 50yo + who are starting their Karate Journey

Classes will be Monday Nights 7pm – 7.30pm 30 min ONLY

Classes will be NON contact Kata Class Only (No Kumite fighting)

Classes will begin Monday 6th Feb 2023 and run all 4 school terms

Location: Old Basketball Stadium cnr. Manifold Street and Bath Street
Camperdown entrance via rear door off the Police Station car park

Instructor: Peter Conroy Sensei has been training for 35 years and teaching Karate in Camperdown for 25 years with students aged between 6yo and 61yo (currently).

All Students will be offered 2 FREE Come and Try it classes before joining.

Costs: Membership to Funakoshi Karate International is \$45pa

Insurance is \$40 pa.

Class Fees \$14 for a casual class or \$110 per school term.

		MARCH				
				Wed 01 Singing: Terang @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 02	Fri 03 Mah-jong: Cobden @ 10.00am
04	05	Mon 06 Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Trivia Quiz: Noorat @ 1.30pm	Tue 07 Scrabble: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 08 Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 09 Mini Golf: Cobden @ 1.30pm	Fri 10 Mah-jong: Cobden @ 10.00am
11	12	Mon 13 Labor Day Public Holiday Let's do Coffee and Books: Noorat @ 2.00pm Let's do Coffee and Books: Cobden @ 1.30pm	Tue 14 China Painting: Lismore @ 1.30pm	Wed 15 Bird Watching: Lake Purrumbete @ 9.30am Singing: Terang @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 16	Fri 17 Mah-jong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens @ 1.30pm
18	19	Mon 20 Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm Scrabble: Cobden @ 1.30pm	Tue 21 U3A Committee Meeting: Mt Noorat @ 10.30am Tea & Tour for \$10: Bookaar @ 1.30p China Painting: Lismore @ 1.30pm	Wed 22 Croquet: Terang @ 1.00pm Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 23 Mah-jong: Terang @ 1.30pm Scrabble: Terang @ 1.30pm	Fri 24 Mah-jong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm
25	26	Mon 27 Mindfulness: Scotts Creek @ 9.00am Mah-jong: + Timboon @ 10.00am + Derrinallum @ 1.30pm	Tue 28 China Painting: Lismore @ 1.30pm	Wed 29 Let's Do Lunch: Woolsthorpe @ 12.30pm China Painting: Lismore @ 1.30pm	Thurs 30	Fri 31 Mah-jong: Cobden @ 10.00am Musical Theatre: Camperdown @ 1.00pm

ON-GOING U3A CORANGAMITE ACTIVITIES FOR 2023

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Mah-jong	Each Monday	10.00am	Timboon Hotel	Sandy McInnes - 0411 315 795
Mah-jong	Each Friday	10.00am	Cobden Golf Club	Dee Smith 0427 260 687
Mah-jong	Each Monday	1.30pm	Derrinallum Library	Danielle Blomeley 0457 557543
Mah-jong	4 th Thursday of the month	1.30pm	Commercial Hotel Terang	Suzanne Green 0411 453 318
Scrabble	1 st Tuesday & 3 rd Monday of month	1.30pm	Uniting Church Cobden	Linda Castaldo 0438 457 825
Scrabble	4 th Thursday of Month	1.30pm	Commercial Hotel Terang	Anne Corbin 0428 899 126
Let's Do Coffee & Books, Noorat	2 nd Monday of month	2.00pm	137 Glenormiston Road Noorat	Helen Durant 0418 389 751 Eve Black 5592 5333
Let's Do Coffee & Books, Cobden	2 nd Monday of month	1.30pm	Uniting Church Cobden	Gary Kimber 0439 079 098
Singing	1 st & 3 rd Wednesday of month	1.30pm	Commercial Hotel Terang	Gary Kimber 0439 079 098
Friday Forum	3 rd Friday every month	1.30pm	Senior Citizens Centre Cobden	Eve Black 5592 5333
Travel Tales	4 th Friday of every month	1.30pm	Senior Citizens Centre Cobden	Marilyn Kimber 0437 584 998

ON-GOING U3A CORANGAMITE ACTIVITIES FOR 2023

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Bike Ride	1 st Wednesday of month	10.30am	Location to be advised each month	Helen James 0409 438 044
Hike	2 nd Wednesday of month	10.30am	Location to be advised each month	Helen James 0409 438 044
Cribbage	2 nd and 4 th Wednesday of each month	1.30pm	Uniting Church Cobden	Gary Kimber 0439 079 098
Mini Golf	2 nd Thursday of month	1.30pm	Cobden Mini Golf Grayland Road, Cobden	Gary Kimber 0439 079 098
Croquet	4 th 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
Trivia Quiz	1 st Monday of the month	1.30pm	137 Glenormiston Road Noorat	Gary Kimber 0439 079 098
Mindfulness	Every Monday	9.00	Willowglen Retreat, Scotts Creek In Person or via Zoom	Maureen O'Connor 0429 724 011
Let's do Lunch	As advertised	TBA	Venue to be advised each month	Gary Kimber 0439 079 098
Tea & Tour for Ten	As advertised	TBA	Activity to be advised each month	Marilyn Kimber 0437 584 998

U3A CORANGAMITE SPECIAL ACTIVITIES IN MARCH

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Friday Forum	Friday 17 th March	1.30pm	<p>Speaker is <i>Janine Fitzpatrick</i>. Janine has been the owner and driver of a Tesla for the last couple of years, and to say that she just loves the vehicle is an understatement! Her talk is called "<i>The Power of One Car</i>".</p> <p>Afternoon tea provided. Gold coin donation. Senior Citizens Centre, Cobden Bookings to Eve by Monday 13th March</p>	<p>Eve Black 5592 5333 mountnoorat@outlook.com</p>
Travel Tales	Friday 24 th March	1.30pm	<p style="text-align: center;"><i>Lizzie Patterson - Japan</i></p> <p>Last October, Lizzie travelled to Japan for the 3rd time. What kept drawing her back? It was a combination of things - the people, the food (obviously), the ease of getting around, the gardens, gorgeous scenery, all of those things, but most of all it was the culture and traditions. They are paramount in every-day life, so different to our Western ways, and they are so willing to share it with visitors. What is not to love; come and share with Lizzie!</p> <p>Afternoon tea included. Gold coin donation Senior Citizens Centre, Cobden Bookings to Marilyn by Monday 20th March on 0437 584 998 or mazz060253@gmail.com</p>	<p>Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>
Let's do Lunch	Wednesday 29 th March	12.30pm	<p style="text-align: center;"><i>Union Station Hotel</i> <i>23 Manifold Street, Woolsthorpe</i></p> <p>Bookings to Gary 0439 079 098 or gazzmazz3@gmail.com by Friday 24th March</p>	<p>Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p>

ACTIVITY	DATE	TIME	VENUE	CONTACT PERSON
Mini Golf	Thursday 9 th March	1.30pm	<p><i>Cobden Mini Golf, 29 Grayland Street, Cobden</i> (Next to Mini Trains) Cost \$7 pp includes afternoon tea. Lots of prizes and fun. Bring a friend for some “friendly” competition. Booking to Gary on 0439 079 098 or gazzmazz3@gmail.com by Monday 6th March</p>	<p>Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p>
Tea & Tour for \$10	Tuesday 21 st March	1.30pm	<p><i>Visit to the Historic Shearing Shed of “West Cloven Hills” farm owned by Nic Cole</i> Nic will be our presenter. West Cloven Hills was settled in 1839 by Peter McArthur and Nicholas Cole, squatting on the area known as West Cloven Hills & Meningoort. The run was divided in 1842 with McArthur at Meningoort and Cole at West Cloven Hills where the 2 families still live. The shearing shed at West Cloven Hills was built in 1851. Our visit will include a tour of this historic shearing shed and details of the farm’s history. Address: 1430 Darlington Road, Bookaar Cost \$10 includes afternoon tea and talk Bookings to Marilyn on 0437584998 or mazz060253@gmail.com by Friday 17th March</p>	<p>Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>
Bird Watching & Bird Identification	Wednesday 15 th March	9.30am	<p><i>Lake Purrumbete</i> Leader: Helen Langley To register contact Sue by Friday 10th March on 0428 230 244 or jitarning48@gmail.com</p>	<p>Sue McInnes 0428 230 244 jitarning48@gmail.com</p>

ACTIVITY	DATE	TME	VENUE	CONTACT PERSON
Special Terang Mahjong	Thursday 23 rd March	1.30pm	<p>Commercial Hotel, Terang</p> <p>There's no doubt that U3A Corangamite members love their Mahjong! How about stepping it up a level and try something NEW, or actually, very old. The aim of the game is not to win by going Mah-jong, but to create a hand which makes the highest score.</p> <p>Come along to the Commercial Hotel at Terang on the last Thursday of the month for a change of game. Learn and play the true art of Mahjong in a friendly and inclusive atmosphere. Afternoon tea included.</p> <p>Bookings to Suzanne Green on 0411 453 318 at suzannegreen1@bigpond.com by Monday 20th March</p>	<p>Suzanne Green 0411 453 318 suzannegreen1@bigpond.com</p>
Bike Ride & Hike			<p><u>NOTE:</u> There will be no bike ride or hike in March</p>	

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

