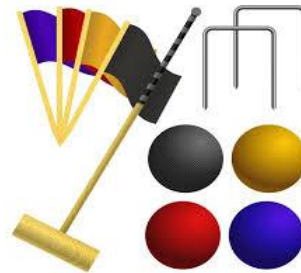




Keeping minds and bodies active

GREY MATTERS

NOVEMBER 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

- ✚ **2024 Membership fee:** the annual fee for 2024 is \$20 but there is an early bird registration fee of \$15 if members enrol before the 22nd December 2023.

Completion of a 2024 Membership form is required, and the form, with details of payment, is attached to this e-mail or may be downloaded from the U3A Corangamite website.

- ✚ **Annual General Meeting: *Thursday 25th January at 1.30pm*** at Cobden Senior Citizens Centre. Please put this date in your diary!

- ✚ **Expressions of Interest**

The Committee is seeking expressions of interest from members in relation to the following:

- A possible group tour to Norfolk Island in April/May or Oct/Nov 2024. If you would be interested in joining such a tour, can you please indicate your response to either Eve Black via email at mountnoorat@outlook.com or to the Secretary on 0429 951 643 by the 14th November. If there are sufficient members who express an interest in this tour, full details with prices etc. will then be obtained from Kim Tracey at *Helloworld Travel* in Camperdown.
- Formation of a regular fishing group in 2024: all tackle to be provided by U3A Corangamite. Please contact the Secretary on 0429 951 643 if you would be interested in being involved in such a group.

NEWACTIVITIES IN NOVEMBER



A Very Special Xmas Lunch!

Tuesday 21st November at 12.30pm

Mt Elephant Visitor Centre, Derrinallum.

Full details of the event are given on Page 4

Bookings to Gary Kimber by Tuesday 14th

November on 0439 079 098 or

gazzmazz3@gmail.com



Friday Forum

Friday 17th November @ 1.30pm

A Pre-Christmas Musical Treat!

Cobden Senior Citizens Hall

Afternoon tea included. Gold coin donation

Further details of the event are given on Page 6

To register contact Eve Black by Monday

13th November on 5592 5333 or

mountnoorat@outlook.com



Travel Tales

Friday 24th November @ 1.30pm

Cobden Senior Citizens Hall

Michael Broomhall: Sri Lanka and the Maldives

Afternoon tea included. Gold coin donation

Further details of the event are given on Page 7

Bookings to Marilyn Kimber by Monday 20th

November on 0437 584 998 or

mazz060253@gmail.com



Tea & Tour for Ten (\$10)

Tuesday 28th November 2023 @ 1.30pm

Warrnambool Library

Kepler Street, Warrnambool (behind SW TAFE)

Further details of the event are given on Page 7

Bookings to Marilyn Kimber by 24th November

on 0437 584 998 or mazz060253@gmail.com

NEW ACTIVITIES IN NOVEMBER (CONTD)



Trivia - Australiana Quiz

Thursday 2nd November @ 1.30pm

137 Glenormiston Road, Noorat

(Eve Black's House)

Get that Brain fired up!

No cost; prizes available. Afternoon tea provided.

Bookings to Gary Kimber by Monday 30th October
on 0439 079 098 or gazzmazz3@gmail.com



Bike Ride

Wednesday 1st November 2023 @ 10.00am

Trestle bridge to Timboon & return

Bookings by Friday 27th October to Helen James on
0409 438 044 or thejamesclan@me.com



Hike

Wednesday 8th November 2023 @ 10.00am

Mt Leura Circuit

Bookings by Friday 3rd November to Helen James
on 0409 438 044 or thejamesclan@me.com



A Birds Eye Experience

Thursday 9th November @ 9.30am

Lake Purrumbete

Full details of the event are given on Page 8

Bookings by Monday 6th November to Sue McInnes
on 0428 230 244

Rescheduled Musical Theatre Event: The musical theatre DVD presentation of the original 1984 Broadway musical production of ***Sunday in the Park with George*** that was postponed in September has now been re-scheduled and will be given on ***Friday 10th November*** from ***1-4pm*** at 5 Errey Street, Camperdown. If you are interested in attending, please contact David Mernagh on 0429 951 643 to register your interest by Monday 6th November. Afternoon tea is included.

For further information contact us via e-mail: u3acorangamite@gmail.com
or follow us on **Facebook** – <https://www.facebook.com/u3acorangamite>

ITEMS FOR INFORMATION

A SPECIAL JOINT PRESENTATION

Thursday 16th November @ 1.30pm, Cobden Senior Citizen's Hall

Positive Ageing & Inclusion - Understanding the Aged Care Package System

Shire representative, Leesa Best will unpack the process of getting a care package, finding the appropriate agency and solving some of the mysteries.

Stroke Prevention

The Stroke Foundation with guest speaker and presenter Dianne Speed. The session will concentrate on the prevention, treatment and beating of Strokes. Many of us have been affected by, or have had relatives or friends affected by strokes.

Afternoon tea included.

Bookings to Gary Kimber by Monday 13th November on 0439 079 098 or gazzmazz3gmail.com

A VERY SPECIAL CHRISTMAS LUNCH AT 12.30PM MT ELEPHANT VISITOR CENTRE

\$20 pp. 2 courses. BYO drinks

Bookings AND payment MUST be made prior to the lunch and no later than Tuesday 14th November 2023.

Payment is to be made either via cash or cheque to PO Box 55 Cobden **OR** via direct debit to U3A Corangamite Inc. BSB: 633-000 ACCOUNT: 155369044 (preferred method) clearly stating your full name and citing **U3A Christmas Lunch** in the subject line.

Bookings to Gary Kimber by Tuesday 14th November at the latest on 0439 079 098 or gazzmazz3@gmail.com

ORGAN DONATION

With the unfortunate cancellation of the October Friday Forum, the proposed speaker for that event, Ashley Eccles, has forwarded to us the *Powerpoint* presentation that he was intending to use on his topic of *Organ Donation*.

For the information of members, this *Powerpoint* presentation is included as a separate attachment to the newsletter e-mail.

U3A ACTIVITIES CALENDAR: NOVEMBER

28	29	Mon 30	Tues 31	Wed 01 Bike Ride: Trestle Bridge @ 10.30am China Painting: Lismore @ 1.30pm	Thurs 02 Trivia: Noorat @ 1.30pm	Fri 03 Mahjong: Cobden @ 10.00am
04	05	Mon 06 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10.00am + Derrinallum @ 2.00pm	Tues 07 Scrabble: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Wed 08 Hike: Mt Leura @ 10.00am Cribbage: Cobden @ 1.30pm China Painting: Lismore @ 1.30pm	Thurs 09 A Birds Eye Experience: Lake Purrembete @ 9.30am	Fri 10 Mahjong: Cobden @ 10.00am
11	12	Mon 13 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10.00am + Derrinallum @ 2.00pm Let's do Coffee and Books: Noorat @ 2.00pm <u>NO Let's do Coffee and Books in Cobden</u>	Tues 14 China Painting: Lismore @ 1.30pm	Wed 15 China Painting: Lismore @ 1.30pm	Thurs 16 Special Presentation: Cobden @ 1.30pm	Fri 17 Mahjong: Cobden @ 10.00am Friday Forum: Cobden Senior Citizens @ 1.30pm
18	19	Mon 20 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10.00am + Derrinallum @ 2.00pm Scrabble: Cobden @ 1.30pm	Tues 21 U3A Committee Meeting @ 10.30am A Special Xmas Lunch: Mt Elephant @ 12.30pm China Painting: Lismore @ 1.30pm	Wed 22 Cribbage: Cobden @ 1.30pm Croquet: Terang @ 1.00pm China Painting: Lismore @ 1.30pm	Thurs 23 Mahjong: Commercial Hotel, Terang @ 1.30pm Scrabble: Commercial Hotel, Terang @ 1.30pm	Fri 24 Mahjong: Cobden @ 10.00am Travel Tales: Cobden Senior Citizens @ 1.30pm

U3A ACTIVITIES CALENDAR: NOVEMBER (CONTD)

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25	26	Mon 27 Mindfulness: Scotts Creek @ 9.00am Mahjong: + Timboon @ 10.00am + Derrinallum @ 2.00pm	Tues 28 China Painting: Lismore @ 1.30pm	Wed 29 China Painting: Lismore @ 1.30pm	Thurs 30

U3A CORANGAMITE SPECIAL ACTIVITIES IN NOVEMBER

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Friday Forum	Friday 17 th November	1.30pm	<p style="text-align: center;"><i>A Pre-Christmas Musical Treat!</i></p> <p style="text-align: center;">Cobden Senior Citizens Hall</p> <p style="text-align: center;">Afternoon tea provided. Gold coin donation.</p> <p style="text-align: center;">Bookings by Monday 13th November to Eve on 5592 5333 or email: mountnoorat@outlook.com</p>	<p style="text-align: center;">Eve Black 5592 5333 mountnoorat@outlook.com</p>
A Very Special Xmas Lunch	Tuesday 21 st November	12.30pm	<p style="text-align: center;"><i>Mt Elephant Visitor Centre</i></p> <p style="text-align: center;">\$20 pp. 2 courses. BYO drinks.</p> <p style="text-align: center;"><i>Bookings and payment must be made prior to the lunch and no later than Tuesday 14th November.</i></p> <p style="text-align: center;">Bookings to Gary Kimber on 0439 079 098 or email: gazzmazz3@gmail.com</p>	<p style="text-align: center;">Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p>

U3A CORANGAMITE SPECIAL ACTIVITIES IN NOVEMBER (CONTD)

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Trivia Last Australiana Quiz of the Year	Thursday 2 nd November	1.30pm	<p><i>137 Glenormiston Road, Noorat</i> (Eve Black's House) Get that Brain fired up!</p> <p>No cost; prizes available. Afternoon tea provided.</p> <p>Bookings by Monday 30th October to Gary on 0439 079 098 or email: gazzmazz3@gmail.com</p>	<p>Gary Kimber 0439 079 098 gazzmazz3@gmail.com</p>
Travel Tales	Friday 24 th November	1.30pm	<p><i>Michael Broomhall</i> <i>The majesty and mystique of Sri Lanka and the Maldives.</i> Cobden Senior Citizens Hall</p> <p>Michael has some great photos and wonderful tales.</p> <p>Bookings by Monday 20th November to Marilyn on 0437 584 998 or email: mazz060253@gmail.com</p>	<p>Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>
Tea & Tour for Ten (\$10)	Tuesday 28 th November	1.30pm	<p><i>Warrnambool Library</i> Kepler Street, Warrnambool (behind SW TAFE)</p> <p>You won't get this opportunity again! Join us for an interesting tour of the new Warrnambool library. Hear about the history of the building and the architectural features that have been incorporated into this beautiful library. Following the tour of the different levels of the library you'll enjoy afternoon tea in the library cafe.</p> <p style="text-align: center;">Cost \$10</p> <p>Bookings to Marilyn Kimber by Friday 24th November on 0437 584 998 or mazz060253@gmail.com</p>	<p>Marilyn Kimber 0437 584 998 mazz060253@gmail.com</p>

U3A CORANGAMITE SPECIAL ACTIVITIES IN NOVEMBER (CONTD)

ACTIVITY	DAY	TIME	VENUE	CONTACT PERSON
Bike Ride	Wednesday 1 st November	10.30am	<i>Trestle Bridge to Timboon & Return</i> Bookings by Friday 27 th October to Helen on 0409 438 044 or email: thejamesclan@me.com	Helen James 0409 438 044 thejamesclan@me.com
Hike	Wednesday 8 th November	10.00am	<i>Mt Leura Circuit</i> Bookings by Friday 3 rd November to Helen on 0409 438 044 or email: thejamesclan@me.com	Helen James 0409 438 044 thejamesclan@me.com
A Birds Eye Experience	Thursday 9 th November	9.30am	<i>Lake Purrumbete</i> An ideal time to see water birds with their fledgelings! Bring cameras, binoculars etc. For those that wish to stay on, the bird watching will be followed by a visit to the Lake Edge Café Bookings by Monday 6 th November to Sue McInnes on 0428 230 244	Sue McInnes 0428 230 244 jitarning48@gmail.com

**We are proudly supported by the Cobden & Districts Community Bank Branch
and Camperdown branch (Bendigo Bank)**

