

U3A

Colac Otway

Learn Laugh Live

Email: u3acolaco@gmail.com

Website: u3acolacotway.org.au

Members of U3A Colac Otway can access and participate in programs offered by –

Apollo Bay U3A - <https://www.apollobay.vic.au>

Corangamite, U3A - <https://u3acorangamite.org.au>

The INFORMER

Volume 17,

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KING'S birthday holiday Monday, 12th June

PRESIDENTS REPORT

U3A in Australia will be 40 next year.

The University of the Third Age (U3A) is an international movement whose aims are the education and stimulation of mainly retired, members of the community — those in their third 'age' of life. The focus is on people who are no longer in full-time employment or raising a family.

U3A was started in France at the Faculty of Social Sciences in the University of Toulouse in 1973 by Professor Pierre Vellas. This model required French U3As to be associated with traditional university systems. In contrast the British model, which developed in the early 1980s, is largely self-help with little or no support from external sources. There are now in excess of 1,000 groups in the UK with over half a million members. It has spread to many countries in some form or other, including Central and Eastern European countries, New Zealand, South Africa, Iceland, Australia, Canada, USA, China, and some South American countries.

U3A began in Australia in 1984 (in Melbourne and adopted the British model).

From two U3As in 1984, Australia now has about 250 U3As with around 100,000 members. Each U3A operates independently and offers membership at very low cost.

U3A Colac Otway began in 2006 and still has founding members – Jenny Todorovic, Shirley Rowlands, Sara Matthews, Heather Barker and Lyn Simpson - a wonderful achievement.

We are delighted to welcome **Cheryl Lang** to our Committee. Cheryl has a background in health promotion and among other ideas is looking to develop a face book page for us. Remember if you are interested in finding out more of what we do, we would love to talk with you. Watch 'The Informer' for the new courses we have coming –some face to face and some with the option of attending by zoom. First Nations- The History of Australia's Indigenous People has commenced, thanks to Brian Short for leading this popular course. I hope all our members remain healthy, warm, and dry and enjoy our courses.

Rosemary Richardson

FACEBOOK PAGE

Hi everyone, we have set up a Facebook page. Please send photos/information/stories about your group to Cheryl Lang - 0409508181.

Follow, like and share! This is what you look for when you type in 'U3A Colac Otway'.



GARDENERS

As winter is here, June Gardeners will be an indoor activity on Thursday 29th June, back room, Kanyana. 10-12. You will create your own miniature garden using small succulents or other plants you may have. Bring your own pot and miniature items such as animals, houses, stones. Visit the op shop for these. You may have plants too. Items provided are succulent potting mix, succulents, and some stones. Come along and be creative. Bring a friend, everyone welcome.



What do you say to a friend who's struggling with grammar?

There Their They're

Barb

An Invitation to attend **GEM CLUB**

Members of the Gem Club meet every Thursday from 3.00 to 5.00 to do a gemstone activity to suit the item the member is working on. U3A members are invited to attend on Thursday 8th June between 3.00 to 5.00 pm to see what is involved in this group.

Location is the first Scout log cabin at the bottom of Dennis St below the Police Station. Contact Russell Adams on 0410 407 032 or 53313973 or - adamsrussell@yahoo.com.au



CULTURAL TOUR - JULY

Excursion to the NGV REMBRANDT Exhibition

The NGV holds the most important Rembrandt collection in the Southern Hemisphere, and this exhibition is the most comprehensive exhibition of his work to be held in Australia in twenty-five years. ... It covers all of the main genres for which Rembrandt is known: self-portraiture, portraiture, biblical scenes, scenes from everyday life, landscape and nudes. The thematic groupings reveal the evolution of his style from an early robust naturalism to the breadth, simplicity and meditative beauty of his later works and his increased focus on distilling the psychological intensity of his subjects is also featured in this exhibition. **Wednesday 5th July**

7.29am train from Colac; return on 15.30 train & bus or 17.06 train. NGV International - Exhibition entry fee \$25 or \$20 Seniors /Concession Bookings: U3A office: ph. 52314435 Co-ordinator: Jen Todorovic.

OLD-TIME/NEW VOGUE DANCING

Dances on Tuesdays is just beginning! Spend a while having fun on the dance floor. Flat, smooth-soled shoes please, and if you can, bring a partner. The more the merrier!

UPCOMING CLASS: Helen Paatsch has kindly offered to take **Italian class beginning July**. Details on time, date and venue to come.

Garden and Afternoon Tea

‘Open garden at your place on the 27th of April Clare?’ Now that’s a question that is guaranteed to pose a bit of a challenge. My reply, ‘but it’s just an ordinary suburban garden!’ And that was the start of my/our Open Garden and Afternoon Tea journey. Brian is included here because he’s the go to person when a pot needs to be moved or rubbish needs to be compacted, shredded or composted.

We bought our house in 2009 or thereabouts and tenants moved in. Renovations began in late 2013 and then we moved in at the end of 2014. The garden was basically non-existent. A few fruit trees, knee length grass and that was about it.

On the 31st of December 2014, while Brian was setting up storage shelves in the back shed, I found an old garden tool (it was fashioned out of an old aluminium pipe with a small garden trowel somehow jammed onto the pipe) and began hacking away at a spot near the house. That day, in the back garden, I discovered circular garden edging. In the following week we discovered that behind that circular edging were five original garden beds. All divided by concrete paths and the remains of a picket fence. So, the circle garden near the house was, basically, clothes drying area, and divided from the immediate back garden by a picket fence, there was originally a large and well organised vegetable garden area. Garden archaeology is quite fascinating. Planning and planting out is just plain fun. And really, getting a garden established doesn’t take much time.



The clothesline is now tucked out of sight behind the lemon tree, we put in two wicking vegetable garden beds and the circle garden is lawn surrounded by a European style garden. The back garden is my joy place. It’s under constant construction and change involving experimentation with planting and design.

The front garden is another style of garden altogether. It's planted out in Australian natives and is a constant source of amazement to me. That's because Australian plants were an unknown element. However, they have become a source of great interest and fascination. I've discovered that tube stock is the best way to buy plants because they seem to grow better; that watering is only necessary maybe once or twice a year and that gardeners are all learners. On the day of the Open Garden the rain that threatened decided to slip away, the sun shone, the wind slowed to stop and people who came could wander, look, and enjoy our shared afternoon tea. Bliss.

Clare Short

GALLOPING GOURMETS

Hare Krishna Valley Feast

In June, we will try something different. To broaden our education and our understanding of different spiritual and community groups. Why not come to lunch at Hare Krishna Valley in Bamba. The address, 1265 Winchelsea-Deans Marsh Rd, Bamba, is easy to find and well-marked.

On the second Sunday of each month the members of Hare Krishna Valley invite visitors to share their culture and way of life by joining them for their Sunday feast. (The date for the next Sunday feast is 11th June.)

I would recommend wearing slip on shoes as you are asked to remove them before going inside. Guests arrive at 12 noon, and are welcomed to the Temple room to participate in the blessing ceremony, accompanied by chanting and dancing. One of the monks explains some of their philosophy before questions or comments are invited. At 2pm everyone joins in a delicious vegan/vegetarian feast. After lunch guests are welcome to feed the Gyr cows.

Please contact Keshava on 0405 577 453 or keshava@iskcon.net.au if you have enquiries.

Bookings are made through the following link.

<https://www.eventbrite.com.au/.../hare-krishna-valley>. It was a very simple process, to book and pay, but if you have difficulty please ring Sandra on 0428 284 084. Please also let her know you have booked.

One of our members, Maureen Stahl, wrote an account of our wonderful pizza lunch.

"On Monday 17th April 11 members of U3A enjoyed the hospitality of fellow member Rob Wilmot. This group of Galloping Gourmets gathered at Rob's Barongarook home and relaxed on his deck which overlooked a large pond with an abundance of goldfish darting from side to side.

The wood fired pizza oven was pre-heated and ready to go.

While we chatted and enjoyed our peaceful surroundings Rob constructed appetising pizzas from his beautifully prepared homemade pizza dough and a variety of toppings. The pizzas just kept coming. People were heard to say "That was my last piece," only to change their minds when the next enticing pizza was produced and they said, "I must just taste a small piece of this one."

When the pizzas were finally all consumed and everyone felt they couldn't eat another bite the ladies produced several delicious sweets and once more diets and good intentions were abandoned.

The weather was mild and the few drops of rain that spattered the area didn't reach us as our table was covered by an adequate umbrella.

It was a very pleasant outing and we were all very grateful to Rob for hosting it so well."

Thank you again Rob and thank you Maureen for your lovely piece.

CRYPTIC CROSSWORDS



Doug Kirkman and his brainy Cryptic Crossworders

LET'S HAVE DINNER

The next dinner is booked at the Colac East Hotel on 28th June at 6pm. Please ring Jacqui on 0411 296 617 by 23rd June to book if you would like to attend this evening.

MOVIE LOVERS

Due to the poor numbers attending our movies at Kanyana they will be cancelled for the time being. If anyone has any ideas about movie sessions, please contact the U3A office with your suggestions

U3A Visit to Otway Estate,



15 *Life After Farming* people went to this remarkable place, just off the Gellibrand road. Luke explained what they do there, which is mainly making beer – 6 or 8 varieties of it. He said they had a ready market except in Colac. He passed around sample glasses and perhaps they'll now sell more of their product. Later, some of us tried a black liquid resembling stout. It was warmly approved. The main part of our visit was spent among the huge, numerous, stainless-steel vats in which the products are brewed, as Luke explained how it was all done. He also explained where the name "Prickly Moses" came from: it's a bush in the bush that you wouldn't want to fall into. We were sorry to find they've ceased making wine, but there's a plan to make gin and whisky. With a coffee to discuss everything, it was a couple of hours well spent. *Garry*

Tai Chi/Qi Gong

There will be no classes in June, but they will start again on **July 5**.

COULD YOU SPEAK UP, PLEASE?

U3A members, being mostly retirees, are in that age group where many of us are not hearing as well as we used to. It is sad when people stop attending an Activity group because they can't hear what's being said.

Whether leading or attending a group, there are simple things we can all do to help each other when speaking:

- Lift your chin and speak OUT, not down.
- Speak CLEARLY, not too quickly or softly.
- LOOK AT PEOPLE when speaking to them. Ensure your mouth can be seen. Lip reading is difficult when mouths are obscured by hands (and big beards and moustaches)!
- Try to eliminate background noise like competing conversations. Even heaters, boiling kettles, humming fridges can make it hard for lots of people.

These small measures can make a lot of difference. And if you can't hear, don't be afraid to ask: **Could you speak up, please?**

OUR COMMITTEE – CLARE SHORT

I have been asked to write an article about myself...

Here are the facts:

I am female/she/her. But you know that! My name is Clare, my husband's name is Brian. If you frequent Vinnies in Colac you'll be sure to see Brian there. He volunteers three days a week. Minimum. More days when necessary. We have three children. The oldest and the youngest live in London with their families. Our middle child lives in Melbourne with her husband. We have two very much-loved grandchildren. They live in London.

I am a New Zealander and I met and married Brian in NZ- way back when. Brian's Australian ancestors all come from Colac. His father was born in Colac. His father's grandfather was one of the earliest surveyors in this area.

My father's family settled in the Western Districts in the 19th century. They were farmers from Dorset. I trained and worked as a secondary teacher for most of my working life.

But I have also worked in shops, offices and, memorably, once cleaned a kindergarten for a few months. All those latter jobs, and having children of our own, provided good training for my life experience as a teacher of English, literature, humanities and, for a limited time, religious studies.

My current role at U3A Colaco is Secretary. This role is interesting, demanding at times and provides endless learning opportunities.

I first joined U3A because I needed to get out and meet more people. I am basically a shy person so taking a deep breath and enrolling for the Shakespeare and poetry groups was a bit daunting. However,

I learnt very quickly that U3A in Colac is a very inclusive group. People are so welcoming and willing to share their talents that is hard to resist saying no. And that's precisely how I came to play cards,



go on to learn Mahjong and then agree to take on tutor roles in the organization – once for Poetry, and now the U3A Book Club. And that's me! I am very pleased to be part of U3A Colac. and I'm sure you are too.

FIRST NATIONS COURSE

There were seventeen participants on the first night of the First Nations Course and the material for the first meeting centred around the archaeological evidence for the occupation of the Australian Continent by the First Nations. The material was really fascinating and my first thoughts were that we will be very busy getting through the course material in eight sessions. We meet on Tuesdays at 4pm and close off at 5:30 sharp.

Anyone wanting to join us feel free, the material can be explored on your own so you can catch up easily at home. The value added by group discussion is paramount however.

Looking forward to the weeks ahead.

Brian Short

Course Presenter.

UPCOMING SECOND ART WORKSHOP:

Great news!!! Judith Rochecouste has offered to conduct a second **sketching workshop**.

Participants of the previous workshop really enjoyed their time and so will no doubt want to put their names down to be involved in the second workshop. This is scheduled for July. and dates and time will be announced in the next Informer. Phone the Office to add your name to the list.

COVID-19 UPDATE

Over the last week there have been several confirmed cases of Covid19 among our members attending U3A events. The following information provides some steps to protect yourself and others. Protecting yourself from getting infected is the best way to protect yourself and the community. If you don't get COVID, you can't spread COVID. These six steps can help you stay ahead of COVID:

- 1.Wear a mask: a high-quality and well-fitted mask can protect you and others from the virus.
- 2.Get your 2023 booster: available at your GP or local pharmacy. Flu vaccines are also now available.
- 3.Let fresh air in: open windows and doors when you can – it reduces the spread of the virus.
- 4.Get tested: if you have symptoms, take a rapid antigen test.
- 5.Stay at home: if you have COVID, you should stay at home for at least five days and until you have no symptoms.
- 6.Talk to your doctor: if you are at risk of falling very sick, you may be eligible for COVID and influenza medicines – and early testing and diagnosis are important.

Issued by the Chief Health Officer 12 May 2023

Office - 55 Hesse Street, Colac VIC 3250

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Tuesday, Thursday and Friday 10 - 12 noon.

Email: u3acolaco@gmail.com

[Website: u3acolacotway.org.au](http://u3acolacotway.org.au)

U3A Colac Otway Inc is grateful for the ongoing support we receive from the Colac Otway Shire, the State Government of Victoria, Richard Riordan MP.

U3A Committee: Rosemary Richardson (Pres), Clare Short (Min.Sec), Jenny Todorovic,(Corr.Sec) Robyn Perrin (Treas), Judy Comley, Rod Morgan, Juli Farquhar, Margaret Evans, (members) Cheryl Lang (media)

U3A Other Positions: Janet Forbes (Membership) Barbara Gower (Office manager), Vivienne Wheeler (Informer Editor);

Course list 2023 – Ring the office to book into classes & information. Kanyana - F = front room, B = back room, O = office.

ARTS AND CRAFTS	DATE	DAY	TIME	VENUE	DETAILS	OTHER COMMENTS
Embroidery	Weekly	Thursday	10 – 12.30	Colac Library		
Knitting & Crochet	7th June	Wednesday	10-12noon	New Deli Cafe	First Wed. of month	See Informer
Patchwork and Quilting	30th June	Friday	9.30-12.00	Kanyana F –		
Social Machine Embroidery	18th June	Sunday	10-4pm	Kanyana F	3rd Sunday	
BRAIN FOOD	DATE	DAY	TIME	VENUE	DETAILS	OTHER COMMENTS
Book Club	8th June	Thursday	2-4pm	Colac Library	2nd Thursday	
Bridge	Weekly	Monday	12.00 – 4.00pm	Kanyana B		New Players welcome
Bridge – teaching session	30th June	Friday	12.15 – 2.45pm	Kanyana B		Last Friday of month
Chess	Weekly	Friday	10am – 12 noon	Kanyana F		New members & beginners welcome
Colac Writers Guild	Weekly	Tuesday	10am – 12noon	Colac Library		New members always welcome.
Cryptic Crosswords	Weekly	Thursday	11am – 12 noon	Kanyana F		Beginners welcome
First Nations	Weekly	Tuesday	4 - 5.30pm	Kanyana	See Informer	
Mahjong	Weekly	Wednesday	1.30 -4.00pm	Kanyana F	Please enroll at the office	
Puzzles	5th & 19th June	Monday	10-11am	Library	1st & 3rd & 5th Mondays	
Shakespeare	6th, 20th & 27th June	Tuesday	10am-12noon	Kanyana B		Weekly but not 2nd Tuesday
Social Cards & Scrabble	Weekly	Tuesdays & Thursdays	10am – 12 noon	Kanyana F		Scrabble Tuesday only
What's in the news	26th June	Monday	11am-12.00	Kanyana B	4th Monday	

LANGUAGES	DATE	DAY	TIME	VENUE	DETAILS	OTHER COMMENTS
French Conversation	Weekly	Monday	2.30 - 4.30pm	Colac Library		See Informer
Beginners French	Weekly	Monday	1-2.30pm.	Colac Library		

HEALTH AND WELL BEING	DATE	DAY	TIME	VENUE	DETAILS	OTHER COMMENTS
Bushwalking	14th & 28th June	Wednesday	9.00am to finish of walk	Various	2 nd and 4th Wednesday each month	If you are new, contact leader via the Office.
Cycling - SLICS	Weekly	Monday	9-10am	Botanic Gardens		Contact Sue on 0419136704
Dancing on Tuesdays	Weekly	Tuesdays	3-4pm	Kanyana B		Old time/New Vogue, some instruction.
Walking Group	Weekly	Friday	9 – 10am.	Botanic Gardens Meet at the gate	Participants choose walks. Cuppa to follow	
MUSIC	DATE	DAY	TIME	VENUE	DETAILS	OTHER COMMENTS
Classic Music Evening 1 & 2	19th June	Monday	6:30 to 9 pm	Members' homes	3rd Monday of month	
SOCIAL INVOLVEMENT	DATE	DAY	TIME	VENUE	DETAILS	OTHER COMMENTS
Galloping Gourmets	11th June	Sunday	12-3pm	Hare Krishna Feast	Details in the Informer	
Gardeners – Potting Shed	29th June	Thursday	10 - 12	Kanyana B	Details in the Informer	
Let's have Dinner	28th June	Wednesday	6.00pm	Colac East Hotel	Details in Informer	Book- Jacqui, 0411 296 617 by 23rd June
Gem Club	8th June	Thursday	3-5pm.	Scout Hall	Details in Informer	
Macbooks, iPads, & iPhones	Weekly	Thursday	1.30 – 3.30pm	Kanyana B		Weekly
Windows Laptop	Weekly	Wednesday	10am-12noon	Kanyana B		Weekly

Classes by week days - some are single session*, others are weekly, twice monthly or monthly
See course lists.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun.
9.00 Cycling-Slics 10.00 Puzzles 10.30 Activities C'tee meeting 11am What's in the news 1pm.French Beginners 12.00 Bridge 2.30 French Conversation 6.30pm Classic Music - both groups.	10.00 Social Cards & Scrabble 10.00 Committee Meeting 10.00 Colac Writers Guild 10:00 Shakespeare 3.00 Dancing 4.00 First Nations	9.00 Bushwalking 10.00 Windows Laptop Surface 10.00 Knit. & Crochet 1.30pm Mahjong 6:00pm Lets Have Dinner	10.00 Social Cards 10.00 Embroidery 11.00 Cryptic Xwords 10.00 Gardeners 1.30 Mac, iPad, iPhone 2.00 Book Club 3.00 Gem Club*	9.00am Walking 9.30 Patchwork & Quilting 10.00 Chess Club 12:15 Bridge beginners	Sat Sun 12.00 Social Machine Embroidery 12.00 Galloping Gourmets