



# Colac Otway Learn Laugh Live

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Facebook: [U3A Colac Otway](https://www.facebook.com/U3AColacOtway)

Members of U3A Colac Otway can also 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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Melbourne Cup holiday – 7th November

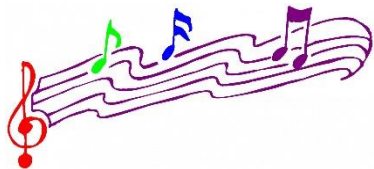
### KNITTING/ CROCHET:

Lunch at Shannon's Café near Safeway at 12 noon, on Wednesday 1<sup>st</sup> November. Knitting/Crochet will resume March 2024.



### MUSIC - Where it came from and how to make it, and what some experts have done with it.

Garry will take you on a very quick trip from beginnings to now, show you a few things about instruments, and then play some of a wonderful CD with commentary. These are the things you thought you knew - but didn't. Friday, 3rd November at 2pm. at Kanyana.



### LET'S HAVE DINNER

The next dinner is booked at the Colac East Hotel on the fourth Wednesday of the month, 22nd November at 6pm. Please ring Jacqui on 0411 296 617 by 17th November to book if you would like to attend this evening.



### PATCHWORK & QUILTING:

Friday 24th November, 9:00 am at Kanyana. This will be the last Patchwork Day for 2023. Our day together will have a Christmas Theme and will include a Mystery car trip out of town, leaving at 9am. It will be at your own expense for morning tea, lunch, and afternoon tea. Please bring a Kris Kringle to the value of \$20 and have it wrapped with no name on it. Kris Kringle can be handmade or bought. Please register at the Office (by the 17<sup>th</sup> of November) if you want to go, and if you are able to take your own car and drive.



### GARDENERS

Our next activity for garden lovers will be to complete the side gardens at Kanyana. A previous group removed some of the overgrown plantings and tidied the area. We would like to complete the makeover of this entrance with some new planting. If you are able to lend a hand please bring your gloves, garden tools, sunhat and sunscreen and plenty of enthusiasm on Wednesday 22nd November at 10am.



### ADVANCE NOTICE

Are you looking to give yourself a Christmas treat this year? Why not join other like-minded members for a grand lunch at Guy Rossi's Florentino Restaurant in Bourke St, Melbourne? It's not a cheap and cheerful place, but refined dining in a Melbourne institution. Have a look at the website for further information and to see if this might appeal to you. We will travel by train so we can celebrate the Christmas season in style. Please indicate your interest to the U3A Office by **Friday 10th November**. You will be connected by email or phone with further details. Numbers are limited to 12 participants only



## GALLOPING GOURMETS

The next Gourmet lunch will be at Fusion, 58 Murray St. Colac on Friday 10th November at 12:30. Duncan and Michelle offer an ever changing menu featuring the best of our local produce, both foods and wines, beer, cider and spirits. Please ring Sandra on 0428 284 084 as soon as possible if you want to attend. Numbers will need to be confirmed by Friday 3rd November, as this is a very busy time of the year for restaurants. Numbers may be limited to twenty.



The **FIRST NATIONS** Course that was presented this year concluded in October with a viewing of Kerrie O'Brien's interview with Rachael Perkins' Voices from the Heart. Prior to this in September there was a showing of Lyndon's Story. This film told a Stolen Generation story of a child who was taken from his family in the Western District.

These were emotionally powerful conclusions to the Course that was not only well attended but those present were also very much involved in the content as it developed week by week. To bring the year to a conclusion there will be an afternoon tea on Tuesday November 14th from 4:30 to 5:30pm. This will also provide an opportunity to discuss our experience of the Course as well as to exchange ideas about what we might do in 2024 on the same theme. Come along, it will be good to see as many as possible.

## BEGINNERS FRENCH:

Mondays, weekly, 1pm at the Colac Library. Our last get together will be Monday 27<sup>th</sup> November where we will meet in a local café. Actual venue to be announced.



**SOCIAL MACHINE EMBROIDERY:** Last day for 2023 will be Sunday 19th November, 10am at Kanyana. We will resume in February.

## LIFE AFTER FARMING

Twenty one people visited the studio workshop of local graphic artist Pete Cromer to hear and see the process involved in the production of his varied artworks. Pete, Mark, Mel and Jarrod gave a tour of his premises and explained some of the issues involved. Attendees were amazed at the variety of his work and by the vibrant colours and simple, stylised designs.



Our next morning coffee and chat will be held on Friday 10th November at 10.30am to 12noon in the backroom at Kanyana. All U3A members are welcome to attend.



## SENIORS WEEK

On the Friday of Seniors Week, we were treated to morning and afternoon tea, and old-time dancing to a dance band. Members of the band were Judy Comley, leader and piano, Garry Richardson, clarinet and saxophone, and Gil Everett, who travelled from Garvoc, drums. Many old familiar songs were featured, and a selection of dances were listed on the board. Chicago Swing, Festival Glide and the Balmoral Blues were among them. The footwork was impressive – it was a joy to watch, and I could hear many of the gentlemen singing softly to their partners. Age was no Barrier – and no one seemed to tire. Could this activity be the secret of eternal youth?

*Rosemary Wall*

## PRESIDENT'S REPORT

What a splendid October. Seniors Week activities enjoyed by many, highlighting to the wider community some of what we do : tai chi, walking, cuppa & chat, and old-time dancing with a "live band" providing the music. The lunch and entertainment provided by the Filipino Community was a great success. A visit to Pete Cromer's art



studio and workshop, an ecology excursion to Lake Bookaar led by Philip De Guesclin & Michael Raetz..... also kept members busy, plus all the regular activities continued. Well done and thank you to you all.

*Rosemary Richardson*



## EXPLORING POPULAR MUSIC. - 2024

A glimpse into an upcoming music group for 2024. Phil Fletcher and his wife Sue have been members of Castlemaine U3A and have facilitated a music group there for 4 years but now that they have shifted to our area, Phil would like to continue sharing with us, and the following is what is proposed:

A journey into popular music throughout the decades. Each session will be based on a theme. For example, musicals, one-hit-wonders, swing, novelty songs and a whole lot more. Class members are encouraged to participate in presenting themes, however, if you prefer not to, just sit back and enjoy the ride.

### THE PLANNED CPR/ FIRST AID

**SESSION** has been delayed till early next year. We'll give you plenty of notice, so that you can book.

## TWO REPORTS ON OUR RECENT EXCURSION.

### Western district lakes and volcanic plains

**Peter Greig,**

Western district landscapes are characterized by flat plains and lakes, with occasional prominent peaks and stony rises. The natural history of these features was explained to a group of U3A members by Michael Raetz, and Philip de Guesclin outlined how those features are used by RAMSAR wetlands.

### Geology

The district – or “bioregion” - is called Victorian Volcanic Plains, so its geological nature is well-known. What's perhaps less well-known is how the various features were formed from the lava that over the last two million years erupted from the earth's crust – or “mantel” – some 10 to 20 km deep.

Lava at around 1400 degrees centigrade spewed upwards through fissures and spread across the landscape, giving it the flatness still visible today. But as it spread, it cooled, firstly at the top, while underneath, the molten rock flowed on. The lakes are mainly shallow but a few are deep – like Lakes Gnotuk, Bullen Merri, and Purrumbete. The shallow ones are called “maar” (German for lake, apparently not associated with the Aboriginal word) - like Lakes Corangamite, Colac, Beeac, Merdeduke and Bookar – are thought to have formed when the molten lava over big areas kept flowing underneath the crust that formed on top as the lava cooled. Later, the crust dropped into the cavity below, creating a depression, which filled with water to become a “terminal” lake; that is, with no obvious drainage. Over time, with evaporation, those shallow lakes became hypersaline, hosting brine shrimp, an important food source for migratory birds. The deep lakes are thought to be from volcanic craters, and their waters are fresh,



flowing from the peaks of scoria – or “pyroclastic” rock fragments – created when hot lava met cold water tables. These peaks are highly permeable, so rainfall infiltrates easily and flows to the deep lakes, keeping salt levels

low. The peaks often have a “lunette” shape, caused by the prevailing wind blowing the pyroclastic material away from the eruption point.

Caves formed under such cones were caused by molten lava emptying out from under a cooling and hardening crust above.

The plains are weathered lava, and stony rises are from more recent eruptions. Even the well-weathered plains have big rocks under the soil. Under the “mantel”, some 3 to 5 million years ago, rainforests once stood, growing on the limestone that was originally under the sea.

### **RAMSAR wetlands**

The name comes from a town in Iran, on the Caspian Sea, north west from Teheran. A convention there in 1971 established the international principles and criteria for defining compliant wetlands, including geology, hydrology, and limnology.

Most sites are in the United Kingdom, while the largest site is in Bolivia (at over 100, 000 ha). In Victoria, 28 sites have been listed, 9 of them lakes in the Victorian volcanic plains, including: Corangamite, Cundare, Bookar, Milangil, Colongulac, Gnarpit, Merdeduke, Beeac and Terangpom. The lakes tend to have a common water level, suggesting they are connected underground.

Being terminal lakes, all are hypersaline, and attract migratory wader birds such as Standard Stilts and Avocets. Overall, some 20,000 waterfowl are supported by these lakes, covering some 70 different species.

The lakes are part of two agreements on migratory birds between Australia and Japan and China. Paradoxically, some of the lakes are also game reserves, which means they can be used for hunting.

**Further information:** Corangamite CMA.

## **Ecology day in local area**

*Michael Allison*

Wednesday 18th October saw 18 people from both U3A Colac Otway and U3A Corangamite. Our guides for the morning were Michael Raetz and Philip DeGuesculin who are a part of U3A Port Fairy. We all gathered at the reserve adjacent to the old Bookar School site. It was a perfectly still day with the sun shining and the call of many water birds out on Lake Bookar, just north of Camperdown. There is always something special about being outside and

experiencing, through observation, both the topography and the birdlife. It is this experience of seeing and interacting with the environment and each other which made for a memorable day

To help us understand the geology of what surrounded us Michael Raetz, a former exploration geologist from Port Fairy, introduced us to the landforms of the ancient volcanic plains of basalt stretching from near Winchelsea through to Mount Gambier. This aspect of the time at Lake Bookar was also important to place it into the context of the lived experience of the indigenous people’s history of the area through the recognition and identification of the various volcanoes that are to be seen from our vantage point. Ian, from Cobden, then shared some aspects of his discovery of a huge ‘chair’ and vault that had been formed through the lava flows around what we now know as Hawk’s Nest Road in the Stony Rises. Philip, a noted bird watcher helped us to hear and see several bird species out on the lake including Hoary Headed Grebes, Coots, Black



Swans and Pink Eared Ducks, to name a few. He also produced a glass bottle of lake water to demonstrate the rich variety of small bugs and crustaceans that inhabit the lake. While he was talking, several of us saw a beautiful Wedgetail Eagle fly past around a hundred feet above him.

It was then time to drive further north and out along East Hill Road in a convoy of 7 cars to Lake Milangil. One tractor even pulled off the narrow road completely to let us pass. I think the local farmers must have been bemused to see a large group of people watching the lake across an electric fence to keep cattle from strolling along the road. Although we couldn’t see the shy Pink Eared Ducks at Lake Bookaar, we were pleased that we could hear so many them in the distance with their distinctive cry. At Lake Milangil, though, we were much closer to them and their distinctive sound carried across the

lake from the reeds where they like to spend their time. We also observed lunettes around the edge of the lake where, over time, sand and wind had formed these distinctive shapes along the shoreline.

As it was now around 12.30...we expressed our gratitude to Michael and Philip and urged them to be our guides for another day out to examine and experience our local ecology. Some adjourned into Camperdown for lunch and more conversations while I returned to our first port of call at Lake Bookar and set up our chairs again in the shade for a picnic lunch and a welcome bottle of wine while the cattle watched us. A perfect day for all of us who attended.

## COURSES LIST

### BRAIN FOOD

**Book Club** – 2nd Thursday, 9th November, 2-4pm at Library

**Bridge** – Monday, weekly 12-4pm Kanyana

**Bridge** – teaching session. Friday 24th November at Kanyana. 12.15 - 2.45pm.

**Colac Writers Guild** – Tuesdays, weekly, 10am-12 at Library. New members welcome Not 7th November.

**Cryptic Crosswords** – Thursdays, weekly, 11am-12 at Kanyana F.

**First Nations** – 2nd Tuesday, 14th November at 4.30pm. at Kanyana

**Mahjong** – Wednesday, weekly at 1.30-4pm Kanyana

**Puzzles** – 1st & 3rd Monday, 6th & 20th November at 10am. Colac Library

**Shakespeare** – Weekly Tuesdays (not 1st and 2nd Tuesday) 10-12 at Kanyana B.

**Social Cards** – Tues & Thurs, weekly 10am-12 at Kanyana F.

**What's in the news** – 2nd & 4th Mondays, 13th & 27th November, 11am. at Kanyana B

## LANGUAGES

**French Conversation** – Mondays, weekly, 2.30 at Colac Library

**Beginners French** – Mondays, weekly, 1pm at Library. See Informer

## HEALTH & WELLBEING

**Bushwalking** – 2nd & 4th Wednesdays, 8th & 22nd November, 9am at various locations, enq. Office.

**Cycling – SLICS** – Mondays, weekly, 9am. at Botanic Gardens playground. 13th Nov. will be out-of-town ride.

**Dancing on Tuesdays** – Tuesdays, weekly, 3 – 4pm. at Kanyana B. Not 7th Nov.

**Tai Chi Beginners** – Wednesday, weekly, 12.15-1.15pm. at Kanyana .

**Tai Chi Skill Builders** – 1.30-2.45pm. Wednesday, weekly at Kanyana.

**Walking Group** – Friday, weekly, 9-10am at Botanic Gardens main gate.

## ARTS & CRAFTS

**Drawing Class** – No more classes for 2023 but pencil in Feb.2024 (to be announced)

**Embroidery**, - Thursday, weekly, 10am at Colac Library

**Knitting & Crochet** – Lunch 1st November, 12noon at Shannon's Café

**Patchwork and Quilting**, 4th Friday 24th November 9am at Kanyana

**Social Machine Embroidery** – 3rd Sunday, 19th November, 10am at Kanyana

## TECHNOLOGY

**Windows Laptop** – Wednesdays, weekly,  
10am at Kanyana

## SOCIAL INVOLVEMENT

### Galloping Gourmets

Friday 10th November at 12.30pm.  
See Informer for details.

### Gardeners

Wednesday, 22nd November at 10am.  
See Informer for details

### Friendship in Later Life

Thursday 2nd November 10am.  
See Informer for details.

### Let's have Dinner

4th Wednesday, 22nd November at 6pm.  
See Informer for details.

### Life after Farming

Friday 10th November at 10.30am.  
See Informer for details.

## MUSIC

**Classic Music 1 & 2** – 3rd Monday, monthly  
20th November at 6.30pm. at private homes.  
RSVP to your host.

**Music** – Where from?

Friday, 3rd November, 2pm at Kanyana

**Office - 55 Hesse Street, Colac VIC 3250**

**Open Tuesday, Thursday and Friday**

**10am-12noon**

**Phone: 5231 4435**

**Email: [u3acolaco@gmail.com](mailto: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)

## U3A OFFICE POSITIONS VACANT

U3A is a worldwide voluntary organisation, and we have vacancies in the Colac Otway office. As memberships build post Covid, the office will once again open 5 days a week in 2024. We are looking for wonderful friendly people who have a couple of hours to spare in the month. These positions ensure the smooth running of the office.



### Assistant Office Manager.

This is a casual position in assisting the Office Manager. Following up the general running of the office, including Rosters and Open days.

### Office Receptionists

This position is to ensure the smooth running of the office.

Hours are 10am – 12noon.

Once or twice a month.

Training will be available for both positions.

Salary - \$00.00 (smile, smile)

Holiday leave – when needed.

If you are interested, have a chat with Barb (no obligation), phone her on 0419 357 901.

Or leave a message at the office.

## STINGY OLD LAWYER

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, “You can’t take it with you.”

After much thought and consideration, the old ambulance-chaser finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer’s wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash.

“Oh, that old fool,” she exclaimed. “I knew he should have had me put the money in the basement.”

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 12.00 Bridge 1pm.French Beginners 2.30 French Conversation 6.30 Classic Music-both groups.	10.00 Social Cards 10.00 Committee Meeting 10.00 Colac Writers Guild 10:00 Shakespeare 3.00 Dancing 4.30 First Nations	9.00 Bushwalking 10.00 Windows Laptop Surface 10.00 Gardeners 12.00 Knit. & Crochet 12.15 Tai Chi – beg. 1.30 Tai Chi - skill 1.30pm Mahjong 6:00pm Lets Have Dinner	10.00 Friendship in later life. 10.00 Social Cards 10.00 Embroidery 11.00 Cryptic Xwords 2.00 Book Club	9.00 Walking 9.30 Patchwork & Quilting 10.30 Life after farming 12:15 Bridge beginners 12.30 Galloping Gourmets 2pm. Music *	<b>Sat</b>  <b>Sun</b> 10.00 Social Machine Embroidery