



## Colac Otway Learn Laugh Live

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

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

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

March 2026

Labor day holiday - 9th March.

### PRESIDENT'S REPORT

I would like to thank everyone for the tremendous kindness and support you have shown me following Garry's sudden passing. Your messages, cards, flowers, and acts of thoughtfulness have meant more than I can say. Garry so enjoyed being part of our U3A and always valued the friendships he made there. I feel very fortunate to belong to such a caring organisation.

There will be a celebration of Garry's life at the Colac Bowling Club on Friday 13<sup>th</sup> March 2-5 pm.

Rosemary Richardson



Friday 6th March 12 noon

at U3A Colac Otway 55 Hesse St. Colac

A chance to catch up with other U3A folk and enjoy a chat over soup and sandwiches

Please book at office for catering

A presentation by The Colac Writers Guild

### COROROOKE HISTORY TRAIL

Travel back to the beginning of the last Ice Age, 100,000 years ago, to walk in the footprints of our megafauna and First Nations people. Enjoy the children's art work, the pre-colonial garden and Cororooke's early settler's stories. Bring along a chair, a cup and lunch if you wish. Hot water, tea and coffee supplied.

Enquiries: Helene Bell 0438 765 214

Cororooke Open Space History Trail Walk,  
Wednesday 4th March, 11am

### KNITTING/CROCHET:

We are still knitting for charity if you wish. All are welcome. Morning tea is at your own expense.

Monday 2<sup>nd</sup> March. Meeting at the Botanic Garden  
Cafe 10am – 12 noon.

The Colac Otway Committee of U3A Colac Otway, have pleasure in inviting you to our:

#### Annual General Meeting

To be held at the Kanyana Centre,  
55 Hesse St, Colac

On Tuesday 14th April 10.30am – 12.00pm

Guest speaker from Colac Kindness Network Inc

Looking forward to seeing you then and enjoying morning tea at 10.30 before

commencement of the meeting at 11am.

Please RSVP by Wednesday 4th April 2026

Ph. 0429389068 or email: [u3acolaco@gmail.com](mailto:u3acolaco@gmail.com)

### LINE DANCING

Life has prevented the class from being held in March. Apologies to the dancers.

We hope that we can start again soon.

### EXPLORING POPULAR MUSIC

Intros, Bridges and Riffs. A look at instrumental intros and fill-ins. The range of music and instruments will be quite eclectic.

Tuesday, 3rd March, 1pm at Kanyana

## **WATERCOLOUR:**

This month we are working on creating simple scenery and adding texture as tension. Materials to bring: Paint, Paper (240gsm and above). Tape, salt, Cling wrap.

**Wednesday 11<sup>th</sup> March 10 –11:30 at Kanyana.**

## **COMPUTERS & IT**

A wealth of knowledge awaits computer users; come along with your laptop or ipad to whichever session interests you. **Wednesdays at 10-12 at Kanyana.**

**March 4** - A look at Windows 11 Explorer

**March 11**- Using Libre Office, Impress to build a slide show.

**March 18**- Explore 4k Downloader to get ad-free clips from Youtube.

**March 25** - Look at Video editors to process clips from last week. Using OpenShot, Shotcut or online Clipchamp or Capcut.

## **GALLOPING GOURMETS**

Come along to the Gellibrand River Hotel for a hearty pub meal and support a local business after the recent district fires. The 120 year old hotel features district milling history and memorabilia displays. The menu includes classic pub meals provided in a cosy and



friendly atmosphere. Phone Sandra on 0428 284 084, by Monday 16th March, to book. **Gellibrand River Hotel, Wednesday 18th March, 12 noon**

## **CLASSICAL MUSIC GROUP 2.**

This group are now meeting at Kanyana. We will be making some decisions about day, date, format and time for future meetings at the next meeting. All this discussion will take place at our regular meeting time on **Monday, 16th March at 6.30pm**, so come along if you would like to join the group and 'have your say'. We have a cuppa/drink and share a plate or two. Helene Bell will prepare a programme.

## **ECO – PRINTING**



Come along and enjoy the pleasure and magical art of eco-printing. The mystery of unravelling your creation and discovering your design. Materials provided. Numbers limited & booking essential. Bring apron and rubber gloves.

**Thursday 5<sup>th</sup> & 26<sup>th</sup> March 10-12:30p.m. at Makers Space, 99A Gellibrand St.**

## **DRAWING FOR RELAXATION:**

Welcome back everyone. The drawing group from last year will get together for some relaxed sketching of your choice. Just bring along your materials and something to draw to 'get your hand in' for 2026.

Suggestions: something botanical, a holiday photo or scene, a still life object (e.g. a favourite jug), a family pet or pet photo, or create a zentangle! Consider your approach-will I just use pencil; will I need coloured pencils or aquarelles. Would it look better with a fine black ink pen? Come along and experience just how relaxing drawing can be.

**Thursday 12<sup>th</sup> & 19<sup>th</sup> March 1-3 at Kanyana (F).**

## **LET'S HAVE DINNER**

The next dinner is booked at the Colac East Pub, Dalton St, on the fourth Wednesday of the month, at 6pm. Phone



Jacqui on 0411 296 617 to book by Friday 20th March if you would like to join a group for companionship, laughter and a really good feed. **Colac East Pub, Wednesday, 25th March, 6pm.**

## **LIFE AFTER FARMING. - report**

Tour of Barwon Water's Colac Treatment Plant  
On Friday Feb 13, twenty Colac Otway U3A members donned Hi-Vis vests and joined a free private tour of Barwon Water's Colac Treatment Plant at Forrest St, Elliminyt.

Emma, Rob and Kirk, our informative guides led us from the starting point where the raw water from Olangalah and West Barwon dams enters the inlet tower. Here the water begins its journey through the various stages of purification treatment to provide safe, potable water to Colac and surrounding districts. You certainly wouldn't want to drink it if you saw all the gunk floating on top before the filtration stage – but that gunk is not wasted; it ends up as dry, fertilizer pellets.



Emma went on to say that Barwon Water, anticipating increased demand due to population growth, was very proactive and planning 50 years ahead. Thank you, Emma and Barwon Water staff.  
**No meeting in March.**

## **FIRST NATIONS**

Upcoming sessions:  
10am to 11:30am at Kanyana

**Tuesday 3rd March**  
**Tuesday 17th March**  
**Tuesday 24th March**

The First Nations group got off to a good start in our examination of the Treaty signed into Law and taking effect from the 1st May. The Treaty marks a significant change in the ways First Nations' are involved in decision making on issues effecting them. Come along to gain insight into this very important aspect of our lives as Victorians, we meet on Tuesdays at 10am.

## **LAW BEHIND THE NEWS - report**

**Things don't always go to plan.** 15 eager members arrived for the first **Law Behind the News** of the year. Unfortunately, Charles' arrival was unexpectedly waylaid, leaving the group without a leader. Despite the disappointment, the morning went on **amiably**. Everyone enjoyed a cuppa and the room buzzed with good conversation. A big thankyou to Jacqui Campbell for solving the mystery of the missing Charles. Also for her kind words of welcome to members new and old. This group will meet at **Babil on the 5th and 19th of March at 10.30am**

## **CONCERT FOR DEVOTEES OF J.S. BACH - MASS IN B MINOR**

If you are looking for something different to do on a Saturday afternoon, why not join some of the Bravura classical music group in attending a performance of JS Bach's masterpiece: Mass in B Minor. This work is considered to be at the pinnacle of western music. The event will be performed on **Saturday afternoon 14 March 2026 at 3.00 pm** and will conclude at approximately 5.15pm. The concert will be performed in the Myers Library at the Royal Mail Hotel in Dunkeld; it will be performed by the Australian Chamber Choir, the same choir that some of us hear perform regularly in the Presbyterian church in Terang. A Baroque chamber orchestra will accompany them. This notice is by way of advertising the event. If you would like to attend, please arrange your own tickets and transport. Further details of this event with contact details for booking this event are in the office. Why not organize some friends in your own vehicle and join other members for this rare event. Perhaps even make it a weekend away. Although Dunkeld is only around a 2 hour drive from Colac, some of us will stay the night in Hamilton rather than drive home immediately after the performance.

## **GARDENERS**

Due to the possibility of ongoing extreme weather and gardens not at their best, Gardeners will commence in **April**. See you all then to explore a local garden or two.  
Everyone will be welcome.



## TUTOR NEEDED FOR ITALIAN

Among Course suggestions received on our U3A Enrolment Day, was Italian For Beginners. If there is someone out there who would be happy to lead the group, please contact the Office on 5231 4435 to discuss further detail.



## POOL

Pool players will not have a session time each week, but you are welcome to come and play at any time if it does not interrupt other activities.

## BOOK CLUB 2

Book Club 2 is now full and closed to new participants. Existing participants meet on the 2<sup>nd</sup> Tuesday of the month.

Next Book Club: 10<sup>th</sup> March, 2pm at Babil

## WESTERN PARTNER DANCING.

Bring a partner if possible, it's a great way to get fit, a fun way to exercise body and brain. 2<sup>nd</sup> and 4<sup>th</sup> Thursdays at Kanyana 1.30-3pm. 12<sup>th</sup> & 26<sup>th</sup> March



## BORROWERS BOOK EXCHANGE.

Check out the bookcase in the Kanyana foyer. It has been tidied up leaving only the best of the books and there is a coloured sticker on all books indicating their genre. If anyone has a use for the old books (in boxes) please take them.



Contributions of good modern books, novels, crime/thrillers, auto-biogs, romances, how to books, etc. would be welcome. They are there to borrow. Enjoy a good read.

## SUNDAY SESSION

A Bedouin Wedding, presented by Lyn Heppner. In her seventeen years in Jordan, one of Lyn's most memorable times was when she was invited to a Bedouin wedding. The wedding took place in a small village close to the borders of Syria and Iraq. The Royal Palace in Jordan employs members of Bedouin tribes in their detail because of their astute knowledge of the desert as well as their honesty and loyalty. Working with them every day, Lyn had the opportunity to learn about their culture and family lifestyle. This small video depicts a typical wedding in a distant Bedouin village to which Lyn was invited.

Come along for a cuppa and chat. Everyone is welcome. Book at the U3A office or with Rosemary on 0407 095 724

Kanyana back room, Sunday 15<sup>th</sup> March, 2 - 3:30

## SUNDAY SESSION – report

Heather Barker told us the fascinating background to the Rajah Quilt - a historically significant 1841 coverlet made by 29 convict women while aboard the ship Rajah transporting them from England to Van Diemen's Land. (Tasmania) It is the only surviving quilt known to be made by convicts – a testament to the resilience of women in times of hardship.

In 1816, Elizabeth Fry, concerned by the plight of women prisoners in goal and during transportation formed the Quaker Group, The British Ladies Society for the Reformation of Female Prisoners. The materials for the quilt were provided by this group; the production was likely to be supervised by a free passenger, Kezia Hayter. On arrival the quilt, bearing an inscription, was presented to the Lieutenant-Governor's wife. (You may like to look up the inscription) At some stage, the quilt was returned to England, maybe to be presented to Elizabeth Fry, however, its life and ownership for the following 147 years are unknown until being rediscovered in 1987 in an attic in Scotland. The Rajah Quilt is now a key item in the National Gallery of Australia's collection.

## COURSES LIST

### MUSIC

**Classic Music –both groups** -3rd Monday 16th March, 6.30pm. at Kanyana. [See Informer.](#)

**Celticana Music** – 1st Sunday, at 3-5pm at Kanyana. 1st March

**Exploring Popular Music** – 1st Tuesday, 3rd March, 1pm. at Kanyana [See Informer](#)

**Bach Concert** – Saturday 14th March at Dunkeld. [See Informer.](#)

### ARTS & CRAFTS

**Embroidery Plus** – Thursdays weekly, 10am. at Colac Library

**Knitting & Crochet** – 1st Monday, 2nd March at 10am. Botanic Gardens Café, [See Informer](#)

**Patchwork & Quilting** – 2nd & 4th Fridays 10-4pm, [13th March only](#) at Kanyana

**Social Machine Embroidery** –3rd Sunday, 10-4 15th March at Kanyana

**Watercolour** – Wednesday 11th March 10-11.30am at Kanyana [See Informer](#)

**Eco-Printing** – Thursday 5th & 26th March at [Makers Space](#) 10-12.30 [See Informer](#)

**Drawing for Relaxation** – Thursday 12th & 19th March, 1-3pm. at Kanyana. [See Informer](#)

### TECHNOLOGY

**Laptops, ipads & Phones or anything ‘IT’**– Wednesdays weekly at 10am. [See Informer](#)

### LANGUAGES

**French Conversation** – Mondays weekly 2-4pm at the Colac Library,

## HEALTH & WELLBEING

**Bushwalking** – 2nd & 4th Wednesdays at 9am. 11th & 25th March [Details at the Office.](#)

**Cycling** – **SLICS** – Mondays weekly at 8.30am. Meet at Botanic Gardens BBQs.

**Indoor Bowling** – Tuesday weekly, 1-2.30pm at Kanyana.

**Line Dancing** – 1st & 3rd Thursdays, 1.30–2.30 at Kanyana. [Not in March.](#) [See Informer](#)

**New Vogue & Old Time Dancing** – weekly Tuesday. 3-4.30pm at Kanyana

**Wednesday Nu Vogue** – Wednesday weekly, at 7.30-10pm. at Kanyana.

**Western Partner dancing** – 2nd & 4th Thurs, at Kanyana. 1.30-3pm. 12th & 26th March

**Pool** -Tuesday group changed.– [See Informer](#)

**Table Tennis** – Fridays weekly - 1pm. at Kanyana

**Tai Chi/Qi Gong** – Wednesdays weekly  
Beginners 12.15 -1.15 Skill-builders 1.30-2.30.

**Walking Group** – Fridays weekly at 9am.  
Meet at Botanic Gardens main gate.

## SOCIAL INVOLVEMENT

**Cororooke History Trail** - Wednesday, 4th March 11am. [See Informer](#)

**Galloping Gourmets** -Wednesday 18th March 12noon, at Gellibrand Hotel. [See Informer](#)

**Gardeners** – Restarting April [See Informer](#)

**Let’s have Dinner** – 4th Wednesday, 6pm. 25th March, Colac East Pub [See Informer](#)

**Life after Farming** – No meeting for March. [See Informer.](#)

**Sunday Sessions** – Sunday, 15th March 2-3pm. at Kanyana [See Informer](#)

## BRAIN FOOD

**Backgammon** – Wednesday weekly, 10am-12 at Kanyana.

**Book Club 1** – 2nd Thursday 2-4pm. at Kanyana  
12th March - Reached capacity

**Book Club 2** – 2nd Tuesday 2-4pm. at Babil  
10th March - Reached capacity

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

**Bridge teaching session** – 4th Thursday, 12.30-2.30pm at Kanyana 26th March

**Chess** – 2nd & 4th Mondays, 1.30-3.30pm. at Kanyana. Beginners welcome. 23rd March only.

**Colac Writers Guild** – Tuesdays, weekly, 10-12 at the Library. 3rd March

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

**First Nations** – 3 sessions. 10-11.30 3rd, 17th, & 24th March See Informer

**Law behind the news** – 1st & 3rd Thursdays, 10.30am at Babil. 5th & 19th March See Informer

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

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

**Trivia with a twist** – 1st & 3rd Mondays 10-12 at Kanyana. 2nd & 16th March.



Office - 55 Hesse Street, Colac VIC 3250  
Open Mon-Friday - 10am-12noon  
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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 (Vice Pres.), Margaret Evans (Sec), Robyn Perrin (Treas), Judy Comley (Liaison Officer), Jenny Todorovic, Rod Morgan, Juli Farquhar, Jim Ryan, Cheryl Lang (social media), Janet Forbes (memberships) Rod Amos (website).

**U3A Other Positions:** Barbara Gower (Office manager), Carol Holmes (Kitchen Monitor) Vivienne Wheeler (Informer Editor)



## Bridge

On Monday the 23rd of February we were delighted to have a visit from our friends from the Camperdown Bridge Club. Twelve members joined us for our Monday afternoon game, it was a very happy and sometimes noisy reunion as we have not been together for some time. We have a very special association with Camperdown as in the early days of our Club we often played together and benefited greatly from their tutorship under the Guidance of Gwen Hindaugh. Wonderful to see Gwen again. We finished the afternoon with a delicious afternoon tea and much chatter, we look forward to another visit before too long. On the homefront we have settled back into our weekly game, having welcomed the New Year in with a lunch and musical performance provided by Pauline and Shirley! Michael is running a Bridge Education session on the 4th Thursday at 12.30 at Kanyana to which everyone is welcome.

**Photos left and above.**

**Classes by week days – some are single session\*, others are weekly, **twice monthly** or **monthly****

| Monday                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                 | Friday                                                                             | Sat/Sun.                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>10.00 Knitting &amp; Crochet</p> <p>10.30 Activities C'tee</p> <p>8.30 Cycling-Slics</p> <p>10.00 Trivia with a twist</p> <p>12.00 Bridge</p> <p>1.30 Chess</p> <p>2.00 French Convers.</p> <p>6.30 Classic Music-both groups.</p> | <p>10.00 Social Cards</p> <p>10.00 Committee Meeting</p> <p>10.00 Colac Writers Guild</p> <p>10.00 First Nations</p> <p>1.00 Indoor Bowls</p> <p>1.00 Popular Music</p> <p>2.00 Book Club #2</p> <p>3.00 New Vogue/Old Time Dancing</p> | <p>9.00 Bushwalking</p> <p>10.00 Backgammon</p> <p>10.00 Computers/IT</p> <p>10.00 Watercolour</p> <p>11.00 Cororooke Trail*</p> <p>12.00 Galloping Goumets</p> <p>12.15 Tai Chi - Beginners</p> <p>1.30 Skill Builders.</p> <p>1.30 Mahjong</p> <p>6.00 Let's have dinner</p> <p>7.30 Wed. Nu Vogue Dancing</p> | <p>10.00 Social Cards</p> <p>10.00 Embroidery +</p> <p>10.00 Eco printing*</p> <p>10.30 Law behind the News</p> <p>11.0 Cryptic Xwords</p> <p>12.30 Bridge teaching.</p> <p>1.00 Drawing for relaxation</p> <p>1.30 Western Partner Dancing – 2nd &amp; 4th</p> <p>2.00 Book Club #1</p> | <p>9.00 Walking</p> <p>10.00 Patchwork &amp; Quilting</p> <p>1.00 Table Tennis</p> | <p><b>Saturday</b></p> <p>3.00 Bach concert *</p> <p><b>Sunday</b></p> <p>10.00 Social Machine Embroidery</p> <p>2.00 Sunday Session</p> <p>3.00 Celticana Music Group</p> |



The Climate Cosy Rooms program aims to improve the quality of life for people with chronic healthcare needs that become worse during heatwaves and extreme cold.

The program modifies at least one room in the home to ensure it stays comfortable during summer and winter temperatures.

The modifications may include:

- ensuring the room is well insulated
- sealing draughts
- window coverings and external blinds.

The program is provided at no cost to participants.



This brochure features previous participants of Geelong Sustainability's Climate Safe Rooms program. Climate Cosy Rooms is a variation of this program.



The Climate Cosy Rooms Program has been developed by Geelong Sustainability and is delivered with the support of the Anthony Costa Foundation, the City of Greater Geelong and Colac Otway Shire.

Geelong Sustainability is a for-purpose community organisation and registered charity that supports the region's transition to a net zero future. Since its establishment in 2007, Geelong Sustainability has become the region's leading sustainability group with extensive networks in community, government and business throughout Geelong and the broader Barwon region.

For more information visit:  
[www.geelongustainability.org.au](http://www.geelongustainability.org.au)  
or call us on 1300 133 702



## Comments from previous participants

"Everything that's been done is healthier for me. I can't explain how wonderful it is, and I just hope that this is going to go to more people who can't afford to have these things done to their own home."

Deb - Participant

"I can afford to visit my kids more in Ballarat, Melbourne and Hepburn, and go out a little more and have a coffee with friends."

It's made a big difference."  
Deb - Participant



## Am I eligible for this program?

Climate Cosy Rooms aims to support people who have complex healthcare needs that become worse during heatwaves and extreme cold.

To be eligible you must:

- Be aged 18 years or older.
- Live in the City of Greater Geelong or Colac Otway Shire.
- Hold one of these Commonwealth concession cards:
  - Centrelink Health Care Card,
  - Centrelink or DVA Pensioner Concession Card,
  - (DVA) Gold Card – For All Conditions.
- Plan to reside in your home for at least the next two years.
- Have an existing chronic health condition that becomes worse during heatwaves and extreme cold. For example, MS, MND, ALS, Raynauds, Cardio-vascular diseases, Kidney diseases.
- Have the capacity to provide consent, and to fill in various related forms. Involving family members or carers is highly recommended, especially for completing rebate forms which are mostly done online.

## How Do I Apply?

Complete and return the 'Register your Interest' form on this brochure and we'll call you back. Call our Project Coordinator on 1300 133 702 or email [info@geelongustainability.org.au](mailto:info@geelongustainability.org.au) to find out more information.

## Register your interest

Fill in and return by:

Post to:  
Climate Cosy Rooms, Geelong Sustainability  
PO Box 258, GEELONG VIC 3220

Scan and email to:  
[info@geelongustainability.org.au](mailto:info@geelongustainability.org.au)

Please write clearly in **BLOCK CAPITAL LETTERS**

Participant Name .....

Unit Number ....., Street Number .....

Street Name .....

Suburb .....

Postcode .....

Contact Name (if different to participant) .....

Home Telephone .....

Mobile Telephone .....

Email address .....

Best time to contact you:

☐ Morning ☐ Afternoon ☐ Evening

### Privacy Statement

Geelong Sustainability collects, uses and discloses your personal information for the purpose of administering this program in accordance with the Privacy Act 1988 (Amended 2024) and our Privacy Statement. Geelong Sustainability's Privacy Statement is available from [www.geelongustainability.org.au/privacy](http://www.geelongustainability.org.au/privacy)



## Free home comfort upgrades

Free upgrades to eligible households to improve home comfort and deliver health and wellbeing benefits during summer and winter weather extremes, without increasing energy bills.

