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### DIARY DATES

2019

**Seniors' Week Function:** 1:30pm, Tuesday, 8<sup>th</sup> October

**Term 4:** Monday 14 October to Friday 6 December

**Members' Christmas Lunch:** Tuesday 10<sup>th</sup> December

### \* 2020 DATES

**Membership and enrolment:** week beginning 27<sup>th</sup> January

**Classes start:** Week beginning 12 February

*\*Dates will be confirmed in the newsletter to be distributed mid-January.*

### FROM THE PRESIDENT

All is set for a busy term four and with four new classes and vacancies in some of the continuing classes, there should be something to interest everyone. Before the term starts, there will be the Senior's Week function (details page 7) which has been organised after an approach by the Meander Valley Council who will fund the event. The public is invited; anyone who wants to hear the speaker, and socialize is welcome.

Planning for 2020 has commenced, prompting a reminder that U3A is a sharing community which relies on members to share their skills as leaders, or to form a

common interest groups for learning, or to organise activities. Please consider how you might contribute. You don't have to be an expert. Proposals for 2020 should be submitted by end of December, but preferably sooner. A good start would be to discuss your idea with a Committee member.

Containing cost of venue hire is becoming increasingly challenging. You can help by letting us know of any free or very low-cost venues.

The MVU3A website, <http://www.mvu3a.org>, will be unavailable for several days, sometime before the end of December, while webmaster Wolfgang carries out maintenance. A few members might have noticed that we did not renew the MVU3A mobile phone plan; the few calls received did not justify the cost or the work involved in monitoring and keeping the phone charged.

There are many ways members can contribute; we are grateful to Dianne, who offered to share the load by helping to delivering newsletters to members without email addresses. Thank-you to the leaders and the committee for their continued contribution of time and energy which has ensured the continuing success of MVU3A in 2019.

Beryl

## **CLASS PROGRAM TERM 4, 2019**

You must be a member of MVU3A to enrol in classes. Applications for membership are available on our website, <https://www.mvu3a.org/application-for-membership/>, from the course leader, or by emailing [meandervalleyu3a@gmail.com](mailto:meandervalleyu3a@gmail.com)

For all new enrolments contact the person listed prior to the lesson to check for vacancies and enrol in classes.

Term 4 commences Monday 14 October.

The U3A term is 8 weeks.

Viable numbers are needed to run/continue classes.

Please try to make a habit of wearing your name badge to U3A classes. This helps members to get to know each other. We encourage you to write emergency contact details on the back of your badge.

**Fun Trivia will not run in term 4.**

## PLACES AVAILABLE IN THE FOLLOWING CLASSES IN TERM 4

### MONDAY

**USE IT OR LOSE IT** – 1-2pm, Westbury Sports Centre. Nanette Steers 0419 107 104, [philandnanette@bigpond.com](mailto:philandnanette@bigpond.com)

Movement, fun and games to keep your mind and body active. Learn the basic principles of safe stretching, lifting and exercise in a fun, encouraging environment. Improve your balance, hand-eye coordination and overall fitness to help maintain a healthy lifestyle.

**LET'S TALK BOOKS - CARRICK** 1.30 pm, third week of the month all year, Sheila's place in Carrick. Sheila Stevenson 0428 576 795/63937111, [stevos.bjs@bigpond.com](mailto:stevos.bjs@bigpond.com)  
There are limited spaces available in this group which discusses books around various themes or topics.

### TUESDAY

**SOCIAL TENNIS** – 9.30-11.30am, weekly all year, Westbury Recreation Ground. Wendy Hays, 0400 080 535

Make new friends and enjoy tennis in a non-competitive way. Weekly, continuous through year depending on weather.

**INTRODUCTION TO CROCHET-** 10 -11am, Nita's place, Carrick. Nita Clarke 6393 7268 or [ameliaclarke66@gmail.com](mailto:ameliaclarke66@gmail.com)

Nita will help you to learn to crochet or refine your skills in this craft.



**CRAFTING WITH WOOL-** 1-4pm, Bev's place Deloraine. Bev Ashdown, 0401 841 971 or [bev.ash47@gmail.com](mailto:bev.ash47@gmail.com)

Make your own small animals using a special needle and carded wool to create little creatures. Initial cost for the first animal \$10.

**TAI CHI** – 2-3pm, Carrick Hall. Jenni Bailey, 63623260

Gentle exercise for all, improves health and assists relaxation.

New enrolments possible but could be a little difficult for newcomers at this stage in the year. Anyone interested is welcome to come along and check out whether they are interested in getting involved in 2020.

**HACKERS AND WACKERS GOLF:** 5:00pm, Deloraine Golf course, Arrangements sometimes vary. Green Fees, own golf clubs. Paul Kilroy 0414 891 793, [paulkilroy51@yahoo.com.au](mailto:paulkilroy51@yahoo.com.au)

What can be more pleasant than 9 holes of late afternoon golf with a group of other 'occasional' golfers at the picturesque Deloraine golf course? All you need is your own clubs and a sense of humour. Cost \$10 for 9 holes

### WEDNESDAY



**FUN AND GAMES** - Fortnightly, 2.00 – 3.30 pm, alternate Wednesdays (23 October, 6 November, 20 November, 4 December). Westbury Bowls Club, Franklin Street. Bev Stevenson, 0418 741 162, [bj.stevenson@bigpond.com](mailto:bj.stevenson@bigpond.com), or Barbara Stubbings, 0406 597 639, [barbstubbings@yahoo.co.nz](mailto:barbstubbings@yahoo.co.nz)

Three or four tables will be set up with a different game on each table. Your choice as to what you play. Members are welcome to bring their own large or small board game or card game e.g. UNO or Skip-bo.

**YOGA** – 4.15-5.30pm, Deloraine Day Centre. Kristina Nicklason, 63678241, [kristinakm@bordnet.com.au](mailto:kristinakm@bordnet.com.au)

Simple postures, healthy breathing techniques and guided relaxation suitable for everyone. Participants are asked to bring their own yoga mats if they have them.

### THURSDAY

**CARRICK CROQUET CAPERS** – 10am, Dawne's at Carrick. Dawne Walker, 6393 6361, [ashburn160@bigpond.com](mailto:ashburn160@bigpond.com)

We are a fun-loving group and although not competitive, Dawne's unique scoring system gives everyone the chance of scoring a hoop and even if not first through, can still top score at the end of the game. We usually play about 3 rounds per session. A one-off donation of \$5 would be appreciated for wear and tear on equipment, provision and tea/coffee supplies. New members certainly welcome. Continuous throughout year.



**MEDIEVIAL MATRIARCHS: WOMEN OF SUBSTANCE**- Term 4, 10:30am – 12:30pm, Deloraine Community House, Emu Bay Rd, Deloraine, Richard Mack, 0411 244 103, [dickmack42@gmail.com](mailto:dickmack42@gmail.com)

This course will tell the stories of some of the noble women who lived in medieval England. After looking at the society in which they lived, we will discuss their

characters, the roles they were expected to play, the ways in which they were able to influence their menfolk, and their impact on the course of history.

We will discuss the lives and importance of: Matilda of England, Eleanor, Duchess of Aquitaine, Eleanor of Provence, Isabella of France, Marguerite of Anjou, Margaret Beaufort, Elizabeth of York

**CROQUET** – 1.30-3.30pm, Westbury Village Green. Geoff Gard, 6393 1237, [geoffgard@dodo.com.au](mailto:geoffgard@dodo.com.au)

Enjoy the fun and companionship of playing on the Village Green weekly, continuous throughout year weather permitting.



**ASPECTS OF GARDEN DESIGN** 6 sessions, commencing October 17, 2pm - 4:00pm Deloraine Community House, Emu Bay Rd. Deloraine. Rosalie Young, 0427 006 842 [1rosalieyoung@gmail.com](mailto:1rosalieyoung@gmail.com)

We will explore a range of design requirements, including planning and preparation, structures and hard landscaping, design styles and plant selection. The course consists of power point displays, plus two garden visits. A summary of each week's class will be emailed to you.

## FRIDAY

**LET'S TALK BOOKS – WESTBURY** – 10.30am on the first Friday of each month, Green Door Café. Marg Leedham, 0409 892 462, [marg.leedham@bigpond.com](mailto:marg.leedham@bigpond.com)  
Book discussion and yummy morning tea.

**BENDIGO BANK MOVIE CLUB: LEARNING FROM CINEMA:** 1:30pm 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month, Deloraine Performing Arts Centre. Paul Kilroy, 0414 891 793, [paulkilroy51@yahoo.com.au](mailto:paulkilroy51@yahoo.com.au)

Enjoy a variety of films introduced by members. Due to copyright restrictions, only MVU3A financial members may attend. There is no charge. Generously sponsored by Deloraine & Districts Community Bank® Branch of Bendigo Bank.



## HELP AVAILABLE

**SEWING TROUBLESHOOTING AND MORE:** Wendy Hays, personal textiles tutor on an individual and flexible basis, for any members who need assistance with sewing, dressmaking, interior soft furnishing or textiles craft project. Her home or yours by negotiation. Absolute beginners, or anyone wishing to refine their skills or who simply

needs help hemming a dress or trousers.

Contact Wendy Hays on 0400 080 535 or [wendygardener33@gmail.com](mailto:wendygardener33@gmail.com)

## NEW LEADERS

### **Bev Ashdown: Crafting with wool**



Bev grew up at Lapoinya on the north west coast of Tasmania. She moved to Launceston. She later farmed for over 50 years on various farms in the Meander Valley area. Bev and Malcolm planned for their retirement by building a house in Deloraine but just before it was finished, Malcolm died. Bev moved into the house and has lived there for 12 years. She has 2 children, 2 stepchildren, 10 grandchildren and 9 great grandchildren.

Bev has pursued many hand crafts including porcelain dolls, mosaics, quilting, felting, and sewing, and maintains her neat and colourful garden. She is an asset in MVU3A ukulele performances because of her talent to sing, she helps to carry some of the less tuneful in the group.



### **Rosalie Young: Aspects of garden design**

*Multi-talented Rosalie will be wearing a different hat this term!*

Part of my working life involved the establishment of an advanced tree nursery and garden centre in central Victoria.

Together with my late husband, and our son who gained diplomas in Horticulture and Arboriculture, we set up the growing of advanced trees which included a garden centre and gift shop, subsequently becoming accredited. During this time, I studied Horticulture at Dookie College and Shepparton TAFE. Over a two-year part time period I also became a qualified Horticultural judge.

We supplied trees and plants to councils, businesses and individuals and as part of this business my son and I offered Garden Design which at times involved planting out.

Prior to moving to Deloraine with Richard a bit over two and a half years ago, I continued providing several Garden Designs to clients in Castlemaine.

I look forward to assisting class members in creating beautiful gardens, with their own interpretations.

## SOCIAL FUNCTION

### **SENIORS' WEEK CELEBRATION**

Entertainment, speaker, light refreshments

**FREE ADMISSION, PUBLIC WELCOME**

Tuesday 8 October, 1:30pm,

Westbury RSL, Lonsdale Promenade

**Speakers:** Michelle Nicholson, developer of the "Overcoming Pain And Living Life", (OPALL) program, and BJ White facilitator

Organised by Meander Valley U3A as an early celebration of Seniors' Week. Sponsored by Meander Valley Council.

Enquiries: 0407 951 823

## NEWS FROM CLASSES

### **Art**

Members of the mosaics, ceramics, acrylics and watercolour groups combined for a relaxed day of outdoor painting/sketching/photography at Huntsman Lake picnic grounds - a productive day for those who braved the inclement weather. (See cover page photo)

### **Water colour exhibition**



Work by artists from the watercolour class, will be on display in the foyer of the Meander Valley Council office, Lyall Street, Westbury,

**October and November, Mondays to Fridays 8.30 am. to 5 00pm**

## Let's talk books (Westbury Group)

On the first Friday of every month an eclectic group of women meet at The Green Door Café in Westbury to discuss books over a cuppa and some delicious cakes.

Our co-ordinator, Marg Leedham, does a sterling job of reminding us of upcoming meetings, emailing the group a post-meeting synopsis and steering us back to the topic when we tend to go off-piste during a discussion.

We usually decide our format a couple of months in advance – either a theme which we interpret in any way we like and choose our own books accordingly, or we all read the same book as chosen by the group.

Having read mainly non-fiction books in the past I have been surprised at how much I have enjoyed the other option. I have read books with the group that normally I would not even have considered reading and have sometimes been taken out of my comfort zone, but it has always been a worthwhile experience. One such book was “The Eye of the Sheep”, by Sofie Laguna, a not particularly cheerful novel but powerful and thought-provoking.

Our most recent “communal read” was “Transcription” by Kate Atkinson. Many in the group didn't like the book but a robust discussion of it left us all, I hope, feeling that it was worth reading. I certainly thought so.

Listening to others talk about books they have read pertaining to a chosen theme is also fascinating and I have often left a meeting with a list of books that I would like to read. I look forward to each book group meeting and am always disappointed if another engagement precludes me from attending. In short, I can thoroughly recommend joining a book group to anyone who loves books.

Sally McKaige

*The other MVU3A book group meets at Sheila's home at Carrick.*

## Bike riding

Riders are now riding beyond the Streets of Westbury. It could be the time for someone to start a new beginners' group.



## FOR BOOK WORMS

Author Stella Rimington, former Director General of MI-5 is well qualified to write crime fiction involving espionage and terrorism.

She was impressive when in Australia to publicize her first book, *At Risk*, and over the years she has added nine more books to the series. Although the books are stand alone, starting with the first one enables following the development of the characters. It's been interesting to follow the trend of issues, and the way she has almost predicted some acts of terrorism. Book Lover

*Short book reviews needed to continue this section. You do not have to be part of a book group to submit a review.*

## VALE

Raymond Ryder. Members who knew Ray were saddened to learn that, after a short illness, he passed away on 22 September. Our sympathy to Sue.

## BITS & PIECES

**Dementia research:** Participants are still being sought for "The Island Project, described as "the largest dementia study in the world". For more information and to register, see <https://islandproject.utas.edu.au/>

Approximately 1/3 of dementia cases may be effectively preventable by tackling specific modifiable risk factors.

**Days for Girls Workshop:** Every second Friday, the Meander Valley Days for Girls Team meet at the Rotary Pavilion, Deloraine, at 10.00 until 4.00pm to participate in a life changing program. Contact: Lois Beckwith, 6369 5393.

**Fish feast:** Saturday 19 October, 7.00 for 7.30pm, Quercus Rural Youth Park, Oaks Rd, Carrick. Cost - \$40 per person. RSVP Monday 14 October, Lyn Dent 0439 639 731, or Jill Viney 0409 936 234. Proceeds supporting Dakota Boscoe from the Hagley Store, and Purple for Prostate. Westbury Lions Club

**Car show:** Sunday 20 October, Village Green Westbury, from 10am Entry by donation. Enquiries 0408 747 374. Rotary club of Westbury

**Meander Valley Diabetes Support Group** meets 1:30pm, first Tues of the month, Westbury Community Health Centre. Sheila Stevenson, 0428 576 795 or [stevosbjs@bigpond.com](mailto:stevosbjs@bigpond.com)

**Art Exhibition**, "Blood is Life", publicising Haemochromatosis, Deloraine Hospital Gallery on display until after the craft fair.

**Paws on the Green**, Saturday, October 19, 2019 at 10 AM – 3 PM. A day of fun for family and their pooches. Dog related activities, such as races, jumping, displays, demonstrations, competitions, prizes along with food and entertainment.



Westbury market and Blessing of the

Animals will be held the same day. Entry by donation supporting Smith Family's early literacy program. Organised by Westbury Health Centre Inc.

## MVU3A COMMITTEE

President: Beryl Pearn, Vice President. Paul Kilroy. Treasurer: Paul Baker, Secretary: Jo FitzGerald. Committee members: Barbara Stubbings, Carmel Taylor, Geoff Gard, Merrilyn Johnson, Nanette Steers, Nita Clarke, Ruth Krahenbuhl. Public Officer: Dr Peter Talbot.

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## NEXT NEWSLETTER

The Term 1, 2020 newsletter will be distributed mid-January: Deadline for contributions, 3rd January, subject heading, 'Newsletter', to either MVU3A postal or gmail address, or to Beryl Pearn at [beryl.pearn@bigpond.com](mailto:beryl.pearn@bigpond.com).

***Keep up to date with the latest news, events, and photos on facebook,***

**<https://www.facebook.com/mvu3a/>**

## CONTACT DETAILS

**Meander Valley U3A**

**Postal address:** Meander Valley U3A, PO Box 51, Westbury, TAS, 7303.

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**Website:** <http://www.mvu3a.org>



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