

OUR NEWS LETTER



Adult Education in
the Community

Latrobe Valley U3A Inc.



Adult Education in
the Community



NEWSLETTER No 135 July-Aug 2019

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LV U3A Committee 2019



**Fltr: Adam Sharp - Acting President;
Christina Richardson - Treasurer;
Mary Mattheyse - Secretary;
Kaye Birks - President**

On the last day of May - LVU3A had its annual Meeting.

The 2018 move into new premises and the change of treasurer had conspired to throw up a few challenges which - with good will and hard work - all got sorted, if a little later than usual.

We are very lucky in our organisation to have such dedicated people who will not rest until 'the good is better and the better best'. Better still, they are great people to work with. CONGRATULATIONS and a A BIG THANK YOU to all office bearers.

Meet our new president KAYE BIRKS

Thank you all for electing me as your new President. Unfortunately I have not been able to keep up with the LVU3A happenings, for personal reasons, so I am unable to contribute anything useful to this newsletter and defer to Adam Sharp's report. I hope to be able to contribute more in the next newsletter and I am looking forward to a productive and happy liaison with the committee and other members.
Kaye Birks



As Kaye has previous commitments in the first part of her term of office, Adam Sharp has agreed to be Acting President when she is away.

A word from our acting president Adam Sharp

Thank you to all who attended the AGM. The Treasurers Report was accepted unanimously, and the Office Bearers and new committee members were ratified. As I stated at the meeting, we are indebted to the hard work and effort of the Committee members, who make the classes and various experiences run so efficiently. We also appreciate the preparation, delivery, and enterprise of all the tutors who are volunteers.

Our new 2019 Committee and their specific roles are:

Kaye Birks	President
Adam Sharp	Acting President and Facilities useage.
Maureen Spark	Acting Vice President. Welfare and Social Activities.
Mary Mattheyse	Secretary
Lola Gay	Assistant Secretary
Jillian Carroll	Minute Secretary and assist with Prospectus
Annie Mc. Duffie	U-MAS Record system and Messages to members, Notice Board
Christina Richardson	Treasurer, Council liaison, and Membership data
Wayne Tyrell	Assistant Treasurer. Risk management
Wendy Brown	Equipment. IT duties, and assisting with grants
Rosemary Dunworth	Grants and assist with Prospectus
Marijke Poot	Newsletter, Notice Board.
Marianne Colwell	Website Manager, U3A network liaison, and assistant Editor for the Newsletter

As you can see, there is still a role available for property, grounds, and maintenance. If any members could assist in this area, please contact the Secretary. It will be anticipated that this role would be divided up and shared.

Thus, for specific inquiries please direct concerns Committee members depending on their specific roles, or direct inquiries to the secretary..Messages to go to the members should be directed to lvu3amessages@aussiebb.com.au



Website please take note

The Committee are concerned that our very good Website is not being used as effectively as it should be. Not only is it an up to date store of information and photos of our activities, it may also be an extremely useful tool for tutors to communicate, and place resource materials. One of our priorities will be to have a meeting of tutors so they can learn how the web site may assist them. Our site is available at <http://www.lvu3a.org.au/>

New Classes

Whilst Kim McDuffie has had a well-earned break from **Australian History**, Gillian Carroll has run a semester on Contemporary Politics and Economics in Australia.

The **TED Talks** program organized by Mary, allows our members to view on line talks from around the world, with discussion following.

Fantastic Gippsland run by Lesley Scanlon is in its third visit to organisations and activities in Gippsland

International Cookery coordinated by Wendy Brown. The first class of Lebanese Cooking has been held.

Recreational Maths, run by Phil Rayment, is a wonderful way for those who do not have a solid background in Maths, to understand the concepts. Also useful in assisting grandchildren and great grandchildren with their homework!

Upcoming Activities

A new course which began on the 8th July. **Laughter is the best Medicine** is run by Brian McClure, who will present audio visual materials to guarantee a laugh.

Philosophy will resume this month, see page 11

Note if members have any ideas for a new course, please let the Committee know

Italian

Italian will not continue. As a member who attended the first class, and travelled to Italy, the classes were of great use. We express our appreciation to John Mollica for his work and preparation over the past years.



Meet a few more people in our organisation who have - without hesitation - come forward to be part of the committee.

Fltr: **Jillian Carroll** whom we know from her inspiring classes in Australian history during the first term

Lola Gay to help Mary in the office

Wayne Tyrell to help Christina with her bookwork

Rosemary Dunworth to help with our annual prospectus and grants applications



Jillian



Lola



Wayne



Rosemary

RESIGNATION OF LORRAINE BULL

Lorraine has resigned from the U3A Committee, and as the Property and Facilities Manager. All of us who now use the Airlie Bank Homestead Facilities, are indebted to her work and effort.

She was instrumental in the smooth transition from the TAFE Campus to Airlie Bank House. The fact that the grounds are such a pleasure to behold, the venue is comfortable, and that the classes there, and administration, run efficiently, is a testimony to her work, effort and passion. She gives so much of her time, even money, to the venue and is often seen gardening, mowing and even cleaning. She has worked hard to liaise with the Latrobe Council in order to improve facilities. She also was a leader of the Airlie's Fairies Group. She will be hard to replace.

Adam Sharp, Acting President on behalf of the Committee.

=====

As with every AGM, new committee members are chosen in as current members leave. We are very sorry to say farewell to the following people who have left the Committee, some after many years of service. We thank them for the enormous contribution that they have made - **and often continue to make in other capacities** - to our organisation.

Lorraine Bull
Lin Chandler

Marianne Colwell
John Lawson

Jane Sharp
Geoff Springett

=====

HELP NEEDED

To reinforce Adam Sharp's request for roles still to be filled, we need to remember that we are now responsible for the upkeep of the historic home we are lucky enough to call our *home* for the next 5 years at least. Lorraine Bull did an enormous amount of work - often quite by herself - both inside and in the garden. This year we will outsource some of the tasks but there are still jobs that are best and quickest done ourselves - jobs that can't really wait too long, like cleaning.

Come spring, the garden will need regular attention keeping any Airlie garden fairies on their toes.

The committee will put a list on the notice board where help is most needed and it would be greatly appreciated if members put their names down for those tasks they feel they can and wish to do.

It would also be really great if someone would come forward to act as **property manager** and organise the various jobs.

With the wonderful people we have in our organisation this shouldn't be too hard to achieve. THANK YOU.

St. Peter's Caf e.

This year's monthly Morning Coffees in St. Peter's Caf e in Morwell are proving very popular. It is a welcoming venue, the fare and service are great. We have even been able to use their chapel space which doubles as a theatre and film facility for some of our film viewings.

Attendances have been very good, on the day these photos were taken there were 24 of us.

The caf e is in McDonald Street, just up from Aldi. Parking is generous and if the caf e's lot should be full, there is always the Aldi's, pick up a few bits of shopping while there.



The next Morning Coffee will be on August 7.

CLASS NEWS



FANTASTIC GIPPSLAND

Leslie Scanlon continues to delight us with her explorations of our region. After the first successful outing to Denise and Athol Brand's garden in Hazelwood North, the group has been treated to further mini holidays. Christina Richardson reports on the May, April and June outings:

On April 26 we headed down to the Farm at Monomeith, two hours south of Morwell. Ya hoo! To discover the daily life of historic Warrook Cattle Farm, a 130-year-old working farm on 165 acres. We first participated in a homemade meal and dessert all produced on the farm. Yum yum yum. Then we all went hay riding, but without the hay on a tour of the farm. First stop we fed the poddy calves and they were very hungry. Then we milked the cow, not as easy as it looks. Next we watched the dog round up and corral the sheep. I wish my husband was that well trained. Then into the shearing shed to find out about wool and the different grades and what they are used for. We learnt about the different shearing shears and got to watch a sheep being sheared. We travelled home tired but our brains stimulated by all we had experienced. Another big tick for Lesley for a most enjoyable day.

On May 24 we appeared to be in for a triple treat. First off to Warrigul, to the Wesley Church built in 1888, Gothic style enlivened by two romantic towers. The lower one was French with a witches hat profile and punctuated by Lucarnes. The higher one was steeper and simpler, with open Bell loggia. However, what it housed was a Wurlitzer opus 792 organ (our second treat). A splendid 3 manuals and 10 ranks of pipes housed in a soundproof room and converted to an electric blower. Built in 1924 it was first installed in the 800 seat Olympic Theatre, Seattle, USA. After a string of owners Ian McClean brought it to the ACT, Australia in 89/90. In 1993, the new owners Ray and Carolyn Thornley in Wonthaggi housed it. In 2003, Julien Arnold, John McLennen and Stan Wilson purchased, then donated it to The Warrigal Theatre Organ Society who lovingly restored it in the Wesley Church. Taking our pews, we were treated to a concert of lovely tunes that made the most of this magnificent instrument in a building with fantastic acoustics. How delightful it was going down memory lane. We even had a singalong. Oh, joy to the world. Sadly, we left too soon but lunch was calling so we went to the Bakery at Yarragon (third treat). What a lovely day we had.

Morwell Historical Society was the venue for our June 29 outing. Formed in 1962 they had just updated and revamped the building. Inside we found photographs, cemetery records, street info, community -, sports - and recreational groups, manuscripts, parish maps, ephemera, family histories, a book library and war history. Also knowledge on SECV, GFC and APM. Whatever your interest you will find it there and have an enjoyable time looking around, fossicking, and finding. If you haven't been it well worth a visit.

Fantastic Gippsland is now in winter recess, the next outing will be the on the last Friday of September. I wonder what we shall experience then. Thank you Lesley for our wonderful and varied excursions! An enthusiastic adventurer, Christina Richardson

*Notification will be sent around and posted on the notice board in time for upcoming outings
Lesley Scanlon's contact details are: Phone: 51-347951, Mobile: 0412339800*

HELP NEEDED. If there is anybody out there who would like to take on the task of curriculum coordinator, please contact the office

MORE CLASS NEWS

*After many years spearheading the gardening group, Margaret Boyes has handed over to Kath Kneebone. We thank **Margaret** for her years of enthusiastic input and **Kath** for continuing this much enjoyed activity*

GARDENING FOR EVERYONE

We started the year a month late, but over the subsequent months have enjoyed the company of between nine and fifteen of the twenty eight members enrolled.

All the participants have cheerfully shared bulbs, seeds, cuttings, photos and stories from their gardens.



Our second meeting was a garden visit, on a beautiful late summer day, where we explored the different rooms around my garden, followed by Devonshire tea on the deck of the homestead. It was a very pleasant and cheerful day.

The June meeting included sharing of favourite gardening books which prompted much discussion and looking up names of plants.

At our next meeting, Fer Milne is going to re-pot several cymbidium orchids, some of which will be to share.



International Cookery- sent in by Julie Dawson

On 20th June, Ameline was our instructor for the Lebanese Cooking class. Six lucky participants attended this year's first International Cookery class. Wendy Brown very generously made her lovely, spacious kitchen available.

Ameline first demonstrated each step and then we all set to work at our individual work stations around Wendy's large kitchen bench, both working communally and 'having a go' ourselves.

Eventually we were able to sit down together and we were rewarded with a delicious lunch of Koufta Casserole, Rice cooked with vermicelli, Fattoush (Lebanese salad) and Sweet Coconut temptations, that we had all helped to prepare. There was a cover cost of only \$15 to cover all the ingredients.....



A huge **thank you** to Wendy Brown for making her kitchen available and also a huge '**Chokran!!**' to Ameline for making her time and expertise available and for providing many of her own delicious, home grown and sourced ingredients.

Above recipes are pinned on the notice board for those who would like to have a go at them.

MORE CLASS NEWS

NEW CLASS

LAUGHTER IS THE BEST MEDICINE

Presenter **Brian (Mac) McLure**

First Monday of Month 1:30 Room 3 Airlie Bank House

Rationale

One thing is for sure, none of us is ever going to get any younger, while at the same time, more and more often, our medicos increasingly attribute 'old age' to whatever it is that ails us.

As for the population at large, according to Beyond Blue's website: (<https://www.beyondblue.org.au/about-us/who-we-are-and-what-we-do>) Three million Australians are currently experiencing anxiety or depression. Every day, nearly eight people take their own lives.

That's more than twice the national road toll!

I don't have their ratio of the number, off-hand, who they estimate would fit into their so-called "mental health" category of 'depression'. I heard it could be as high as one in four. It is reasonable therefore, that, potentially, a similar demographic could obtain among our own (USA) numbers.

Norman Cousins was a (well-off) editor for 30 years of the (New York) 'Saturday Review' magazine, who, when he was diagnosed with a life-threatening disease, was able to afford a full time nurse at home and self-medicate on a regime of comic films (in those days he had a theater-size movie projector set up). On the basis of his research and subsequent book, 'Anatomy of an illness as perceived by the patient: reflections on healing and regeneration', not only did he out-live a couple of very abbreviated 'death sentences', he was invited into medical teaching as an Associate Professor of a new stream of 'bio' science.

My understanding of this is that stresses (including anxieties, guilt, loneliness, etc.) generate negative hormones which are in effect toxic to physical and neurological well-being, whereas 'eu'-stresses -- which generate the hormones of well-being -- have detoxing/ neutralising outcomes.

Belly-laughs are good medicine.

I understand there are some groups that participate in laughing 'from scratch' -- on the basis that laughing is contagious -- but that seems a bit contrived for me, and I don't think they would get too many takers from the people 'Beyond Blue' are concerned for.

I am 78 y/o, so the sort of humour that I collect is that which has amused, and is related to, the same cohort.

Brian "Mac" McLure

*PS the editor has received reports that the first session of 'Laughter is the best medicine' was almost a case of 'standing room only', **very popular**. Evidently many of our members - like Brian McClure - believe (or hope) that 'belly laughs are as good as medicine'.*

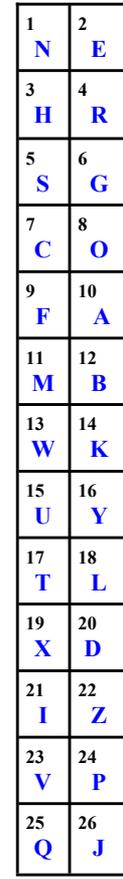
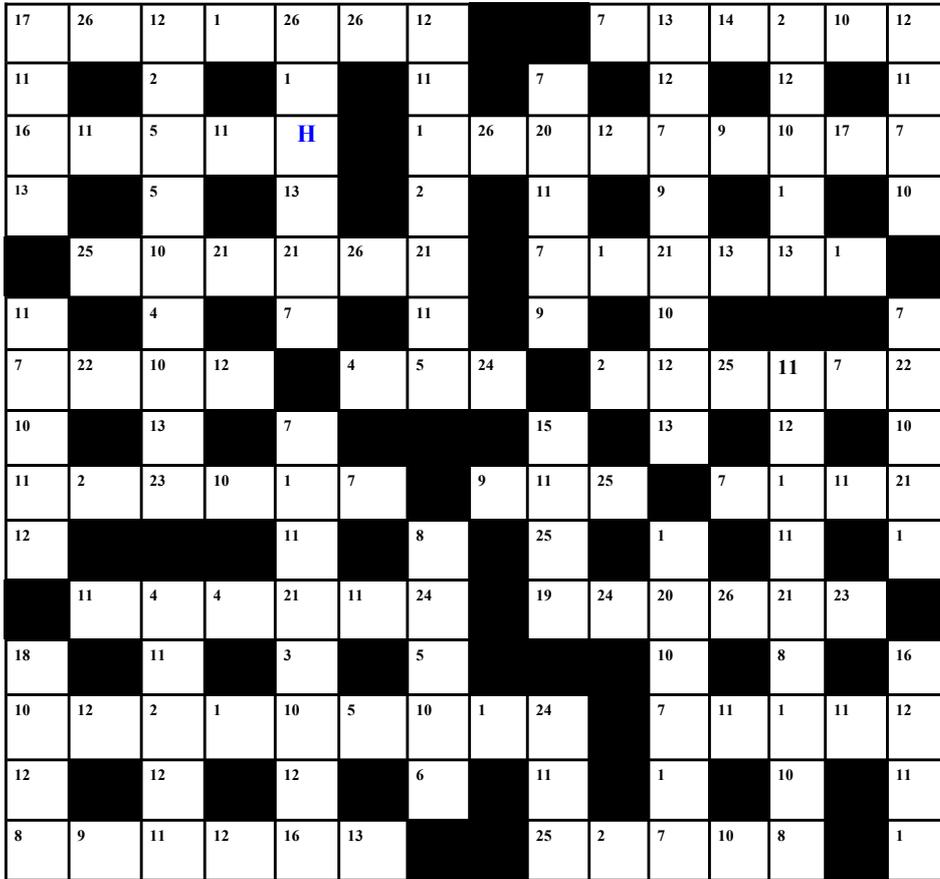


Cards

There has been an enthusiastic bunch of card players consistently turning up at the Annexe room to do battle with 500. Win or lose all are happy. It is a cosy little venue with four tables set up and the conversation is as vigorous as the card play - Tricia and Ed.

Jacko's Jumble Words

Jumble Words is a crossword puzzle without clues. Each letter of the alphabet is used and every letter has its own number: e.g. "E" may be 8 and "Q" may be 24. With educated guess and knowledge of the English language you will be able to solve the puzzle. *Kevin Jackson*



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Most powerful photos ever taken

courtesy Adam Sharp



LANDING ON THE HUDSON RIVER

A famous photo from the photographer Guardian Newspaper Stephen Mallon. Jan 16th 2016
 On January 15, 2009 US Airways Flight 1549 was travelling from NY to Charlotte and was hit by Several bird strikes. Captain Chesley Sullenberger - 'Sully' brought the plane down on the Hudson River with no loss of life (155 passengers and crew)
 He was originally blamed, then exonerated, and called a hero.
 A film was made from the accident called '**Miracle on the Hudson**' starring Tom Hanks.



PAINTING AND DRAWING
Instructor: John Brown 51631543
By group member John Barker.



Our group meets at the Latrobe City Brass Band Hall in Morwell, Tuesday 9:30am–2:00pm. We currently have 12 active members. John Brown is a very skilled artist and is able to give advice and direction on many facets of artists and artistic techniques.

His main cry – **“Where is the light coming from?”**

We are a very diverse group with our own personal tastes, but also a very cohesive group sharing experiences and ideas among ourselves. We all do different styles of art – watercolour, acrylics, coloured pencils, charcoal, pastel, scratch art, Zentangle and graphite.

Our fabulous library set-up is a huge asset not only for information on artists, but supplies a kaleidoscope of ideas for our future works.

Our weekly session starts off with sketching some simple (or sometimes very difficult) object or objects to practice lines, arcs, circles, perspective, relative sizes, shading, and of course shadows **“where is the light coming from”**, followed by a topical discussion or perhaps an art video, then continuing with our own projects.

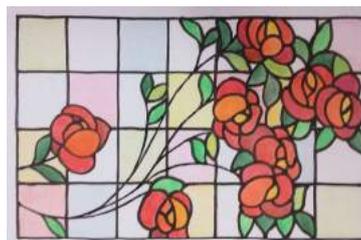
We also have a show-and-tell in turn each week whereby we collectively discuss the artwork on show. Our upcoming program includes a visit to the local galleries (Sale, Maffra, LRG).

We are a very “laid-back” group, but through the frivolity and banter shines a dedication to our art – to try new concepts and ideas and improve our private passions under the care of our instructor. Thanks John.

HAPPY BIRTHDAY TO YOU .. etc etc etc

We had three Happy Birthdays in May/June, John Brown “in his Nineties”, Peter Lynch also “in his Nineties” and yours truly still sitting comfortably “in my Seventies”.

A Sample of our work



MORE CLASS NEWS



AT THE MOVIES

The combined twice monthly movie classes have again been extremely well attended by enthusiastic film fans. Adam and Jane and John and Tricia continue to serve up interesting movies which are appreciated and promote discussion. Recent foreign films have included:

'Living is Easy with Eyes Closed' - A Spanish production, was especially enjoyable and opens in 1966 in Albacete, Spain. English teacher and die-hard Beatles fan Antonio decides to go on a road trip to Almería in the hope of meeting John Lennon, who is shooting a film there. On the way he picks up two hitch-hikers, Juanjo and Belén. This unlikely trio form a bond and decide to follow their dreams in hopes of finding their freedom.

'The Teacher' which was a foray into Slovak-language film making by the industrious Czech director Jan Hřebejk. This film was set in Bratislava in 1983, when Czechoslovakia was under Communist rule, the movie centered on a new teacher, Maria Drazdechova (Zuzana Maurery), who, upon meeting her students, asks for their parents' lines of work.

The other two English language films shown recently were:

'Little Miss Sunshine' about the Hoover family who in a somewhat dysfunctional way pile into VW bus and head for California with hilarious consequences.

'Sleuth' the most recent film shown was a mystery about a wealthy author of detective novels and a gaming aficionado facing off against his wife's lover.

The use of the theatrette at St Peter's in Morwell has been successful and is considerably less stressful and comfortable than setting up equipment and seating at the Rose Garden Room.

There has been very good support for the cafe and the good attendance at the Movies has seen numbers having lunch prior or coffee afterwards in the cafe.

Adam and Jane and John and Tricia thank everyone for the support and are looking forward the second half of the year when the lights go down and the screen lights up.

Science and Technology

continues to roll along through the year.

The idea of using "behind the headlines" as a prompter for examining technical stuff behind the news seems to be have been cheerfully accepted and Bob Temple and myself have had good numbers coming along.

The approach gives vast scope for exploring the way our society is so dependant on science and technology and there is often areas of differing opinion which require some more in depth analysis than what one gets in media reports. We are regularly getting 15-20 members coming along. Cheers John Lawson

Have you looked closely at your new \$50 note lately? (if you are lucky enough to possess one)

480 million of them were rolled out in October 2018 before – a couple of months ago - some clever cookie noticed a typo in Edith Cowan's mini-minute quote. A little embarrassing considering all the latest newfangled security measures built into the new note. The word 'responsibility' is missing an 'i'. What's more, the error is repeated twice times in the text! Maybe LVU3A's proofreader Cora Pal should give the RBA a hand next time.

Thank you for your help again with this newsletter Cora. Msrijke, editor.

MORE CLASS NEWS

Online Philosophy course

This year we again present an online Philosophy course after positive feedback last year, the first time we had a course presented in this way.

The theme this year is “Moral philosophy” or “How do we decide what is right?” and thinkers from Plato to Kant and John Stuart Mill will be covered.

This ten session course in philosophy was created by the University of New England, NSW in 2016 and uses the Moodle distance learning system. It will consist of ten sets of readings, power point charts and a discussion blog.

There will be fortnightly meetings to discuss the topic but unlike last year, we won't have a live Zoom discussion with a UNE lecturer.

We will break in the middle for a cuppa and a biscuit.

This year Latrobe Valley U3A is the only U3A taking part and Peter Duncan of U3A Hepburn Shire, the U3A which started the process, is our contact person.

U3A Hepburn Shire received funding to get the online course up and running.

We are fortunate that we haven't had to pay anything last year or this year.

Discussion groups will be held on the **first and third Fridays of each month** from the 19th of July and ending on the 29th of November (5th Friday) from 10am - 12 noon.

Everyone gets a chance to contribute to the discussion and we hope that class members will enjoy the interaction and find it as stimulating as last year.

The first session will be held in the band hall. Further sessions to be confirmed



With Olivia Jackson

We continue to meet once a month to discuss the latest book we have all been reading.

We welcome two new members who have joined us this year. They are Phil Rayment and Jill Fiedler. We hope they enjoy the range of books we have chosen. We now have our full quota of 15 members, which corresponds with the 15 books we are sent each month.

In May we read **The Blind Assassin by Margaret Atwood**. As the name suggests, this was quite violent in parts, but most of it was about interesting characters and it was well written.

Our next book was **Never Let Me Go by Kazuo Ishiguro**. This started off as quite a bland book about life in a boarding school. Then the author dropped various hints about what was to happen to the girls and boys after they left school. I won't reveal this here, as you may want to read the book.

This month's book is **Nice Try by Shane Maloney**. It is not my favourite book, but we will see if the other members enjoy it.

The books have been chosen by a different member each month so we have a variety representing the interest of each one.

Meetings are held on the first Wednesday of the month at 1.30p.m. *Good reading. Olivia*

MORE CLASS NEWS



by Alby van Berkel Bush Walking co-ordinator.

The Walking Group meets on the 2nd and 4th Monday of the month - including public holidays - and we aim to walk between 8-12 kilometres, but shorter walks can be included.

Our destinations are to all points of the compass and generally within an hour's drive of our meeting place at U3A House, Airlie Bank Homestead , 33 The Boulevard, Morwell.

Occasionally we may go a little further, such as the Prom or Melbourne.

Approximately one week before the scheduled date of a walk a reminder will be sent by email to all current U3A members, with further instructions and notice of any change of destination [walks may be subject to change due to weather conditions and leader availability].

* Carpooling is available, and a suggested contribution is \$5 for short trips, \$10 for long trip

* Remember to bring lunch, snacks, WATER/drinks, sunscreen, insect repellent, appropriate clothing. ALL WELCOME.

Enquiries: Alby Van Berkel - ph. 0488055049, email: vanbalb1@hotmail.com



Our intrepid walkers have been at it again, come hell or high water ... **and enjoying it too!** Occasionally they have been rewarded with beautiful weather such as on the Old Port Trail around Port Albert on June 24.

The walking group must have been one of the first to check out the boardwalk-in-the-make between Morwell and Traralgon too! Below testimony of their various enterprises.



Proposed U3A Walks for the remainder of 2019

DATE	DESTINATION
Jul-08	Linear Trail - Warragul
Jul-22	Melbourne
Aug. 12	Cape Woolamai Trail
Aug. 26	Hazelwood South
Sept. 9	Poverty Point
Sept. 23	Sweetwater Creek Nature Reserve
Oct. 14	Toronga Falls - Noojee
Oct. 28	Mt. Hedrick Wilderness
Nov. 11	Lawson Falls - Labertouche
Nov. 25	Tongue Point - Darby River
Dec. 9	Koonwarra - Meeniyan Rail Trail

MORE CLASS NEWS



Latrobe Valley U3A – Bike Riders Group

The Bike Riding Group meets on the 1st. and 3rd. Wednesday of the month and we aim to ride around 25 - 35 kilometres [usually depending on the direction and speed of prevailing winds!].

We are a relatively small group, but we always have lots of fun and laughter on our rides. Our destinations vary [and is largely dependent on easy access to good coffee and food]. To anyone considering a ride, just come and give it a try. Most rides are not particularly strenuous, and our average speed is generally around 15-20kph [and Garth always puts in a last-minute dash to be first home]. On ride day we usually meet at U3A House, Airlie Bank Homestead, 33 The Boulevard, Morwell. Approximately one week before the scheduled date of a ride a reminder will be sent by email to all current U3A members, with further instructions and notice of any change of destination. Remember to bring coffee money, lunch, snacks, WATER/drinks, sunscreen, insect repellent, appropriate clothing - oh, and your bike (even electric!), helmet and puncture kit!
ALL WELCOME.

Enquiries: Helen Lancaster [0408556123, htl@aussiebb.com.au] or
Alby Van Berkel [0488055049, vanbalb1@hotmail.com]

Our bike riders likewise have encountered a variety of weathers, most of which were enjoyed or endured except maybe the May 29 ride from Boolara to Mirboo North when the weather was so cold and blustery that only 1 person apart from leader Alby turned up – and the two of them did the ride all right! Intriguing too is to read about the increasing use of electric bikes. Some die-hards wonder if using such a bike can still be classified as RIDING. The jury is still open on that but **why not** if it means one gets to be out in the fresh air enjoying good company and interesting coffee breaks!



Bike Rides for the remainder of 2019

	Date	Destinations	kms	Leader	Notes
13	17.07.19	Stratford - Maffra	22	Alby Van Berkel	Gippsland Plains Rail Trail
14	31.07.19	Moe North Canal	20-30		Backroads
15	07.08.19	Maffra - Heyfield	36		Gippsland Plains Rail Trail
16	21.08.19	Sale RAAF Base Circuit	24		Backroads
17	04.09.19	Bellbird Corner Circuit	25	Alby Van Berkel	Rail Trails/Backroads
18	18.09.19	Yinnar Ride	25		Backroads
19	02.10.19	Rokeby - Neerim Sth	34		Warragul Noojee Rail Trail
20	16.10.19	Morwell - Traralgon Trail	25	Alby Van Berkel	Bike Tracks
21	30.10.19	Tarwin Lower - Venue Bay	?		Backroads
22	06.11.19	Wonthaggi - Kilcunda	33		Bass Coast Rail Trail
23	20.11.19	Sale - Wurruk - Fulham	36		Backroads
23	04.12.19	San Remo - Cowes	34		Bike Tracks

LETTERS TO THE EDITOR

Last year we started LETTERS TO THE EDITOR in order to present members with a forum in which to express views or comment on articles in our newsletters.

It goes without saying that these submissions should be absent of racism, sexism, religious discrimination or even personal innuendo. We also stress that published responses are the opinions of individuals and not necessarily the opinions of management. Furthermore, the editors reserve the right to edit and/or shorten received letters. It is advisable to keep responses fairly brief, a limit of 150-200 words.
Editors Marijke and Marianne.

For those members who are fascinated by numbers and statistics:

While our total membership is close to 230, the statistics as of 12th June 2019 show that there are 198 **active** members, 59 males and 139 females. Percentage-wise this translates to 30% males and 70% females, not too different from the state-wide percentages of 27% males and 73% females. The greatest number in both our area of Latrobe City and Statewide falls in the 71-75 age group (in our area 17 males, 56 females) followed by the 66-70 age group (in our area 7 males, 23 females). The majority of our members live in Morwell (51), followed by Traralgon (46), followed by Moe (28), followed by Churchill (22) with a further breakdown below 10 from the rest of the Latrobe Valley membership.

OPEN DAY, Monday October 7

During Seniors Citizen's week 2019 (Oct 3-10) we shall have another Open Day of Airlie Bank homestead.

We hope to invite some people who have had a connection with the homestead in the past so guests can ask questions as to its history

If last year's Open Day during Seniors Week is anything to go by, it should be a very busy - and enjoyable - day. We are hoping again on assistance from our membership to help out with snack foods, slices, cakes etc as well as help out in the kitchen.

Prior to the big day we shall organise a couple of working bees to show the place off at its best, both inside and around the grounds.

More details later but mark the date in your calendar!



For the next 3 months:

Morning Coffee August 7, Sep 4, Oct 2

Open Day at Airlie Bank October 7

End-of-year Luncheon November 13, more about that in the next news letter

WALKING J-BALL by Christina Richardson

COMING TO YOU SOON



What is it, will it be of any use to me.
Only if you don't want to lose it.

Well Dear Reader allow me to explain.

It's a fun and an exciting new programme brought to you by Hockey Victoria and Latrobe Valley Authority with aims to increase physical activity in the older generation (yes I can hear your groans).

But be enlightened, Walking J-Ball uses plastic sticks and a larger ball to make it easier to play in a 30 minute block to increase health benefits, to socialise and give you a new experience, in a safe, fun and welcoming environment.

Last month, 10 of us gave it a try on a lovely sunny winter's day.

We played three aside with a goalie each end. We laughed more than we played.

We had two inter changes to relieve those who needed a break. It was fun to play and fun to watch.

Are you game to give it a go? Then you are in luck because it has been decided to have another demonstration when the weather is a little kinder, September or October. Keep an eye on the notice board

PERFECT MARRIAGE

Pharmacist to customer: "Sir, please try to understand, to buy anti-depressant medication you need a prescription. Simply showing your marriage certificate and your wife's picture is not enough."

A bookseller conducting a market survey asked a woman: "Which book has helped you most in your life?"
The woman replied, "My husband's cheque book!"

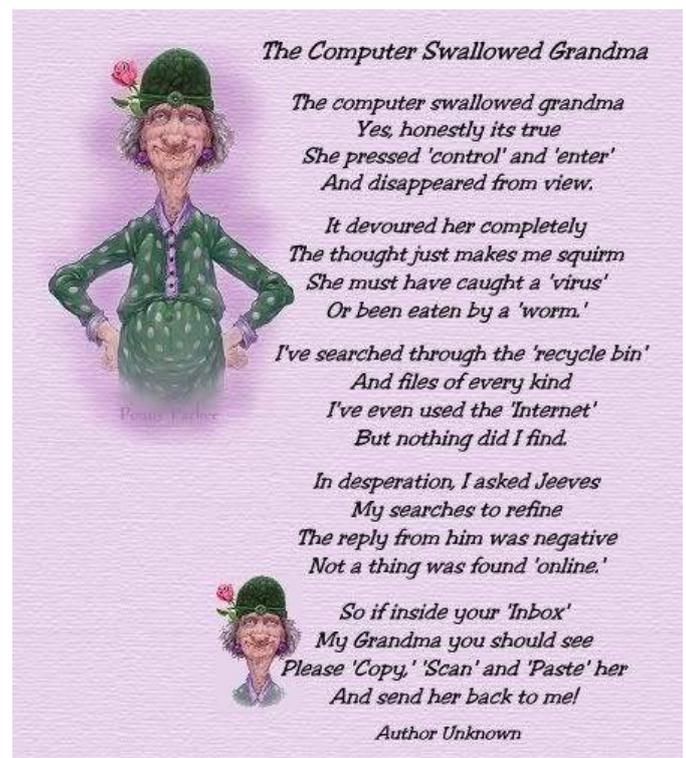
A prospective groom in a book store: "Do you have a book called 'Husband – the Master of the House'?"
Sales girl: "Sir, fiction and comics are on the 1st floor."

Somebody asked an elderly gentleman: "So, even after 70 years married, you still call your wife 'darling', 'honey' and 'luv'. What's the secret?"

Old guy: "I forgot her name years ago and I'm scared to ask her."

Wife: "I wish I was a newspaper, so I'd be in your hands all day."

Husband: "I wish too you were a newspaper, so I could have a new one every day!"



**Deadline for the next newsletter will be
Monday October 7, 2019**

OUR CONTINUED THANKS

Russell Northe MLA State member for Morwell has once again printed *Our Newsletter* free of charge and we are continually grateful to him, and his office with its friendly, helpful and efficient staff. This generous gesture has enabled LVU3A to save the cost of having *Our Newsletter* commercially printed thus helping to keep our expenses at a manageable level.



Network Victoria
UNIVERSITY OF THE THIRD AGE



Russell Northe MLA
Member for Morwell

Harriet Shing MP
MEMBER FOR EASTERN VICTORIA REGION



If undelivered return to
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Our Newsletter

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