



NEWSLETTER

Volume 3, Issue 1

March 2020

A few words from our president...



Term 1 is under-way, with a busy and diverse program from our energetic Program Planning Group.

As always, this program depends for its success on the generous contribution of time, knowledge and expertise of our tutors, group leaders and presenters, many of whom are Indigo U3A members. To you all .. thank you!

Due to bushfires and smoke we had to postpone the four Summer School events—which we can still look forward to. Please note: the Car Rally is taking place on 7 April.

Our membership numbers at last count have increased to 111. Over 60 people attended our Enrolment and Information Day in February, and we ran out of chairs! Thank you to those who patiently waited outside or clustered around the door, and a special welcome to our new members.

At our AGM Tuesday 3 March seven of the eight 2019 Committee of Management members were re-elected. We also welcomed a new member, Hugh Grady.

On behalf of all members, I extend our heartfelt appreciation to Harvey Anderssen who recently stepped down from the CoM. Harvey has been a steadfast member of the management team, and I thank him for his energy and commitment.

Finally a reminder that on 20 and 21 April we will host the next U3A Victoria North East Regional meeting. A program will be circulated shortly. Cathy McGowan AO will deliver the keynote address, 'Wisdom of the Elders', at 2pm on the 20th. This presents a valuable opportunity to network with other U3A members in our region, so please come along if you can.

Rosemary Ryan
President
E: president.indigo.u3a@gmail.com



COMMITTEE OF MANAGEMENT. From L-R Jan Milhinch, Michael Evans, Mike Bydder, Hugh Grady, Rosemary Ryan, Richard Maskiell, Frances Baker, Maureen O'Flaherty.

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Mayor addresses AGM ...



We were pleased to welcome Cr Jenny O'Connor, Mayor of Indigo Shire, as our guest speaker at the recent U3A AGM.

Jenny shared with us her views on the challenges facing regional communities such as ours, particularly in relation to funding from federal and state governments and told us of the efforts she had made to draw attention to our needs. She

acknowledged there is a generally held lack of trust in government and emphasised her commitment to transparency.

Jenny encouraged questions from the audience and responded openly. She re-iterated Council's commitment to supporting Indigo U3A in the longer term, and she empathised with our need for security of tenure in facilities suitable for our future growth. 'We are desperate for a multi-purpose community centre,' she said. Here's to that Jenny!

WE WELCOME YOUR SUGGESTIONS

The Program Planning Group needs your help with suggestions for courses and by recommending those who you think might offer their expertise as presenters and tutors. Please contact U3A PPG at indigo.u3a@gmail.com

A Quiet Life in the Country...

by Robyn Harcourt



As Co-ordinator of the Walking Group, Gerri Boland is a familiar face at Indigo U3A, and she is also a valuable, 'behind the scenes', contributor, co-managing the U3A website.

Gerri has been a member since Indigo U3A was formed ten years ago. She has served on both the

Committee of Management and the Program Planning Group.

Gerri enjoys the social connections that being a member brings, as well as keeping up with current affairs through International Relations and, naturally, the outdoor activities offered in the Program. She said, "Being outdoors is good for the mind and the body".

Speaking about the Walking Group, Gerri said that walks are negotiable according to the ability of the participants. The first for this term is on Thursday, 26 March. Those interested can log on to the Indigo U3A website for further details.

An avid walker, Gerri belongs to two local walking groups, the Warby Ranges Bush Walking Group and the

Murray Valley Bush Walking Group. With her love of the outdoors, it is no surprise to hear that she lives on a small property at Wooragee with her three alpacas and her Border Collie, Toby.

Gerri is quite an adventurer and has done many walking tours over the years. Her latest, in February this year, being a three-day hike on the Tasman Peninsula. Known as the 'Three Capes Walk', it was developed by Tasmanian National Parks and opened to walkers in 2015. She spoke of the wonderful scenery, including amazing views of unique dolerite formations, the excellent company of fellow walkers, and, at the end of each day, the specially designed cabins used by the hikers.

2020 Off and running...

Term 1 is underway, with many courses and activities continuing from last year, as well as some new offerings.

Continuing from 2019...

GAMES:

Backgammon and Mah-jong are now played regularly. Does anyone fancy a game of cards?

FRIDAY POETS:

The Poetry group started the year on a very high note in February.

Stephen Masters recited poetry he had written. One of his poems, 'Black Eye Susan & Pig Face', reflected on the domestic violence we are sadly seeing so much of in our communities - a very stirring poem.

Philip Bunn presented his humorous and insightful poems, including an all-time favourite of ours, his - 'Piste Skiing'.

4th THURSDAY WALKS:

Gerri Boland will lead the first walk for 2020 on 26 March. Details soon in What's On.

CONVERSATIONS:

Michael Evans has, in this term, taken his group through *Ignorance and Knowledge* (what counts as knowledge; who decides what is knowledge; what's the difference between facts and opinions; beliefs and knowledge; how do you know when you know something); as well as *History* (what is it; who writes it; what gets included and what doesn't).

ART & ARCHITECTURE:

Last year Ellen Evans and David Geryga introduced us to Australian female painters from the early colonial days to the present day, and on 24 March it will be the men's turn with *Australian Male Artists*.

MENS BOOK GROUP:

2020 reading to date - "*Snake Island*", a novel by Australian writer, Ben Hobson; and "*Sludge: A Disaster on the Victorian Goldfields*" by Susan Lawrence and Peter Davies.

TASTES: In February we had fun learning how to make sushi rolls and rice paper 'Summer' rolls, then eating our efforts for lunch.

On Wednesday March 11 we will be discussing ways and means of dealing with an over abundance of produce, sharing recipes, ideas, and lunch.

BIKE RIDING:

e-bikes are being trialled, and plans are afoot for a big day out. Please keep reading your *What's On* to find out what Harvey Anderssen has in mind for the group.

INTERNATIONAL RELATIONS:

In this term so far, Gerry Engwerda has given us '*The History of the Spice Trade*'; '*The Kleptocrats - how to steal millions and keep it!*', and '*Australia's Recent Relations with China*'.

TECH SAVVY SENIORS:

We all need a little technical help with phones, computers, tablets and the internet sometimes - and Garth Blackman can help.

Not all problems can be resolved in discussion at U3A. Garth is willing to come to you if necessary, and if he can't fix it, he probably knows someone who can.

Indigo U3A Radio...

Tune your dial to 88FM at



- 11am first Wednesday in the month for Beechworth listeners; and
- 10.30am on the first Saturday in the month for Yack listeners.

For podcasts – go to www.indigou3a.net and click on the link.

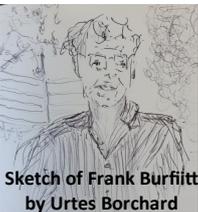
Be Connected...

A JOINT QUERCUS/INDIGO U3A LEARNING ACTIVITY

These sessions are for those who want to know more, or even a little something, about their smart phone, tablet or laptop.

They offer a combination of formal learning with the presentation of the *Be Connected* modules, and practical help from mentors. Often the learners will help each other, and even help the mentors.

Coffee and Chat...



This year we hope to inspire greater membership across the Shire.

We plan to have every alternate

month at a different town in Indigo Shire, and we are introducing guest speakers to informally share their stories.

In February we were at The Rusty Bike in Yackandandah with Frank Burfitt as guest speaker. In March we'll be in Beechworth and in April heading to Rutherglen.

Members MUST enrol online (or by phone to Gail Warren-Smith) for **each** coffee morning so we can find right sized venues.

We will meet at the Railway Station to car pool. **Please check details each month from 'What's On'**

New in 2020...

U3A Scribblers...

U3A Scribblers – on most Mondays, with Olga Evans. The Scribblers said they wanted to look at how to draw, value, colour, do portraiture, work 'en plein air' or sketch in cafes etc.

Olga tells us that '... drawing and painting are skills that anyone can learn. It doesn't require a special talent. Instead, it requires openness and a dedication to practice.'

Under Olga's skilful direction they will learn *vocabulary*, like 'perspective' and 'value'; and *techniques*, such as 'shading' and 'focal point'. In the first session the group practised shading

and discussed graphite pencils – what to use, how to sharpen them and how to use them.

Sessions will be geared towards beginners or those with "rusty" skills, but enjoyment comes from shared practice so please do come along, whatever level you are!

This is just the beginning.....



U3A Garden Group...



We have a very keen group of knowledgeable and interested gardeners, and a full year of monthly events planned.

Our first February meeting in Osbornes Flat saw many turn up to hear Chris Dormer talk on her experiences working with large and small gardens in a climate change setting.

Members purchased from a lovely selection of drought resistant plants and enjoyed time chatting over morning tea.

On Tuesday 31 March, the group will visit the Stanley garden of Jenny Indian. Then on Sunday 5 April the visit will be to Moyle's Garden Fair and Open Garden in Yackandandah.

With ideas coming from the group, we can look forward to many guest speakers and visits.

Explorers of Australia...

Meeting on the first Friday of March, May, July, September and November at U3A, this group will not only learn more about some of the lesser known explorers of Australia, but we will have the opportunity to challenge ourselves and learn new skills.

Explorers of Australia will not be a series of presentations by an "expert", but a course presented by fellow members in the group.

We started with Frances leading a fascinating discussion on Indigenous Guides and Trackers.



The year ahead promises big names like Hume and Hovell, Leichardt, Matthew Flinders, Edmund Kennedy, Blaxland, Lawson and Wentworth, and the Polish explorers Strzelecki and Kosciuszko.



We are also including lesser known explorers such as Emily Creaghe and John McKinley.

The Body Shop Story...



Presented by Stephen Masters on Tuesday 10 March.

The Body Shop Story is the story of Anita Roddick,

the founder of The Body Shop who was the greatest entrepreneur of the 20th Century!

She was:

- An alchemist who turned a few simple ingredients into rivers of gold.
- The inventor of fair trade.
- A social activist.
- A human rights campaigner.

This is the story of a person with volcanic energy who overthrew convention. It provides glimpses of Anita's truly exceptional personality, derived from life experiences and family values.

Above all, this is the story of the profound and brilliant legacy of fair trade and social conscience.

Not to be missed!!!

Psychology...

THE QUEST FOR UNDERSTANDING.



Presented by Judi Moncur, this course looks at theories of human motivation and behaviour, and why people behave the way they do.

Topics include social influences on the individual, memory, learning, perceptions and expectations. How they inform us and sometimes deceive us. The amazing abilities of the human brain. We also touch on a range of topics like mental abilities, emotional development, personality and mental illness.

The course is designed for those who enjoy learning new things and discussing ideas, and who want to develop a better understanding of this broad and intriguing subject.

Getting Active...

Over 20 members signed up for Get Active! and of those, 15 have taken up the offer to use a U3A Fitbit. An excellent start!

Gabriella Tange from Beechworth Health Services and Kat Bennett from Gateway Health explained the benefits of exercise; how to set realistic goals, motivation and the types of activities available in the Indigo shire. The presentation can be downloaded from our website. Click on the 'Get Active!' tab.

Kat and Gabriella also ran a practical session on how to use the Fitbits. Who said older people won't engage in technology!



Physiotherapist Ellie Flowers, also from Beechworth Health Services, will meet the group at the Rotary outdoor exercise park at Lake Sambell to go over the exercise equipment and demonstrate how it should be used.

There will be a "Check your progress" session on 26 March, and a wrap up session on 7 May.

The main message is, "It's never too late to benefit from exercise!"

Diary Note...

U3A Victoria North East Regional Meeting

20 & 21 April 2020

Town Hall, Beechworth

Guest Speaker:

Cathy McGowan AO

Fmr Federal Member for Indi

Program available soon

All members welcome

Phil Bunn's Corner....



'NOTHING TO SEE HERE'

U3A asked for an entry for the corner of this page.

"I've got nothing" said the poet to the solemn sage

Who retorted "Nothing's now the up & coming rage

For example, just look at your letters, appearing in the 'AGE'.

Indigo U3A

Committee of Management

President: Rosemary Ryan

Vice-President: Michael Bydder

Secretary: Frances Baker

Treasurer: Richard Maskiell

Member representatives: Michael Evans, Hugh Grady, Jan Milhinch and Maureen O'Flaherty.

Program Planning Group

Group Members: John Meyer, Heather Meyer, Frances Baker, Maureen O'Flaherty, Margaret Anderson, Gail Warren-Smith, Brenda Nicholson, Karin Blaurock, and Carolyn Barratt.

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