



**Kerang & District**  
UNIVERSITY OF THE THIRD AGE

Patron: Her Excellency The Honourable Margaret Gardner AC Governor of Victoria

## NEWSLETTER DECEMBER 2023

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Dear fellow U3A Members,

As the Festive Season approaches thoughts turn to the activities and achievements made in our wonderful U3A Club and plans for things to come.

At our AGM the committee stayed much the same, but with Desiree Hebb leaving and Bobbie Hardy re-joining. President; Heather Mortlock, Vice Pres and Programs; Rex Bradley, Secretary; Julie Hall, Treasurer; Keith den Houting, Membership; Lorraine O'Donoghue. General Committee; Odette Clavant, Edith Wishart, Edith Lane, Betty Grills. Our numbers usually stand at around 80 and so far 69 members have rejoined. We kept the Membership fee at \$25, which is payable to any committee member.

We are sad to hear of the recent passing of our esteemed member Mary Fallon, who was an original member of our club. RIP Mary.

So, what have we achieved lately? Our Life Members are finally smiling down on us from the back wall at the Senior's Hall. (Does anyone know its proper name?) We now do banking online and have joined Facebook. We have an Anthology from our Writing Group ready for sale at \$5 per book. The Acting for Fun Group are preparing for our Community Concert on March 18 2024. We made two submissions to the Gannawarra Shire starting back in June to purchase a new computer for the Secretary and we are thrilled that we have just found out the last one was successful! Grateful! We have increased interaction with other U3A clubs. With U3A Bendigo we enjoyed the Fashion Day. U3A Heathcote joined us on our lovely excursion to Boort to the Indigenous Museum and Pink's Garden. U3A Cohuna recently invited us to share in their 20<sup>th</sup> Birthday celebrations. We also communicate with many other clubs on Zoom, newsletters and by email. This is beneficial as we share knowledge and ideas for activities, policies and excursions. U3A Network

Victoria is a great support and their newsletter is now sent to all U3A Kerang members online. It's worth a read and there are links to online learning too.

We also enjoyed the Painting for Fun activity, and venturing to the Kerang Museum, to the Golden Rivers production of "Kackawackadoo", to Moulamein for a boat trip down the Edward River, a look at a wonderful old shearing shed which is now a museum, the beginnings of the Heritage Village and coffee at the Art Shop run by local artists. These Out and About Excursions only happen because Betty Grills organises them so well.

Our interaction with Kerang Neighbourhood House is invaluable as they print our program in the Kerang Happenings, run IT Support as a U3A activity (Rodney is a very patient teacher), co-hosted our Seniors Festival activity and are a general support.

We have so many easy programs which promote friendship and support in times of trouble and a lot of laughs as well, which definitely enhances our well-being. Coffee and Chat, Craft and Chat, Movies, the many board games and physical activities such as Exercises, Carpet Bowls and Qiqong improve our well being. Information Technology, Cryptic Crosswords on Zoom and History/Philosophy give our brain a little work-out.

All these activities happen because someone is prepared for the commitment of leading/tutoring and of opening and closing the venue. We thank these people, and in particular we would like to acknowledge Lillian Ladgrove who has been such a wonderful Qiqong tutor over many years, but is now retiring. We also thank the Gannawarra Shire for making most of our venues so available and for free. Heather Mortlock and Rex mostly do the monthly Meals on Wheels, but they would very much welcome some other helpers.

Dining Club, thanks to Heather Mortlock, is highly successful and popular. On December 7 we will have LUNCH AT THE CHINESE RESTAURANT in Kerang at Noon. I hope you have booked with Heather.

No matter what this Third Age throws at us we benefit if we can stay positive, give it our best shot to go out and about and avoid that dreaded loneliness.

"There is an easy way; just be active in Kerang and District U3A!"

Remember new members are always welcome. Encourage a friend to come and try our activities.

Have a very **HAPPY CHRISTMAS AND A WONDERFUL NEW YEAR.**

Your U3A Committee.