

THE GRAPE VINE



HEATHCOTE U3A NEWSLETTER February, 2024

*PLEASE NOTE: The deadline for articles to be included in the March, 2024 edition of the newsletter is **Friday, February 23, 2024.***

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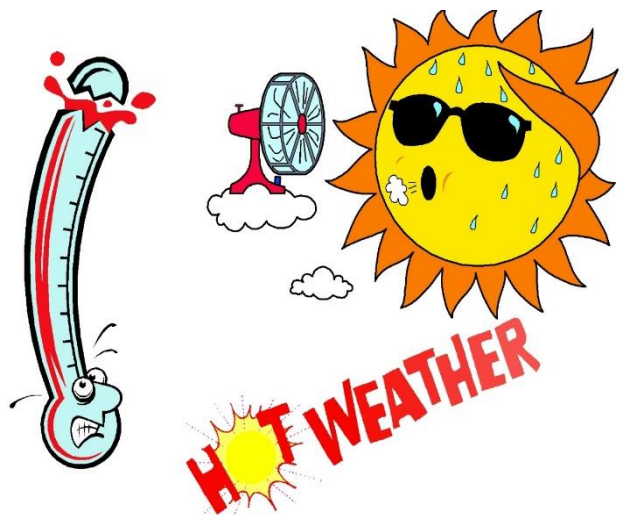
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HEAT POLICY

With summer and warmer weather, members need to be aware that **ALL U3A Heathcote activities will be CANCELLED on declared days of catastrophic fire danger.**

If the temperature for the day is 35 degrees or more, then activities will not take place

Access up-to-date fire danger ratings and other emergency information on the Vic Emergency website (<https://www.emergency.vic.gov.au>) and the Vic Emergency app on your mobile device.



From the President



Greetings to all members for 2024. We trust that the holiday season has provided you with opportunities to catch up with family, visit new places or simply relax cool and enjoy a good book, have a cuppa or listen to the sounds of nature around your place.

The month of January has disappeared as fast as Christmas has gone. Our enrolment day will take place on 2nd February. All activities will recommence in February and there is an attached calendar providing details.

The Annual General Meeting will be held on the same day, 2nd February 2023, commencing at 1130am. At this meeting, the positions of President, Vice President, Secretary and Treasurer need to be filled, as well as general committee positions.

If you are interested in nominating for a committee position, please give me a call to discuss this matter.

Throughout the year I will be asking the membership what your committee can do for you. Maybe try something new. Join in activities with local U3As at Bendigo, Seymour, Kilmore or Kyneton. Utilise the knowledge of other groups in Heathcote. These are just some ideas that can be discussed.

Nancy Miller
President

Book Club

The first meeting will be on Wednesday February the 14th at the Guide Hall at 2.00pm. The book is *The 19th Wife* by David Ebershoff.

BARBARA CLEMENT
Convenor

Committee Corner



This information provides details to members about matters discussed at the committee meeting held on 15 January

Committee positions for 2024

The President encourages all members to consider being part of the committee as an ordinary member. These positions are a great way of helping our U3A, and enable you to participate actively.

Christmas activity

The Christmas activity went well.

Outcomes of workshop to strengthen Community Leadership capacity

There needs to be articles in the local paper highlighting activities of community groups and what they can offer new members. Advertising is required. U3A Heathcote to advertise Enrolment Day/ AGM 2 February in the public notices of the local paper.

Working with Children's Permit

This is needed for the Smiles Day in November. This is free for volunteers. Members are encouraged to apply for this permit as it will allow us to participate in this event and have a stall/information table. Any costs incurred by members (photo required) can be reimbursed.

Trading Table for March Coffee Morning

Raffle to be conducted, prize is IGA gift voucher.

Morning Coffee Morning

This will be held quarterly during 2024. Dates will be published in the newsletter.

Committee meetings are held in the Guide Hall on the third Monday of each month, commencing at 1.30pm. All members are welcome to attend a committee meeting.

NANCY MILLER

President

Creative Writing

SALLY HELEY

Convenor

There is no report for this month, but I'm sure the Creative Writing group know exactly what's going on! If you're interested in joining them, please contact the president, Nancy Miller, on 5433 3485 – Ed.

Current Affairs

A reminder that Current Affairs will be held again in 2024. Our first meeting will be on the 20th February at 1.30pm, in the meeting room at the Council chambers, and we welcome all!

The choice of topics discussed is made by those present, which can produce a wide range of interesting discussions of current affairs, and it is good to hear various points of view.

Given the situation around the world at present I am sure we will have an interesting year.

Given the predominance of bad news around the world we have made a commitment to attempting to find a good news story to start the meeting. This can be a challenge, but it is nice to think about the good things people do.

MARY THOMAS

Convenor

Gardening Group

Heathcote U3A garden group meet on the 4th Wednesday of each month. Activities throughout the year are varied and are suggested by members. Some are day trips, others are information sessions held at the Guide Hall.



Our group has visited many different types of gardens, including cactus, native and spring flowering. Guest speakers have provided knowledge on different subjects like orchids and bonsai. Visiting different specialist nurseries and properties provides information that enables members to learn different aspects of gardening.

The first meeting will be on Wednesday, 28th February at the Guide Hall, at 10.00 am. This will be a planning session for the year's activities. Members will be able to exchange plants and excess fruit and veggies.

We request members to bring a small plate and their own mug for morning tea.

NANCY MILLER
Convenor

Lunch Club

We will meet at Fetching Treasures on Friday February 16th at noon. We will try to determine venues for the year so please bring along any suggestions and recommendations that you may have.

BARBARA CLEMENT
Convenor

Margaret's Movies

Our first movie for the year will be ***Enough*** starring Jennifer Lopez. Meet at the Guide Hall at 1.00pm and we will go to Fetching Treasures for a coffee afterwards to discuss the film.

MARGARET MACAFEE
Convenor

Morning Coffee

Friday February 2nd is the first Morning Coffee for the year. Meet at the Senior Citizens Hall at 10.30am for U3A enrolment and the AGM will follow.

Members are reminded that a new application needs to be filled in each year. Please let the Secretary know if you need a form.

Bring along a *small* plate to share as well as your own cup or mug.

JOHN DANIELS
Convenor

Move It or Lose It



Members are encouraged to take up the opportunity to come together each week with our instructor Tanya, to learn how to move the body as well as the brain whilst seated in a chair.

Tanya's fee is a small \$4.00 cost to each member. Of course, there will be some giggles and opportunity to have your say on how we shape this activity. Even though one is not huffing and puffing, the body and mind are moving in ways that will be beneficial to both health and wellbeing.

Why not come and join us on Wednesday, 7th February at 3.30pm in the Guide Hall?

NANCY MILLER
Convenor

Singing 🎵

This year the singing group will meet on the 2nd and 4th Mondays of each month, at the Anglican Church at 2.40pm. Any 5th Monday will be an optional gathering.

Looking forward to seeing everyone for a wonderful year of song!

SALLY HELEY
Convenor

FEBRUARY BIRTHDAYS



Priscilla Baensch

Mary Cresswell

Nancy Mitchell

HAPPY BIRTHDAY, ALL!

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U3A HEATHCOTE MONTHLY ACTIVITY LIST

February 2024

*** All activities are at the Guide Hall, unless otherwise stated.***

Week	Day	Time	Activity	Convenor	Contact No
	Monday Fortnightly	2.30pm	Singing Group Church of England	Sally Heley	0423 920 927
1 st	Wednesday	11.00am	Creative Writing Local cafe	Sally Heley	0423 920 927
1 st	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486
2 nd	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486
2 nd	Wednesday	2.00pm	Book Group	Barbara Clement	0447 332 783
3 rd	Monday	1.30pm	Committee of Management	Nancy Miller President	5433 3486
3 rd	Tuesday	1.30pm	Current Affairs	Mary Thomas	5433 2870
3 rd	Wednesday	11.00am	Creative Writing	Sally Heley	0423 920 927
3 rd	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486
3 rd	Friday	12 noon	Lunch Group	Barbara Clement	0447 332 783
3 rd	Saturday	1.00 pm	Margaret's Movies	Margaret McAfee	0409149710
4 th	Wednesday	10.00 am	Garden Club	Nancy Miller	5433 3486
4 th	Wednesday	3.30pm	Move It or Lose It	Nancy Miller	5433 3486

Please let your convenor know if you are attending any of the above activities.

Editor's note:

If you have a contribution of general interest to other members of U3A Heathcote, and you would like us to include it in the monthly newsletter, feel free to email your item to u3a.heathcote.news@gmail.com.

Thank you.