



**U3A HORSHAM & DISTRICT INC. (A Member of Network Victoria)**  
**A0027932R NEWSLETTER AUG - SEPT 2024 MATURE AGED LEARNING**  
**LEARNING AND SOCIAL ACTIVITIES FOR SENIORS**

|                                 |                                   |              |   |
|---------------------------------|-----------------------------------|--------------|---|
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## **PRESIDENT'S REPORT**

### **Dear Members**

I wish you well in these Arctic like weather conditions and thank you for your loyalty in attending classes during these wintery conditions.

Our Executive and Committee have not been idle and thanks to their efforts, I wish to inform you of the recent modifications that have occurred for your comfort and convenience at our operational facilities and classrooms at the Railway Station.

Vic Track contractors did necessary, major upgrades to the foundations of the Station (see article below), the leaking platform roof has been repaired, a later model photocopier machine has been acquired at minimal cost and thanks to the Garden Group and Horsham City Council, a new garden and shrubs has been established on the Eastside of the Station. Their hard work is paying off as the plants are showing great growth and it is a pleasure to see.

I thank Vic Track, The Horsham Sports and Community Club and the Horsham City Council for their generous support in making these improvements possible.

We are constantly on the lookout for new tutors and items of interest for inclusion in our curriculum and members are invited to do the same.

Just a reminder: as we have passed mid-year, the membership fee is half price for new members at \$20.

Keep warm,

**June Liddy**

### **STATION STRUCTURAL WORK**

Recently, we were notified from Vic Track that important structural work was going to take place at the Station and we had to cancel classes.

From Monday 3<sup>rd</sup> – 7<sup>th</sup> June, Vic Track opened the floor in the Main Room, Waiting Room and the West Wing, returning on Wednesday 12<sup>th</sup> and Thursday 13<sup>th</sup> June to finish off. The original support stumps, installed 145 years ago and which were made from straight grain red gum, were being replaced with more durable concrete ones, ensuring the building's longevity and safety.

When they did this, they were surprised to find pristine bricks believed to date back to 1870, produced by the Sawyer Brickworks that was originally located downstream of the current bridge across the Wimmera River.

Thank you to everyone for your patience and understanding on the changes that had to take place. We now know that we operate in a building that will be a safe place for years to come.

**BOB MCILVENA, VICE PRESIDENT**

# SPECIAL NOTICES



## WORKING BEE

In lieu of a few upgrades occurring sometime in the near future to the inside of the station, the committee decided it was wise to do some "spring cleaning".

So, on Sunday 26<sup>th</sup> May, a working bee took place and the walk way between the Studio and Main Room and the area leading from the Waiting Room to the men's toilet, were systematically cleared and tidied up. The end result is terrific!

Thanks to Bill Goodwin, June Liddy, Joyce Lane, Bob McIlvena and Mike Coffey for their combined efforts on the day.

# REMINDER



## CAR PARK SALE – 9<sup>th</sup> NOVEMBER 2024

10am to 2pm

Station Car Park

**YES**, it's getting closer to the date! How's your collecting coming along? Is your shed or spare room starting to get a bit over crowded

like mine??

**DON'T FORGET.....**all items need to be in decent condition and working order. Electricals require a safety check tag attached and all items need to be priced before dropping off to the station. Pricing your own goods can be a bit challenging & you can't sell them for value price. Just remember, the aim is to sell the item so think "bargain"!

**DROP OFF SITE & DATES.....** These will be advertised in the Oct/Nov/Dec newsletter & on posters around the station leading to the day.



THOUGHT FOR THE DAY: You can't help getting older but you don't have to get old.

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## THE SAUSAGE SIZZLE NEEDS YOU!

WHEN? – SATURDAY 7<sup>th</sup> DECEMBER 2024

WHERE? – HORSHAM BUNNINGS

TIME? – 8am – 4pm

Volunteers are needed to help in 2hr shifts at the stall during the day. If you are able to assist please contact Judy Dillon on: 0407 767 094.

## CLASS ACTIVITIES AND EVENTS

### MOSAIC CLASS



This is the tile that June Liddy designed in our recent Mosaic class. As June's family is involved with breeding of Angora goats, it seemed apt for her to choose a goat to design!

On the right is Joyce Lane's creation...her house number. No one will miss it!



John Harding is an experienced & talented artist, dabbling in a variety of textures & themes. These are 2 of John's recent projects that he brought along to his Tuesday art class. Using a cookie jar as the vessel, he created a working lamp, unique in its decoration. The other tells a story of the Royal Flying Doctors attending a rescue, complete with a couple of injured people!

Art Class is all about water colours & pastels & convenes in the Studio each Tuesday from 10am. It's a relaxed, friendly & chatty group supervised by Marie Anson, a noted artist herself.

Come along & check it out.

### THE FIRST EUROPEAN TO EXPLORE THE WIMMERA

On Monday 20<sup>th</sup> May 2024, the Garden Group invited Bob McIlvena, local historian, as a guest speaker to their class.

Bob's discussion was an insight into the man, Sir Thomas Livingstone Mitchell, often called Major Mitchell, and his contributions to the surveying of Australia. Below is feedback from an attendee:

"We all enjoyed Bob's chat re Major Mitchell's travels around Western Victoria and further. It is amazing the homework that Bob has put into this man's journeys.

I found the intricate tracking and maps amazing as was the whole journey considering how little equipment re compasses etc. they had. It is very hard to even imagine the details of planning the trip.

Thankyou Bob, your lecture was very well received by our club.

**Trish Deleeuw, Tutor, Garden Club**

## MORE CLASS ACTIVITIES AND EVENTS



On Friday 17<sup>th</sup> May 2024, U3A Committee members pooled cars and headed off on a bonding excursion. The following is a review of that event by our Vice President, Bob McIlvena.....

“As U3A Committee’s demandable duties format normally includes constant interaction in the administration of our organisation, it was decided to enjoy one another’s company in a more pleasurable way for a change.

At our own individual expense, we travelled to Ararat to visit the Gum San Chinese Heritage Centre, following which we enjoyed lunch at the Ararat RSL. We all enjoyed our “leave” and recommend both venues.

If there was sufficient interest, we could perhaps arrange the same trip for our members. Here I am posed with a noted Chinese interpreter to the Ararat goldfields, Wat A. Che.”

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## SPECIAL THANKS

Life member, ex Committee Member, Tutor and U3A governance advisor Helen Fleming, has stepped down from her position as Tutor of our Scrabble group.

Helen, who many years ago, together with U3A Secretary Denise McMillan, introduced the popular and entertaining Scrabble concept of word making to the Horsham U3A class curriculum. She has been a much valued Tutor and respected member.

President June, Horsham U3A Committee and members of the Scrabble group, thank Helen for her past fellowship and guidance and wish her well in her continuance as a member of U3A and the Cryptic Crossword group.

**From Bob McIlvena, Vice President**

**Helen at our Expo 2022**



# CAROL'S CORNER



**Welcome Members.....**the days are slipping by quickly and we are well into the last stretch of the year, heading towards Christmas and New Year.! I hope you have been keeping well and enjoying your social networks at U3A.

I had a little challenge trying to decide on a topic for my segment in this issue until I was sitting at my kitchen table doing some colouring, which I find is quite a relaxing thing to do.

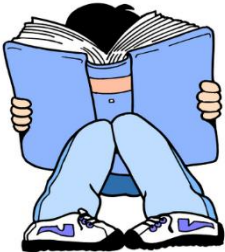
## DID YOU KNOW THAT THERE ARE 7 SURPRISING BENEFITS OF COLOURING FOR ADULTS?

- **Reduces anxiety & stress** – it has the ability to relax the fear centre of our brain – the amygdala, and allows your mind to focus on the present moment and let go of worries.
- **Improves mood & boosts creativity** – helps you escape the daily grind and allows you to express your creativity and tap into your inner artist.
- **Enhances motor skills & coordination** – when colouring, you use your hand to hold the pencil and make precise movements. Overtime, this can improve your dexterity and coordination.
- **Increases concentration & focus** – the concentration and focus used to stay within the lines and choosing colours can help improve your overall focus and concentration in other areas of your life.
- **Provides a sense of accomplishment** – this sense of pride and satisfaction can be a great boost to your self-esteem.
- **Promotes relaxation & sleep** – a great way to unwind and relax!
- **Improves cognitive function** – colouring requires you to use both your left and right side of your brain, which helps improve your overall cognitive function and brain health.

Feeling anxious? A bit stressed or bored? For under \$10, you can purchase a colouring book, pencils and a sharpener at Trev's or the Reject shop (both have a good selection) and start colouring....it's good for you!!

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## ATTENTION READERS!



Are you a keen reader?  
Are you looking for book and author recommendations?  
Would you enjoy hearing about new titles and authors at the Wimmera Library?

## WELL THEN.....READING FOR PLEASURE

is the class for you!

Come and join us for an interesting hour and a cuppa.

We meet on the 3<sup>rd</sup> Tuesday monthly

1.30pm at the Wimmera Regional Library

McLachlan Street

Horsham

### At the June session, Robert, Dot, Julie and Rhonda recommended these great authors:

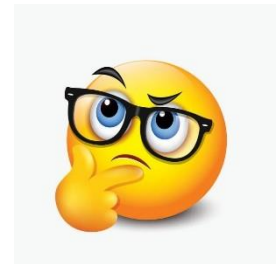
**W.E.B Griffin, Kerry Greenwood and Alex Miller**

**For more information, contact Class Coordinator: Rhonda on 0409 811 475**

# INTRODUCING SOMETHING NEW TO TEST YOUR GREY CELLS....

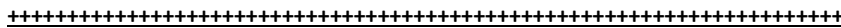
## TRIVIA

- 1) What is the capital city of Australia?
- 2) Which sea is the Great Barrier Reef in?
- 3) In which country is the Kruger National Park?
- 4) Which Oscar winning film featured hit tracks “Mrs. Robinson” & “The Sound of Silence”?
- 5) How many states & territories does Australia have?
- 6) What is Akubra?
- 7) If evergreen trees keep their leaves, which tree category sheds leaves each year?
- 8) What is Australia’s longest river?
- 9) What’s the title of Australia’s national anthem?
- 10) What country is the home of Volvo & Ikea?
- 11) In which year were Beaconsfield miners Todd Russell & Brant Webb rescued after a fortnight trapped in a collapsed mine shaft – 2006, 2009 or 2012?
- 12) Musically speaking, what do the letters MSO indicate?



### HOW DID YOU GO?

#### ANSWERS ARE OVER THE NEXT PAGE OR TWO



U3A were contacted recently to participate in short interview sessions with Jeff Achtem, who is from a Melbourne theatre performance company called Bunk Puppets.

Jeff is the company’s Artistic Director and performer and uses puppetry as visual language for storytelling. His productions have had success all around the world.

He is in Horsham working on a performance project in conjunction with the Horsham Town Hall. This involves him meeting up with a variety of residents in our community, to gain their perspective on what they like about living here.

Trish Maybery was one of a few U3A members who volunteered to be interviewed. Jeff is only using the voices of his participants whose stories he will partner with his puppets Jeff was easy to relax with and made the experience fun.

The results of Jeff’s project will be on show in August at the Town Hall. Keep a look out for dates.



## MEMBER'S SEGMENT

### MORE ON... CHILDREN ARE QUICK

**TEACHER:** George Washington not only chopped down his father's cherry tree, but also admitted it. Now Louie, do you know why his father didn't punish him?

**LOUIE:** Because George still had the axe in his hand...

**TEACHER:** Clyde, your composition on "My Dog" is the same as your brother's. Did you copy his?

**CLYDE:** No, Sir. It's the same dog.

**TEACHER:** Harold, what do you call a person who keeps on talking when people are no longer interested?

**HAROLD:** A teacher.

**TEACHER:** Donald, what is the chemical formula for water?

**DONALD:** H I J K L M N O

**TEACHER:** What are you talking about?

**DONALD:** Yesterday, you said it was H to O.

From Rhonda Pilgrim

### ANOTHER TASTE OF THE "LIGHTER SIDE OF LIFE" AKA "BROADBAND IN THE BUSH"

**SEARCH ENGINE:** What you do when the ute won't go

**CURSOR:** What you say when the ute won't go

**YAHOO:** What you say when the ute does go

**UPGRADE:** A steep hill

**SERVER:** The person at the pub who brings out the counter lunch

**MAIL SERVER:** The bloke at the pub who brings out the counter lunch

**USER:** The neighbour who keeps using things

**NETWORK:** What you do when you need to repair the fishing net

**INTERNET:** Where you want the fish to go

**NETSCAPE:** What the fish do when they discover a hole in the net

**ONLINE:** Where you hang the washing

**OFFLINE:** Where the washing ends up when the pegs aren't strong enough



From Paul Dillon

\*\*\*\* These contributions were funny. Keep them coming please!!



### QUOTE OF THE DAY

As you get older, you will understand more and more that it's **not about what you look like or what you own, it's all about the person you've become.**



# **WEBSITE NEWS** with Trish Maybery, Web Master

## **TECH FOR SENIORS**

As our population ages, it's essential to explore how technology can aid seniors in various aspects of daily life. Embracing technology can help seniors maintain their independence, stay connected with loved ones, manage their health, and engage in lifelong learning. Here are some ways in which technology can make a positive impact on our daily lives:

### **Communication and Social Connection**

With the help of smartphones, tablets and computers, seniors can easily stay in touch with family and friends through video calls, social media and messaging apps. This helps combat isolation and loneliness, promoting mental well-being and a sense of community.

### **Health Monitoring**

Wearable devices and health monitoring apps can assist in tracing your fitness, vital signs, medication schedules and doctor's appointments. These tools provide valuable data for both users and their health care providers, promoting proactive health management and early intervention.

### **Safety and Security**

Smart home technology, such as automated lighting, smart locks and emergency response systems, can improve home safety for seniors. These innovations provide peace of mind and allow seniors to age in place comfortably while maintaining their independence.

### **Access to Information and Services**

The internet offers a wealth of resources tailored to seniors, including on-line banking, grocery delivery services and virtual library access. Technology enables seniors to access information and services conveniently from the comfort of their homes.

### **Cognitive Stimulation**

Digital games, brain training apps and on-line educational resources can help seniors to keep their minds active and engaged. These tools offer enjoyable ways to stimulate cognitive function and support lifelong learning. In conclusion, technology has the potential to greatly enhance the lives of seniors by promoting independence, connectivity, health management and mental stimulation. By embracing technology, seniors can thrive in today's digital age while maintaining an active and fulfilling lifestyle.



## STATION UPGRADES FROM GRANTS RECEIVED

### VIC TRACK GRANT

In the past 2 months, new split heating/cooling units have been installed in the Waiting Room, the Studio and the West Wing. In the near future, the Waiting Room will be getting painted and the Studio will have carpet

We were very pleased and grateful that this work was expedited fairly quickly as the winter chill was beginning to set in!

The West Wing has also had a hot water service, sink, cupboards and an air purifier installed and will soon have new carpet laid, making it a more comfortable class room. For easier access, a new concrete sloping pathway has been poured.

The committee would like to thank those members who had their classes in these rooms for their patience while awaiting better comfort.

### HORSHAM SPORTS AND COMMUNITY CLUB GRANT

The committee decided to make improvements to the walkway between the Studio and the Main Room and has recently made it less cluttered. New shelving and storage will be constructed in the near future and new carpet laid, making it more a more functional, roomy space. This grant will assist with the costs involved.

**THE COMMITTEE IS EXTREMELY GRATEFUL FOR ALL THESE GRANTS TO IMPROVE U3A'S ENVIRONMENT.**

### ANSWERS TO TRIVIA QUESTIONS

- 1) Canberra
- 2) Coral Sea
- 3) Sth Africa
- 4) The Graduate
- 5) 6 + 2
- 6) An Australian hat
- 7) Deciduous – the word comes from the Latin word- decidere- which means to drop or fall off
- 8) The Murray
- 9) Advance Australia Fair
- 10) Sweden
- 11) 2006
- 12) Melbourne Symphony Orchestra

### **FOR SALE ASAP**

A very comfortable, generous 3 seater black leather couch. In excellent condition. Selling due to relocating. \$400

Call Lauris on: 0439 110 899

### **REMINDER**

**As a member, it is expected that you notify your tutor if unable to attend a class.**

**Thank you to those who are diligent in doing this...it is appreciated by the tutors.**



## COMING EVENTS

August / September 2024

**CLASS COORDINATOR  
RHONDA COFFEY**

**LOCAL HISTORY:** 4<sup>th</sup> Mon at 10 am

August 26<sup>th</sup>: Horsham History

September 23<sup>rd</sup>: Horsham History (continued)

**SNAPSHOTS of HISTORY** 1<sup>st</sup> Monday Sept. 10 am

September 2<sup>nd</sup>: The Manhattan Project,  
Oppenheimer and Russian Spies

**NATURE WATCH:** 3<sup>rd</sup> Wed at 10 am

21<sup>st</sup> August at 10am – Living With Dinosaurs,  
narrated by Sir David Attenborough

Many reptiles have remained unchanged from the great age of the Dinosaur, including crocodiles, turtles and a strange “three-eyed” critter. Sir David Attenborough uncovers the unique qualities that enables these creatures to survive.

And

**Wildest Africa, Sahara: Life on the Edge.** The Sahara is the largest desert in the world, covering a third of the African continent. It is one of the hottest and driest places on Earth, yet there is life here. We investigate how the Sahara’s wildlife finds ways to survive. HIS STORY IS OFTEN COMIC,

18<sup>th</sup> Sep at 10am–Penguin King. Sir David Attenborough. After three years out on the open ocean, our bachelor penguin returns to the place where he was born and raised: Penguin City. On this densely packed island he must establish himself and find a mate. His story is often comic, sometimes tragic, but ultimately triumphant.

And

**Wildest Africa, Lake Turkana: Land of the Crocodile.** Lake Turkana is the largest of Africa’s Rift Valley lakes, and is at the heart of one of the planets harshest landscapes. Despite this hostile environment, man and beast have worked out a way to survive here.

**GARDEN GROUP:** 3<sup>rd</sup> Mon at 10.00 am

August 19<sup>th</sup>: Visit to Wayne Lentsman’s garden, Young Street.

September 16<sup>th</sup>: To be decided.

*Please note that Tutors for this group would welcome any assistance regarding speakers or other activities.*

**CLASSIC MOVIE:** 1<sup>st</sup> Tuesday at 1.30pm

August 6<sup>th</sup> at 1.30pm “Genevieve”

Two British couples pit their vintage automobiles against each other in an exciting cross-country race.

Nominated for 2 Oscars.

**Stars:** Dinah Sheridan, John Gregson, Kay Kendall and Kenneth More.

September 3<sup>rd</sup> at 1.30pm “Kramer v. Kramer”

After his wife leaves him, a work-obsessed Manhattan advertising executive is forced to learn long-neglected parenting skills, but a heated custody battle over the couple's young son deepens the wounds left by the separation.

**Stars:** Dustin Hoffman, Meryl Streep, Jane Alexander.

Won 5 Oscars

**SOUNDS OF MUSIC:** Thursdays at 10.00 AM

Our program consists of:

1<sup>st</sup> Thursday in the month is bring your own to a theme that has been set. (See below)

2<sup>nd</sup> Thursday: the Musical Movie.

3<sup>rd</sup> Thursday: Elizabeth & Karl present a program which always includes a short DVD segment.

**Other Thursdays** are open for members to present a program of their choice or we just bring music that we like.

Bring your own music to these themes -

August 1<sup>st</sup>: A song that includes a colour

September 5<sup>th</sup> : Music about spring or sunshine

**Musicals:**

August 8<sup>th</sup>: at 9.50 am is “An American in Paris”

Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.

**Stars:** Gene Kelly and Leslie Caron.

Won 6 Oscars

September 12<sup>th</sup>: at 9.40 am is “Daddy Long Legs”

A wealthy American has a chance encounter with a joyful young French woman, and anonymously pays for her education. She writes letters to her mysterious benefactor, nicknaming him from the description given by some of her fellow orphans.

**Stars:** Fred Astaire and Leslie Caron

**Please note earlier starting time for August and September musicals**

**SEATED GENTLE EXERCISE**

Sessions now held every Thursday

9.00am at Hamilton Lamb Hall.



