



University of the Third Age
U3A Ararat & District Inc.
PO Box 531 Ararat Vic 3377
u3aararat1@gmail.com
No A0053715K
U3A Ararat, Newsletter No 65
November 2022

EDITORS NOTE –

Welcome to our Term 4 newsletter. It has been a while since the last newsletter while Pam and I enjoyed our holiday to the Galapagos Islands and Peru. I want to thank the leaders and photographers who have provided me with photos of their activities. If you have something that will be of interest to members for the future newsletters then please contact me.

Email: peterbrennan22@gmail.com

Home Phone: 5356 2520. Mobile Phone: 0428 947 947

PRESIDENT'S PRATTLE

Hi All

Term 4 has started well with great excursions to Chris and Lois Brain's property, the Murtoa stick, Steak and Shiraz night, Shed and Garden Glances at Greg and Carolyn Gason's and Peter and Leesa Waterman's.

A big thank you to these members for showing us the excellent results of their labour.

Numbers have increased in our regular activities and the efforts of the activity leaders to continue over the winter and through the pandemic has been much appreciated.

Unfortunately, the Golden Gate parade was cancelled this year and our entry was put on hold until 2023. This will give the drummers plenty of practice time. A big thank you to Linda Heard and Alan Grant for the great U3A banner they created.

Pam has again produced an excellent program despite spending the last six week of term 3 in the Galapagos Islands and Peru. Many people enjoyed hearing about their Inca Trail hike.

A highlight of this term will be our Christmas gathering on December 1 at the training centre. Over 40 names are already down and I urge everyone to come along and help celebrate 2022.

On a sad note, Lynne Wilson has informed us that she will be leaving Ararat and heading north to be closer to family and escape the Ararat winters. Lynne has been a great contributor to our U3A, being on committee for several years and president over the difficult time of the pandemic. The extremely successful book swap at the training centre is just one example of the many initiatives that Lynne has instigated. All the best Lynne, wherever your travels take you.

The committee would like to hear any suggestions from members regarding activities for 2023.

These may be for one full term, half a term or one or two sessions that our members might be interested in running or know someone we could approach to conduct them.

President Phil

ARARAT COMMUNITY ENTERPRISE

Remember to support the members of the Ararat Community Enterprise who have been so generous in their support of the Djembe drumming program. The businesses associated with ACE are the Bendigo Bank, WFI Insurance and Bendigo Telco.



ARARAT GALLERY TAMA

The Ararat Art Gallery TAMA continues to maintain high standards in its current exhibitions. Local artist, Carole Mules, created a rich pallet of textures and colours using combinations of contact printing with native plants and found objects, freehand machine stitching, hand stitching, cut and collage, floral resist, and tying and folding fabric



The Lady Barbara Grimwade collection is well known to U3A members – thanks to Pat McAloon. The current exhibition features pieces from the over 400 items from her wardrobe, including clothing, hats, handbags, shoes, gloves, belts and scarves.



U3A STATEWIDE CONFERENCE

Lyn Russell and Janine Adams represented our organization at the recent U3A statewide conference. We are grateful that they were able to represent the views of the Ararat community at this event.

The 2022 Network State Conference, hosted by U3A Bendigo on 2 - 4 October, offered 150 participants an opportunity to share their ideas and hopes for the future of our movement. The

conference was opened on Sunday by Bendigo Mayor, Cr Andrea Metcalf, and Commissioner for Senior Victorians, Gerard Mansour, gave the keynote address.

The conference went through three strategic planning sessions which examined such themes as –

- The role of U3As in the 2020s
- The ideal U3A
- Why is a network of U3As better than stand-alone U3As
- How can a volunteer group like a U3A resource its activities
- What will make U3As relevant in the next decade

Results of these sessions are still being compiled and will be made available to the Network strategic planning team currently working on Victoria U3A Network's 2023 - 2026 Strategic Plan.



THE BENEFITS OF SINGING! (With thanks to Margaret Burbidge)

How lockdowns rekindled our need to sing together

I found this heading to a feature by author and poet Cate Kennedy in the October 'The Monthly', an Australian Publication. It was a five-minute read, so I've picked out quotes from Cate's research.

"We found that listening to music, singing, and dancing were the top three most effective activities at making people feel better," reported Dr Frederic Kiernan, from the University of Melbourne's Creativity and Wellbeing Hallmark Research Initiative."

I read on. "As virtual choirs spiked in the early days of lockdown, they were studied for evidence of quantifiable amounts of social cohesion and reduced stress they created in participants, couched in language such as "social capital measures", "neurohormonal mechanisms" and "self-other merging". Or in day to day speak, enjoying company, good uplifting changes from the hormonal activity, and positive interaction with strangers.

"Scientists measured endorphin levels and increased pain thresholds (tolerance to) when people sing, dance, and play drums, as opposed to just listening to music. They analysed and compared the psychological needs satisfied by both face-to-face and virtual modes, participation numbers, and the role of physical "presence" in the feeling of connectedness."

So why am I offering you this info? It's just to share some great facts about singing, and to tell you that the U3A singing group would love to have some more voices to give us a bigger fuller and perhaps louder sound.

Beatles' questioning song, 'What would you do if I sang out of tune?' can fit into the story here, because we don't put any importance on singing with an amazing voice or singing in tune, we just like to feel the enjoyment of singing.

<https://www.youtube.com/watch?v=0C58ttB2-Qg>

We choose from the huge range of songs from the amazing Spotify - useful to give us a karaoke type experience. Each of us has a turn in choosing from the song sheets - Beatles songs, Seekers songs, Eric Bogle songs, Neil Murray's My Island Home, Do you hear the people sing, from Les Miserables, ABBA's Waterloo, Mull of Kintyre, Irish and Scots songs Danny Boy and Galway Bay, Teach(ing) the world to sing.

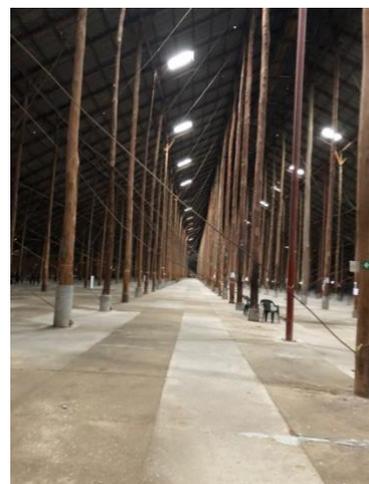
So, maybe blood pressure down, maybe meeting someone new, maybe just the good feeling singing gives; shower, kitchen and around the house singers please join us, at 10.00 until 11.30 Thursday, no particular credentials asked for....

EXCURSIONS

MURTOA STICK SHED

The Murtoa Stick Shed has become an iconic tourist destination in recent years and a group of members visited recently, with lunch on the way at Grampians Estate winery. Thanks to Heather Hevey for her photos and report. This structure is an enduring testament to iconic Australian bush ingenuity and a symbol of the growth and strength of the Australian wheat industry.

The Stick Shed is the 101st place included in the National Heritage List. Completed in 1942, the unique and dramatic structure of The Stick Shed has captured the imagination of everyone who has seen its serene and evocative cathedral-like interior. Referred to by some as the 'Cathedral of the Wimmera'. The Murtoa Stick Shed's ghostly unmilled tall timber poles and central aisle draw the eye upward towards the roof as light spills into the space through skylights as if through a stained-glass window.



CHRIS BRAIN AND LOIS REYNOLDS FARM VISIT

Chris Brain and Lois Reynolds farm at Willaura is an extraordinary example of 'industrial farming'. Chris produces only grain on his farm – wheat and canola – and provided members with a great insight into why farming has become so industrialized in the 21st century. With massive machinery and vast acreages, the only way the world population can be fed is by using these methods. The canola was in full flower on the day of our visit, and believe it or not, it wasn't raining. Rick and Lyn Thomas were brave enough to climb the ladder into the cabin of one of the pieces of machinery, but Chris refused to give them the keys!



CRAFT GROUP

The decorated candles were made with plain white candles and printed serviette pictures heated onto the surface. They are very effective. So much so that the ladies made more than one!

The fingerless gloves were a popular make as well, especially during this really cold winter.



SPECTACULAR GARDEN VISITS

Members have been treated this term with visits to spectacular gardens at the homes of Carolyn and Greg Gason and Leesa and Peter Waterman. Not only were the gardens a visual treat, but so was the afternoon tea served at both venues. Garden visits are always very popular with members so if you see or hear of a garden that would be worth a visit then please let the program director know of its whereabouts.

GARDEN OF LEESA AND PETER WATERMAN – ROCKY POINT ROAD



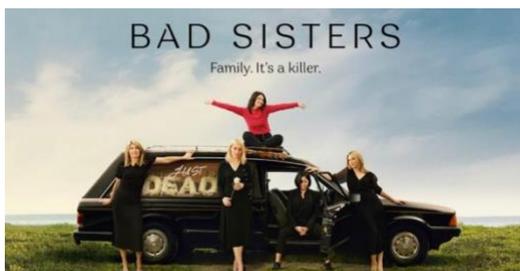
GARDEN OF CAROLYN AND GREG GASON – BREWSTER ROAD



WHAT'S ON TV – YOUR CRITICS CHOICE

There is an incredible amount of viewing to choose from when deciding what to watch on TV. No longer are we confined to watching shows at a designated time each night as we now have the choice to watch what we like, when we like. Of course, this usually requires having a 'smart TV' so that we can access the many streaming services available. Keep an eye out on the Term 1 program for a session on 'How to make the most of your smart TV'. In the meantime, check out these options.

THE CAPTURE – ABC TV AND IVIEW. This series will question if we can really believe what we see. Britain is under siege: hacked news feeds, manipulated media, and interference in politics. Entrenched in the UK’s own ‘Correction Unit’, DCI Rachel Carey finds herself in the middle of a new conspiracy – with a new target. But how can she solve this case when she can’t even trust her closest colleagues? This six part thriller features ‘invisible’ assassins, the terrifying rise of deepfake technology, the ever-growing tension between government and Big Tech, and corruption at the heart of the British media.



BAD SISTERS – APPLE TV. This is an Irish black comedy series that tells the story of the tight-knit Garvey sisters who have always looked out for each other. When their brother-in-law ends up dead, his life insurers launch an investigation to prove malicious intent – and set their sights on the sisters, all of who had ample reason to kill him.

SOCIAL EVENTS

There would be some truth in the fact that U3A members are the main support base for the many cafes in Ararat. A number of groups find a venue after attending an activity to continue to chat and share stories. The formally organized ‘Cuppa & Cake’ afternoon teas and the recent ‘Steak and Shiraz’ night at the Barkly were very popular with members.



A REMINDER - On Thursday 24 November there will be a ‘Nibble and Drinks’ function at Leonie and Ian Foster’s to thank the facilitators of Ararat U3A classes in 2022

END OF YEAR ACTIVITIES

THURSDAY 1 DECEMBER – Ararat U3A end of year celebration. This is a Bar-B-Que to be held at our Aradale home, commencing at 12 noon. Please bring your own meat and drinks – the committee will be providing the salads

FRIDAY 9 DECEMBER – Mrs Baker’s Still House – enjoy the Gin Distillery tour, followed by a delicious degustation lunch with platters and tastings on the lawn. Cost is \$30 per person.