

# Newsletter - Feb 2025

## U3A Bass Valley Committee

President: Pam Richmond	Committee Members:
Vice President: Marg Boyer	Christine Holmes
Treasurer: Glenda Bent	Geoff Guilfoyle
Secretary: David Laing	Janet Cobden
Minutes Secretary: Di Goeman	

## News Flash

### Important dates for our 2025 courses.

#### Continuing courses:

- Book Club A - (2-4pm last Tuesday) Jennifer Jansen
- Tai Chi - (9:30-10.30 am Tuesdays) Corinella Hall, Steve Howitt - 21 Jan
- Ukelele - (2-4pm 2nd & 4th Sundays) CDCC Clive Budd
- Digital Photography - (usually 10am 3rd Friday) Andrew Keir - starting 28 Feb, 28 Mar

#### New courses:

- Book Club B - (2-3.30pm every 1st Wednesday) **Waterline Library, Grantville Transaction Centre** starting Wed 5 Mar
- Games Club - (2-3.30pm every 2nd Wednesday) **Waterline Library, Grantville Transaction Centre** starting Wed 12 Feb

#### Waiting for confirmation:

- Learning with Locals - speakers (1:30-3pm 3rd Sunday) 16 Mar, Waterline Library, Grantville Transaction Centre TBC
- Craft and Conversation (3rd Monday) Sue Healey 17 Feb TBC
- Singing for Leisure (2-4pm 1st & 3rd Monday - needing a pianist) CDCC, Anne Brown TBC
- Art Group TBC

#### In the pipeline:

Calligraphy  
 Chair exercise

Scroll down to Memberships to see how to enrol.

## The Storyboard Unveiling - Fri 21 Feb at 1.30pm, Grantville Transaction Centre.



The Mayor of Bass Coast Shire, Rochelle Halstead, will be officially unveiling the Storyboards displaying the history of our area. They have now been updated, restored and installed. They can be viewed in the storyboard walk next to the Centre. Come long for the unveiling, enjoy a cuppa and see history being made.

This is a photo of the board we installed at the Centre. The storyboards are in the adjacent walkway.

### Message from the President

Welcome back to 2025 and a big thank you to all of you who have supported U3A Bass Valley in some way - as a course participant, course leader, committee member or sponsor, or simply by telling others about our wonderful organisation. Word of mouth is very powerful!

What do we offer? Low cost courses and activities, opportunities to learn new skills, meet new people, share knowledge and skills in a supportive social setting.

Besides our continuing courses we have introduced some new ones due to start in February and March. The **Games Club**, now at the Waterline Library, Grantville Transaction Centre, will also include Mahjong - come along and learn how to play. Bring along your favourite game and enjoy a cuppa and a friendly chat. Starting Wednesday 12 February. The **Book Club B** has also moved to the Waterline Library, starting Wednesday 5 March. Bring a friend!

We also invite suggestions for new courses. Our committee is considering Calligraphy and Chair Exercise and learning about AI. We rely on your input and also invite volunteers to run activities and courses. What skill, enjoyment would you like to share with others?

I think the Japanese concept of Ikigai fits in well with the philosophy of U3A. It is about finding a purpose and living better as we age. It involves **giving, doing, being, and creating**.

Studies have identified 4 important factors for living well:

- Strengthening the body
- Rebuilding the brain - learning new things
- Staying connected, social activities
- Discovering new places, seeing new things

At U3A Bass Valley we hope to fulfill these aims.

## Memberships

Our memberships are now open for this calendar year. We invite you to come along for a session to see how you like it before you join. Be sure to check the course venues and starting dates. Memberships are \$35 for the calendar year. This enables you to join as many classes as you like and attend all our events.

No matter how you pay your renewal please also complete the membership application form so we know what courses you are interested in. The form is available on our website at [u3abassvalley.com](http://u3abassvalley.com) under "Membership".

If you are a new interested member in U3A also fill in the application form to give us an idea of the viability of each course. Membership payment can wait until you decide to participate in any courses. You can attend 2 sessions of a group before deciding to join up.

There are 3 ways to join:

1. By paying in person into our account at the Bendigo Bank with the EFTPOS details below (please include your name as a reference).
2. By cash or cheque made out to U3A Bass Valley, directly to your course leader.
3. By completing the membership form on our website at [u3abassvalley.com](http://u3abassvalley.com) and using online payment.

Our EFTPOS Deposit details are:

BSB 633000 Account No. 132310517

U3A Bass Valley

Bendigo Bank (please include your name as reference)



Some U3A Tai Chi members in their new shirts

## Interested in running a session?

If you are thinking of offering a course or have suggestions, please get in touch with our Secretary David Laing at [admin@u3abassvalley.com](mailto:admin@u3abassvalley.com). We have resources, insurance coverage and other support to offer you. There are options for a one-off session or something longer, or sharing with another tutor. Don't be shy!

## Privacy

If a member does not wish to be filmed, photographed or recorded - or for any photo or recordings that feature them to be used by U3A Bass Valley - then the member must make this known when the image or recording is made. The member must move out of range of cameras and recording devices.

## Brain Tickler Dec solution

"Five years ago Ray was eight times as old as his daughter Becky. In five years Ray will be five years older than three times Becky's age. How old are they now? (Answer: Ray is 45, Becky is 10)

## Brain Tickler Feb

Alison's garden is rectangular, measuring 20 metres in length and 10 metres in width. Alison wants to create a 0.5-metre-wide straight path to run diagonally from one corner of the garden to the opposite corner. To create the path, she plans to lay down 0.5 metre square paving slabs edge-to-edge along the diagonal. How many paving slabs will she need to buy to construct this?