

Newsletter - July 2025

*Are you aged 55-plus and retired or semi-retired? Live in the Bass Valley or surrounds? Want to keep your brain and body active and make new friends? Want to share your skills and experience with others? Then join in the University of the Third Age Bass Valley (U3A Bass Valley). For a modest annual membership fee you can participate in a wide range of courses, social activities, excursions and events.
Learn, Laugh & Live*

U3A Bass Valley Committee

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

* We are pleased to welcome our new committee member Marcia Comber. We hope she has an enjoyable time working with us.

News

RIP Clive Budd



We were sorry to deliver the very sad news of the passing of our lovely Clive Budd on 13th June 2025.

Clive had been a member of U3A Bass Valley for several years and served on our committee. His contribution to us over the years has been enormous.

He coordinated the Grantville ukulele group before bringing the whole group into the U3A. He led the group until recently when his health let him down. It was a real treat for us when the group performed at our luncheon. He had us laughing and singing along as the ukuleles played. He also set up and maintained our U3A Facebook page. He was in the history group and always had great ideas.

Clive could chat about almost anything and told the most interesting tales of his life. He loved

his music and was an active member of the Inverloch jazz group. Clive had a great sense of humour. His talents were many: a deep sea diver, a musician, and a buzz on computers, amongst others.

We pass on our condolences to his partner Carol, his children, and grandchildren. He will be greatly missed.

U3A Bass Valley Banner

Yes, we now have our own banner! A special thanks to Trish Hart for the design, and Di Goeman for organising the whole production. You will see it soon at one of our events - hope you like it too!

We tried to crystallize what we thought U3A Bass Valley is about. There are lots of quotes we might have used:

"I have met such a diverse range of people"

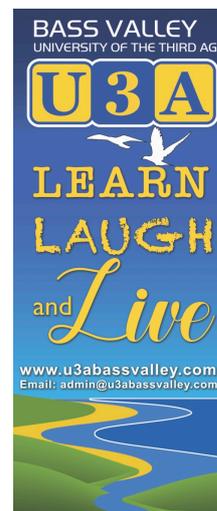
"I do things I didn't realise I would enjoy so much"

We thought about including our events:

Games, Book Clubs, Ukelele, Digital Photography and excursions, Tai Chi, Learning with Locals.

In the end we chose "Learn, Laugh and Live".

It is not too late to join up - membership forms are available on our website at u3abassvalley.com



U3A Bass Valley Tutors' Meeting - Wednesday 23 July

There will be a Tutors' meeting on Wednesday 23 July at 1.30 - 2.30pm in the Blue Room at the Corinella & District Community Centre (CDCC). The purpose of the meeting is for our committee members and tutors to get to know each other better, and to discuss ways we can support our wonderful volunteers. We have created a Tutors' Handbook which is designed to assist tutors in planning and conducting classes. It aims to provide them with some basic information to facilitate their role. Special thanks to Marg Boyer and Di Goeman for their work in producing this.

Digital Photography - what's it about?



The U3A Bass Valley digital photography group, run by Andrew Keir, is held every third Friday morning at the Keir residence at Woodleigh, except when the group is out on a photo excursion to places far and wild, such as the central business district of Melbourne, wandering around Kilcunda beach, or shooting (with cameras, not guns) pelicans at San Remo, followed by lunch at the nearest cafe.

Excursions are usually every second or third meetings (weather dependent). When the sessions remain in-house (so to speak) there is the obligatory coffee/tea and biscuits/cake, then it is

down to business and we tackle the topic of the month, whether it be framing, lighting, action shooting, or just what some of those buttons on the average digital camera mean and how best to use them.

Potential future topics include surreal (think Salvador Dali with a camera), macro, still life, and golden hour/blue hour photography.

If you are already at an advanced level of photography then we are probably not the group for you; we are more at the enthusiastic amateur end of the spectrum.



Having fun while, hopefully, learning along the way is more important than quickly developing a high-level of professionalism.

Article and photos by Geoff Guilfoyle.



Tai Chi for Arthritis - what's it about?

A little bit of magic occurs every Tuesday morning in the Corinella Hall. That is, of course, our Tai Chi class. Besides the obvious benefits of Tai Chi - improving flexibility and movement, relaxation and improved sense of well being - there is the banter, meeting new people, laughter and just plain fun. And of course our fabulous teacher Steve Howitt. Sometimes David will take the newbies aside for special tuition. They seem to catch on very quickly! Sometimes I sneak a look at all of us in full flight, doing our routines. As well as being an amazing sight there is a wonderful sense of camaraderie - feeling and moving as one.

Studies show that tai chi can help reduce pain and stiffness felt by people with arthritis. The movements gently exercise most of the muscles and joints throughout the body and can improve your flexibility and ability to move. Practising Tai Chi may also help you to relax and improve your sense of wellbeing, which is also important in helping you deal with pain.

To watch our group in action on YouTube click here:
<https://youtu.be/4TUU4ILAv2E?si=7xJ1SFSQcY9Q-2eW>

Pam Richmond

Michael Mosley tips on living well

Stand on one leg while brushing your teeth

Although hard at first, this trick engages multiple muscle groups, including the core, glutes and legs. Regularly doing this exercise can strengthen these muscles, improve your coordination and balance, and enhance your overall physical performance.

Chew slowly

Chewing your food for longer breaks it down more, which in turn helps your stomach to digest it more easily. Chewing slowly also lets your hormones tell your brain you have eaten, reducing hunger and making you feel full, so helping you reduce weight.

Break up exercise into chunks

Breaking up exercise into short 5-10 minute chunks across the day is actually just as beneficial than doing it in one 30-minute burst. Doing this provides similar health outcomes in terms of fat, glucose and insulin levels – and is often much easier to fit into your day.

Do mental arithmetic under pressure

Putting your body through short bursts of stress – such as doing maths under pressure, or public speaking – has been shown to be good for us. It enhances cognitive and physical performance with wide-ranging effects on the brain, body, cardio and immune systems.

Volunteer

Volunteering can increase your self-esteem and well-being, and alleviate symptoms of depression. Some studies have even shown it lowers blood pressure and cholesterol. Those over 65 who volunteer have both better physical and mental health.

Sing, sing, sing

Singing can increase the levels of endocannabinoids in your brain to give you a genuine high. It exercises the brain and body, improves posture, breathing and muscle tension. Some studies show it is effective in pain relief. Plus it reduces the stress hormone, cortisol. Reading a poem has similar benefits – and can help boost cognitive health.

Eat chocolate

Eating just two squares of dark chocolate every day can have clinically significant effects on blood pressure and heart health, and it can even boost blood flow to the brain. This is all down to the flavonoids in the cocoa. But – it has to be dark.

Take a cold shower

Michael Mosley was a big fan of cold showers. Studies have shown chilly dips can reduce blood pressure, the effects of Type 2 diabetes and chronic inflammation. Cold water swimmers also get less infections and have fewer sick days.

Walk backwards

Walking backwards has been shown to improve your balance, waistline and reduce lower back pain. It strengthens core and leg muscles, improves balance and flexibility while reducing fall risk. It also burns more calories and may help with reducing body fat.

Ideally in the rain...

Walking in or after the rain is good for us – apparently because of negative ions. These are odourless, invisible molecules which are created near moving water – such as when raindrops hit pavement. It is thought these ions make air cleaner and boost our mood, relieve stress and give us more energy.

Be kind

Surprisingly, a little altruism can have big benefits for our own health. It can lower inflammation, and reduce the risk factors of many major diseases. It can also reduce stress and boost our emotional wellbeing.

Message from the President

I am pleased to welcome Marcia Comber to our committee. Marcia is a member of three of our groups - Tai Chi, Games Club and Book Club - and I hope she enjoys her new position. I would also like to offer a belated thanks to Barry McCulloch for creating posters for us, advertising events.

There have been three major developments since I last reported:

1. As previously mentioned we have now produced the Tutors' Handbook (courtesy of Marg Boyer and Di Goeman) which we will distribute at the Tutors' Meeting on 23 July. We hope it will provide our tutors with guidelines and support. (We are still seeking volunteers to help out with Singing for Leisure, and Ikebana. If you can help please contact David on 0411 049 708.)
2. After much deliberation about the layout we now have our own banner, designed by Trish Hart. We think it captures the spirit of what we do. It will be displayed at our main events.
3. Since we met all the requirements we have applied for an Auspost Community Grant. If successful this grant will enable us to extend our offerings over a full year program. Putting together a grant application like this requires a lot of work and I would like to thank Di Goeman and Janet Cobden for their enormous contribution.

After some initial hiccups concerning fobs we are now running the Games Club, and possibly the Book Club, in the Waterline Library's new location next to the former medical practice in Grantville. We now have 14 members in the Games Club, and we are onto our sixth book in the Book Club - there are still a few vacancies here.

The next major event on our list will be our AGM scheduled for a Friday in late August.

Pam Richmond

Memberships

Just a reminder about our courses - some weekly, some twice a month and some monthly. You are welcome to come and check us out for a session before you deciding whether to join us.

- Book Club A - (2-4pm last Tuesday) Jennifer Jansen
- Tai Chi - (9:30-10.30 am Tuesdays) Corinella Hall, Steve Howitt
- Ukelele - (2-4pm 2nd & 4th Sunday) CDCC Alan
- Digital Photography - (usually 10am 3rd Friday) Andrew Keir
- Games Club - (2-3.30pm 2nd Wednesday) Waterline Library Grantville
- Book Club B - (2-3.30pm 3rd Wednesday) venue TBC

For further information contact our Secretary David Laing on 0411 049 708

Just a reminder to pay your membership if you have not already done so. As a reminder 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 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)

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 under "Membership".

Scottish Recipes

By popular demand the following are genuine Scottish recipes, good as winter warmers:

Scotch Broth - Jean's recipe

Soak 75g of barley & 75g of split peas. Chop 2 onions, 1 leek, 3 wee neeps, 1 swede & 3 carrots. Fry onion in a little lard, add 3 litres of stock and 2 lamb shanks. After 30 mins add barley & peas, after another 30 mins add vegetables. Remove any meat from bones and return it to the pot. Serve with crusty bread.

Tablet - Auntie Jean's Recipe

Melt 100g of butter with 900g of sugar in a pan. Add 1 large tin of condensed milk with a tea cup of milk. Turn heat up & keep stirring until boiling. Turn down & stir for 45 mins. Remove from heat & beat 60 times with wooden spoon. Pour into shallow trays, allow to set then cut into squares.

Brain Tickler July

Emma is reading a novel that has a total of 350 pages. She plans to read the book over the course of a 12 day holiday. Each day, she wants to read the same number of pages to

finish the book on time and is prepared to read a little more on the first day to get a head start.

How many pages does Emma need to read each day to finish the book on time?

Last month's solution: In a group of 100 U3A members, 73 have a cat and 39 have a dog. 7 of the members have neither a cat nor a dog. How many of the U3A members have both a cat and a dog?

93 people own a cat or dog or both. Adding the owners of cats and dogs counts the owners of both twice. So $73+39=112$ ie 19 extra. So $54 (73-19) + 20 (39-19) + 19$ is 93. 19 people own both.



PREPARING FOR END OF LIFE @ WATERLINE LIBRARY

Join an experienced End of Life Consultant on World Wide Dying to Know Day to discuss how to take control of end-of-life decisions, including Wills, Advanced Care Plans and End of Life wishes.

This event provides a supportive environment for open conversations about death and dying and aims to empower participants to plan for their end-of-life and make informed choices.

 **Date:** Friday 08/08/2025
 **Time:** 10:30AM
 **Location:** Waterline library
 **Branch phone number:** 03 5674 1169

myli.au/events



SCAN ME

