

Newsletter - June 2025

U3A Bass Valley Committee

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

News

French Island - An Island In Isolation

U3A Bass Valley combined with the Corinella District Community Centre on Sunday 18 May afternoon to host Christine Dineen's fascinating presentation about French Island - it's history, flora and fauna.



Christine answering questions from audience members

This was the first in the series "Learning with Locals" designed to share local stories and experiences from our community. There are so many extraordinary stories from ordinary people that we want to hear about.

Christine has published a pocket book guide to the island called "French Island - A Visitor's Guide, now in its third edition. It is written for people who plan to visit the island or would like to gain an

insight into what it has to offer and why French Island is such an amazing natural asset that needs to be preserved for future generations.

The book contains not only the wisdom and insights of French Islanders Christine has collected over 30 years, but also interesting anecdotes and stories not found anywhere else. She talked about the hardship faced by an early teacher who described how the schoolroom floor often flooded with water. And how the first ferryman, Les Peterson, actually delivered a baby on the trip to the island. Coincidentally, Les' daughter was in the audience and told how she was named after the ferry!

We were also aghast to hear that at one time former Premier of Victoria, Sir Henry Bolte, had considered it a suitable site for a nuclear power plant. Things have come a long way since. Now about 70% of the island is National Park.

Christine's presentation was well received and the U3A Bass Valley Committee is considering organising an excursion to the island to make full use of her collected knowledge. Graeme Marchant, who attended the presentation, offered us some advice.



Pam thanks Christine with flowers

French Island tours - Graeme Marchant

Graeme operates French Island Weekend Experience tours. He says:

“our next one is Friday 14th to Sunday 16th November (3 days) where there is only 2 rooms left. Each room is set up with a king size bed or twin beds depending on whether couples or singles are occupying the room. We only take 8 guests away on our tours as accommodation is limited on the island.

Cost is \$650 per person twin share king or twin bed room and includes all meals, wine tastings and cheese platters at the remarkable French Island Vineyards, all sightseeing, barge cruise, pick up/drop off locally. This upcoming tour is featured on our website under the heading "Upcoming Scheduled Tours".

Or alternatively we can take your own private group on a day tour across and back on a day tour with a cost of \$120 per person includes lunch at French Island General Store, Sightseeing, visit to French Island Vineyards for wine tastings. Depending on barge times at high tide will determine how much we can visit in the one day.”

Their website is <http://www.specialtywinetours.com.au/>

Lemon yoghurt cake recipe (compliments of Cathy McLeod)

After tasting this scrumptious cake at Christine's presentation there has been many requests for the recipe:

Ingredients

- 1 3/4 cups sugar
- 2 eggs
- 1/2 tsp salt
- 3 tsp lemon juice
- 2 lemons grated
- 3/4 cup oil
- 1 cup natural yoghurt
- 2 cups self-raising flour

Method

In a bowl, mix rind, oil, eggs and sugar with a fork. Add remaining ingredients and combine well. Pour into greased ring tin. Bake 1/2h at 180C. Cool in tin. Enjoy!

Margareta's 7 ways to age joyfully

- Make a determined effort to enjoy your daily habits such as feeding the dog or watering the plants
- Tidy your affairs and declutter well
- Live within your means
- Wear bright colours and stripes
- Don't complain about your ailments or your disappointments — it's boring
- Eat a little chocolate
- It's crucial to keep learning — flexibility is a good mindset

The RECOVER-D study

This study is investigating the feasibility and acceptability of a new psychosocial skills intervention aimed at improving everyday functioning in people aged 50–75 who:

- Live at home (not in residential aged care), and
- Are experiencing mild to moderate symptoms of depression.

Participants in the study will be randomly allocated to one of two groups and receive 8 sessions of psychosocial skills training—either personalised or standardised—delivered via Telehealth (Zoom). More information below:



Are you experiencing symptoms of low mood or depression?



The Royal Melbourne Hospital is seeking expressions of interest to join the RECOVER-D study; a holistic program for recovery from symptoms of low mood or depression which uses a computer based psychosocial skills training program

This eleven-week study, that can be delivered using videocalls, is about improving your thinking, emotional and social skills for real world outcomes of recovery from depression.

We would be delighted to hear from you if you are:

- Aged between 50-75 years old
- Experiencing mild to moderate symptoms of depression or low mood
- Happy to complete training tasks presented on a computer, with assistance, for eight weeks
- Living in Victoria



If you, or someone you know, would be interested in further information, please contact:

Study Coordinator: (03) 8344 1879

Email: RECOVER-D-Study@unimelb.edu.au



The Royal Melbourne Hospital

2019.252 (Recover-D) Recruitment Flyer Version 7, dated 24 April 2024

The best news this year! - Dark chocolate biscuits could aid weight loss, study suggests

The World Cancer Research Fund lists chocolate as one of the foods to eat every week. The others are bananas, oats, beetroot, black tea, nuts, oranges, apples, mushrooms, yoghurt, olive oil, eggs, beans peas lentils, and berries.

Also, eating different fruits, vegetables, wholegrains, unsaturated fats, nuts and legumes, along with some fish and certain dairy products such as yoghurt, was recently shown by Harvard researchers to raise the chance of reaching old age without any major chronic disease and in good cognitive, physical and mental health.

Message from the President

Our main event in May was Christine Dineen's presentation on French Island, which was very well attended. We would still welcome any suggestions on how to advertise these events better. We currently use email lists and Facebook. Our next "Learning with Locals" event will probably occur in August - watch this space for news about the next speaker. Thank you Meryl Tobin for supplying the beautiful flowers - they were greatly appreciated, as were your photos.



All our classes are running smoothly. We want to thank our volunteer course leaders who offer their time generously. We are planning to hold a Leaders meeting in July and our AGM in August

A special thanks to Clive Budd who is no longer running the Ukelele group, which he has done for years. We really do thank him for his outstanding service to U3A Bass Valley. Thank you Alan for picking up the baton.

We are still looking for a pianist to accompany our singing group, and someone to lead a group on **Ikebana**. If you know anyone please let us know. You can contact our secretary David on 0411 049 708.

We still have not filled the vacancy on our committee. Don't be surprised if you are tapped on the shoulder!

And we wish Kerry Ladell all the best in her new job - she is leaving the Corinella & District Community Centre next month. All the best Kerry!

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 Sundays) CDCC Alan
- Digital Photography - (usually 10am 3rd Friday) Andrew Keir - starting 28 Feb, 28 Mar
- Games Club - (2-3.30pm 2nd Wednesday) venue TBA
- Book Club B - (2-3.30pm 3rd Wednesday) venue TBA

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".

Brain Tickler Mar

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?

Last month's solution: Dan can shovel a driveway in 30 minutes and Jay can do it in 20 minutes. How long to clear if they work together?

Dan can shovel 2 driveways in 1h, Jay can shovel 3 in 1h. So together they can do 5 in 1h. Therefore to do 1 driveway will take 12 minutes.