

Newsletter - Mar 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	

* Due to other commitments Christine has officially resigned from our committee. She has been an invaluable member and her contributions over the years will be sorely missed. It has been a pleasure working with Christine and we are sorry to see her go. No doubt our paths will cross in the future and we wish Christine and David all the best.

News

Mayor Rochelle Halstead officially unveils history storyboards 21 February.

It was a lovely celebration of the new updated storyboards located in the Grantville Memorial Park. The boards depict the history of Grantville. Thanks to our Mayor Rochelle Halstead and U3A Vice President Margaret Boyer for officiating at the event.



Trish Hart, Geoff Guilfoyle and Rochelle Halstead Attendees enjoying refreshments

Thanks also to our very talented community members: Geoff Guilfoyle, our local historian for his meticulous updating of the storyboard content and Trish Hart a very talented local artist, author and illustrator for her restoration of the original photos and her thoughtful design work.

Thanks also go to the Bass Coast Shire Council for providing a grant to carry out the replacement works and also to Grantville Foodworks for their very kind donation of refreshments for our event. And a special thanks to Di Goeman for all her hard work in organizing the event.



Excerpts from the speech given by Margaret Boyer, U3A Bass Valley Vice President.

I would just like to provide a little background about Grantvilles' beautiful Memorial & Community Park.

While the Transaction Centre building which was opened in 2005, by Councillor John Hulley, was a great asset to the town, it stood in a paddock.

Consequently, the Shire, led by Mayor Cr John Duscher and Cr Veronica Dowman, set up a sub-committee, under Section 86 of the Local Government Act of Victoria, to design, build & manage a Memorial & Community Park around the centre. After a massive amount of effort by the sub-committee working with the community, the Bass Coast Shire Council, and the Victorian Government Community Support Fund the Memorial & Community Park was officially opened, on October 2009, by Johan Scheffer MP. Members of that Memorial Park Sub-Committee included: Helen Zervopoulos and Christopher Nagle, both are with us here today.

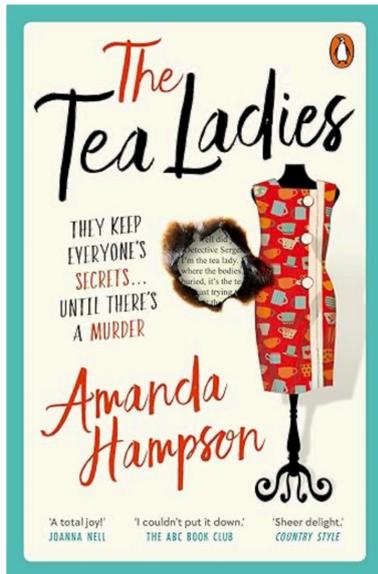
One of the most interesting features of the park was the inclusion of a history walk presented on a series of story boards. As these original storyboards became worn, due to constant exposure to the elements, in 2024 the U3A applied for and was successful in obtaining a quick response grant from the Shire, to replace the old boards.

Our first Games Club meeting - a success!

Nine of our members met at the Waterline Library to play games. At one end of the table they were learning the features of Mahjong and coming to terms with the tiles, whilst at the other end we enjoyed a game of Rummikub. Amidst lots of laughter we ended with a brief trivia quiz. We are looking forward to the next one on the 2nd Wednesday of March (12 March) at 2pm at the Waterline Library in Grantville.

Come along, bring your favourite game and join in the fun!





**Book Club B Wednesday 19 March 2pm
Waterline Library, Grantville Transaction Centre**

There are still some places left in our new book club. (Inquiries David Laing on 0411 049 708). We are meeting at the Waterline Library, Grantville Transaction Centre on Wednesday 19 March (3rd Wednesday of the month) to talk about the book “The Tea Ladies” by Amanda Hampson.

For those who remember the days of the tea lady it is a ripping good yarn and was one of those books that was hard to put down.

“A highly original and wonderfully entertaining cosy crime novel set in Sydney in the swinging sixties.”

Message from the President

We're off to a good start. Most classes have commenced and are running smoothly. We are hoping to support our volunteer course leaders with a tutor package and spare membership forms. Volunteers are the backbone of U3A and offer their services for free. We need to look after them!

Of course we would love to hear your suggestions about possible courses. We are currently considering a class in Armchair Yoga. I will keep you posted.

U3A Bass Valley hopes to build social connections, boost health and keep your brain active. The following website offers a variety of games to play online including crosswords, sudoku, code cracker, word search and trivia:

<https://www.seniorsonline.vic.gov.au/services-information/games>

A recent article in ABC News online reports on a study of dementia.

What should I do?

“So if you are wondering how you can get started on reducing the risk of a future dementia diagnosis then it doesn't have to be hard work.

Saying yes to a dinner party invitation — eating well, of course, learning something new and dosing up on social interactions — is just the kind of lifestyle medicine that can help cut dementia risk.

If your hearing is a bit dodgy, then hooking up some hearing aids to keep brain pathways firing, is the way to go.

And you could do worse than ending the day with some quality shut-eye which will allow the brain to reset, and rid itself of amyloid beta build-up, which is found in Alzheimer's patients.”

Alongside new drug developments, the landscape for treating dementia is changing. "It's incredibly exciting," says Professor Kiernan, director of Neuroscience Research Australia.

Memberships

Most of our courses are now underway: some weekly, some twice a month and some monthly:

- 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 Clive Budd
- Digital Photography - (usually 10am 3rd Friday) Andrew Keir - starting 28 Feb, 28 Mar
- Games Club - (2-3.30pm 2nd Wednesday) Waterline Library, Grantville Transaction Centre, next Wed 12 Mar
- Book Club B - (2-3.30pm 3rd Wednesday) Waterline Library, Grantville Transaction Centre starting Wed 19 Mar

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

Charlotte thought of a number, divided it by three, then added four, multiplied the result by two, and finally subtracted twelve. She ended up with the number six. What number did Charlotte think of?

Solution to Alison's garden

The garden is a rectangle with a length of 20 metres and a width of 10 metres.

By Pythagoras' theorem the length, d , of the diagonal is given by:

$$d^2 = 20^2 + 10^2 = 400 + 100 = 500$$

$$\text{So, } d = \sqrt{500} = \sqrt{100 \times 5} = 10\sqrt{5}$$

$$\text{The number of paving slabs required} = (10\sqrt{5})/0.5 = 20\sqrt{5} = 44.72$$