



PORTLAND

UNIVERSITY OF THE THIRD AGE

Portland U3A use Network Media for Internal and External communications and our Facebook and Website to communicate with Members in the way of emails, photography and written articles. To be excluded from Portland U3A Network Media please advise the Photographer, Program Contact or contact Helen Westhorpe at portlandu3a@gmail.com

Welcome to March 2025



Port of Portland

What a great “bird’s eye view” of the Harbour and Portland.

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From our President

President’s Report

Ross Cowland

Portland U3A programs have been well attended during the first two months. All of our permanent programs have been well attended. In February we offered Scrabble on a Monday which attracted some players who do not normally attend on a Monday. Our Guest Speaker for February was Russell Greenham who was most interesting and worthy of our large audience. The PAC musical featuring David Scheel entertaining us with a Grand Piano was fantastic. A large number of Members attended lunch after the performance. I believe that the Teaspoon Travel afternoon was very successful as a lot of Members took away a teaspoon to discover its heritage. It has been a wonderful start by our Program Coordinator Lyn Hickey.

Quote of the Month

When life shuts a door.....open it again. It’s a door! That’s how they work!!

What’s coming up in 2025?

“FRANKLY SINATRA”

When: THIS Thursday 6 March 2025

Where: Performing Arts Centre. **Time:** 10:30am – 12:45pm. **Tickets are available from the PAC on 5522 2263.**

This new production will tell the story of one of the greatest crooners the world has ever known. Fly Me To The Moon, My Way, Mack The Knife, All the Way, Bewitched Bothered and Bewildered, Hi Hopes, True Love, Night and Day and of course New York New York, are just some of this 20 song musical cavalcade. This will be a wonderful toe tapping new production from the highly acclaimed Promac Team.



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Lunch will be organised at the Macs Hotel for 1:30pm, at your own purchase, for any Members who would like to attend. Please add your name to the Flyer located at Flinders Park Pavilion by Monday 3 March.
Contact: Ross Cowland 408 323 156.

POST AND RAIL NURSERY AND GARDEN VISIT AND LUNCH



Booking are Essential

When: Friday 14 March

Where: The Post and Rail

7 Bill James Court, Compton SA. (Just out of Mt Gambier)

Travel by car pooling to the Post and Rail nursery and gardens and then enjoy a homemade lunch by our Hostess Cindy Bunt for \$20, own cost, of a main meal and dessert.

Additional cost is \$10 per passenger to the car owner to cover car pooling.

Bookings and payment for lunch are required together to Cheryl Ford by no later than Wednesday 12 March. Eftpos is available for nursery purchases.

Contact: Lyn Hickey 0407 270 751.

UPDATED INFORMATION - ARGOS APPLES ORCHARD TOUR

When: Tuesday 18 March

Where: Argos Apples Orchard, 11 Argos Road, Portland West.

Time: 10:30am - Meet at Fauna Park on Bridgewater Road and travel together to the Orchard.

Meet owner Mike Risk for an orchard tour (optional) and visit of the Storage Shed where we will learn how to juice apples for cider. Orchard apples will be available for purchase, but the request is small change and small notes please. NO eftpos available. Car Parking available.

Then back to the Fauna Park for a cuppa and sandwiches. Please bring thermos, mug etc.

Please add your name to the Flyer at Flinders Park Pavilion to join in this Program.

Contact: Cheryl Ford 5523 4226



GUEST SPEAKER – March

We welcome Dawn Baudinette as our Guest Speaker.

When: Wednesday 9 April 2025.

Where: Flinders Park Pavilion. Time 10:30am. Cuppa and Bickie for morning tea.

Contact: Lyn Hickey 0407 270 751.

We remember: SPITIT OF ANZACS AND VETS 2025

When: Thursday 17 April 2025

Where: Performing Arts Centre

Time: 10:30am – 11:45pm. Tickets are available from the PAC on 5522 2263.

2005 is a significant year being 80 years since the end of WW2. With wonderful songs, stories and letters from the 40s, 50s, 60s, as well as beautiful images on the big screen this production has sold out in most theatres around Australia. Great songs from The Andrew Sisters, Vera Lynn, Bob Dylan, John Denver, Tom Jones to name a few. Also there are a few Laughs along the way.

Lunch will be organised at the Macs Hotel for 12:30pm, at your own purchase, for any Members who would like to attend. A Flyer will be placed at Flinders Park Pavilion for you to add your name for a lunch booking.

Contact: Ross Cowland 0408 323 156.



BILLIE TEA & COCKY's JOY with DAMPER and ANZAC QUIZ.

Bookings are Essential. \$5.00 per head

When: Wednesday 23 April 2025

Where: Flinders Park Pavilion

Time: 10:30am

Bookings and payment are required together to Cheryl Ford by no later than Monday 21 April.

Program Contact: Lyn Hickey 0707 270 751.





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COMMUNITY PARTICIPATION - WREATH MAKING FOR ANZAC DAY



When: Thursday 24 April 2025

Time: From 9:00am onwards

Venue: Civic Hall, Bentinck Street, Portland.

Assistance and Tuition given. Contact: Lynne McNaughton 0400 078 519.



AND ART DISPLAY by Member Carmen Kedzia.

When: Wednesday 7 May 2025 **Where:** Flinders Park Pavilion. **Time:** 10:30am.



A gold coin donation is all it takes to enjoy the best Biggest Morning Tea you will find anywhere thanks to your Social Exercise group.

There will also be a Cancer Council raffle and Cancer Council purchases if you would like to participate.

Please join us to support the Cancer Council of Australia. **Contact:** Lyn Hickey 0407 270 751.

TRIVIA FUN – BOOKINGS are ESSENTIAL

When: Friday 9 May 2025

Time: 1:00pm for 1:30pm start

Venue: Flinders Park Pavilion

Please bring a plate of Afternoon Tea to share....and bring a Friend.

Contact: Carol Morgan 0402 171 566.



AUTUMN BOTANIC GARDENS WALK



When: Tuesday 27 May 2025

Where: Meet at Botanic Gardens.

Time: 1:30pm

Enjoy an Autumn stroll in our own Botanic Gardens followed by Afternoon Tea, at own cost, at Cove Cafe. **Contact:** Lyn Hickey 0407 270 751.

WRITING GROUP

Weekly sessions commencing from Wednesday 4 June to 17 December 2025. Join with like minded people to explore the art of your memoirs into story form.

Where: Flinders Park Pavilion. **Time:** 1:30pm. **Contact:** Lyn Hickey 0407 270 751.

HISTORY EDUCATION

Again this year we welcome *Rudi deZoete Spiero* who will guide us through the history on 5 Women who have inspired the world - *Florence Nightingale, Marie Curie, Yvonne Goolagong, Nancy Wake and Cleopatra.*

Session 1. Wednesday 11 June. 10.30am - Florence Nightingale

Session 2. Wednesday 18 June. 10.30am - Marie Curie

Session 3. Wednesday 2 July. 10.30am - Yvonne Goolagong

Session 4. Wednesday 9 July. 10:30am - Nance Wake

Session 5. Wednesday 16 July. 10:30am - Cleopatra

Sessions are scheduled for 1 hour.

Venue: Flinders Park Pavilion. **Contact:** Lyn McNaughton 0400 078 419.



Florence Nightingale



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PUB LUNCH

Car Pool, \$5/pp to car owner, to enjoy lunch at the Heywood Hotel, at own cost.

When: Friday 13 June 2024

Where: Heywood Hotel. Time: 11:30am to meet at Flinders Park Pavilion. Contact: Lyn Hickey 0407 270 751.

NATURAL SOY CREATIONS – NARRAWONG

Car Pool, \$5/pp to car owner, to meet hostess Jenny as we enjoy the art of candle making.

When: Saturday 21 June 2025.

Time: 12:30pm to meet at Flinders Park Pavilion.

Contact: Lyn Hickey 0407 270 751.



Happy Birthday to all Members who have or had a birthday this month of March.

March	4	Deanne Butcher
	7	Julie Fisher
	9	Carol Morgan
	12	Ted Leahy
	22	Julie Mole
	27	Coral Barbary

If you would like to add your name to the U3A Portland Birthday list, the book is located at Flinders Park entrance.

GUEST SPEAKER

On February 5, Portland U3A was very happy to welcome Portland local and Member Russell Greenham as the Guest Speaker for February. Russell spoke of his days as a shearer working in sheds around Dartmoor and surrounding areas. He spoke about the different combs that were used when shearing. He also engaged us with his Greenkeeper work when he retired from shearing after injuring his back. We enjoyed and were entertained with his quiet wit and wisdom. Thank you Russell from all of us.



Russell Greenham and Lyn Hickey.



The Audience



Russell and David Croser chat after Russell receives his thank you gift.

PONY CANASTA...maybe a record!!

Last March 2024 I had the "displeasure" of owing up to all Members that my Pony Canasta partner and I had to endure a hand that included 7 x runs created by our opponents. I am not sure if 7 runs have been verified as a record, I hope so, but they did destroy our game and it was incredible to watch the hand unfold.

Well, Thursday 20 February 2025 my Partner Pam Luy and I completed a whole Pony Canasta game with total points of 25,120 in two deals. We have asked if that is a record? In the two deals we had 9 x runs, 2 x wilds, 7 x red, 9 x black and 9 x red 3's. Hand 1 card count was 10,900 and hand 2 was 11,700. No 7's in either game. So Pam and I were pretty happy with the game, but as we all know it is the luck of the draw. *I know she will laugh, well I hope so*, but one of the opponents I had back in March last year, was one of our opponent in this game. They will know who they are!!

If you have any Game day or Program stories you would like to share with our Members, please contact me at portlandu3a@gmail.com



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TEASPOON TRAVEL

Friday 21 February was a great afternoon for the discovery of our Teaspoons and a very enjoyable afternoon tea with Members. Program Coordinator Lyn Hickey had us all busy and using our brains to tell a story on the Teaspoon that we had selected. Many thanks to Lyn, the afternoon tea makers and Members who attended and enjoyed a wonderful afternoon.

All anxiously waiting to tell our story.



Sue Muldoon and Ellie Fisher



L to R: Shirley Arden, Helen Westhorpe, Deanne Butcher and Phyllis Grace.



L to R: Daphne Pascoe, Coral Barbary, Shirley Millard, Julie Fisher and Ros Mibus.

SCRABBLE and RUMMIKUB

Members are now enjoying Scrabble on a Monday afternoon, 3 to 4 players each week.

A reminder that Rummikub is to commence on Monday 7 April 2025.

Please speak with Lyn Hickey for further information on Rummikub. 0407 270 751

NEW - UPCOMING EVENT

Free Concert performed by the musical Students from Tenison Woods College in Mt Gambier is to be held this Friday, 7 March at 11.45am at St Stephens. Beautiful music will be presented by these talented young people. No booking necessary just arrive to enjoy. Not to be missed.

VISIT LOCALLY

What we have and visit often, what we have and have maybe forgotten about, what we have and just want to "brag about".



For March I have chosen the Port of Portland.

On 19 November 1960, the Portland Harbour Trust was officially opened by His Excellency, The Governor of Victoria, Sir Dallas Brooks in front of thousands of onlookers. It was one of the largest concentration of Premiers, Statesmen and industrial and civic leaders ever to attend an event outside of an Australian capital city. Today, Port of Portland is a busy modern port, handling in excess of \$2 billion in trade. One of Victoria's four major shipping ports, it handles bulk cargoes such as plantation woodchips and logs, grain, aluminium products, mineral sands, fertilisers, livestock and wind tower components. Port of Portland is Victoria's only naturally deep water port, providing a logistics gateway to the rest of Australia and the world. Today Port of Portland is one of Australia's busiest regional ports. Specialising in the export of bulk commodity products, Port of Portland services the thriving agriculture, sustainable forestry and mining industries across the Wimmera-Mallee, Green Triangle and Murray Basin regions which extend from Northern and Western Victoria to South-East South Australia.

It is the largest sustainable hardwood chip export port in the world, and with throughput volumes hitting 6.1 million tonnes in 2022-23, is a major economic contributor to both Victorian and South Australian regional communities.



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Port of Portland provides its import and export customers with flexible, multi-use and efficient berths and a gateway to international markets in China, Japan, Korea, Indonesia and Taiwan as well as other Australian regions.

Some interesting facts; 60 Staff are employed by Port of Portland, each day 300 people are at work on the Port, Shipping channel depth 12.0m, there are 6 births, 240 ships per annum, 5.4 million tonnes of exports and imports annually, the longest ship to visit was 265 metres and 45% of Victoria's dry bulk cargo leaves at Port of Portland.

So **Visit Locally**, should change this month to **View Locally**. And there are many viewing points, as not many of us for security reasons, would be able to set foot on the Port these days.

What we celebrating in March 2025?

March 2025 Holidays and Celebrations – a lot listed for March so I have chosen just a few.

March 2 Clean Up Australia Day This annual event inspires individuals, communities and organisations to clean up local parks, beaches, streets and waterways. It's dedicated to creating a cleaner, healthier and more sustainable Australia. *"Even just a little bit of a clean up every day..not just on this day will help".*

7 Denim Day for Dementia Is an awareness campaign held every year to support those affected by dementia. It also educates people and helps them understand the condition and how to deal with it by bringing people together with a single piece of clothing, the denim.

8 International Women's Day I am sure all of our male Members know about this day, but just in case it is a day to reflect on and celebrate the social, political, economic and cultural accomplishments of women. One of the main purposes of this day is to bring awareness to the fight for gender equality.

10 Labour Day Public Holiday *"Enjoy the long weekend."*

20 International Day of Happiness Is celebrated around the world to highlight the importance of happiness, freedom and well being. *"And why not celebrate this; I can see a nice glass of wine happening!"*

21 Harmony Day The orange colour is used for Harmony Day as it symbolises deep communication, meaningful connections and mutual respect. Everyone is encouraged to wear something orange. *"Perhaps another wine in an orange glass will help me celebrate this day also!!"*

23 National Chip and Dip Day *"Yes, it is a celebrated day and apparently has spanned for centuries?"* It is celebrated to honor one of the most popular snack combinations in the world. *"Pity it didn't fall on the 20th or 21st to have with my wine! Well, that's easy then, I will just have another glass of wine today."*

26 Purple Day An International day to raise awareness about Epilepsy that is currently affecting about 50 million people worldwide. Unfortunately there is still a lot of misinformation and stigma surrounding it. Purple Day exists to give the true facts about the disorder and let those who suffer that they are not on their own. *"I feel so lucky that I have no family or friends who suffer this disorder."*

27 International Whiskey Day A day to dive into the deep history of whiskey, but past the glasses raised, International Whiskey Day also carries a profound cause of raising awareness and support of Parkinson's disease, that disease that causes problems with movement, mental health, sleep, pain and other health issues. *"Another good celebration to follow."* Just back to the Whiskey; the start was like this...Imagine, Never ending green hills of Ireland in the 1400s, where Monks experimented with distilling grains into spirits. What started as a medicinal potion became a beloved drink. Over 600 years ago.

Thank you for reading this Newsletter, your Newsletter.

If you have any information of interest to share with Members please contact me at portlandu3a@gmail.com or a Committee member who will advise me to contact you.

For instance any holiday photos or stories to share, any places of interest we should know about, any sporting results you have achieved? *Helen Westhorpe - U3A Portland Secretary*