



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 May 2025.



Sunrise at Crumpets.

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From our President

President's Report

Ross Cowland

April has been another good month with plenty on offer other than our regular activities. The Walking Group completed their annual walk along the two business streets of Portland viewing and judging the various sculptures, followed by morning tea at Cove. The PAC Musical – We Remember, Spirit of Anzac and Vets 2025 was enjoyed by Members. The performances in the musical by Soprano Alison Jones, Tenor Roy Best and the brilliant Pianist William Schmidt were brilliant. The Billie Tea & Cocky's Joy with Damper and Anzac Quiz was filled with fun and a great morning tea on 23 April at Flinders Park. A few Members also helped with the Wreath Making for Anzac Day.

GENERAL MEETING

**The next Portland U3A General Meeting for 2025 is scheduled for
Thursday 8 May at 11:00am at Flinders Park.**

All Members are invited to attend and contribute at this meeting.

The Agenda is available for reading. If you would like a copy please email: portlandu3a@gmail.com



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2025

PRESIDENT: Ross Cowland 0408 323 156

VICE PRESIDENT: Carol Morgan 0402 171 566

SECRETARY: Helen Westhorpe portlandu3a@gmail.com

TREASURER: Cheryl Ford portlandu3a@gmail.com

PROGRAM COORDINATOR: Lyn Hickey 0407 270 751

COMMITTEE MEMBERS: Rhonda Baker, Ellen Linke, Lynne McNaughton, Nola Nelson, Maureen Pitman, Mike Pitman.

Quote of the Month

Never regret a day in your life.

Good days give you happiness and bad days give you experience.

2025 Victorian Senior of the Year Awards.

Nominations open on Monday 5 May for the 2025 Victorian Senior of the Year Awards

Do you know an older person in your U3A who volunteers their skills, time and energy to make a difference?

Nominate them today for the Victorian Senior of the Year Awards.

Portland U3A has received information on how you can make a nomination to this award.

If you would like further information please contact Helen at portlandu3a@gmail.com

What's coming up in 2025?



AND ART DISPLAY by Member Carmen Kedzia.

When: Wednesday 7 May 2025

Where: Flinders Park Pavilion.

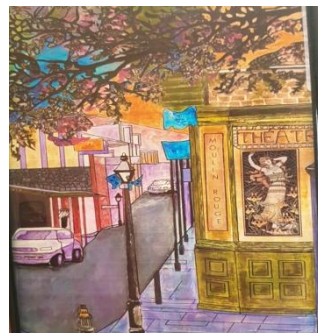
Time: 10:30am.



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 and Enjoy the Art work of Carmen.

Contact: Lyn Hickey 0407 270 751.





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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. A Flyer has been placed at Flinders Park or you to book into.

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.



PROGRAM UPDATE - WRITING GROUP

Monthly 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.

Time: 1.30pm

Where: 3 Wannon Street, Portland. 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

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.



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

April	9	Jean Hillam
	10	Leonie Mirtschin
	11	Marg Wills
	13	Lorna Lakey
	17	Cheryl Burch
	20	Alan Ford
	27	Rhonda Baker
	31	Shirley Arden

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

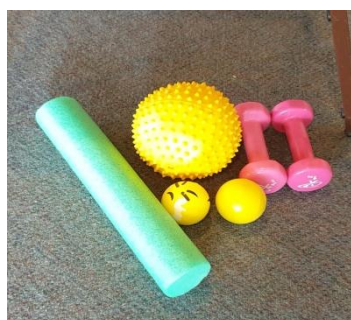
EXERCISE GROUP

A visit to the Exercise Group early in April found this groups' numbers growing rapidly. Lots of laughs and banter happening with made for a great and enjoyable workout session. Thanks to Cheryl Ford, Deanne Butcher and Carol Morgan who keep the group on their toes, feet, chairs...anything to keep the body moving.

In Attendance on the day was – Lynette Alexander, Cheryl Burch, Elle Fisher, Cheryl Ford, Phyllis Grace, Sue Harris, Lyn Hickey, Heather McIntyre, Lynne McNaughton, Ros, Mibus, Shirley Millard, Carol Morgan and Ailsa Sanders.



The warm up commences



The equipment used for exercises.



The EXERCISE equipment now in use by the Exercise Group.



BILLY TEA & COCKY'S JOY WITH DAMPER AND ANZAC QUIZ.

This program was held on Wednesday 23 April and attended by 15 Members. A lovely morning has had us commencing with the Anzac Quiz that our Program Coordinator Lyn Hickey had compiled. A series of 26 questions with the winner Lynne McNaughton winning with 21 correct answers. Door prize was won by Heather McIntyre, second place Marilyn Herring. Flinders Park Pavilion was beautifully set up with Anzac tributes and of course a morning tea of Cocky's Joy, meat sandwiches and Anzac biscuits. And as we learnt about Rosemary as a wild plant at Gallipoli during the quiz, all Members were presented with a sprig of Rosemary on arrival.

Thank you Lyn for a great morning.



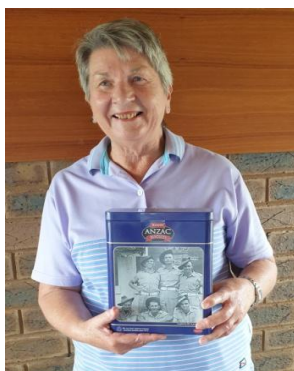
Lyn Hickey with her Anzac Display



This is the father of Lynne McNaughton, Vin Clohesy. Vin was with the AAF stationed at Nth Africa during WW2.



The quiz commences.
Front table: Shirley Arden, Lois Williams & Joan Cottier. Rear table: Lyn Alexander, Coral Barbary & Shirley Millard.



Heather McIntyre, Proud Winner of the Door Prize of Anzac Biscuits



Second in the Door Prize Marilyn Herring Wreath of bread rolls.

A MORNING TEA, from the PAST.



Cocky's Joy, Damper and Damper with vegemite



Corn beef sandwiches



Anzac Biscuits



Cheryl Ford proudly wears her Fathers war medals.



Helen Westhorpe show the presentations badges to her Grandmother from the Aust. Government for services by her Husband and Son during WW1 & WW2. Also the presentation medal to her Grandfather on his return to Australia after being treated for war wounds in WW1.

Helens' Note: My Grandfathers' and Fathers' war medals are proudly treasured and worn by my nephew Robert Arnold, a Portland born and bred boy, who has been a member of the Australian Army since 16, some 39 years ago, and is now a Major. Rob also has a daughter and son who are currently serving in the Australian Forces.

WREATH MAKING FOR ANZAC DAY

Our U3A members have answered the call to assist with creating the wonderful floral displays for Anzac Day.

Members grew and picked foliage, picked dahlias and marigolds and delivered flowers from their home gardens.

Members came along to learn the process of making a floral wreath and they will be able to go ahead next year to make wreaths. Some helped at the triangle placing the crosses, and placing the completed wreaths on the crosses. One member made soup for the volunteers at the triangle.

Our Portland U3A Publicity Officer Ellen Linke was a very busy person, being the President of Portland RSL Sub branch, who is responsible for the Anzac Day events. Both services were very meaningful. Well done U3A members, participating in this important Community Activity.



Congratulations Ellen. Both



Mary Lane and Celia King showing their wreaths.

LEST WE FORGET



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 May I am taking you to the Local town of Casterton.



Ess Lagoon Reserve

Nestled amongst the rolling hills and river red gums of the Glenelg River valley, Casterton is roughly halfway between Melbourne and Adelaide. The town's leafy streets, heritage buildings make it a pleasure to visit and enjoy the wide range of amenities available to visitors, which include Art Galleries, Antiques, Cafes, Fishing and Playgrounds. The beautiful Ess Lagoon offers a picnic and fishing area and the Lagoon is

regularly stocked with trout. The Railway Reserve features a railway themed playground and shady rotunda. Apex Park is the popular BBQ and picnic area. Also Warrock Homestead, that U3A Portland visited last year, is renowned as the actual birthplace of the Kelpie breed of dog but is also recognised by Heritage Victoria as the most important pastoral station in Victoria. As Birthplace of the Kelpie, the original pup known as 'Kelpie' was born in 1871, when parents were imported from Scotland by Warrock's owner George Robertson. This has now led to the Australian Kelpie Muster held each year in Casterton which includes working dog displays and an auction featuring some of the world's finest dogs of the breed.

Mickle Lookout, high above the town centre offers a prime photo opportunity with magnificent views looking straight down the main street and the view back to the lookout from the main street at night shows the huge "Fleur De Lys" (Scout) emblem illuminated. A drive towards Edenhope brings you to Bilston's Tree, a River Red Gum that is reputed to contain the largest volume of millable timber of its species. The tree's girth is measured at 7.26 metres and height of 40m. With the beautiful Glenelg River flowing through the town with junctions of the Wando and Wannon Rivers close, Casterton is certainly worth the short drive for yourself and visitors.

What are we celebrating in MAY 2025

MAY 2025 Holidays and Celebrations –

May 1	Aussie Wine Month	The biggest celebration of Australian wine, Aussie Wine Month, will return this May to showcase the exceptional quality and diversity of wine produced in our own backyard. <i>"Yes, we certainly have some of the best wine in the world"</i>
4	World Laughter Day	The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build up a global consciousness of brotherhood and friendship through laughter. <i>"Anytime, anywhere I am up for this day"</i>
11	Mothers Day	<i>"To all the U3A Mothers I wish you a very special day. And we deserve to be celebrated"</i>
12	International Nurses Day	International Nurses Day is an international day observed around the world on 12 May each year, to mark the contributions that nurses make to society. <i>"Thank you"</i>
15	National Chocolate Chip Day	Celebrated for the appreciation and enjoyment of chocolate chips in all their different forms like cookies, ice-cream, muffins, etc. The origins of this day remain unclear, with no definitive record of its creator or the date of its first celebration. <i>"Who cares, let's just celebrate Chocolate Chips"</i>
15	National Families Week	National Families Week is a time to celebrate with your family, connect with your extended family and friends and share in the enjoyment of family activities within the wider community. <i>"If all families joined together on the 15th and ate chocolate chips AND celebrated Family Week, could that rectify lots of family rifts, just wonderin'!!...."</i>



18 International Museum Day In 2025 International Museum Day will focus on how museums are reimagining their roles to remain resilient and relevant in the face of rapid societal, technological and environmental change.

"As long as I can still see a dinosaur, I am happy for their new focus!"

25 International Day for Biological Diversity - Harmony with Nature and sustainable development. As the global community is called to re-examine our relationship to the natural world, one thing is certain: despite all our technological advances we are completely dependent on healthy and vibrant ecosystems for our water, food, medicines, clothes, fuel, shelter and energy, just to name a few. This involves respecting, protecting, and repairing our biological wealth.

"SO TRUE and I will be happy to celebrate the day."

29 National Burger Day Burgers: they're a delicious concoction of succulent meat, fresh vegetables, and mouth-watering condiments, all sandwiched between a soft bun. These handheld wonders have captured the hearts and taste buds of people around the world, and on May 29, we celebrate International Burger Day. This annual event pays tribute to the culinary icon that has become an inseparable part of our modern food culture.

"HOORAY,



I have been waiting for this return for 12 months."

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