



MELTON

Term Two **Newsletter**

Issue 241

PRESIDENT'S REPORT

Firstly, I would like to welcome all our returning members as well those who have joined us for the first time. I am sure this year will be another successful one for U3A Melton.

We have already kicked off the year with a couple of events. These were a fundraising BBQ at Bunnings and an exhibition at the Melton Library and Learning Hub of paintings and craft produced by our art and craft groups. The exhibition runs until the end of May so pop in and have look at the work produced by these talented people.

Events that are coming up are listed on the lunch room notice board, so please read the notice board on a regular basis so that you do not miss out. Details of our upcoming birthday party are on the board. The meal will be held at the Melton Country Club. Please enter your name on the list so that we can book you a place. Meals are at Senior's prices. It would be wonderful to see as many members as possible there.

Our membership has begun well this year and our current financial position is good. I would encourage all members to try and attend our general members' meetings. This gives you a chance to ask questions or put forward suggestions, after all it is your U3A.

John Bermingham

Learning for Pleasure

A volunteer, not for profit,
learning co-operative for
mature aged students.

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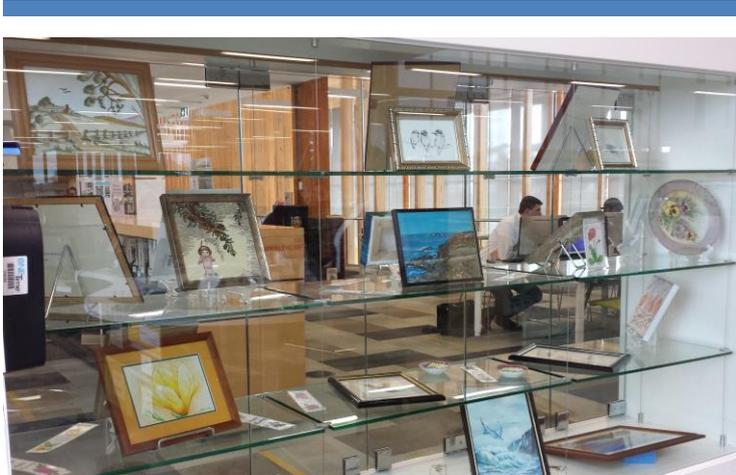
U3A 26th Birthday

will be celebrated at the Melton Country Club

20-30 Reserve Road, Melton

Friday 26th May at 12.30 pm

Hope to see you there



U3A Art Display at Melton Library and Learning Hub,

The committee would like to thank the artists who so willingly displayed their works.

This is the second year that the art group have been asked to put on an exhibition at the Library.

DATE WITH THE DIETITIAN MONDAY 15TH MAY

The Dietitian from Djerriwarrh Health Services will be back to run a session on healthy eating and provide us with simple healthy recipes. The following is an example:

GREEN SMOOTHIE

½ ripe avocado

1 Kiwi fruit chopped

1 ripe banana sliced

Large handful Baby Spinach

1 ½ cups low milk

¼ teaspoon cinnamon

2 teaspoons honey

Method

1. Place all ingredients in a blender and blend until smooth, thick and creamy.
2. Pour into a glass. 2-3 serves.

Scrabble

Laughter is often heard on a Wednesday afternoon as the “*wordsmiths*” try to outdo each other and come up with a word that no one else knows but is in the dictionary. Did you know there is even a special Scrabble Dictionary? The words, of course, must be acceptable. It’s all about trying to score the most points with the seven tiles that you have in your hand, before you need to pick up more. If you would like to increase your vocabulary and have fun at the same time come along and give scrabble a go.

Life is so ironic. It takes sadness to know happiness, noise to appreciate silence, and absence to value presence.

Author Unknown