

IN THIS ISSUE

[From the Committee](#) 1[Courses](#)[2020-21 Classes & Enrolments](#) 2[Reports](#)[Craft Group; Recipe](#) 3[NAIDOC Week & two new coins](#) 4[Our Stories](#)[Northcote Snippets](#) 5[My Music](#) 6[Out & About](#)[Third Step changes; Get Active](#) 7[Brain webinar; Research projects](#) 8[About U3A Darebin](#) 8

Note: You can click on any [page/title](#) above to go directly to that page.

To return, click on 'Back to Contents'.

CALENDAR DATES

2020 AGM Meeting on Zoom

2.20 for 2.30pm Friday 4 December

2021 Enrolments

Online from 29 November

Assisted enrolments 10am-2pm

30 November & 1 December

2021 Tutors lunch 21 January TBC**2020-21 Term Dates****Term 4** Ends Friday 27 November**Term 1** Begins Monday 1 February

An AGM proxy form will be sent a separate email. **If you are unable to attend the meeting please fill and return the proxy form** by return email (or post the print one in our last newsletter). We need a quorum!! To register the emailed proxy vote all you will need to do is to press Return and then fill in the form; sent from your registered email address, it is legal with no need for a formal signature. If you use printed form, please fill in and post it to U3A Darebin now (mail has not been quick of late). If for some reason we do not reach a quorum on 4 December, a second meeting will be held at 2.30pm on Monday 7 December in order to endorse the business covered in the Friday meeting; the second meeting would not require a quorum.

2021 enrolments open at the end of this month. Our members system has a new interface accessible on smart phones and tablets as well as laptops/PCs. Assistance for members who do not have internet access will be available at our Fairfield office under COVID Safe arrangements, 10am-2pm on 30 November & 1 December (details page 2). The office will also be staffed on December 7, 9 & 10 from 10am to 12 noon. Our office will close on **11 December** and reopen (all being well) on **18 January 2021**.

Ann Richie, President

From the Committee

President's Message

As President of your U3A for the last three years I will be handing over this role at our Annual General Meeting, Friday 4 December. Before I get to the general 'housekeeping' information for the end of the year, I want to make a public thanks to the U3A Committee for the last three years for their commitment to the job and their support of me. Every member of the committee – Jan Grose (Secretary), Estera McKenzie (Treasurer), Peter Byrne (Vice President), Annette Davis (Course Coordinator), Janet Marlow (Newsletter Editor), Dawn Lowery (Membership and Buildings officer), Kevin Losper (Web and Systems operator), Leah Ong (Office Manager) – and members of the previous two committees have contributed in many, many ways to keep this organisation going and have been invaluable to me in my role as President. Tutors and other volunteers also deserve many thanks as they are the glue that binds this organisation together, as are the regular members out there. Thanks to you all for an interesting and I think productive few years. It has been a privilege to work with you all. I will have more words to say at our AGM.

U3A Darebin Annual General Meeting on Zoom
2.30pm Friday 4 December 2020

Formal notification will be emailed to all members closer to the day (including the Zoom link to the on line meeting). Do try to log into the session a bit before the official start time of 2.30pm (we'll send a reminder). Michael McGuire from Banyule U3A will be a much appreciated technology facilitator for our meeting. He will keep an eye on 'Chat' and 'hands-up' to ensure that everyone can be heard and ask questions.

(If you haven't previously used *Zoom* on the device you want to use—tablet, smartphone, PC, laptop—click on the meeting link and follow prompts to download *Zoom* software or App beforehand.)

Courses

Term 4 Classes

Unfortunately U3A Darebin cannot resume face to face classes as we have no spaces available where social distancing can be assured and COVID Safe regulations met. Though face to face classes are suspended for the rest of this year, some of you may be able to have Christmas meet-ups in parks or cafes. Have fun!



< October 29, Melbourne reopens

< Then: Going, Going, Gone!

Documenting the end of the Isolation Pole, on which Ann & Kevin recorded each day of our two periods of lockdown this year.

2021 Class Enrolments and Membership payments

Details of next year's classes will be on our website from 15 November and posted to those without email.

Online enrolments will open on Sunday 29 November. The new interface for members is easier to use and works well on *smartphones* and *tablets*. It has a 'shopping cart', like many sites that have become familiar to us in recent times. You will be able to pay your \$30 discount membership with a credit card on PayPal (you do not need a PayPal account). It is a little tedious but reliable and safe. You can have a play with the new interface now, using Members Login www.u3adarebin.com.au/members/login or 2020 Course list.

There will be **assisted enrolment** at the Fairfield Office on Monday 30 November and Tuesday 1 December from 10.00am to 2.00pm. There will only be two volunteers helping out at one time in order to maintain social distancing, so as a result it will not be a quick process. We are hoping most people will use their credit cards (which take a little time to enter) or bring a cheque or exact money (\$30 for everyone: full members, auxiliary members and joint members) as we will not be handling change. Please do not all turn up early, as you may have to wait a while (there are lots of coffee shops handy). To reduce queuing, we will make a list of people as they arrive and ring them when a time is available. We will also minimize paper handling as recommended by U3A Network and COVID Safe.

A **phone-in assistance** line will be provided 10am-12 noon on Wednesday 2 December, and the following Monday, Wednesday and Thursday (7, 9 & 10 December). There will only be one person in the office so you may need to leave a message so we can ring you back. **NOTE new phone number is 0492 817 478** (the office landline has not been working reliably; Telstra/NBN issue). If you need phone assistance to enrol online, email the office and someone will ring you back on one of those days.

The **Class handbook** will be available on line and there will be a few copies in plastic covers at the office for perusal on assisted enrolment days (along with hand sanitiser).

Dates for Next Year

21 January 2021 Tutors Information session and lunch, venue to be decided. Details will be sent to tutors, committee and potential tutors in mid-January.

1 February 2021 First term classes begins, unless otherwise indicated in individual class information. Enrolled class members will receive notification of any venue changes and/or Zoom sessions from tutors, Please NOTE we cannot guarantee that our classes will start at the times/places in the 2021 timetable. We cannot guarantee that any of our classes will run. We do not know when Council buildings will be available for classes (we have 'tentative' bookings) or when Church buildings will be opening up again. We do not know what numbers will be allowed to meet together but the committee continue to work on contingency plans for predicted conditions. Members will be kept informed via email, and those without email phoned by volunteers, to ensure you are aware of any changes or happenings.

[Back to Contents](#)

Reports

Craft Group

The four of us in *Craft Group 3* have intermittently stayed in contact during our two Melbourne lockdowns. Every so often we have shared ideas and pictures of projects we have worked on during dark winter eves and days of confinement. It has been a challenging time to say the least.



Project pictures from Lyn, Christine, Bette and Lena (including homemade sourdough bread).

Now we are finally 'smelling the first whiffs' of FREEDOM and the possibility of again being able to sit, have a coffee, and quietly work on our respective craft items. Needless to say, there will be much banter as we get back to face-to-face again. I am very excited about the prospect, as I'm sure is every other U3A member, of beginning another year of handiwork and communing, and, of resuming all the other activities on offer by this great community.

Sincere best wishes to the U3A Darebin committee for keeping things going behind the scenes.

Lena Mazza

Recipe - Eggplant 'Lasagne' (technically an Eggplant al Forno)



Ingredients (4+ serves)

2 firm eggplants, 1 onion & 2 cloves of garlic
1 or 2 bay leaves (and/or a bunch of basil)
500g frozen spinach (or fresh)
Two 400g tins chopped tomatoes
250g mushrooms or other vegies (optional)
250g ricotta; 1 egg (optional)
Handful grated parmesan & of grated cheddar
Pinch of salt, ½ teaspoon sugar; olive oil
2 handfuls of panko or other bread crumbs
2 tablespoons of za'taar or other herb mix

Method

1. Slice **eggplants** lengthwise about a centimetre thick. Arrange the slices on a lined baking tray(s), brush with olive oil and then bake in oven (180° C) until brown.
2. Defrost the frozen **spinach** (or steam fresh spinach) then squeeze out excess liquid. Put **ricotta** in a bowl; mix in whole egg (if you're using it) and half of grated **parmesan**. Add the spinach and mix in evenly.
3. Fry chopped **onion** in olive oil until translucent; add 2 cloves of crushed or chopped garlic then stir in 2 tins of **tomatoes**. Add bay leaves and/or cropped basil, salt, sugar (as listed). Bring to the boil then simmer uncovered, to reduce and concentrate the flavour of your Napoli sauce. Set aside.
4. (Optional additional vegetables - slice **mushrooms** or other vegies for additional flavour, and fry them with some olive oil and pinch of salt. Set aside.) Mix panko or other **bread crumbs** and za'taar or other mixture of dried herbs with some grated parmesan and cheddar. Set aside.
5. Lay half the eggplant close together in a baking dish. Next evenly spread any mushrooms or other vegies to form second layer. Spread the spinach/cheese layer then top with the final layer of eggplant. Spoon over the thickened Napoli sauce. Lastly spread breadcrumb and/or cheese mixture on top to form the crust.
6. Place the dish on a baking tray and place in the middle shelf of oven (180° C). Cook for about 1 hour, reducing temperature a bit for final 15 minutes. It's ready when the crust is brown and the sauce bubbling.

From: www.rrr.org.au/explore/news-articles/how-to-make-your-own-eggplant-lasagne

[Back to Contents](#)

Every year NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander people, acknowledging that our nation's story didn't begin with documented European contact, whether in 1770 or in 1606 with the arrival of the Dutch on the western coast of the Cape York Peninsula.



The theme for 2020, *Always Was, Always Will Be*, recognises that First Nations people have occupied and cared for this continent for over 65,000 years. Australia has the world's oldest oral stories. Aboriginal and Torres Strait Islander First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies.

Many of this year's planned events were rescheduled from July to November due to the pandemic. Visit the NAIDOC website to find out more: www.naidoc.org.au/about/naidoc-week

One ongoing event highlighting NAIDOC week is presented by **Museums Victoria**, with exhibition and online components featuring *Living Arts & Cultures, Science & Technology, Activism and Survival*. To see the exhibitions, visit **Melbourne Museum** after it re-opens on 16 November. Pre-booked tickets are essential for all museums and galleries. Book or explore online <https://museumsvictoria.com.au/naidoc/>

Two new coins have been released by the Royal Australian Mint to celebrate the astronomical knowledge and traditions of Aboriginal and Torres Strait Islander people. They feature artworks from Wiradjuri (NSW) and Yamaji (WA) artists that represent two of the most famous features in Aboriginal astronomy: the great Emu in the Sky and the Seven Sisters.



Two new uncirculated silver \$1 coins commemorate Indigenous astronomy. Royal Australian Mint

Both these celestial features are found in the astronomical traditions of many Aboriginal cultures across Australia. They are seen in similar ways and have similar meanings between these cultures and are observed to note the changing seasons, the behaviours of plants and animals and to inform Law.

To read more about *Gugurmin – The Emu in the Sky* and *Nyarluwarri – The Seven Sisters*, visit: <https://theconversation.com/new-coins-celebrate-indigenous-astronomy-the-stars-and-the-dark-spaces-between-them-145923>

Also, *Stories from the sky: astronomy in Indigenous knowledge* <https://theconversation.com/stories-from-the-sky-astronomy-in-indigenous-knowledge-33140>

[Back to Contents](#)

Our Stories

Northcote Snippets – a series of historical glimpses into Northcote's past

Northcote in War Time (following on from 'Preston and World War Two' in previous newsletter.)

By the late 1930s, the former Fayrfield Hat Company building in Heidelberg Rd housed a cornflakes manufacturer. However, generally unknown was the work done there during the war – fabricating parts for the British Beaufort bomber planes which were being built at Fisherman's Bend.



Work began at the Fairfield plant in the expectation it would take up to 2 years to produce the first locally manufactured turret, but this was achieved in 6 months.

An article in *The Age* explained that of the total work force across Melbourne working on the Beaufort planes, over 80% were men and women without previous factory experience.

Workers assembling part of a Beaufort plane at the DAP Fairfield complex c.1942; courtesy Australian War Memorial.

V J Bradley's Council's Engineering depot was quick to become part of the effort. By 1942 twenty men were employed and they were making Bren gun carriers in addition to other wartime work. V J Bradley, then City Engineer, was soon seconded by the US Army. He oversaw the construction of a large underground bunker (capacity 400 people) in case of air attack, sited in Batman (now Gumbri) Park.



Photographs from Northcote Engineering Works, courtesy Darebin Heritage

Northcote Felt Hats in Merri Parade (mentioned in an earlier article) made slouch hats for the army. Almost certainly, a number of the shoe companies in Northcote, including Northcote Shoe Co, would have contributed their product to the war effort. The Australian Broom Company, a well-known firm making straw brooms well into the 1970s would have had to increase their output also during war time. Northcote Pottery, however closed its doors during the war as its men enlisted or did other war work. (One local, Alan Gillies, worked in intelligence during the war, then was chief librarian at Northcote Library after the war.)



Older Northcote residents recollected seeing a military guard at the Northcote Tunnel, located adjacent to the Merri Creek near East Street, and it is possible that munitions were stored there. Its original purpose was probably to provide water for the gardens and orchard adjoining John May's properties in Cunningham & East Sts, as there was a well between the two that accessed the tunnel below (Merri Creek flowed at a higher level then). Rediscovered in the 1980s, the tunnel was re-filled in 2013.

Photo courtesy www.ozatwar.com/bunkers/northcotetunnel.htm

P. Michell, 2020

[Back to Contents](#)

My Music

Everybody enjoys music to different extents of course, but for me it invokes all kinds of emotions and memories that last a lifetime.

As a child in Scotland, my family's gatherings always involved singing, both in groups and solos – in those days there was no fancy electronic equipment to reproduce music. In fact my uncle had one of those old record players that played 38's, which you had to wind it up and the music came out of a large horn. At these gatherings my father always got me to sing *I Believe*, which I think was a song by Frankie Lane. For some reason when I sang this song I used to go up an octave half way through. So I ended up half singing half yodelling, and this used to greatly amuse my father. We had a piano at home which my mother used to play, and she used to teach me, my brother and sister songs, usually comic songs which we used to perform when we had visitors.



When I was about fifteen my parents bought me a guitar, which I think was made of plywood and almost unplayable. At the time Cliff Richard had a record out called *Living Doll*. The guitar backing was very simple, a bass note followed by a chord, but I thought it was the coolest thing ever. I did try to play but that guitar spent a lot of time in the corner of the bedroom.

Over the next number of years at different times I would own a guitar but never really learned to play. I could play some easy chords, which was fine during the folk era as most of those songs were pretty basic. So I used to play and sing at parties.

One night I was in my flat in Northcote, about 1983, when the power went off. I sat there in the dark not able to do anything. Then I remembered I had my girlfriend's son's guitar in the bedroom (sadly neglected). I went and got the guitar to pass the time there in the dark. I started to play and basically have never stopped since. I listened to songs on the radio and tried to copy them. I bought song books, and books with guitar chord diagrams and broadened my knowledge. I learned finger picking which is slower than using a pick but is more versatile. I also learned that I would never be a guitar soloist, I just can't master it.

A few years later I joined U3A Darebin's *Singing for Pleasure* which I enjoyed. We would perform at retirement homes from time to time and sing for the patrons. It was amazing to see the effect of music on people: a light would come on in their eyes, and a look of real pleasure. The man who ran the class, Jim, did not enjoy the best of health and I used to help with the class from time to time. When Jim left we had a few different tutors, and between each I would run the class. One tutor, Jo, asked the class one day, "Does anyone here play guitar?" I did not put my hand up, but Jo persisted and eventually I said I played a bit. She told me to bring my guitar the following week, which I did and she got me to play the backing for one of the songs. As time went passed I played more and more in the class, which was good musical experience – playing at home and providing backing for a choir are two very different things. As things worked out I finished up running the class, again great experience. Deciding what to sing, how to sing and the best backing, transposing, etc. have been a real education for me, but I am lucky because I enjoy it all.



I did a concert for the Salvation Army, just singing and playing guitar, which was a first for me – performing for a live audience.

I have relatives in New Zealand and on one of my visits there, they all had ukuleles. They used to get together, play their ukuleles, sing, and have a good time. When I got back to Australia I bought a ukulele and learned to play that. I also joined an entertainment group call *The Heidelberg Allstars*. I went there to be in the choir but ended up being involved in everything, which has included singing and playing the ukulele on stage!!

< *Performing South Pacific at The Banyule theatre with The Allstars.*

I now teach a basic ukulele class with U3A, which is good fun.

[Back to Contents](#)

Over the years I have owned guitars. With my ukulele, mandolin, banjulele (banjo ukulele), banjo, keyboard and a stack of music, my flat looks like a music shop.



As I write this, we are in the pandemic lock down. If I find I have nothing to do I just pick an instrument and have a play and the time just slips away. Music, it's good for the soul. So that is my music story.

Campbell Pearson

Out & About

Now that we can go out for longer, there are lots more things to do in Darebin, Melbourne and Victoria. You can invite up to 2 people a day into your home (with their young kids), sit in cafes & pubs (though you must sign-in) or join up to 10 people gathered outdoors in a public place. From 16 November, you will be able to make short visits to Northcote & Reservoir libraries to browse, borrow and use library PCs! State Library opens on 19th. You can travel within Victoria (and use your Seniors Card free travel vouchers), share booked accommodation or camp with those you live with and up to two others (& their dependents). Keep your friends and family safe by meeting outdoors if possible, as there is a lower risk of spreading coronavirus between people. Remember it's still important to keep safe by washing hands regularly, wearing a face mask when leaving home, and keeping at least 1.5 metres from others.

Victorian Government COVID-19 guidelines <https://covidlive.com.au/docs/third-step-victoria-8-nov.pdf>

Get Active in Darebin

Northcote Aquatic & Recreation Centre – pools and gym now open for booked sessions.

Lap Swimming for 45 minutes (other aquatic programs remain suspended). 50m outdoor (heated) pool sessions begin on the hour, 25m indoor pool sessions begin on the half hour, with 15-minute change-over. Book & pay online per visit (\$6.95/\$5.60 concession): <https://northcote.ymca.org.au/swim/lap-swimming> Time slots open 2 days ahead, if all booked you will see message "Sorry, there is currently no availability".

Phone bookings can be made for 'Priority Health' sessions only, for health care cardholders, **older adults**, people with a disability and people that require the pool for rehabilitation purposes. Phone 1300 760 379 or 9486 7299 after 10.30am from two days ahead of your visit (they can also book you into another available time).



Gym and group sessions have 50-minute workouts with a 10-minute changeover period; maximum 10 people every hour (beginning at quarter past the hour). Active Adults session \$7.65, other sessions \$14.25 with a minimum 24 hours' notice for all bookings. Please ensure you take a towel and a water bottle along with you to every session to meet COVID Safe conditions.

Timetable and bookings at: <https://northcote.ymca.org.au/fitness/group-fitness-timetable>

To contact the YMCA service team for assistance, phone 1300 760 379 during centre opening hours.

Reservoir Leisure Centre – booked outdoor/indoor fitness & gym sessions; pools closed for roof repairs.

Operating with a modified weekly timetable and COVID Safe procedures, you must pre-book and pay online (no cash transactions) at least 24 hours in advance eg. outdoor *Strength For Life* session (\$5.20).

<http://www.darebin.vic.gov.au/Discover-Darebin/Spaces-and-places/Reservoir-Leisure-Centre>

For non-booking queries, phone 9496 1050 during opening hours.

[Back to Contents](#)

Free Webinar - The Aging Brain and Neuroplasticity

The Florey Institute of Health Neuroscience and Mental Health is partnering with U3A Network Victoria to offer access to their expertise to all U3A members. The partnership will be launched with a webinar on *The Aging Brain and Neuroplasticity* presented by Professor Anthony Hannan, on Thursday 19 November, 11am to 12 noon.

To find out more about the webinar and/or to register for the event, go to:

<https://www.eventbrite.com.au/e/the-aging-brain-and-neuroplasticity-tickets-121657186921>

Volunteers wanted for University of Melbourne projects

A researcher is seeking participants aged 65+ for a study that will provide insights into **how and why older adults choose to use technologies to support and manage their health and well-being**. Participants will be asked to take part in a 45-60 minute interview, you can choose either face to face or via videoconference (e.g., Skype) and are able to withdraw at any time. To participate or find out more, visit https://melbourneuni.au1.qualtrics.com/jfe/form/SV_8qAdWc233tCnMsB

Another project is looking for volunteers aged 50+ to participate in a study to **develop the interpersonal skills of optometry students**. This involves a brief phone/email screening to ensure eligibility for the study (English-proficiency and access to a device with webcam and microphone), then a 'virtual visit' akin to a telehealth consultation (no more than 1 hour) and online questionnaires to gather feedback about students' interpersonal skills and about the teaching and learning initiative.

If you are interested in participating, or would like further information, please contact Dr Bao Nguyen (03) 9035 8553 or bnguyen@unimelb.edu.au



About U3A Darebin

The University of the Third Age (U3A) is a community based provider of learning opportunities, educational activities and social interaction for people who are over 50 and not in full time paid employment.

U3A Darebin is run by volunteers to provide opportunities for members to keep mentally and physically active and involved in our local communities. Our Constitution and policies are available on our website www.u3adarebin.com.au/policies/

U3A Darebin acknowledges the Wurundjeri people of the Kulin Nations as the traditional owners and caretakers of the land on which our organisation operates. U3A Darebin respectfully recognises Elders both past and present and extends that respect to all Indigenous Australians.



Thank you to Ged Kearney MP, Federal Member for Cooper, for assistance with the printing of this publication.

If you require assistance with any Federal Government issues, such as Medicare, Centrelink, taxation, defence, higher education, citizenship, the environment, communications and other national or international affairs, please contact Ged Kearney's office on 9416 8690.

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[Back to Contents](#)