

OFFICE HOURS

Until further notice there will be someone in attendance at the Office on the following days and times, during school terms:

- Monday 12:30 pm to 2:00 pm
- Wednesday 1:00 pm to 2:30 pm
- Friday 1:00 pm to 3:00 pm

CONTACT INFORMATION

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 Post: PO Box 44, FAIRFIELD VIC 3078
 Phone: 96 102 102 Fax: 96 102 101
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 26 Railway Place, Fairfield 3078

Supported by:

The U3A Network Victoria Inc.

City of Darebin.

Adult, Community and Further Education Board.



Adult Education in the Community

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PRESIDENTS MESSAGE

In the previous two newsletters and at the Annual General Meeting, I reported to you my observations and concerns. Therefore, I shall not take up your valuable time by repeating them.

This issue contains several articles from members. It is my fervent wish that future editions will be made up 70-90% by members' contributions. No recommendation has greater validity than that of participants in a course. You do not of course, need to praise your subject. Negative feedback is just as welcome, because it enables us to improve.

Of course, it is not imperative for members' articles to be confined to the lessons they are taking. Poems, prose, drawings, photographs that could be of interest to other members would be suitable material. After all, we have a responsibility of demonstrating that advancing years are not a barrier to creativity.

Despite vacancies in a couple of subsidiary posts, we have a functional committee. This has only been made possible because even though Heather Slack has other commitments, she has agreed to continue as Secretary, with the exception of the two months when she will not be in Melbourne. Peter Kinden has volunteered to act as Secretary during those two months. I thank them both. Also, I wish to thank Basil Conquo who, as Assistant Treasurer, will be providing accounting support.

Finally, I wish all members a Happy New Year and full enjoyment of the 2007 offerings.

Michael Arapakis

YOUR COMMITTEE

<u>Name</u>	<u>Position</u>
Carol Andrews	Treasurer
Michael Arapakis	President
Lorraine Carr	Committee Member
*Jill Craig	Committee Member
Pam Fergie-Jackson	Office Co-ordinator
Audrey Grace	Committee Member
Jean Garita	Property Officer
Maree Howarth	Committee Member
*Peter Kinden	Assistant Secretary
Carmel Lee	Tutor Co-ordinator
Jim Logan	Committee Member
Heather Slack	Secretary

Most are continuing from the 2006 Committee, and they welcome the newcomers (*) who may, however, have served on earlier committees.

The office of Vice-President is still vacant. Although it has been demonstrated that past committees have been capable of operating without a Vice-President, if any member is prepared to volunteer for that position, this would enable the President to direct more time and effort to the other tasks to be undertaken in 2007.

OTHER POSITIONS

<u>Name</u>	<u>Position</u>
Basil Conquo	Assistant Treasurer
Claudia Sanzin	Members' Co-ordinator
Luciano Sanzin	Computer Maintenance Officer

There have been no nominations for the following positions:

Newsletter Editor

At present, the Newsletters (and any flyer circulated between them) are edited by a small number of committee members, who are, therefore, diverted from their main responsibilities.

If you enjoyed reading the latest issues, would you like to organise the next 2 or 3?

If you feel they left a lot to be desired, would you wish to raise the standard of future issues?

Or, would you prefer to contribute in some other way, such as word processing the material submitted to the editor(s)?

Publicity Officer

It was comforting to enter the foyer of the Northcote Town Hall for the AGM, and notice the prominent positioning of Darebin U3A and U3A Network brochures.

Brochures are placed at what are believed to be strategic locations by several members, both from within and outside the Committee. Submissions to the press and the occasional radio interviews are undertaken by a small group of committee members.

Assistance in any of these activities will be appreciated by the Committee.

AIMS FOR 2007

The new committee has set itself the following aims:

1. To increase membership.
2. To form partnerships with other bodies.
3. To meet the members personally.

TO INCREASE MEMBERSHIP

The No. 1 ticket holder for 2007 will be a member whose application was received in mid November 2006. At least one former member will rejoin in 2007, but, on the other hand, at least two of our 2006 members now have full time employment and will not be renewing their membership in 2007.

Membership is the lifeblood of an organisation such as U3A. An increased number of members may result in larger classes, which, in turn, may create added interest, and, therefore attract other members. There may be greater scope for the introduction of new courses. The reverse is the likely outcome of a reduced level of membership.

Even though the strike rate is low, the most successful method of attracting new members until now has been the distribution of brochures, followed up by an information kit in response to enquiries.

As a result of the efforts of a committee member, the City of Darebin is allowing its home helpers to disseminate our brochures among their clients, thus widening our exposure.

Another committee member recently attended a function for residents of one of Darebin Council's Aged Housing establishments, where she delivered a talk and distributed brochures.

The new funding agreement negotiated between the U3A Network and the Department of Victorian Communities (DVC) stipulates that funding is only available for expansion. Therefore, new members entitle Darebin U3A to an amount in addition to the membership dues to be received from the new member.

TO FORM PARTNERSHIPS WITH OTHER BODIES

Increased membership may or may not be one of the benefits of our association with other not for profit organisations, but there may be other advantages. After all, the principal purpose of such alliances is to have mutual gains, whichever way these may be defined.

It is proposed to continue with such relationships which have already been built and, as opportunities present themselves, approach other organisations in Darebin and adjoining municipalities.

Already our ties with SPAN Community House have resulted in hire charges being halved. There is also scope for joint projects which would qualify for funding either from the DVC (through the U3A Network) or the Municipal Association of Victoria/Council of the Ageing (through City of Darebin).

A member of the committee is a participant of both the Project Reference Group (the equivalent of a policy setting body) and the Project Management Group of the Darebin Positive Ageing Project. Already three members of Darebin U3A have attended two Resident Voice Model Workshops.

Another committee member has made contact with the Thornbury Women's Neighbourhood House.

TO MEET THE MEMBERS

The Committee has had for some time as one of its main purposes to enhance its services to members. It can achieve this both more efficiently and expeditiously, if members themselves nominate what they consider service, where they place value.

In their endeavour to contact as many members as possible, committee members will be assisted by the newly appointed Members' Co-ordinator.

WELCOME TO NEW MEMBERS – 8TH MARCH

All members, existing and new, are invited to drop in to the Fairfield classroom on Thursday 8th of March for a cuppa and chat, from 3.00pm onwards. This is your opportunity to meet some of the committee, and also members from other classes.

YOUR TUTORS

Art Appreciation	Kerry Maher
Book Discussion	Christine Honig
Canasta	Claudia Sanzin
Cinema	Paul Michell
Classical Italian Literature	Dr. Jone Gaillard-Corsi
Classical Studies	Dr. Kerry G. Eccles
Computer 1	Russell Lennox
Computer 2	Mary Levens
Current Affairs	Dr. John Dalton
Gardening	Jude Markham
Improving Your English	Christine Fittipaldi
Islam and the Muslims	Geoff Gaff
Needlecraft	Jean Garita
Painting and Drawing	June Pitman
Shakespeare Plays	Christine Duncan
Singing for Pleasure	Jim Logan
Tai-Chi	Barry Watson
Yoga/Gentle Exercise	TBA

NEW GARDENING CLASS

Following feedback that some members were interested in a Gardening class, Carmel has found a volunteer tutor to lead a monthly Gardening class. Her name is Jude Markham. She is a very experienced professional gardener and is happy to structure the sessions to meet the interests of the class, so come along on the first Tuesday in March to make your input to the direction of this class. Jude is involved in a project to propagate native plants in an igloo in Perry Street and would welcome volunteers to assist in this project.

MY WORD

Do words mean more to you than mere symbols? Do you enjoy word games? SCRABBLE and Cryptic Crossword Puzzles can be a pleasant pastime, a mental exercise to some, and a chance to others to improve their vocabulary.

There is no need for a specialist tutor, and the equipment required would not unduly stress the Treasury.

If you are interested in either Scrabble or Cryptic Crosswords or both, please leave a message on 9610 2102 together with your preferred day and time. Please consult the timetable for when the Fairfield classroom will be free. You will then be contacted with the outcome of expressions of interest.

WANTED: A DESIGNING WOMAN OR MAN

The City of Darebin offers a free service for building a basic website on the Darebin Community Portal.

With a significant percentage of Darebin residents having an internet facility, and the website being capable of access at any time, this would be another opportunity to promote Darebin U3A.

However, the talent bank of the Committee does not extend to web design. Is there any member who can assist?

There is, of course, more involved than the initial web design. Someone will need to be trained to make changes as the need arises (for instance, to course timetables) and respond to email queries.

If you are able to help, please leave a message on 9610 2102

WANTED: A TRAINED MUSICIAN

Jim Logan, our very popular leader of the "Singing for Pleasure" group would appreciate the assistance of a trained musician, to either assist him or take over the leader's role.

HAPPY NEW YEAR

From Your Committee

And to continue with the practice established at the AGM

FROM THE CLASSROOM (TUTORS)

YOGA/GENTLE EXERCISES

Unfortunately, we are once again without an experienced Yoga tutor. The class has decided to continue meeting and undertaking an hour of gentle exercises from a reference book, led by one of the class, whilst we continue to seek a new tutor. We have a potential tutor, but it depends on whether a full time job opportunity is confirmed, she should know by mid-February and we will keep you posted.

TAI-CHI - What's it all about?

Tai Chi – the ultimate Form of Exercise

Does your current exercise leave you relaxed, refreshed and re-energized?
If not, you could be missing out on some of the basic benefits of exercise.

What is Tai-Chi?

Literally translated, it means "**great ultimate**" art form. Tai-Chi is a recreational fitness of flowing movements and forms designed to exercise and develop the body and mind in unison.
The movements are performed in slow and dreamlike pace, with deep concentration and breathing to transport one into a state of tranquil relaxation.
The word *Chi* literally means "**energy**". When combined means "**Sublime Energy**".

Moving Meditation – Key to Mental Health

Tai Chi's flowing movements and energy meditations have a therapeutic effect of slowing down the pace and refreshes the mind and body.
For example, in the movements called "**Stroking the Bird's Tail and Holding the Ball**" the mind actually visualizes each and every movement.

Classes at U3A

What form do we teach?

As a qualified instructor and your tutor, I teach the "**Traditional Yang Style**" consisting of 108 steps, in a light hearted and professional manner.

Including:-

- Chi Quong Breathing**
- Stretching exercises**
- Soft exercises for Joints eg: arms, legs, elbows etc.**
- Posture and balance.**

Chinese Health Experts believe, 30-40 minutes of Tai Chi exercises daily, promotes "Long Jevity".
So, why not join me and other students at our Darebin class. What a wonderful and healthy way to spend an hour or so each week. **Come and give it a try.**

Good Health
Barry Watson

(Editor's note: And for the those of us who suffer from arthritis, let us not forget the benefits of keeping our joints mobile, while the gentle movements of Tai-Chi protect them from jarring).

Book Discussion Group

The book discussion group meet on the first Wednesday in the month at Fairfield Station from 10.30am until 12 noon. The class starts in February going through to November. Our book list is composed mainly by our readers and we try to make it as diverse and interesting as possible. Most times we succeed (sometimes brilliantly!) but we do have our failures, that is a book that does not meet with general approval. Ironically this can lead to a stimulating discussion!

Most of our books are fiction, although we do include some non-fiction. One we have chosen this year is "The City of Falling Angels" by John Berendt, in which he weaves a captivating tale of scandal and corruption following a fire that destroyed the famous Venice Opera House in 1996. We also will be looking at "The Unexpected Elements of Love" by Kate Legge, a fictional account of what some refer to as the 'sandwich generation'. A very modern and controversial topic.

We do not supply the books, most of you should be able to obtain them from the library, otherwise you may like to buy them or borrow from family and friends. We look forward to another stimulating year of reading and would welcome new readers to the group.

I would like to thank those members who filled in whilst I was away, and also to everyone who contributes, not only with relative information, but with great and varied comments on all the books we read.

Chris Honig

Islam and the Muslims – 2006

Our class – Islam and the Muslim attitude to non-muslims – ran for the third consecutive year in 2006. We had a lot of tutor input, and a lot of participant input. We read the Koran, and where it is being repetitious, it helped us to remember. We listened to a Muslim speaker explain her view of Islam. Just as important, we all brought our own experience to class, had a joke a week and the occasional story told by a real story teller.

Geoff Gaff

And a former student's comments:

The classes on Islam and the Muslims helped me understand a great deal about that religion and its followers, the interpretation and misinterpretation of the Koran, and so make more sense of the current debates and the frequent arguments on the news and current affairs programs.

What impressed me most was the devout – and most of them appear to be devout, at least on the matter of prayer – Muslim's acceptance of the adversities of life without rancour. They are, after all, Allah's will.

Editor's note:

In 2007, the venue and the time of this subject have been changed to give the opportunity to more members to follow this fascinating topic.

Please consult the Timetable for details

Classical Italian Literature – 2007

- Neo-classicism: Vittorio Alfieri's Tragedies
 - Proto-Romanticism: Ugo Foscolo
 - Romanticism: Giacomo Leopardi
 - Verism*: Giovanni Verga and Luigi Capuana
- *This will depend on my travelling schedule

Jone Gaillard

Classical Studies - 2007

This year's course will take us to the period 500 B.C., a time marking the beginning of the cultural revolution that was to form the basis of intellectual life in Athens, and continues to do so in Western civilization.

We will examine the beginnings of theatre, its architecture, conventions and ideas; the place of the theatre in religious and philosophical life of the people of Athens. We will look at the changing attitudes and interests that pre-occupied ordinary Athenians about such issues as morality, politics and personal behaviour. We witness the development of an increasingly sophisticated intellectual life, and the evolution of a lively, critical, questioning approach to the Ancient world, and the individual's role in it.

Our study will begin with two plays by one of the earlier dramatists, Sophocles – firstly "Oedipus Rex," and then the great tragedy "Antigone."

We conclude with a much later writer, Euripides, and with "Medea" – his great study of a woman driven to Matricide – the greatest of crimes in the ancient world. We look closely at "Who Done It?" and "Why?" and at why the institution of theatre is so significant to both Ancient and Modern societies.

K. G. Eccles

FROM THE CLASSROOM (STUDENTS)

CLASSICAL STUDIES

Classical Studies are held at Fairfield Station on the third Wednesday of the month. The subject for this year's Classical Studies has been Homer's Odyssey. With our tutor Kerry at the helm we embarked on the epic journey of Odysseus and shared his adventures and encounters with legends of Ancient Greece. With Kerry's great knowledge of the subject it has been a wonderful learning experience – thanks Kerry.

Doreen Ivanovski

With our guide Kerry, we have traced the travels of Odysseus around the ancient world. We are a small enthusiastic group who have enjoyed history being brought to life in an entertaining manner and look forward to further adventures next year.

Norma Collins

TAI CHI

Every Thursday afternoon a group of us meet at the Northcote Town Hall to take place in a class of Tai Chi. Our class is a happy, relaxed one due to the good humour and patience of our tutor, Barry, who takes us through a series of gentle exercises, aimed at improving breathing, posture and general wellbeing, before leading us into the graceful movements that make up each level of the Yang style of Tai Chi. Thanks Barry for making an hour or so on a Thursday afternoon so enjoyable.

Your class of 2006.

Doreen Ivanovski

CLASSICAL ITALIAN LITERATURE

The aim of this class is to learn "Italian Classics". The tutor, an Italian from Florence, has generously imparted her great knowledge with such enthusiasm, as to make this class one of continued enjoyment. So if you want to spend two hours learning and laughing, this class is the place!

Thank you Jone, La grande tutor Jone Gaillard.

Nerina Novak

BOOK DISCUSSION

Our group is made up of nine regular members with Christine Honig as our inspiring leader. A list of books is chosen co-operatively and we read one each month. Chris leads most monthly discussions but over the last year others have been sharing the load on a voluntary basis. Our books this year were written by publicly acclaimed authors from Australia, China, England, Spain, America and Afghanistan. Some we have loved, some we have not, but we certainly had a wonderful variety of topics.

During the discussion each member has the opportunity to express an opinion (or not, as the case may be) but there is also time for general discussion.

The atmosphere of the group is one of tolerance, respect and friendship wherein people feel encouraged to express themselves freely. One comment often made is "This book is not one I would normally have read, but I am glad I did, because I have learnt a lot from it." After all learning is what U3A is all about!

Aileen Palmer

The book discussion group was invited to visit "The Hill of Content" bookshop in Bourke Street.

On the morning of 25th October we met at the shop and were taken upstairs to a recently renovated addition to the shop space, where we were met by the store manager, Andrew, who spoke briefly about the history of the shop. It opened in 1922 and has operated as a bookshop ever since. A remarkable achievement.

We were then shown a selection of the latest releases in various categories. As each book was passed around the circle Andrew gave a short commentary about the authors and content and the group had a chance to discuss or comment. Our thanks to Jennifer, who arranged our visit, and Manager Andrew for their hospitality.

If anyone has difficulty in finding a book, don't hesitate to ring Jennifer who will be more than happy to assist.

Carmel Lee.

YOGA

I've been asked to write a few lines about the Yoga Class.

Well, what can I say?

We had a bit of trouble with tutors.

First, Louise (last year's tutor) did find a full time job and Thank Goodness she did find a replacement. Kasturi, a very lovely young girl who really enjoyed teaching the class but unfortunately for us she met her soul mate and decided to follow him to Queensland. Before leaving, Kasturi managed to get a substitute for the position.

Her name is: Jenny Tran. A qualified Hatha Yoga Instructor.

Jenny is a young petite tutor and we continued the course every Tuesday at 2.00pm and learn to exercise and meditate, and for one hour we are enjoying the benefits of Yoga.

Claudia Sanzin

PAINTING AND DRAWING

Our art class with a core number of about 8 students bubbles along enthusiastically understanding guidance and encouragement of our very experienced tutor June Pitman. Each student proceeds at their own rate and is offered suggestions of how to explore new approaches to their art. Expression of feelings through colour is encouraged as well as still life, portraiture, anatomy and creation of cards for special occasions. All this happens according to the needs and desires of each individual. Although the basis is watercolour painting, pastels and watercolour pencils, charcoal and even acrylics are often used. It is a "fun" session including much "life" talk which makes a cohesive group.

Thank you June.

Arlie Hargreaves

SHAKESPEARE

Twelve Characters In Search Of An Author (Apologies to Pirandello) By The Ghost (Hamlet)

Every Wednesday between 3pm and 4.30pm at Fairfield-upon-Rail, you will find a group of people reading Shakespeare.

During the session, plays are read and discussed. Where possible a video or DVD of a production is viewed. This year "Romeo and Juliet" has been read, followed by a viewing of Franco Zeffirelli's lavish production starring Leonard Whiting and Olivia Hussey. As has a reading of the "Tempest" and a look at the BBC production starring Michael Horden. Currently the group is reading "Troilus and Cressida". You might think this is serious business, of course it is but, this class has a lot of fun also. The group is led by the enthusiastic Christina (Juliet) Duncan, a person who enjoys the search for answers about Shakespeare's works. Christina spends much time searching the internet for bits and pieces of information to pass on to the class. It cannot be vouched for what else is being searched! As many people would know, there are songs in almost all plays of Shakespeare. In the group there is a person who will sing at the drop of a hat (it is rumoured that this person spends time busking). The joker in the pack is (King) Arthur, from him come the following:

SHAKESPEAREAN SUMMARY FOR THE YOUNG STUDENT

*Macbeth was urged to use a dagger
By his wife, a fearful nagger.*

*Hamlet first dispatched Polonius
A choice unfortunately erroneous.*

*Romeo and Juliet
Wished to marry, but weren't let.*

*King Lear, saddest of all daddies,
Had three girls, one good, two baddies.*

*Richard the Third, being rid of his brothers,
Chopped off the heads of a great many others.*

*Othello with Desdemona got cranky,
Smothered the girl, fearing hanky-panky.*

*Shylock was frightfully nasty and grim,
But people were awfully nasty to him.*

If anybody is interested in joining the group, come on down and hear Ronda sing. Do you think you have to know the works of Shakespeare, there is a t least one in the class who lacks this knowledge. OK – it is the one with the beard!

The rest is silence.

CINEMA

We now have a DVD player available as well as a Video player so a larger range of films is available to us, although the running time must be compatible with the class time available. In 2006 we viewed and discussed 9 films from different genres, ending with the Australian classic "Walkabout", which we all enjoyed re-visiting. Our tutor Paul Michell starts each session with a talk about the genre and the film and an explanation of the film's special features and the director's techniques and he comments on its ranking or value in the ongoing history of cinema. After viewing the film, an open discussion is held which gives everyone the chance to critique the film or to seek more information from the Tutor. In 2007 we thought we would like to have a look at European cinema or Asian cinema so we hope Paul will be available once again. Our thanks go to Paul for his generous efforts and to Michael for the popcorn.

Carol Andrews

FROM THE OFFICE

There are some books, magazines, DVDs and CDs available for loan. They are kept in the office on the north wall. Drop in and see if there is anything of interest to you or your group.

OBITUARIES

ROD SETTLE

We were saddened to learn of the death on 31 October 2006 of Dr. Rod Settle, tutor since 2001 of "Crime and Punishment".

Rod had a varied career and several accomplishments. He had been a tram conductor, Reserve Army officer, social worker, sociologist, criminologist, university tutor, author of many books, cartoonist, and a great deal more. One of the last wishes he expressed was to write to U3A. His relationship Darebin U3A was one he highly valued; it provided him with the opportunity to meet people with whom he had developed as well as inspired affection; he enjoyed teaching but also learning from the life experiences of his students; surely the mark of a true scholar. He was a colourful, larger than life person, and for those who had the good fortune to come in contact with him, an easy person to befriend – and to admire.

Extract from a letter sent by Rod's widow, Jill Craig.

Could you please pass on my thanks to the committee and members for their expressions of sympathy, and especially to those who attended Rod's funeral.

DAVID C. CARREL

We were also saddened to learn of the death on 15th November 2006 of David Carrel, a former officer bearer and tutor. David joined what was then Northcote U3A in August 1993, to attend the "Introduction to Italian" class. His talents were recognised by the committee at the time, who recruited him as Secretary, in which capacity he served from 1994 to 1998.

Whilst serving in that position, he was encouraged to present himself as a tutor. He ran an abridged history of the Kings and Queens of England, following which he discovered his true vocation as a history tutor. He then did not offer himself for re-election, in order to concentrate on tutoring on historical subjects such as the History of the Popes, the Byzantine Empire and the Rise and Fall of the Roman Empire.

Vale David Carrel

David Carrel was our Secretary for many years, working with five feisty women, yet managing to not upset any of us. We worked as a team generally, helping each other with our respective jobs. It seems to me that it may have been because of David's gentle, tolerant nature; that we were able to work in harmony. David was always helpful and generous with his time. A true gentleman. We had constant discussions on our favourite football team: Carlton. It was a joy to be associated with him and to know him.

Goodbye David.

Carmel Lee

Letter from Margaret Carrel to the committee and members of Darebin U3A

Thank you for your message of sympathy and condolences at the passing of my husband, David Carrel. Yes, David did enjoy his long time with you and had many happy times. He was greatly enhanced through his involvement with the University of the Third Age.

TIMETABLE FOR FIRST SEMESTER 2007

ENROLMENT DAYS for 2007

FAIRFIELD STATION CLASSROOM

**Wednesday January 31 and
Friday February 2
Between 1.00pm and 3.00pm**

NORTHCOTE LIBRARY

**Monday February 5
Between 1.00pm and 3.00pm**

You can also send your application by mail

(with cheque or money order, no cash please)

Our Privacy Policy

U3A Darebin is a community based provider of classes for older people and is run by volunteers.

We collect names and addresses to enable us to mail out newsletters and other information about classes, and we list phone numbers to contact you directly if required. This mailing and phone list is not made available to anyone outside the organization.

We also ask you for personal details to provide statistical data to government funding agencies. This is a requirement for receiving government grants. The information is used for future planning.

This information is compiled into statistical reports that do not identify individuals.

If you choose to withhold these personal details there will be gaps in the data that will reduce the accuracy of the statistics, and this will not help our cause.

We do not disclose any of this information to any other parties, and would never do so without your consent.

If you have any concerns or queries or would like to know more about how we handle your private details feel free to phone our office on 96102102 so that we can explain our procedures in greater detail.



DAREBIN INC.

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