

**VICE PRESIDENT'S MESSAGE**

What an interesting year I have had as a member of the Darebin U3A Committee. I put my hand up to help with word processing, in appreciation of the skills learnt in Russell Lennox's Computer class. I was nominated to fill the vacancy of Vice President and became a kind of 'Girl Friday' to the President. The members of the Committee were all encouraging and friendly. I typed letters and the minutes, and attended Darebin and U3A Network meetings with Michael when I was able to do so. Great – he was very competent and I was the new girl on the block. I was enjoying retirement and all was 'cool'.

Then, in July, Michael needed to retire. And I was IT! Oh my goodness! What a learning curve! I set to work to learn – what needed to be done – and when? Help and support came from everywhere. What impressed me most of all was that Darebin U3A continued to run smoothly. You see, my role is coordinator. We



have a dedicated team of Committee Members and Volunteers who each look after one facet of our great organization – which continued to operate seamlessly. What great people they all are!

Darebin U3A does not operate by itself. This team is the necessary set of cogs which keeps it functioning. And, particularly in a group like ours, it needs to keep renewing.

SO - WOULD YOU, YES YOU, LIKE  
 TO PUT YOUR HAND UP  
 TO BE A PART OF THIS TEAM?

I PROMISE YOU -  
 IT WILL ENRICH YOUR LIFE.

*Audrey Grace*

**IN THIS ISSUE**

- ✓ New courses previewed ..... 6
- ✓ A Slice of Life ..... 7
- ✓ Darebin U3A Takes a Stand ..... 7
- ✓ Grey Power at Federation Square ..... 8

**CONTENTS**

Contact Information..... 2  
 Nominations For The 2009 Committee Of  
 Management ..... 2  
 From The Committee..... 4  
 From The Editor ..... 4  
 Annual General Meeting..... 5  
 Course Information..... 6  
 From The Classroom..... 6  
 Life Experiences..... 7  
 Out And About..... 7  
 Nomination ForM ..... 9  
 From the Office ..... 11

**Don't miss the  
 AGM**

Thursday 4th December 2008  
 1.30 pm Fairfield RSL

- \* Elect and welcome new Committee
- \* Scrumptious afternoon tea
- \* Early enrolment for 2009
- \* Buy a U3A polo shirt

Full details inside  
 Nominations p.2, Agenda p.5

## CONTACT INFORMATION

**Email:** dbin@alphalink.com.au

**Post:** PO Box 44, FAIRFIELD VIC 3078

**Phone:** 96 102 102

**Fax:** 96 102 101



### Visit the office at ...

Fairfield Railway Station  
26 Railway Place, Fairfield 3078.

### .. office hours during school terms:

Monday 12:30 pm to 2:00 pm

Wednesday 1:00 pm to 2:30 pm

Friday 10:00 am to 11:30 am

### Or go to the website at ...

<http://users.alphalink.com.au/~dbin/home.html>

## 2008 Committee Members

President ..... (vacant)  
Vice-President ..... Audrey Grace  
Secretary ..... Alison Laird  
Treasurer ..... Dianne Beaumont  
Assistant Secretary ..... Pat Oswald  
Minute Secretary ..... Elva Armstrong  
Office Co-ordinator ..... Pam Fergie-Jackson  
Property Officer ..... Jean Garita  
Newsletter Editor ..... Jill Craig  
Tutor Co-ordinator ..... Carmel Lee  
Committee Member ..... Lorraine Carr  
Committee Member ..... Anne Clarke  
Committee Member ..... Jim Logan

## Other Positions

Honorary Accountant ..... Basil Conquo  
Members' Co-ordinator .... Claudia Sanzin  
Computer Maintenance Officer  
..... Luciano Sanzin  
U3A Network Delegate .... Odette Stuckey

## Newsletter Editorial Team

Anne Clarke, Jill Craig, Dianne Beaumont,  
Carmel Lee, Mary Levens

## NOMINATIONS FOR THE 2009 COMMITTEE OF MANAGEMENT

According to the Constitution and Rules of Darebin University of the Third Age Incorporated, the current committee will hold office until the Annual General Meeting on 4 December 2008.

As Darebin U3A is an incorporated body, it is mandatory that certain office bearers be appointed, in order to satisfy the legal requirements. Apart from the protection that incorporation provides its members, it is a condition of eligibility for certain funding, and the organisation cannot survive in the long run on membership dues alone.

## The Officers Of The Association

Rule 21 (1) calls for the following positions:

- (a) President
- (b) Vice President
- (c) Treasurer
- (d) Secretary
- (e) Assistant Secretary

A nomination form for candidates offering themselves for election as committee members appears elsewhere in this newsletter (p.9). Please return to the Secretary no later than Thursday 27 November.

Most current Committee members have expressed their willingness to continue in their present roles and offer themselves for re-election. Please see the **Contact Information** side panel for a list of current Committee Members and their positions. However, we welcome further nominations for these and other positions, most importantly for the office of President which has been vacant since Michael's resignation in July.

The office of President is vitally important for the smooth running of the organization and we urge members to seriously consider nominating for this position.

With the support of the Vice President and a strong committee, the position of President should not be as onerous as it has been in the past.

The President's role is basically to convene and chair meetings. Meetings of the Committee of Management are held on the third Tuesday of the month from 10.00 am to 12.00 noon. The President also represents U3A Darebin at various meetings and gatherings.

Role descriptions for all other Committee positions are available by contacting Audrey via the office.

### **Other Positions**

There are a number of other positions necessary for the effective management of the organisation which do not necessarily involve attendance at Committee meetings. Some of these are listed at the bottom of the nomination form. Most members performing these tasks are willing to continue in their roles. However, we urgently need members to volunteer for the following roles:

#### Newsletter Editorial Team Member

The Newsletter is a vital means of communication between the Committee and members, and also provides a forum for members' contributions. It is produced at least three times a year in January, June and November.

This year we have had a great team working hard to make the newsletter interesting and attractive. Jill Craig is willing to continue as Editor, and Carmel Lee is willing to continue in her essential role of providing course information, classroom reports and tutor updates. However, Dianne Beaumont and Anne Clarke are both unable to continue as team members next year.

We urgently need help from people with computer skills, especially in word processing. We would warmly welcome new team members with experience in these or other areas such as graphic design, editing and desktop publishing.

#### Publicity Officer

The Publicity Officer arranges and communicates press announcements, ensures up-to-date brochures are distributed, participates in interviews with the media.

These tasks may be shared by more than one person, thus sharing the workload and potentially enabling wider coverage.

At present we have no Publicity Officer and U3A Darebin would greatly benefit from someone willing to take on this role.

.....  
Members willing to volunteer for either of these positions are asked to indicate their interest on the nomination form (p.9) or speak with one of our Committee members.  
.....

## **OUR POLO SHIRTS**

will be on view at the AGM.

They are blue with a woven

## **DAREBIN U3A LOGO**

and very, very affordably priced at

**\$25 each.**

Select your size and place your order after the meeting. You need to pre-pay when ordering.

**Renew your membership on the day and buy your polo shirt for only \$20.**

Those members who helped at Federation Square and received a complimentary polo shirt can have 'Darebin' woven on top of their U3A logo for a charge of \$10. You will need to bring your polo to the AGM and make sure your name is clearly attached to the shirt.

**Enrolments for 2009**

Members wishing to enrol early in classes for 2009 may renew their membership either 30 minutes before the AGM or after the close of business. Further enrolment dates will be advised in the January Newsletter when full class details and timetable will be published.

**Carnival of Learning 2009**

**Stop Press!** We have just heard from Chris Reidy (Office of Senior Victorians) that U3A Network has decided to hold another **Carnival of Learning** next year – same time, same place, but more focused on the riverbank.

U3A Network has received our feedback on some of the problems we experienced – double bookings, toilet accessibility, lack of microphone on demonstration stage, for example. Chris Reidy is seeking further suggestions for improvements. Please contact Jill Craig or Audrey Grace with your suggestions for next year.



## **SPAN's 30th Birthday PARTY**

Saturday 6th. December  
cnr Victoria and Clarendon Streets,  
Thornbury.

- 4pm SPAN History Display**  
Old films, photos, scrapbooks  
**Exhibition of Work**  
SPAN writers and artists
- 6pm Party in the park-opposite**  
Performances, food, music  
Including Darebin U3A  
**Singing for Pleasure**
- 7pm Comedian: Denise Scott!**  
Performance from the famous  
comedian and local resident.

This year has been a very eventful one for Darebin U3A and for myself. Last year I offered to 'help out' with the Newsletter and found myself as 'Editor in Chief' of all our publications! As an entrenched technophobe, I have been dragged, kicking and screaming into the 21<sup>st</sup> Century, having to learn basic computer skills and the mysteries of email.

The Newsletter could not have been produced this year without the hard work of our editorial team. Dianne Beaumont has been our mainstay with her word processing skills, patience and calm. Anne Clarke, with her eagle eye, has spotted typos we all missed and gave many helpful suggestions in the editing process. Carmel Lee, with her quiet wisdom and delightful sense of humour, has kept us up-to-date with classroom reports. And Mary Levens has generously given her formidable formatting skills in producing very professional and attractive Newsletters for publication.

Thank you very much to everyone on the team and to those behind the scenes, especially Audrey for organizing the mailouts, Claudia and Luciano.

Many thanks to all our members who have contributed articles and creative writing to make the *Flyer* lively and interesting. It has been very rewarding to receive so much positive feedback.

The wonderful thing about U3A is that the more you get involved, the more you appreciate the people who make it happen. Darebin U3A is a great collection of amazing people with a generosity of spirit which keeps us going.

**Long live Darebin U3A!**

*Jill Craig*



# U3A DAREBIN INC

Reg.No. A0028861A

## ANNUAL GENERAL MEETING

You are invited to attend our annual general meeting.

Thursday 4th December, 2008 commencing 1.30 pm  
at FAIRFIELD RSL, 9 Railway Place, Fairfield.

### AGENDA

1. Welcome from the Vice president
2. Apologies
3. Confirmation of the minutes of AGM, 6 December, 2007.
4. Confirmation of the minutes- Special General Meeting, 6 December, 2007
5. Vice President's Report.
6. Financial Report
7. Appointment of Auditor for 2009
8. Thank you to retiring members of the Committee of Management
9. Election of Committee of Management for 2009.
10. Guest Speaker.
11. Other Business - notice received in writing by the Secretary at least 14 days before the general meeting.

**Refreshments will be served at the close of the meeting.**

Memberships may be received for 2009 on this day  
30 minutes before the commencement of the AGM and at the conclusion.

## COURSE INFORMATION

### New course in English

A new class has been piloted in **Reading and Writing for Retirees** during the last term of 2008. We are now ready to offer it to all U3A members. It will be held at Merrilands Community Centre, Asquith Street, Reservoir. The Tutor is our own Rita Kellar, who is a qualified *English as a second language* teacher (ESL) with several years experience.

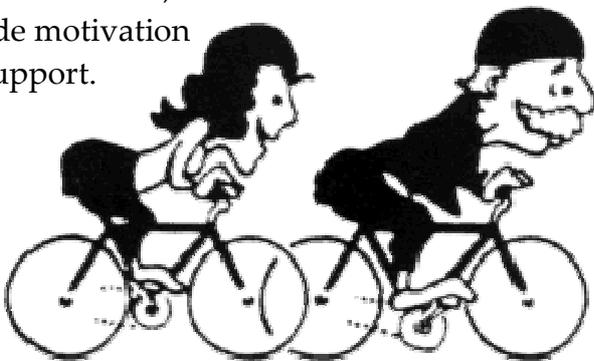


The classes will be on Mondays, from 1.00 to 3.00 pm, commencing on 9 February 2009. Rita has asked if anyone would like to assist her. Sense of humour is all that is required.

### On Yer Bike!

Bicycle Victoria's *Go for Your Life Over 50s* Riding Program is a free program that aims to attract people over 50 to take up or resume bike riding and give it a try. The aim is to create social cycling groups that continue riding together once the program is finished.

A central component of the program is that each riding group has a dedicated ride leader. Ride leaders have been chosen by Bicycle Victoria because of their experience and enthusiasm for bike riding. Ride leaders are able to offer advice on riding technique and bike maintenance, and provide motivation and support.



More information about the program, including ride locations, can be found on the Bicycle Victoria website ([www.bv.com.au/over50s](http://www.bv.com.au/over50s)) or by contacting Bicycle Victoria on 8636 8888.

## FROM THE CLASSROOM

### Art Appreciation

Alison Laird (Co-ordinator)

In second semester, the Art Appreciation group has enjoyed visits to the Johnston Collection in East Melbourne and the 'Art Deco' exhibition at the National Gallery, St Kilda Road as well as Heidelberg Road Antiques and the Sculpture Studio at Diamond Valley Arts Society in Greensborough. The last two visits were organized by Kerry Maher.

Alan Syber, the proprietor of the antique shop, gave an appraisal of treasured items brought along by members and the group enjoyed a demonstration of methods and materials at the sculpture studio.

We had an interesting presentation by Jean Hawkes on French painters. Alison spoke on Romantic painters – Turner, Blake and Goya – and also on German and American Abstract Expressionism with class participation.

Plans for the rest of the year - Kerry Maher is to tell us about Russell Drysdale in October and Alison is to speak on Dutch Baroque painters and some early modern architects. Visits are planned to the McClelland Gallery at Langwarrin and the Werribee Sculpture Park.

### Exploring French Culture for Beginners

Carmel Lee

On Thursday 16 October at 1.00 pm I was at Fairfield Station to greet tutor Lieve de Clercq, as a sense of duty, giving up my treasured yoga for the afternoon.

Lieve is a Senior Lecturer, School of Occupational Therapy, at La Trobe University. She wanted to do something different in teaching so she chose U3A Darebin with this topic.

How fortunate we are to have an enthusiastic, delightful lady making everyone feel at ease, with much laughter in trying pronunciation and all seeming to enjoy the class. I did and I

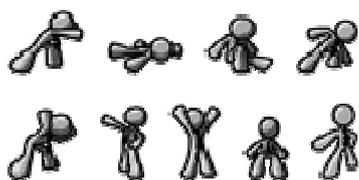
wish the classes did not clash. Lieve confided this was her lunch hour so she was dashing back to La Trobe. A successful class.

## Yoga

Clare Lowrie

Half way through the year, our Yoga teacher, Nicky, left us to visit her family in England but before her departure, she introduced us to her friend, Shyarmala, another dedicated yoga practitioner, who agreed to take over the class during her absence.

We couldn't believe our luck because volunteer yoga teachers are few and far between.



We were comfortable with "Sharm" right from the beginning as she guided us through

the sequences of relaxation, exercises and meditation, with the deep inhalations and expirations which are essential in the practice of yoga.

We liked her calm and gentle manner and quietly admired the graceful symmetry of her yoga postures. Before taking up yoga, Shyarmala performed classical Indian dancing which, no doubt, has helped to make her what she is today. She tries to make our minds and bodies work for our own benefit with good results. Generally speaking, we felt more relaxed all over by the end of each lesson.

Note: Nicky Thomas is unable to conduct the class next year. The group is delighted that Shyarmala has volunteered to take over the class in 2009.

## **MUSICAN WANTED**

to arrange harmonies  
for singing group

Please contact Jim Logan via the office

## LIFE EXPERIENCES

### A slice of life

Jessie Howard

Old people are invisible  
To some

I sat at a table in a restaurant  
To have a coffee  
Maybe some cake

Then some bloke Joe arrived  
Sat at the next table  
Hello Joe  
They said  
How are you Joe  
Haven't seen you lately Joe  
What'll you have Joe

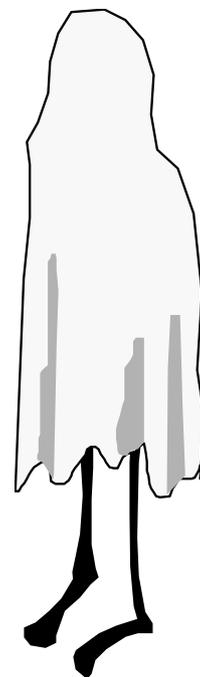
More people came in  
They got their coffee

I sat at my table  
Waiting  
Waiting  
Waiting  
Nobody saw me

I decided to go  
Have my coffee somewhere else  
And maybe some cake

Would they say I was walking out  
Without paying

Of course not  
They couldn't see me.



## OUT AND ABOUT

### Darebin U3A Takes a Stand

Darebin U3A provided an information stand for the (Darebin Seniors Festival "Mayor's Event") Seniors Display at the East Reservoir Senior Citizens Centre. Jean Garita and Ronda Swart created a lovely display of samples of work from the **Needlework Group**. We also displayed publications of the **Improving Your English** group – *Migration Memories* and *A Year in Our Life* – which drew considerable interest,

especially from Spectrum Migrant Resource Centre.

This part of the “Mayor’s Event” was rather overshadowed by the reopening of the East Reservoir Leisure Centre next door and so there were not very many visitors to the Elderly Citizen’s Centre. Like the *Pied Piper* our **Singing for Pleasure** group marched over to the Leisure Centre singing as they went. They managed to lead back quite a number of extra people to enjoy their performance. The group was in fine voice and gave a very polished concert. Many thanks to Jim for his splendid leadership and professionalism and to Lois and the 10 members of the choir who sang for our pleasure. It certainly gave everyone a lift and created a happy and relaxed atmosphere in the centre.

Michelle Marinelli, coordinator of Ageing Communities Unit, City of Darebin, was very helpful and supportive. She gave all U3A members tickets for free tea and coffee and has since sent individual thank you letters to each of the volunteers, including all choir members enclosing a \$30 Northland Gift Voucher in recognition of the time they gave to this community event. She also thanked the choir for their earlier performance in the free seniors community concert.

### **Grey Power at Federation Square**

The weather was perfect for the U3A Carnival of Learning. There were huge crowds from early morning and a lovely festive atmosphere in Federation Square. It was quite inspiring and exciting to see so many U3As from all over Victoria gathered together. All along the riverbank U3A groups were singing, dancing, performing and playing games.

Our **Singing for Pleasure** group gave two fine performances, first in the Square and later on the musical stage on the Boulevard. Barry Watson, resplendent in his silks, led our **Tai Chi** group in demonstrating the traditional Yang style movements.

Federation Square was taken over by ‘villages’ of marquees where U3A groups demonstrated their various activities, including sculpture, Mah Jong, a French play and Chinese calligraphy. Kerry Eccles, our inimitable **Classical Studies** tutor gave a very entertaining exposition of *Medea* in terms of “sex, drugs and rock and roll”.

Darebin’s ‘home’ marquee was set up with the help of Luciano, Claudia and Audrey who all gave their unstinting support for the whole day. Ronda Swart and Jean Garita provided a lovely needlework display which attracted much interest and admiration, along with the banners produced by the **Needlework Group**.

Our legendary **Improving your English** class contributed hugely to our marquee with samples of their writing and publications. Christine Fittipaldi produced a superb PowerPoint presentation of the members’ experiences of

U3A. Most members of this exuberant group came along to share their enthusiasm with visitors and passersby – most notably Maria Grazia, who gave out hundreds of brochures and samples of the group’s writing. Many people requested 2009 Info Kits to be sent, including a sprightly 94 year old gentleman who was interested in Current Affairs.

.....  
Many thanks to everyone who participated and helped.  
.....



NOMINATION FORM

NOMINATION FORM FOR COMMITTEE OF MANAGEMENT

for 2009, for election to be held at the General Meeting at  
Fairfield RSL, 9 Railway Place, Fairfield, Thursday 4 December 2008, at 1.30 pm

You are invited to stand or nominate a fellow member to the Committee of Management for one of the following positions:

- |                     |                           |
|---------------------|---------------------------|
| PRESIDENT           | MINUTE SECRETARY          |
| VICE PRESIDENT      | TUTOR CO-ORDINATOR        |
| TREASURER           | PROPERTY OFFICER          |
| SECRETARY           | OFFICE CO-ORDINATOR       |
| ASSISTANT SECRETARY | ORDINARY COMMITTEE MEMBER |

I hereby nominate..... for .....

Proposed: (Name)..... (Signed) .....

Seconded: (Name)..... (Signed) .....

I accept the above nomination:

(Nominee)..... (Signed) .....

The relative Rule of the Constitution appears on the reverse of this Form. In order to satisfy the requirement of Rule 23(1)(b), please ensure that this form reaches:

The Secretary  
U3A Darebin Inc,  
PO Box 44  
FAIRFIELD VIC 3078

not later than Thursday 27 November 2008.

NOMINATION FORM FOR OTHER POSITIONS

I nominate myself for the following position (please tick )

- NEWSLETTER EDITOR
- MEMBER OF THE EDITORIAL TEAM
- PUBLICITY OFFICER
- MEMBER OF THE PUBLICITY SUB-COMMITTEE
- COMPUTER DATA MAINTENANCE OFFICER
- MEMBER'S CO-ORDINATOR

(Name)..... (Signed) .....

INCORPORATION OF  
UNIVERSITY OF THE THIRD AGE, DAREBIN  
as U3A DAREBIN INCORPORATED

STATEMENT OF PURPOSES  
and RULES  
as amended December, 2007

Rule 23 – Elections of Officers, Vacancies

ELECTION OF OFFICERS; VACANCIES

23. ...

- (1) Nominations of candidates for election as officers of the Association or as ordinary members of the Committee:
  - (a) shall be made in writing, signed by two members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of nomination); and
  - (b) shall be delivered to the Secretary of the Association not less than seven (7) days before the date fixed for the holding the annual general meeting.
- (2) If sufficient nominations are received to fill all vacancies on the Committee, the candidates nominated shall be deemed to be elected and further nominations may be received at the annual general meeting to fill any vacancies on the committee.
- (3) If the number of nominations received is equal to the number of vacancies to be filled, the persons nominated shall be deemed to be elected.
- (4) If the number of nominations exceeds the number of vacancies to be filled, a ballot shall be held.
- (5) The ballot for the election of officers and ordinary members of the Committee shall be conducted at the annual general meeting in such usual and proper way as the Committee may direct.



**Volunteers Always Needed**

To volunteer, phone 96 102 102 and leave a message for Pam Fergie-Jackson. General roles of volunteers are described in the following table.

Role	Description
Class Representatives	Provide general help to the tutor, keep rolls, pass messages from the committee; set up and clear room for the class. Where classes are at the Fairfield Station venue, unlock/lock doors and disarm/arm security system.
Office volunteers	Take and clear telephone messages; record summary of messages; where necessary, contact the appropriate committee member; mail out information kits to interested callers.
Distributors of Brochures	Brochures to be placed at locations where they are likely to attract prospective members.
General duties	The need may arise from time to time (say, 2 – 4 times a year) for additional help of an unspecified nature.
Special Projects and Event Co-ordinators	Co-ordinate special events or projects.
Tutors and Group Leaders	Do you have an area of special interest or knowledge which you are happy to share with others; it need not be a full semester or full year topic.

**Help Wanted**

Volunteers are always needed to attend the office, especially on Mondays 12:30 pm to 2:00 pm and Friday mornings 10:00 am to 11:30 am.

Why not come along every few weeks, bring your knitting, crossword, favourite book, make a cup of coffee and put your feet up for a couple of hours (and answer the occasional phone call).

Please leave a message for Pam Fergie-Jackson if you are able to help out occasionally.

Training in office procedure will be provided.

To volunteer, phone 96 102 102 and leave a message for Pam Fergie-Jackson. General roles of volunteers are described in the table above.

Disclaimer: The material presented in classes is at the discretion of the tutor or leader and does not necessarily reflect the views of U3A Darebin Inc.

**January Newsletter**

**Calling for Contributions**

The next newsletter will be published in mid-January. It will contain course descriptions for 2009, enrolment dates, the new timetable and membership form.

Wanted

- Reports from classrooms
- Course information updates from tutors.

Deadline

Please send us your contributions, especially reports from the classroom, by Friday 28 November.

Authors

- Articles of 250 words or less preferred.
- Please email, post, fax or hand deliver all contributions to The Editor - Jill Craig at U3A Darebin.

### 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 96 102 102 so that we can explain our procedures in greater detail.

If undeliverable return to:



**DAREBIN INC.**

Reg No. A0028861A

PO Box 44, FAIRFIELD VIC 3078

Newsletter

Number 51 ◦ November 2008

“Railway Station”  
26 Railway Place  
Fairfield 3078

Tel: 96 102 102  
Fax: 96 102 101

Email: [dbin@alphalink.com.au](mailto:dbin@alphalink.com.au)

Internet:  
<http://users.alphalink.com.au/~dbin/home.html>

**PRINT  
POST**  
PP 30479/04

**POSTAGE  
PAID  
AUSTRALIA**

U3A Darebin Inc. is supported by:  
The U3A Network – Victoria Inc. and ...

