



We warmly welcome all our new members and wish everyone a happy and fulfilling New Year.

**ENROLMENT DAYS**

This Newsletter contains the latest course information updates and new Timetable for First Semester classes. Please read it carefully as there have been a number of important changes, particularly with starting dates for some classes.

Full course descriptions of all classes will be available for your perusal on Enrolment Days. Check out all the great courses on offer, try something different and enjoy new adventures of the mind!

Enrolment days will be held as follows:

**Fairfield Station U3A Classroom**  
 26 Railway Place. Melway 30K10  
 Monday 18 January, 10 am – 3 pm  
 and

**Northcote Library**  
 Separation Street, opposite Northcote Plaza.  
 Melway 30 F8

Thursday 21 January, 1 – 3 pm

**Please note:** The Enrolment session advertised for Wednesday 20 January at Merrilands Community Centre has been cancelled.

**Holiday Office Hours:** 10:30 am– 12 noon  
 Monday/Wednesday/Friday

You may also enrol by mail by completing the membership application form from previous Flyer and enclosing a cheque or money order. No cash please.

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**NEW CLASSES NEEDED**

As our membership expands, we need more classes and tutors or class coordinators. We are appealing to all members to consider how they can contribute to the U3A ideal of sharing their knowledge, skills and experience.

Perhaps you have a particular hobby, area of expertise or knowledge which you would like to share with others. You may know someone who would be willing to present a new course or even one or several sessions on a particular topic.

We would welcome your ideas and suggestions. Why not have a chat with Carmel Lee, our Tutor Coordinator, or join our new Course Planning Team?

## CONTACT INFORMATION

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**Visit the office at ...**

Fairfield Railway Station  
26 Railway Place, Fairfield 3078.



**Or go to the website at ...**

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

**Office hours during school terms:**

Whenever possible there will be someone in attendance at the following times:

Monday	9.00 am	to	3:00 pm
Tuesday	10.30 am	to	12.00 noon
Wednesday	10:30 am	to	12.00 noon
	1.00 pm	to	3.00 pm
Friday	1:00 pm	to	3:00 pm

### 2010 Committee Members

President .....	Audrey Grace
Vice-President .....	Don Stewart
Secretary .....	Frances Hennessy
Treasurer .....	Dianne Beaumont
Assistant Secretary .....	Elva Armstrong
Office Co-ordinator .....	Pat Oswald
Property Officer .....	Jean Garita
Newsletter Editor.....	Jill Craig
Tutor Co-ordinator .....	Carmel Lee
Membership/Class Records	Tony Wild
Committee Member .....	Lorraine Carr
Committee Member .....	Jim Logan
Committee Member .....	Judith Prosser

### Other Positions

Honorary Accountant .....	Basil Conquo
Class Enrolments .....	Claudia Sanzin
Archives .....	Luciano Sanzin
U3A Network Delegate ....	Odette Stuckey
Computer Consultant.....	Russell Lennox
Website Editor.....	Mary Levens

## PRESIDENT'S MESSAGE

It is wonderful that so many members are interested in attending our Annual General Meeting. Lois Shugg played background music, Choir members led a 'community sing' which created a festive atmosphere and Russell Lennox presented a PowerPoint display of class photos, song lyrics and agenda items.

Our keynote speaker, Michelle Marinelli, Coordinator of the Darebin Council Aged Care Unit, spoke about her role and Council's recognition and support for Darebin U3A. Michelle has a cheerful and confident manner, and the members responded warmly.

Nadereh Edwards spoke briefly about our developing partnership with Spectrum Migrant Resource Centre.

Ruth Hawley, President of U3A Network Victoria, addressed us at the close of the meeting, explaining Network's role in negotiating with the Victorian Government to attain funding for U3As. Because Victorian U3As have developed this strong Network, Darebin U3A received nearly \$5000 last year, tagged to office and class equipment. No other Australian state government provides funding for U3As.

At the end of the meeting I could hardly contain myself! All positions for the Officers of the Association have been filled! I am to be your President for 2010 and am delighted to welcome Don Stewart as Vice President. Diane Beaumont has agreed to continue as Treasurer, Frances Hennessy is joining us as Secretary and Elva Armstrong is moving into the position of Assistant Secretary. Tony Wild and Judith Prosser are joining the Committee. This is truly fantastic! Please thank them all for stepping forward. Frances has already been spending time in the office to understand her role and is starting to organise me very competently with a twinkle in her eye. With a full team Darebin U3A will now be better served.

*Audrey Grace*

## FROM THE COMMITTEE

### **Morning Tea for Claudio and Luciano**

Friday 22 January, 10 am – 12 noon, at Northcote Senior Citizens' Centre, 18A Bent Street, Northcote, just off High Street.

The Committee is holding an informal morning tea so that we can show our appreciation to Claudia and Luciano Sanzin for the time they have freely given over many years in helping with the operation of Darebin U3A.

We welcome any members who would like to join us for this happy occasion. Would you please ring the office to let us know if you wish to attend. A plate of food would be appreciated.

*We have booked the whole building for the morning so that you may all inspect this new venue that Darebin Council has made available to us for classes and events.*

### **Members' Morning Tea**

Wednesday 31 March, 10.30am – 12.30pm (school holidays) at the Northcote Senior Citizens Centre, Main Hall.

The Committee is proposing to hold a series of Members Morning Teas with a guest speaker. We want to provide more opportunities for members to meet together socially and to discuss issues and ideas with the committee. So please come along, meet other members, welcome new members and share your views.

After morning tea, a speaker from COTA will conduct an interactive session titled **Seniors Quality Use of Medicines Program**. One of the aims is "to help us to become an active partner with our doctor and pharmacist and to better understand and learn about our medicines".

We would appreciate your notifying the office if you are attending. This will help us in setting up the tables and chairs in the hall.

If you enjoy this get-together, we will hold another during the term 3 break at this venue. If you have an idea or request for a speaker – please tell us.

### **Special General Meeting**

We need to update our Constitution to conform with recent amendments to the 'Association Incorporation Act.' These changes require that a Special General Meeting be called.

We will also take this opportunity to put two other matters to the members. Firstly, our Constitution does not always read well or clearly. We wish to improve clarity, where needed, without changing the intention. Secondly, our auditor recommends that we have our audit conducted earlier than 31 October each year. Accordingly, we would need to hold the Special General Meeting mid-year.

Venue: Northcote Senior Citizens' Centre, 18A Bent Street, Northcote.

Refreshments will be supplied, giving us an opportunity to stay on afterwards and chat.

Details of the proposed changes and the date of this meeting will be published in next Flyer.

### **Class Placement for 2010**

We are doing our best to place as many members as possible in the classes of their choice. Tony Wild is working in our office through the holiday period to transfer all your requests on to the membership spreadsheet. Claudia Sanzin is recording the order in which requests are received. Early personal enrolment on an enrolment day is your best chance of being placed. Volunteers are given preference.

A few classes have prerequisites. A small number of classes will have waiting lists, in particular Computer 1 and Yoga.

You will receive a letter in the last week of January, informing you which classes you have been enrolled in, and if you are on a waiting list.

If you do attend a class and your name is not on the Tutor's class sheet, you will need a letter from the office to present to the Tutor so that you can attend the next class.

If you are absent for 3 consecutive classes without informing your tutor, your place may be given to someone on the waiting list.

Please Note: Throughout the year further requests to attend classes will be processed at the office and the member will be given a letter of confirmation to give the tutor. This is to ensure fairness and keep enrolment information of all our classes, which are held in a number of venues, up-to-date at the office.

### **Darebin Community Festival**

The 2010 Darebin Community and Kite Festival will be held at All Nations Park, beside Northcote Plaza, on Sunday 14 March from 10am – 5pm.

We will have a booth at this important event to promote U3A Darebin.

We will need many helpers, at least two at a time, working for an hour or two to answer questions and give out brochures and other information. It is usually a happy and exciting day. If you would like to be part of this team, please ring the office and give your name, telephone number and preferred time.

### **Darebin U3A 20th Birthday Celebration**

We propose to hold a significant event on Sunday 16 October 2011 to celebrate this momentous occasion.

We are asking that volunteers come forward to form a *Planning Committee* in early 2010.

Any ideas and memorabilia from members and tutors would be most welcome. Have you got photos taken at various times or stories/ histories about their classes which could be used? Can we publish a small book? Make a DVD? Your input is needed. Please may we hear from you soon.

Note: In 2001 Darebin U3A published a small book entitled *1991 – 2001 The First Ten Years* to celebrate our 10<sup>th</sup> Anniversary. Copies of this fascinating record of our history are available from the office.

## FROM THE EDITOR

Welcome to all our new members and a brand new year full of fresh learning opportunities at Darebin University of the Third Age. The Third Age is truly a wonderful time for us to expand our minds, to pursue new fields of learning and creativity and to share our knowledge and experience.

There is always such a buzz of excitement around enrolment time at Darebin U3A. There is so much new to learn and enjoy, whether it's sharing a passion for poetry, cinema or literature, learning a language, delving into our cultural history, exercising our brains with puzzles and games or our bodies with Yoga and Tai Chi.

We have a wealth of classes to choose from, including an exciting new poetry course and a new short course on how to solve Sudoku puzzles. We are also delighted to announce the formation of a Scrabble group in second term.

Our members are always thirsty for new learning opportunities. Last year we introduced many new classes, including short courses. We hope to present more in the coming year. There are endless possibilities, but we need your help and input especially in planning new courses and activities. We welcome all ideas and suggestions, especially from new members.

Thank you to everyone who has contributed to this Newsletter, especially to the tutors and class members for their class descriptions. Thank you Barry Watson for your wonderful insight into the world of Tai Chi. My special thanks to Teresa Pitt for her superb editorial assistance and to Russell Lennox for his invaluable technical support.



Happy New Year!

*Jill Craig*

## COURSE INFORMATION

### Course Starting Dates

Please check the new Timetable on page 13 as there have been a number of changes. Most weekly classes will commence in the first week of February, with the following exceptions:

- **Draw Then Paint** will resume after Easter on Tuesday, 13 April, 1-3 pm at Fairfield Station.
- **French Language for Beginners** will resume on Friday 19 March, 10:30 – 12 at Northcote Senior Citizens Centre. New class members are asked to study and practise weeks 1 – 3 in *15 Minute French*.
- **Improving Your English** recommences on Wednesday 3 March at Span.
- **Reading and Writing for Retirees** resumes on Monday 8 February at Merrilands Community Centre.

Please note that **Current Affairs** is held every second week, commencing Thursday 25 February 10:30 – 12:00 at Fairfield.

### Cinema Studies Returns

Paul Michell returns with a new theme and a new time slot. Sessions will be held at Fairfield on Wednesday mornings, 9:45 – 12:45 on the 4<sup>th</sup> Wednesday of the month, commencing 24 February. See page 6 for full course description.

### New Venue for Heroes and Heroines

We are delighted to announce that we now have a much larger venue for this new course, **Heroes and Heroines of the Western World**, presented by Dr. Jone Gaillard. Jone has been presenting her very popular course in **Classical Italian Literature** for many years at Darebin U3A. This year her class will be held at Northcote Senior Citizens' Centre, Bent Street, Northcote. Class time remains the same: Friday afternoon 1:30 – 3 pm. See page 7 for full course description.

### Yoga for Beginners Cancelled.

Unfortunately the tutor, Shyamala Benakovic, is unable to offer this second course in 2010 due to family commitments.

### Introduction to Sudoku

**Tutor:** Russell Lennox

This new short course will consist of three sessions, each focusing on one puzzle. These number puzzles exercise the brain and require only basic knowledge of the Arabic number system (numbers 1 through 9) and the ability to do simple additions. A pencil and rubber are required for this course.

Session 1 will focus on how to solve a Sudoku puzzle using a structured approach.

Prerequisites are knowledge of the numbers 1 to 9 and a love of puzzles.

Session 2 will focus on how to solve a Killer Sudoku puzzle also using Unique Digit Answers and logic. Prerequisites are Session 1 and the ability to add up to at least 45.

Session 3 will focus on how to solve a Kakuro puzzle using Unique Digit Answers and logic. Prerequisites are Sessions 1 and 2.

### Warning: Sudoku is highly addictive!

Classes will be held at Fairfield Station, 11 am - 12.30 pm, on the following Saturdays: 6 March, 13 March, and 20 March.

To enrol in this class, please phone the office and leave your name, membership number and phone number.

### Scrabble Group

Dorothy Hunt, a new member, formerly with Manningham U3A, is very keen to start a **Scrabble** group at Darebin U3A.

She is proposing to establish a group in Second Term to be held at Fairfield Station on Monday afternoons between 1 and 3pm.

If you would like to join this group, please phone the office and leave your name, membership number and phone number.

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

## FIRST SEMESTER COURSES FOR 2010

COURSE	TUTOR/CO-ORDINATOR
Art Appreciation.....	Alison Laird
Book Discussion 1.....	Anne Clarke
Book Discussion 2.....	Elva Armstrong
Canasta.....	Claudia Sanzin
Cinema Studies.....	Paul Michell
Classical Studies.....	Dr Kerry Eccles
Computer 1.....	Russell Lennox
Computer 2.....	Russell Lennox
Current Affairs.....	Dr John Dalton
Draw Then Paint.....	Jane Savage
French Language for Beginners.....	Christelle Tshishimbi
Heroes and Heroines of the Western World.....	Dr Jone Gaillard
History of European Culture ...	Yana Ostapenko
Improving your English .....	Christina Fittipaldi
Italian Language .....	Adriana Ficarazzi
Mah Jong.....	Nancy Keele
Needlecraft .....	Jean Garita
Painting and Drawing.....	June Pitman
Poetry Through the Ages .....	Noel Butterfield
Reading and Writing for Retirees.....	Rita Keller
Shakespeare.....	Albert Stuckey
Singing for Pleasure .....	Jim Logan
Tai-Chi.....	Barry Watson
Yoga.....	Shyamala Benakovic

## COURSE DESCRIPTIONS

Course descriptions for all classes are published in the Information Kit and will also be available for perusal on enrolment days. The following are recent updates provided by the tutors.

### Book Discussion 2

**Coordinator:** Elva Armstrong

Do you enjoy reading a good book and then wish you could discuss it with someone? Well, our Book Discussion group is the place for you!

We meet on the second Wednesday of each month at Fairfield Station from 10:30 am – 12 noon. Our first four books for 2010 are:

- Brenda Niall: *Georgiana*
- Li Cunxin: *Mao's Last Dancer*
- Audrey Niffenegger: *The Time Traveller's Wife*
- Martin Davies: *The Conjurer's Bird*

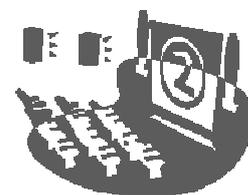
New members warmly welcomed!

### Cinema Studies

**Tutor:** Paul Michell

Once again we will make a journey of discovery looking at one of mankind's greatest artistic achievements – cinema.

Paul Michell graduated in Cinema Studies at RMIT as part of the first intake of that course in the late 1970s. Paul has presented Cinema Studies at U3A for the last four years and once more will present a selection of films in a new light.



Some members will have seen the film much earlier in their lives, which gives an opportunity for deeper examination and a new appreciation with the perspective of age. Other films will be new to the members.

The theme for 2010 is **Films that Made a Difference**. Whether by pushing sexual boundaries, exploring the human psyche, or perhaps raising community awareness of forgotten soldiers, cinema has often been an agent of social change.

The class runs for three hours. First we watch the film, and then we discuss it. I generally offer some cinema historical background, and our discussions can become quite heated! I see my role as bringing to the class members not only the joy of cinema but also its legitimacy as a serious art form.

Classes will be held on the fourth Wednesday of the month from 9:45am- 12:45 pm at Fairfield Station, commencing 24 February. A detailed list of films will be released at the first class.

## Classical Studies

**Tutor:** Kerry Eccles

The course for 2010 will focus on the Periclean Age and the work of the great philosopher Socrates. We will concentrate on how Socrates and Plato developed the theories of knowledge that directed attention to the mind and its relation to the outside world, and how this paved the way to Moral and Intellectual Philosophy, Political Science and Sociology.

As Protagoras of Abdera (485-410 BC) declared, 'Man is the measure of all things.'

This period saw the growth of individualism and questioning of the gods, tradition, the laws, conventions and morality.

We will study a society in the process of radical change and the thinking of Socrates, who developed a systematic method by which he and his contemporaries could deal with the challenges of rapidly changing times and explore the great questions central to all humans, ancient or modern.

In 2010 we will consider:

1. History of the Periclean Age
2. The rise of the Philosophers
3. The Sophists and Education
4. The Socratic methodology and how it applies to the problems of our period.

Basic text: Plato: *The Last Days of Socrates* (Penguin Classics)

## Heroes and Heroines of the Western World

**Tutor:** Dr Jone Gaillard

Legendary or historical, fictional or real, heroes are present in every civilisation. Sung in poems, celebrated in speeches, remembered with monuments, perpetuated in the names given to newborns, or to the streets and squares of our towns, they are an integral part of our culture, often transcending the boundaries of nationality and language and becoming universal. They incarnate what we would all like to be: courageous, adventurous and

admired. They are the secular models of the virtues we would all like to possess.

This course is a continuation of the 2009 course and this year we will introduce some female heroes as well!

## History of European Culture

**Tutor:** Yana Ostapenko

The focus of this course is the cultural history of European civilisation. Students will be provided with an introduction to and overview of the evolution of the concept of cultural transformation from ancient civilisations to modern times. We will focus on different topics that together will present a range of cultural 'pictures' of Europe through time. The units will cover the following topics:

- Ancient Civilisation – West and East
- From Greece to the Renaissance
- Medieval Cities – ordinary life and culture
- Science and University in the Age of Renaissance
- From Renaissance to Reformation
- The Age of Enlightenment
- European Culture in the 18th and 19th Centuries – music, theatre and literature
- Modern Europe in the 20th Century – evolution of art and philosophy of life
- Culture of the Russian Empire from 17th to 20th Centuries
- Contemporary European art and culture
- Modern film and animation as a reflection of modern life
- Russian and Ukrainian masterpiece films and cartoons

Classes are held at Fairfield Station on Mondays 10.30 am – 12.00 noon.

## Shakespeare

**Class Leader:** Albert Stuckey

Last year the group read several plays, the last of which was *Coriolanus*. It is surprising that some well-known expressions by Shakespeare are tucked away in the lesser-performed works.

This year we will begin with *King Lear* as this is to be performed commercially by the Bell Shakespeare Company in May. We propose to attend a matinee performance as a group.

As usual we will watch a video of the play and then read the text. This way we all can understand how the play develops. After *King Lear*, we will select another play as the class decides.

## FROM THE CLASSROOM

### Art Appreciation

Each year we discover more about the 'art' of looking at art. There is so much more to enjoy and learn from a painting when one knows something of the personality of the artist and the social and political conditions prevailing at the time a work was created.

Our meetings usually start with a de-briefing on the latest exhibitions being shown around town and sharing comments or interesting newspaper articles that may have come to our attention.

Towards the end of each year we all get involved in planning for the New Year. It may be that particular artists or periods are selected for study, that we watch art videos, or that we visit galleries. Regional galleries are great for a day visit and some die-hards even got themselves to Canberra! Our leader has prepared excellent biographical talks and complemented them by showing pictures from a broad range of publications.

We look forward to more of the same in the coming year and would welcome anyone with an interest in art to join us.

Jean Hawkes

### Classical Italian Literature

Jone, attending your class has been a delight! We like to listen to your extensive knowledge of literature and history, but most of all we enjoy the way that you describe all the famous heroes with your cheeky sense of humour. Your

method of teaching is so different from the way that we were taught at school.

We do hope that you will continue to teach us in your usual way, because we enjoy your classes so much.

'Grazie tante' from all of your students.

Nerina Novak

### Classical Studies 2009

Eureka! It is 2010, and I realise that I have just completed a decade of teaching Classical Studies to the most wonderful group of students.

Good Classics students must be 'goers', prepared to take on board often complex history and ideas and difficult texts, and to argue, question and criticise ideas, particularly as they apply to our own times and experience.

On the coldest, most miserable days, this remarkable group of stalwarts has appeared, every third Wednesday. Despite injuries, with broken hip, is dear Kathleen McLoughlin, and post-surgery the ever-helpful Betty King and her passenger Patricia Hall, temporarily felled by illness, and the always happy Doreen Ivanowski and Norma Collins.

We've studied great tragedies – *Medea* - and the comedies of Aristophanes.

But more than that, this class has shared the great gifts of friendship, companionship, fun, their remarkable life experiences, and the pleasure of anticipation of our monthly meetings.

I am proud of these learned ladies and occasional gentlemen, and congratulate and thank them for a splendid year's work and the most charming company.

Happy New Year

Kerry Eccles

*If you're feeling bored, come, do get away  
Down to the station at U3A  
Our Dr Eccles will bend your mind  
With olden day Greeks and all their kind.*

## French Language for Beginners

Nous parlons en Français?

Since September Darebin U3A has provided another wonderful opportunity: French for Beginners. The class has been meeting every Friday morning in the Senior Citizen's centre, Bent Street, Northcote.

Members are extremely grateful to Ms Christelle Tshishimbi, who volunteers her time, including the trouble of travelling to and fro on public transport.

Christelle bases lessons on *15-Minute French* (Dorling Kindersley) and homework on Collins' *French Club*. She is a student at La Trobe University and hails from the former Belgian Congo, so she grew up speaking the language.

We benefit by simply listening to her pronunciation, though we are not always equal to the vocal gymnastics required. It can be very difficult to discern the differences in sound between words such as 'moins' (minus), 'mois' (month) and 'moi' (me).

Participants have different experiences. Peter is able to converse fluently, having worked on the Continent. Jeff and Valerie studied French at school. Beryl, Janet, Joan and Patricia are novices. Each has their own reasons for taking part. Christelle wants to conserve her skills. Janet wants to challenge her brain and discourage Alzheimer's. Beryl hopes to be able to read the language. Jeff is annoyed that in the forty years since he studied French, he has only used it during three separate weeks – and was inept.

Among the last homework exercises for the year, Class members were required to write a poem that included specified verbs. Here is Janet's:

*Je t'aime Paris*

*Je t'aime Paris*

*La cité du rire et de la joie.*

*Où les enfants aiment jouer*

*Dans les jardins verts.*

*Les amantes unirent marcher*

*Et danser à côté de la Seine*

*Où les cloches de la cathédrale sonner*

*Et les familles amassent chanter.*

*Je t'aime Paris.*

Before September, Janet was reticent about attempting French. She thanks Christelle, and Darebin U3A, very much. So do we all!

Jeff Kemp

## History of European Culture

Oh, how we enjoy Monday mornings with Yana! Her presentations, always interesting and stimulating, have taught us a lot in a very short time.

We usually commence with an overview of a certain period in European history. This is followed by informative documentaries.

An area I knew little about, Eastern Europe, has aroused my interest greatly. Its huge size and diversity of ethnic and cultural backgrounds, the social history, art, architecture, music and even cartoons have brought it all to life for me.

An added bonus is that Yana tells us that she enjoys our time together. Thank you, Yana!

Odette Stuckey

## Improving Your English

We have reached the end of another year. It is time to thank our tutor, Christina, for the interesting topics that we have discussed in our class about the Aboriginals. We have all found it fascinating to learn about the life and culture of the first Australians.

So now we have gained more knowledge than we had before.

We know that we are a 'noisy bunch', but we are eager to learn more, and really enjoyed our discussion classes with you very much.

Thank you, Christina, for your constant efforts to keep us in line and thank you for a job well done!

Nerina Novak

## Tai Chi

Now that U3A classes are finished for 2009 and we look forward to our long break, I would like to express the gratitude of all class members to Barry Watson for sharing with us his expertise in the ancient art of Tai Chi.

Over the years we have come to know Barry well and have developed a special affection for him, especially when we know that it has been difficult for him to carry on at times.

We like him for his good humour, patience and encouragement. He makes us feel good and we try to do better. However, like all good teachers, he makes us work hard at times. An hour under his direction can concentrate the mind wonderfully on one thing – Tai Chi – when there is no time to think of anything else.

Barry is a fine man and an excellent teacher and we are lucky to have him. It's a great class we have at Northcote Town Hall and it's truly a pleasure to be associated with such a happy and friendly group of people. And we do have fun!

Thanks again, Barry, for everything you've done for us.

Clare Lowrie

## LIFE EXPERIENCES

*For age is opportunity no less  
Than youth itself though in another dress,  
And as the evening light fades away  
The sky is filled with stars, invisible by day.*

From *Morituri Salutamus* by Henry  
Wadsworth Longfellow

These wise words were quoted by Professor Richard Larkins, Vice Chancellor and President, Monash University, in his keynote address to the 2009 U3A Network Conference. Professor Larkins said that they 'express beautifully the key to successful aging. New opportunities reveal themselves to those who look for them which are neither visible nor available to the young.'

## Tai Chi Love Affair

My love affair with Tai Chi started nearly two decades ago when my wife and I attended the St Kilda Festival. I heard this soft, gentle music coming from a rather large marquee where Tai Chi was being performed. 'Well,' I said to myself, 'That's for me!' I stepped forward and joined in, not knowing anything about the movements. My wife said, 'Don't be silly, it's too slow for you!' and I put it in the back of my mind. Three years later my wife contracted breast cancer. I suppose I panicked somewhat, thought I'd had a heart attack, because I didn't know how to cope with this sudden news, let alone how to come to terms with this disease.

That's when I visited my local doctor, who suggested I see a heart specialist, which I did. He told me that I had had a panic (stress) attack, and suggested I take up Tai Chi, which I did. To my amazement, a class was being held at my local church, not more than 200 metres from home, and had been for six years.

So I made enquiries and joined the 'Celestial College of Tai Chi' founded by Senior Master Eng Chor Khor (now Grand Master), under the instruction of Joe Cardimone. After completing my six levels of the 'Yang Style' routine, I was invited to attend instructors' training under the two Masters of the college, which I still attend even today. During this time they promoted me to 'Instructor', running several classes in the Northern area.

Eng Chor Khor taught me how to breathe correctly, even to the point of helping me recover from open-heart surgery (clearing my lungs).

Tai Chi is not a fad or an alternative exercise; it is a way of life with principles and soft gentle movements for body and mind. At Darebin U3A, I endeavour to pass on these techniques I've learned to my students in a friendly, relaxing and warm environment.

The word Tai Chi means: Tai = supreme, Chi = energy. The full essence of the word 'Chi' is not captured by the word 'energy' in English. The literal translation means to convey 'breath, energy, air and movement, etc.' When the two words are combined they mean 'supreme energy'.

In my classes, both at Northcote and Merrilands, I teach:

1. Qi Qong breathing exercises (Chi Kung or Shibashi)
2. Tao Yin or Meridian exercises (loosening of joints)
3. Yang Style Tai Chi (Levels 1 to 6)
4. Several other routines (Lotus, Lohan and Beijing 24, just to name a few).

All movements are safe and none compounding on your body.

So come on and try it. That's right, try it now!  
And welcome to the wonderful world of Tai Chi at U3A.

Barry Watson, Tutor

### Taxi !

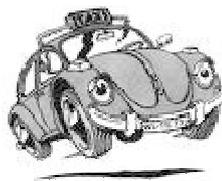
Many years ago my husband decided to become a taxi driver. Being his own boss, plenty of money and so on. It sounded good, so he studied and passed the exams and received the licence.

It was harder in those days to become a taxi driver. You had to have a proper uniform, know Melbourne suburbs on the tips of your fingers, all the hospitals and so on.

The first few weeks, to gain confidence, he worked only around our suburb. Being near home he used to come home around lunch-time and I used to come home from work to hear all the news of this new adventure.

One day he was late and I had to go back to work. I went outside, looking left and right for him, but I could not wait any longer.

So I started running up the street when I saw a taxi coming around the corner. Good, I thought,



now I get a lift to work. For fun, I stopped in the middle of the footpath and I lifted my skirt well above my knee and lifted my thumb.

I indicated to the driver to give me a lift.

You guessed right! It was not my husband, but a poor driver who hoped to receive a good tip on top of the fare.

Claudia Sanzin

### Computer Buff Wanted

Is there anyone out there willing to help us set up a new, more accessible website address? Mary Levens, who established and maintains our present website now lives in Kinglake. She would be happy to provide technical advice and support.

### Autumn Newsletter

## Calling for Contributions

We hope to publish our *Autumn Mini Flyer* in early April. It will contain news from the Committee, coming events and course information updates.

We would also like this newsletter to provide a forum for ideas about new classes and activities.

**Wanted:** Members' writing, book reviews, classroom reports, items of interest, letters, poetry, stories.

**Autumn Newsletter deadline:** Friday 5 March.  
Articles of 250 words or less preferred.  
Please send all contributions to the Editor,  
Jill Craig, at U3A Darebin

### Volunteers always needed

U3As are run by volunteers, and each one of us can make an enormous difference by undertaking a small task. At present all our administrative work is done by a very small band of volunteers and we badly need more helpers. We are breaking down tasks into 'more & smaller'. Please choose which of the following tasks you would like to assist with, and indicate this at the bottom of your Renewal of Membership form.

- **Publications team members** to assist in producing our Newsletter, Information Kits, Brochures, posters and Website.
- **Publicity and Advertising team** to promote Darebin U3A in the media.
- **Brochure Distribution**
- **Course Planning team** to help establish new courses
- **Class Venue coordinator**
- **Team Leaders and Assistants** for U3A Darebin marquee at events such as Darebin Community Festivals and the U3A Carnival of Learning at Federation Square
- **Team Leaders and Assistants** for social events such as Members Morning Teas and events at the Holmes Street Housing Estate and Spectrum Migrant Resource Centre
- **Delegates** to represent Darebin U3A at meetings or conferences
- **Office Volunteers** to answer the telephone, receive enquiries and record messages, process or pass them on.
- **Technical Assistant** to help with new technology e.g. data projector, answering machine and photocopier
- **On Call Register:** people to assist occasionally as required, for example with Newsletter folding and labelling, marquee rosters, etc.

Please note: Early in 2010 we will develop procedure manuals to assist volunteers.

### Fairfield Railway Station

Situated at 26 Railway Place Fairfield (rear of Platform 1 on southern side of railway line). Melway 30K10. Train: Hurstbridge line. Bus: No 567 from High Street, Northcote, to Regent Station stops on the northern side of the railway line.

Parking available at rear of Fairfield RSL with a U3A permit, issued on enrolment.

### Merrilands Community Centre

Situated at 35 Sturdee Street, Reservoir (corner of Asquith Street). Melway 18H1. Bus: No 555 from Northland Shopping Centre to Epping Plaza. Alight at bus stop: corner Hughes Parade & Asquith Street. Train: Epping line - alight at Keon Park Station and proceed to Asquith Street pedestrian crossing.

Off-street parking available at the centre.

### Northcote Senior Citizens Centre

18A Bent Street, Northcote. Melway 30D7. Tram: Stop 34 on High Street, two streets north of Separation Street. Train: Epping line to Croxton or Northcote station. Bus: No 552 from Reservoir to Northcote Plaza.

Two-hour parking available on one side of Bent Street.

### Northcote Town Hall

189 High Street, Northcote. Melway 30F9. Tram: No 86 stops at the Town Hall.

### SPAN Community House

Situated at 70 Clyde Street, Thornbury, alongside the Kindergarten. Melway 30J5. Off Victoria Road, one street south of Clarendon Street.

Buses: No 552 from Reservoir, Nos 246 and 249 from La Trobe University, and No 251 from Northland shopping centre all pass along Victoria Road.

Off-street parking available at the centre.

## CLASS TIMETABLE FOR SEMESTER 1

<b>Day</b>	<b>Time</b>	<b>Starts</b>	<b>Subject</b>	<b>Venue</b>	<b>Comment</b>
<b>Monday</b>	10:30 - 12:00	1/02/10	History of European Culture	Fairfield Station	
	10:30 - 12:00	1/02/10	Italian Language	Span	
	1:00 - 3:00	8/02/10	Reading & Writing for Retirees	Merrilands	
<b>Tuesday</b>	10:00 - 11:00	2/02/10	Tai-Chi in the North	Merrilands	
	10:00 - 12:00	2/02/10	Computer 1	Span	
	10:30 - 12:00	2/02/10	Poetry through the Ages	Fairfield	Except 3rd Tuesday
	1:00 - 3:00	13/04/10	Draw then Paint	Fairfield	
	1:00 - 2:00	2/02/10	Tai-Chi Basic	Northcote Town Hall	Yang Style - modified
	2:00 - 3:00	2/02/10	Tai-Chi Intermediate	Northcote Town Hall	for seniors.
<b>Wednesday</b>	10:30 - 12:00	3/02/10	Book Discussion 1	Fairfield Station	Fully Booked
	10:30 - 12:00	10/02/10	Book Discussion 2	Fairfield Station	2nd Wednesday / month
	11:30 - 12:30	17/02/10	Classical Studies	Fairfield Station	3rd Wednesday / month
	9:45 - 12:45	24/02/10	Cinema Studies	Fairfield Station	4th Wednesday / month
	12:30 - 2:00	3/03/10	Improving your English	Span	
	12:45 - 2:45	3/02/10	Needlecraft	Fairfield Station	
	3:00 - 4:30	3/02/10	Shakespeare	Fairfield Station	
<b>Thursday</b>	10:00 - 12:00	4/02/10	Computer 2	Span	
	10:30 - 12:00	25/02/10	Current Affairs	Fairfield Station	Fortnightly
	1:00 - 2:00	4/02/10	Yoga	Northcote Town Hall	
	1:30 - 3:30	4/02/10	Painting and Drawing	Span	Fully booked
<b>Friday</b>	10:00 - 11:30	5/02/10	Art Appreciation	Fairfield or Gallery visit	1st-3rd-5th Friday / month
	10:30 - 12:00	19/03/10	French Language for Beginners	Northcote Senior Citizens	
	1:00 - 3:00	5/02/10	Singing for Pleasure	Span	
	1:30 - 3:00	5/02/10	Heroes and Heroines	Northcote Senior Citizens	
<b>Saturday</b>	1:30 - 4:00	6/02.10	Mah-Jong	Fairfield Station	1st & 3rd Sat. / month
	1:30 - 4:01	13/02/10	Canasta	Fairfield Station	2nd & 4th Sat. / month

### 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 57 ◦ January 2010

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

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