

**FROM THE EDITOR**

**Spring is in the Air!**

The Winter Solstice has just passed so we can all begin to look forward to Spring – a time of regeneration and celebration.

Our main cause for celebration this Spring is our 20th Anniversary on 16 October. We are very busy and excited planning for this event and for the publication of a special book which aims to capture something of the unique flavour of Darebin U3A. We are offering everyone a last minute chance to write about your U3A experience for this book (see Page 3 for details).

Be inspired by all the delightful writings by our members published in this issue. Members of the poetry group, Anne Partridge and Irene Park, have produced some quite wonderful poems and Christine Honig has penned some fun Limericks (see page 6). Stories in **Life Experiences** seem to revolve around travel in various forms. Anna Rocciccioli travelled from Italy to Coburg then later to the wilds of Kingsbury. Noel Butterfield writes of his intrepid travels across the Nullarbor and Nerina Novak has sent us a beautifully written story about her visit to Lake Eyre. Lastly, we have Ray Matters’ account of the Over 60s cricket team touring in England and Spain.

I love Ray’s ending: ‘Whoever said life begins at 40 was wrong ... life begins at 60!’ I believe that is generally the feeling around Darebin U3A. If you want further evidence, come along to the Carnival of Learning at Federation Square and be inspired by the vitality and enthusiasm of this gathering of U3A groups demonstrating their activities.

Long live Darebin U3A!

*Jill Craig*

**IN THIS ISSUE**

- ✓ Our Darebin Poets ..... 6
- ✓ Noel’s Nullarbor Adventure..... 8
- ✓ That’s One For the ‘Bucket List’ ..... 9
- ✓ Zumba – The Latest Craze! ..... 11

**CONTENTS**

From the Editor ..... 1  
 Contact Information..... 2  
 President’s Message..... 2  
 20th Birthday Plans..... 3  
 From the Committee..... 3  
 Diary Dates ..... 4  
 Course Information..... 5  
 From the Classroom..... 6  
 Life Experiences ..... 7  
 Out And About..... 10  
 Noticeboard ..... 11

**SEEKING NEW TUTORS**

We are appealing to all members: please think about how you can help in setting up new courses. We need more new classes, and for that we need new Tutors or Class Co-ordinators to facilitate new groups.

You may have a particular hobby, or an area of expertise or knowledge, which you would like to share with others. Or perhaps you could ask someone you know if they would be willing to present a new class, either a short course or a longer one.

We would welcome any ideas and suggestions. Why not have a chat with Carmel Lee, our Tutor Coordinator, or leave a message for Audrey at the Office?

## CONTACT INFORMATION

**Email:** [darebinu3a1@optusnet.com.au](mailto:darebinu3a1@optusnet.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.



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

<http://home.vicnet.net.au/~darebinu3a/home.html>

**Office hours during school terms:**

Whenever possible there will be someone in attendance on week days at the following times (except Public Holidays and term breaks):

Mon – Fri: 10.30 am to 12.00 noon  
and 1.00 pm to 3.00 pm

### 2011 Committee Members

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

### Other Positions

Office Volunteers Co-ordinator  
.....Philippa Wetherell  
U3A Network Delegates... ..Odette Stuckey  
U3A Northern Region Delegates  
.....Halina Smoger & Bernice Healey  
Computer Consultant.....Russell Lennox  
Assistant Editor.....Teresa Pitt

## PRESIDENT'S MESSAGE

Darebin U3A turns 20 in October! What a milestone! What an achievement!

As I talk to members, over and over again I hear how very important the learning, the participation and the friendship they have found at Darebin U3A have been to them. I know this is true for me - I am so grateful to the member who told me about this great organisation and gave me a brochure. And I am also grateful to the small band of individuals who saw a need and called the initial meeting that got it all started. On behalf of us all, I thank them. We are very lucky to have two of our earliest members, Odette Stuckey and Carmel Lee, still actively involved in U3A and in the planning for our 20th birthday celebrations.

For this wonderful organisation, Darebin U3A, to survive it has to constantly regenerate. Our membership numbers have not actually grown much in recent years, because for every new member we gain, we have been losing one. So I am asking you all to help. Please tell all your friends and acquaintances about the wonders of U3A.

We would like to thank the many members who have given out the brochures that were enclosed with your membership details earlier this year. So many Darebin residents don't know of our existence, and a recommendation from a member is the very best way to 'spread the word' and gain new members. Please always carry some in your bag. If you want some more brochures, they are available in a box just inside the entry door at the Fairfield premises. If you placed yours on noticeboards, or places like your doctor's waiting room, would you please keep a check to see if they need 'topping up'.

We would also like to have more classes at our new venues. We need some new Tutors to share their skills and knowledge – please see the box on page 1.

*Audrey Grace*

## 20TH BIRTHDAY PLANS

### Darebin U3A Celebrates its 20th Birthday

This grand birthday event will take place on Sunday 16 October at the Preston Shire Hall (next door to the City Hall in Gower Street, Preston), from 1.00 - 4.00 pm. It will include a delicious afternoon tea. We will be inviting as many past committee members and tutors as possible, as well as representatives from Darebin City Council and local MPs.

All current members are warmly invited to attend. Places are limited, so please make sure you phone the office from 18 to 29 July (first two weeks of third term) to let us know if you would like to attend.

At this event we will have several large display boards. We would like each class to prepare a display or other contribution about what they do, so we are asking all Class Reps to please contact Jean Garita about this, via the office.

We are also collecting old news clippings, posters and photographs to display. If you happen to have any suitable items, please place them in the Memorabilia box in the office or give them to one of our Committee members.

The Preston Camera Club is to visit classes early in Semester 2 to take photographs of Darebin U3A in action. A selection of these photographs will be used on new banners to promote Darebin U3A, in a Darebin U3A calendar, and in our 20th Birthday book. If you do not wish to be 'on display', you may of course step aside while the group is being photographed. We thank the members of the Preston Camera Club for offering us their skills.

### 20th Anniversary Book Plans

We are busy putting together a book for our 20th Birthday. Rather than a formal history, it will be a collection of articles from our members that reflect the unique character of 'the Darebin U3A Experience'. We plan to have a grand book launch at the Library in late September.

Thanks to our very enthusiastic team – Dianne Beaumont, Doreen Ivanovski, Carmel Lee, Teresa Pitt and Odette Stuckey – we now have a wealth of material for the book. We are very fortunate in having the professional skills and experience of Teresa Pitt as Editor to pull it all together. Thank you so much to all those members who have already sent us contributions.

Although the end of May deadline has passed, we still have room for some more **short** personal accounts of your Darebin U3A experience. Please - tell us your story of how you got involved and what U3A means to you. What do you enjoy most? You may like to write about new classes, special events or more recent experiences which have been especially valuable or enjoyable.

Items should be no more than 250 words, preferably much less. Please send your contributions to Jill Craig at the office as soon as possible and **no later than Friday 1 July**. Please understand that we may not be able to publish all items because of space limitations.

## FROM THE COMMITTEE

### Victorian Senior of the Year Awards 2011

Nominations are now open for the Victorian Senior of the Year Awards. The awards provide an ideal opportunity to recognise and celebrate the significant contributions of people aged 60 and over to their local community and the state. Persons nominated for the Premier's Award for Victorian Senior of the Year will also be considered for the Healthy and Active Living Award; the COTA Senior Achiever Awards; and the Promotion of Multiculturalism Award. Please consider whether you know anyone deserving of nomination. Copies of the nomination form are available from Seniors Information Victoria, phone 1300 135 090 or [www.seniors.vic.gov.au](http://www.seniors.vic.gov.au). For further information phone Helen Hargreaves on 9096 1014. Nominations close on 22 July.

## Darebin Community Bus

A community transport service is available on weekdays for aged or disability pensioners who are unable to use public transport. The council provides a mini-bus service to take eligible people shopping and to attend local social and recreational services. This would include U3A classes at the Senior Citizens Clubs at Bent Street, Northcote, and Donald Street, East Preston, and at SPAN. For further information please phone 8470 8828.

### 'Protecting Yourself Online – what everyone needs to know'

The Australian Government has produced this very useful booklet, which has a range of information to help you and your family to keep safe. While the Internet offers many benefits, there are a number of safety and security risks associated with its use. Copies are available at the office, so please call in to pick one up. It has some very important information and is very well set out.

## WANTED URGENTLY: AUDITOR

The Darebin U3A financial year ends on 30 September, and as yet we have no auditor to replace Richard Sanzin. We are asking you to please help us to find a new Auditor. **This is really urgent.** Our financial records are in very good order and it does not take long to check them.

Do you know someone who is qualified to act as our Auditor? Perhaps you could talk with your own accountant, or perhaps you are qualified yourself?

Up until now our Auditors, like everyone else in Darebin U3A, have done the work in a voluntary capacity. If we do have to pay a fee, please ask if this could be discounted for us as a volunteer organisation.

## DIARY DATES

### Carnival of Learning

**Sunday 2 October, 10.30 am – 4pm at Federation Square**

Don't miss out on this fantastic celebration of U3A activities as part of the opening event of Victorian Seniors Week at Federation Square.

Once again U3As from all over Victoria will be participating in this event. It is quite a 'buzz' being part of the large, vibrant, mature learning community that is the U3A Network. It is also a wonderful opportunity to reach the wider community and spread the word about U3A.

This year the Darebin U3A booth will be situated along River Terrace, the Boulevard alongside the Yarra just below Federation Square. This setting is very leafy and pleasant and quieter than the main square. There will be bands and performers all day on the main stage and it is always a lively day with lots to see.

Our Tai Chi and Line Dancing groups will be demonstrating in the same area and the Choir is to perform once again at the BMW Edge.

Put this day in your diary now, especially if you haven't been before. Seniors Festival programs will be available in the office and from Coles in September. Remember that public transport is free! Do come along to support your U3A, see what other U3As are doing, and enjoy the festival atmosphere.

### 20th Birthday Celebration

**Sunday 16 October from 1.00 - 4.00 pm** at the Preston Shire Hall (next door to the City Hall in Gower Street, Preston).

### Annual General Meeting and Celebration.

This will take place on **Tuesday 6 December at 1.00 pm**, followed by afternoon tea. It will be held at Fairfield/Alphington RSL, just opposite our Office in Railway Place. There will be a great door prize and a surprise performance.

## COURSE INFORMATION

### Term Dates

Term 3: Starts Monday 18 July and finishes Friday 23 September.

Term 4: Starts Monday 10 October and finishes Wednesday 30 November.

### Book Discussion Group 2

The following are the books we have selected to read for third term:

July: *Je Suis Australienne* by Rosemary Lancaster

August: *Lovesong* by Alex Miller

September: *Mother of Pearl* by Maureen Lee

### Cinema Studies

The last class for this year is on 27 July, but Paul Michell promises to return next year with another enjoyable and thought-provoking program of films for us to watch and discuss.

### Female Archetypes in History and Legend

This class will recommence on 15 July and finish on 15 September.

### Computer 1

There are two vacancies in this 20 week class, held at SPAN on Tuesdays 10 am – 12 noon, commencing on Tuesday 12 July. If you wish to enrol, please phone the office leaving your name, membership number and phone number. Please note there is a fee of \$50.00 per semester to cover the costs of the SPAN computer room.

### Computers for All

During Semester 2, Nalin Sharda will take you carefully through basic word processing operations on the computer: how to create and edit a document, and how to add your own photographs or material taken from the internet. It will assume some familiarity with the internet and e-mail. The fee for Darebin U3A members is \$40.00 for the 16-week course. Classes will be held on Saturdays from 10.00 am – 12.00 noon at Merrilands Community Centre.

### Class vacancies for Second Semester

About a dozen of our classes are full and many still have vacancies. The following classes are

especially keen for new members to join. If you wish to enrol in an extra class, please phone the office, leaving your name, membership number and phone number.

### Charades, Trivia and More

If you enjoy playing mind games such as charades and trivia quizzes, why not join our Charades and Trivia group? We meet at the Community Room in the Fairfield Community Centre on Monday afternoons from 1.30 to 3.00 pm. No experience is necessary, just come along and join in the fun. Noel Butterfield, our quiz master, has a host of varied activities to test our knowledge and 'brain power'.

Elva Armstrong

### Dinner Dancing

I would like to recommend our new Dinner Dancing class at the Senior Citizens Centre at Donald St, East Preston' on Mondays from 12.30 – 1.30pm. The venue is very pleasant with a good floor. But most of all, our teacher, Ms Ethel Fredericks, who also teaches at Manningham U3A, is an excellent teacher and demonstrates the steps clearly. She keeps it simple as all good experienced teachers do. I feel you would really enjoy the dancing, so please join our class – we need more dancers. Ethel teaches steps suitable for a small dance floor, such as waltz, foxtrot, Rumba, Cha-cha and rock'n'roll, adjusting the dance forms to different rhythms.

Jim Logan

### Scrabble Club

Dorothy Hunt, a member of the Australian Scrabble Players Association, invites new members: 'Here is your chance to challenge your brain and at the same time have a lot of fun. If you have never played before or are very "rusty", don't let that put you off. Everyone is welcome.'

The group meets on the second and fourth Monday of the month from 10 am to 12.30 pm at the East Preston Senior Citizens' Centre in Donald Street, East Preston, adjacent to the Ruthven Reserve.

### Poetry through the Ages

Noel Butterfield has kindly provided the following delightful contributions from some of the members of his poetry group.

(The following poem by Anne Partridge was inspired by the reading of Ted Hughes' poem 'Hawk Roosting'.)

#### Eagle Spirit

*I walk on the track to Bushrangers Bay  
smelling the pungent aroma  
from the damp fallen leaves underfoot.  
I find the small Banksia grove.  
The path winds between the young trees.  
When it's my turn to die,  
this is where my ashes will lie.*

*I pass through my Banksia grove,  
coming to the cliff top path.  
I see the distant ocean.  
I hear its powerful waves,  
smell the rising salt spray.  
I look down and see a stream,  
winding towards a rock-strewn bay.*

*I pause and see an eagle soaring over the stream.  
I am above him and my spirit leaps towards his body.  
I feel his controlled excitement as he sees his prey.  
He dives. I dive.  
I feel his triumph as he carries the lizard to his nestlings.  
My spirit returns to my body but —  
I will remember being an eagle forever.*

© Anne Partridge, 2008

(The following poem by our newest member, Irene Park, beautifully complemented our study of 'Composed upon Westminster Bridge' by William Wordsworth.)

#### Tintern Abbey

*Bleak wind has found a home in crumbling stone  
And moans soft echoes, mourning for long dead.  
Dark shadows stir the leaves of ancient trees  
In forests where wild horsemen thundered, murder in  
their hearts.*

*In name of God and King the slaughter reigned  
And swordsmen's blows did find their murderous mark.  
T'was sacrilege that day did happen here  
When blood of Christ and men ran, mingled in the dust.*

Irene Park

### Revival – Ode to the Cherry Plum Tree

*Sombre grey where tawny gold has been  
Gnarled, lifeless limbs stretch  
Beseeching to the sky.  
Pale slivers of hope  
Through endless heavenly tears  
Till Spring, her healing fingers born anew  
Grows stronger with the lengthening of day,  
Caressing, soothing, warming  
Till life bursts forth in glorious hue,  
A bridal veil to make her young again.*

Irene Park

### Co-operation – Ode to the Iron

*Treasured comrade, silver gleaming  
Hot breath hissing, spitting  
As we glide mercilessly  
Over a myriad of colours  
Melting ugly, useless wrinkles  
Into pristine newness.*

Irene Park

### Some Limericks

*Our U3A tutor called Noel  
Told us poetry was good for the soul.  
Hearing Wordsworth and Keats  
Performing great feats  
Should be everyone's ultimate goal.*

*When studying poetry and prose  
One needs to keep up on one's toes.  
If you wallow in Blake  
It will keep you awake  
As you try to work out 'The Sick Rose'.*

*There once was a poet called Will  
Whose wife used to shout at him, 'Bill!  
Will you give up that sonnet!  
I need a new bonnet.  
Of your love songs I've just had my fill!'*

Christine Honig

### Current Affairs

Although I am a person who is quite cynical about politics, I have become increasingly interested in news and current affairs as I have got older. Reading the paper each day and watching the evening news have long been part of my routine.

Recently I joined the Current Affairs class to widen my understanding. This is a stimulating

group which discusses a wide range of subjects affecting the world we live in. Usually we look at two or three topics in the news, but sometimes we talk about only one in great depth. Some members can be very vocal in their contributions, while others prefer to listen quietly and take it all in. Occasionally, someone becomes very passionate. Our tutor ensures that anyone who wishes to say something gets a hearing.

Recent meetings have covered such diverse matters as duck shooting – for and against, nuclear energy, women in the front line of the military, political party branch stacking and euthanasia. Class members express a wide range of opinions. I find the class to be thought provoking and it is interesting to hear about a matter which might not previously have caught my attention.

Current Affairs provides an opportunity to keep abreast of what is happening in the world and see it from different perspectives. I find it most enjoyable.

Annette Davis

### **Meditation and Healing Circle**

A small dedicated group braves the winter cold to meet in a cosy room each Tuesday morning at 8.30 am. We meditate and follow this with an uplifting visualisation. These prepare our hearts and minds for our healing circle of light. Together we ask the light to reach those in need of healing, and include those we know personally. This is a very special time that we feel privileged to share. Some have other names for this light, such as 'spirit', 'love', or 'the christ light' - these, and others, are all names of the same source. By meeting in a group to respectfully use the circle ceremony I believe we increase the power of the healing energy.

You may come and share our circle any time you feel the need. There is no need to enrol. We meet in the main hall at the Senior Citizens Centre in Bent Street, Northcote.

### **Yoga**

Shyamala Benakovic came to Darebin U3A to teach Yoga in October 2008, replacing Nicky who had previously brought **Iyengar** yoga to us. She stayed with us for the next two years, bringing gentleness and peace into our lives, and confidence in caring for our bodies as we grow older. This is the feeling Shyam awakened in me, and I have the greatest confidence that all the members in our group felt the same.

So farewell to a charming, gracious lady. We have been blessed in knowing you, Shyam. Good luck in your career, from your friends at Darebin U3A.

Shyam has brought another Tutor to us to continue caring for our bodies. Welcome to Gilly Hogan, a vivacious, lovely lady who is now teaching Yoga 1 and Yoga 2. She is a joy to be with and we hope to have her with us for a long time.

Carmel Lee

### **LIFE EXPERIENCES**

*Anna Rocchiccioli is a member of the **Reading and Writing for Retirees** class. Her story below has been published on the Wikinorthia website at [www.wikinorthia.net.au](http://www.wikinorthia.net.au)*

#### **My history of living in Melbourne's north**

I left Italy in April 1963 with Dad, Mum and my two young brothers. All the other five brothers were already living in Melbourne.

We arrived at Victoria Dock early in the morning on 13 May 1963. My first impression of Melbourne was not the best, as it was a very grey morning. When I looked from the deck of the *Galileo* and tried to find my brothers in the crowd, I saw a lot of people with the same looks; all the men were wearing grey gabardine coats, including my brother Dante. For me at just twenty years old, the fashion looked funny.

When I arrived at their house, at 72 The Grove, East Coburg, I had a big surprise. It was a

beautiful solid home with a big entry and a pink bathroom. At the back my brothers had built a sleep-out, because there were too many of us in the house. Whelan the Wrecker, the 'Demolition King', lived next door. The day we arrived, Mrs Whelan baked a fruit cake in the shape of Australia, all nicely decorated with 'Welcome' written on top.

Across the road from us at number 69 lived a nice lady. She was a spinster who was very helpful to me and my young brothers too. Two houses further down lived an old lady who always walked past my house with her little dog. She liked to stop and talk, but I was embarrassed and tried to avoid her because I didn't understand a word of English. One day when I was walking with my future husband we met her and she invited us for a cup of tea at her place. The house was an old timber one. Inside there were many beautiful paintings, some of flowers and others of the area around The Grove, showing how it looked before all the houses were built. It was a good street to live in with many good people around.

I was working at 'Delawere' in Lygon Street, Brunswick, sewing children's clothes. I was happy because I was earning a lot of money doing piecework. So life was good apart from a few hiccups, like the horrible tram conductor who one day accused me of not buying the right fare. He did not see me when I got on at Albion Street. I couldn't explain myself properly because of my poor English, and I went home and cried.

Now 'Delawere', like many other factories, does not exist any more. Apartment conversions have replaced them, and Lygon Street, East Brunswick, has changed its face. It's no longer an industrial street, but has changed into a trendy cosmopolitan street with lots of shops, including nice cafes.

After we got married in 1965 we moved to The Fairway in Kingsbury. We raised three kids and are still there. Kingsbury has changed a lot. Years ago there were not many houses, no

natural gas and no sewerage. We had a 'thunder box' in the back yard and once a week the night man emptied it.

Anna Rocchiccioli

### **Noel's Nullarbor Adventure**

*During a recent holiday break Noel Butterfield decided to travel across the Nullarbor with the adventure travel company 'Nullarbor Traveller'.*

The Nullarbor Plain offers a smorgasbord of panoramic and iconic delights. All that is required is imagination, a love of travelling, good company and a willingness to get off the beaten track and take 'the road less travelled'.

Good company is an essential ingredient. As a geriatric, old fossil backpacker, I choose to travel with tour companies that cater for the backpacking fraternity. Backpackers are 'the salt of the earth'. Why? Because they understand the vital essence of travel and they share a common objective – to plumb the intrinsic depths, to absorb the essential essence of every experience.

Backpackers are happy to be a tad intrepid. We are happy to hike long distances and to sleep in swags under the stars. We will rough it - we'll do the hard yards as the 4WDs and BMWs hurtle by – but we are so much the richer for our shared affinity with each other and the land.

There are a few things to consider before embarking on this kind of journey. First, you need a reputable tour company. Secondly, you need a fabulous tour guide. On my recent trip with 'Nullarbor Traveller', we were fortunate to have both. To ride up front with our driver 'Simmo' all the way was a treat – he taught me so much and I'll forever be indebted to him.

The third consideration concerns fitness levels. I did not check this out before I left – the requirements requested 'moderate to high levels of fitness'. As a consequence some of the attractions were 'view only' for me. I found this requirement challenging, not daunting, but it

had its moments, as this land can be fairly unforgiving.

This was not just a Nullarbor experience. It was a South Australian experience, a Nullarbor experience, and a Western Australian experience. On many occasions we departed the Eyre Highway to reach 'wow' factor experiences almost too many to mention. These highlights included sand boarding down precipitous and massive sand dunes, swimming with dolphins and sea lions in the remote Baird Bay, camel rides at Quorn, sleeping under the stars in swags, climbing Frenchman's Peak, climbing to the pinnacle of the Le Grand Canyon, visiting Venus Bay and other remote beaches with the most pristine white sand I've ever seen, standing on the brink of the Great Australian Bight, hiking the Stirling Ranges and doing the Tree Top Walk, the nocturnal wild life tour, seeing houses lost to the vagaries of climate (abandoned because of the drifting sand), and visiting the beautiful Esperance Bay and Margaret River.

I hope this story will encourage you to go West – it's truly 'God's own country'. I'd love to share my experience with anyone in U3A or to hear about yours.

Noel Butterfield

### **That's one for the 'Bucket List'**

In front of me is a book that my daughter-in-law gave me for my birthday. The title is *To Do Before You Die*. My emotions are all mixed up. Is it her intention to remind me of how old I am? Or does she want me to do things that I have always wanted to try, but never had the time or possibility - for example, travel to Central Australia?

So when the occasion came my way, I was ready to take that opportunity. We were there with Air Adventure Australia to witness the 2009 flooding at Lake Eyre, the inland salt lake (the fifth largest in the world). It is situated in a region north of Adelaide. The lake is often dry and it receives water mainly during the winter rainy season, when it serves as a central

draining point for an extensive part of Central Australia.

The lake is named after the explorer Edward J. Eyre, who discovered it in 1840. The lake is composed of Lake Eyre North and Lake Eyre South, connected by the Gojder Channel that covers an area of about 9325 square kilometres and is situated forty metres below sea level.

Unfortunately for us, only a small part of the lake was covered with water, but how to describe the colours? Every single spot with water had different colours. The rocks all around seemed to be sculptured in strange shapes and forms for the pleasure of the visitor.

The second part of the lake we visited by bus. Here the immensity of the ground covered with salt was indescribable. Wherever you looked it was covered with salt. The whiteness was so intense that we had to wear sunglasses to protect our eyes.

The thing that impressed me most was the absolute silence. Nothing moved, no living creature, no green plants, no insects, not even a fly! I could have sworn that we had landed on another planet. Walking on the salt was unusual; it seemed that you had to walk cautiously, otherwise you would sink.

'My God! We are on the moon!' I shouted to my son. 'Okay, Mum, stay still!' he answered. 'I will immortalise this moment for posterity.'

After two hours it was time to go back to the little airport in the middle of the desert. As I was looking at that small and worn-out plane, I could not replace a funny feeling of hesitation. 'To be or not to be' safe to fly three hours on that plane once more.

Now I fully understand why the certificate that we received from Air Adventure Australia states: 'This exclusive group of twelve comprises people who have an enquiring mind, a desire to explore a remote location and, most of all, *a sense of humour.*'

Nerina Novak

## Over 60s International Cricket Tour

In November 2009 I became eligible to play in the Over 60's cricket competition. I joined Essendon, one of the 12 participating teams from Melbourne, Geelong and country Victoria. It took a little while to blow out the cobwebs as I had had a 28 year 'rest' before re-commencing my playing career.

We play from the end of October to the end of March. All games are played in a wonderful spirit as there are no competition points to play for, merely the joy of playing and the camaraderie engendered between all players.

Last September I was a member of a Victorian team to tour England. We played 8 matches in and around London and Cardiff and we were very consistent: we lost all 8 games!

The highlights included a tour of Lords, the home of cricket, and playing a game at Lord Sheffield's private cricket ground. Lord Sheffield hosted touring Australian teams in the 19th Century, and donated the trophy that State teams still play for - the 'Sheffield Shield'. We were the first Australian team to play on this ground for 107 years, a great honour!

We also went to Julia Gillard's home in Wales, where she spent her childhood years before emigrating to Australia. Julia had signed one of our cricket shirts, which we presented to the local MP, who promptly passed it on to Basil, Julia's 93-year-old next-door neighbour. Basil was revelling in his new found fame. He said we were the 16th group of Australians who had knocked on his door asking about Julia.

To finish our tour, we then went to La Manga, a sports resort in Spain, where we played in a round-robin tournament against some English, West Indies and Spanish teams. The warmer weather must have agreed with us as we won that tournament.

Whoever said life begins at 40 was wrong ... life begins at 60!

Ray Matters

## OUT AND ABOUT

### Members Morning Tea

During our first term holiday break in April, many of us enjoyed a very pleasant get-together over morning tea at Bent Street. We were particularly happy to meet and welcome so many new members, including our new computer tutor, Nalin Sharda.

Plant lovers were treated to a presentation by Elsie Carter of a vast array of herbs. Elsie described the uses and benefits, both culinary and medicinal, of each one as it was passed around for inspection. At the end of the session, members had the opportunity to purchase some plants, especially the more unusual ones with particular medical benefits.

Meanwhile, Nancy Keele and Ronda Zwart had been busy assembling a wonderful spread of home-made goodies to share. It was a good opportunity to meet and chat with our new members.

After this relaxed morning tea break, Sarah Poole from the Darebin City Council gave a PowerPoint presentation on 'The Darebin Parklands Art Project.' The aim was to capture our thoughts about the unique qualities of Darebin Parklands and more broadly, the role of public art in parks.

This was a lovely example of real community consultation in action. Sarah seemed genuinely pleased to have such a responsive audience and it was gratifying to discover how much we had to contribute to this public discussion.

Altogether this was a very interesting and enjoyable social gathering to commence our Easter holiday break.

Jill Craig

### U3A Network Victoria Conference

'Ageing with Interest: Vitality, Knowledge, Growth', 10 -11 May at Melbourne Town Hall

This conference was very stimulating and well organised, with excellent speakers, and we came away with lots of new ideas. Darebin U3A was well represented by our President,

Secretary and Vice-President as well as members of the 20th Birthday planning group.

The theme on Day One was 'Vitality'. The keynote speaker was Glen Capelli, whose message was about creativity, innovation and dynamic thinking. This was followed by a panel discussion on 'Community Involvement', using the example of the Hume Global Learning Village.

After lunch we heard from Jane Wenlock, who spoke of her experience working with people from Culturally and Linguistically Diverse (CALD) backgrounds, especially with refugees. This was followed by a very helpful panel discussion on 'Writing the History of your U3A', led by Dr Andrew Lemon, President of the Royal Historical Society of Victoria. We are grateful to Nunawading and Manningham U3As for providing us with copies of their very well-produced histories.

Day Two opened with a session on 'Knowledge'. Brett Lee, a former policeman, spoke on 'The Impact of Emerging Technologies and the effects they could have on U3A'. The theme for the second session was 'Growth'. Fergus Watts spoke about 'Marketing to the Next Generation'. After lunch there was a panel discussion on 'Where to From Here?', led by Harry Dobson, U3A Network Victoria's Development Support Officer.

Frances Hennessy has written a detailed report on this excellent conference, which is available at the Office for anyone interested to read.

## NOTICEBOARD

### Easy-to-use mobile phone

Have you heard about the new COTA (Council on the Ageing) mobile phone? It is easy to use, with large, easy-to-read numbers and a big-button keypad. It has useful features like an emergency SOS button and a speed dial for family contacts. There is a hands-free loudspeaker with a hearing aid button. It also has a radio and a torch. It can be used with any

SIM card, from any carrier, as long as it is compatible with a 2G/GSM mobile phone. The cost is \$99.00 for COTA members and \$119.00 for non-members. For more information, phone COTA Member Services on 1300 1400 50.

### In Case of Emergency (ICE)

If you happen to suddenly fall ill or be in an accident and are unable to speak, your mobile phone can assist police or emergency workers. They are trained to search the mobile phones of unconscious victims for the term 'ICE'. This stands for 'In Case of Emergency'. Simply add the letters 'ICE' in front of the name of the person or persons you wish to be contacted in case of an emergency. Everyone is urged to include 'ICE' details in their mobile phone.

### Zumba – the latest craze!

The Northern Region Indian Seniors' Association (NRISA) has Zumba sessions conducted by a professional Zumba instructor. Zumba is a South American form of exercise to music, and is great fun. The sessions will take place on Saturdays from 12.30 – 1.30 pm at Northcote Elderly Citizens Centre at 18A Bent Street, Northcote. Cost per session: \$2.00 for NRISA member, \$5.00 for non-members. However, anyone aged 50 and over can join NRISA for a \$6.00 annual membership fee. Places are limited: to confirm your attendance, please e-mail [nalinksharda@gmail.com](mailto:nalinksharda@gmail.com)

### Spring Newsletter

We are hoping to produce a Spring mini-*Flyer* in early September with up-to-date information about our book launch, seniors' festivals and our 20th birthday celebration.

We would love to receive as many classroom reports as possible for inclusion in the November *Flyer*. We also welcome members' writings, including life experiences, poetry and stories. Articles of 250 words or less preferred. Please send 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 62 ◦ June 2011

'Fairfield Railway Station'

26 Railway Place

Fairfield 3078

Tel: 96 102 102

Fax: 96 102 101

Email: [darebinu3a1@optusnet.com.au](mailto:darebinu3a1@optusnet.com.au)

Internet:

<http://home.vicnet.net.au/~darebinu3a/home.html>

**PRINT  
POST**  
PP 30479/04

**POSTAGE  
PAID  
AUSTRALIA**

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



Produced with the assistance of the office of  
Martin Ferguson AM, MP for Batman.