

PRESIDENT'S MESSAGE

Dear members this Newsletter contains a lot of important information and I ask that you take the time to read it carefully. Our Annual General Meeting will be held on Tuesday, 4 December and I encourage you to attend. It is not a dull event, I can assure you. Our Committee and office bearers for 2013 will be elected on that day. Since they only hold office for one year, it is very important to nominate a candidate for each position, for the coming year. I encourage you to nominate yourself for a position. Several members took on roles this year, bringing new ideas and spreading the work load. If you would like them to continue, support them with a nomination, please. There is a Nomination Form enclosed for this purpose, and more in the office.

As you read the Members Re-Enrolment Supplement you will notice that six new classes are listed for 2013. Three of them will be presented by Darebin U3A members and three by new tutors who approached us at our Booth at the Kite Festival or our office. I know you will make them very welcome. Please keep the supplement in a safe place as you will need to refer to it throughout the year. Note carefully the class starting dates.

Print clearly when you fill in the 'Individual Renewal of Membership 2013' form. Only use this form enclosed in the Supplement. If you submit a different form or do not sign it, your form will be deemed invalid and will not be processed. Enrolments will be date-stamped on arrival for fair allocation to classes in the traditional 'first come, first served' basis. However preference is given to volunteers. Be fair and only enrol for classes that you mean to attend regularly.

Audrey Grace

IN THIS ISSUE

- P 'Popular Penguins' new book group... 4
- P Laugh Out Loud..... 5
- P Writing your Memoirs..... 6
- P Day Trippers Visit to Chinatown 6

CONTENTS

- President's Message 1
- Contact Information 2
- From the Committee 2
- Course Information 4
- New Courses for 2013..... 4
- Short Courses..... 5
- From the Classroom..... 6
- Out and About..... 6
- Annual General Meeting and Celebration 7
- Nominations for the 2013 Committee of Management..... 8
- From the Editor 8
- Nomination Form 9

**Don't miss the
AGM**

**Tuesday 4 December 2012
1 pm at Fairfield RSL**

- Elect and welcome new Committee
- Guest Speaker, Grant McKenzie:
 'Housing Options for Seniors'
- 'Pillow Talk' CPR program
- Line Dancing performance
- Afternoon tea and door prize

Full details inside: p.2. Agenda p. 5

CONTACT INFORMATION

Email: 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 our website at ...

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

Holiday Office Hours

During the first two weeks of December and the last two weeks of January, there will be someone in the office at the following times:

Tuesday and Wednesday 10.00 am-3:00 pm

*Before visiting the office, please phone to check that somebody is in attendance.

2012 Committee Members

President.....Audrey Grace
Vice-President vacant
Secretary..... Frances Hennessy
Treasurer.....Gary Nixon
Assistant SecretaryDianne Beaumont
Minute Secretary..... Robyn Hartley
Property Office.....Jean Garita
Newsletter Editor.....Jill Craig
Tutor Co-ordinator..... Annette Davis
Membership/Class Records.....Tony Wild
Publicity..... Carmel Lee
Committee MemberJudith Prosser

Other Positions

Office Volunteers Co-ordinator
.....Phillippa Wetherell
U3A Network Delegate..... David Elder
U3A Northern Region Delegates
.....Halina Smoger & Bernice Healey
Computer Consultant Russell Lennox
Newsletter team.....Liz Findlay,
Kate Patrick, Teresa Pitt

FROM THE COMMITTEE

Annual General Meeting and Celebration

The AGM will be held at Fairfield RSL on Tuesday 4 December from 1 pm – see page 7 for full details and Agenda. Don't miss this last social event of the year! It is always a great time to socialise and celebrate our achievements. Please arrive by 12.45 to register and to receive your door prize ticket.

There will be a presentation entitled 'Pillow Talk' on the CPR education program we are offering to all our members in 2013.

Our guest speaker will be Grant McKenzie, from Phillips and Wilkins Lawyers in Thornbury, who will speak on 'Housing Options for Seniors'. Grant has addressed many U3As on this subject which will cover issues regarding finance, Centrelink and Estate Planning.

Before afternoon tea we will be treated to another surprise performance from the Line Dancing group, which promises to be wonderfully entertaining, as usual.

U3A Darebin Policies

Currently many guidelines and changes to the rules, policies and procedures concerning the operation of incorporated bodies such as U3A Darebin are being passed as law by the Victorian Parliament. We state proudly that we continue to keep our Constitution abreast with these changes. It will soon be compulsory to have an Auditor oversee the financial records and processes. This is something that U3A Darebin has always done, and the members re-affirmed at our 2012 Annual General Meeting that we continue this practice.

We are advised to document 'understood' codes of conduct and procedures, and are attempting to do this. We also need to have written policies on other areas we had not previously considered such as 'Risk Management'. Guided by Network Victoria, we will tackle them one by one. The approach

we take needs to include the values of inclusiveness and friendship that you, our members emphasized at our 'Moving Forward' discussions 2011-2. We will attempt to incorporate the key points of 'The Charter of Human Rights and Responsibilities' and will follow here the leadership of Darebin Council. Now – who has skills in forming policy documents and would like to help?

Emergency Information

Every U3A has a duty of care to its members. If you were to become unconscious during a class an ambulance would be called. Your own personal emergency medical and contact information would be needed. The best way of providing this is to have these details recorded on the back of your membership card, to keep the card in your lanyard pocket and to always wear the lanyard to U3A classes and functions. We strongly encourage you all to take these precautionary steps for your own care and wellbeing. If you have mislaid your lanyard you may purchase a new one from the office. Cost: lanyard \$2.50, pocket 50 cents. You can include this with your membership renewal.

2013 Calendar

The U3A Darebin 2013 spiral-bound Calendar can be customized where class photos have been provided. So far we have received photos from **Current Affairs, Singing for Pleasure, French Language and Culture, Trivia and other Pursuits** classes and the **'Day Trippers'** who visited Parliament. We are preparing a special edition for the **Reading and Writing** group to include their class project.

It is not too late to get your class photo to the office to be included – perhaps a photo of your break-up function. You can send your photo by email, or ring the office to arrange a time with Russell so he can transfer it to our computer from your camera (make sure you bring the lead for the computer). Russell can also scan a photo, crop it and expand it to size.

To order your calendar you can include \$6, and the name of the class photo you would like on the cover, with your membership application. Add \$1.30 if you wish your calendar to be posted. Or you can phone the office with your request.

Parking at Fairfield RSL

The RSL at Fairfield is again offering the use of their carpark to our members. However, they ask that you go to the RSL and join as a 'Community Member'. This will cost \$10 and will entitle you to benefits which include the use of the carpark during 2013. You will also have discounts at other RSLs in Victoria. When the premises and car park are sold, this agreement will terminate.

Help Needed

We plan to hand out our brochures again at the 'Carols in All Nations' event on Saturday 15 December. This Darebin Community event is held at All Nations Park alongside the Northcote Plaza. There are many picnickers and we usually hand out the brochures between 5 and 6 pm before the concert starts. If you can help, please ring the office.

Attention all Walkers!

Would you like to join our team distributing brochures in letterboxes in Thornbury during January? The more the merrier. Please phone the office.

Holiday Office Hours

During the first two weeks of December and the last two weeks of January, there will be someone in the office at the following times: **Tuesday and Wednesday 10.00 am-3:00 pm** Before visiting the office, please phone to check that somebody is in attendance.

Many thanks to all the Office Volunteers and to the Coordinator, Phillippa Wetherell, for their invaluable help throughout the year.

2013 Course Information

First term commences on Friday 1 February and breaks for Easter Holidays on Thursday 28 March. Please note that computer classes all run for a full semester and do not take term breaks. Most weekly classes will re-commence in the first week of February, but there are exceptions, so please check the timetable carefully.

The accompanying **Members Re-enrolment Supplement** contains the timetable for first term 2013 as well as Course Descriptions for all classes. Some important changes to note are contained in the following bulletins:

Dinner Dancing has been renamed **Ballroom Dancing for Beginners**. The tutor, Ethel Fredericks will welcome new learner dancers on Monday 1 – 2 pm at East Preston.

Draw then Paint has been renamed **Pen and Painting**. This course is designed for beginning and returning artists. The class convenor, Robyn Buckley, has provided a new course description and list of items needed for first term (see Supplement for details)

Reading and Writing for Retirees has been renamed **Fun with English as a Second Language**. The tutors, Rita Keller and Jill Toulantas, both qualified ESL teachers, would be delighted to welcome new class members at Merrilands on Wednesdays 1 - 4 pm.

TUTORS NEEDED

French Language and Culture: This dedicated group is still searching for a new tutor. Also the **Singing for Pleasure** group will need a new tutor next year as Evan leaves to pursue his career. If you or anyone you know can help please leave a message at the office for Annette Davis, our Tutor Coordinator.

'Day Trippers' Outings

The team leaders will be meeting to plan new outings early next year. Details will be announced in the next newsletter.

We are delighted to announce six exciting new courses commencing in First Term.

Book Discussion 3 – 'Popular Penguins'

Tutor: Alison Daams

Alison has selected a broad range of popular titles from the Penguin collection, from *On the Road* by Jack Kerouac to *Lucky Jim* by Kingsley Amis. Quite a few of the titles would be familiar to readers, and several have been made into films. Because they are Penguins, all titles are easily accessible and reasonably priced.

The idea is to have a general discussion on the book, with some sample questions as a possible guide. In Alison's experience the discussion always heads off in unexpected directions!

Prior to each class Alison will circulate some background information on the author and the book. The first book for discussion in February is *On the Road* by Jack Kerouac.

Details: Classes will be held on the 4th Friday of the month from 10 – 11.30 am, commencing 22 February, at Northcote Senior Citizens Centre.

Chess

Tutor: Vladimir Zakar

This ancient and noble pastime can give you lasting pleasure. Whether you want to simply enjoy Chess, develop more strategies or if you are a skilled player, do join us. If you want to learn the world's most popular game, the tutor will work with you in a separate room. If you have your own chess set please bring it along. Spare sets from members are also welcome.

Details: Weekly on Wednesdays from 2 – 5pm at East Preston Senior Citizens Centre.

Enjoying Opera

Convenor: Claudia Sanzin

This class will be held on 2 consecutive weeks each month. In the first week we will commence with afternoon tea and discuss the opera, its story and composer (notes supplied). Then we will settle down to enjoy the music and wonderful voices as you watch the opera on the big screen. In the second week, following

afternoon tea, we will watch the second half of the opera. We will end with a discussion, and choose the next month's opera. This class will only run while you can travel home in daylight. Classes will be held on the 3rd and 4th Monday of the month from 4 - 6.30 pm in the Meeting Room, Northcote Senior Citizens Centre. We will commence with *La Traviata* by Verdi on Monday 18 February.

History of America: from the first arrivals to the present day.

Tutor Russell Griffin

Remember the old memory trick for America's discovery by a European, 'in 1492 Columbus sailed the ocean blue'? Research by thousands of historians and archaeologists, aided by modern technology, has revealed a whole lot more over the past 50 years. This course combines the latest on ancient America with recent history.

We welcome our new tutor, Russell Griffin, who is a writer and teacher. Handouts will be provided week by week. A list of relevant books will be on show in first class.

Details: Mondays 12.45 – 2.15pm at Northcote Senior Citizens Centre, commencing 4 Feb.

Runs first semester only, followed by History of Japan in second semester.

Italian for Beginners

Tutor Adriana Ficarazzi

The course has been devised to equip learners with sufficient knowledge of the spoken language to manage in simple everyday situations.

Strong emphasis is given to the spoken language, idiomatic usage and the teaching of useful vocabulary words. Topics will be presented under the following broad themes: meal taking, food and drink, shopping, travel and tourism, transport and accommodation etc. Grammar will be related to the topic of discussion, to enhance the above, not to hinder it. Italian culture will be discussed where it is relevant to the topic.

Text Books: *Avanti* and *Avanti Workbook 1* available from CIS Educational, 247 Cardigan Street, Carlton.

Details: Weekly, Mondays 2.30 – 5 pm, East Preston Senior Citizens Centre, from 11 Feb.

Laugh Out Loud

Group leader: Gilliana-Maria del Alectos

Join an experienced leader for an easy, fun way to do a bit of aerobic exercise, without noticing the effort! Laughter improves all aspects of well-being. Gilliana explains more below:

Laughter group is great fun if you make up your mind to enjoy it and give it your best effort! Mildly activity-based, it offers relaxation and is very beneficial for the immune system. It works because it creates/releases beneficial chemicals in the brain, specifically oxytocin which is now known as the 'feel-good' hormone. It has been reported to help relieve feelings of depression. In the groups that I have led for about 10 years, some participants have attended regularly for years because it makes such a difference to their general well-being and social life.

Details: Weekly, Tuesdays 2 - 3.30 pm, at East Preston Senior Citizens Centre, from 5 Feb.

SHORT COURSES

There are a number of short courses planned for later next year which will be announced in coming newsletters. The following two short courses are being offered in first term.

Grammar, as you might like it

Tutor: Russell Griffin

Were you one of those pupils who hated grammar classes at school? Reintroduce yourself to this puzzling subject – humour and knowledge guaranteed. The strings to the tutor's writing instrument include examples of simple rules (one a week), an example of a part of speech, stories and how to write precisely. Tutor, Russell Griffin is a writer and teacher.

Materials: Ruled notepad and pen and/or biro / ballpoint / pencil / fountain pen / quill.

Optional course book: *Australian Handbook for Writers and Editors*, grammar, usage and punctuation, Margaret McKenzie, any edition (2000 – 2006).

Homework every week for people who want to do more. Handout each week on class topic.

Class limit: 8 persons.

Details: Six sessions, weekly on Mondays 2.30 – 4 pm (excluding Labour Day on 11 March), meeting room, Northcote Senior Citizens Centre, from Monday 4 February.

Writing Your Memoirs

Tutor: Beryl Evans

Women who were born in the final years of the Depression, the pre-war, war and post-war years (1930 – 1950) experienced very different childhoods from those born in later years. In this course we will explore the childhood and teenage experiences of each participant in order to write her memoir. Sharing of experiences within the group and some sample excerpts from biographies will be used to stimulate these memories. The writing documented will provide a personal history written for family and friends.

Details: Seven sessions, Mondays, 1:30 – 3:30 at Fairfield Station: 11, 18, and 25 February, 4, 18 and 25 March; and 29 April.

FROM THE CLASSROOM

Writing Your Memoirs

Since commencing the **Writing Your Memoirs** class this year it is amazing how so many memories have come flooding back and been built upon during following classes.

Interaction within the class has been brilliant and participants have stated how much they have gained from the tutor. It has also proven helpful and interesting, listening to other people's lifetime experiences.

Everyone taking the class has agreed it has been a great experience.

This is a short extract from my own writing.

It was many years before I realized how poor we were during my early childhood because most of the people we knew were in the same position and it was an acceptable and normal part of life...most of the men were overseas fighting in the Second World War.

My father had been very patriotic as he had enlisted in the first few months of the war, leaving mum with two very young children. My brother David was four years old and I myself was eighteen months...

In retrospect I admire my mother's courage and determination that my brother and I should have as normal a life as possible. Living near the centre of a large industrial city Birmingham would not have been an easy task. I give mum credit that I can never remember being really frightened even in the worst bombing raids, and those early years we spent more time in air raid shelters than we did in our own bed.

Janet Trupp

OUT AND ABOUT

'Day Trippers' visit to Chinatown

The Day Trippers outing to Chinatown on 18 September was a wonderful and happy day for the 21 of us who attended. The Chinese Museum gave us a great experience of Chinese Culture and showed us what the Chinese people achieved upon settling into the Australian way of life. We learnt things that intrigued us – and one that horrified us, the foot binding which little girls had to endure so that they would be marriageable. Our tour guide was so knowledgeable in Chinese culture, she made it come alive before our eyes. Later at lunch we were introduced to an 'Authentic Yum Cha'. It was certainly a new experience for most of us as it was different from the more 'westernized' Yum Cha we are familiar with. But we all like our food, so we gave it our best shot and how! I think it does us good at times to experience different cultures and foods, do you agree?

Thank you Pam for a well organised outing. Well Done!

Maureen Barlow

U3A DAREBIN INC.

Reg.No. A.0028861A

You are invited to attend our

ANNUAL GENERAL MEETING AND CELEBRATION

at FAIRFIELD & ALPHINGTON RSL, 9 Railway Place, Fairfield,
on Tuesday 4 December 2012 at 1 pm

12:45 pm Please register at entry table and receive your door prize ticket.

1:00 pm Welcome from the President.

1.10 pm 'Pillow Talk' – CPR program for members 2013.

1.30 pm Annual General Meeting:

AGENDA

1. Apologies:
2. Confirmation of the minutes of previous AGM, 6 December 2011.
3. President's Report.
4. Financial Report and Auditor's Report for 2012.
5. Other Reports – Codes of Conduct, Role descriptions.
6. Thank-you to retiring members of the Committee of Management.
7. Returning Officer: Election of Committee of Management for 2013.
8. Introducing U3A Darebin Committee for 2013.
9. Other Business – notice having been received in writing by the Secretary at least 14 days before this General Meeting.

**2.15 pm Speaker Grant McKenzie, Phillips and Wilkins Lawyers:
'Housing options for Seniors'**

2.45 pm Entertainment - U3A Line Dancers.

2.50 pm Door Prize. Members must be present to receive their prize.

3.00 pm Please stay to enjoy the refreshments and to chat.

NOMINATIONS FOR THE 2013 COMMITTEE OF MANAGEMENT

Each year, as stated in our Constitution, the committee members and office bearers are elected at the Annual General Meeting and hold their positions for that year.

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.

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

We welcome nominations for these and other positions on the 2013 Darebin U3A Committee of Management. This organization is managed entirely by members volunteering their time and ideas. Please consider putting yourself forward to fill a role where you have an interest or some expertise. A nomination form is on page 9 of this newsletter and more are available at our office. Please return your completed form to the Secretary no later than Tuesday 27 November.

Many of the current committee members have expressed their willingness to continue in their roles and are offering themselves for re-election. Please see **Contact Information** on page 2 for the list of current Committee members and their positions. Role descriptions for all Committee positions are available by contacting Diane via the office.

Meetings of the Committee of Management are held on the 3rd or 4th Wednesday of the month from 10.00 am to 12.00 noon.

Thank you, Jim Logan

Longstanding Committee Member Jim Logan is retiring from the Committee this year. We wish to thank him for his dedicated service over very many years.

FROM THE EDITOR

We are coming to the end of another rich and fruitful year in the life of Darebin U3A. This *Flyer* comes with news of many exciting courses to look forward to in the coming year.

It has been quite a challenge fitting all the course information for 41 classes into just four pages in the Supplement! I am very grateful to Kate Patrick for her formidable skills and formatting expertise in helping to produce the Course Descriptions and this *Flyer*.

Unfortunately we have not had enough space in this issue to publish all the articles sent in by members. We promise they will be in the Autumn Newsletter next year and they are worth waiting for!

Thank you very much to everyone who has contributed articles for the newsletter over the past year. Special thanks to the Newsletter team – Liz Findlay, Kate Patrick and Teresa Pitt – for all their help this year.

Jill Craig

Autumn Newsletter

The next newsletter will be produced in March 2013 and will contain the latest news, Day Tripper plans and course information for second term. It will also include a number of items which we did not have space for in this issue. We would welcome more items from members, especially reports from the classroom, 'Out and About' and stories of their personal experience.

Please send contributions to the Editor, Jill Craig at Darebin U3A by 15 February. Items of 250 words or less preferred.

NOMINATION FORM

NOMINATION FORM FOR COMMITTEE OF MANAGEMENT – 2013

for elections to be held at the Annual General Meeting at
Fairfield RSL, 9 Railway Place, Fairfield, Tuesday 4 December 2012, at 1pm

You are invited to stand, or nominate a fellow member, to the Committee of Management for one of the following positions (please tick)

- | | |
|--|--|
| <input type="checkbox"/> President | <input type="checkbox"/> Minute Secretary |
| <input type="checkbox"/> Vice President | <input type="checkbox"/> Tutor Co-Ordinator |
| <input type="checkbox"/> Treasurer | <input type="checkbox"/> Property Officer |
| <input type="checkbox"/> Secretary | <input type="checkbox"/> Office Volunteer Co-Ordinator |
| <input type="checkbox"/> Assistant Secretary | <input type="checkbox"/> Ordinary Committee Member |

I hereby nominate for

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

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

I accept the above nomination:

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

In order to satisfy the requirement of rule 23 (1) (b) of the Constitution, please ensure that this form reaches

The Secretary
U3A Darebin Inc
PO Box 44
FAIRFIELD VIC 3078

not later than **Tuesday 27 November 2012**

OTHER POSITIONS

I am prepared to offer my services in one of the following positions (please tick)

- | | |
|---|--|
| <input type="checkbox"/> Member Database Officer | <input type="checkbox"/> Newsletter Editor |
| <input type="checkbox"/> Class Enrolments Officers | <input type="checkbox"/> Webmaster |
| <input type="checkbox"/> Course Development Officer | <input type="checkbox"/> Publicity Officer |
| <input type="checkbox"/> U3A Network Delegate | |

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

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 67 ?November 2012

"Railway Station"

26 Railway Place

Fairfield 3078

Tel: 96 102 102

Fax: 96 102 101

E-mail: darebinu3a1@optusnet.com.au

Internet:

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

**PRINT
POST**

PP 030479/00004

**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.