

FROM THE EDITOR

Welcome to a brand new year at Darebin U3A! This promises to be a very rich and interesting year with so many new classes on offer, along with all our old favourites and some fascinating 'Day Tripper' outings.

We warmly welcome all our new members and tutors. We hope you are enjoying the U3A experience and the sense of rejuvenation which comes from the sharing of knowledge. It is great to see so many new faces and we look forward to the chance to meet up with you socially at the Members Morning Tea (see box on this page).

We also start this year with a strengthened new Committee. Alison Daams, our new Course Development Officer, suggested it would be apposite to include the piece *For a New Beginning* in this newsletter (see page 8).

The *Flyer* aims to reflect the spirit of Darebin U3A and so we have included some earlier writings about U3A experiences on page 10.

Thank you to everyone who has contributed items for this newsletter and to Russell Lennox for the photos from the AGM. Special thanks to Liz Findlay for typing and editing many of the articles and to Kate Patrick for her formidable expertise in editing and formatting this issue.

We look forward to receiving more contributions from members for the June newsletter – reports of class activities, Day Tripper outings, photos, poetry and stories from your life experiences.

Hoping to meet up with many of you in the convivial atmosphere of the Members Morning Tea in the Easter break

Jill Craig



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MEMBERS' MORNING TEA

10.00 – 12.30, Monday 8 April
 at Northcote Senior Citizens Centre
 18A Bent Street Northcote

The committee warmly invites all members and tutors to join us for an informal morning tea. We especially look forward to meeting our new members and tutors over a friendly cuppa and home-made goodies.

Guest Speakers: Dr Isaac Selva Raj on the *Benefits of Exercise on Thinking Ability*

Mr. Alf Law from *Arthritis Victoria*

See Page 4 for more details

Please bring a plate to share.

Excellent Door Prize

CONTACT INFORMATION

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Or go to the website at ...

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

Office hours during school terms:

Whenever possible a volunteer will be in attendance on week days as follows:

Mon – Friday: 10.15 am to 12.15 pm
(except Public Holidays and term breaks)

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

2013 Committee Members

President	Audrey Grace
Vice-President	Beryl Evans
Secretary	Frances Hennessy
Treasurer	Gary Nixon
Assistant Secretary	Dianne Beaumont
Minute Secretary	Robyn Hartley
Property Officer	Jean Garita
Newsletter Editor	Jill Craig
Tutor Co-ordinator	Annette Davis
Publicity	Carmel Lee
Course Development	Alison Daams
Promotions	Janet Trupp

Other Positions

Membership/Class Records	Russell Lennox
Office Volunteers Co-ordinator	Phillippa Wetherell
U3A Network Delegate	David Elder
U3A Northern Region Delegates	Audrey Grace & Halina Smoger
Computer Consultant	Russell Lennox
Newsletter Team	Jill Craig, Liz Findlay, Kate Patrick, Teresa Pitt

PRESIDENT'S MESSAGE

I welcome you all to a new year of classes and friendship. I welcome our returning Tutors and those who are presenting classes for the first time. You offer a rich and varied selection to our members.

I feel there is a need to **clarify the longstanding U3A procedure for member allocation into classes**

When you apply for classes, your application is dated and recorded in **enrolment order**. Your name is then placed in this order on the class lists of your choice until they are filled. Volunteers are given preference.

It has never been our policy to give preference to members attending a class the previous year. However, a few years ago we created a **preferential period for existing members until 30 November**. A supplement is now sent out each year in the November *Flyer*. It includes a 're-enrolment' form and full instructions.

After 30 November vacant spaces in classes are available to new members. So you can see that any member who sends their Membership Renewal form in after the 30 November is lessening their chance for placement in classes.

Tony Wild and Judith Prosser have retired from their positions on the Committee. I would like to thank them, on behalf of you all, for their contribution to the smooth running of U3A Darebin. Tony, in particular, worked many, many hours, far beyond his role of recording your application data and class requests onto the office computer. I think it will take 3 people to fill your shoes, Tony.

I will be retiring from the position of President at the end of this year. It has been a challenging and wonderful experience. However I believe that no-one should hold such an important position for too long. I am giving you plenty of time to consider offering yourself for a term as President.

Audrey Grace

Report of Annual General Meeting 2012

The Darebin U3A Annual General Meeting was held on 4 December 2012, attended by sixty one members, one less than last year.

Audrey Grace opened the meeting, welcomed those present and acknowledged the Wurrundjeri people, the traditional land owners.

Annette Davis explained the principles of the 'Pillow Talk Program', a simple 4 step program which teaches people the basic steps of CPR (Cardio Pulmonary Resuscitation) by means of a DVD and practice session using a pillow. Options for members and groups to participate in this program are outlined in the separate notice below.

The President, Audrey Grace presented her report in which she explained to members that this is the last year of a three year Community Grant from Darebin Council which has assisted us with rental costs for some of the venues U3A uses across the municipality. The State Government provided just over \$3000 for new and developing classes. A grant of \$5000 was received from Bendigo Bank in Clifton Hill during the year, to purchase new equipment needed for the new venues.

Dianne Beaumont, on behalf of the Treasurer, Gary Nixon, presented the Financial Report and the Auditor's Report for 2012. Our main sources of income are from membership fees, State Government funding via the U3A Network and other grants for which we have to apply.

Dr. Peter Goldsmith tabled an Interim Report on the 'Moving Forward Project'.

The President reported that work has been done during the year on writing Policies and Procedures:

Role descriptions for persons who hold positions of office have been written.

A *Code of Conduct* was presented at the meeting. It was formally moved and agreed that an abridged version of the Code of Conduct be circulated to all members at the time of enrolment or re-enrolment.

It was also reported that the *Associations Incorporation Act 1981* has been replaced by the *Associations Incorporation Reform Act 2012*. The Rules under which Darebin U3A operates will be revised and rewritten this year. Under the new Act the revised Constitution needs to be approved by the membership at a Special General Meeting before 26 November 2013.

All Committee Members then stood down from their positions to enable elections for all positions to proceed. The 2013 Committee is listed opposite, in *Contact Information*.



Grant McKenzie presenting at the AGM Photo: Russell Lennox

At the conclusion of the meeting our guest speaker Grant McKenzie (from Phillips & Wilkins, Solicitors and Consultants) provided an interesting presentation on the topic of 'Housing Options for Seniors'. Grant discussed various housing options, including apartments and retirement villages, pointing out the different legal features, obligations and costs.

For instance he outlined the positives and negatives of moving into supported accommodation and the pitfalls people might encounter especially if they do not seek assistance with the paperwork. Entrance fees and subsequent weekly payments can be very high.

If considering moving into alternative accommodation, he suggested checking with residents already living there.

To round off the afternoon an excellent presentation was put on by the Line Dancing Group. How well co-ordinated everyone was and a credit to the makers of the convict costumes - they looked great.



Line Dancers at the AGM

Photo: Russell Lennox

Afternoon tea provided the opportunity for people to meet and mingle with old and new friends, and meet members of the Committee of Management.

Frances Hennessy

New Committee of Management for 2013

We welcome three new members to the 2013 committee: Beryl Evans as Vice President, Alison Daams as Course Development Officer and Janet Trupp as a general member. Thank you and welcome back to last year's committee members who have been re-elected.

Tony Wild was re-elected as Membership/Class Records Officer but has since resigned from that position. The Committee wishes to thank him for his extraordinary hard work and patience over many years. We miss him!

Members Morning Tea

The Committee warmly invites all members and tutors to join us for an informal Morning Tea.

Monday 8 April, 10.00 – 12.30
Northcote Senior Citizens Centre
18A Bent Street, Northcote

Since 2010 the Committee has held a series of Morning Teas with guest speakers during the term breaks. They provide opportunities for

members to meet together socially and to discuss issues and ideas with the committee.

As this is our first social event for the year, we especially want to welcome our new members and tutors. We look forward to meeting you and chatting over a relaxed cuppa.

There will be a brief address from Dr. Selva Raj from Victoria University on their research study of the immediate benefits of exercise on the thinking abilities of older adults.

This talk will be followed by a presentation by Mr. Alf Law from Arthritis Victoria as part of their Community Speaking program.

We will then break to enjoy the usual sumptuous spread of delicious homemade goodies. Please bring along a plate to share.

After the refreshment break there will be an opportunity for an open discussion on any topics members wish to raise and to put forward their ideas.

We would appreciate your notifying the office if you are attending - this will help us in setting up seating arrangements in the hall. All participants will go into a draw to win a special Door Prize.

Parking at 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.

Pillow Talk – 4 Steps for Life

Ambulance Victoria has a program which teaches Cardiopulmonary Resuscitation (CPR). Annette Davis and Frances Hennessy have offered to conduct group sessions using this program. There is an informative video presentation followed by a practice session using a pillow – all up, it takes 30 to 45 minutes.

Ask your tutor and class mates if they would like a session during class time. Alternatively,

small groups can have a session at a time of their choosing.

If you are interested, please leave your name and phone number at the office and someone will contact you to arrange the details.

Incident Report

Darebin U3A has developed an Incident Report form to document events which could or have caused harm, no matter how slight. The objective is to try to ensure a safe environment for all of us.

This form will be available from the Tutor or Convenor in your class or from the U3A office. It is on a single page and is easy to follow.

You are encouraged to use this form to report 'near misses' as well actual harm, since these indicate an area which may need action. You can make a report whether or not there is a witness to the event. If there is not enough space, please write on the back of the sheet.

When complete, send a copy of the report to the office and keep a copy yourself.

DO YOU HAVE H.R. EXPERIENCE?

Darebin U3A is looking for a volunteer who has qualifications or demonstrated experience in the Human Resources field. This person may be called to assist with process issues or grievances should they arise. E-mail darebinu3a@optusnet.com.au or write to Secretary, P.O.Box 44 Fairfield 3078 by 23rd. March.

Class Absences

The committee reminds members of the need to notify the tutor or class representative if they are unable to attend a class.

It is important that we all treat our tutors with courtesy and appreciation. They volunteer their time and often spend many hours preparing for their class.

If you are not able to attend a particular class, please notify the tutor or class representative directly, giving the reason for your absence. A

message sent to the office does not count. It is not the role of the office volunteer to pass on apologies.

It is U3A policy that your name will automatically be removed from the class roll after a total of three unexplained absences.

Class Enrolments

Russell Lennox has temporarily stepped up to the office computer to complete the recording and processing of your 2013 enrolments and class requests. The Committee passes on a huge 'thank you' to Russell, on behalf of all the members. Audrey is helping him with the peripheral tasks and it has been a seamless transition, since he often assisted Tony in the past.

We are now looking for a member with computer skills to induct mid-year into the role of 'Recorder: Member/Class Enrolments' to be ready for the 2014 enrolments. If you are prepared to help, please leave a message for Audrey on 96 102 102.

NOTICE TO TUTORS: after your final class for Term One please send to the office a COPY of your class sheet. Keep the original class sheet to continue marking till the end of the semester.

Office Hours

In keeping with the practice of other U3As, it has been decided that the office only needs to be regularly staffed in the mornings. Hence our new office hours are:

Monday – Friday: 10.15 am – 12.15 pm
Except Public Holidays and Term breaks

Outside these hours, please leave a clear message with your name and telephone number and someone will return your call.

Many thanks to our hard-working Office Volunteer Coordinator, Phillippa Wetherall, and her great team of office volunteers.

COURSE INFORMATION

Term dates:

- Term 1 ends on Friday 28 March.
Term 2: Monday 15 April - Friday 28 June.
Term 3: Monday 15 July - Friday 20 Sept.
Term 4: Monday 7 Oct - Friday 29 Nov.

Cinema Studies

Our tutor, Paul Michell, returns with another fascinating program exploring popular European Cinema. This year we will examine some extraordinary German Cinema, interspersed with interesting and confrontational cinema from France, Spain and Japan (see classroom report, pages 7-8). For more information, visit the class website at u3acinema.weebly.com.

French Language and Culture

We welcome Michelle Manly, who has volunteered as our new French tutor. Plans are still in progress, but at present it is proposed to hold the class from 10 – 11.30 on every second Thursday, alternating with Current Affairs. Due to a clash with Anzac Day in April, the first class for Second Term would be on Thursday 9 May. If you are interested in this class, please phone the office leaving your name, membership number and phone number.

Huge thanks are due to Noel Butterfield who has helped this class keep going with their studies, along with all his other teaching commitments.

Day Trippers

'Day Trippers' outings are open to all members. You are welcome to attend any of the following outings as long as you have booked in with the team leader. Main travel is by public transport.

Note carefully the date, meeting place and time and understand that the group cannot wait for you if you are late. It is essential that the group leader has your phone contact details to notify you of any last minute changes.

Mary De Bortoli has booked a number of interesting tours of famous Melbourne landmarks. Please note that each tour strictly limits the number of participants, so you need to book in early to secure a place. If you book and then are unable to attend, please phone Mary so that someone from the waiting list can take your place.

The first of these tours was to the Block Arcade on Tuesday 19 March. We look forward to a report on this outing for our next newsletter.

The following tours have been booked for the first half of the year:

Melbourne Town Hall and the Old Treasury Building, Wednesday 10 April from 11 am.

Cost: \$5.90

The tour of the Town Hall takes one hour. After this visit, we will take a leisurely stroll along beautiful Collins Street to the Old Treasury Building, stopping off for lunch along the way.

During the tour of the Old Treasury we will see some interesting historical records of *Marvellous Melbourne*, including Ned Kelly's only letter, and visit the gold vaults (unfortunately no gold now). There is a current exhibition of the trams painted by well-known artists.

Numbers are limited to 15. **To book:** ring Mary on 9481 0992 before 27 March. **Meet** at the Town Hall steps in Swanston Street at 10.50 am.

State Library, Wednesday 22 May, 10.15am. Free.

This tour from *Dome to Dungeons* sounds fascinating. See parts of this magnificent building that you have never seen before – or even imagined! Numbers are strictly limited to 10 participants, so **book early** with Mary on 9481 0992. **Meet** in the Library foyer at 10.15am when Mary will give you the entrance tickets.

Shrine of Remembrance, Tuesday 4 June, 1.15pm. Free.

If you have not visited this Melbourne icon for some time, you will be most impressed and genuinely moved by some of the exhibits. Limited to 15 participants. **Book** with Mary on

9481 0992. **Meet** at the Information Centre in Federation Square at 1.15pm.

NEW SHORT COURSE

Learning and Remembering

Tutor: Glen Evans

Learning and remembering are things we do for most of our waking lives. We may be trying a new way of doing something, discussing a plan, reading a book, or any of a large number of activities in which we change our knowledge, skills or behaviour. During this course each of us will explore some of our own particular experiences and then relate these to various theories and research findings on how people learn and remember.

Topics will include short term memory, long term memory, motivation for learning, emotions in learning, memorising facts, learning concepts and theories and learning from solving problems. (Access to the internet would be helpful, but not essential.)

Glen Evans was a Professor of Education at the University of Queensland where he was involved in teaching and research into statistical methods, curriculum development and student learning. In 1995 he and his wife Beryl retired to Melbourne and lived in Lower Plenty before moving to Northcote five years ago. He has been a member of both Yarra Valley U3A and Darebin U3A.

Details: Nine sessions to be held weekly on Thursdays afternoons 1.30 -3.30 pm at Fairfield Station from Thursday 2 May – 27 June.

If you wish to enrol in this course please phone the office leaving your name, membership number and phone contact details.

FROM THE CLASSROOM

These items have been submitted by class members; more contributions welcome.

Ancient Civilisations- a Tribute to Jone

Dr. Jone Gaillard begins her 16th year with Darebin U3A, being our longest continuing tutor. Jone came to us with the *History of*

Florence in 1997, and each year presents an interesting and informative Course. It has been a privilege for me to attend each class and learn from her teaching. An Historian and Sociologist, Jone imparts her knowledge with clarity and humour. Long may she return to Darebin U3A.

Carmel Lee

Fun with English as a Second Language

When I came to Australia, my brother picked me up from the airport. As he was driving along Bell Street to Preston, I was a bit concerned about the houses. They looked old and when we got to my brother's house I found that we did not have a toilet inside.

I went looking for a job with my sister-in-law, but because I could not understand or speak English they would not consider me for the job. Four weeks later my brother found me a job working as a builder's labourer.

One day my supervisor sent me to buy six stubbies. I did not know the area. I found a pub, went into the bar and I asked for six beers. The person behind the bar asked me if there was anybody else going to share the beers with me or was I going to drink them all by myself? I tried to explain that I wanted to take the beers away, so they sent me to the bottle shop.

Because I could not remember the name 'stubbies', I asked for six beers and they gave me six cans. When I got back to the job, my supervisor got angry with me because they did not like beer in cans!

Manuel Goncalves

Cinema Studies

Our tutor, Paul Michell, has returned with another fascinating program exploring popular European Cinema. This year we study German 'New' Cinema, interspersed with films from France, Spain and Japan.

We began the year with *Notorious*, an Alfred Hitchcock movie from 1946, starring Cary Grant and Ingrid Bergman. Paul then led us on an in-depth examination of the genius of this

master filmmaker whose work has been so enormously influential.

Paul has been presenting Cinema Studies at Darebin U3A since 2005 as a culmination of a lifetime of immersion in cinema. He worked at the Dendy cinema in the 1960s and graduated in Cinema Studies at RMIT in the late 1970s. As a tutor he sees his role as bringing not only the joy of cinema but also its legitimacy as a serious art form.

The class runs for 3 hours, but the time flies! After a brief historical introduction, we watch the film together and follow this with much lively discussion. Some of the films we have watched before, but now see them with a fresh perspective and a deeper understanding.

Before each class Paul prepares detailed notes which are posted on the website at u3acinema.weebly.com or provided as photocopies for those of us who do not have a fast internet connection.

Since joining this class, I have learned so much and been greatly enriched by a new appreciation of the art of cinema. Many thanks, Paul, for sharing your endless enthusiasm and wealth of knowledge with us.

Jill Craig

Poetry Through the Ages

One of the class members, Alison Daams told the Committee about the following piece – *For a New Beginning* -which Kevin Williams presented to the class at the end of last year.

Alison suggested that it would be good to publish it in this *Flyer* as it seems very apposite for the start of a new year at Darebin U3A!

It was written by John O'Donohue (1956-2008) an Irish poet, author, priest and philosopher. He was a native Irish speaker, and as an author is best known for popularising Celtic spirituality.

FOR A NEW BEGINNING

In out-of-the-way places of the heart,
Where your thoughts never think to wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.

For a long time it has watched your desire,
Feeling the emptiness growing inside you,
Noticing how you willed yourself on,
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the grey promises that sameness whispered,
Heard the waves of turmoil rise and relent,
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream,
A path of plenitude opening before you.

Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is at one with your life's desire.

Awaken your spirit to adventure;
Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm
For your soul senses the world that awaits you.

John O'Donohue
Benedictus, 2007

OUT AND ABOUT

Day Tripper Visit to Labassa

On 21 October 2012, ten U3A members visited Labassa, a French Renaissance-style mansion in Caulfield. This fascinating excursion set off from Federation Square by tram to St Kilda, and on to Manor Grove, Caulfield. On our arrival at the mansion, most of us decided to have lunch before the tour. The ribbon sandwiches and real tea and coffee were a great success.

Labassa was originally built on a large block of land, set in a large garden with separate ballroom, conservatory and stables. It was the third house built on the site, incorporating small portions of both the previous houses, Sylliot Hill and Ontario, and reflecting the work of architect John Augustus Bernard Koch, who was employed by Cobb & Co millionaire Alexander Robertson.

The outside tour was very interesting - lots of hidden features - and we were left wondering what Labassa would have been like in its heyday before so much of its land was sold off. I was particularly impressed with the tiles on the verandah, still in excellent condition.

After the success of the lunch, several of us decided to sample the Devonshire Tea, another winner! before gathering for the tour of the inside. We were fascinated to learn that for many years the mansion had been converted into flats. Fortunately not much major damage resulted from this usage and, badly in need of repair, the mansion was purchased by the National Trust in 1980. It is a truly ornate building with magnificent ceilings, fireplaces and gorgeous wallpaper. Of particular interest were the main entrance hall and staircase with their beautiful stained glass windows.

Both the volunteer guides were excellent and gave us a great insight into the mansion's history. Although much restoration remains to be done, Labassa, as it stands, remains a beautiful reminder of past glories and is well worth a visit.

Mary De Bortoli

Victorian Seniors Week 2012

What a week! The Grand opening Day of Victorian Seniors Festival at Federation Square saw the Darebin U3A choir taking centre stage with beautiful harmonious choral singing to the delight of the BMW Edge audience.

Darebin U3A line dancers, otherwise known as 'the felons from the Line Dancing Penitentiary', dressed as convicts on the chain-gang,

performed a number of items designed 'to bring joy and happiness to the Colony' on the Yarra Bank. This achievement earned them a special invitation to perform again, at this year's AGM.



David Lamb leading his penitentiary team

Photo: RL

The many volunteers and Scrabble players at the U3A Darebin Booth engaged passers-by in spreading information about the choices available to learn and enjoy the experience of U3A.

On Tuesday 9 October, the Darebin Singing for Pleasure group joined other U3A choirs for a combined performance at the Melbourne Town Hall. This concert, with guest artists on piano and organ, was sheer magic. Congratulations to all 450 performers.

The Darebin Intercultural Centre hosted a multicultural lunch on 17 October to celebrate Darebin Seniors Festival. It brought together Greek, Italian, Filipino, Indian, Sri Lankan and Chinese people, each in their national costume, singing in their own language. Their singing of *I am, you are, we are Australian* made us feel proud to be members of this multicultural nation.

There were many other delights over the week when U3As and local community groups came together to show that Seniors are full of life and vitality.

Kevin Williams

Darebin Community and Kite Festival

The Darebin Community and Kite Festival was held at the Edwardes Lake Park on 2 March - a Saturday for the first time. It was a beautiful day and our booth looked colourful with many photos of our classes which attracted lots of passers-by.

I would like to thank the great team of members who volunteered to help by cheerfully talking to them about Darebin U3A classes, for 1½ hours each throughout the day, and handing out brochures and Information Kits. Thank you Nalin Sharda, Robyn Hartley, Jill Craig, Florrie Graham, Manuel Goncalves, Pam Jones, Jill Toulantas, Frances Hennessy, Janet Trupp, Eileen Gruen and Philippa Wetherell.

You all looked great ambassadors in the Darebin U3A polos.

Audrey Grace

U3A EXPERIENCES

What U3A means to me

When I retired, after a few months of bliss I started to become bored and not be a perfect housewife, content to have a clean house, keep up with my ironing and do some sewing (especially the sewing). I was very unhappy. I needed food for my brain, to stimulate my intellect, and it was at that stage that I found U3A, the perfect answer to my problems. With so many classes to choose from, and not able to decide which will be best for me I enrolled in nearly all of them and became one of the most popular girls of Darebin U3A.

I am happy. I believed in having my sanity back, and furthermore I am learning something every day and for me this is very important.

Claudia Sanzin 2008

Balloons, bells and whistles

People retire from paid work for many reasons, which will include compulsion or choice. But no matter what the reasons, nothing fully

prepares you for the social effects of the loss of structure that being in the workforce gives to your life.

You have spent a lifetime building up experience and expertise, which no one wants to hear about; you are defined by your appearance, which is out of date.

This is where U3A comes in, with balloons, bells and whistles. It offers everyone opportunities to share their knowledge and to enrich the material being studied ... I have not used French much in the last twenty years, and it makes me come alive again to realise how much French I remember, rather than having to lament how much I have lost.

Through participation in U3A, as a tutor and a student, I have both found and rediscovered friendships that are very important to me – that sustain me as a real person in the real world.

Margaret (Nickie) Munro

The First Ten Years U3A Darebin 2001

THE COMMITTEE MEMBER'S LAMENT

A Tribute to Darwin U3A

Kathy Ford

Oh, give me some pity, I'm on a committee
Which means that from morning to night
We attend and amend and contend and defend
Without a conclusion in sight.

We confer and concur, we defer and demur
And reiterate all of our thoughts.
We revise the agenda with frequent addenda
And consider a load of reports.

We compose and propose, we suppose and oppose
And the points of procedure are fun.
But though various notions come forward as motions,
Regrettably little gets done!

We resolve and absolve but we NEVER dissolve
Since it's out of the question with us.
What a shattering pity to end our committee...
Where else would we make such a fuss??

*Reprinted from Hume U3A newsletter, July 2007
Slightly amended*

NOTICE BOARD

Research study on the benefit of exercise

Does exercise have an immediate effect on thinking ability?

Volunteers over 60 and in good health are required for a research study being conducted at Victoria University.



Participants will be asked to attend four 2.5 hour sessions across four weeks, and do one of three activities (walking on a treadmill, weight training, or watching an exercise video).

Dr Selva Raj will be speaking about the project at our April Morning Tea. If you wish to know more about the study or the selection criteria, contact Dr. Patricia Addamo on 9919 9149, or write to her via activeageing@vu.edu.au.

Are you taking cholesterol medication?

A La Trobe University research project is looking for volunteers who have been taking statin (cholesterol-lowering) medication for at least four years.

The project aims to evaluate the effects of long-term use of statin medications on cognitive function. Recent US research has indicated a possible risk of reversible cognitive impairment and amnesic memory loss.

Details of the project are available at www.statinresearch.weebly.com

The research is being conducted by Nadine Stephenson, who is undertaking a Master of Clinical Neuropsychology at La Trobe. She can be contacted at 9479 3151 or by email at statinresearch@gmail.com.

'Friendship Fridays' at Village Cinemas

Village Cinemas are conducting a three month trial programme offering Seniors Card holders \$7 movie tickets (plus showbag and free refreshments) to attend a nominated film on the first Friday of the month from March to May.

Further details and a list of participating cinemas are displayed on the Noticeboard at Fairfield Station.

Movie Club at Northlands

The **Ambassador Club** holds monthly movie sessions for people over 55 at Northlands Cinema complex. There is a low annual joining fee of \$6 and a charge of \$5 for each session. Sessions are held on the 3rd Monday of the month from 10.30. Membership application forms are available at the office or from the Customer Service desk at Northlands. *Further information:* contact customer information at Northlands on 9478 1399.

COTA Victoria: all you need to know

Seniors Information Victoria: provides practical information by phone or email on issues affecting seniors including retirement, home based services, pensions, housing, learning opportunities and maintaining social connections. See www.cotavic.org.au, phone 1300 13 50 90, or email askcota@cotavic.org.au.

June Newsletter

Calling for Contributions

The next issue of the *Flyer* will be published in mid June before the end of First Semester. It will contain latest news, coming events and course information for Second Semester

We welcome members' writings: reports from the classroom, life experiences, short stories, poems and 'out and about'

June Newsletter deadline: Friday 24 May

Articles of 250 words or less preferred.

Please send all contributions to the Editor, Jill Craig, at U3A Darebin by mail or email or hand deliver to my in-tray in the office

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 68 ?March 2013

“Railway Station”

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E-mail: darebinu3a1@optusnet.com.au

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