

**FROM THE EDITOR**

Welcome to this bumper mid-year issue of the *Flyer*! It is packed with news, firstly from our very busy committee, including information about the coming Members Morning Tea, a new program of First Tuesday Talks with interesting guest speakers and three exciting new courses for second semester. Then there are three new Day Tripper outings for second semester, including a tour of the new Islamic Museum in Thornbury. There is so much happening that it would be a good idea to keep your diary handy so you don't miss out on any events!

Following all this we have a wonderful collection of writings from members, with reports from the classroom and Day Tripper outings, a profile of new member Jan Tuckwell who plays in World Veterans Table Tennis Championships, a delightful poem written by Liz Findlay and a lovely piece by Carmel Lee about growing up in Northcote in the 1930's.

Thank you everyone who has contributed articles and photos for this issue – I look forward to receiving more for the September *Flyer*. I am grateful to the Committee for their help and support, particularly Robyn Hartley and Alison Daams for proofreading and providing many articles and items of interest.

As newsletter editor I would be very glad of more help in producing the *Flyer*, particularly if you have experience and technical skills in publishing. The present format could really do with a revamp. I am very grateful to Liz Findlay and Kate Patrick for their generous help and expertise in copy typing, editing and formatting, but their available time is limited. If you would like to join our team, please leave a message for me at the office or perhaps we might meet at the Members Morning Tea.

*Jill Craig*

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**MEMBERS' MORNING TEA**

10.00 – 12.00, Monday 30 June  
 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 with time to meet and chat over a friendly cuppa and home-made goodies.

**Guest Speaker:** Annette Allison, Public Affairs Manager of the Royal Flying Doctor Service  
*Annette will talk about John Flynn, who founded the service, its history and recent developments.*

See Page 3 for more details  
 Please bring a plate to share  
 Excellent Door Prize

## CONTACT INFORMATION

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**Or go to our new website at ...**

[www.u3adarebin.com.au](http://www.u3adarebin.com.au)

**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.

### 2014 Committee Members

President .....Beryl Evans  
Vice-President .....Frances Hennessy  
Secretary ..... Robyn Hartley  
Treasurer ..... Brian Hoban  
Assistant Secretary ..... Annette Davis  
Minute Secretary ..... Ann Ritchie  
Property Officer .....Jean Garita  
Newsletter Editor .....Jill Craig  
Tutor Co-ordinator .....Dianne Beaumont  
Publicity ..... Carmel Lee  
Course Development .....Alison Daams  
Office Volunteers Coordinator..... Alison Daams  
U3A Network Delegate ..... David Elder

### Other Positions

U3A Northern Region Representatives.....  
.....Beryl Evans, Robyn Hartley & Annette Davis  
Computer Consultant ..... Russell Lennox  
Newsletter Team.....  
.....Jill Craig, Liz Findlay & Kate Patrick

## PRESIDENT'S MESSAGE

The members of the Executive Committee have been busy since I last communicated with you. We have bought ELMO, which is a digital camera and the latest version of a data projector. This is now being used in two classes, Art Appreciation and French and other tutors are exploring how it can be used in their classes. Money from the grant we applied for and received from the Clifton Hill/ North Fitzroy Community Bank earlier this year has been used to pay for this. We are investigating the purchase of a hearing loop which was also included in the grant application. The hearing loop is designed to make it easier for members in classes whose hearing is less than perfect.

The First Tuesday Talks have been organised and will start on August 5 at the RSL in Fairfield. The topics and dates are included in this *Flyer*. Please mark them in your diary.

Frances Hennessy, David Elder and I attended a U3A Network Presidents Briefing meeting in May. Again, a report appears in this *Flyer* (see page 5). This year, the Network is placing emphasis on Digital Literacy, something we have also been investigating.

The Members Morning Tea is on June 30 and the guest speaker is Annette Allison from the Royal Flying Doctor Service. I hope to see you there. We have noticed that many members are not wearing their lanyards. This is a social issue (so that we can all get to know each other) but also a health and safety concern. It is very important that you wear your membership card to all classes and U3A events. It is vital that you fill in your emergency contact details on the back of your card or on the separate slip provided. For privacy it is hidden from sight in the pocket of your lanyard, but is available if you become ill and an ambulance has to be called.

*Beryl Evans, President*

If you have mislaid your lanyard, please contact the office for a replacement.

## FROM THE COMMITTEE

### **Members Morning Tea** 10.00-12.00 Monday, 30 June Northcote Senior Citizens' Centre 18A Bent Street, Northcote

The Committee warmly invites all members and tutors to our next Members Morning Tea on Monday 30 June – the first Monday of the mid-year break.

Do come along and take this opportunity to chat with friends, meet new people, share good food and listen to an interesting speaker. This year, we have had quite a number of new members join U3A Darebin. If you are a new member and haven't yet been to a Morning Tea, you will be especially welcome.

Our speaker is Annette Allison, Public Affairs Officer with the Royal Flying Doctor Service. She will talk about John Flynn, who founded the Service in 1929, the history of the RFDS and bring us up to date with what the organisation does. Annette will also talk about the massive inroads with primary health care that have been made in Victoria over the past two years and her recent tour of outback RFDS bases.

Annette has had a long career in media, including hosting the highly successful television program *Good Morning Melbourne* on Channel 10 for ten years.

This should be a very interesting presentation and we look forward to seeing you there. Don't forget to wear your lanyard!

Please bring a plate of goodies to share. Tea and coffee will be provided. All participants will go into a draw to win a special Door Prize.

### **April Morning Tea**

The April morning tea was extremely well attended, there was plenty of time for socialising and there was a really good 'buzz' at the event. The speaker, John Pinniger, gave an entertaining and interesting talk on *Heritage Apple Trees in Victoria*. We thank everyone who helped make the event so successful.



Members at the April Morning Tea.

Photo: Russell Lennox

### **Launch of First Tuesday Talks**

In August, U3A Darebin will launch a new activity for members - a regular monthly talk

on the first Tuesday of each month

from 1.30 to 3.00 pm

at the Fairfield RSL, Railway Place, Fairfield.

This will be an opportunity to hear speakers on a wide variety of topics, to ask questions and discuss issues raised and to get together with other members. We are hoping that this will grow into something that relatively large numbers of members will attend and look forward to each month. We have chosen Tuesday afternoons because there is only one other U3A class scheduled then.

You don't have to officially enrol in the First Tuesday Talk group – just come along to any of the talks which interest you. They will be held in the bistro room at the Fairfield RSL opposite the Station in Railway Place, which many members will know from our AGM each year. We've chosen this because it is a flexible space allowing for large, as well as smaller groups. It is also easy to get to and parking is available.

The format will be a presentation from the speaker and time for questions and discussion, followed by tea, coffee and biscuits, provided by U3A Darebin for a gold coin donation. We will plan a whole semester's program of speakers, so members will know what's coming up. The program will be publicised in the newsletter and put on our website, and we'll remind interested members by email of what is coming up. The program for Semester Two

2014 is below. It begins in August as the first Tuesday in July is during the school holidays.

### **Tuesday 5 August**

#### **Annette Davis: MEDICINES AND YOU**

Medicines play an important role in improving quality and length of life, but they can cause problems if used incorrectly. The majority of us take at least one medicine daily. This session covers matters such as what is a medicine, potential benefits and risks and how to take an active role in managing your medicines well. Active participation is encouraged but will not include discussion of individual medications.

### **Tuesday 2 September**

#### **John Fisher: BEYOND ZERO EMISSIONS**

This talk will focus on one of three Zero Emissions plans – the Buildings Plan. John will explain how our existing buildings can be 50% more energy efficient, cheaper to run and almost energy independent.

### **Tuesday 7 October**

#### **Mary Crooks: THE VICTORIAN WOMEN'S TRUST – projects and issues**

Mary Crooks AO is Executive Director of the Victorian Women's Trust.

### **Tuesday, 11 November** [note date - not Cup Day]

#### **Paul Michell: PENDERS GROVE, THORNBURY - a secret history.**

Paul has spent almost 30 years researching Darebin's local history. Details of his talk will be published in the next Flyer.

### **Community Bank Sponsorship Grant**

We are very grateful to the **Clifton Hill/North Fitzroy Community Bank®** for the generous grant of \$2,000 to help expand educational opportunities for older people in Darebin. As outlined in the Presidents Message; this grant is being used to provide new equipment for classes, such as the ELMO projector.

**The Community Bank® on Queens Parade** has a philosophy of contributing to the local community. Since 2006 they have invested close to \$900,000 in Community Sponsorships to a wide range of community groups and projects. For more information about their community support program visit their website: [www.bendigobank.com.au/clifton-hill](http://www.bendigobank.com.au/clifton-hill).

### **Fairfield Station Classroom**

As our membership grows steadily and new classes and activities are added to our program, the Committee has been exploring possible new venues in the City of Darebin, especially in the north, but also how we can make the best use of class spaces we already use.

U3A Darebin is fortunate in having the use of the Fairfield Station venue, which is provided without cost to us by the Darebin City Council. Some U3As do not have the same security of tenure as we currently have. At present, we hold around one-third of our classes at Fairfield. Feedback from members suggests that many people like coming to Fairfield because they are familiar with it, they like the area, it's easy to get to and parking is not difficult to find. However, it does have the disadvantage that the number of people in a group has to be limited because of its relatively small size.

One of the options the Committee has been considering is adjusting the times of classes at Fairfield Station so that three classes a day rather than two can be held there. At present, Wednesday is the only day when we have three classes at Fairfield; they run from 10.30-12.00, 12.45 to 2.45 and 3.00 to 4.30. This seems to work well but other time arrangements might be possible.

Another option is to increase the flexibility of the classroom for different uses. Replacing the existing tables with lighter and easier to move tables, so they could be shifted around depending on what a class needs, could allow more members to join some classes. Committee members will talk to tutors and members before any decisions are made and any changes will be carefully considered and planned.

### **Can You Help?**

Many thanks to all our volunteers. U3A Darebin could not function without you. The office is running smoothly and members are very generous with their time when they are asked to help with jobs such as preparing for

Members' Morning Teas, newsletter mailouts and other requests.

The Committee is currently calling for volunteers interested in helping out with a number of initiatives we are undertaking. Can you help with any of the following?

#### ***Organising the First Tuesday Talks in 2015***

This might sound like a large undertaking but we have an extensive list of possible speakers, the venue will be booked and we will have a semester of experience behind us. Our first semester of Talks (in semester 2 this year) has been largely organised by Beryl Evans, our President, but she would like to hand over the responsibility to someone else next year.

#### ***Publicity Team Leader***

U3A Darebin has reached the stage where we would benefit from having a person who could take overall responsibility for publicity, while working closely with the Committee and volunteers. U3A Network has produced a very useful booklet with lots of suggestions for publicising the work of local U3As.

#### ***Technical Equipment Officer***

U3A Darebin has a small but growing number of pieces of equipment such as a data camera, data projectors and sound equipment. Having someone with experience in maintaining and if necessary repairing our equipment, and perhaps giving advice on purchase of new equipment, would be very helpful.

#### ***First Aid Coordinator***

There are first aid kits at a number of venues we use but it would be good to have someone who has first aid experience, who could maintain these kits and make sure tutors and members know where they are and what they contain.

Please have a think about whether you feel able and willing to volunteer for any of the above. You may even have a relative or friend who would be interested.

## U3A NETWORK NEWS

### **U3A Network Presidents Briefing**

The recent Presidents Briefing meeting covered a comprehensive list of topics. A package of information from the meeting is available to members at the U3A Darebin Office. Elsie Mutton, Network President, spoke about the Network's operation in 2014 and the 30<sup>th</sup> anniversary of the establishment of U3A in Australia. She is going to Toulouse next month for the 50th Anniversary celebration of the beginnings of U3A in France.

Susan Webster, the Hon. Secretary of U3A Network, talked about Data and Technology and copies of her address will be sent to each U3A. A couple of pearls you may appreciate: *Old is Gold, the Silver Tsunami, and Grandpower.*

Glen Wall talked about the Network Education Committee and digital workshops to be held for course coordinators in the near future. This should help us explore the uses of ELMO, our recently purchased document camera, for example to copy art works for showing in class and record talks and classes to the broader community. Finally there were small group discussions to ascertain what U3As expected from U3A Network.

Beryl Evans, President U3A Darebin

### **U3A Gathering in the Grampians**

Planning for the regional mini conference, the Grampians Gathering on 13-15 October 2014 is racing ahead, with posters, brochures and registration forms going out to all U3As this month. The organising committee in the U3A Grampians Region tells us this will be

an opportunity to learn and relax with U3A members across the state, in the beautiful setting of Halls Gap in springtime.

Mountain scenery, bushwalks, wildflowers, art sessions, classes, car trips, happy hour, evening activities and no cooking for three days!

Accommodation at Norval Lodge will cost around \$210, sharing 3-4 per room, all meals included.

See if you can organise a group to share a room.

For more information, contact Lynne Hall-Cavanaugh on 5352 2954.

### **Insurance cover**

All U3A groups in Victoria are covered to the extent outlined below by the Victorian Managed Insurance Authority (VMIA) which was set up by the Victorian Government some years ago to provide Public Liability cover for Government funded institutions such as U3As.

Under that policy U3A branches and members are indemnified for up to \$20 million for claims made against them for personal injury or damage to property arising out of its activities. In simple terms, any outside person who is affected by a U3A activity can claim against a U3A. If a member wishes to claim against a U3A they would have to be able to prove that their injury or damage to property was caused by the negligence of that U3A, or one of its Committee, or another member.

### **Personal Accident Insurance**

Included in the VMIA policy is a limited form of personal accident insurance. It applies only to members of a U3A Committee and voluntary workers (e.g. working party members /conveners / tutors /office volunteers) whilst engaged in the activities of the U3A. Therefore, ordinary members of the organisation are not insured against accident (where there is no fault of others as described in the previous section) under the VMIA policy while they are participating in its activities.

It would be wise for members to consider taking out personal accident insurance if you think that Medicare or your private health cover would not be sufficient.

*The explanation above was condensed by Bright District U3A and is re-printed here with permission. The information also appeared in the March 2014 issue of 'City News', the newsletter of U3A Melbourne City.*

### **U3A Network Story Writing Competition**

**Reminder:** closing date for entries is Friday 25 July. See box on page 13 for details.

### **Victorian Seniors Festival**

The Victorian Seniors Festival will run from Sunday 5 October to Sunday 12 October. In mid-August the full Festival program will be online at [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au). The Festival booklet will be available in September, at the Fairfield office and Coles stores.

The **Opening Day** of the Festival is now called 'Festival Celebration Day'. It will be held on Sunday, 5 October from 10.30 am – 4.00 pm at Federation Square. Please put this date in your diary now to be sure you don't miss it.

This is always such a vibrant, family-friendly event, and there is a great variety of music and performances on the various stages.

Many U3As from around the state will be displaying their activities there. Our Singing for Pleasure and Line Dancing groups are already practising for their performances. Barry Watson will again lead the Tai Chi group in a demonstration along the Yarra Boulevard.

Our choir will also be performing on Monday 6 October with the **U3A Combined Choral Concert** at the Melbourne Town Hall.

Further details will be published in the Spring *Flyer*.

### **Victorian Senior of the Year Awards**

Nominations are now open for the 2014 Senior of the Year Awards. Chris Reidy, Manager of Victorian Seniors Festival, has asked us to promote the awards. They provide an ideal opportunity to recognise and celebrate the contribution of people aged 60 years and over to their community. A promotional DVD and copies of the nomination form can be downloaded from the website **Seniors Online** at [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au) Nominations close on 11 July 2014.

## COURSE INFORMATION

### Term dates

Term 2: ends Friday 27 June.

Term 3: Monday 14 July - Friday 19 Sept.

Term 4: Monday 6 Oct - Friday 28 Nov.

### Public Holiday

Melbourne Cup Day: Tuesday 4 November

### Semester 2 Timetable

The class timetable for second Semester is on the final page of this newsletter. You will note that 9 classes are already full.

Some classes have been suspended or cancelled for this semester as outlined below:

#### **Ancient Civilisations of the Mediterranean:**

The tutor, Dr. Jone Gaillard, will be on leave overseas after her last class this term on 20 June until her return in October – date to be advised.

**Computers for All:** The tutor, Dr. Nalin Sharda, is taking sabbatical leave in second semester.

**De-stress, Relax, Recharge:** The group leader, Satya Grierson, will be on leave travelling for the remainder of the year. She hopes to return next year with another class.

**Enjoying Opera:** The July class has been cancelled and will resume on 18 August.

**History of European Culture:** Dr. Yana Ostapenko is not able to continue the class this year due to study and other commitments. We all wish her well and hope to see her again next year (see article by Carmel Lee on page 9)

### Enrolment in Extra Classes

Members may apply to join additional classes after they have begun. Many classes welcome members at any time, for example Scrabble and Chess. However not all classes can accept new members. Some are already full - see timetable. In others (e.g. language classes) it may be difficult for a new member to 'catch up' on what has been done in previous sessions.

If you wish to apply for an additional class, please contact the office leaving your name, membership number\* and contact details. If there is a vacancy and the tutor agrees, you will

be sent a letter saying you have been accepted into the class. This letter needs to be shown to the tutor as confirmation.

\*Membership Number is on your lanyard card and also on the address label of this Newsletter.

## DAY TRIPPERS

'Day Trippers' outings are open to all members. You are welcome to attend any of the outings listed below, as long as you have booked in.

The coordinator, Mary de Bortoli, has arranged a number of interesting tours for this semester. 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.

Mary writes: *We are a friendly group and newcomers will be made very welcome. Come and try us out. It is helpful if bookings for all outings are made as early as possible.*

#### **Visit to Maling Road, Canterbury / Lunch.**

**Date:** Tuesday morning 19 August.

**Cost:** FREE – except for your Myki, shopping and lunch!

Maling Road is a very interesting area with a variety of architecture, fascinating shops and cafes. We'll sample one of the cafes for lunch.

**Meet:** 10.30 am at Flinders St Station under the clocks. **Book NOW** with Mary 9481 0992.

#### **Tour of the new Islamic Museum, 15a Anderson Road Thornbury.**

**Date:** Thursday 25 September (school holidays).

**Cost:** \$10 payable on the day

This is Australia's first Islamic Museum. From all reports it is a fascinating insight into the rich artistic heritage and historical contributions of Muslims in Australia and abroad.

**Meet:** 10.50 am at the Museum. Limited on-site parking or a short walk from the 510 bus which runs along Moreland Rd / Normanby Ave.

We may like to lunch at the Museum café.

**Book:** phone Mary on 9481 0992. Bookings close 10 Sept as I need to confirm numbers.

**State Library Exhibition: Victor Hugo, *Les Miserables* from page to stage.**

**Date:** Sunday 19 October.

**Cost:** \$11.50.

This exhibition contains rare scripts, scores, designs and posters. Original costumes from cinematic portrayals of *Les Miserables* and an entire gallery including interactive displays dedicated to the current Melbourne musical.

**Meet:** at the State Library, time to be arranged with participants.

**Book:** Mary has only 12 tickets so it's book NOW and pay on booking. Phone 9481 0992.

## NEW CLASSES 2ND SEMESTER

If you would like to attend one of these new classes, please contact the office (96 102 102) to apply as soon as possible. You will need to leave a message with your name, membership number, contact details and the title of the course you are applying for.

### **Stock Market Discussion Group**

**Leader:** Graeme Nicholas

**Venue:** East Preston Senior Citizens' Centre, Donald Street, Preston.

**When:** Alternate Mondays, 10.30-12 noon. 1st and 3rd weeks of the month, from 21 July.

**Objective:** to facilitate the exchange of ideas between members who manage their own investments.

Areas of discussion may include, but will not be limited to: company/share selection criteria based on fundamental analysis and/or technical analysis; researching companies of interest; markets and the investing economic environment; portfolio management; Self Managed Superannuation Funds.

Whilst primarily a discussion group for experienced investors, a motivated novice could benefit. Please note that no financial advice will be given in this class as it is purely a discussion venue for the exchange of ideas.

For more information contact Graeme Nicholas, phone 9470 4165.

### **The Ottoman Empire**

**Convenor:** John Pinniger

**Venue:** Fairfield Station

**When:** Thursday afternoons, 1.30 to 3 pm, on 17, 24 and 31 July.

John will run a short course of three sessions following the fascinating history of the Ottoman Empire. From small beginnings in Anatolia in the 13th Century it rose to become the largest Empire in the world before declining and eventually disappearing. John will trace its history to help the class understand the forces which raised the empire, supported it and eventually destroyed it.

Numbers on this course are limited. Please ring the Office on 96 102 102 to apply for a place.

### **Of Course you can Write!**

**Tutor:** Noel Butterfield

**Venue:** Fairfield Station

**When:** Thursday afternoons, 1 to 2.30 pm, for ten weeks from 7 August.

Creative writing is any type of writing where the purpose is to express thoughts, feelings and emotions rather than only conveying information. It includes short and long stories, poems, essays, autobiographical pieces and long fiction.

Creative writing needs both narrative skills (the ability to tell a story) and structural skills (how to use language to tell your story). Our tutor, Noel Butterfield is a teacher with many years' experience and will help you to achieve these skills in a supportive, non-critical environment.

Everyone has diverse tastes, expectations and experiences but each one also has capacities to tell their story, so why not take the chance to hone your skills and illuminate the works of your creative imagination?

Numbers on this course are limited. Please ring the Office on 96 102 102 to apply for a place.

## FROM THE CLASSROOM

### **Armchair Theatre**

This year another great option was added to the list of stimulating and fun things to do.

Armchair Theatre, as the name implies, invites and encourages us to sit in comfort and bring our inner Barrymores, Oliviers and Hepburns to the fore.

The group convenes at 1.30 pm on Wednesday afternoons and our Director/Extra, Philippa Wetherell, who has a background in amateur theatre, has guided us through three very diverse plays. The first, *Stepping Out*, featured a group of personalities at a Learn to Tap Dance school. The second was an American melodrama *Pure as the Driven Snow*, and currently we are reading a very well known Australian play *Hotel Sorrento*.

Sometimes there is a gap when one of our players cannot attend. This adds to, rather than detracts from, the enjoyment because when reading two parts we find ourselves conversing, arguing or otherwise interacting with ourselves. We take time to discuss the characters and swap them as well and attempt to understand what their 'motivation' is; which can send us off on rails such as the relevance to one's well-being of a clean kitchen. That's when the director steps in and brings us back to the play.

I think that all of us 'actors' agree it's an excellent addition to Darebin U3A.

Anita Hanstock

### **Art Appreciation**

Once again this year Alison Laird has given us a programme full of beauty and interest.

Our monthly excursions have taken us to Mornington Peninsula Gallery - *Sea of Dreams*, Port Phillip Bay; Bendigo Gallery - *Ambition and Genius* from the Royal Academy; Duneira House and Garden and the Ian Potter Museum, Melbourne University-*The Piranesi Effect*. Alison

always makes sure to reserve somewhere nice for lunch.

Our classroom sessions are no less interesting as Alison spends a great deal of time researching artists such as the Sydney Moderns, Pre-Raphaelites and Australian landscape painters for discussion with plenty of picture books.

We have a Show and Tell morning, bringing an artwork or treasure and Alison always ensures we're aware of other exhibitions that we might like to visit in our own time.

I know we are all looking forward to the rest of the year, with so much more to see and do.

Anita Hanstock

### **Current Affairs**

On Thursday 1 May U3A Darebin Current Affairs class played host to Craig Ondarchie, State Liberal Member of Parliament in the Upper House representing the Northern Metropolitan Region.

This is the second time Craig has joined us and we are grateful for his time. His Office is now in South Morang so that will give some idea of the vast and diverse nature of his Electorate.

Craig has an obvious passion for all things educational. It is always good to have a State Upper House politician address us, as too often the focus is on the Federal issues only.

Thank you Craig for briefing us on Affairs of the State!

Noel Butterfield, Facilitator

### **History of European Culture**

On Monday 12 May members of the History of European Culture class were saddened on learning that this would be the last class for this year. The tutor, Yana Ostapenko, has been with U3A Darebin for three years and has taken us through different cultures, including her own Ukraine. I knew nothing about Ukraine before Yana. It has been an interesting learning time

having someone who knows her own country explain it to me.

In all of her classes Yana's bubbling personality shines, even now at this very worrying time when her country is in turmoil. We will miss her and hope she will return to us in 2015. Best wishes Yana.

Carmel Lee

### **Singing for Pleasure**

Darebin U3A has a choir which goes under the heading of 'Singing For Pleasure'. Anyone can come along and join us, there are no auditions, you don't need to be a great singer, or know how to read music, all you need is enthusiasm. It is what the title says 'Singing For Pleasure'.

Come along and give it a try - I'm sure you would enjoy it. We particularly are in need of some men singers at the moment, so come on guys. We meet each Friday at SPAN in the community centre at 64 Clyde Street, Thornbury, from 1 pm till 3 pm.

Lynn Hogg is our choirmaster (choir-mistress?) who sets our music, and teaches us how, in a relaxed and pleasant atmosphere. We do some concerts during the year, mainly at local retirement homes, and sing at 'The Edge' in Federation Square at the Opening Day of Seniors Week each year.

Recently we went to Hilltop Retirement Home, and did a small concert for the residents there. We have been there before and they were pleased to see us back again. One Italian lady in particular, was anxious that we sing some of her favourites again, which we happily did. We handed out song sheets and she and the others joined us in some of the old favourites. They really enjoy this and we get pleasure as they sing and their eyes light up. So it was smiles all around. As well as being enjoyable it is also rewarding. After our little concert we often stay and have afternoon tea and a chat with the residents, so it's all good.

Now that you know what we do, and where we do it, come and give it a try, you might just enjoy yourself.

Campbell Pearson

## **OUT AND ABOUT**

### **Croquet for seniors: not just for grandma**

The last *Flyer* included a notice of the Brunswick Mallet Sports Club five-week beginner course for seniors, run on Wednesday mornings in April/May.

The club was delighted with the response. We really enjoyed working with the participants and we were very pleased that most of them decided to join the club at the end of the course. Comments from participants included:

*I didn't know there would be so much involved in playing croquet!*

*The activities at the beginning of each session really helped when we were playing a game.*

*It's amazing how much we've all come on.*

*It's been great how welcoming and helpful club members are.*

A second course will run in the Spring Term on Tuesday mornings. Applications via the BMSC website, [www.croquetvic.asn.au/brunswick](http://www.croquetvic.asn.au/brunswick).

Kate Patrick

## **DAY TRIPPER REPORTS**

### **The Johnson collection**

On Wednesday 19th March, fourteen U3A members met at the Hilton on the Park to be transported by coach to Fairhall House Museum in East Melbourne.

William R Johnson (1911-1986) was the founder, by bequest, of the Fairhall House museum, which had previously been his home. During his lifetime Johnson had been a full time antique dealer in Armadale. Over the years he collected many pieces of fine antique furnishings, exquisite paintings, china ware and rare objets d'art for his home. On his death he bequeathed his house, his collection and his

estate to the people of Victoria. Johnson's idea was to have a living museum where rooms would be regularly changed, so visitors could return repeatedly.

This independent not-for-profit museum is organised and managed by the WR Johnson Trust. New works and pieces are still being acquired and added to the permanent collection, which today now cares for more than 1200 items. In keeping with Johnson's concept, the house is currently rearranged for three differing themed tours per year; frequently the planning and rearrangement for a particular theme is undertaken by specific community groups having an artistic enthusiasm related to the chosen theme.

The theme for our tour was inspired by 'BALLET', with the house rearranged to the ideas of David McAllister, Artistic Director of the Australian Ballet. Each of the seven rooms represented a different scene from a classical ballet (with costumes from the Australian Ballet Company), integrated with items chosen from the permanent collection. Our guide described for us the background and history of the various items on display, together with the stories of the chosen ballets, and was more than happy to answer our questions. The display was fascinating and historically educational. It gave us a view of how people of a certain class lived in bygone days. Having previously visited the museum when it was arranged on a different theme, I was surprised at how many previously seen items were used in new ways to achieve quite different effects.

After our visit and return to reality, we had lunch in East Melbourne. Many thanks to Mary de Bortoli for arranging the visit. I will certainly sign up for a repeat with a new theme.

Trish Vivian

### Visit to the Jewish Museum

On May 18th of May the 'Day Trippers' had a fantastic outing to the Jewish Museum and Synagogue all 16 of us. The Synagogue is a

most beautiful and peaceful place in which to worship.

Our tour guide was excellent, full of knowledge on the history, culture, customs and religious beliefs of the Jewish people. It is good to learn about other cultures and gives you a more understanding view. When the tour which took about 3 hours was over we all hit the gift shop to purchase jewellery and other items. – the tour and shopping over we headed for lunch and a chat.

Thanks again to Mary and her great organization skills – even with her arriving late which absolutely never happens and we didn't let her forget.

Mary Short



Day trippers ready to go. Mary de Bortoli front right.

## LIFE EXPERIENCES

### Member's Profile – Jan Tuckwell

Jan is a relative newcomer to U3A and speaks highly of the organisation. She is currently enrolled in 'Trivia and other Pursuits' and 'Ancient Civilisations'.

Jan has recently returned from taking part in the **World Veterans' Table Tennis Championships** held in Auckland, New Zealand. Over 1600 entrants contested this prestigious event, with 57 nations competing. Competitions are graded by age: 40's, 50's, 60's, 70-75, 75-80, 80-85 and over 85.

The oldest competitor ever was an Australian of German descent – Dorothy De Low who last competed in Mongolia in 2010, aged 99, and is featured in the Guinness Book of Records. Dorothy was to go to NZ this year (aged 103) but unfortunately passed away in January.

Jan competed in the same tournaments as Dorothy in Mongolia and Stockholm and says 'Dot' was an inspiration to all the players. She took up table tennis at the age of 50 and her story was told in *Ping Pong*, a documentary which was shown last year on TV.

The Championship in Auckland was played over 9 days with 180 Australians competing. Jan teamed up with Chrissie Jones from Victoria and they played Japan, South Korea and China. They got through to the Qualifying Finals in the Consolation Doubles, narrowly missing out on the bronze medal.



Jan in green centre left with her team mate. The other teams were L-R Japanese, Chinese and Swiss/German.

Jan goes to great pains to encourage us all to take up a sport in our retirement. She feels privileged to combine table tennis with her love of travel. Her mantra is *'Move it or lose it!'*

Anyone interested is welcome at the Friday night competitions at Melbourne Aquatic Centre in Albert Park. From 7.30pm. To do so you must be over 40 and placed in a grading procedure from 'Beginners' upwards. You never know, you might be selected for Spain in 2016! For further information, visit the website at [www.insports.com.au/ttv/tabletennis](http://www.insports.com.au/ttv/tabletennis) or phone Lois McConnell on 0408 306 056.

Noel Butterfield

## WORDS

Where would we be without words?  
The thought of no speech is absurd  
We'd have to relate  
And communicate  
With a squawk, or a cry, like the birds.

Perhaps we could coo like the dove  
Or sing like the skylark above,  
Or laugh like the jackass  
And create a loud fracas  
To let everyone know we're in love.

How could we pass on what we know  
To the next generation or so?  
With symbols and art  
We could make a good start,  
And with drama we'd create a good show.

But we don't have the skills of the ants,  
Or the bees with the power of their dance  
To map out the spot  
Where the pollen is hot.  
Our honey tastes good not just by chance.

Imagine a world without sermons and speeches:  
There'd be no need for pulpits and talking-head  
features.  
There'd be no politicians and latter-day preachers,  
No celebrity cooks,  
No recipe books,  
And best of all, kids, no read-and-write teachers!

Just the looks on our faces and the way that we move  
Shows we're out on a limb, or we're right in the groove.  
There are moods you can't share  
Without saying "I care"  
It's words, and much more, that provide our souls' food.

Words nourish and soothe, anger and pain  
Call us names, tell us lies, cause stresses and strain  
They fondle and cheer  
Hate and endear,  
They're our history, our culture, and so they'll remain.

Liz Findlay

## The Hills of Northcote

Northcote in the 1930's was very different to the Northcote of today. I was growing up in a village-like Northcote where not far away was the City of Preston, a place I had never been to. It seemed to me Northcote and Westgarth were

joined, perhaps because of the movie theatres, so close together which gave me a choice of movies in the 1940's when the movie business thrived.

We lived at the bottom of a huge hill, Separation Street close to Victoria Road, a hill I must climb every day to get to High Street, the tram and the train.

My social life revolved around St Joseph's Church, the Girls' Club, dances, football matches on the paddock which Wakanui Street, my street, backed on to. Sunday afternoon football, what fun!

Always, wherever I went were the Hills of Northcote - Bastings Street, Mitchell Street, Separation Street, whichever one had to be climbed. There were no buses then. Now, in my busy life at U3A a friend will offer to drive me home. When I see those hills I marvel at us, my friends and me, knowing I have walked up and down every one of them. We were magnificent!

Carmel Lee

## U3A EXPERIENCES

### **John Gildea Spreads the Word**

In March we published an article by John Gildea, aged 90, who wrote about his experiences of the many courses he has attended at U3A Darebin. He spoke very highly of the tutors and volunteers, thanking them all for enhancing our lives through information, stimulation and social contact.

John suggested that members ask their friends along to U3A Darebin to 'Give it a Go'. He was keen to promote our courses and the benefits of belonging to U3A. Well, he has certainly succeeded in spreading the word more widely!

The editor of Seniors Online website has asked permission to publish his story on the Victorian Government seniors' website and John was happy to agree. Their website address is [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au).

## U3A NETWORK VICTORIA

Attention all writers

### STORY WRITING COMPETITION

Write a story that relates to your experience as a U3A member during the last five years.

Word limit: 1200 words.

Fiction or non fiction. Prose or poetry.

### CASH PRIZES

The best writing will be featured on our website, in our publications and possibly through other channels.

See **Conditions and Entry Form** at Office or

Download from the U3A Network website  
[u3avictoria.com.au](http://u3avictoria.com.au)

Closing date: Friday 25 July 2014

## NOTICE BOARD

### **OMNI Group at SPAN**

#### **Older Men: New Ideas**

We all need friends, particularly as we get older. SPAN is looking for men aged 50 plus, to meet every fortnight to discuss what's happening in their lives, current affairs, or whatever topics they choose. Attendance is casual, so you are able to come along whenever you can. The OMNI Group will meet twice a month on Mondays from 10 am to 12 noon at SPAN Community House, 64 Clyde Street, Thornbury. Free.

OMNI groups are well established throughout Victoria. Men are invited to attend an information session on what OMNI is all about, on Monday 11 August at 11.30 am. Please stay for lunch afterwards. Free (including lunch). Friends and family are welcome to attend.

To RSVP for the info session or to sign up for OMNI, phone SPAN on 9480 1364.

For other community events and classes next semester at SPAN, check out their website [www.spanhouse.org](http://www.spanhouse.org) or phone them on 9480 1364.

## Planning for the Future – Understanding Enduring Powers of Attorney

The office of the Public Advocate is giving a free public information session about different types of enduring powers of attorney, how to complete them and important issues to consider.

**Date:** Tuesday 15 July 2014

**Time:** 1.30pm – 3.30pm

**Location:** Office of the Public Advocate (OPA) Level 1, 204 Lygon Street, Carlton 3053

**Registration:** Places at this free session are limited and registration is essential. Email [OPAeducation@justice.vic.gov.au](mailto:OPAeducation@justice.vic.gov.au) to register.

**Further information:** Contact OPA Education and Training Officer Lorraine Lipson at [OPAeducation@justice.vic.gov.au](mailto:OPAeducation@justice.vic.gov.au) or phone 1300 309 337 (local call cost).

**Public transport:** Participants are encouraged to use public transport to attend

- **tram** - from the city, take any tram route along Swanston Street towards Melbourne University, get off at stop 3 Lincoln Square and walk along Pelham St and through Argyle Square to arrive at 204 Lygon Street
- **bus** – 250/1/4 bus along Rathdowne St (Carlton Gardens stop, then cross to Pelham St). Several buses also travel along Lygon St.

Go to [www.ptv.vic.gov.au](http://www.ptv.vic.gov.au) to plan your travel.

## Morning Music at Darebin Arts & Entertainment Centre

Fridays at 11 am (complimentary morning tea beforehand):

15 August: *La Vida Local* (Latin music and dance)

19 Sept: Debra Byrne presents *Ripe*

24 Oct: Bobby and the Pins, *Barbershop Tunes*

14 Nov: Ernie Sigley *Life, Stories and Music*

5 Dec: *Spirit of Christmas*

Single sessions \$19, discount for groups and 4 to 5 show packages. See brochure on Fairfield noticeboard. **For more information** phone the box office 8470 8280 Mon – Fri 9am – 5pm or visit Darebin Arts & Entertainment Centre, cnr St Georges Road & Bell Street, Preston

Book online: [www.darebinartscentre.com.au](http://www.darebinartscentre.com.au)

## U3A Baw Baw Annual Literary Lunch

The guest speakers at this year's Literary Lunch are Eileen Harrison and Carolyn Landon who have co-authored *Black Swan, a Koori woman's life* – the biography of Eileen Harrison, Aboriginal artist from Gippsland.

**When:** Friday 11 July - 12 noon for 12.30 start

**Where:** Black Tie Restaurant, 90 Alfred St Warragul. Phone 5623 1114

**Cost:** \$35 includes a 2 course meal. For catering purposes, payments must be made by 26 June.

**For further information** see poster with EFT payment details on the noticeboard at Fairfield, or ring Mary Howlett on 0499 221 993.

## Thanks to David Feeney

Thank you to the Hon David Feeney MP, Federal Member for Batman, for assistance with printing this publication.

If you need help with any Federal Government issue, such as Medicare, Centrelink, taxation, defence, higher education, citizenship, the environment, communications and other national or international affairs, David invites you to contact his office on 9416 8690.

## Spring Newsletter

### Calling for Contributions

The next issue of the *Flyer* will be published in early September. It will contain latest news of Seniors Festival and other events, course information updates and Day Tripper Outings.

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

**Spring Flyer deadline:** Friday 15 August  
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

## U3A TIMETABLE – SEMESTER 2, 2014

<i>Day</i>	<i>Time</i>	<i>Course Title</i>		<i>Starts</i>	<i>Venue</i>
Monday	10:00 – 12:30	SCRABBLE, 2nd & 4th Monday		14/7/14	East Preston Senior Citizens
	10.30 – 12.00	STOCK MARKET DISCUSSION GROUP, 1 <sup>st</sup> & 3 <sup>rd</sup> Monday		21/7/14	East Preston Senior Citizens
	10:30 – 12:00	ITALIAN CONVERSATION	<b>FULL</b>	14/7/14	SPAN
	1:30 – 3:00	TRIVIA AND OTHER PURSUITS		14/7/14	Fairfield Community Room
	1:00 – 2:00	TAI CHI – BASIC	<b>FULL</b>	14/7/14	Northcote Senior Citizens
	2:00 – 3:00	TAI CHI – INTERMEDIATE	<b>FULL</b>	14/7/14	Northcote Senior Citizens
	2:30 – 4:00	ITALIAN - INTERMEDIATE	<b>FULL</b>	14/7/14	East Preston Senior Citizens
	3:00 – 6:00	ENJOYING OPERA - 3rd Monday/month		18/8/14	Northcote Senior Citizens
Tuesday	10:00 – 12:00	COMPUTER 1 - full semester, 20 weeks	<b>FULL</b>	8/7/14	SPAN
	10:30 – 12:00	POETRY THROUGH THE AGES	<b>FULL</b>	15/7/14	Fairfield Station
	1.30 – 3.00	MONTHLY TALKS – 1 <sup>st</sup> Tuesday/month		5/8/14	Fairfield RSL
	1.30 – 3.00	DRAW AND PAINT		15/7/14	Fairfield Station
Wednesday	9:45 – 12:45	CINEMA STUDIES 3rd Wednesday/mth	<b>FULL</b>	16/7/14	Fairfield Station
	10:30 – 12:00	BOOK DISCUSSION 1, 1st Wed/month		2/7/14	Fairfield Station
	10:30 – 12:00	BOOK DISCUSSION 2, 2nd Wed/month		9/7/14	Fairfield Station
	12:45 – 2:45	NEEDLECRAFT		16/7/14	Fairfield Station
	1:00 – 4:00	FUN with ENGLISH as a second language	<b>FULL</b>	16/7/14	Merrilands
	1:30 – 3:00	ARMCHAIR THEATRE		16/7/14	Fairfield Community Room
	1:00 – 2:00	BALLROOM DANCING FOR BEGINNERS		16/7/14	Croxton Uniting Church Hall
	2:00 – 3:00	BALLROOM DANCING - INTERMEDIATE		16/7/14	Croxton Uniting Church Hall
	2:00 – 5:00	CHESS		16/7/14	East Preston Senior Citizens
	3:00 – 4:30	SHAKESPEARE		16/7/14	Fairfield Station
Thursday	10:00 – 12:00	COMPUTER 2 – full semester, 20 weeks	<b>FULL</b>	10/7/14	SPAN
	10:30 – 12:00	CURRENT AFFAIRS, fortnightly	<b>FULL</b>	17/7/14	Fairfield Station
	10:00 – 11:30	FRENCH LANGUAGE, fortnightly	<b>FULL</b>	24/7/14	Fairfield Station
	1.00 – 2.30	OF COURSE YOU CAN WRITE!		7/8/14	Fairfield Station
	1:30 – 3:30	PAINTING AND DRAWING		17/7/14	SPAN
	1.30 – 3.00	THE OTTOMAN EMPIRE short course 3 wks		17/7/14	Fairfield Station
	1:00 – 2:00	YOGA 1	<b>FULL</b>	17/7/14	Northcote Town Hall
	2:00 – 3:00	YOGA 2	<b>FULL</b>	17/7/14	Northcote Town Hall
Friday	9:30 – 11:30	CYCLING GROUP 2nd & 4th Friday		25/7/14	Local bike trails
	10:00 – 11:30	ART APPRECIATION, 1st-3rd-5th Friday FULL		4/7/14	Fairfield & Gallery visits
	10:30 – 1:00	ITALIAN FILMS, 4 <sup>th</sup> Friday/month		25/7/14	Fairfield Station
	10.00 – 11.00	BOOK DISCUSSION 3, 4th Friday/month		25/7/14	Northcote Senior Citizens
	1:00 – 3:00	SINGING FOR PLEASURE		18/7/14	SPAN
	12.30 – 2:00	ANCIENT CIVILISATIONS		suspended	Northcote Senior Citizens
	2:00 – 3:30	LINE DANCING –	<b>FULL</b>	18/7/14	Northcote Senior Citizens
Saturday	10:00 – 12:00	COMPUTERS FOR ALL Tutor on leave		suspended	Merrilands
	1:30 – 4:00	MAH-JONG, 1st & 3rd Saturdays		19/7/14	Fairfield Station
	1:30 – 4:00	CANASTA, 2nd & 4th Saturdays		26/7/14	Fairfield Station

## 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

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