

**FROM THE EDITOR**

Welcome to Spring at last and the renewal of life and energy it brings. It is Festival time in Melbourne and U3A Darebin is again participating in a number of festive events.

Firstly, there is the Festival Celebration Day at Federation Square where U3As from around Victoria demonstrate their activities in a Carnival of Learning. It is quite exhilarating to be part of this diverse and vibrant learning community. (See page 4 for details)

Darebin City Council will be hosting many Seniors' events throughout the month of October as part of Darebin Springtime Community Events. U3A Darebin groups will be participating in the Reservoir Village Festive Day for Seniors and a number of our classes will have Open Days inviting local people to 'come and try' our activities (see page 5).

With the warmer weather it is good to get out and about and there are three more interesting Day Tripper outings coming up (see page 7 & 8). Read all about their latest outings in two beautifully written reports on page 10.

With so much happening it is good to keep your diary handy as you read this newsletter. To make things easier there is a column of important **Diary Dates** on page 6.

Thank you to all the members who have contributed items for this issue and everyone who helped in its production – Liz Findlay and Eleanor Lancaster for typing up copy, Kate Patrick for her awesome skills in editing and formatting and Robyn Hartley for her careful proof reading. Finally, many thanks to the team of mail-out volunteers, ably led by Janet Trupp.

*Jill Craig*

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**MEMBERS' MORNING TEA**

10.00 – 12.00, Monday 22 September  
 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:** Lyn Austin, local indigenous woman and member of the stolen generation, will discuss *Family Structure within the Aboriginal Community and Family Violence*

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

Excellent Door Prize

## CONTACT INFORMATION

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26 Railway Place, Fairfield Vic 3078



**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

Welcome to our newsletter for September. As you will read, the Committee has been very busy streamlining enrolment procedures and other administrative tasks. As you have reports of these initiatives, I will not comment as I have been unable to participate in these activities. My thanks go to the committee members who have worked very hard in my absence.

*Beryl Evans, President*

## FROM THE COMMITTEE

### Membership Renewal for 2015

It might seem a bit early to be thinking about renewing your membership for next year. However, the Committee wants to give members plenty of notice that we will be sending out membership renewal kits by the end of the second week in October. This is earlier than in previous years when the membership supplement has been included in the November Flyer. The renewal kit will include course information for 2015, and the membership renewal form which includes your course preferences.

As our membership numbers have grown steadily and with changes and additions to our courses and activities, the process of membership renewal, re-enrolment in classes and sending out confirmation of enrolment has become quite complex. So, after much discussion and checking how other U3As handle this, the Committee has opted for an earlier date for membership renewal. This allows existing members to get priority in applying for enrolment in classes. The period for renewal of membership and re-enrolment in classes will be from mid-October to the end of October. New memberships will be received from November onwards.

**Members Morning Tea**  
**10.00-12.00 Monday, 22 September**  
**Northcote Senior Citizens' Centre**  
**18A Bent Street, Northcote**

The Committee warmly invites all members and tutors to our next Members Morning Tea on Monday 22 September – the first Monday of the term break.

Do come along and take this opportunity to chat with friends, meet new people, share good food and listen to an interesting speaker.

We are delighted to welcome a member of the local indigenous community as our guest speaker.

Lyn Austin, our speaker for September, is involved with Aboriginal affairs, is a former Chairperson of the Stolen Generation Victoria, and worked with Jenny Macklin on the Apology to the Aboriginal people. She is a member of the Aboriginal Women's Group and is herself a member of the stolen generation.

Lyn is also a member of the Darebin City Council Active and Healthy Ageing Community Advisory Board.

The topics she will cover are the Family Structure within the Aboriginal Community, and Family Violence.

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.

### FIRST TUESDAY TALKS

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

on the first Tuesday of most months  
from 1.30 to 3.00 pm  
at the Fairfield RSL, Railway Place, Fairfield.

This is 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.

The format is 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.

The program for the rest of the year is below. Please note details carefully as there have been some changes: Paul Michell's talk is now in October and Mary Crooks is speaking on 11 November – see below for details.

#### **Tuesday 7 October**

##### **Paul Michell**

##### **PENDERS GROVE, THORNBURY - a secret history**

Paul has spent almost 30 years researching Darebin's local history and will discuss the role the Pender family has had in the development of Thornbury and Darebin.

The area north of Mansfield Street in Thornbury was known as Penders Grove. Settled by William Pender, brother of Melbourne pioneer hotelier Michael Pender, Penders Grove has had a fascinating and exciting history: a famous bushranger once roamed there, Flemington sales yards fences supplied from timber, State brickworks, 'Tommy' Bent and his downfall, Closer Settlement Board controversy.

This illustrated and fascinating talk will reveal insights into the early settlement of both Northcote and William Pender's life. Not to be missed for anyone who has an interest in the early history of Northcote.

Paul has given many talks and tours of the area with Darebin Libraries and U3A. Now retired, he still pursues his passions in local history research, is a tutor of Cinema Studies at U3A Darebin, travels and plays flute with Squawkchestra in Northcote.

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

##### **Mary Crooks AO**

##### **Projects of Victorian Womens Trust**

Mary has been Executive Director of the Victorian Women's Trust since 1996. She has an extensive background in public policy and a passionate commitment to social justice. She has undertaken research and advocacy on crucial issues for women and the broader community.

She is one of 12 Australian women who has organised a MONSTER CLIMATE PETITION that will be presented to the House of Representatives in November and at the G20 Conference in Brisbane in mid November. This was inspired by the 1891 Monster Petition in which women pressed their claim for voting rights. Australian women, men and children are being asked to sign the current petition. For more information go to the website : [www.monsterclimatepetition.com.au](http://www.monsterclimatepetition.com.au)

See *Out and About* on p 10 for reports on the first two Tuesday talks.

## SENIORS FESTIVAL EVENTS

### Victorian Seniors Festival

The Victorian Seniors Festival runs from Sunday 5 October to Sunday 12 October. Check out all the great events in the Festival booklet which is now available at the Fairfield office and also Coles stores. There is free public transport for all Seniors Card holders throughout the week and 5 days free travel on V/Line rail and coach services from Tuesday 7 October – Sunday 12 October (excluding Friday 10 October). See Booklet for full details.

### Festival Celebration day

Sunday 5 October  
10.30am – 4pm  
Federation Square

The Opening Day of the Festival at Federation Square is a vibrant family-friendly event and there is a great variety of music and performances on the various stages. Please put this date in your diary now to be sure you don't miss it and note that this is also the start of Daylight Savings so you need to put your clocks forward one hour!

Many U3As from around the state will be displaying their activities. It is great to be part of this vibrant learning community and to spread the word about U3A. Our marquee will be located along the River Terrace below

Federation Square, with the Needlecraft group displaying their work and the Mah Jong group inviting people to join in.

Our Line Dancing group will be entertaining the crowds in the performance area along the River Terrace at 1.30pm. The Singing for Pleasure group will again be performing at Deakin Edge at 11.05am. (Performance times to be confirmed).

**Important Notice:** Please bring your own water bottle. There is a water tap beside the performance area where you can refill it.

### U3A Combined Choral Concert – A Sentimental Journey

Monday 6 October at 2pm  
Melbourne Town Hall

Our choir will be performing along with many other U3A choirs in this free massed concert at the Melbourne Town Hall. The event showcases the wonderful talent and enthusiasm of members under the direction of Andrew Wailes, Musical director and Chief Conductor of the Royal Melbourne Philharmonic Choir and Orchestra. No bookings required.

## DAREBIN SENIORS MONTH

Darebin Seniors Month is celebrated in springtime each year with most events happening in October.

This is part of a huge array of community events hosted by the City of Darebin in the spring. These events are all about local people getting together, sharing stories, information and ideas, trying new activities and making Darebin a friendlier, healthier and safer place to live, work and play.

The brochure **Darebin Springtime Community Events** lists Council and community events and activities that welcome and feature older people. Look out for this brochure at your local library, or Customer Service Centre.

Frances Hennessy, our Vice President, has been very actively involved in organising U3A Darebin participation in these events.

### **Reservoir Village Festive Day for Seniors**

**When: Thursday 9 October**

**Time: 10am – 3pm**

**Where: Edwardes Street, Reservoir**

Local age-friendly businesses have combined forces to host a festive day in the Edwardes and Spring Street shopping precinct and to provide special deals for Seniors Card holders and pensioners. Older members of the community will be treated to a range of food, free activities and showbags, as well as the opportunity to talk to local health and service providers.

Make sure you register before the day to receive your free offers!

Enquiries and Registration: Register for special offers with Ronnie 8470 8634.

A number of U3A Darebin groups will be participating on the day. Please note the following details need to be confirmed.

**Tai Chi:** 12.30 – 1pm outdoors in Edwardes Street at corner of Spring Street in front of OGGI Menswear.

**Line Dancing:** 1.30 – 2pm, location as above

**Scrabble Group:** 10am – 12.30pm. The group will invite local people to 'come and try' this fun board game.

**Venue:** Cafe Rez, 12 Edwardes Street, opposite the Civic Centre.

**Needlecraft:** 11.30 – 1pm. The group will bring their own projects to the session and invite people to join them.

**Venue:** Reservoir Deli, 2 Edwardes Street

**Public Transport:** Train - Reservoir Station.  
Buses – 552, 555, 556, 558, 561

**Melway:** Map 18 G5.

This should be an enjoyable day and an opportunity to tell people in the area about U3A Darebin.

We are looking for volunteers to help in handing out our brochures. If you can help, or need further information, please leave a message for Frances at the office or phone her on her mobile 0408 556 069.

### **U3A Darebin Open days**

During Darebin Seniors Month the following U3A classes are inviting people from the local community to 'come and try' their activities. Members and friends are also welcome.

#### **Trivia and other Pursuits**

Enjoy mind games that challenge and entertain, from Pictionary to Trivia and Sale of the Century. Always a fun, relaxing session.

**When** Monday 13 October, 1.30 – 3 pm

**Where** Fairfield Community Room (next to Fairfield Library)

**Enquiries** Noel 9435 8808

**Transport** Train/ Fairfield Station, Bus 567, 609

#### **Canasta**

A relaxed card group who play with partners or singly and enjoy a cuppa and social chat at the same time.

**When** Saturday 11 October 1.30 – 4pm

**Where** Fairfield Station Classroom

**Enquiries** Claudia 9481 2774

**Transport** Train/ Fairfield Station, Bus 567, 609

#### **Scrabble**

Scrabble is a fun board game that really gets the mind working. Beginners and advanced players welcome.

**When** Monday 13 October, 10am to 12.30pm

**Where** East Preston Senior Citizens Centre, Donald Street, East Preston

**Enquiries** Elva 9478 9930

**Transport** Bus 562, 566

#### **Chess**

An experienced tutor will help you develop the skill and patience to enjoy this popular and challenging board game. Very good exercise for the brain!

**When** Wednesday 15 October, 2 – 5pm

**Where** East Preston Senior Citizens Centre, Donald Street, East Preston

**Enquiries** Vladimir 9478 2461

**Transport** Bus 562, 566

## DIARY DATES

*See page*

Monday 22 September, 10am to 12 noon Members Morning Tea	3
Sunday 5 October, 10.30am – 4pm Victorian Seniors Festival Celebration Day	4
Monday 6 October from 2pm U3A Combined Choral Concert	4
Tuesday 7 October, 1.30 – 3pm First Tuesday talk – Paul Michell	3
Thursday 9 October, 10am – 3pm Reservoir Village Seniors Festive Day	5
Tuesday 11 November, 1.30 – 3pm Tuesday Talk – Mary Crooks	4
Tuesday 2 December, 1 – 4pm U3A Darebin AGM at Fairfield RSL preceded by a Special General Meeting to consider possible changes to the Constitution (Full details in November Flyer.)	

### **Spiritual Healing Trail at Darebin Parklands: walking with Aboriginal Elders**

Residents of all ages, abilities and backgrounds are invited to join an Aboriginal led walk alongside local Elders and share understandings of country and spirituality around the beautiful Darebin Creek.

Enjoy music, share food and participate in a smoking ceremony as part of this special and always popular event.

The enduring legacy of Uncle Reg Blow and his family is gratefully acknowledged.

<b>When</b>	Sunday 9 November. Activities commence at 1pm.
<b>Where</b>	Darebin Parklands, enter via Yarana Road, Alphington
<b>Enquiries</b>	Amelia 8470 8446
<b>Bookings</b>	8470 8630
<b>Transport</b>	Bus 508 / Train Alphington Station

## U3A NETWORK NEWS

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

There are still some places available for the Grampians Gathering, which runs from Monday 13th October to Wednesday 15th October at Halls Gap. Organisers say that the all-in package at Norval conference centre represents excellent value, at \$210 for 2 nights' accommodation and all meals. Registration forms and the Gathering program brochure can be downloaded from the Network website at [www.u3avictoria.com.au/grampians-gathering](http://www.u3avictoria.com.au/grampians-gathering). For further information, please contact Lee Albert telephone 03 5352 1565, or 0419 880 198. Note that this is a new contact person.

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

Winners will be announced at the Council Meeting on 17 September.

### **Invitation from U3A Norfolk Island**

Hello from the newest member of Network NSW, U3A Norfolk Island! We have been incorporated for just on twelve months, have 63 members, and have just completed our first semester of classes and groups. We live on a unique island which we like to share with the rest of the world and we are very keen for you to visit us... We are most appreciative that the Norfolk Island Travel Centre is going to donate \$10 to U3A NI for every booking.

Thus reads a cheery introductory email for U3A Norfolk Island, urging those U3A members who might be considering an NI holiday to get in touch and enjoy the U3A's offerings as part of their visit. Check out the U3A NI website - <http://norfolkisland.u3anet.org.au> - or the Norfolk Island Tourism website - [www.norfolkislandtravelcentre.com](http://www.norfolkislandtravelcentre.com)

## COURSE INFORMATION

### Term Dates

Term 3: Monday 14 July - Friday 19 Sept.

Term 4: Monday 6 Oct - Friday 28 Nov.

### Public Holiday

Melbourne Cup Day: Tuesday 4 November

### Bulletins

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

The tutor, Dr. Jone Gaillard, is returning from leave in October. The class will resume on Friday 17 October, 12.30 – 2.00 at Bent Street.

**Cycling Group:** The group leader, Anne Sarr reports that the length of some rides has been extended up to about 40 km. Depending on distances, they may cycle one way and return to Fairfield by train. Some recent rides were to Federation Square, Brighton, Williamstown, Coopers Settlement, Coburg Lake, Latrobe University, Hartwell and Heidi Art Gallery.

**Draw and Paint:** Class members are all sorry to hear that Robyn Buckley is in hospital again and will no longer be able to continue with this class. The class will continue as a self-directed group, but will miss her very much.

Robyn established this class some years ago and has been truly inspiring, not only as an artist and tutor but also as a person. Over the past few years she has maintained her indomitable spirit and sense of humour in the face of daunting physical health problems. We all send her our very best wishes.

**Enjoying Opera:** The convenor, Claudia Sanzin, advises that the class will now commence at the earlier time of 2pm and will take a 15 minute intermission break for afternoon tea. This is the program for the rest of the year:

15 September: *Le Nozze di Figaro* – Mozart

20 October (Open Day): *Aida* – Verdi

17 November: *Nabucco* - Verdi

Sessions are held on the 3rd Monday of the month at Northcote Senior Citizens Centre in Bent Street.

**Tai Chi:** We are very sorry to hear the tutor, Barry Watson has had an accident and it is anticipated that he will be out of action for eight weeks. In the meantime two long-time class members have stepped in to help keep the class going. We wish Barry all the best in his recovery.

## 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, 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.*

*Apologies to those who have been trying to book outings listed in the June Flyer. I went on holidays and it appears that my answering machine went on a partial holiday – it recorded only parts of messages! All is now well. If you'd like to book for any of the following outings, or would like further information ring me on 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 ASAP as she needs 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. It also includes 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 9 tickets left so it's book NOW and pay on booking. Phone 9481 0992.

### **Mornington Street Market**

**Date:** Wednesday 19 November

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

Mornington Street Market is a very varied and exciting street market held on Wednesdays. This will be an ideal time to do some early Christmas shopping! We will travel by train to Frankston and then bus to Mornington – lots of time to chat.

**Meet:** 9.25 am at Flinders St Station 'Under the Clocks'. Train leaves at 9.34 am so don't be late!

## SHORT COURSES

### **The Ottoman Empire**

**Convenor:** John Pinniger

**Venue:** Fairfield Station

**When:** Thursday afternoons, 3 – 4.30 pm

**Dates:** October 23, 30 and November 6 & 13

Due to popular demand John has agreed to run this course again, this time over four sessions, tracing 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 and there are already a number of people on the waiting list. If you wish to attend this class phone the Office as soon as possible on 96 102 102 leaving your name, membership number and phone contact details.

### ***Make your own Christmas Table Centrepiece***

Renaë Monument, an experienced florist and teacher of floristry at NMIT has offered to run a three hour class for us in designing and making a Christmas centrepiece for a festive table. The centrepiece could also be used as a decorative wreath.

The numbers will be limited to 14 so please get in quickly by phoning the Office with your contact details. There will be a cost of \$5 for materials which Renaë will bring along; participants are also asked to bring along a pair of secateurs to cut any branches etc. As the finished centrepiece may be quite large and heavy, please plan ahead about how to get it home!

The class will be held at Fairfield on Friday 28<sup>th</sup> November from 1-4pm.

## FROM THE CLASSROOM

### **Current Affairs: The Hamer legacy**

Noel Butterfield writes:

*In June the Current Affairs class had the privilege of acknowledging and paying tribute to Lady April Hamer and the late Sir Rupert "Dick" Hamer, who was our 39<sup>th</sup> State Premier, from 1972-1981.*

*It was a rare opportunity to step inside the Hamer world (especially as Sir Rupert was an intensely private man). Lady April Hamer, a long standing and revered member of the Current Affairs class, agreed to talk with the class about her role as the wife of the Premier.*

*The occasion was enhanced by the surprise visit of Julia Hamer, their daughter (see her account below). Julia and April gave invaluable and candid insights into Sir Rupert – the man, the father, the premier, the legacy.*

*Given his concern for all things environmental, surely Sir Rupert is most vividly known as the 'Garden State' Premier. His other enduring legacy was surely his love of the Arts. It is no coincidence that the Hamer Hall is so named.*

*The Hamer story is diverse and immensely interesting. A long awaited biography is about to be published, entitled Dick Hamer: the liberal Liberal, by Tim Colebatch, the recently retired Age journalist. It promises to be the definitive insight and I for one cannot wait to get my hands on it!*



*April Lady Hamer with her daughter Julia. Picture: Alison Daans*

Julia Hamer writes:

My mother and I had the pleasure of talking with the Current Affairs class in June. Noel had proposed that this class be partially devoted to my mother's role as Premier's wife, and Noel himself had prepared a battery of information on my father.

The moment we entered the room and before we sat down we were met with keen and interested questions. My mother spoke of her nervousness on entering the role of Premier's wife, never having conceived of herself as a public person, but of how she had eventually got used to it and started to enjoy meeting people and felt that she had become moderately efficient at speech making.

My mother described the visits to country towns that were celebrating their centenaries, and delivering speeches to town councils, having first mugged up on the town history with the help of her secretary. Especially interesting were the gold mining towns. She

did quite a lot of this without my father. She said that it was always interesting meeting different people and hearing about their lives though she was not as good as my father at this. My feeling is that my father was extremely good at putting people at their ease, and really enjoyed hearing their stories; but that my mother had her own quiet charm that worked very well, combined with her unselfish and unfailing attention to other people.

My mother also spoke of setting up a group for the liberal wives, where they could meet and talk over their experiences, and support each other; and about going to receptions with Dad, for example, for foreign visitors like King Hussein of Jordan, or Queen Elizabeth.

Throughout the session my mother and I fielded questions from the extremely alert and lively class, who were also very well informed people politically. Some of the questions were curly and some completely stumped me - so we tried to tell more personal stories about my father to liven things up.

It was a really lively and enjoyable morning and my mother and I were talking about it for some time afterwards. So our thanks to the class for its hospitality, interest and warmth. And of course, to Noel.

### **Fun with English as a Second Language**

*The following is a joint report from students of this class.*

#### **A GOOD AFTERNOON**

Recently, Behensri Naemiratch (known as Poy), a health officer with Darebin Council, visited our class to talk about diabetes. Poy explained that there are 2 types of diabetes (and a third type occurring in pregnancy which probably won't trouble any of us). She reassured us that we can take steps to try to avoid developing diabetes, but that we can manage it if we have it. Obviously we should eat healthy food and exercise regularly if possible. Keep off those pies, hotdogs and creamcakes and also the couch.

SHOCKING NEWS! We only need one thumb-tip of salt and of sugar daily, and food portions should usually be the size of your fist (great if you've got a big fist) except for most vegetables which are unlimited. Of course, if you eat too much greenery, you'll be getting up all night!

Poy stressed the importance of trying to maintain a reasonable weight. Checking your body mass index can help, ie your weight in kilos over your height in metres, squared. Avoid obesity which is a bmi of 30 or over.

IMPORTANT TIPS: People with diabetes should take great care of their feet. Poor nerve condition in feet can lead to cuts and infections. And if you want to be fat, try to store it away from your middle so that vital organs aren't squashed!

If you have any worries, go to your doctor.

Thankyou to Poy for giving us such useful information and for entertaining us so well.

## OUT AND ABOUT

### **The Costume Collection Yarra Park**

On a cold chilly winter's morning on Wednesday 11 June a small, excited group ventured out to the Costume Collection in Bulleen. Nine of the twelve who attended were fortunate and grateful for their chauffeurs, Mary de Bortoli and Maureen Barlow.

Hidden amongst the factories of Bulleen was number 39, a grey rendered modern style building that housed this extraordinary costume collection. We were warmly greeted by the owner, retiree Loel Thomson who explained how her hobby, her love and passion for history and fashion founded her extensive costume collection.

Upstairs and behind the double doors was a silent glimpse of the past, dating back to 1788. Exhibit booths flowed through the room, each eloquently showcasing an array of original samples from each era. Full sized mannequins

were dressed from head to toe draped in exquisite hand-made costumes using elaborate fabrics. Equally impressive were the surrounding accessories of the times, from the unique hand-made jewellery, footwear, underwear and gloves, to furniture, furnishings and everyday household goods. All exhibits were well presented and documented with original scripts, magazines, books and samples.

Intriguingly displayed was the actual process used in the making of these beautiful handmade fabrics and laces. There were painted, woven, jewelled and embroidered samples each telling a story of history. An unusual display was an embroidered piece of woven cotton, made with fine human hair!

A very BIG THANKYOU to Mary. An interesting and fascinating step back in time at the costume collection and we enjoyed our big brekky we had for lunch.

Mery Moshis

### **Another Day Trippers Outing**

Our trip to Maling Road Canterbury was interesting and in a way it took me back in time. As we left the station, we walked through Maling Walk where murals on the railway wall showed different stages in the history of Maling Road. These included nursery rhyme hunts for children and adults to enjoy.

We continued through to the shopping village and it felt like we entered an old style shopping strip with a variety of architecture, antiques, gift shops, bakeries, fashion, delis and cafes.

Our lovely group enjoyed lunch at Café Eden with good food, laughter and enjoying each other's company.

Lovely day Mary!

Thankyou - Elefta

### **June Morning Tea: Royal Flying Doctor Service**

The June Members Morning Tea was again very well attended and it was great to see that most members were wearing their lanyards. It certainly made socialising easier, being able to

see people's names amid the convivial chatter over a delicious morning tea.

Our speaker was Annette Allison, Public Affairs Officer with the Royal Flying Doctor Service. She gave an excellent presentation of the fascinating history of the Service and brought us up to date with what the organisation does.

The Flying Doctor Service was founded by the Reverend John Flynn in Cloncurry in 1929. He had a vision to create a 'Mantle of Safety' across the whole country, providing emergency medical help to people isolated in remote areas. It is wonderful to know that he lived to see his dream realised – a free emergency service which is unique in the world.

Annette then told us about the services currently provided by the RFDS. They have about 63 aircraft flying over 27,000 km a year. On average they treat 763 patients every day and make 101 emergency evacuations a day. Each aircraft costs \$6 million and is specially fitted out as a flying Intensive Care Unit – 'an ICU in a telephone box'.

We also learned about the many other services the RFDS provides, including medical supplies and clinics to indigenous communities, primary health services, dental care and mobile eye clinics in remote areas of Victoria.

We thank Annette for such an interesting and inspiring talk.

Jill Craig

### **First Two Tuesday Talks**

AUGUST: Medicines and you

Our new venture First Tuesday Talks began in August with Annette Davis as the first speaker. A retired pharmacist, Annette talked about many issues concerned with medication: the importance of keeping an up to date list of any current medications; interactions with non-prescribed drugs; side effects versus allergies; advice that when travelling overseas always take your prescriptions with you or else your

medicines may be confiscated. The talk was well attended, and members found the information practical and useful.

SEPTEMBER: Making our homes more energy efficient

The second of our Tuesday talks was held on 2nd September, and was given by Richard Keech and John Fisher of "Beyond Zero Emissions" which is a non-profit organisation dedicated to providing practical solutions to climate change problems in Australia.

About 40 members came along to the RSL to hear Richard's talk, which highlighted practical ways to make our existing homes more energy-efficient and carbon neutral. We heard about practical steps such as innovative insulation, more efficient household goods (fridges etc) and solar panels. Members were given lots to think about, but in a positive and practical manner. There is more information available at their website [bze.org.au](http://bze.org.au)

Alison Daams

## U3A DAREBIN TRIBUTES

### **Claudia Sanzin Retires to the Seaside**

Claudia Sanzin, one of our most dedicated and hard-working members, is finally taking a well-earned retirement from Darebin U3A at the end of this year. She and her daughter Sue have bought a home together in Frankston, where Claudia will have her own independent unit.

At first she had planned to travel back to Italy to visit her hometown of Trieste, where she married Luciano in 1946, but she has changed her plans due to the current turmoil in Europe. Instead, Claudia is now looking forward to a leisurely sea cruise around New Zealand with no housework!

Ever since joining U3A Darebin in 1998 Claudia has been a very enthusiastic member. In 2008 she wrote this piece for the **Improving Your English** class:

### *What U3A means to me*

*When I retired, after a few months of bliss I started to be bored and not be a perfect housewife content of having a clean house, keep up with my ironing and do some sewing (specially 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, not able to decide what will be best for me, I enrolled in nearly all of them and became one of the most popular girls of U3A Darebin. And as of today, ten years later, I still attend one or two classes a day.*

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

Over the ensuing years she and Luciano took on many roles supporting the organization. As Audrey Grace wrote in 2009 they were:

*our two rocks... putting in countless hours of work during the time they served on the Committee and for many years afterwards, always loyal to Darebin U3A... we would have folded some time ago but for their constant efforts.*

In January 2010 the Committee hosted a Special Morning Tea to thank them both for their tireless work over many years. Many members sent in contributions for the *Book of Memories* beautifully decorated by the Needlecraft group. As Claudia wrote in her thank you note for the *June Flyer*:

*It was a very touching occasion. We had beautiful refreshments and we were presented with an album full of photos and missives even from people that we had not seen in years. Special thanks go to the members of the needlecraft group who spent so much time in assembling the album. Luciano and I have no words to express our gratitude.*

Since that time Claudia has continued to convene the **Canasta** group on Saturday afternoons and **Italian Films** which she initiated some years ago. She also established a new monthly course, **Enjoying Opera**, which has been very popular.



Audrey Grace presenting Claudia and Luciano with the Book of Memories. Carmel Lee on the left. Pic: Jean Garita.

Always cheerful and willing to help, we will miss her very much. Once again we thank her for all her years of dedicated service given with great generosity of spirit. We wish her all the very best in her retirement and her new life in Frankston.

## VALE GLEN EVANS

Many members will be sad to learn of the death of Glen Evans who passed away peacefully on Thursday 7 August, aged 84. On behalf of U3A Darebin, the Committee has extended our condolences to our President Beryl Evans, in her loss. She and Glen were married in Brisbane 61 years ago. They shared a lifelong commitment to education, politics and concern for the environment, as well as a great love of learning, gardening and music, especially jazz.

Glen and Beryl moved to Northcote six years ago and have been very actively involved in U3A Darebin since, firstly as members of the choir and Cinema Studies. Glen will be remembered by many for his gentle presence, cheerfulness and always thoughtful contributions to discussions.

In 2013 Glen presented a nine week course on Learning and Remembering, based on his many years of research and teaching as a Professor of Education at the University of Queensland. In conducting this course his skills as a teacher were clearly evident. He encouraged class

members to think, was respectful of all opinions, thoughtful in his comments and drew links between theory, research and practical issues of learning and remembering.

At his Memorial Service, friends paid tribute to Glen for his concern for others, unfailing courteousness and optimism, strong moral principles and his dry sense of humour. With an ever enquiring mind, he was deeply interested in philosophical issues – especially political philosophy, ethics and moral philosophy – which he pursued for many years with the Philosophy group at Yarra Valley U3A.

Glen was truly a gentleman and a scholar in the deepest sense of those words.

## NOTICE BOARD

### **Croquet – not just for grandmas**

*Still flourishing at Brunswick Mallet Sports Club*

Brunswick Mallet Sports Club are running a Spring Beginner Croquet Course for Seniors, starting on the Monday of Seniors Week, 6 October. The course runs over five weeks, from 9.30 to 12 noon on Monday mornings. You will be introduced to the skills and strategies of Golf Croquet, and start playing the game from the first session. Cost is \$20 for the course, payable upfront. This includes coaching, equipment, and morning tea.

Booking is essential as numbers are limited. Bookings close on 27 September, and we will be contacting participants to confirm their places on the course on 29 September. Book via [surveymonkey.com/r/9MGTVPQ](https://surveymonkey.com/r/9MGTVPQ) or just phone one of us:

Kate Patrick 0403 108 215 (m)  
Donna Appleby 9387 9239  
Email either of us at [bmscshare@gmail.com](mailto:bmscshare@gmail.com).

Brunswick Mallet Sports Club is located in Brunswick Park on Victoria Street, Brunswick, about 10 minutes west of Sydney Rd, and is easily reached by bus, tram or train. There is ample parking nearby. See Melway 29 E6.

For more info see [croquetvic.asn.au/brunswick](http://croquetvic.asn.au/brunswick).

### **SPAN community session Grandparents rights and family law**

Topics to be covered include

- Your rights as grandparents: family law and the Child Protection Act
- Financial assistance for grandparents caring for a child

Bookings essential, close 29 Sept.

**When** Thursday 2 October, 10 am – 12 noon  
**Where** SPAN Community House, 64 Clyde Street, Thornbury.  
**Booking** Phone SPAN on 9480 1364.  
**Transport** Bus 510, 251, 552. Tram 86/stop 38.

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

### **Alphington Community Lunch**

Alphington Community Centre holds a monthly lunch on the last Wednesday of most months. Local entertainment and light lunch (29 October: sausage rolls, spinach and ricotta rolls, muffins, fruit).

Bookings essential, close 22 Oct.

**Cost** Gold coin donation.  
**When** 29 October, 12 noon – 2 pm.  
**Where** 2 Kelvin Rd Alphington  
**Booking** Phone 9499 7227.

### **November Newsletter**

The next issue of the *Flyer* will be published in early November, in advance of the AGM in December. It will include full details of the AGM and the Special General Meeting to consider possible changes to the constitution.

We welcome members' writings: especially reports from the classroom and 'out and about'.

### **November Flyer deadline: Monday 13 October**

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:



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