

**U3A Darebin Inc.**  
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**Office hours: 10.15 – 12.15 Monday to Friday during school terms**

## IN THIS ISSUE

Our 25 <sup>th</sup> anniversary .....	1
From the Committee .....	2
Course News and Notes.....	4
Day Tripper activities .....	5
Recent Day Tripper Visits.....	5
Farewell to Nikki D’Emden .....	6
Talk on ‘Publishing Options’ .....	6
Why I volunteer with U3A .....	6
U3A Darebin member Ronda.....	7
Needlecraft Group 1 .....	8
Out and About .....	8

## Our 25<sup>th</sup> anniversary

2016 is the 25<sup>th</sup> anniversary of U3A Darebin. The first meeting of the group which eventually became U3A Darebin was held in October, 1991. A steering committee of Health and Community Care workers from the Northcote and Collingwood Councils organised a meeting at the Northcote Library to talk about forming a local U3A. This was some seven years after the first U3A group formed in Victoria.

Much has happened since then. The history of U3A is the story of the many people who have found something new or different in their lives as a result of joining U3A - new learning opportunities, interests, friendship, challenges, opportunities to contribute, inspiration, and enjoyment.

A celebration of our 25<sup>th</sup> anniversary will be held in the Northcote Town Hall on Sunday 16 October from 1.30 pm to 4 pm. Please make a note of the date. Both long term and recent members are very welcome. The final plan for the celebration will be finalised over the next couple of months and we welcome your ideas about what you would like to see included.

A book tracing the history of U3A Darebin, plans for which were reported in the February *Flyer*, will be launched at the celebration. Originally planned to be released during our 20<sup>th</sup> anniversary celebration in 2011, it is being updated for the 25<sup>th</sup> anniversary.

If you would like to be part of planning the celebration or working on the booklet, please contact the office or email us.

*Anita Hanstock, Vice-President*

### Tuesday talk

**31 May, 1.30pm**

**Grandview Hotel front room**  
**Cnr. Station St and Heidelberg Rd**  
**Fairfield.**

*(Please note change of usual venue.)*

**Grant Mackenzie**  
**Powers of Attorney:**  
**Recent changes to the law.**

*See additional details on p.3*

### 2016 DATES

**Term 2:** 11 April to 24 June

**Term 3:** 11 July to 16 September

**Term 4:** 3 October to 2 December

### PUBLIC HOLIDAYS

Queen’s Birthday: 13 June

Melbourne Cup: 1 November

## From the Committee

### **Welcome to new office volunteers**

Many thanks to members who have recently volunteered for a regular shift in the office or as a back-up when regular volunteers are unable to come. Some have been members for a number of years and others have joined this year. On a Monday afternoon in April, Alison Daams, U3A Darebin Volunteer Coordinator, introduced five new office volunteers to our somewhat crowded office and their duties.

Over the past couple of years, Alison has done an excellent job in putting together a comprehensive manual of information and resources to help volunteers in their main tasks - responding to enquiries from members and potential members, carrying out other essential office tasks and generally getting to know more about how U3A Darebin runs. [See page 6 for comments from one of our new office volunteers.]

### **Sitting in on a Committee meeting**

Marg Rankin, who joined U3A Darebin this year and went to the Members Morning tea in March, has taken up the Committee's invitation for members to sit in on a monthly Committee meeting, if they are interested in learning more about the Committee's work and the range of ways members can contribute. Marg joined us for the April meeting. She is recently retired and admits she is thoroughly enjoying the new-found freedom of being able to follow her interests. At this stage, she can't commit to a regular Committee membership. However, she says she enjoyed the opportunity to observe the Committee's work. She also had some useful comments to make about how Committee members with different responsibilities could work together.

If you are interested in sitting in on a Committee meeting, please speak to a member of the Committee or contact the office on 9489 2103. Meetings are held on the fourth Wednesday of the month from 9.30 am to 12 noon at the Fairfield Station building.

### **Class Venues**

We are more fortunate than some U3As in having access to a number of Darebin City Council-owned venues for classes. However, as the number of classes increases, finding suitable venues can be difficult. We welcome members' suggestions about possible new venues. Price is a major consideration, especially if the class is weekly and ongoing. Other factors, such as being close to public transport and adequate parking are also important. So, if you know of a venue that is free or relatively cheap, has adequate parking close by and a bus or train within short walking distance, please let us know!

### **Parking for members**

With the recent closure of much of the Fairfield RSL parking area and its imminent complete closure, we know that some members are finding it difficult to find parking, especially if they need to park close to the Fairfield Station building. We have been in touch with Darebin City Council about the problem but unfortunately there is nothing that can be done at this stage.

### **Northern U3A Regional meeting**

On 31 May, U3A Darebin will host a meeting of representatives from the 10 U3As which make up the U3A Northern Region. Several years ago, U3A Network Victoria, the body that represents U3As in negotiations with government bodies and provides support to local branches, proposed that U3As in Victoria (then numbering 102, now 106) be grouped into geographical regions, so that representatives from the branches could meet and provide mutual support, share resources and information and improve communication between U3As. The Northern Region includes U3As

based in Banyule, Darebin, Hume, Moreland, Nillumbik, Sunbury, U3A Chinese in Yarra, Yarra City, Wallan and Whittlesea.

The main topic for the May meeting will be 'Recruiting and Retaining Volunteers – strategies and planning'. It will be held at the Fairfield RSL, almost certainly the last gathering U3A Darebin will have at the RSL building, as it will close on 30 June, due to its sale for apartment development.

### Proposed new courses

*The following new courses are being offered in term 3 which begins on 11 July 2016. Please call the office (9489 2103) or email [info@u3adarebin.com.au](mailto:info@u3adarebin.com.au) if you are interested in joining either group.*

<b>Beginners Course in Family History</b> Carmel McEvey	Carmel McEvey, who recently spoke at a Tuesday Talk, is interested in developing workshop/ discussion groups for those who are either absolute beginners, or who already have some knowledge about family history. Her main interest is in Irish family history, however, the classes would include topics such as 'How to commence family research', 'What documents do I need to source', and 'How do I then develop and grow my family tree'? The workshop/discussion groups are planned to be interactive so participants can learn from each other and develop a greater understanding of this hobby.	Initially a <b>6 weeks course</b>  Probably Monday mornings <b>Venue:</b> dependent on number of members interested.
<b>Move More Easily</b> Jan Poulos and Mary Barlow	Have you ever wanted to move more easily, to sit, to walk, to bend, to turn, to reach up or down? Have you had an injury, a joint replacement, a fracture or sprain? Then this is the class for you!  A small class with very experienced physiotherapists.	Wed. 11 am to 12 noon, <b>for 6 weeks starting 27 July.</b>  Venue to be decided.

### Tuesday Talk, 31 May, 1.30pm Grandview Hotel, Fairfield

**Grant Mackenzie, speaker at the Tuesday Talk on recent changes to the law regarding 'Powers of Attorney', is a local solicitor who specialises in legal and financial advice, especially in matters relating to seniors. Grant's talk will also include difficulties which can arise if we do not have a Power of Attorney in place. Last year, Grant spoke to U3A Darebin members about making a will and his talk was very well received.**

**You don't have to book for the Talk and members are welcome to bring friends.**

## Course News and Notes

*Below is a round-up of news about classes and activities from Course Co-ordinators Annette Davis and Col Purchase.*

### **ANCIENT CIVILISATIONS**

Members of the Ancient Civilisations class have now welcomed back their tutor, Jone Gaillard. Jone's class was suspended for some weeks, while she was recovering from injuries in a car accident. We are all very pleased to know that she has recovered sufficiently to continue this long running and popular class.

### **OUTDOOR SKETCHING**

The Outdoor Sketching Group is for persons who have an interest in drawing or painting outdoors and wish to join a like-minded group, from beginners to experienced artists. There is no formal tuition and the location will change month to month. The group meets on the 2nd Wednesday of the month from 10 am to 12 noon.

If you are interested in joining, please contact the office on 9489 2103, email us on [info@u3adarebin.com.au](mailto:info@u3adarebin.com.au) or go to the U3A Darebin website and join online.

### **WRITING GROUP**

There are some vacancies in the Writing Group. This is a collaborative group which provides an opportunity for people who enjoy writing or would like to try it, to meet once a month to write and share their work. The group meets on the first Monday of each month from 1.30pm to 3pm at the Fairfield Station classroom. Members write in class and at home between sessions. Contact the office or enrol online if you are interested.

### **NEEDLECRAFT 2**

There is now a second Needlecraft group on our list of classes. It was formed as a result of collaboration with Carlton Day Respite Centre. The group meets weekly on Tuesdays from 1 pm to 3.15 pm at the Centre, 497 Rathdowne Street Carlton. If you wish to join the class or make enquiries, please contact our office (9489 2103) or email us on [info@u3adarebin.com.au](mailto:info@u3adarebin.com.au).

### **FAMILY HISTORY RESOURCE LIST**

Following her successful Tuesday Talk earlier this year, Carmel McEvey has provided a comprehensive list of resources for anyone interested in compiling a family history. The list focuses on readily available resources. It will be very valuable for members who wish to join the class she is offering at U3A next term (see previous page) and others who may already have begun compiling a family tree.

You can find the list on our website at <http://www.u3adarebin.com.au/family-history-resources>.

## Day Tripper activities

Please note that the Day Tripper visit to the Tram Museum, previously advertised for May 28, has been cancelled. Details of the next Day Tripper visit are below.

**July: 200 YEARS OF AUSTRALIAN FASHION**

**DATE:** Tuesday 19 July

**COST:** Concession \$12 Adult \$15

**MEET:** Entrance Ian Potter Gallery, Federation Square at 10am.

**BOOK:** With Mary, 9481 0992, by Friday 15 July.

This exhibition is at the Ian Potter Gallery. It features over 120 works from 90 designers. The collection traverses two centuries of fashion design in Australia.

## Recent Day Tripper Visits

### 'Suffragettes' at ACMI (Centre for the Moving Image)

On a beautiful sunny Tuesday in March a group of us met in Federation Square for the first Day Tripper activity in 2016. As a matter of fact it was my first Day Trip ever with U3A. We had lunch at a café in Federation Square with plenty of convivial company, then went to ACMI (another first for some of us) to see the movie 'Suffragettes'.

While it is not a movie one can say is exactly enjoyable, because of the violence and wanton destruction, it is typical of that era when women were regarded as chattels with very few rights, let alone voting rights! Of course the government wanted no martyrs amongst the women who fought for the right to vote, hence the cruelty of force-feeding.

We in Australia, thanks to our forefathers, or should I say foremothers, had voting rights for women in 1902, ahead of the UK and the US. But as one of our group pointed out, it's taken a long time to get equal pay!

Mary is always great company. Thanks and appreciation Mary, for organising these activities.

*Pam Priyono*

### Dandenong Market Food Discovery Tour

Ten eager Day Trippers met at Flinders Street Station on a Tuesday in March for the journey to Dandenong Market. The train trip went quickly with lots of chatting in the group. On arrival at the market we met chef Russel Bald, our enthusiastic and informative guide. He presented us with a Dandenong Market shopping bag which included a \$5 gift voucher and aromatic spices. As we toured the market we were offered samples of delicious foods including a warm jam donut, traditional Lebanese zataar (yum!), an organic apple, freshly made sugar cane juice (ours was flavoured with mint), falafel and dip, and other amazing delights from two of the market's delis.

Dandenong Market, founded in 1866, is Melbourne's second oldest and second largest market. It underwent a \$26 million redevelopment between 2005 and 2010 and is easily navigated. It has five main areas: Fruit & Veg; Meat, Fish & Deli; The Pantry (coffee, nuts, exotic breads, chocolates, cakes and gourmet food stalls); Market Square (the perfect place for a coffee break or lunch); and The Bazaar (clothing, shoes, accessories, jewellery, handbags, toys, plants and flowers).

At 12 o'clock some of the group watched Russel's cooking demonstration (one pot coconut chicken rice) while others went bargain shopping. After a leisurely lunch almost everyone was keen to purchase some food (steak and quiche being most popular) before heading home.

Thanks to Mary's organisation and preparation, another successful outing for the Day Trippers!

*Ruth Harris*

## Farewell to Nikki D'Emden

At the end of term 1 the Draw Then Paint group said goodbye to Nikki D'Emden, our tutor since Term 2 last year. She has sold her house in Clifton Hill and moved to her new home in Hobart, Tasmania, to be near her brother.

Having retired from her position as Art Teacher at Tintern School, Nikki was keen to apply her experience to U3A, and approached three local U3As to offer her services. Thanks to Darebin's prompt response, Nikki agreed to join us, in so doing ending the drought of art teachers we had suffered since Robyn Buckley became unable to continue in 2014.

After months on our own, Nikki provided a breath of fresh air. She soon had our creative juices flowing in different directions, and provided us with the confidence and motivation to enter some of our artworks in the Victorian Seniors' Week Art Exhibition at Parliament House in October 2015. We learnt new skills in watercolours, acrylics and drawing, and even in lino-printing, when she welcomed us to her home in order to use her printing machine.

As class member Johanne put it, Nikki arrived like the tooth fairy – one wave of her magic wand and this raggedy group of would-be artists was transformed into one of 'definitely could-be artists'. It was great to have her as a teacher and friend.

Good luck Nikki in your new life. We envy whichever Hobart U3A group you join as art tutor. Once again the Darebin art class is left to its own resources, but hoping for a new art tutor, soon!

*Liz Findlay*

## Talk on 'Publishing Options'

*On Monday 5th September, Blaise van Hecke from Busybird Publishing in Montmorency will be coming to speak to interested U3A Darebin members on 'Publishing Options'. Her company advocates for new and emerging writers, offering help, workshops and a monthly open mic at their studio. The talk on 5th September will take place at the Fairfield station classroom from 1.30 pm sharp until 3pm. Those interested in attending should ring the U3A office on a weekday morning between 10.30 and 12 noon. Please leave your name and a contact number. Places will be limited and it will be first come, first served. You will be advised sometime in August as to whether you have a place.*

## Why I volunteer with U3A

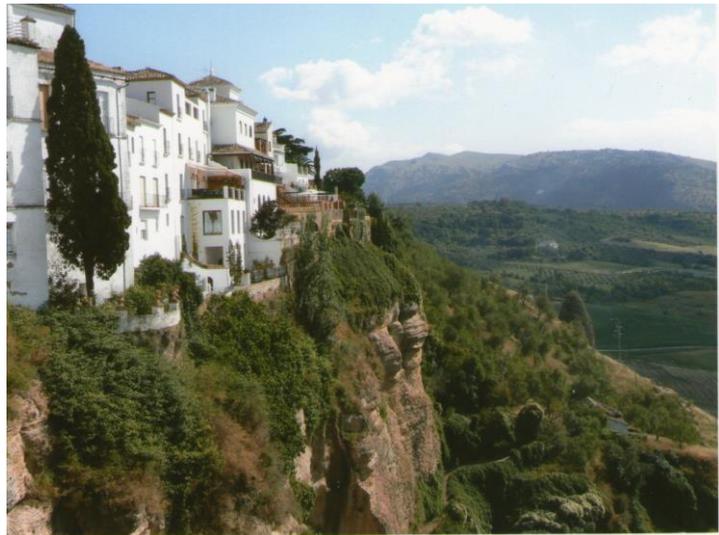
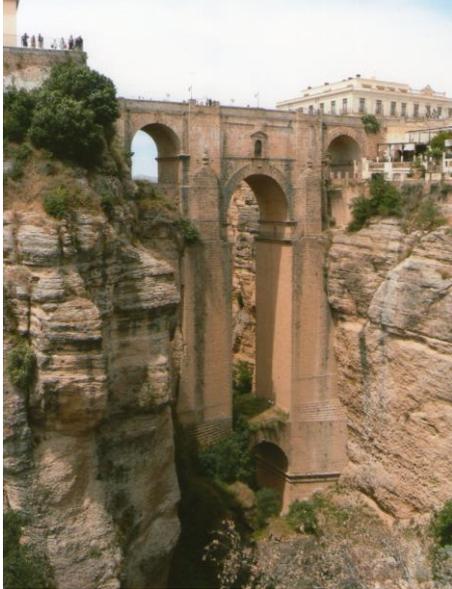
I always thought I would volunteer in some capacity when I retired from work. It has taken a couple of years to get work out of my system, in that I didn't want to commit to any regular activity. I often called in to U3A office and always saw Alison [Daams] there and asked her if she was permanent! She said U3A was short of volunteers and if I wanted I could help out in the office. I enrolled in several courses and realised that there is quite a lot of administrative work involved. U3A does such a wonderful job with the range of courses that they offer and fulfil a great need in the community for people to get out and meet other people and discuss various topics. We have all had different life experiences and it is wonderful to hear other opinions on almost every subject. As a retired admin, I thought that I could help out, so offered my services.

*Jan Gross*

## U3A Darebin member Ronda

Ronda's story begins with her paternal grandmother, a feisty lady who, when Ronda was born, insisted that her granddaughter be named after the city in Spain through which she passed on the overland route from England to Australia. She was about 14 at the time and was accompanying a wealthy family, probably as a nursemaid.

*For this article, Ronda suggested including a photo of Ronda, the Spanish city, rather than one of herself, so here are two stunning photos of Ronda.*



Ronda's surname comes from the Dutchman (Zwart is Dutch for 'black') she married at the age of 20, who she met when she was 15 and he 17. The couple had four sons. When the youngest was only 2, Ronda became sick and eventually the marriage broke up, but she has never lost touch with her family.

There's a story, well known to the Needlecraft group, of Ronda cooking a special icecream cake for one of her 6 grandsons' birthday. The saucepan of condensed milk was heating nicely when a distraction lured her into the garden; a loud explosion brought her back to find a large hole in the kitchen ceiling, the remains of a burnt out stove and no sign of the saucepan!

After a marriage breakup, what else does one do but travel? And Ronda did, for 3 years, all around the world, becoming increasingly aware of the poverty and disadvantage caused by colonisation. Returning to Melbourne, she gained an Associate Diploma in Applied Science at RMIT (now RMIT University), specialising in myotherapy. This led to an 8-year career working with the profoundly physically and mentally disabled, which she loved. Retirement followed and she went back to studying Shakespeare, which she had given up 40 years previously.....

And so to U3A. Ronda initially joined Elaine Braby's U3A Nillumbik Shakespeare class at Montmorency. When the tutor at U3A Darebin had a stroke, Elaine was asked to replace her, so Ronda joined Darebin's Shakespeare class 15 years ago. After many weeks of arriving early by train, and listening to the laughing and giggling of the Needlecraft group whilst waiting in the passageway for the class to finish, she decided she had to join that group! Unable to sew a stitch and armed with a packet of needles and a spool of thread, she entered the fray. Her needle was threaded by Val (Newland) who taught her cross-stitch; Lorna taught her beading; and now, in addition, she knits prolifically - everything from hats and sweaters to rugs and dresses - for KOGO (Knit One Give One). She is truly the KNITTING NANNY of Darebin!

*Liz Findlay*

## Needlecraft Group 1



### WORD GETS AROUND!

'Irene' at the Aquatics Centre recently referred a lady to me, as I am the contact person for KOGO (Knit One Give One). When I met the lady I found that she was Jean Hamilton (*pictured at left*), a 90+ year old *knitter extraordinaire*, who presented me with a large bag of hand-knitted jumpers and cardigans, including one matching pair of booties, suitable for babies and 3-4 year olds. The Needlecraft ladies and I were amazed to find that someone of her age, could still knit so prolifically and beautifully. And generously!

A VERY BIG THANK YOU to you, Jean Hamilton - KOGO and U3A very much appreciate your knitted gifts.

The U3A Darebin Needlecraft group also knits for KOGO. Through KOGO, the knitted items are distributed to a range of charities that help individuals and families in need.

If anyone has surplus knitting yarns they would like to donate, we will be happy to knit them into scarves, beanies, children's clothing and other items for KOGO.

*Jean Garita*

## Out and About

Many seniors are active and contributing members of their local communities, and U3A Darebin members are no exception.

Audrey Grace (U3A Darebin President from 2009-2013) and Frances Hennessy (Committee member and Secretary for many years), are members of Darebin Council's Active and Healthy Ageing Advisory Board. Darebin Council is committed to providing an age friendly environment based on Darebin's Active and Healthy Ageing Strategy 2011 to 2021. The Advisory Board provides advice to Council on issues and barriers that affect older residents living, working or taking part in social and leisure activities. It represents the interests of older adults in Darebin, including carers and family members, and it also has input into the planning of events and celebrations, such as the local Seniors Festival in October.

While Audrey and Frances do not officially represent U3A Darebin, their U3A experience and knowledge mean they have a lot to contribute. They have taken an active role on the Board since they joined it in 2012.

As a member of the Advisory Group, Frances has provided information about a coming event and a course which may interest members.

### **Elder Abuse**

Darebin Council will be holding information sessions on **16th June 2016** to inform and educate residents about elder abuse. Elder Abuse is a problem that is unfortunately prevalent in today's society. Abuse can take many forms, including physical abuse, financial abuse, and psychological or mental abuse. Research indicates that financial and psychological abuse are the most common

forms of abuse today. Older women particularly are the focus of family violence and incidents of elder abuse are often under reported.

Over a quarter of Australians experience abuse in the workplace which can carry on to abuse later in life.

Venues for the Information Sessions will be announced in the next issue of Darebin Council's Community Bulletin.

*If you (or anyone you know) would like to talk confidentially to someone about elder abuse, a trained person is available by calling Seniors Rights Victoria on 1300 368 821 between 10am & 4 pm Monday to Friday. They will listen to your problem and give advice.*

There is a copy of the Seniors Rights Victoria brochure on elder abuse prevention and support on the notice board at Fairfield Station.

### **Improving your memory?**

Do you occasionally forget people's names, have trouble remembering appointments, or forget words? La Trobe University Psychological Clinic is offering the La Trobe University Caulfield Hospital (LaTCH) memory group program to help improve use of memory and provide strategies for dealing with memory problems in everyday life. The course runs for two hours per week for six weeks. It is facilitated by trained group leaders and costs \$60, i.e. \$10 per week.

**Contact details: phone: 9479 2150, or email: [latch.latrobe@gmail.com](mailto:latch.latrobe@gmail.com)**

We welcome contributions from members – whether they are news from classes, topics that especially interest you, or personal stories and experiences.

Articles of 250 words or less preferred.

Please send all contributions to the *Flyer* team at U3A Darebin by mail, email or hand delivery.

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



Clifton Hill/North Fitzroy  
Community Bank® Branch  Bendigo Bank