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## MEMBERS MORNING TEA

Monday 19 September, 10am to 12 noon  
 Northcote Senior Citizens Centre,  
 18A Bent St, Northcote

Hear our guest speaker: **Lorna Mc Carthy**  
 from KOGO (Knit One Give One).

Please join us for an opportunity to socialise  
 and have a delicious morning tea.

*Please bring a plate to share and don't forget  
 to collect your door prize ticket when you  
 arrive.*

## Term Dates & Public Holidays

**Term 4** Monday 4 Oct – Saturday 26 Nov  
 Melbourne Cup Day Tuesday 1 November

## News

### 25<sup>th</sup> ANNIVERSARY CELEBRATION

U3A Darebin will celebrate its 25<sup>th</sup> anniversary on Sunday, 16 October from 1.30pm to 4pm at the Preston Town Hall, which is on the corner of High Street and Gower Street, Preston. We hope you can join us to celebrate this milestone.

This is a chance to meet old and new friends. There will be displays of members' work and performances by the Line Dancers and Singing for Pleasure group.

We will also launch the book *Learning and Sharing: 25 years of U3A Darebin*, a history of our organisation.

### VICTORIAN SENIORS FESTIVAL - October 2016

**Celebration Day** at Federation Square on Sunday 2 October from 10.30am to 4.00pm will mark the beginning of the Victorian Seniors Festival. This includes the Carnival of Learning, which showcases U3A activities.

There will be two large presentation spaces, one in the Upper Plaza area and one on the River Terrace, rather than individual U3A marquees as in previous years.

U3A Darebin members will be presenting in

**Federation Square** at the following times:

Upper Plaza	<i>Mahjong group</i> 12.45-1.30pm
	<i>Introduction to Family History</i> 1.45-2.15pm
	<i>What Books are For</i> 2.15-2.30pm

River Terrace	<i>Line Dancing group</i> 1-1.30pm
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The Victorian Seniors Festival **booklet** lists more than 1500 diverse, free or low cost events in City and Regional areas. People with a Seniors myki or a Victorian Seniors Card have eight days of free travel from 2-9 October.

For full details, pick up a copy of the Festival booklet from the U3A Darebin office and our venues, or view the program online at [seniorsonline.vic.gov.au](http://seniorsonline.vic.gov.au) .

**U3A Darebin Inc.**  
**PO Box 44, Fairfield. Vic. 3078**  
**26 Railway Place, Fairfield**

**Phone 9489 2103**  
**Email [info@u3adarebin.com.au](mailto:info@u3adarebin.com.au)**  
**Website [www.u3adarebin.com.au](http://www.u3adarebin.com.au)**

**Office hours: 10.15am – 12.15pm Monday to Friday during term times**

## President's Message

Spring is here! The wattles have flowered and gone, and my apricot is covered in flowers and surrounded by bees. The days are just that little bit warmer.

The Committee is starting to prepare for next year's classes – hopefully an extended offering and with some new venues – and for the Annual General Meeting in early December. I note with regret that the Fairfield RSL has closed and is no longer available to us as a venue, or for members to park there while visiting the office or attending classes at Fairfield Station.

I hope you enjoy reading this issue of the *Flyer* with its news of coming events, especially our 25th anniversary celebrations and the program of Seniors Week events.

Best wishes, John Pinniger

## Membership Renewal & Applying for 2017 Classes

Though there is some time to go, we want to give members early notice about renewing their membership and applying for 2017 classes. Note some dates may change when details confirmed.

**Late October – early November** Tutors and class leaders to confirm their 2017 courses; program and timetable finalised

**Mid-November** The online membership system will be taken offline for approximately two weeks. Members will receive details of 2017 courses, and information about membership renewal and enrolling in classes. This will be emailed to all members who have an email address; hard copies will be available at all our class venues, and it will be mailed to members who may have difficulty with either of these two options.

We ask that you be a 'buddy' to anyone you know who might have difficulties, and to pick up a copy for them.

*Saturday 26 November*

Last day of 2016 courses

**Late November- early December** 2017 membership renewal and application for enrolments open. They can be done **online, in person or posted**. Choosing either of these three options will not advantage or disadvantage anyone. Our competent and friendly office volunteers will be available to assist members with lodging their forms online.

We encourage all members who are able to, to enrol online. Members can still submit handwritten paper forms as in previous years, by posting or hand delivering to the office. However, it would help our volunteers if members without internet access come into the office to re-join and re-enrol.

**Friday 16 December 2016 -  
Monday 16 January 2017**

**The office will be closed for the Christmas/New Year break.**

*Mid-January 2017*

Course coordinators commence allocation of course placements.

*Monday 16 January 2017*

Office re-opens for 2017.

**Mid - late January 2017**

2017 membership and enrolment details sent to members.

**Monday 6 February 2017**

Term 1 courses commence.

## From the Committee

### 2016 Committee Members

President	John Pinniger
Vice-President	Anita Hanstock
Secretary	Ann Richie
Treasurer	Brian Hoban
Course Coordinators	Annette Davis & Col Purchase
Volunteer Coordinator	Alison Daams
Property Officer	Jean Garita
Newsletter Editor	Robyn Hartley
U3A Network Delegate	Julie Ryan
Webmaster	Col Purchase
Members	Jan Gross Janet Marlow

### Non-committee positions

Publicity	Margaret Monument
IT Consultant	Russell Lennox

### Annual General Meeting

The U3A Darebin AGM will be held on Tuesday 6 December. Our Constitution requires that members have at least 14 days' notice of the AGM, so you will receive information about the venue, time and details of the meeting in mid-November.

### Welcome to new Committee members

We began 2016 with a smaller number of Committee members than for the past couple of years, principally because five members, including four very long-term members, retired at the end of 2015 and were not able to be immediately replaced. However, since then, we have welcomed new members - Julie Ryan, Jan Gross - and Janet Marlow, who have all now been formally accepted onto the Committee. As reported in July, Julie has taken on the role of U3A Network delegate; Jan is working with Ann Ritchie on updating our brochure and Janet is helping out with the newsletter.

### Connecting with local organisations and groups

Over the past 25 years, U3A Darebin has established good working relationships with many organisations and groups in the local community. The Committee is aware of the mutual benefits these connections can have – for putting us in touch with new members, new tutors and new learning opportunities, and for sharing with others the skills we have.

Recently, we invited Annie Grant, Community Partnerships Officer of Darebin Community Health, to our meeting to talk about her work and discuss ways we might work together. Darebin Community Health provides a range of health and community support services for people who live, work or study in City of Darebin.

Annie told us about a survey into the use of community health and allied services venues in Darebin, some of which may be useful to U3A for classes and meetings. These include rooms in East Reservoir, Reservoir and Northcote. They find that people visiting these rooms are more likely to access community health services as they learn about what is on offer there. We also talked about the possibility of U3A providing activities and classes for people who attend community health services in Darebin, such as the Men's Shed (which has a focus on advancing the well-being and health of its members and encouraging social inclusion).

The meeting with Annie was very positive and we look forward to working with her in the future.

### New U3A Darebin brochure

The Committee has decided to update our general publicity brochure which is distributed to a wide variety of local groups, community and neighbourhood houses, our class venues and places such as doctors' surgeries, bowling clubs and other places where retirees and seniors are likely to see them. We are grateful to the Clifton Hill/North Fitzroy Community Bank, a branch of the Bendigo Bank, for a grant to help with this. If you know of any local group where brochures could be displayed, please let us know. Also, if you would like to be part of the publicity team which distributes the brochures, please leave a message at the office for Margaret Monument, who does a great job of making sure supplies of brochures are kept up to date.

## Course News, Term 4

To enrol, please contact the office: email [info@u3adarebin.com.au](mailto:info@u3adarebin.com.au) or phone 9489 2103

<b>Title and Tutor</b>	<b>Description</b>	<b>Venue and time</b>
<b>Family History</b> Tutor: Carmen McEvey	Following the success of this short course in Term 3, another is offered in Term 4. New participants are welcome along with those who have attended the previous course. Learn where to start looking and how to progress to in-depth investigation Class size: 12 – 14 maximum	Begins 3 October Mondays, 10.30am-12 noon for 6 weeks Fairfield Station
<b>FANS Scrabble</b>	As previously advised, the Fairfield and Northcote Scrabble group (FANS) meets in the Fairfield Station classroom. U3A members are welcome to join the activity, but please note this is not a U3A class.	Mondays 7-9pm Fairfield Station

## From The Classroom

### Writing Group

On Monday 5 September, members of the Writing Group and others were lucky enough to hear Blaise van Hecke, from *Busybird Publishing* in Montmorency, talk about 'Publishing Options'. She clearly outlined the main options for getting something published: traditional publishing companies, self-publishing pathways and e-book publication using the internet. Her talk clarified the processes involved, the risks, pros and cons and approximate costs. It was extremely interesting.

We are grateful to Blaise for giving us her time.

*Jill Toulantas*

### Beginners French Part 2 (tutor Mary Hanrahan)

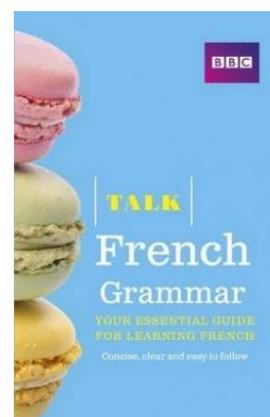
After retirement in 2015 I enrolled in French. My goals were to learn the language, to meet new people in a different environment and to keep an active brain. It has been a delight to meet other retirees discovering their enjoyment of the French language and culture.

The language class has stimulated my brain and challenged me in a positive manner. Having other people in the group of similar ilk has been affirming and supportive.

Mary, our teacher, has a lovely approach and her past teaching experience comes into play. Having also lived in France, she is able to explain and broaden our understanding about the French culture.

The idiosyncrasies and interesting anecdotes we share add colour and enjoyment to our sessions. Learning French has been more than just learning a language; it has been learning and understanding more about another culture in a non-threatening but encouraging atmosphere.

*Dianne Redford*



## Family History (tutor Carmel McEvey)

Before I joined this class, I had discovered some of my family history, mainly from information supplied by family members, particularly from my father who had a phenomenal memory and passed on information passed down by his great grandfather about his family in Cornwall and his journey to Australia in the 1850s. But I did not have much knowledge as to how to research and find primary documents and discover more about other ancestors - particularly without spending too much.

Carmel told us to start logically from oneself, finding documents (birth and marriage details etc.) relating to yourself and then to your parents and grandparents. She told us about various websites to look up, including the Public Records Office, digitised newspaper articles from Trove, records using Digger, the Genealogical Society of Victoria (GSV) and libraries such as the one in Preston, where access to sites such as Ancestry is free, as well as the State Library. She also gave us some ideas about how to keep the information we collected.

For the last two sessions, Carmel organised guests to talk to us - one from GSV who told us about the Society and about researching non-British ancestry (in his case, German), and a scientist from Melbourne University, who gave us a generalised understanding of the extremely complex world of genetics and DNA, particularly related to family and to a certain extent, genetic medical conditions.

I would recommend this course to anyone interested in finding out more about their family history.

*Lesley Taskis*

### *Coming Day Tripper Activities: October & November*

#### **VISIT TO THE ATHENAEUM LIBRARY**

DATE Wednesday 19 October  
COST \$5.00  
MEET 10.50am at the  
Melbourne Town Hall

BOOK With Mary, phone 94810992  
by Tuesday 11 October

When I visit the city I often pass the Athenaeum Library and wonder what it is all about. Now we have the opportunity to visit and learn some of the history of this iconic Melbourne institution. At 175 years old, it is the oldest subscription library in Melbourne.

We will meet Marjorie, the archivist, who will tell us of the library's history. We will tour the library and enjoy a cup of tea and biscuits

#### **LET'S DO LUNCH AT WAVERLEY RSL**

DATE Tuesday 8 November  
MEET 11.35am. Flinders St Railway  
Station (under the clocks)

BOOK With Mary, phone 94810992  
by Wednesday 26 October  
as numbers are important

We enjoyed this outing so much last year that we felt another visit was called for. We will go by train as this gives us a chance to chat and get to know one another before lunch.

The club does a very nice a la carte lunch; Seniors discount is available. It is table service - another plus. The Glen Shopping Centre is nearby so retail therapy is available for some/all after lunch.

## Tuesday Talk Report

### Darebin Fruit Squad

Tuesday 9 August 2016



Photograph courtesy of DIVRS

A small but enthusiastic group heard Martin O'Callaghan speak about DIVRS (Darebin Information, Volunteer & Resource Service), with particular focus on the Darebin Fruit Squad. DIVRS delivers free services and programs for vulnerable members of the Darebin community. These range widely, from education and advice to supervision of learner drivers.

Darebin Fruit Squad works with organisations like Second Bite to assist those who are unable to properly access fresh fruit and vegetables. Volunteers pick fruit on trees in suburban backyards which would otherwise go to waste.

Despite poor crops this year, over 5,000 kilos of fruit has been harvested in the few years since the program started. Everything is used. If the fruit is not of top quality, it is made into jam and relishes or is turned into compost.

The Squad helps to establish gardens in community areas. It also teaches marginalised people how to grow their own food, giving them new skills, a sense of achievement as well as encouraging them to socialise.

Assistance is given in the maintenance of fruit trees and an audit is being made of fruit trees in Darebin. Cuttings are grown on root stock, some using heritage varieties not often seen. These new trees are given to people so they can have their own fruit in the future.

If anyone has empty jars to donate, please take them to DIVRS, 285 High St Preston (between David and Bell Streets). They will be put to good use.

## Forthcoming Tuesday Talk

### Talk About Books – What Books Are For

- When: Tuesday 13 September, 1.30pm  
Where: Grandview Hotel, 429 Heidelberg Road  
Fairfield  
Who: U3A Darebin members and friends  
Why: To share what you are reading and discover books you haven't read



This will be an afternoon for all people who love books. A group of experienced readers will share their thoughts about books that have been important to them. This will be followed by small group discussions where you can share your thoughts about books that have changed your life, created great discussion in book groups and among friends, caused you to travel to places or just made you think. *Gold coin donation.*

The Grandview Hotel has a good menu at reasonable prices; Seniors meals available. So come around 12.30pm and share lunch with other readers.

## Poetry

It's not unusual for the poetry group to look at a very diverse range of poems over a term – different poets, styles, when they were written and what they are 'about' (although that's often a topic for discussion!). This has certainly been the case during Term 3, 2016. Some poems were chosen by our tutor, Noel Butterfield; others by class members. Noel was his usual patient, enquiring and accepting facilitator as we explored each poem and the issues it raised.

We've discussed poems about childhood, life's challenges, the natural world, growing old, death, dying, war and much more. Kevin and Rob gave wonderful readings in the Australian vernacular of several of C.J Dennis's well-known and not so well-known poems. Margaret helped us towards a better understanding of T.S Eliot's very challenging *The Love Song of J. Alfred Prufrock*. Jan expanded what we knew about Australian poet, Peter Porter.

Over the years, we've talked about what is poetry and we've looked at definitions and comments. Here's one from Dylan Thomas: 'Poetry is what in a poem makes you laugh, cry, prickle, be silent, makes your toe nails twinkle, makes you want to do this or that or nothing, makes you know that you are alone in the unknown world, that your bliss and suffering is forever shared and forever all your own.'

Robyn Hartley

Poetry class member, Jill Toulantas, recently sent in her poem titled *The Last Evening* for publication in the *Flyer*. Thanks Jill.

### The Last Evening

We sit alone. He's very still.  
No threats. No sound at all.  
A stranger, quieter evening  
I simply can't recall.

My anxious thoughts are thumping,  
I fear they can be heard;  
What if he gleans my project  
As we sit without a word?

What if he draws awareness  
From the terror deep in me?  
What if he's figured out  
That in the morning I will flee?

He's sitting fiddling with his phone  
While I pretend to read;  
If he could read my restless mind  
All would be lost indeed.

At morning light he'll leave for work  
And I will rush away.  
Our past has mutilated me,  
I simply cannot stay.

I've packed a few essentials,  
Got a ticket well concealed;  
I've been so patient, careful,  
So my plan won't be revealed.

For once he isn't drinking,  
I'm scared that he might know;  
What if he's working out a way  
To thwart my plan to go?

At last he coughs and leaves the room,  
He makes his way to bed.  
If I don't escape tomorrow  
Then I know I'll soon be dead.

Jill Toulantas

## Out and About

### Looking For Books?

Despite changes in our reading habits and growth in online publishing, sales of paper books aren't declining at the rates predicted. Local libraries are well used and we know of many U3A Darebin members who enjoy looking around bookshops where you never know what you might find!

Alison Daams, U3A Darebin Volunteer Co-ordinator and an ex-librarian, has kindly put together the following list of bookshops, second hand bookshops and libraries in the Darebin area.

#### Secondhand books

**Allsorts Books**, 275 High Street, Northcote.  
Knowledgeable owner who can get just about anything for you!

**Brown and Bunting**, 237 High St, Northcote.  
"We specialise in literature and children's, but also have a keen interest in design & art, history, cooking and non-fiction"

**Fully Booked**, 824 High Street, Thornbury.

**Howard Bolton** Bookseller, corner of Charles & Park Streets, Northcote. 9486 1960  
A very good range of books in excellent condition. The shop is open only Saturday & Sunday 11am-5pm every weekend of the year.

#### **Brotherhood Books**

[www.brotherhoodbooks.org.au](http://www.brotherhoodbooks.org.au)

Browse or search for a title or favourite author amongst thousands of donated books. Pay online and delivered to your door - orders of 3 books or more are delivered free of charge.

#### New books

**Fairfield Books**, 117a Station Street, Fairfield.

**The Book Grocer**, 263 High Street, Northcote.

#### Borrow books

#### **Darebin Library Service**

[www.darebinlibraries.vic.gov.au](http://www.darebinlibraries.vic.gov.au)

*Fairfield Library*, 121 Station Street, Fairfield

*Preston Library*, 266 Gower Street, Preston

*Northcote Library*, 32-38 Separation St Northcote

*Reservoir Community and Learning Centre*,  
23 Edwardes Street, Reservoir

Darebin Libraries online catalogue:

[www.darebinlibraries.vic.gov.au/Page.aspx?ID=14](http://www.darebinlibraries.vic.gov.au/Page.aspx?ID=14)

### Community Visitors: Volunteer Opportunities

We know U3A Darebin members have a wide range of skills and that many are keen volunteers. This call from the Office of the Public Advocate in Victoria may interest some members:

*Are you interested in a volunteer role where you can make a difference to the lives of people in your community and also hold a prominent volunteer role? The Office of the Public Advocate is looking for people in the Darebin area to volunteer as Community Visitors. These are unique volunteer positions which are official Victorian Governor in Council appointments.*

*Community Visitors protect the human rights of people with disabilities by visiting accommodation facilities and monitoring and reporting on the adequacy of services provided. Training and reimbursement of expenses are provided.*

Contact: OPA Volunteer Coordinator on 1300 309 337 or [opavolunteers@justice.vic.gov.au](mailto:opavolunteers@justice.vic.gov.au)

Audrey Grace, President of U3A Darebin 2009-2013, has been in a Community Visitor team for the past 8 years. She writes: "We visit members of our community who are so disabled that they live in group houses, cared for by trained staff. We CVs report our observations and the quality of care we see provided to the Public Advocate. We see many improvements over time to the quality of life of the people we visit, as a result of our reports."

## A good news story

Liz Donoghue, U3A Darebin member, wants to let others know about her recent experience with Medicare. Liz tried to register online on the mygov website and became increasingly frustrated when she couldn't manage it. When she visited the DHS Darebin Service Centre she found that staff there were able, and very willing, to do this for her.

This office provides Assisted Services for both Medicare and Centrelink, at 251 Murray Road which is adjacent to the Preston Market carpark.

To find your closest DHS Service Centre, go to <http://findus.humanservices.gov.au/>

## Publications

### November Newsletter deadline: Thursday 27 October

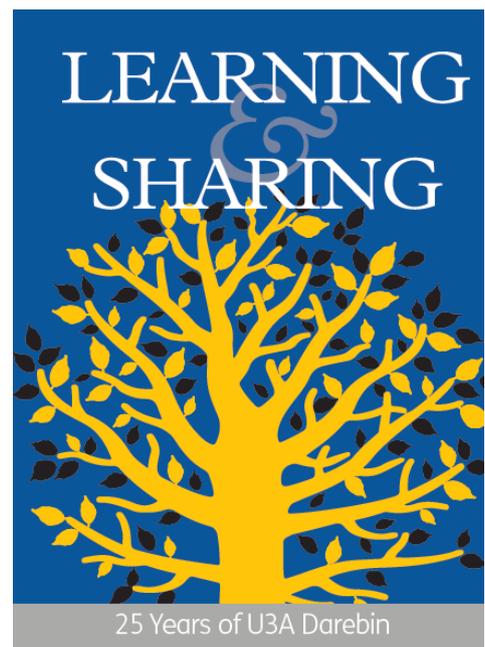
Articles of 250 words or less preferred.  
Images must be accompanied by copyright details,  
ie who/where/when the picture or photograph was made.

Please send all contributions to the editorial team at U3A Darebin,  
by mail or email or hand deliver to the *Flyer* in-tray in the Fairfield office.

## Pre-order *Learning and Sharing*

*Learning and Sharing: 25 years of U3A Darebin* tells the history of our organisation. A truly collaborative effort over many years, with many members contributing. While it traces developments from 1991 to the present, it is essentially a collection of members' writing about their experiences, in and beyond the classroom. Some pieces were written in 2011 for a planned 20<sup>th</sup> anniversary publication, some have been written in the past five years; many have been previously published in our newsletter, the *Flyer* or in other U3A publications. Together they express the diversity of our membership, the unique character and spirit of U3A Darebin and the joys of discovering new interests, ideas and friendships in the third age of life.

If you would like to purchase a copy of *Learning and Sharing: 25 years of U3A Darebin*, please contact the office phone 9489 2103 or email [info@u3adarebin.com.au](mailto:info@u3adarebin.com.au). The estimated cost of the book around \$15; you do not have to pay any money at present when ordering a copy.



## 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 9489 2103 so that we can explain our procedures in greater detail.



If undelivered, return to:  
PO Box 44, FAIRFIELD VIC 3078

Newsletter  
Number 85, September 2016

“Railway Station”  
26 Railway Place  
Fairfield 3078

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