

IN THIS ISSUE

| | |
|---|---|
| News & Calendar Dates | 1 |
| From the Committee | 2 |
| Darebin Public Art website | 2 |
| Coming Soon | |
| - Short courses; Sketching; | 3 |
| Database training (UMAS) | 3 |
| Reports | |
| - Tutors Workshop; Bike Rides | 4 |
| From the Classroom | |
| - Poetry & Needlecraft; | 5 |
| Further reading | 5 |
| Our Stories | |
| - Improving Your Memory | 6 |
| - Paul's Advice #1 | 6 |
| Out & About | |
| - In Darebin; Aged Care changes; | 7 |
| Taking Care in Summer | 7 |

News

1 **Tuesday Talk – Art in Darebin**

2 **1.30pm Tuesday 13 March**

2 **The Grandview Hotel, 429 Heidelberg Road, Fairfield**

First topic this year will be a discussion of 'Public Art in Darebin'.

3 Arrive early and have lunch before the talk (Seniors discount) -
3 bring a friend, non-members welcome.

4 Following some requests from members, the committee is
4 considering changes to the format of these occasional talks,
5 including rotating the day of the week to allow those with classes
5 on Tuesdays to attend. (Suggestions to committee are welcome.)

Members Morning Tea - 10 am Monday 9 April

6 **Northcote Senior Citizens Centre, 18A Bent St, Northcote**

6 We invite all new and continuing members to socialise, participate
in a Quiz organised by our Trivia Group, 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.*

CALENDAR DATES

Tuesday Talk – Public Art in Darebin

1.30pm Tuesday 13 March
Grandview Hotel, Fairfield

Members Morning Tea

10am Monday 9 April
Northcote Senior Citizens Centre

2018 Term Dates

- Term 1** Monday 31 January -
Thursday 29 March
- Term 2** Monday 16 April -
Friday 29 June
- Term 3** Monday 16 July -
Friday 21 September
- Term 4** Monday 8 October -
Friday 30 November

U3A DAREBIN INC. ANNUAL GENERAL MEETING 2017

At Darebin RSL on 28 November, more than 50 members attended our AGM and end of year celebrations. Guest speakers included Kim Downer, Manager of Clifton Hill/North Fitzroy Community Bank and Fionulla Spillane, Darebin Council, who presented *Where to with AGED CARE in Darebin?* outlining recent changes to council and government aged care services.

We sang along with the *Singing For Pleasure* group, the new committee was introduced, supporters and those in ongoing or retiring from roles were thanked, then afternoon tea and chat!



Seasonal songs

Photo: J Marlow

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

Phone 9489 2103
Email info@u3adarebin.com.au
Website www.u3adarebin.com.au

From the Committee

2018 Committee of Management

| | |
|--|------------------|
| President | Ann Richie |
| Membership Secretary & Vice-President | Julie Ryan |
| Secretary | Jan Gross |
| Treasurer | Estera McKenzie |
| Course Convenor | Annette Davis |
| Volunteers & Assistant Course Convenor | Peter Ryan |
| Office Manager & Equipment Coordinator | Alison Daams |
| Office Assistant | Russell Boustead |
| Property Officer | Jean Garita |
| Newsletter Editor & Web | Janet Marlow |

Non-committee positions

| | |
|-----------------------|-------------------|
| IT Consultant | Russell Lennox |
| Web & Data Consultant | Col Purchase |
| Publicity | Margaret Monument |

A very big welcome to all U3A Darebin Members for the beginning of term one 2018; we hope you all enjoy your year with us. A special welcome to our new members, many of whom are just discovering what U3A is all about: a sharing of knowledge and skills. (If you are interested in running a class do contact our Course Convenor and discuss your ideas.)

Our Committee for 2018 (at left) has many familiar names and several in new roles. President John Pinniger and our treasurer of many years Brian Hoban resigned at the November AGM. Col Purchase has resigned from the committee but remains an ex-officio member of our data team. We thank them for their dedication and help over their years of involvement.

As you may be aware, some of our classes were over-subscribed and they now have a 'wait list'. When a vacancy opens in that class the next member on the list will be notified. Be patient, it has been our experience that many full classes will have vacancies during first term as members find other things to do, move away or decide that the class is 'not for them'.

(Enrolments were taken on a first come first served basis; those who mailed enrolments were stamped and dated and held until all enrolments opened. Our volunteers do their best to accommodate all members but sometimes cannot meet everyone's expectations.)

Please note, it is important that members contact their tutor if they are going to be absent from a class – so make sure you obtain your tutor's (or tutor assistant's) contact phone number or email address at your first class. (Do not contact our office, as messages may not reach the tutor until well after the class.)

This year we are trialling some joint classes with U3A Banyule. These are *Sudoku*, *Lawn Bowls* and *Mathematics*. The aim of these joint classes is to allow people to pursue specific interests that may only get minimal enrolments in each U3A but a combined class becomes feasible. There has been a good response to these classes and more are in the pipeline.

On a note of interest, Elsie Mutton, who has been President of U3A Network Victoria for over six years and President of the U3A Asia Pacific Alliance (2012-2014) was honoured in this year's Australia Day awards with an Medal (OAM) Of The Order Of Australia for services to Education. We offer her our congratulations and are all delighted at this recognition of our organisation and its people.

Ann Ritchie, President

Explore art in Darebin before the upcoming *Tuesday Talk*: www.darebinarts.com.au/programs/public-art/



St Georges Road Koori Mural



Fairfield Industrial Dog Object (FIDO)

Coming Soon

U3A Darebin Short Courses in Term 2

Two short courses will begin after Easter. If you are interested, please enrol online now or contact our office to register your name and details - then put a reminder of the starting date in your diary.

INTRODUCTION TO SPANISH

Join tutor Maria Pintos-Lopez for an introduction to Spanish - language of the poets, conquistadors and those who know good wine. Classes will be easy and entertaining, leaving you with a good basic knowledge to be used for travelling or for further study of the language.

Starting on 20 April, **Fridays 1.30 to 2.30pm for 5 weeks** at Fairfield Station.

INTRODUCTION TO FAMILY HISTORY

An introductory course presented by Carmel McEvey, which will provide guidance on how to search your family history – what methodologies to follow and where to locate and research material to support ancestral investigation. New and continuing members are welcome.

Starting 16 April, **Mondays 10.30 until 12 noon for 4 weeks** at Fairfield Station.

Annette Davis, Course Coordinator

Outdoor Sketching

Places are still available for outdoor sketching on the third Wednesday of the month between 10am and 12 noon. You don't have to be a master of the pencil, pastels or paints to enjoy this course.

Come and try your hand and enjoy the open air and scenery at a different venue each month. Bring a chair, sketchbook and drawing/painting materials and you'll receive a warm welcome.



The first sketch-out this year is on 21 February in *Carlton Gardens north*, with its heritage-listed nineteenth century 'Gardenesque' style plantings, tree avenues and original 1891 Curator's Lodge.

A short stroll south will bring the architectural contrasts of Melbourne Museum and the Royal Exhibition Building into view.

Alison Laird, Tutor

Help is at Hand – UMAS training

Interested in finding out more ways to use U3A Darebin's database? Our UMAS database is useful for: tutors to send emails to their class members, members enrolling in new classes or changing enrolments, finding out where and when classes are running, and much more...

Ring or email the office and leave your details – a volunteer will contact you and make arrangements for a training session. These will mostly be held on a Friday, but other days can be worked out if required.

Ann Ritchie

Reports

U3A Darebin Tutors Workshop

On 23 January a successful Tutors Workshop was held at SPAN Community House, with forty people in attendance - including tutors, potential tutors and committee members. We were pleased to welcome Anne Thompson, the Convenor of the Education Committee of U3A Network Victoria, who opened the day. Much talk and discussion was followed by a great lunch with lots of chat between attendees. Thanks to Ann Ritchie and the other presenters and the participants for their contributions. There will be a follow-up workshop in October to address some of the ideas and issues raised.



Participants in Tutors workshop.



Photos: Ann Thompson

Friday Bike Rides

The Friday bike group rides between 20 and 30 km each 2nd and 4th Friday of the month. Apart from some good exercise and exploration of the outdoors we always find a good café for some refreshment and social interaction. While we sometimes need to use roads, as far as possible our rides are mostly along bike paths - such as the Yarra, Darebin or Merri creek routes. We may also use trains to get further afield - the Bay ride or Williamstown for example.

Keith Burrows



At Kanteen in South Yarra

From the Classroom

Last Year

The *Poetry Through the Ages* group enjoyed a breakup lunch on 22 November 2017 at the Grand View Hotel in Fairfield, after another stimulating and interactive year of discussions about all sorts of poetry.

Our intrepid leader, Noel Butterfield, is seated on the extreme right!

Margaret Maguire



The *Needlecraft* group donated over 680 items to KOGO (Knit One Give One) last year, including some of the children's toys shown here being wrapped in cellophane by volunteers before Christmas distribution.



Jean Garita

Further Reading

If you're looking for a reading challenge, here are ten books selected for 2018 by **Book Discussion 1**. Spanning a range of topics and genres, these titles can be borrowed or reserved through Darebin Libraries.

Salt Creek by Lucy Treloar

Force of Nature by Jane Harper

Barkskins by Annie Proulx

A Horse Walks into a Bar by David Grossman

Between a Wolf and a Dog by Georgia Blain

The Green Road by Ann Enright

Flesh Wounds by Richard Glover

The Grass is Singing by Doris Lessing

A Wrong Turn at the Office of Unmade Lists by Jane Rawson

The House by the Lake: a story of Germany by Thomas Harding



Dianne Beaumont

Our Stories

Improving Your Memory with La Trobe University

For some years, La Trobe University's Psychology Clinic has offered the LaTCH Memory Strategies Program for people over 60. This six-week group program focuses on common age-related changes and challenges in everyday memory and also explores common myths about memory and ageing.

Towards the end of 2017, I decided to join the Program, because I realised that my memory, particularly my short-term memory, was not as good as it used to be and I was becoming mildly frustrated with some of my lapses, for example, when I walked into a room in my house and found that I'd forgotten why I was there. Also, a good friend told me I was increasingly taking longer than necessary to get to the point of a story I was telling!

The LaTCH program was conducted by an experienced neuropsychologist. I thoroughly enjoyed the six, two-hour sessions and would recommend the program to anyone interested in strategies to help improve your everyday memory, for example, with recalling names, remembering arrangements and appointments, and keeping track of belongings. Strategies suggested are based on research evidence. The program is well presented and well organised; the atmosphere is informal which provides plenty of opportunities for discussion and sharing of experiences. I know I wasn't alone in being reassured to know that other people of similar age to me have similar memory problems.

All of the strategies offered were essentially practical and don't require a lot of effort – just the determination, organisation and concentration required to make them work. The program introduces the use of acronyms, chunking information, visualisation and various other techniques that are practiced throughout the sessions.

Below is more information about the program from La Trobe Uni. Psychology Department.

There is a charge of \$60 per group to cover the cost of the materials, including a booklet that has detailed notes from each session. Groups for 2018 will be commencing in February, August and October.

To register your interest in the LaTCH Program contact the La Trobe Psychology Clinic

Phone: (03) 9479 2150

Email: latch@latrobe.edu.au

Website: <http://www.latrobe.edu.au/psychology-clinic>

Or <http://www.latrobe.edu.au/psychology-clinic/services/group-programs/latch>

Robyn Hartley

PAUL'S ADVICE COLUMN - #1 Credit cards and death of spouse

Are you aware that if you have a joint credit card, it will be in the name of the primary account holder? Moreover, in the past the default primary holder has always been the male partner. Upon death of the primary holder, all cards linked to those accounts (including joint cards) will be suspended. Note, this does not happen with joint bank accounts such as Savings accounts and Debit cards, it's only a credit card issue.

Problem – death of loved one and no credit card!

Solution – everyone should check the primary credit card holder for any joint account they have.

If it's not in your name... then apply for a new credit card in your name only. Whilst getting a new one can be a little complicated, this will save a lot of financial hassles later on and is worth persisting with now.

This is based on recent experience last year in getting a credit card for my wife. I discovered all credit cards in her name were joint ones, and that I was the primary account name for all these accounts.



Paul Michell

Out & About

In Darebin

Have Your Say on Lifelong Learning: Darebin City Council is seeking community ideas and opinions on learning opportunities in Darebin, as they develop their first *Lifelong Learning Strategy*. Lifelong learning covers formal education and informal learning for people of all ages and life stages.

You can provide feedback by taking a short online survey (closes Friday 16 February), with the option of going in the draw to win Hoyts Cinema double passes: go to www.yoursaydarebin.com.au/LLS

Tech Talk FREE: Do you have a question about using digital technology? Every Friday 10am-12noon at SPAN Community House (64 Clyde St, Thornbury), a local volunteer can help you become more confident using your device, hardware or software. Bring your functioning tablet, phone or laptop. **Bookings essential**, phone 9480 1364.

Borrow a Device at Reservoir Library: Get your hands on the latest technology! You can now borrow an iPad or laptop and use it in the Reservoir library for up to 3 hours per day. A Library card is essential, so make sure you have it before leaving home.

Changes to Australian Government Services for Seniors

For information about the new Australian Government **My Aged Care** services ring 1800 200 422 8am-8pm Mon-Fri, 10am-2pm Sat or visit www.myagedcare.gov.au. All home help, after-hospital, respite, short-term restorative and residential aged care services are now provided through this federal government agency. The *News for Seniors* magazine is no longer published, instead you can subscribe to the online newsletter www.humanservices.gov.au/individuals/news/older-australians and/or follow *Seniors Update* Facebook and Twitter accounts for news and queries about Seniors services.

Heat kills more Australians than any natural disaster - take care of yourself and others in summer

There are various reasons why seniors are vulnerable in extreme heat: your skin is not able to sweat and cool the body as efficiently as it used to, some chronic medical problems make the body more vulnerable to heat stress, and certain medication can hinder your body's ability to regulate its temperature. Some groups of seniors, including people over 75, people with a pre-existing medical condition and those with a disability are particularly vulnerable to the extreme heat. It's important that we look after ourselves and older people in summer, especially during heatwaves.

It is very easy to become dehydrated during extreme heat. This can lead to heat cramps, heat exhaustion or heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. However, there are steps we can take to minimise the risks due to heat.

With heatwaves becoming a regular feature of the Victorian summer, it's important to plan ahead and consider how you can look after yourself and others when the extreme heat hits. For example, you could postpone outings or schedule activities such as watering the garden in the coolest part of the day. If you must go out, take a bottle of water with you. It is important you drink plenty of water, even if you don't feel thirsty. However if you are on limited fluid intake or fluid reducing medications of course you should talk to your doctor first.

You can keep your home cool by drawing the blinds and turning on a fan or air-conditioner. It might even help to take cool (not cold) showers during the day if you're still feeling hot (as long as you're safe doing this by yourself) and to be sure to dress in light and loose clothing made from natural fabrics. Another good way to keep cool is to put a wet towel around you.

Check on older neighbours, family and friends during days of extreme heat - one easy way of doing this is by a quick phone call. Most important, if you or anyone you know feels unwell on a hot day call NURSE-ON-CALL on 1300 60 60 24, or call 000 if you suspect symptoms of heat exhaustion or heatstroke.

For more tips about coping in the heat listen for radio updates and visit www.betterhealth.vic.gov.au

From: Seniors Online (27 Nov 2017), article by Gerard Mansour, Commissioner for Senior Victorians

Our Privacy Policy

U3A Darebin is a community based provider of classes for older people and is run by volunteers.

We collect names, addresses and emails to enable us to mail out newsletters and other information about classes; we list phone numbers to contact you directly if required.

This mailing and phone list is not made available to anyone outside the organisation.

We also ask you for personal details to provide statistical data to government funding agencies. This is a requirement for receiving government grants and 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 please telephone our office on 03 9489 2103 or email info@u3adarebin.com.au so that we can explain our procedures in greater detail.



This newsletter is printed with assistance from the office of the Member of Parliament for Batman, Victoria.

U3A DAREBIN INC. is supported by:

