



U3A Werribee Region Inc. Tri – Cycle Newsletter



P.O. Box 1264, Werribee Plaza, 3030 EMAIL: sec.u3awbee@hotmail.com

WEB: <http://www.u3awbee.net.au>

PLEASE NOTE: We have no office. For all inquiries refer to our website.

WINTER EDITION: No. 120 JUNE - AUGUST 2019 FOUNDED 1992



U3A WERRIBEE OFFICE BEARERS AND CONTACTS

Patrons: Mr K.S. Butyn Principal Werribee Secondary College:
Mr Tim Pallas MP Member for Werribee

Life Members: Mrs Barbara Knowles
Mr Brian Beck
Mrs Libby Pearson

Committee:

President: Dave Callan Email: president.u3awbee@gmail.com (note: it's **gmail**, not hotmail)

Vice President: Frank O'Shea

Treasurer: Jannette Allen Email: treas.u3awbee@hotmail.com

Secretary: Linda Kazlauskas Email: sec.u3awbee@hotmail.com

Membership Coordinator: Jannette Allen Phone: 9395 1606 Email: membership.u3awbee@hotmail.com

Course Co-ordinator: Lia Albergo Email: courses.u3awbee@hotmail.com

Committee Members: Brian Beck, Brian Kilfoyle, Merle Deslandes, John Preston, Lyle Raison, Adrian Cloonan and Don Lee.

UPCOMING EVENTS

2019 Term Dates

Term 2: 29 April - 21 June 2019

Term 3: 15 July - 13 Sep 2019

Term 4: 7 Oct - 29 Nov 2019

Morning Tea

Our next morning tea is on Thursday 4 July at 9.30am at the Hoppers Crossing Sports Club (HCSC). Our guest speaker (who is a human being!) will be speaking about life at the Werribee Zoo.

Social Activities

Various social activities and outings are organised for members and details are made available through email messages, notices given out during classes or may be included on our website.

FROM THE EDITOR'S DESK

Greetings once again from your co-editors, Don and myself. No sooner are we over the whirlwind of Easter than we are gathered up into Federal Election, a new Royal baby and "How To Keep Well in Winter". Love keeps us warm and so do good friendships and equally so does the U3A with its fellowship and new things to learn. I think Climate Change is on our mind and the problem of the Waste that we generate. Far too many things are packaged in plastic and abominably DIFFICULT to get into. Short of a pneumatic drill or at least a hammer and chisel how do old fingers and thumbs GET LIDS OFF?



FROM THE EDITOR'S DESK (Cont.)

Please send your contributions for the newsletter to me at newsletter.u3awbee@hotmail.com

The deadline for the next issue is 9 August 2019

Cecilia Conway-Wright

FROM OUR U3A WERRIBEE PRESIDENT

Hello Everyone

Well here we are nearly at the end of Term 2 . Where does the time go? It is that time of year to put an extra blanket on the bed and it's also the time of year that I especially enjoy when we have the occasional blue skies during the day and cold at night. My idea of heaven!

During the past month Barbara and I have been on a 19-day cruise to Japan and spent a week touring Japan. During our cruise we bumped into fellow U3A Werribee members Una and Campbell Cowie, who were celebrating 50 years of marriage. While we were all in Sydney, Campbell for his birthday, climbed the Sydney Harbour Bridge and lived to tell the tale. Well done Campbell! The moral of this is, if you really want to do something worthwhile, JUST DO IT!



Soon I am going to be visiting my doctor for my flu jab. HAVE YOU HAD YOURS YET?

Our Network delegate Lyle Raison recently attended a U3A Western Regional Meeting and delegates from some other local U3A groups were most surprised at the number of classes we offered. Our Tutors deserve a big "Thank You! It was also noted at the meeting that U3A classes are in general a lot cheaper than courses run at TAFE and other adult organisations.

This started out as a few lines, so I will finish now with the hope that you all keep safe, healthy, warm and comfortable. Regards to you all.

Dave Callan.

WORDS OF WISDOM

"Old age may have its limitations and challenges, but in spite of them, our latter years can be some of the most rewarding and fulfilling of our lives." Billy Graham (1918-2018) Christian evangelist.

"Education is the best provision for old age" Aristotle (384 - 322 BC) Greek philosopher and scientist.

"There is nothing insignificant in the world. It all depends on the point of view." Johann Wolfgang von Goethe (1749 - 1832) German writer and statesman.

"You are never too old to set another goal or to dream a new dream." C.S. Lewis (1898 - 1963) British writer and lay theologian

AROUND THE COURSES

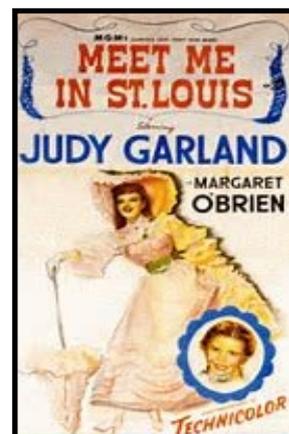
A History of Popular Music

We spent the first five weeks of Term 2 with the stars and the songs of the British Music Hall, including Australian Florrie Forde who introduced such iconic songs as “It’s a Long Way to Tipperary” and “Pack Up Your Troubles in Your Old Kit Bag.” We watched an episode of The Good Old Days, the BBC TV series that recreated the Music Hall shows. One session was devoted to Marie Lloyd, the “Queen of the Music Hall” who gave us “Don’t Dilly Dally on the Way” and other great songs. We also watched the BBC TV movie that told the story of her life.

Next we took a look at American vaudeville, its stars and the songs they introduced including “Take Me Out to the Ball Game” and “Meet Me in St Louis, Louis.” The greatest showman of vaudeville was Florenz Ziegfeld and we watched the excellent movie about him: The Great Ziegfeld.

Term 3 will continue with the songs of the years leading up to the First World War, then we’ll consider the songs that accompanied the War such as the martial and excessively patriotic “Over There” and the plaintive cry of a mother who sang “I Didn’t Raise My Boy to Be a Soldier.” Later we’ll hear about the beginnings of jazz.

John Funnell



Australian History

During the second term of 2019, Australian History commenced with the early evolution of our current State Land Borders which can be traced back to the Treaty of Tordesillas by the Spanish and Portuguese during 1494. These two countries divided the world into two exploration and colonizing areas – East was 135 degrees longitude. This 135 Meridian was to become the western border of the Colony of NSW in 1788.



Also, we covered the maritime exploration, early European settlement and development of both Tasmania and South Australia. From the first reported sighting of now Tasmania by a European Dutch explorer Abel Tasman during 1642 till it became an independent colony during 1825. We discuss Tasmania’s development as a penal colony – later which became Hobart, including the “Black Wars”. And, we looked at the foundation of the South Australian Association in 1834, to a Free Settlement during 1836 and through to Statehood in 1901. For the remainder of this term and into the next term, we will look at the different explorers and events which shaped Australia.

Lyle Raison



Statue of Abel Tasman in Hobart

AROUND THE COURSES (Cont.)

Health and Wellbeing

My name is Lynette Alder and I am your Health and Wellbeing instructor. My class meets at Kookaburra Avenue every Wednesday at 10 am. My qualifications are Diploma of Nutrition, Diploma of Reflexology, Massage and Bowen Therapy, Certificates in Meditation, Aromatherapy, Electro Magnetic Radiation, Colour Therapy and Feng Shui. (Many years of study there!). I owned my own Natural Therapies practice in Werribee for almost thirty years.

Each week we discuss at least three aspects of these subjects, practice meditation and do some light exercise movements.

I regularly buy food products which we taste and discuss their nutritional value and vitamin/mineral / protein and fibre contents. I have demonstrated reflexology and various types of massage and aromatherapy, as well as discussing the problems of modern life e.g. radiation, chemicals in our food and environment. We review the latest media news on medical research and health issues.

In the last two years we have not repeated any class, such is the broad range of subjects. I often joke that we will be there for more than ten years to cover everything.

Lynette Alder



Ballet Matinee

The first term saw us snuggling down in Cecilia's lounge room in the 'Royal Box', so-to-speak, to watch some full length classics.

We have loved the pathos of Giselle and the comedy of the pantomime of La Fille Mal Gardee. La Fille is truly a pantomime in the tradition with a Dame (danced by a man) and a 'Buttons' character – a simpleton to be laughed at ... (not so politically correct these days).

We started the new Term 2 with Swan Lake by a Viennese Ballet company with three principals guesting from the British Royal Ballet, Rudolf Nureyev, Margot Fonteyn and the conductor John Lanchberry.

Although now deceased, Nureyev and Fonteyn continue to give us their dancing. It is as if they are immortal. We can still marvel at the beauty of their dancing and we can still be changed by it.

If you want immortality, write something down or leave images that long outlive you.

Cecilia Conway-Wright



A scene from La Fille Mal Gardee



AROUND THE COURSES (Cont.)

Music You Like to Hear

We started the New Year with an Italian flavour, not only because we experienced the heat of Italian summers, but also because we wanted to refresh our memories by looking again at the history of music, which started with the Ancient Greeks, followed by the Romans, and spread gradually over Europe. France, the Netherlands, Austria and Germany became the leaders in the development of music but Italy was the country many musicians from other countries flocked to.

Valentine's Day was observed with a bit of schmaltz by Fritz Kreisler and his violin music and some love songs by Beethoven.

The Queen of the instruments, the Pipe Organ, was featured in another programme and had different parts to play: that of soloist, accompanist and being part of a small ensemble and also a large orchestra with composers like Jeremiah Clarke, Tassarini, Handel, Widor and Saint Saens.

'Bel Canto' is Italian and means 'Beautiful Singing', and so we had some beautiful voices of all types – soprano, alto, mezzo, tenor, baritone and bass – to do just that: sing beautifully in one of our sessions.

The Concert Season of 2019 in Melbourne started for me with the Australian Brandenburg Orchestra who play on period instruments, and I was able to talk about their performance and play some string and recorder music.

We enjoyed three programmes put together by John Funnell and Tony Mason with music of a different kind by Albert Ketelbey, Charlie Chaplin, Leroy Anderson, Gershwin and Ross Edwards and a variety of old recordings by famous singers from the past, provided by Christel Boetzel. I thank them and think we can all look forward to the coming term of Music You Like To Hear.

Anna Mitchell.



The Australian Brandenburg Orchestra in action at the Melbourne Recital Centre

French

Our French class has devoted and persistent students who are showing great philosophical aptitude. They are amazing! The following stories have been selected from students' own voluntary contributions presented to the class in French, but described here in English.

Ralph – brought to our notice the significance of '*confiance*' (confidence) and gave us the example of where staying alone at home engenders doubt and fear. Better to find courage and self confidence and rid ourselves of bad thoughts and habits.

Christine – was driven by her husband Stan to the dentist at Geelong so that she could receive *traitement dentaire* (dental treatment).

Mary – with great delight announced that she has become a grand-mother for the first time to a little boy. They are all well and happy. *Toutes nos felicitations!* (Congratulations)



AROUND THE COURSES (Cont.)

Viga – visited her daughter and son-in-law in Brisbane. The city and environment has not had any rain for a long time creating a *jardin délabré et souffrant* (dilapidated and suffering garden). However Viga told us as soon as she arrived there, the rain poured with *tonnerre et éclair* (thunder and lightning). She obviously brought her own miracle to the region.

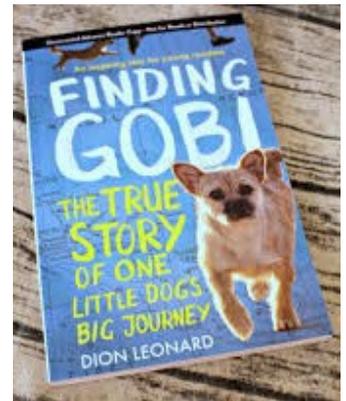
Jenny – told us about the wedding reception held in a 40 year old heritage listed domain in Sherbrook, where Sundi and her son Tony were married. She had nothing but praise for the house and garden and of course, the bride and groom looked absolutely *superbe* (superb).

Lia – one Sunday she went for a walk along the Mornington Peninsular from Red Hill South. The weather was *belle* (beautiful), a little *chaud* (hot) but there was plenty of shade given from the fruit trees and the view was *stupéfiant* (stunning). They lunched at 'Montalto' cave.

Ursula – likes '*le pain perdu*' (French toast) where the bread is a little soft inside and lightly brown on the outside. She discovered how to make this special bread from "You Tube".

Jeannette – gave us an abridged version of '*histoire de Dion Leonard et Gobi*' which is about a man, a dog named Gobi and the lengths to which love is sacrificed for your companion. Dion Leonard, an Australian ultramarathon runner, suddenly noticed a stray dog following him during a 250km marathon along the Gobi desert in China. This little, dog who despite his size, had a big heart and the beautiful story ends with Dion triumphantly finishing the marathon, although Gobi had to be quarantined in Peking before joining Dion back home in Scotland for Christmas 2016. *Merveilleux!* (Wonderful)

Marthe Veres-Siwiek Fleur de Bruxelles



SENIOR MOMENTS

Members will hopefully recall how a few months ago, some of us went to a performance where we learned about "Senior Moments". Here are some more examples. A senior moment is where:

- An attractive young person catches your attention and your pacemaker opens the garage door!
- Your spouse says "let's go upstairs and make love" and your response is: "Sorry but I reckon I can only do one or the other"!
- You're out on your bike and suddenly realise that you are dressed only in your underwear!
- Your friends compliment you on your new alligator shoes, yet you are barefoot!
- You're halfway up the stairs, stop for breath and now you don't know if you were going up or coming down!
- Your telephone call is on hold and you suddenly cannot remember who you called!



Go on, tell us about some of your Senior Moments

MEMBERSHIP NEWS

For all U3A Werribee membership enquiries, please contact our membership co-ordinator, Jannette Allen on Tel 9395 1606 or you can email to: membership.u3awbee@hotmail.com

Members may be interested to see the age distribution of our current U3A Werribee membership, as shown below:

Age Range	Male	Female
50's	0	3
60's	16	41
70's	21	102
80's	13	21
90's	1	4
Age Unknown	3	16
Total	54	187
Grand Total	241	



We do want to welcome the following members who have recently joined us:



Elida Gabor Rose O'Neill

You are reminded that as a member of U3A Werribee, you are entitled to a Hoppers Crossing Sports Club (HCSC) loyalty (blue) card at no extra charge. This card entitles you to club discounts, so if you haven't yet received your card, please contact Janette Allen.

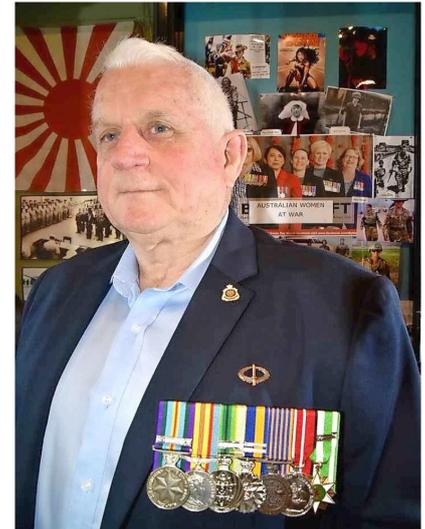
MERLE'S SOCIAL ACTIVITIES & OUTINGS

Please don't forget our morning tea coming up at 9.30am on Thursday 4 July 2019 at the Hoppers Crossing Sports Club in Hogans Road. Our guest speaker will be someone from Werribee Zoo, which should be most interesting.

Merle Deslandes (9749 7746)



RECOGNITION OF U3A WERRIBEE MEMBERS



Two of our U3A Werribee members, Pam Raison (Current Affairs) and Lyle Raison (Australian History and member of U3A Werribee Committee) recently appeared in the local newspaper in recognition of their work with the Werribee RSL.

Pam was recognised for being one of the first females to complete the same training as men in the Army – followed by nearly 28 years service and achieving the rank of Lieutenant Colonel as an Education Officer. This serves as an inspiration to all young women in the community.

Lyle was recognised for his work assisting with the RSL memorabilia (specially his display recognising “*Australian Women at War*”). Also, for the research and assistance with the design and construction of the Werribee’s WW1 Avenue of Honour monument.

LIFE AFTER PEOPLE; LIFE BEFORE PLASTICS

I am watching a DVD series called “Life After People” showing how the forces of Nature over time will bring down human-built structures and eventually cover the scars of the ‘Rape of the Earth’ when rivers return to their natural courses and vegetation covers much. The series is cleverly computerised as it shows the decay and collapse of great buildings.



Many of us at U3A remember life before plastic packaging. Remember paper bags and cardboard containers, fabric shopping bags and little tins with lids? Remember saving good paper bags and long bits of string? Who recalls taking your own bottle to the doctor or to the chemist for your medicine? My late mother even remembered when aspirin came in powder form in little paper packets. We would often wash out tins and jars for the useful storage of paint brushes, nails and screws.

Now to be told that Australian waste is no longer wanted by countries in Asia: what shall we do? Pile it up in great slag mountains and hope that Nature will mercifully cover it with grass and bush and pretend we weren’t to blame? Or can we recycle it into useful new products?

Cecilia Conway-Wright

PROGRAM OF WERRIBEE COURSES FOR TERM 3 OF 2019

Monday 15 July - Friday 13 September 2019

Day/Time	Activity	Group Leader/Tutor		Venue
MONDAY				
10.00 - 01.00	Lunch & Movies ⁽¹⁾	Kaye Harvey	0402631171	SY
01.00 - 03.00	Spanish	Carmen Cohen	0425729324	WCC
01.00 - 02.00	Tai Chi	Marie Dean	8742 6732	HCSC
02.00 - 05.00	Introduction to Bridge	Serita Mudford	0410 599 323	HCSC
02.00 - 05.00	Bridge	Brian Kilfoyle	0409 073 869	HCSC
TUESDAY				
09.30 - 10.30	Senior Men in Light Exercises	Tony Bradford	0447139202	HCSC
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003	HCSC
10.00 - 12.00	Beginners Computer Course	Don Lee	9749 2798	AP
12.45 - 02.30	A History of Popular Music	John Funnell	9296 1036	HCSC
01.00 - 03.00	Intermediate Computer Course	Don Lee	9749 2798	AP
02.30 - 03.30	Photography	Bernie Flaherty	0412814610	HCSC
04.00 - 05.30	Line Dancing	Jenny Pratt	9742 9038	HRC
WEDNESDAY				
10.00 - 11.30	Health and Wellbeing	Lyn Alder	97417735	WCC
09.45 - 12.00	Mosaic	Helen Galea	9749 1207	WCC
10.00 - 12.00	Intermediate French & Culture	Martha Siwek	97417610	HCSC
01.00 - 03.00	Australian History	Merle Deslandes	9749 7746	HCSC
01.00 - 04.00	Cards — 500	Kay Dwyer	9731 6976	SD
01.30 - 03.00	Book Club ⁽³⁾	Libby Pearson		PH
THURSDAY				
01.15 - 02.30	Yoga for Older People	Trevor Walsh	0438 304 638	UC
01.00 - 04.00	Mahjong	Nicky Hodgman	9749 1131	HCSC
FRIDAY				
10.00 - 11.30	Current Affairs	Pam Phegan	9742 4354	HCSC
10.00 - 12.00	Ballet Matinee	Cecilia Conway-Wright	0407558825	PH
01.00 - 03.00	Music You Like To Hear	Anna Mitchell	9741 2730	HCSC

- Notes:**
- (1) The Lunch & Movie Group meet on the second Monday of the month at the Sun Theatre, Yarraville.
 - (2) This Book Club meets on the second Tuesday of the month at The Brook, Point Cook.
 - (3) This Book Club meets on the second Wednesday of the month at members' houses.

FOR ALL COURSE INQUIRIES:

PLEASE CONTACT OUR COURSE CO-ORDINATOR: LIA ALBERGO ON 9749 7594 or 0412 993 756

OR EMAIL: courses.u3awbee@hotmail.com

PROGRAM OF POINT COOK COURSES FOR TERM 3 OF 2019
Monday 15 July - Friday 13 September 2019

Day/Time	Activity	Group Leader/Tutor		Venue
TUESDAY				
09.00 - 11.00	Magic of Numbers	Frank O'Shea	0432358933	JAM
09.00 - 11.00	Creative Writing	Mary Wickham		JAM
11.00 - 01.00	Book Club ⁽²⁾	Cynthia Boddington	0408389937	BPC
12.00 - 01.00	Japanese Language & Culture	Suzanne Luder	0404131052	JAM
01.00 - 03.00	Beginning French	Bernadette Mravljak	0477940877	JAM
02.30 - 03.30	Cryptic Crosswords	Rod Allen	9394 6651	JAM

Venues

AP	Arndell Park Community Centre. Federation Boulevard, Truganina.
HCSC	Hoppers Crossing Sports Club, Hogans Road, Hoppers Crossing.
PH	Private Home: For details please contact the tutor.
SD	Lifestyle Seasons, 13 Sundial Boulevard Tarneit (at the Clubhouse).
SY	Sun Theatre, Yarraville.
TCC	Tarneit Community Centre, c/r Leakes Rd & Sunset Views Boulevard, Tarneit.
UC	Crossroads Uniting Church, Synott St., Werribee.
WCC	Wyndham Park Community Centre, 57 Kookaburra Ave, Werribee.
HRV	Heathglen Retirement Village, Glendale Crt (just off Heath Road), Werribee.
FB	Featherbrook Community Centre, 33- 35 Windorah Drive, Point Cook.
JAM	Jamieson Community Centre, Jamieson Way, Point Cook. (Room A or B)
BPC	The Brook, 215 Sneydes Road, Point Cook.
ALTON	Altona Sports Club, 11 Altona Road, Altona.

THIS TRI - CYCLE NEWSLETTER IS PRINTED FOR U3A WERRIBEE BY COURTESY OF TIM PALLAS, MEMBER OF THE VICTORIAN LEGISLATIVE ASSEMBLY FOR WERRIBEE.

DISCLAIMER: This newsletter is for information purposes only and views expressed here are not necessarily those of U3A Werribee Region Inc. While efforts have been taken to ensure that the material contained in this newsletter is accurate, U3A Werribee Region Inc does not guarantee the accuracy or the completeness of the material. Readers are advised not to rely solely on this information when making any decision and should seek independent advice before making any decisions.