



U3A Werribee Region Inc.

Tri – Cycle Newsletter

P.O. Box 1264, Werribee Plaza, 3030

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

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

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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: Brian Kilfoyle Email: president.u3awbee@gmail.com (note: it's **gmail**, not hotmail)

Vice President: Vacant

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

Secretary: Jan Phelan Email: sec.u3awbee@hotmail.com

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

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

Committee Members: Dave Callan (Past President), Merle Deslandes, Jill Squires, Libby Pearson, Nicky Hodgman, Adrian Cloonan and Don Lee.

UPCOMING EVENTS

Remaining 2020 Term Dates

Term 2: 27 April - 19 June 2020

Term 3: 13 July - 11 Sept 2020

Term 4: 5 Oct - 27 Nov 2020

Morning Tea

Our next morning tea will take place at the HCSC on Thursday 2 April 2020 at the HCSC (Hoppers Crossing Sports Club) at 9.30am.

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.

OUR NEW U3A WERRIBEE WEBSITE

Have you seen our new U3A Werribee website? If you haven't yet seen it please do have a look and let us know what you think. Just 'Google' U3A Werribee or use the URL as shown above and you will see information such as about our courses and "Latest News". So if you have any news to share with our members please let me know. My email address for any U3A correspondence is don.hx@optusnet.com.au and I look forward to hearing from you.

You will also notice that our courses are listed in alphabetical order on the website while we have maintained the same 'daily' format in this newsletter as in the past.

Don Lee

FROM THE EDITOR'S DESK

Your editors, Don and I welcome friends and fellow members to the 3rd month of the 2nd decade of the 21st century. Tumultuous events have filled our summer break; unprecedented bush fires at home; a new disease virus in China; Brexit for anyone still interested in European affairs; more family worries for Queen Elizabeth; the on-going drought and some rain for our Aussie farmers. Has there ever been such a time !



Most of us will have family or friends affected by one thing or another in these places. Membership for the various courses offered by U3A will keep us broadminded and interested in world events so that we do not shrivel up into our own little corners.

Please send me your reports for the next issue of our newsletter to newsletter.u3awbee@hotmail.com and the deadline is 8 May 2020.

Cecilia Conwaye-Wright.

FROM OUR RETIRING U3A WERRIBEE PRESIDENT

Hello Everyone

During the past year the Hoppers Crossing Sports Club (HCSC) began significant alterations to the restaurant area that affected one of our classes but I must say it was worth it as the restaurant and sitting areas are now very attractive. Our morning teas were a success thanks to Merle and her team. Sadly during last year we lost one of our popular members Vic Mayal, who was always with a smile and a joke. Also in December our past president John Preston had a serious operation from which he is making a good recovery as we speak.



Anna Mitchell of the class "Music You Like to Hear" decided after 20 years of tutoring to hand her baton over to John Funnel for a well earned rest but happily she will still be attending the class to enjoy the music she likes to hear.

It is with a heavy heart that I have to announce that the Point Cook branch ceased to operate at the end of the last term due the cost of the Wyndham Council hire rates, Some of the classes will however still operate so check the details on the website or in your newsletter.

On a brighter note our 2019 Christmas Lunch was a very fine affair in the refurbished restaurant and food to match.

I decided not to stand for President for 2020 and we also needed a new Secretary as Linda our current Secretary had decided to have a rest. I am therefore delighted to announce that at our recent AGM, Brian Kilfoyle was elected President with Jan Phelan elected as Secretary. Also re-joining the committee are Libby Pearson and Nicky Hodgman. Brian Beck who has been a stalwart member of U3A Werribee for many years, as both committee member and past President also decided to take a break. We do thank Brian for his valuable contributions over many years and are grateful that he will still continue his association with us in tutoring the "Exploring History" group. Lastly I thank the outgoing U3A Werribee committee for their loyal support and we look forward to the future progress with the various activities of our U3A group.

Regards

Dave Callan

AROUND THE COURSES

Health and Wellbeing

Thank you to all the loyal Health and Wellbeing members who have been coming to class for three years now. Our first class for the 2020 year of the Rat consisted of a discussion about being born in the beginning of the twelve year Chinese cycle. It looks as if this first year will certainly be the beginning of changes for the whole world!



As usual, our class begins with the latest news and how it will affect our health and wellbeing. Then we have a meditation session to clear our minds, before investigating a nutritional item, perhaps a particular food, fruit, vegetable or drink. We taste test the product; a different one each week.

Learning about the contents and how to read labels and decipher contents, such as vitamins, protein, sugar, additives and chemicals is always interesting.

Half way through the class we do some movement exercises, stretching, stepping, Chinese methods of tapping and acupuncture.

Following that, we discuss common ailments and how to use food and aromatherapy to assist in maintaining our health. Massage and Reflexology is included and demonstrated.



This is a varied class, with many therapies included, so there is always something for everyone. If someone requires a particular subject to be explained or discussed then that is included.

The charge of \$5 per session is to cover the cost of pens, notebooks, folders, food items and essential oils. This also gets refunded in the form of a Christmas meal at the end of the year.

Lynette Alder.

Ballet Matinee

This keen group of dancers (in our hearts) are learning that classical ballet is not just all about pretty little ballerinas pirouetting on tip toe to music written in three-four time. The dance dramas that we see on DVDs encompass great sagas of classic themes as well as myths, historical events, comedies, tragedies and modern stories. Dancers have to be superb actors as well as talented dancers, using mime and body language and amazing athleticism; they also have to be able to interpret the music of the dance and to retain an accurate memory of the steps that they are performing.



Their active dance careers are necessarily short, as the body ages; many still stay in the business.

This year we have many three-act ballets to watch and also some shorter works.

Cecilia Conwaye-Wright

AROUND THE COURSES (Cont.)

Photography

The photography group has an active group of enthusiasts. Again this year the members have entered in the Grange Community Photo Competition featuring Wyndham Pride. A local U3A Werribee Calendar 2021 will again be produced featuring Wyndham themes. In the past these calendars have sold out with a limited print and the cost price this year will be \$20.00 per calendar. Should any member be interested in obtaining a Calendar they should contact me on 0412 814 610 before the end of October 2020 to ensure your copy.

Bernie Flaherty



These photos of the St Andrew's Church in Werribee and Rothwell Cemetery in Little River were taken using an infrared technique that gives them a most interesting appearance.

Senior Men in Light Exercise (SMILE)

Tony Bradford, our tutor (see photo) still has a spring in his step. He is a proven great weight for age star. So, what does Tony do on his special birthday? Well whether it's his birthday or not, each week he rocks up at the Hoppers Crossing Sports Club (HCSC) to lead his group of members and promptly pumps an 80 Kilo barbell! Tony has always shown ability with his sporting results in athletics on the field and has many titles with track and field events. He has coached four generations from Juniors to Senior Men.

Tony is a great leader in the fitness routines and activities and he leads our SMILE group each week through their paces. Indoors he practises reflex and movement skills through games and exercise. Once a week, walking outdoors at the HCSC, doing laps of oval and stopping off at exercise stations along for bit of interest. After finishing off with our gym sessions, we all enjoy a coffee together in the Clubhouse.

Bernie Flaherty



AROUND THE COURSES (Cont.)

Japanese Language and Culture

If you can say *'konnichi wa'* (hello) this class could be for you, as the newest very friendly and eager bunch of learners have discovered. Our class members have various experiences of life in Japan and future needs are explored and incorporated as much as possible. The topics covered so far have included pronunciation, simple grammar structure, greetings and farewells, how to introduce yourself, and how to talk about your family and other people's families.

We've also compared Japan and Australia, discussed Japan's religious foundations and skimmed over some historical highlights, trying to dispel some Japanese myths along the way.

As the course progresses, we will be looking at how to order in a cafe or restaurant, shop, ask directions, life in Japan and how to generally get by in Japan as a tourist using Japanese words. All the while, cultural tips are included.

In case you were wondering, some of things we are not doing are: learning lots of script, doing lots of homework or doing any tests!

'Ja Mata' (See you later)!

Suzanne Lüder



A LITTLE POEM FOR SENIORS — SO TRUE IT HURTS!

Another year has passed and we're getting so much older,
Last summer felt much hotter and the winter was much colder.
There was a time not long ago when life was quite a blast,
But now I fully understand 'bout "living in the past",
We used to go to weddings, footy games and tasty lunches.
But now we go to funerals and after funeral brunches.
We used to go out dining and couldn't get our fill.
But now we ask for doggie bags, come home and take a pill.
We used to often travel up to places near and far.
But now we get sore asses from riding in the car.
We used to go to nightclubs and drink a little booze,
But now we nightly stay at home and watch the evening news.
That my friend is how life is and now my tale is told,
So go enjoy each special day before you're too darn old ...!

Dawn Carton, U3A Werribee Member



AROUND THE COURSES (Cont.)

Music You Like to Hear

Last year terms 3 and 4 went by like a flash – how time flies when one is busy! On the last day of Term 4 we were entertained by George Butrumlis who is a local identity and virtuoso on the piano accordion, which everyone enjoyed. Our music programmes were varied as usual. There were complete performances of French Operas and Intermezzos. We celebrated spring with Vivaldi, Schubert, Schumann and Mendelssohn and listened to an Opera Gala from Baden-Baden. The composer Franz Liszt filled another programme, and so did Beethoven's ninth symphony. We learnt that many composers have composed only nine symphonies and not more; there seems to be a superstition and belief that a 9th was the limit, and musicians therefore talk about "The Curse of the Ninth".



Tony Mason and John Funnell presented programmes on Tchaikovsky, Dvorak and Elgar, which was followed up by an old DVD of Elgar's life. We also had fun watching the movie "Quartet" with Maggie Smith and Billy Connolly about an aged home for retired musicians, quite charming!

My personal highlight of the year was the concert performance of Giordani's opera 'Andrea Chenier' at Hamer Hall with my favourite tenor Jonas Kaufmann and meeting him (see photo) over dinner afterwards. I wish I could have shared it with my classmates. He is definitely the best tenor in the world at the moment.



I am happy to announce that John Funnell has agreed to conduct the music class from now on, and I know that he will do a fantastic job. After almost 20 years I have decided to retire, mainly for health reasons, but still to come and listen and catch up with my musical U3A friends.

Anna Mitchell

NEW COURSE BEING PLANNED

Italian

We have had inquiries from several people about starting up an Italian class, however we don't yet have a tutor. If you can help facilitate an Italian class, please contact me on 9749 7594 or email: courses.u3awbee@hotmail.com

Lia Albergo



FOUNDATIONS

“Do you have poor old bones, Granny?”

“Good gracious, child! What a thing to say. Now listen, I must go to Miss Evie’s in Grimsby. Our Spot is in a silly mood and won’t be left behind but he can’t go into Miss Evie’s with me, so I want you to come and look after Spot.”

“Can I go into Miss Evie’s?”

“No. Little girls and dogs aren’t allowed.”

“Does Miss Evie cure creaky bones, Granny?” But Granny said no more and the train trip only one station down the line was exciting enough.

The shop window betrayed nothing, but before the door closed on Granny, Gertie caught sight of a plaster model wearing a corset. Spot looked up at Gertie as they settled down outside. Perhaps it was Granny’s old corset that creaked and she wasn’t going to die of old bones after all.

Granny came out of Miss Evie’s with a brown paper bag.

“Is that your new corset, Granny?” “What a question!. No it isn’t my new corset, it’s my old one. Now come on, back to the station.”

Spot pulled on his lead. Granny marched off creaking worse than ever.

“Why are you still creaking Granny?”

“I’m breaking in my new corset, dear ... not that I have to explain to you.”

But by the time Gertie reached womanhood, flappers, flat chests and short skirts were all the rage, so Gertie never did get to explore the mystery that only Granny knew.

Cecilia Conway-Wright



WORDS OF WISDOM ABOUT LIFE

“Nobody can make you feel inferior without your permission.” Eleanor Roosevelt (1884 – 1962) Former USA First Lady, diplomat and activist.

“He who has a why to live can bear almost any how.” Friedrich Nietzsche (1844–1900) German philosopher and cultural critic.

“Common sense is genius dressed in its working clothes.” Ralph Waldo Emerson (1803 – 1882) USA essayist, lecturer, philosopher and poet.

“Nothing that you have not given away will ever be really yours.” C. S. Lewis (1898 – 1963) British writer and lay theologian.

“The two most important days in your life are the day you are born and the day you find out why.” Mark Twain (1835 – 1910) USA writer, humourist, entrepreneur, publisher and lecturer.

“Educating the mind without educating the heart is no education at all.” Aristotle (384–322 BC) Greek philosopher.

“In the end, it’s not the years in your life that count. It’s the life in your years.” Abraham Lincoln (1809 – 1865) Former USA President and lawyer.

MEMBERSHIP NEWS

As this is the first Tri-Cycle Newsletter for the year now is a good time to remind everyone that 2020 membership subscription fees are now due and payable.

For those who have already paid – Thank You.

For those who have not yet paid your prompt attention to this matter would be appreciated.

The subscription amount remains at \$40.00 for the year (January-December).

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



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

Ken Kugler	Karl Loibl	Gwen Karklins	Jaroslav Cycon
Christine Scott	Jennifer Cox	Alison Angelovski	Peter Angelovski
Vlad Peska	Leonie Barnett	Karla Pearson	Nelli Soedhrdj

As part of your U3A Werribee membership you are also entitled to discounts at the Hoppers Crossing Sports Club (HCSC). You just need to provide the HCSC with proof of U3A Werribee membership (ie your membership badge).

In order to save on postage costs, we are considering only distributing our newsletters via email and our website in the future. In order to do this please ensure that we have your email address or the email address of someone who can assist.

MEMBERSHIP CRISIS

At our recent U3A Werribee Annual General Meeting, our Membership Coordinator reported the membership shrinkage from 250 to 170 with new applications down. Also in one reported class the average age was over 85 years; in two others over 80 years and a couple of others about 75 years with few younger 'joinees'. It's suggested that this disparity may eventually threaten the existence of U3A Werribee. Previous activities to redress this problem have been disappointingly frustrated by poor results and it was pointed out that this is not uncommon around other social clubs.

This short article is an appeal for a person-to-person approach to attract new members: please be active in promoting U3A. Membership is open to all over 50's, 'University' does NOT mean a club for retired uni-graduates. Rather the essence if U3A has to be lifelong learning and shared friendships.

U3A can do a lot for YOU; but can you can do a lot for U3A by attracting a new member to the fold?

Tony Mason.



PROGRAM OF WERRIBEE COURSES FOR TERM 1 OF 2020

Monday 27 April – Friday 19 June 2020

Day/Time	Activity	Group Leader/Tutor		Venue
MONDAY				
10.00 - 12.00	Exploring History	Brian Beck	9741 5460	HRV
10.00 - 01.00	Lunch & Movies ⁽¹⁾	Kaye Harvey	0402631171	SY
01.00 - 02.00	Tai Chi	Marie Dean	8742 6732	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	TCC
11.00 - 01.00	Book Club ⁽²⁾	Cynthia Boddington	0408389937	BPC
12.30 - 02.30	Japanese Language & Culture	Suzanne Luder	0404131052	PH
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	TCC
02.30 - 03.30	Photography	Bernie Flaherty	0412814610	HCSC
04.00– 05.30	Line Dancing	Jenny Pratt	9742 9038	HRV
WEDNESDAY				
09.45 - 12.00	Mosaics	Helen Galea	9749 1207	WCC
10.00 - 11.30	Health and Wellbeing	Lyn Alder	97417735	WCC
10.00 - 12.00	Intermediate French & Culture	Martha Siwek	97417610	HCSC
01.00 - 04.00	Cards — 500	Kay Dwyer	9731 6976	SD
01.30 - 03.00	Book Club ⁽³⁾	Libby Pearson		PH
THURSDAY				
10.00 - 12.00	Current Affairs	Campbell Cowie	9741 3928	HRV
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 - 12.00	Ballet Matinee	Cecilia Conwaye-Wright	0407558825	PH
12.30 - 02.00	Let's do Lunch ⁽⁴⁾	Suzanne Luder	0404131052	TBA
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.
 - (4) The Lunch Group will run on the third Friday of the month.

FOR ALL COURSE INQUIRIES: EMAIL: courses.u3awbee@hotmail.com

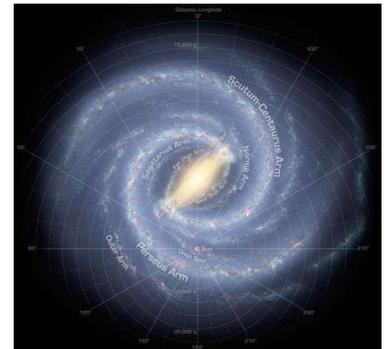
OR CONTACT OUR COURSE CO-ORDINATOR: LIA ALBERGO ON 9749 7594 or 0412 993 756

COURSE VENUES

BPC	The Brook, 215 Sneydes Road, Point Cook.
GAC	Glendale Aged Care, Werribee, 265 Heaths Rd Werribee.
HRV	Heathglen Retirement Village, Glendale Crt (just off Heath Road), Werribee
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.
TBA	To Be Advised. For further details please contact the tutor or course coordinator.
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.

DID YOU KNOW THESE FACTS ABOUT THE UNIVERSE?

- It is estimated there are about 400 billion stars and 500 million planets capable of supporting life in our galaxy, called the Milky Way (shown in the photo).
- The diameter of the Milky Way galaxy is about 9.5×10^{17} km .
- It takes 225 million years for our Sun to travel round the galaxy
- There are probably more than 170 billion galaxies in the observable universe.
- The Voyager 1 spacecraft is the most distant human-made object from Earth and is currently about 11 billion miles away from earth.
- Neutron stars are the fastest spinning objects known in the universe and one spoonful of a neutron star weighs about one billion tons.
- Uranus spins on its side and consequently each summer and winter lasts about 42 Earth years.
- Makes you dizzy just to think about these amazing facts doesn't it?



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

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