



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. 125 JUNE - AUGUST 2020

FOUNDED 1992



U3A WERRIBEE OFFICE BEARERS AND CONTACTS

Patron: 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 Albergo 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 3: 13 July - 11 Sept 2020 Term 4: 5 Oct - 27 Nov 2020

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

Hello everyone. Strange times we live in! I see in my March editorial, a passing reference to a new disease virus in China. Little did we dream even in early March that there would be a world pandemic, bringing such changes into our lives. I am sure we all send our heartfelt sympathy to any of us who have loved ones who have succumbed to the virus.

We live very interrelated lives: a reality brought home to us in no uncertain ways in the past few months. We may be sick-to-death of the whole business (little else on the News) but in this our third age, we have learnt to soldier on and yet to be a source of strength to those who simply CAN'T ... God bless them.

Send me your pieces for publication at newsletter.u3awbee@hotmail.com and the next deadline is 7 August 2020.

From your editors, Don and Cecilia.



FROM OUR U3A WERRIBEE PRESIDENT

At this stage in the year 2020 we can say that we have both good and bad news. The good news is that your U3A is not going away and we will be here when we come out of this lockdown. The bad news is that at this stage there are no classes running and just when we can return to something like normality is a very open question. Nonetheless I have serious doubts that there will be any major resumption of classes this year as it will be difficult to comply with the spatial distancing protocols. And of course many of our venues may decide that our demographic is too large a risk and thus decide the issue for us. Nonetheless some small home based groups may be able to resume sooner than others. We'll keep you informed via our website if there are any new developments.



Your committee has decided that your membership for 2020 will also cover you for 2021. Only new members will pay the annual fee next year.

On a brighter note, I can report that some of our members are regaling (with pictures) the delights (?) of renovating old furniture, cleaning out sheds and so on. Doing all those things that have been put off for years; even I - the world's greatest scrounger/hoarder! - I am actually throwing stuff out. You know, all that precious stuff which we think may come in handy one day, but probably never does. Will the psychological consequences of changing these habits of a lifetime be more harmful than the virus?

But, frivolity aside, the important message is: do not vegetate, do things - anything and keep contact via all those electronic pathways – such as talk to your grandkids via Skype, etc. Better still, actually TALK to friends instead of just texting or zooming!.

Take care and remember that we will be here when we eventually come out the other side of this.

Brian Kilfoyle



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

AROUND THE COURSES

Currently all our courses are suspended until further notice which is why we don't have very much to report on at present. However as soon as our venues are again open and members feel safe to venture out, we hope that it won't be too long before our courses will recommence. Details will be provided on our U3A Werribee website. We have however provided some news concerning two of our courses as set out below.

Ballet Matinee

Well, our dear dancers have hung up our ballet shoes for the time being. We have spared a thought for our Ballet Companies who are having to cope with the current social distancing and yet keep their dancing going. They are in a unique position, since if they cannot train in class, their dancing futures are seriously jeopardised. Daily class and rehearsal IS BALLETT LIFE. We have read the news that the Australian Ballet have kept classes going but cannot do their theatre performances, at least until theatres may open once again. The Ballet Company led by Artistic Director David McAllister will stage a virtual season of 14 filmed ballets each playing on the company's Ballet TV portal for a week. Mr McAllister says that on the positive side, it is an opportunity for many people to discover ballet for the first time and then to become devotees. Meanwhile the dancers stay fit and do daily classes.

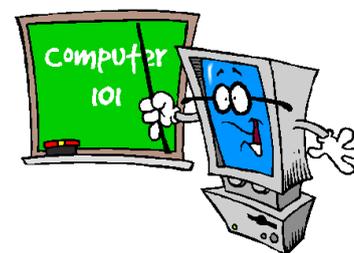


And we must do the same ... sort of !!

Cecilia Conway-Wright

Computers

Perhaps, if there is any benefit derived from the Covid-19 pandemic, it has been the broadening of computer use. People working from home, children engaged in remote learning and the amazing amount of information available to keep us informed (maybe even a bit too well informed!) about the latest news.



However times can change fast. When compiling our last newsletter, I had never heard about Zoom, Google Classroom, WebEx to name but a few new apps. However many people of all ages are now getting used to holding work meetings, birthday parties, scout events, study tutorials, Bible studies, and many other social activities using their phones, iPads or other computer devices. Something we probably never before quite envisaged.

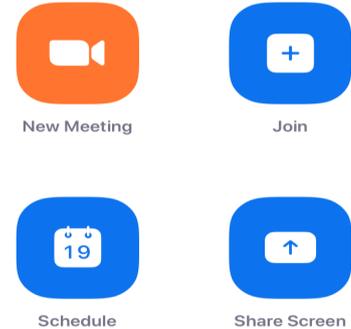
So for anyone who might be sitting at home wishing they could not just speak to a friend, but hold an eyeball to eyeball conversation, if you have a suitable device, why not give Zoom a go. Zoom is arguably the best free meeting app available. Here are a few steps to get you going.

AROUND THE COURSES (CONT.)

Step 1: Start with Google Search. Type in Zoom and go to the Zoom website. Make sure you are at the website: www.zoom.us.

Step 2: Find where it says Download Zoom. Click on it and follow the instructions. You will need to create your own Zoom account using the Sign Up section that involves providing your date of birth and an email address. An email will be set to you; open it and follow the instructions. Remember that you will not be required to provide any personal information apart from your name, DOB and email address. Also you need to choose a password that you must remember so write it down.

Step 3: Now go to your Zoom App, sign in with your email address and password. You will now see a page with four icons similar to the photo shown (On some computers these icons may look a bit different or there may only be three). To initiate a new meeting, click on 'New Meeting'. Fill in the details including the email address of the person to whom you want to talk. Send them the email and state the time and date for the meeting. To join a meeting, click on the 'Join' icon and click on the instructions to join the meeting. For now, ignore the other two icons (Schedule and Share Screen).



Don't forget if you need any help, try using YouTube where there are several helpful free videos available. Good luck and enjoy Zooming!

Don Lee

JUST A LITTLE THING

Robert Breault (born 1963), a well known American operatic tenor, once said: "Enjoy the little things because one day we might look back and realise that they were the big things.

Well paradoxically it might have been just a little thing in China that ignited this whole pandemic we are currently living through; but historically it was often 'Just a Little Thing' that also afforded great benefit and healings. Sailors' disease of scurvy was entirely curable when it was realised that food products such as pickled cabbage, limes or lemons (vitamin C) could be added to the diet.

Also what a breakthrough it was when the observation was made that a previous slight illness of cowpox immunised a person from the killer smallpox and so the first vaccinations began. The curse of the twisted limbs of rickets among the poor could become a thing of the past by more exposure to vitamins A&D via sunlight and a better diet. Yet another "Little Thing" was the discovery of radium by Marie Curie at the dawn of the 20th century, when in her laboratory, experimenting with pitchblende (Uraninite), she saw a glow of radioactivity which eventually led to a breakthrough in the treatment of cancer. Then let's not forget how Alexander Fleming discovered the amazing power of the mould of penicillin in a dirty dish in which the bacteria was dying.

All these and other 'Little Things' have become big benefits. Let us hope there is soon a breakthrough in the current crisis and that the greater good will ultimately prevail.

Cecilia Conway-Wright

BIG
things
often have small
beginnings



MEMBERSHIP NEWS

If any of our members have not yet paid their 2020 U3A Werribee annual subscription your prompt attention to this matter would be much appreciated. For all our members who have paid for this year, your 2020 membership subscription will extend through to the end of 2021.

For all your 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

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 keep in regular contact with our members, please ensure that we have your email address or the email address of someone who can assist.

A LAYMAN'S INTRODUCTION TO BACTERIA AND VIRUSES

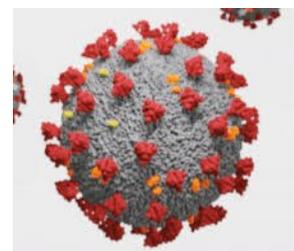
Bacteria are tiny microorganisms that are made up of a single cell and are found throughout all Earthly environments, including humans, fauna, flora, land and sea. Because they are so widely distributed and microscopic, counting how many there are is an impossible task. Nevertheless, it has now been estimated that the number of bacteria on Earth is about five million trillion trillion. That is a 5 followed by 30 zeros.

While some bacteria can cause disease, a great proportion of them are beneficial. For example, some bacteria within the human gut are necessary for digestion and soil bacteria helps facilitate the process of decomposition. So if bacteria were not present, life on Earth as we know it would collapse.

A virus is also a type of tiny microorganism, although they're even smaller than bacteria. An important difference is that viruses are parasitic. That means they require living cells or tissue in which to survive and grow. However not all viruses are bad. Some can actually kill bacteria, while others can fight against more dangerous viruses. So like protective bacteria in our body (such as probiotics) we also have some protective viruses. For example, there are viruses called phages that provide a physical barrier to protect us from invading harmful bacteria and can even be used to treat some nasty diseases. Surprisingly it is estimated that there are ten times more viruses than bacteria in the world.

So there are indeed a great many bacteria and viruses, of which coronaviruses, which have been identified over many years, are only one of very many families of microorganisms. Isn't it amazing how such a very small, yet seemingly 'naughty' organism (such as depicted here) can cause such havoc throughout the world!

Don Lee



PUTTING A LITTLE BIT BY

“Grandma ... ”

“Yes?” I answer.

“Was there panic buying in the War?”

“No. Not like we have seen recently since the outbreak of Coronavirus. Daily life, at least in my part of industrial West Yorkshire, was very different from today. Shopping for food meant shopping for perishables, mostly. A different world, eighty years ago, don't forget. The only refrigeration in our shopping world was our butcher's cold room. No-one could hoard frozen foods. There was tinned food but nothing in the world as varied and prolific as we know today. But I do remember my mother being whispered by the “Aunt Sally Man” (a mobile trader in cleaning products...Aunt Sally was a kind of soft soap) that soap was going to be in short supply once war broke out. So Mum did begin to buy a couple of extra bars of Sunlight Soap each time the Aunt Sally Man called round; that and an extra packet of soap powder too. (No other type of detergents in those days) so that Mum DID have some hoarded soap on a shelf ... just in case.

“Likewise my Dad began to buy some extra packets of cigarettes ... just in case ... !”

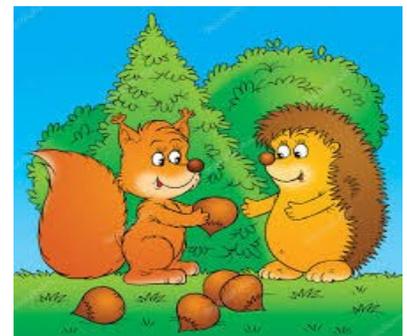
“But that was the only ‘hoarding’ that anyone could really practise. A National rationing system was soon in place: a brilliant instigation. No-one need go hungry. And because Europe was largely bankrupt by 1945, rationing had to continue for years after the war, even into the early 1950s.”

“So to answer your question: No, there was no panic buying in the War. We were all in it together; all on the same side with the same resolution. We did not feel heroic; we were all desperately fed up with the war but we pulled through together.”

“Well Grandma, did you run short of soap?”

“There are a few funny stories about that ... but I will tell you another time. Men however never ran short of shaving soap ... I do remember that ... Dad always gave me a dab on my nose of his frothy shaving soap if I was nearby ...! Yes, that is how it was: We cared, we shared!”

Cecilia Conway-Wright.



SOME WORDS OF WISDOM FOR TROUBLED TIMES

“Tough times never last, but tough people do.” Robert H Schuller (1926-2015) USA Christian televangelist.

“The gem cannot be polished without friction, nor man perfected without trials.” Chinese Proverb.

“Never give in. Never, never, never.” Winston Churchill (1874-1965) Former UK Prime Minister.

“God is our refuge and strength, an ever-present help in trouble The Bible (Psalm 46:1-3) .

“Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being.” Albert Schweitzer (1875-1965) German theologian, humanitarian, philosopher and physician.

PROGRAM OF WERRIBEE COURSES FOR TERM 3 OF 2020

Monday 13 July – Friday 11 Sept 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.

A FEW UNDER OR OVERVALUED MATHS OBSERVATIONS

Evidently maths can be rather complicated and a good example was when a newspaper survey suggested that parents could usually help with half their children's maths homework but often had trouble with the remaining three-quarters.

It has been said that there are three kinds of people: those who can count, those who can't and those who don't know the difference!

Did you think that plants probably hate maths due to the fact that it gives them square roots?

Did you hear about the students who became very upset when the teacher held up some graph paper? This was because they thought the teacher was plotting against them?

Is it true that if all humans became like parallel lines, the world would probably end because they would never meet?

I believe that all monsters are hopeless at maths, unless of course you Count Dracula!

And finally, you are probably aware that six is afraid of seven because seven eight nine!

With thanks to our U3A member George Leake and the internet for their inspired prompting.

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.