



U3A Werribee Region Inc.

Tri – Cycle Newsletter

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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

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 during classes and usually included on our website. All social activities are temporally suspended at present.

FROM THE EDITOR'S DESK

Hello everyone from your editors, Don and myself. Were there ever such times as these? We hope and trust that you are all well in spite of the restrictions on our movements. Did we think, when all the weeks of isolation were announced, "Oh...well...now's my chance to get all those jobs done! Thoroughly clean the car, oil the lawnmower, weed the garden, read that book, finish that piece of sewing, teach my budgie to swear, learn Greek, practise the piano ..." Only to find that those months have slipped away while we:- came to grips with Zoom or Microsoft meetings for the first time in life; found out how to video those iPhone calls; got stuck into online meetings; coped with many more emails than ever before; spent mornings with family's long How-Are-You phone calls; made our own How-Are-You calls ... waited and waited and waited in for deliveries. And then wondered why we felt so tired??? Small wonder. And I dear, I still have not oiled the



FROM THE EDITOR'S DESK (Cont.)

lawnmower and finished that sewing and made that marmalade out of all those lemons ...!

Ah well, cheer up Dear Members ... it looks as if there might still be plenty of time before Christmas to ... clean the bookshelves; experiment with that new recipe; make the Christmas cake; teach the budgie NOT to swear; knit a blanket; clear the sparrows out of the gutters (a fairly hopeless ambition) and be careful about climbing a ladder ...!

However do keep well and take care !

If you have material for the next newsletter that you are able to contribute, please send it to newsletter.u3awbee@hotmail.com by the next dead line which is 6 November 2020.



FROM OUR U3A WERRIBEE PRESIDENT

Hi to all our members out there locked up under virtual house arrest complete with face mask, etc. If the virus doesn't get you then beware lest boredom gets the better of us, because it still looks like nothing much is going to change anytime soon.

So we have to become inventive; take up knitting, renovate furniture, vacuum the car, or if you are really desperate, read a book. It is worth scrolling through the TV channels; sometimes you can find a program worth watching.

But some of us maybe can just vaguely remember a time before television when we 'watched' the radio, and actually amused ourselves. My children and grandchildren can't even imagine life without TV, computers, smart phones, tablets, Facebook, Google and the rest!

Well the good news is that U3A still has not gone away. We are just hibernating and looking forwards to 2021, when we will return bright and bushy tailed. Until then keep up the social distancing, keep the masks on, wash/sanitise hands — you know the drill.

Don't let the bug win. Best regards to you all.

Brian Kilfoyle



WORDS OF WISDOM ABOUT TOUGH TIMES

“You cannot enslave the mind that knows itself, that values itself, that understands itself”

Wangaratta Matthhau (1940-2011) Kenyan Human rights Activist and Nobel Peace Laureate

“Bad times have a scientific value. These are occasions a good learner would not miss.” Ralph

Waldo Emerson (1803 – 1882), American essayist, lecturer, philosopher, and poet

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

“It's not that I'm so smart, it's just that I stay with problems longer.” Albert Einstein (1879-1955) German-born theoretical physicist .

“The greater the obstacle, the more glory in overcoming it.” Jean-Baptiste Poquelin (1622-1673), known by his stage name Molière, was a French playwright, actor and poet

AROUND THE COURSES

At this moment, we do not expect that courses will be able to recommence at the beginning of the 4th term in October. However if anything changes, we will let members know via email and through our website.

One particular course that is still running online is the **Health and Wellbeing** class. For more information, please contact Lyn Adler who is the tutor. If there are still any other courses being run informally via Zoom or any other social media, please let our Course Coordinator Lia Albergo know. Let us hope that by the beginning of next year, the coronavirus epidemic will be over and that we can look forward to a new start with all our courses up and running.

Don Lee

A LAYMAN'S INTRODUCTION TO COMPUTER SCAMS

Sadly we live in a world where there are people who spend their lives trying to rip others of their hard earned cash. Nowhere is this more evident than in the world of computers. Have you ever received an email telling you about a wonderful opportunity or that you have won an iPhone? Or have you perhaps received an email supposedly from the Australian Tax Office (ATO) threatening legal action if you don't pay some outstanding amount. They want you to 'click' on a link in the email where they may try to get you to provide personal information.



Some of these attempted scams are very subtle. For example you may receive a seeming innocuous looking email from a bank or Optus saying that there is something wrong with your account and again ask you to 'click' on a link to 'fix the problem'.

Here are some horrible statistics. According to the Better Business Bureau, a private, non-profit USA organization whose mission is to focus on advancing marketplace trust, business email compromise scams are skyrocketing in frequency and have cost businesses and other organizations more than \$3 billion since 2016. And that doesn't include those individuals who have been scammed. In Australia the picture is also pretty bleak. The Australian Government Scamwatch website reckons that it has received nearly 4000 scam reports mentioning the coronavirus with over \$3.1 million in reported losses since the outbreak of the pandemic. What is also infuriating is that very few perpetrators are ever apprehended.

A good rule to protect ourselves is that we should never trust anyone or any online message about which we are unfamiliar. Banks, telecom companies and other organisations will never send us emails requesting personal information. And of course if you get an offer that is too good to be true, it most likely is!

So dear readers, always remember the old wise rule: **When in doubt, don't!**

The internet and computers are really wonderful inventions that can make our lives easier and more enjoyable. So please do not allow some crook somewhere to trick you and spoil it!

Finally if you do think you may have been scammed, don't hesitate to call your bank and stop any payment you may have inadvertently made. Rather be safe than sorry and don't feel you have to hide behind any embarrassment. We need to support each other to get rid of this scourge!

Don Lee

A BLAST FROM THE PAST: HAIRCARE NINETY YEARS AGO!

Paging through a 1910 copy of Pears Encyclopaedia, (when Great Grandma was a little lass), it contained some interesting ideas about the topic of hair care. So what did they say in those days?

HAIR CARE

Rubbing the hair down with a clean silk handkerchief every day after brushing has a wonderfully brightening effect, brushing with long even strokes and a strengthening lotion frictioned into it occasionally. One ounce of cantharides* with six ounces of castor oil scented with Eau de Cologne should be rubbed into the roots, remembering that the hair appreciates the air and should be let to hang down over the shoulders in the sunshine. Shampoo regularly once a month; shave a pound and a half of Pears soap into a quart of hot water with powdered borax and a pint of bay rum. Hair may be kept from going grey with a wash of alcohol and strong black tea in equal parts plus a handful of kitchen salt. This is a simple and harmless remedy and will strengthen the hair and increase its growth.



Curling fluid for the hair should be made thus: two ounces of borax, one drachm of gum arabic, three tablespoons of spirits of camphor, stir till dissolved in boiling water. Dampen the hair with this before using the waving irons and the crimp will remain even in the most inclement weather.

A recommended hair preserver is made thus:- Half an ounce of camphor finely powdered moistened with two tablespoons of gin. Put this into a pint bottle and fill with water. Apply with a sponge twice a week to promote growth and to keep the hair clean, soft and glossy

*** Now for those who may be wondering what cantharides are:**

Cantharides are a poisonous, blistering preparation made from the powdered, dried bodies of the beetle *Cantharis vesicatoria*.

Cantharides has been used criminally as an aphrodisiac with grave consequences and is also sometimes known as 'Spanish fly'.



Cecilia Conway-Wright.

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.

IN LIVING MEMORY - SECOND OR THIRD HAND

Yes, it is still within my living memory: what my grandparents told me of their living memory going back to the later years of the nineteenth century. I am now pushing 90 having survived a mother who lived to be 102 ... so, yes indeed, our 'living memories' do go back a very long way.

A typical day in a middle working class home with whom many of our readers can identify would probably begin with the clearing of the main fire grate and lighting the fire using screwed up newspaper then a wigwam of dry sticks, then a shovel full of coal. Strike a match to the newspaper and start the fire. The first warm water of the day was still in the large iron or copper kettle from the night before ... but not hot enough for that first cuppa nor for a man's shaving. Grandad mostly shaved in the late evening anyway.

That one fire heated all the family hot water needs kettle full by kettle full; it was the only source of heat for cooking (with an oven at the side for baking); it was the only source of warmth in the house. Ah, those good old days ... !!

Before gas was piped to the houses, lighting was by kerosene lamps and candles. There was no domestic electricity. So a family's carbon footprint was solely from the use of coal. In industrial areas the chimneys belched out smoke and its carbon fall-out turned all the buildings black ... but at least it seemed to be falling to earth and not wafting miles into the atmosphere.

Grandad took his sandwiches to work in his sandwich tin. Grandma went shopping with her basket and canvas bags and brought home the vegetables, weighed up in the shop and shovelled into her bags. Dry goods were weighed up and put into paper bags. The paper bags would be smoothed and folded when empty and reused at home. Tins and jars were washed out and put aside for other uses. You took your medicine bottle back to the doctor or pharmacist for re-use.

There were no garbage bins. Food scraps that the dog did not want were thrown on the fire ... or used for a soup. Clothes completely worn out became useful rags.

And the penguins and polar bears were happy, Pacific Island villages were not afraid of rising seas and the sea turtles and dolphins did not perish by swallowing plastic bags. And all this is still within living memory, second or third hand perhaps, but still only a short time ago as time goes.

Cecilia Conway-Wright.



DID YOU HEAR ABOUT ?

- ... the crook who was arrested for stealing a calendar and got twelve months.
- ... the semi-colon that broke the law and was convicted and given two consecutive sentences.
- ... the difference between ignorance and apathy and the fact that I don't know and I don't care!
- ... the guy who couldn't remember on which side the sun rose, until it dawned on him.

PROGRAM OF WERRIBEE COURSES FOR TERM 4 OF 2020

Monday 5 Oct - Friday 27 Nov 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.

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