



U3A Werribee Region Inc.

Tri – Cycle Newsletter

P.O. Box 1264, Werribee Plaza, 3030

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WEBSITE: <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

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

2021 Term Dates (provisional)

Term 1: 1 Feb - 26 March 2021

Term 2: 19 April - 11 June 2021

Term 3: 12 July - 3 Sept 2021

Term 4: 4 Oct - 26 Nov 2021

Social Activities

Various social activities and outings are organised for members and details are made available through email messages, notices given during classes and included on our website. These activities may also be affected by any Covid 19 restrictions.

FROM THE EDITOR'S DESK



Hello again everyone from your editors, Don and myself as we stare down the weeks to another Christmas. This is going to be a Christmas like no other we have ever experienced and it's no-one's fault. Most of us have been told ever since last Mid-March to STAY AT HOME and that is a very long time ago. Most of the people I have spoken to have been obedient to this. And – seriously – I am starting to feel nervous about taking up what was 'normal' life again. Chatting – one way or another – to others I am hearing the same thing ... very real qualms about getting out there and socialising again, meeting our chums and doing meetings. This mental and psychological



FROM THE EDITOR'S DESK (Cont.)

stress is the result of long weeks of isolation, especially for the lone-dwellers, and is not some failure of ours to cope. So ... be comforted ... all too many are feeling the same. Our composure has been violated by this disease that we did not ask for. So, dear friends, you have not failed; we have not failed. Be gentle with yourself; keep as well as you can; Christmas will come and go again and when we are allowed to gather again in our U3A groups we can share our experiences and gradually heal from what we have all been through.

Any pieces that you wish to send me please do so at newsletter.u3awbee@hotmail.com. The next dead line is 5 February 2021

Every Good Wish for Christmas and New Year from Don and Cecilia. At this stage we can only hope and trust that the New Year will be better than the past year.

FROM OUR U3A WERRIBEE PRESIDENT

Hi to all our members

Covid is still dictating the outlook for 2021. The rules are being gradually relaxed, but the ramifications are still onerous especially for our demographic. The virus is still here. We all need to be vigilant and strictly follow the protocols laid down by the various venues.



George Csifo, the manager of Hoppers Crossing Sports Club, informs me that currently each group will need to appoint a Covid marshal to enforce the protocols and organise the wiping down at the end of each session of every surface touched by any member of the group, which means for example front and back of cards used at bridge and tiles at mah-jong. There must also be a distinct break between groups with no mixing and with no tea/coffee breaks. Each venue may have its own particular rules that need to be followed. An available vaccine is our big hope, although I personally am very wary of the untested claims of the various offerings. Presumably medical staff will be the first priority with over sixties the next.

Consequently your committee is now planning to resume classes in February. We will fine tune the details in late January after discussions with tutors and venues. BUT each member has to decide for themselves which classes and under what conditions they will attend. We are not medical experts and will not offer medical advice.

Hopefully all is not doom and gloom. SMILE (Senior Men in Light Exercises) is resuming at Wyndham Park on the first of December. This group mainly walk around at their venue, up and down steps and do simple exercises with no sharing of any equipment; so no clean-up afterwards is necessary. Unfortunately not all groups are that easy.

Enjoy Christmas with its particular focus for you; its food and drink, and the time with family and friends; but don't kiss anybody; don't hug; keep socially distant and remember to wear a mask indoors. You know the drill ... !

Best wishes to you all for Christmas and the New Year.

Brian Kilfoyle

PHOTOGRAPHY GROUP

This past year has been difficult for our group with the Coronavirus restrictions concerning outdoor photography and meetings. To further add to the restrictions, several days of bad weather reduced our opportunities during the Autumn, Winter and Spring periods.

Nevertheless, here are a few tips to help someone take a successful photograph in bad lighting. Firstly, try to photograph your subject as normal and then process it as a black and white shot. Then, for small animals and birds impact, get low and get in as close as possible. Use high ISO and fast shutter speed to freeze skittish subjects. Remember, the more distant the background the more blurred it'll appear making the creature stand out.

I recently managed to get a shot of 'star trails' (as shown in the photo below) during the early part of year at the Farm Road Car Park. This shot was taken during the evening and I took 300 images with 50 minutes of 10 seconds exposures. The camera then stacked them as a 'one shot go', giving the impression of many shooting stars. Isn't it interesting how stars 'move' during the night!

Our goal this year was to produce a calendar and enter local photo competitions, but unfortunately this did not happen. However, if circumstances improve as we hope, we can look forward to achieving these goals in the New Year.

Bernie Flaherty



WORDS OF WISDOM ABOUT HOPE

“Hope is being able to see that there is light despite all of the darkness.” Desmond Tutu (b 1931)
South African cleric and human rights activist.

“We ought to give thanks for all fortune: if it is 'good,' because it is good, if 'bad' because it works in us patience, humility, and the contempt of this world and the hope of our eternal country”. C. S. Lewis (1898-1963) British writer and lay theologian.

“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” The Bible, Romans 15:13.

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” Helen Keller (1880-1968) American author, political activist, lecturer and who was deaf and blind.

“Our imagination is the only limit to what we can hope to have in the future”. Charles Kettering (1876-1958) American inventor, engineer and businessman,

NOBODY SEEMS TO LOVE OSCAR ANYMORE

Which song won the Oscar last year? Don't know? Then I'll tell you: it was "(I'm Gonna) Love Me Again" written by Elton John and Bernie Taupin. Can you sing, whistle or even hum it? No, I didn't think so, but there was a time when the Best Song Oscar attracted just as much attention as the awards for Best Film, Best Actor or Best Actress.



In the 1930s and 1940s the 'Best Song Oscar' coincided with a time when the popular music of the day appealed to people of all ages. In those years the radio was the principle source of entertainment in the home. Whole families listened to the radio together with everyone enjoying the music of the top artists of the day. Each week, 50 million Americans listened to Bing Crosby's radio shows in the 1930s – that's about 40% of the population. Benny Goodman's show Let's Dance also attracted huge audiences.

When the nominations for the Best Song Oscar were issued almost everyone would have been very familiar with all the songs. Winning songs included "Lullaby of Broadway", "Over the Rainbow" and "White Christmas". Nominated songs that didn't win include "Cheek to Cheek", "Pennies from Heaven" and "I've Got You Under My Skin". The whole of America would have known songs such as these and everyone could whistle, hum or sing along with them.

Why is the situation so different today? Why is the Best Song Oscar more or less ignored by so many? The shift has taken place slowly over the years and as with any historical process, it's difficult to pin down an exact cause. The major reason as I see it is the fragmentation of popular music into different styles and genres aimed at different age groups.

This fragmentation began in the 1950's with the emergence of rock'n'roll. The new phenomenon of the teenager with money to spend led to the rise of music aimed specifically at this age group. The trend has continued over the years, and today there are many styles and genres, each with their own devotees who are rarely exposed to any other kind of music. Popular music is no longer the unifying force that it was in the time of Bing Crosby and Benny Goodman,

In the 1950s teenagers turned to the radio stations that featured the new rock'n'roll and ignored the "square" songs that were up for the Oscar. Fans of Bill Haley, Elvis Presley and Little Richard didn't want to listen to Bing Crosby and Grace Kelly singing "True Love" (nominated in 1956), or Doris Day singing "Que Sera, Sera" (the winning song of 1956).

In this way a whole generation lost interest in the Best Song Oscar and the apathy has continued to this day.

One other reason for the lack of interest is perhaps the decline in the quality of popular music. The 1930s and 1940s coincided with the years of the Great American



NOBODY SEEMS TO LOVE OSCAR ANYMORE (cont.)

Songbook. All the great songwriters including such household names as George Gershwin, Irving Berlin and Cole Porter had their songs nominated for the Oscar. However, the winning songwriters of recent years are probably unknown to most of us.

John Funnell

Note: John presents two courses, “A History of Popular Music and “Music You Like to Hear”. We hope these courses will resume in February 2021 so keep an eye on our U3A Werribee Website for any update.

A LAYMAN’S INTRODUCTION TO FLASHES OF INSPIRATION

There are many interesting stories about ordinary people who almost unexpectedly achieved great success and became rich – success that came about from a sudden flash of inspiration.

Take for example Reed Hastings, who grew up in a typical middle class USA family. Reed spent time selling vacuum cleaners door to door and thereafter joined the Peace Corps, teaching kids in Swaziland. Sometime after he returned to the USA, he borrowed a video cassette from a video shop which he subsequently mislaid. He soon owed \$40 which really upset him and he just wished there had been a way in which he could rather have just borrowed the video electronically instead the actual cassette. He discussed this with a friend who had knowledge about computers and they figured out that this could be done via the internet. So together they developed the software, obtained the necessary permissions and created a company called Netflix. Well the rest is history and today Reed Hasting is worth about US\$5.3 billion. So, an irritating \$40 debt and a lost cassette triggered a winner.

Then consider the story of Kihachiro Onitsuka (1918-2007) from Japan who became tired of selling bootleg beer and decided to take up a shoe making trade. Initially he tried making basketball shoes, but without much success. That was until he suddenly found inspiration while eating a cucumber and octopus salad. He suddenly thought about how he could mimic the concave shape of the octopus suckers on the rubber sole of the shoe to obtain a better grip on the basketball court. This motivated him to set up a successful Japanese company called Tiger Shoes. These shoes were first used at the 1956 Melbourne Olympics and were popular at subsequent Olympics. Not long after Onitsuka began making his Tiger shoes, Bill Bowerman, a track and field coach from the USA was urgently trying to find a better running shoe for his team and during a trip to Japan, met Onitsuka. They began a partnership, together with another athlete by name of Phil Knight, that lasted a few years and during which they started a company named Blue Ribbon Sports that opened its first store in California in 1965 (see photo). This partnership with Onitsuka came to an end around 1970. While Bill was reasonably happy with the shoes they sold he still wanted something better. One morning his wife was serving him waffles made with a waffle iron that they had received as a wedding gift. As he stared at the waffles he suddenly wondered if the sole of the shoe could be made with the same



A LAYMAN'S INTRODUCTION TO FLASHES OF INSPIRATION (cont.)

waffle shape. He immediately began making urethane waffles, which ruined the waffle iron but convinced him that this was the shape of shoe soles that he was looking for. They then began to make these new types of shoes that became hugely popular. Bill and Phil changed the company name to Nike in 1971 which today is worth over US\$30 billion. Bill died in 1999, worth about US\$400 million while Phil, now 82 is worth about US\$38 billion . Oh and what happened to the waffle iron? Soon it was ruined so Bill's wife in disgust threw it away!



Incidentally, Onitsuka went on to expand his Tiger Shoe Company in Japan and eventually merged with other shoe companies to create ASICS Ltd, a giant shoe manufacturer that is today worth around ¥386.66 billion (about AU\$5 billion).

There is a saying that goes: ***“If you can build a better mousetrap, people will beat a path to your front door”***.

To 'build a better mousetrap' obviously requires some unique inspiration. It involves a sort of insight that has also inspired people such as Richard Branson (entrepreneur businessman); Liz Murray (clinical psychologist and writer); Isaac Newton (scientist); Nick Vujicic (disabled motivational speaker); Jessica Cox (licensed armless pilot and Taekwondo black belt holder); Elon Musk (founder of SpaceX, Tesla and co-founder of PayPal) and J K Rowling (first billionaire author) who were all inspired to overcome serious obstacles and became successful.

Don Lee

LET THE TRUMPETS SOUND !

You ain't seen or heard true patriotism if you ain't been with us kids in the early years of the war. November 5th, Guy Fawkes night saw us, none over ten years old, trundling our straw stuffed Guy in an old pram round the streets, chanting in our true little bolshie patriotism “Remember, remember the fifth of November, gunpowder, treason and plot !!” to mark the saving of the seventeenth century king and houses of parliament from being blown up. Later on the first of May saw us with our scraggy little May Queen, in her regalia of someone's old net curtains and strings of daisies and dandelions , seated in the same old pram round the same old streets, singing “Rule Britannia ! Britannia rule the waves. Britons never never never shall be slaves !”



They never picked me for the May Queen; it had to be a short little kid ... my legs were too long for that old pram.

Oh those wonderful carefree days when we were once oblivious to so much of the chaos going on in the world around us while we sang and danced. I wonder whether there will be similar memories for the children of today when they one day reach our age?

Cecilia Conway-Wright

RHUBARB, RHUBARB, RHUBARB

Don't underestimate the humble herb ! If you have never made rhubarb jelly, then you haven't lived! Here's how:- Wash your bunch of rhubarb, cut off the green tops of course and throw them on the compost. Cut the rhubarb into small pieces, place in saucepan with a generous helping of sugar and a little water to start it off but it will make its own juice. Stew gently until soft to mash. Estimate about 500mls or a pint of liquid. Cool slightly and then add a whole packet of raspberry jelly crystals and stir to dissolve. Fridge to set. Eat with cream or ice cream. Yummy.

Ever wondered what crowds were talking about on stage or film sets ... just out of earshot? They were saying to each other "Rhubarb, rhubarb, rhubarb, rhubarb, rhubarb"...I'm serious.

Powdered rhubarb used to be a laxative...now consigned with other tortures.

Let me tell you about Forced Rhubarb. Yorkshire is good for growing the stuff and Forced Rhubarb is grown in the dark, either in pitch dark sheds or under buckets. It grows up very pale but lacks the usual acidity, making it more palatable for some tastes.

During the War, we kids, having eaten through our lollies ration and needing our sugar hit, would often pull up a stick of rhubarb from someone's garden, rush home and ask Mum for a spoonful of sugar in a paper bag and then run off to play, dipping our stick of rhubarb in the sugar, each mouthful making our eyes water ... but never mind ... bombs dropping and all that jazz ... Yorkshire never went short of good old rhubarb!

Cecilia Conway-Wright



DID YOU HEAR ABOUT ?

- ... Did you hear about the wooden car with the wooden engine that wooden go?
- ... Did you hear about the cat who applied for work at the Red Cross to become a first aid kit?
- ... Did you hear about the guy who stole soap from a supermarket and made a clean getaway?
- ... Did you hear about the stonemason's son who was a chip off the old block.?
- ... Did you hear about the cheese factory that exploded and there was nothing left but de brie?
- ... Did you hear about the cannibalistic lion who had to swallow his pride?
- ... Did you hear about the kidnapping? Well the young child soon woke up feeling refreshed.
- ... Did you hear about the claustrophobic astronaut who just needed a little more space?
- ... Did you hear about the bed bugs getting married? Their wedding was in the spring!
- ... Did you hear about the ghost who joined the football team to help improve the team spirit?

HEALTH AND WELLBEING

From our class, to all our U3A members and families, we wish you a happy Christmas and a safe and healthy new year.

Our class has soldiered on with weekly emails throughout 2020, the purpose being to keep some continuity and normality in our lives, notwithstanding all the changes we have had over the past year.

This year was the first of the new twelve year cycle in the Chinese calendar that heralds the changes and opportunity for growth over time. This is also the basis of Yi Jing (or I Ching) teachings that are contained in an ancient classic Chinese divination text. The ideas here are that life is constantly evolving and the outcome is enlightenment.

We have covered many subjects during the past four years that this course has been active.

My qualifications in many natural therapies, including massage, nutrition, meditation, Feng Shui and Reflexology have meant that this course is wide ranging.

No week in four years has repeated the same subject, unless of course someone requested a review. Because I began my journey in Pharmacy, I was able to have a foot in both camps of healing and wellbeing. My clinic operated for almost thirty years, until I retired a few years ago.

Keeping up with all the research and developments has kept me alert though and as a result, our class reviews the latest research on various topics every week.

Food samples are tested weekly, light exercise like stretching and flexibility, practicing meditation and massage techniques, investigating different food groups and supplements are all part of the class activities.

It doesn't matter what age we are, it is still possible to have an active and enquiring mind and an optimistic and happy outlook.

Stay well and be happy.

Lynette Alder.



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.

PROGRAM OF WERRIBEE COURSES FOR TERM 1 OF 2021

Monday 1 Feb 2021 - Friday 22 March 2021 (subject to confirmation - see our website)

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⁾	Lia Albergo	9749 7594	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	0402330314	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	0402330314	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.

DISCOVERIES THAT CHANGED THE WORLD

Many discoveries have changed the world, but perhaps these are the most significant? Do you agree or if not, what discoveries would you regard as the most significant?

◆ **The wheel**



◆ **The nail**



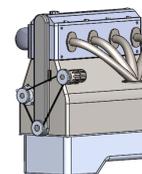
◆ **The compass**



◆ **The printing press**



◆ **Gunpowder**



◆ **Steam power**



◆ **Internal combustion engines**

◆ **The telephone**



◆ **The light bulb**



◆ **Penicillin**



◆ **Contraceptives**

◆ **Computers & the Internet**



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