



U3A Werribee Region Inc.

Tri – Cycle Newsletter

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

AUTUMN EDITION: No. 129 JUNE - AUGUST 2021

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: Vacant Email: courses.u3awbee@hotmail.com

Committee Members: Dave Callan (Past President), Merle Deslandes, Jill Squires, Libby Pearson, Nicky Hodgman, Lia Albergo, Rick Conn and Don Lee.

UPCOMING EVENTS

2021 Term Dates

Term 2: 19 Apr -11 Jun 2021 Term 3: 12 Jul - 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 everyone from co-editors Don and myself on this autumn day. The Covid outbreak has certainly brought changes in all our lives but if we can look on the positive side and discover new ideas and new ways of interacting, we will come through this more creatively than negatively. Some groups are already having to gather in different meeting places.



We need to see each other through these tricky times ... with patience and good humour and thankfulness. We watch the world and see history repeating itself all too often: will belligerent nations never learn? It is said that those who don't heed history will go on repeating the same mistakes. Those of us who have lived a long time are tempted to groan until we catch up with cheerful friends and smile and wake up to just one more day of sunshine. Please send your pieces to newsletter.u3awbee@hotmail.com and the next newsletter deadline is 13 August 2021.

Cecilia Conwaye-Wright

FROM OUR U3A WERRIBEE PRESIDENT

Covid is still with us. Methinks it will be with us for a very long time. Years maybe!. It is the new normal. So the name of the game for our demographic is jab, jab, jab.

Unfortunately Covid still restricts the venues we can use and their conditions of use. Many of our courses have made ad-hoc arrangements to keep going. Full marks for their initiative. Hopefully there will be some easing of restrictions when the vaccine take-up is more complete. Don't forget to record your visit or follow the QR (Quick Response) code rules wherever required at venues.

At the recent AGM I flagged that U3A is experiencing a continual reduction of membership of numbers. Each year we lose approximately twenty of our members for a variety of reasons. Our official membership now is about 170, although I suspect it is more like 140, as of course there was no enrolment last December to confirm the figures.

We need more members, particularly younger ones. So it is up to every member. Yes: every one of you to bolster the membership. Bring a friend, neighbour, relative - in fact anyone.

Cheers
Brian Kilfoyle.



EXPLORING HISTORY

This term we have been watching a series of videos called "The Incredible Human Journey" presented by Alice Roberts, which deals with the pre-history of the human race and, in particular, the journeys of early homo sapiens out of Africa to populate the rest of the world. There are five episodes (of which we have watched the first three so far):

1. Out of Africa
2. Asia
3. Europe
4. Australia and
5. The Americas

It is a good series, but since it was made in 2009, some of its findings have been overtaken by new discoveries and archaeological techniques, such as improved DNA testing. This led to Ms Roberts making statements like "there is no evidence of interbreeding between homo sapiens and Neanderthal man", which modern DNA testing shows to be untrue - there certainly is evidence to show that there was interbreeding. Nevertheless, it is a well made series and shows that there are many gaps in our knowledge of this subject.



Brian Beck

MUSIC FOR ENJOYMENT

The “History of Popular Music” and “Music You Like to Hear” courses have now moved to the Heathglan Retirement Village. This is a very pleasant venue and we’re very grateful to the Manager there for allowing some U3A groups to operate there.

Unfortunately, Friday afternoon at 1pm is the only time slot available and rather than cancel one group I’ve decided to run both but to alternate them week by week. Members of both groups are welcome to attend every session, as are new members.

This necessitates a change of title and at the moment the session is known as “Music for Enjoyment”. If anyone can think of a snappier title, please let me know.

Topics covered so far this term include the operas of Mozart, especially The Marriage of Figaro, Cosi fan Tutte and Don Giovanni. We’ve also listened to 1930s Broadway show songs, including “Smoke Gets in Your Eyes” and “All the Things You Are”, and we’ve devoted two sessions to songs that were popular during World War 2, including “The White Cliffs of Dover” and “Lili Marlene”, songs made famous by Vera Lynn.

John Funnell



BALLET MATINEE

The dancers (at heart) have met again for a new term. We were cut off in our prime last year in the middle of the ballet Onegin. But cheerfully started afresh with La Fille Mal Gardee and then Sleeping Beauty. The film Mao’s Last Dancer will feature this term.

Discussing in class the possible abuse of very young athletes in the attempt to strengthen them, the same question was mooted about child-ballet students. The film about the Chinese training of very young ballet dancers looks at this but happily, does not seem to over-train young bodies. Members of our class are becoming more and more aware of the other aspects of theatre ballet: the music and the orchestras; the costumes and certain soloists.

A wonderful and total art form.

Cecilia Conwaye-Wright.



DID YOU KNOW?

- ... The most commonly used letter in the English alphabets is E. The second most common letters are T, A, I, N, and O. The least used letter in the English alphabets is the letter Q.
- ... The majority of plant life is located in the ocean. There are about 2 million species of which 228, 450 are known species in the ocean.
- ... A giraffe cleans its ears with its tongue.
- ... The human brain is 78% water.
- ... An octopus has rectangular pupils.
- ... About 80% of dust found in houses comes from the dead skin of its inhabitants.



A LAYMAN'S INTRODUCTION TO ELECTRICITY GENERATION

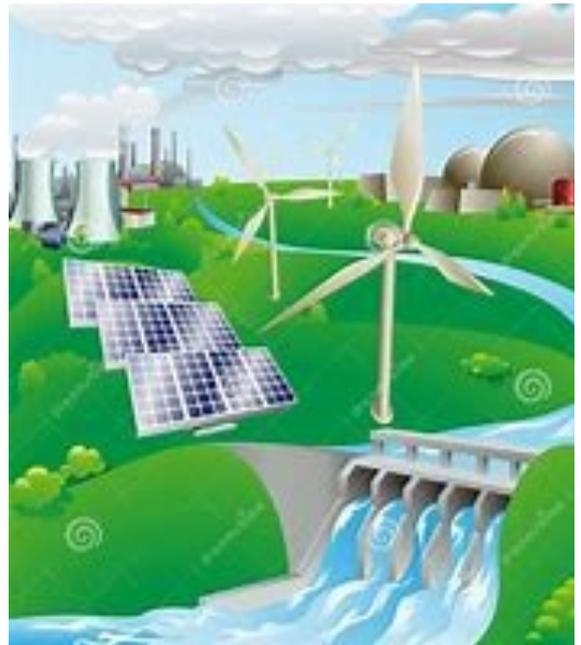
We hear a lot nowadays about climate change, energy targets and renewable energy. So let's stop a moment and think about what this all means.

Firstly, power is the rate in which energy is transferred and is measured in Watts, so one thousand Watts is a kilowatt (KW), a thousand kW is a megawatt (MW) and a thousand MW is a gigawatt (GW). To boil a kettle or use a heater for warmth, depending on the particular item, needs electrical power of about 2KW each.

Secondly our consumption of electrical power is measured in kilowatt hours (kWh), so if your 2kW heater were used for an hour the power consumption would be 2KWh or if it were used over four hours that would mean 8kWh of electricity was consumed. Your electrical smart meter does all these calculations and if 1KWh costs 25c per kWh, the enjoyment of four hours of warmth from your heater will have cost you about \$2.

Now let us think about where all this useful electrical power comes from. In Australia we have a power grid arrangement where all electricity generated from coal, gas, hydroelectric, wind farm and solar power stations is made available for use. If you have solar panels on your roof and are not using all the electricity from the panels then this excess power can also be fed into the grid.

So how much electrical power is produced? Australia under ideal conditions can generate about 50,000MW. The main source of that power is coal (56%), gas (22%), oil (2%), hydro (5%), wind (7%) and solar (8%). Now you may be wondering how we might reduce our dependence on coal and gas which some regards as necessary to reduce greenhouse gasses. This is especially important when governments are setting targets, such as a 50% reduction in the use of coal and gas by 2050. The only way is to either reduce electricity consumption or increase the use of renewable sources (such as hydro, wind and solar energy). Many of you may have already installed solar panels on your roof and you will be aware of a number of wind and solar farms throughout the country. For example if you drive past Melbourne airport on the western side, you will see a new solar farm comprising 30,000 solar panels that can provide about 10MW to Melbourne airport during the day and when the sun shines. During the night or when it is cloudy they draw power from the grid and when they have excess power, this is fed back into the grid. The largest solar farm in Victoria, near Mildura can produce about 250MW using about 600,000 solar panels. By the way a wind turbine generates about 2 or 3MW when the wind blows, so to get 250MW would need about 100 wind turbines. This is about the amount of electricity needed for Hoppers Crossing and Point Cook. So you would need around one million solar panels or 400 wind turbines to provide enough electricity for the City of Wyndham, which gives you some idea about how much more needs to be done to replace coal and gas to achieve any national renewable energy target. Oh and what about nuclear power? Well while there is plenty of uranium in Australia none is used to generate electricity, unlike France where about 75% of their electrical power comes from nuclear energy.



HARVEST OF THE HEDGEROWS

“Mam!” During the 1940’s that became our ecstatic wartime cry while doing our patriotic duty to gather the harvest of the hedgerows and cheat Hitler of his plans to starve us into surrender. “Mam! We’ve been scrumping (*naughtily plucking) for crab apples and berries, just for you!”

We emptied our booty (from cardigans tied up into bags) on to Mam’s kitchen table. Crab apples were mostly semi wild and there for the plucking. They are sour and bitter, small and red/gold. The vast quantity of sugar needed to cook crab apples and make a legitimate ‘crab apple jelly’ was way beyond our wartime sugar ration. Some of us kids had already eaten some and were writhing with belly ache. Mam tried to smile.

But the call for the harvest of the hedgerows had gone out and we were happy to also scrump for wild blackberries which by late summer should be nice and black if the birds had overlooked any but which we only found to be semi ripe and of course all seeds and little else.

Wild mushrooms ... if you could find any and elderberries ... yes high up in the elderberry tree were out of reach. Rose hips was another harvest of the hedgerows and did result in some success to be manufactured into rosehip syrup, rich in vitamin C in the Baby Clinics.

But the verges and hedgerows were also a supervised rich grazing ground for cattle whose pastures were under cultivation for cereal crops.

“Mam!”

“Yes? What?”

But it was all good fun and importantly in the end we got through those very dark and difficult days.

Cecilia Conway-Wright



VALE RALPH CLARKE

It is with sadness that we record the passing of Mr Ralph Clarke, an enthusiastic member of our U3A. Ralph was born on 30th April 1933 in Hampstead, London and passed away here in Hoppers Crossing on the 17th April 2021. He married Edith in Darwin on the 18th September 1966. In 1951 he joined the Australian Navy in Melbourne and then trained in England with the Royal Navy, rising through the ranks to become a Commander. He retired in 1979. He is the father of Tasman, Caroline and Brendan and grandfather to 6. His hobbies included fishing and fossicking and lapidary. He and his beloved wife, Edith (see photo) enjoyed caravanning all over Australia.

Ralph is greatly missed from the U3A classes; his quiet graciousness and deep general knowledge have been such a blessing to all who have enjoyed his company. Rest in Peace, Ralph.

Cecilia Conway-Wright



TO DINE OR NOT TO DINE

'Taking my snap to work' ... in workaday Yorkshire, meant and probably still means, taking my packed lunch to work. One's snap might be a few sandwiches be eaten at a morning break ... if one had eaten one's breakfast very early ... or it could be the midday meal eaten on the job.

Funny how mealtime labels were a class thing. Is it still like that? Working class breakfast would be called the same thing among the gentry, though the content of the meal would be somewhat different. But there the similarity ends. A manual worker, out all day would come home in the evening to his main meal. His dinner is what he calls the food on his plate in front of him. The meal is generally called Teatime. The weekends would see him eating his dinner at Din-
nertime, midday. Weekend teatime would be a 'High tea' with something cooked. Some capacious stalwarts might also enjoy Supper ... of fish and chips. Luncheon, called luncheon, was nonexistent, likewise Dinner in the late evening.



Those two mealtimes were Upper Class things. Afternoon Tea was generally a genteel occasion round about four in the afternoon with your little finger cocked on the cup handle. But only for the genteel. And their Supper might only be a milky drink.

As working class youngsters, our 'lunch' was something like an apple or a piece of cake to be eaten at 'Playtime'. Hot school dinners were consumed at midday; then if Dad had been at work all day, he came home to his dinner at teatime which would have been five or six o'clock.

Confusing? Nonetheless we generally ate very well, even in wartime.

Cecilia Conwaye-Wright

MEMBERSHIP NEWS

Members are requested to note the following matters:

1. Any member who paid their membership subscription during 2020 do not need to pay any further subscription fee for 2021.
2. In order to keep in regular contact with our members, can you please provide us with an email address to keep in touch with you.
3. When you attend any course, please comply with any QR code requirement (if this is available) when you enter the course venue.
4. As part of your U3A Werribee membership you are entitled to discounts at the Hoppers Crossing Sports Club (HCSC). You just need to provide proof of U3A Werribee membership (ie your membership badge).
5. We welcome the following new members who have recently joined us:
Christina Dennis Carole Popham Noeleene Bennett Dallas Davidson
Peter Vaughan Patricia Fenton Cyril James Tracey Borromeo Zhi-Rong Wu
6. For all membership inquiries and also if you are aware of any member who no longer lives in Wyndham or are not continuing their membership, could you please contact our membership co-ordinator, Jannette Allen on Tel 9395 1606 or you can email to: membership.u3awbee@hotmail.com

PROGRAM OF U3A WERRIBEE COURSES FOR TERM 3 OF 2021

Monday 12 June 2021 - Friday 3 Sept 2021 (subject to confirmation - see our website)

Day/Time	Activity	Group Leader/Tutor		Venue
MONDAY				
10.00 - 12.00	Exploring History	Brian Beck	8714 6039	HRV
10.00 - 01.00	Lunch & Movies ⁽¹⁾	Lia Albergo	9749 7594	SY
01.00 - 02.00	Tai Chi	Bonnie Holmes	0408360537	TBA
TUESDAY				
09.30 - 10.30	Senior Men in Light Exercises	Tony Bradford	0447139202	WCC
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003	PH
10.00 - 12.00	Beginners Computer Course	Don Lee	0402330314	TCC
11.00 - 01.00	Book Club ⁽²⁾	Cynthia Boddington	0408389937	BPC
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
01.00 - 04.00	Cards — 500	Kay Dwyer	9731 6976	SD
01.30 - 03.00	Book Club ⁽³⁾	Libby Pearson	0428109896	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	0427974018	TBA
FRIDAY				
09.45 - 11.45	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 For Enjoyment	John Funnell	9296 1036	HRV

- 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 ONE OF THE GROUP LEADER/TUTORS**

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.

WORDS OF WISDOM IN TIMES OF UNCERTAINTY

“There is no such uncertainty as a sure thing”. Robert Burns (1759 – 1796) Scottish poet.

”Truth is confirmed by inspection and delay; falsehood by haste and uncertainty. Tacitus (56 – 120)
Roman historian and politician.

“Medicine is a science of uncertainty and an art of probability”. William Osler (1849 - 1919) Canadian Physician.

“The quest for certainty blocks the search for meaning. Uncertainty is the very condition to impel man to unfold his powers”. Erich Fromm (1900 - 1980) German psychologist, sociologist, philosopher, and democratic socialist .

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” Bible, Philippians 4:6.

“For my part I know nothing with any certainty, but the sight of the stars makes me dream.” Vincent Van Gogh (1853 – 1890) Dutch artist.



“Knowledge is an unending adventure at the edge of uncertainty. Jacob Bronowski (1908 – 1974)
Polish-British mathematician, historian and TV presenter.

“Once you choose hope, anything’s possible.” Christopher Reeve (1952 – 2004) American actor and director famous for starring as Superman and who was paralysed in 1995 but continued working while confined to a wheelchair.

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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