



U3A Werribee Region Inc.

Tri – Cycle Newsletter



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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: Rick Conn Email: courses.u3awbee@hotmail.com

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

UPCOMING EVENTS

Remaining 2021 Term Dates

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

Well, everyone ... as the season of spring is all around us ... we seem to be no further forward in our community activities than we were eighteen months ago ... no thanks to this Sino-Plague. There, I have invented a new name for it! Yet, as real troopers ... we refuse to be defeated. So how is everyone? Even though a lot of us VERY oldies thought that we lived a fairly quiet, even isolated life anyway ... these lock-downs have shown that in actual fact, we DO need each other, since we are social animals. Our U3A has decided that we MUST keep in touch, no matter what. So – keep the faith and soldier on. Visit where you can; get your vaccinations and persuade the youngsters to get theirs too. And we will come through this! We are not going to see Australia brought to its knees by this dratted Sino-Plague. There, I've said it again!! Oops !! Political correctness? Um ... !



Send your newsletter contributions to your editors, Don and Cecilia, at newsletter.u3awbee@hotmail.com . Next deadline is 12 November 2021.

FROM OUR U3A WERRIBEE PRESIDENT

Greetings. Most of us have now had our two jabs and are still locked up in our homes. But look on the bright side. At least when we have to escape to buy essentials, there is very little traffic. Hopefully things will settle down to the "new normal" soon, and we can get on with life. Oh wouldn't it be nice to go to a restaurant or drive to another town or catch up with family or to attend U3A classes to catch up with fellow U3A members.

Your committee is actively planning for 2022 after the second partially lost year. One way or another this year we have managed where we could to keep classes running between lockdowns.

Hopefully Hoppers Crossing Sports Club will return as a venue next year without the present onerous (for us) covid restrictions. Nevertheless, if required, we may have to stipulate that all attendees at our courses are adequately vaccinated.

Meanwhile in the meantime, keep safe, keep contact with family and friends by phone, email, skype, Facebook, courier pigeon or whatever else is available!

Regards to you all,

Brian Kilfoyle (President)



THE IMPORTANCE OF PUNCTUATION



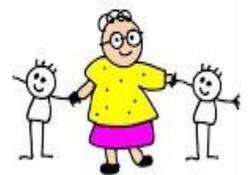
Man eating chicken
Man-eating chicken



A woman without her man, is nothing.
A woman: without her, man is nothing.



Let's eat Grandma
Let's eat, Grandma



Twenty-five cent coins
Twenty five-cent coins



I'm sorry I love you.
I'm sorry; I love you!



COURSE COORDINATOR'S CORNER

Hello from Rick Conn, your course coordinator and welcome to my Course Coordinator's Corner. I think you would agree it's been quite a challenging year to date. However, on the positive side I have been able to ensure there has been no reductions in the running of courses albeit within COVID 19 restrictions limiting class numbers. Liaison with the Wyndham City Council has also assisted with gaining access to the Wyndham Park (Kookaburra) and Tarneit Community Centres. This has allowed both MAHJONG and TAI CHI to continue following COVID restrictions which affected our holding of courses at Hoppers Crossing Sports Club. These restrictions also saw the very popular Senior Men In Light Exercise (SMILE) relocate to the Wyndham Park recreational area under the watchful eye of group leader Tony Bradford.

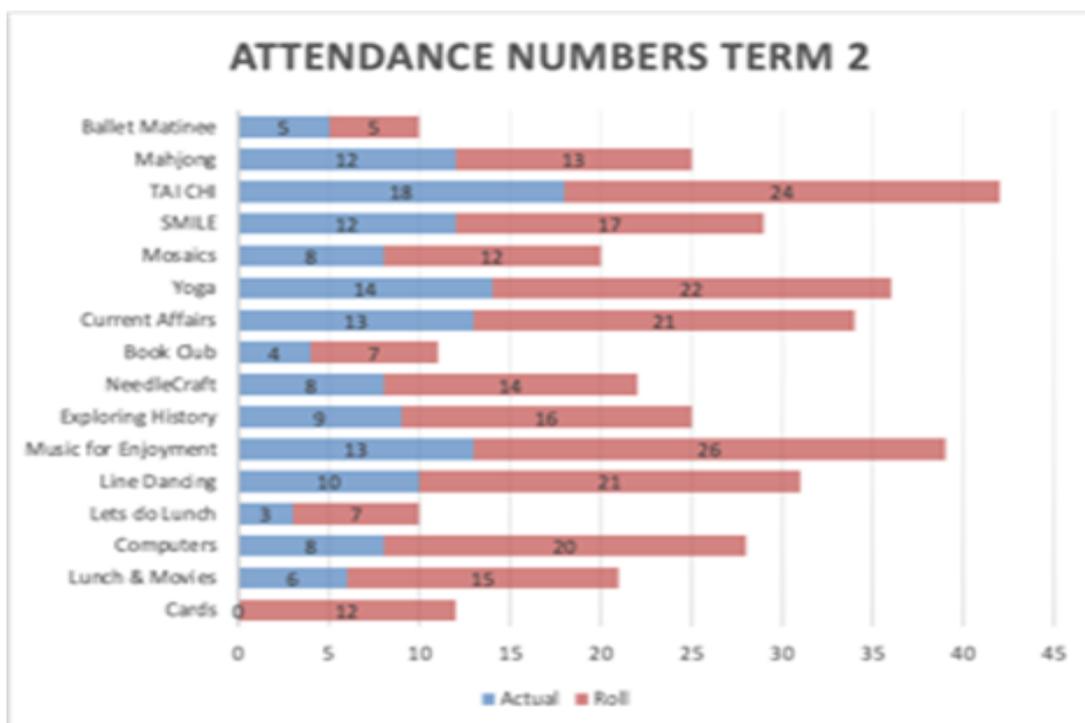


Of note has been the ongoing support of management from Heathglen Retirement Village who continue to allow us to use their facility for the conduct of group classes consisting of Exploring History, Line Dancing, Current Affairs and Music For Enjoyment.

Due to the current lockdown and restrictions, we are running Zoom video courses for **Exploring History** and **Current Affairs** to assist with reconnecting with our members and keeping in touch over these challenging and uncertain times. For more details refer to our website.

AROUND THE GROUPS

Over Terms 2 and 3 I have been able to get around to many courses and am pleased to report that members continue to support and attend classes and provide positive feedback. Refer to the chart below for class attendances. Please note restrictions of room sizes at venues did not allow maximum attendances even though members had indicated their ability to attend.



Despite the restrictions this result certainly indicates continued support for activities. Well done to all Group Leaders and their group members. I have attached a few snapshots on the next page showing some of our groups and their activities.

Rick Conn

MAJONG

Led by Nicky Hodgman with some of her group enjoying a game of mahjong at the Wyndham Park Community Centre. Note the amount of natural light and ability to move tables without having to lift them due to casters.

Shown in the photo are (from left to right) Esther, Judy Nelly and Doreen busy enjoying the game while keeping Covid-safe.



MOSAICS

Led by Helen Galea who, as we can see in the photo below, is busy producing one of her intricate Mosaic art works. A mosaic is a piece of art or image made from the assembling of small pieces of colored glass, stone, or other materials. It is often used in decorative art or as interior decoration.



YOGA

This is led by Trevor Walsh (see photo below right) at the Crossroads Uniting Church hall. Trevor's knowledge and skill have ensured our members receive both spiritual and physical benefits of this discipline. Yoga uses breathing techniques, exercise, and meditation which helps to improve health and happiness, particularly in these very trying times.



NEEDLECRAFT

This group is led by Faye Weston who meet at her place on Tuesdays. Shown below are some examples of the beautiful work produced by her group.



BALLET MATINEE

Just happy memories, if we don't start meeting again soon. This beautiful art form does not cease to exist just because of the restrictions upon performances. But it is a very physical, athletic thing; an immense art amalgam where music and classic movement, mime, costume and fantasy come together in often breathtaking perfection.

This year we have seen the retirement from Australian Ballet of the Artistic Director David McAllister, to great acclaim and a richly deserved Honour on the Queen's Birthday and the installing of the new Director, David Hallberg. During the Covid lock-downs our ballet company have suffered like the rest of us but they must keep training one way or another. They are brave and wonderful. Our Ballet Matinee class looks forward to viewing any new productions on the DVD screen that I can get hold of.

Happy dancing!!!

Cecilia Conway-Wright



A LAYMAN'S INTRODUCTION TO THE IDEA OF RISK

From the time we were born we have faced situations of risk. But what do we mean by risk? First note that there are different types of risk. Speculative risk is when we play the pokies knowing that there is only a very small chance of winning. However we are prepared to risk a few dollars in the hope of a win, mainly for a bit of fun and are not too concerned when we don't win. On the other hand, pure risk which we more commonly encounter is where we regularly undertake physical, business or financial activities with the expectation of success but where there is a small chance of an unwanted (bad) outcome of some event. We do this all the time, such as when running a business, buying something, driving our car, taking a shower, walking down the street and so on. We are constantly facing some level of risk and if we consider it as reasonably small, we generally accept the risk as part of life that can be successfully managed. There are many related circumstances, conditions and behaviours that need to be borne in mind to ensure that we are able to safely manage risk.

What makes the idea of risk particularly interesting is that people see risk in different ways. For example some may regard flying as high risk and so they avoid air travel. Others may appear to regard activities such as smoking or casual sex as relatively low risk. The question is: why are some people more risk averse towards some activities, while others are willing to behave in ways that we might think of as high risk and to be avoided? Added to this may be the need to sometimes try to calm people down where they appear to be unreasonably fearful about taking a risk while at other times we might need to urge them to perceive a particular risk as being high enough to warrant a significant change in their behaviour – ie make them more fearful.



A LAYMAN'S INTRODUCTION TO THE IDEA OF RISK (cont.)

There are about twenty factors* that can affect how people perceive risk and which may help explain why individual perceptions differ. One such factor is whether a risk is voluntarily undertaken or whether it is imposed (ie involuntary). For example if someone voluntarily chooses to receive a vaccination, they will perceive the risk involved (not the benefit) as much lower than if they were compelled to get vaccinated. Another factor is whether a person feels a strong sense of dread associated with a particular risk. Does anyone remember teaching a young person to drive? Also note that if a risk is not properly understood or if experts disagree about the level of risk being encountered, others will most likely regards the risks involved as particularly high. This does not necessarily means that experts are always correct or that the public is stupid. We need to look more closely at how and why the risks are being perceived in a particular way.



If we look at the current situation with the Covid pandemic, we see just how very complex and confusing the perceived risks associated with contracting the virus are being experienced all over the world. Public hysteria and fear, some of which may have been purposefully generated, must be well understood in order to make good decisions about how to manage all the related risks. It is interesting to observe how different countries from around the world have managed this based on a wide range of advice. Only in years to come will we be able to decide who did the best job.

There are many statistical ways by which risk can be measured. Examples include measuring things like incident, injury and death rates, calculating various financial costs and applying a range of psychosocial measures. Taken as a whole, the field of risk and risk management is not just very important for our overall health and wellbeing but both very wide and interesting.



Don Lee

* For a list of these twenty factors, email me don.hx@optusnet.com.au and I'll send you a copy.

U3A VICTORIA NETWORK

Using Zoom, I attended meetings over Term 2 and 3 with both U3A Victoria and the Western Regional Metropolitan Networks. This involved meeting other U3A representatives from around the State where we discussed topics that included:

- ◆ Recruiting volunteers, attracting new younger members and marketing.
- ◆ Finding suitable venues.
- ◆ Attracting more tutors and promoting courses.
- ◆ The use of IT (Information Technology) and the ubiquitous ZOOM

Clearly no surprises here and interesting that we are not alone in experiencing similar issues. My intent is to conduct marketing through events such as the Wyndham City Council event "Living Your Best Life" to assist with recruiting volunteers and younger members.

Rick Conn

SPECIAL EVENT 18 OCTOBER 2021– CANCELLED

The “Living Your Best Life Event” which was initially organized for 18 October 2021 by Wyndham City Council has unfortunately had to be cancelled again due to lockdown. The Council has indicated that they will closely monitor public health advice and provide a new date when it is safe to run this type of event.

It was to have been held at the Encore Events Centre, in Werribee where attendees would have been able to hear topics covering safety and energy savings, as well as presentations by groups such as Victoria Police and the Fire and Emergency Services.



For more information visit www.wyndham.vic.gov.au/livingyourbestlife or call 1300 023 411.

Rick Conn.

MEMBERSHIP NEWS

Two of our stalwart committee members, Merle Deslanders and Nicky Hodgman have after many years of valuable and faithful service to U3A Werribee decided to retire. For their contributions as members of the committee and tutors we do want to say a special thank you. We very much appreciate all that they have done with a special word of thanks to Merle for having organised many Christmas lunches and many other social outings and activities.

Members are also requested to note the following matters:

1. Members 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. For all membership inquiries, could you please contact our membership co-ordinator, Jannette Allen on Tel 9395 1606 or you can email: membership.u3awbee@hotmail.com

WORDS OF WISDOM ABOUT FRIENDSHIPS

A friend is the hope of the heart. Ralph Waldo Emerson (1803 – 1882) American philosopher and writer.

When you choose your friends, don't be short-changed by choosing personality over character. W. Somerset Maugham (1874 – 1965) English playwright and short-story writer.

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

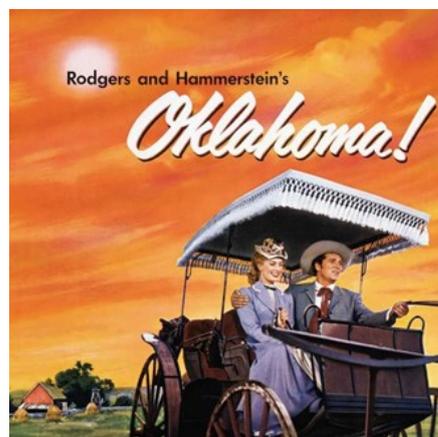
Dale Carnegie(1888 – 1955) American writer and lecturer.

MUSIC FOR ENJOYMENT

Now that our meetings have been so rudely interrupted, to keep you going, here is part of talk I gave a while ago in the sessions on the History of Popular Music. It concerned

RODGERS & HAMMERSTEIN'S OKLAHOMA!

Richard Rodgers had been a long-time admirer of Oscar Hammerstein, not least because of *Show Boat* – he believed that it had changed musical theatre in America. But that was in 1927 and Hammerstein had not had much success since then and some people thought of him as a man who wrote operettas and old-fashioned material. By the end of the 1930s, he had had a string of flops and nobody wanted to hire him. So - he was at his lowest point professionally when Richard Rodgers approached him about doing *Oklahoma!* Other theatre people advised Rodgers against it and I'm not exactly sure why Rodgers picked Hammerstein at the low point of his career. It was a good choice!



Oscar Hammerstein II was born into show business. His grandfather Oscar Hammerstein I was a famous Broadway producer and his father was a theatre manager. And like Richard Rodgers, he attended Columbia University in New York. As a lyricist his first successes were very much in the operetta style – in the 1920s he collaborated on the shows *Rose-Marie* – remember “Indian Love Call”? - *The Desert Song* and *The New Moon*. “Softly As in a Morning Sunrise” was one of the hits from that show and that title always seems a bit odd – have you ever heard of an ‘evening sunrise’?

When he teamed up with Richard Rodgers he was 47 years old and had worked on nearly 30 stage musicals. Richard Rodgers suggested that they write a show based on a play called *Green Grow the Lilacs*; it was set in rural America and involved cowboys and farmers.

The result was *Oklahoma!*, a revolution in musical drama. It wasn't the first musical to tell a story of emotional depth and psychological complexity, but *Oklahoma!* did include song and dance to convey plot and character and every song is firmly integrated into the plot-line.

Oklahoma! opened on Broadway in 1943 at the height of WW II. It was a staggering success and ran for 5 years and 9 weeks - altogether there were 2,212 performances. No musical had ever before approached that figure.

You can imagine how Rodgers and Hammerstein felt about the show's success. They met for lunch on the day after the opening and strolled past the theatre where the show was playing. They met bedlam, with crowds of people after the rave reviews, fighting to get to the box office.

The police were trying to keep order. Rodgers turned to Hammerstein and asked if he'd like to go somewhere quiet and talk, or would he prefer to go the very fashionable New York restaurant Sardi's and show off. Oscar said, “Hell, let's go to Sardi's and show off!”



John Funnell

PROGRAM OF U3A WERRIBEE COURSES FOR TERM 4 OF 2021

Monday 4 Oct 2021 - Friday 26 Nov 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⁾	Judy Conn	0431 677 657	SY
01.00 - 03.00	Tai Chi	Bonnie Holmes	0408 360 537	TBA
TUESDAY				
09.30 - 10.30	Senior Men in Light Exercises	Tony Bradford	0447 139 202	WCC
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003	PH
10.00 - 12.00	Beginners Computer Course	Don Lee	0402 330 314	TCC
01.00 - 03.00	Intermediate Computer Course	Don Lee	0402 330 314	TCC
02.30 - 03.30	Photography	Bernie Flaherty	0412 814 610	TBA
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 ⁽²⁾	Libby Pearson	0428 109 896	PH
THURSDAY				
10.00 - 12.00	Current Affairs	Campbell Cowie	9741 3928	HRV
12.30 - 03.15	Mahjong	Esther Cloonan	0419 345 057	WCC
01.15 - 02.30	Yoga For Older People	Trevor Walsh	0438 304 638	UC
FRIDAY				
09.45 - 11.45	Ballet Matinee	Cecilia Conwayne-Wright	0407 558 825	PH
12.30 - 02.00	Let's do Lunch ⁽³⁾	Suzanne Luder	0404 131 052	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 Wednesday of the month at members' houses.
 - (3) 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 COORDINATOR RICK CONN ON 0402 299 220**

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.
WP	Wyndham Park. At the Piazza Cr Wedge and Walton Str., Werribee.

STOP WHEN YOU GET TO THE END

Kids playing Hide and Seek: "We will hide and you can seek ... start counting and when you get to the end of counting you can come and seek us". Well, the Seeker might start counting on that childhood day and still be there when Hell freezes over, as they say ... There is no way that counting numbers can ever end either on the plus side or on the minus side of zero.

Yet we take the MANYNESS completely for granted. See an Aboriginal painting begin with one dot and then as artistic inspiration follows, a multitude of dots and spots come to life in an amazing picture; or watch how your rose bush at the end of winter gives you one leaf and then before you know it, there is a mass of leaves; you would not go out and count them...they are just taken for granted.

Stars in the heavens, grains of sand in the desert, cells in the human body, drops of water in the oceans beyond counting and yet they must have started somewhere as ONE. Too much and too wonderful to contemplate with our human, limited brains ... deep sigh ... what the heck ... put the jug on for a cuppa tea ... and live to count another day.

Cecilia Conway-Wright



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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