



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: 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

2022 Term Dates

Term 1: 31 Jan - 25 Mar 2022 Term 2: 2 May - 24 June 2022

Term 3: 18 July - 9 Sept 2022 Term 4: 3 Oct - 25 Nov 2022

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 your editors Don and Cecilia. Australia has some very beautiful folk songs ... vastly more than just good old Waltzing Matilda. The Dying Young Stockman's last verse goes "Oh had I the flight of the Bronze Wing; far over the hills would I fly; Away to the home of my childhood, there let me lie down and die" and the tune is a glorious three-four waltz time. I think my property is now

Blackbirdsville. My Blackbirds roost in my back garden and rear their young, sing their many songs and fly at amazing speed back and forth seemingly without flapping their wings, just a graceful supersonic whizz faster than any human can run. Oh, had I the flight of the Blackbird; and had I the songs from his throat !

Wishing all our members and their families a happy Christmas time and all good wishes for the New Year.



FROM OUR U3A WERRIBEE PRESIDENT

Good news members. All is progressing well to fully return to the pre-covid situation for 2022. Classes will be back at the usual venues for the most part. Vaccination certificates or Q-codes will be required of course.

As there will be no enrolment day and we are not charging the \$40 annual fee for 2022 for existing members we have no good idea of our actual membership number. People move away, change circumstances and some pass on. If you know of anyone who has left U3A Werribee, please inform our Jan Allen our Membership coordinator. But hopefully by the end of the first term we will be able to total up those actually attending. We need more members; so spread the word.

Enjoy the Christmas festivities; eat and drink responsibly - and as usual; catch up with family and friends. Thankfully we can now escape from the Melbourne bubble and enjoy the countryside. And of course it is a good time of year for cricket and tennis enthusiasts.

Keep safe, keep wearing those masks, get the next jab. The virus is still here, looking for any sign of weakness in our defences.

Brian Kilfoyle



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 or 2021 do not need to pay any further subscription fee for 2022.
2. We want to welcome the following new member who has joined us: CARMEL WILSON.
3. 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.
4. When you attend any course, please comply with any QR code requirement (if this is available) when you enter the course venue.
5. 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).
6. Please note that at this stage our U3A Werribee Annual General Meeting is planned for Tuesday 5 April 2022 at the Hoppers Crossing Sports Club. More details including the agenda and a nomination form will be included in our next newsletter and on our website.
7. 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

PHOTOGRAPHY

The activities of our U3A Photography Group had to be largely curtailed during 2020 and 2021. However there were still some opportunities including the Werribee River Association Photography Competition where a few of our members entered their photographs.

The Covid restrictions made it impossible to hold any meetings at the Hoppers Crossing Sports Club and the production of our annual calendar could also not be actioned. We hope that the lifting of restrictions and the lockdown will enable our Photography group to resume our regular meetings during 2022.

Congratulations to one of our members, Michael who produced a beautiful 100 page hard cover book of photographs. The photographs were taken during his recent touring holiday.

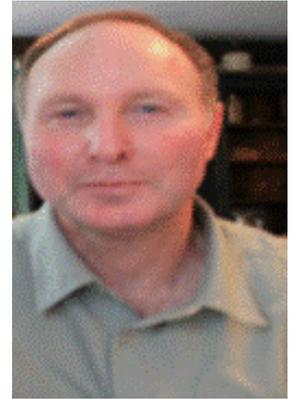
A few photographs of Werribee Icons are included below which we hope you will find of some interest. They include the Commercial Hotel, the old St Andrews parish church and the delightful new holland honey eater

Bernie Flaherty



COURSE COORDINATOR'S CORNER

Hello from Rick Conn, your courses and network coordinator. Due to ongoing COVID restrictions Term 3 face-to-face classes were suspended after the first two weeks into the term. It also became apparent that these restrictions would continue into Term 4. Therefore, as an alternative to our face-to-face classes it was proposed that Zoom Video meetings be introduced until restrictions were lifted.



The purpose of Zoom Video meetings was to provide our members with a means of reconnecting and stay connected throughout these very challenging and uncertain times and to assist with our health and wellbeing as a means of providing relief from lockdown restrictions. To assist with commencing Zoom Video meetings Wyndham City Council provided a grant to allow us to proceed. Once the grant was approved our Current Affairs and Exploring History classes led by our Group Leaders commenced, following the same format as our face-to-face classes. These classes were successfully conducted weekly as per our class schedule. I must say that even our more senior members did not let technology stand in their way from attending these sessions. Trivia quiz sessions were also introduced mid-October and conducted on a fortnightly basis.

Fortunately, with the easing of restrictions at the beginning of November our face-to-face classes were able to recommence at their venues within COVID limitations.

AROUND THE GROUPS

As reported the only classes that were able to be held were our Current Affairs and Exploring History via Zoom Video meetings.

Shown in the photo are members of our well-informed history group. Top row, left to right Rino, Judy and Rick, Christina, and Carole. Middle Row, Jennifer, Campbell and Pam. Front row Libby, Mary and Group Leader Brian.



EVENTS

Unfortunately, due to COVID restrictions the following planned events had to be cancelled:

Term 3 Morning Tea at the Werribee RSL. However, morning teas will resume in 2022.

Wyndham City Council "Living Your Best Life Event" initially organized for August and then rescheduled for October 2021 was also cancelled. For this event sessions would have included safety and energy savings, including presentations by groups such as Victoria Police, Fire and Emergency Services and it was also planned to have a U3A Werribee Marquee set up to identify not only what we do but, to encourage new members to join. This event has been rescheduled to 31 March 2022 at the Encore Events Centre, 80 Derrimut Road, so do please put this in your calendar for 2022.

U3A VICTORIA NETWORK REPORT

I attended a U3A Victoria Network and Western Regional Metropolitan meeting via Zoom Video during Term 4 of 2021. Feedback consisted of the following:

- Network understands the membership prefers the connection that in-person activities provide and how challenging U3As have found maintaining contact with their membership during the on-off lockdowns
- Many U3As were reluctant to move to online activities, but have acknowledged the benefits to the online world – convenience (no travelling to meetings or workshops), access to more U3A activities across Victoria such as developing new skills and attracting new and younger members.
- Network would like to encourage U3As to develop online skills and consider offering some online activities for their members. Network can support U3As with this
- Some U3As have opened places on their online courses to members from other U3As. These courses are promoted on Network's website. Please consider opening your online courses to other U3As if you haven't already done so
- Network is keen to support you as best we can. We are listening and we welcome suggestions on how we can help your U3A



Rick Conn

BALLET MATINEE

So good, that we can hardly believe that we can meet again – in the flesh – and enjoy our ballet. We started back with a showing of “Giselle” plus the delightful productions of “The Merry Widow”, “La Fille Mal Gardee” and “Nutcracker”.

With lockdowns now lifting, we certainly don't feel like watching gloomy stuff like “Spartacus” (music by Aram Khachaturian) with all the crucifixions nor “Ivan The Terrible” (music by Sergei Prokofiev) they will no doubt keep until next year! Or not!

Cecilia Conwaye-Wright



A DAY IN THE LIFE OF A SMART DEVICE

In 2008 the first android smart phone appeared and two years later the first iPad was unveiled. Since then billions of these have brought much pleasure and convenience to many people. Let us now allow one such device to tell us what they might get up to in the space of a day.

“Hello, I am a smart device used by my master or mistress and here’s what I might do in a typical day to keep them occupied. It formally begins when my alarm plays gentle music to awaken them from their slumber. The first thing they do is to use me to check the weather and read the newspapers while listening to their favourite radio station. By the way, I could have provided any one of more than thirty thousand worldwide radio stations. Then, they check their emails, the stock market report and any messages received overnight. After consulting my calendar and reviewing some new social network posts, they listen to a short podcast while taking a shower. Breakfast is accompanied by their favourite orchestras and then it’s off to their first engagement. In the car they check the traffic details and follow directions to ensure they are using the quickest route. They attended a meeting using their online agenda and quick notes. Any foreign words can be easily translated and any unusual words or facts quickly checked using my vast search and language capabilities. After a cup of tea, some online shopping and banking is done, emails quickly dealt with and some afternoon movie tickets are purchased. Later in the afternoon, the kids need some help with homework as well some speech therapy and maths exercises. I have an amazing collection of magazines and books, both audio and printed. Oh, and then there is a letter to be written (it can easily be dictated) and emailed to a friend. Earlier on, we walked through the park and observed an unusual plant which was no problem for me to identify. On the way home, the car was low on petrol, so I inform them about the nearest and best price per litre petrol station.



After tea, there was talk about a forthcoming holiday. I help them find and book flights, hire a car and organise accommodation. Of course I can also provide information about what to see and do during their travels. During the evening I use one of my many apps to show a movie which I can project onto their large TV screen. Naturally in the course of the day several local and overseas audio and video calls are made and text messages sent.

Well by now, my master or mistress are exhausted, so just before going to sleep they listen to some interesting YouTube clips followed by some soothing music. During the night, I keep watch for any new app updates, messages or any unwanted intruders.

But you know, I have hardly done anything beyond my basic capabilities. If they had the time they could have played games, checked out sport information, used me as a magnifying glass, checked their health and how



A DAY IN THE LIFE OF A SMART DEVICE (cont.)

far they had walked or even reviewed their photo library. I can also control children's screen time limits, scrutinise the household power consumption and update information about the family budget. Presumably, I don't have to remind anyone of the brilliance of my camera and capabilities to enhance or improve any old or new photos."

So, this is just a short summary of what a smart device can do. If you want to learn more about using these wonderful devices, come and join one of our computer classes which we have renamed: Digital Device Applications and which is offered on Tuesdays from 10am to 12 noon at the Heathglen Retirement Village.

Don Lee

A LAYMAN'S INTRODUCTION TO WOKE CULTURE

Over time some words come to take on new meanings. Take for example words like gay, tablet, cloud or radical. Well here's another word that has over the past few decades come to take on a new and somewhat controversial meaning: **Woke**.

We might still say something like: "Today I woke up early". However this word has now also come to represent social awareness, both in a cultural and racial context. The Merriam dictionary defines it as a form of slang that involves someone being of and actively attentive to important facts and issues, especially concerning racial and social justice.

One of the first people to use the word in public was William Melvin Kelly in an article in 1962 entitled "If You're Woke, Just Dig It", where he referred to the rich idioms used by Afro Americans which were increasingly being used by whites. Another occasion where 'woke' was used is in a 1970's play called "Garvey Lives". Here the main character Marcus Garvey is a black national who believed that blacks should be more aware of political and social issues. Hence the line "Mr Garvey done woke me up" – ie made me more aware of black social injustices.

Yet another example is to be found in the lyrics of a song made popular by Eryka Badu called Master Teacher, released in 2008, which include the words "I stay woke". More recently with the death last year of George Floyd, his brother Terrence urged all Americans to "stay woke" during rallies this year to commemorate his death.

However, 'woke' has now also taken on a more disparaging meaning to depict someone or a group adopting a more intolerant form of political correctness. For example, not long ago, Princeton University in New Jersey, forbade the use of the word "man" on its campuses. So too in some circles terms such as 'manhole' is now referred to as a 'maintenance hole' and in Britain, a 'Spotted Dick' bird is now called a 'Spotted Richard'. Also 'brainstorming' is replaced by 'thought showers' to avoid embarrassing someone with a brain injury, Christmas trees are now holiday trees and evidently a school in Seattle has renamed 'Easter eggs' as 'spring spheres' to avoid offending anyone who does not celebrate Easter. It has



A LAYMAN'S INTRODUCTION TO WOKE CULTURE (cont.)

consequently become quite common for those opposed to this sort of political correctness to critically describe it's proponents as being members of 'the woke' culture.

So you and I may wonder where all this reference to "woke" language and culture will end, or will; it? Perhaps we are only at the beginning where attempts to create a type of totalitarian utopian existence will involve authorities trying to outlaw people saying anything that might be perceive as offensive or disagreeable by someone. We have already seen how the rugby player Israel Folau lost his job when he persisted in openly expressing a personal religious view that some found objectionable.

So welcome to the bemused world of wokeism!

Don Lee

WHEN LITTLE HEN?

Vastly entertained by Henry Crabb in the TV series "Pie in the Sky" and his passion for his chickens and his devastation when they didn't lay decent eggs when exposed to loud Metal Rock music ...

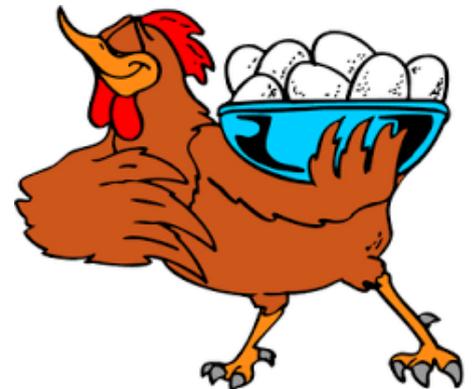
This takes me back to my childhood and the war years and our food rationing. Eggs were not exactly on coupon rations. They were sold by the fair distribution of the shop keeper whenever he had any eggs at all. So eggs were in short supply, I think due to chicken farmers having to convert to other food production. I remember my mother coming home pleased with an egg or two in her weekly shopping. Recipes for eggless cakes were in the magazines. Sad if your egg was bad ... always break it into a saucer first rather than risk breaking it directly into something that mattered.

Anyone who kept a chook or two for eggs relinquished their ration of any from the grocer and tough luck if your miserable chook didn't lay! No good grabbing the squawking heap of feathers by its neck and giving it a good shake and some threatening language unless she laid an egg.

Our household did not keep a chicken; but it was like heaven when dried egg came in tins from America. You could not boil the eggs, obviously, but they did make very tasty scrambled egg and omelette and pancakes and of course cakes and Yorkshire pudding.

To this day I cringe to see any fresh egg wasted or thrown around. A chooky-egg was like gold in those fighting days.

Cecilia Conway-Wright.



NEWSLETTER CONTRIBUTIONS

Contributions to our newsletter are always most welcome so please send your contributions to: newsletter@u3awbee@hotmail.com

Cecilia Conway-Wright and Don Lee

MUSIC FOR ENJOYMENT

After a year full of interruptions it's good to be starting up again, albeit just for the last four weeks of 2021. With only one timeslot available at Heathglen I've had to alternate the two music courses under the title Music for Enjoyment. We hope that in 2022 we can return to Hoppers Crossing Sports Club and revert to running A History of Popular Music on Tuesdays and Music You Like to Hear on Fridays.

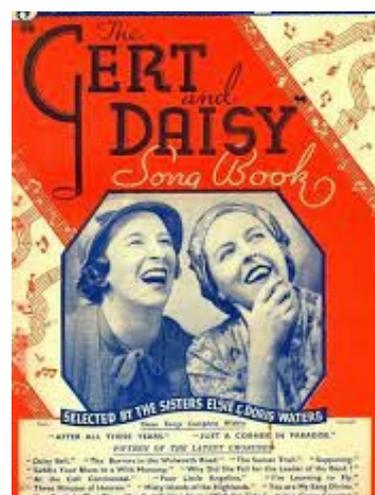
In the meantime at Heathglen we've watched DVD clips of some of the great arias from opera, including "Largo al Factotum" from The Barber of Seville, "Barcarolle" from The Tales of Hoffman and two melodious songs from The Merry Widow: "Vilja" and "The Merry Widow Waltz".

The first Popular Music session took us back to the 1940s and songs and singers that were popular during World War Two. We heard from Vera Lynn (of course), Flanagan and Allen, George Formby and Gert and Daisy.

A second serving of opera gave us the beautiful duet from Bizet's The Pearl Fishers: "From the Depths of the Temple" as well as arias from Carmen.

In the last session of the year we heard songs from the first two Broadway shows by Rodgers and Hammerstein: Oklahoma! and Carousel.

John Funnell



DID YOU KNOW ?

- ... corn, rice and wheat make up most of the world's staple foods?
- ... the word "love" is the most commonly used word in songs?
- ... most of the Earth's fresh water is stored in glaciers and the ice caps?
- ... there is a vault in Norway that holds nearly every type of crop seed?
- ... just over 80% of marriages in India are arranged?
- ... McDonald's once invented bubble-flavoured broccoli, which was a failure?
- ... bubble wrap was originally invented as a wallpaper?
- ... there is a very interesting toilet museum in New Delhi in India?
- ... the word "strengths" is the longest word with only one vowel?
- ... a performer Gary Turner (b1971) holds the Guinness Record for the stretchiest skin?



PROGRAM OF U3A WERRIBEE COURSES FOR TERM 1 OF 2022

Monday 31 Jan – Friday 25 Mar 2022 (subject to confirmation - see our website)

Day/Time	Activity	Group Leader/Tutor		Venue
MONDAY				
10.00 - 12.00	Exploring History	Rick Conn	0402 299 220	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	DCC
TUESDAY				
09.30 - 10.30	Senior Men in Light Exercises	Tony Bradford	0447 139 202	WP
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003	PH
10.00 - 12.00	Digital Device Applications	Don Lee	0402 330 314	HRV
01.00 - 2.30	History of Popular Music	John Funnell	9296 1036	HCSC
02.30 - 03.30	Photography	Bernie Flaherty	0412 814 610	HCSC
04.00– 05.30	Line Dancing	TBA		HRV
WEDNESDAY				
09.45 - 12.00	Mosaics	Eileen Harrop	9749 3959	WPCC
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	Carole Popham	0423 319 844	HRV
12.30 - 03.15	Mahjong	Esther Cloonan	0419 345 057	WPCC
01.15 - 02.30	Yoga For Older People	Trevor Walsh	0438 304 638	WPCC
FRIDAY				
09.45 - 11.45	Ballet Matinee	Cecilia Conwaye-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 You Like to Hear	John Funnell	9296 1036	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 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

DCC	Dianella Community Centre, 6 Congo Drive, Tarneit.
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.
WP	Wyndham Park , Werribee CBD, at the Piazza, Cr Wedge and Walton Str., Werribee
WPCC	Wyndham Park Community Centre, 57 Kookaburra Ave, Werribee.

WORDS OF WISDOM ABOUT HOLIDAYS

“My normal life is like being on holiday.” Valentino Rossi (b1979) Italian motor cycle champion.

“A perpetual holiday is a good working definition of hell. ” George Bernard Shaw (1856-1950) Irish playwright, critic and political activist.

“A vacation is what you take when you can no longer take what you’ve been taking.” Earl Wilson (1934-2005) American Professional Baseball Player.

“A vacation is having nothing to do and all day to do it in.” Robert Orben (b 1927) American comedy writer.

“I once wanted to become an atheist, but I gave up - they have no holidays.” Henry Youngman (1906-1998) UK born comedian and musician.

“No man needs a vacation so much as the person who has just had one.” Elbert Hubbard (1856-1915) American writer.

“A good vacation is over when you begin to yearn for your work.” Morris Fishbein (1889-1976) American physician and medical journal editor.

“Holidays are an expensive trial of strength. The only satisfaction comes from survival.” Jonathan Miller (1934-2019) English theatre, TV and opera director.

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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