



U3A Werribee Region Inc.

Tri – Cycle Newsletter

P.O. Box 1264, Werribee Plaza, 3030

EMAIL: sec.u3awbee@hotmail.com

WEBSITE: <http://www.u3awbee.net.au>

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

WINTER EDITION: No. 133 JUNE - AUGUST 2022 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: Rick Conn Email: president.u3awbee@gmail.com (note: it's **gmail**, not hotmail)

Vice President: Vacant

Treasurer: Christina Dennis Email: treas.u3awbee@hotmail.com

Secretary: Jan Phelan Email: sec.u3awbee@hotmail.com

Membership Coordinator: Carole Popham Phone: 0423 319 844 Email: membership.u3awbee@hotmail.com

Course Co-ordinator: Rick Conn Email: courses.u3awbee@hotmail.com

Committee Members: Brian Kilfoyle (Past President), Jannette Allen, Jill Squires and Don Lee.

UPCOMING EVENTS

2022 Term Dates

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

Well, dear members, here we are looking at a new Government ... time does not stand still. Greetings from your editors, Don and Cecilia, days into the official season of winter at least according to the calendar, even though wintery chills have actually been with us for a few weeks already.



Some of us have been poorly with one virus or another, so we hope you are on the mend. Congratulations to all who have kept classes going in spite of difficulties.

Quite a few members live alone and are grateful for grocery deliveries, the visits from friends and family, our good social club to belong to as well as a bit (or perhaps more than a bit) of television, radio and some or other computer devices to keep us in touch with the world.

Please send your contributions to the newsletter to newsletter.u3awbee@hotmail.com

FROM OUR U3A WERRIBEE PRESIDENT

Hello and welcome from Rick Conn, your new President of U3A Werribee following the election at the AGM on 5 Apr 2022.



I would like to personally thank our previous President (Brian Kilfoyle) for all his work over his tenure as President, particularly during the Pandemic which created several challenges to the running of our organization.

A special thanks to Jannette Allen who is stepping down as your Treasurer and Membership Coordinator after many years of commitment and diligence in these positions.

Both Brian and Jannette will be staying on as Committee members.

Please welcome your new Treasurer, Christina Dennis and Membership Coordinator, Carole Popham to our Committee of Management.

Since the last Newsletter we have successfully held our Annual General Meeting (AGM) on 5 Apr 2022 at Hoppers Crossing Sports Club. Thank you for your confidence and support to those who attended the meeting. I would also like to thank those members who submitted Proxy Forms who were unable to attend the meeting. May I say that your vote of confidence was reflected in the questions asked and attendance numbers at the meeting. This enabled us to achieve a quorum at the AGM.

A special thankyou to our Group Leaders. The time you put in and commitment are appreciated. I have no doubt that your class attendees are benefiting from your knowledge and skills.

Our current financial status as identified in audited Statement of Account presented at the AGM will allow us to continue to provide safe, fit for purpose and compliant and appropriate venues to our members. This will also provide contingency funding for any unexpected costs and allow us to plan for future events and activities over this financial year.

Our current Membership of 205 as reported at the Committee Meeting in May demonstrates that our U3A is providing classes and venues at the standard required to recruit and sustain our membership numbers. This represents a growth of approximately 16% when compared to 172 as reported at the AGM in 2021. This is a very pleasing outcome as we continue to come out of the COVID Pandemic. Although I would highly encourage our members to still practice Govt. Covid Safe protocols and rug up over the winter season.

It is noted that our advertising and marketing campaigns are contributing to recruitment of new members. Examples include being invited by Wyndham City Council to the "Living Your Best Life" event on 31 Mar 2022 held at the Encore Events Centre at 80 Derrimut Road Hoppers Crossing. A personal thankyou to those members who helped with this event consisting of Bonnie Holmes, Bernie Flaherty, Judy Conn, Carole Popham and Christina Dennis. This event allowed us to network with other stall holders for the purpose of inviting guest speakers from Police, Fire Brigade and Wyndham City Council Ageing and Disability representatives to future activities such as our morning teas.

On 28 Apr 2022 we were again invited by Wyndham City Council to give a presentation at 'the Sons of the West' event at Eagle Stadium. This consisted of a short presentation by

FROM OUR U3A WERRIBEE PRESIDENT (cont.)

Carole and Christina on the number and types of activities U3A Werribee conduct. These events along with posts in the Star Weekly including Ageing and Support section from Wyndham City Council are assisting us to grow our membership.

Rick Conn

WHAT THE HECK!

I have a naughty friend, well, bless her, she has passed away now, but we were barely into our fifties and I was newly widowed and she was newly divorced and we met at church. Connie said to me "Do you go dancing?" I said that I loved dancing but had not done much lately.

'There's a "Senior Citz" dance every Friday over in MorningGlory (shall we say) and I vote we roll up there next Friday."

'Do we qualify?' I asked. And she said – what the heck ... near enough. She added that she needed a new skirt to swing around in and suggested we try the local plaza where she knew she could get something racy to show a bit of leg and what-the-heck.

'Watch me kid,' she said, 'and learn!' as we fronted up at the doorway of the "Senior Citz".

Connie put her contribution of sandwiches on the table and then went and fixed upon a man telling him that it was amazing to see him again. She did not know him from Adam but went into ecstasies over catching up after all this time. She nailed this hapless senior citizen until the dancing began and then of course, he had to take her arm and give her the first quick step. She kept up the brilliant welcome of him through the next two dances and it was only at the progressive Barn Dance that she was obliged to let him go.



But he had a wife and she claimed him as soon as it was decent, so Connie and I sat out the next waltz. It was all too obvious that we should not have been there in the first place; everyone else was much older but the men did trot over to us and get us dancing. The wives were giving us some dirty looks. We were decent dancers and Connie did show some nice leg and so did I as far as that went! There must have been some council of war during the interval over the sandwiches because Connie and I were left sitting in our seats.

Connie's nice salmon sandwiches had all been gobbled up and we were only left with some dry old vegemite things.

'Oh what the heck!' Connie complained. We had no intention of dancing with each other, no matter how our feet itched. 'Come on let's get out of here', she said. She retrieved her sandwich plate and we headed for the door. Laughing all the way back in her car, she said 'Oh well, what the heck!".

Cecilia Conwaye-Wright

COURSE COORDINATOR CORNER - COURSE INFORMATION

Welcome to your Course Coordinator's corner details about some of our courses.

All classes with exception of our Popular Music, Digital Device Applications and Photography are being conducted at their nominated venues.

I am very happy to report that we have been successful hiring the larger community rooms for our TAICHI class at Tarneit Community and Learning Centre and Yoga class at Wyndham Park Community Centre (WPCC). Refer photo of Wyndham Park Room. Both rooms now provide a much more user-friendly space to conduct these activities.

Please note that our hired rooms at WPCC are subsidised by Wyndham City Council with exception of Room 2 on Thursdays enabling a cost effective and fit for purpose venue.



Our venues at the Community Centres, Heathglen Retirement Village and Hoppers Crossing Sports Club provide heating in their rooms to keep you warm and comfortable when attending classes during the winter months as well as the ability for you to socially distance as required.

Short Courses and Presentations

On 24 May 22 we commenced a 'Seniors Pool Recreation Program'. This short course was held at the Aqua Pulse Centre, 80 Derrimut Road, Hoppers Crossing.



All activities were conducted in the comfortable heated in door environment. During the first session, the water in the pool could have been a little bit warmer. However, the remaining two sessions had us enjoying a very pleasant, relaxing heated pool, as can be seen in the photo.

The course was held on Tuesdays over the period 24 May 22 to 7 Jun 22 and was fully funded by Life Saving Victoria. It catered for all abilities with the aim of building confidence in the water (no swimming experience required). Sessions included light exercise, consisting of walking, stretching, and running in the water, aqua and basic hydro classes with a spa session. All classes concluded with free tea/coffee and cakes/fruit. For those who are interested I will be looking at running similar short courses in the second half of the year.



On 25 May 22 members from our Exploring History Class attended a presentation by Mr Lance Pritchard from the Werribee Historical Society. This presentation was titled 'Hume and Hovell Expedition – Termination at the Werribee River' and was held at the Hoppers Crossing Library. Lance presented a well-researched case that identifies the Hume and Hovell expedition ending at the Werribee River and not Hovell Creek, Corio Bay.

COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

On the 17 Jun 22 Wyndham Park Community Centre invited our U3A to give a presentation on our organization. The main aim was to inform the residents of Wyndham who attend the Centre what classes we offer and the benefits we can offer from light physical exercise, mental and well-being, to history, current affairs and arts and craft. Currently we conduct three classes at the Centre consisting of Mahjong, Mosaics and Yoga.

AROUND THE GROUPS

Exploring History. Group Leader, Rick Conn.

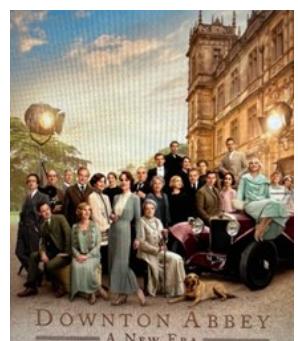
First month of this term we explored and dissected the History of Medicine. This subject has taken us on a journey from prehistoric, ancient times including the early civilizations of the Babylonians, Chinese, Egyptians, India, Greece, and Romans through the Renaissance Period to modern-day medicine.



We looked at the origins of the Hippocratic Oath written by Hypocrites in the 5th Century BCE. Did you know that Bloodletting and purging were used to cure illnesses? Although it could be said the treatment was worse than the cure. We learnt about the origins of Physicians and Barber Surgeons. Barber Surgeons not only cut your hair and gave you a shave but, performed minor surgery and dentistry. Did you know the origins of the Barber's Pole and the significance of the red, white, and sometimes blue coloring on these poles including the base? The red signified the blood, white the bandages the patient was wrapped in and blue for the veins and the base signifies the bucket where the blood drained. We explored the background of Florence Nightingale the founder of modern nursing. We looked at the origins of the Red Cross as well as the introduction of disinfectants and antiseptics to prevent infection during surgery. We concluded with the advances of emerging technologies consisting of 3-D printing, robotics, teleoperations, and computer assisted manipulation during surgery. The remainder of this term we will cover the history of China from Prehistory, Pre-Dynastic and Dynastic periods of the Emperors, the Nationalist Republic Period (1912 to 1949) and finish with the Peoples Republic of China.

So, if you want to come on a journey of armchair exploration and learn about history our classes are held on Mondays (10:00 am to 11:00 am) at Heathglen Retirement Village, community Centre.

Lunch and Movies. Group Leader, Judy Conn. Sessions are held at the Sun Theatre in Yarraville on the second Monday of the month. Last month the group enjoyed watching Downton Abbey A New Era. Previous months our members have had a choice of movies as long as they start between 10:00am and 10:20am. This enables the group together for lunch at the Alfa Bakery which is a short walk from the Cinema.



COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

TAICHI. Group Leader Bonnie Holmes assisted by Sylvia Gordon and Joan Rimes. The availability of larger community rooms at Tarneit Community and learning Centre has enabled Bonnie to run both beginners and more experienced classes. These larger community rooms also have the advantages of not having to place our members on wait lists, run additional classes and allows members to social distance. TAI CHI is held on Mondays from 10:30am to 11:30am.



Senior Men In Light Exercise. Group Leader, Tony Bradford (Coach). Our Senior Men's In Light Exercise (SMILE) Group will be returning to Hoppers Crossing Sports Club (HCSC) from 7 Jun 22 after their time at the Werribee Recreation Park over the Summer months. This will enable members to continue to conduct their light exercise in doors at the HCSC Pavilion as the temperature gets colder and in the event of inclement weather. Pictured are some of our group enjoying a rewarding coffee after one of Tony's well-organized sessions.



Needlecraft. Group Leader, Faye Weston. Faye and her group continue to produce high quality needle crafts. Sessions are held on Tuesdays at Faye's home from 9:45 am to 11:45 am. An example of these works is shown in the photo courtesy of Vittoria Lucietto.



Digital Device Applications. Group Leader, Don Lee. This activity is normally held at Heathglen Retirement Village. This replaced the Computer learning at Tarneit Community Centre. This class has now been expanded to include the safe, secure and operation of mobile phones, tablets/iPads not just computers (portable and desktop).

For example: Have you ever heard of Libby? Well, Libby is a secure computer App (Application or program) that can be very easily used to read library books and magazines online. All you need is your library membership details and a computer device, You can use a PC, laptop or, in my view preferably, a tablet or iPad.



What is particularly amazing is that you can read the latest version of well known magazines and it doesn't matter how many have borrowed that magazine at any given time.

If you haven't already done so, try using Google and simply type "Meet Libby" or even just "Libby App" and check out what Google can offer. And best of all, it is absolutely free!

The class was not held over the first term due to Don enjoying a much overdue holiday to visit family and friends in South Africa. However, classes are scheduled to return next term.

COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

Photography. Course Leader, Bernie Flaherty. This class is normally held on Tuesdays from 2:30pm to 3:30pm and meets at the Hoppers Crossing Sports Club Pavilion. This class was not held this term. However, dependent on the weather we look forward to its return in Term Three.

Line Dancing. Course Coordinators. Sylvia Gordon who looks after attendance and acts as the POC for the Courses Coordinator and Vittoria Lucietto and Karla Pearson our music coordinators for the group. This combined effort has ensured our attendees have fun and continue to enjoy the health benefits of this activity. Line dancing is a great form of exercise and assists with improving strength in muscle function, balance, coordination, and flexibility. Line dancing is held on Tuesdays from 4:00pm to 5:00pm at the Heathglen Community Centre, Community Room.



Mosaics. Course Leader, Eil Harrop. Eil and her group continue to produce excellent creative works of mosaic designs made from colored, small pieces of material such as stone, mineral, glass, tile, or shell. Examples of this creative work are shown in the photo. Mosaics is held on Wednesdays from 9:45 am to 12:00pm at Wyndham Park Community Centre.



Cards-500. Course Leader, Kay Dwyer. Kay is stepping down as the group leader. On behalf of the members of U3A Werribee I would personally like to thank Kay for her commitment to running this activity over her tenure as group leader. Cards 500 will continue to be held at Lifestyle Seasons Retirement Community through joint coordination by Nancy and Judi, two of its members.

Let's Do Lunch. Course Leader, Suzanne Luder. This activity is held on the third Friday of the Month and commences at around 12:30 pm. It is held at various Wyndham eateries and includes new places not too far away from home. You could also suggest somewhere you have heard about and not been before.

The group and eateries visited comply with current health requirements. Note venues visited allow for easy access including ability to try for good parking access.

The group aims to meet and enjoy a meal together and discuss in a friendly and social atmosphere the current events. This activity is not just for the ladies so gents you are more than welcome to participate and join in this group as well.

So don't let winter discourage you from getting out, meeting your U3A friends and making new ones. Your contact is Suzanne on 0404 131 052.

COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

Book Club. Course Leader, Libby Pearson. Libby's group hold this popular activity on the second Wednesday of the month. The venue is normally decided by the group. Places are limited so get in early.

Current Affairs. Course Leader, Carole Popham. Carol's research into local, national, and international current affair events encourages engagement and active discussion as well as informing members of these events. Carole's class is held on Thursdays at Heathglen Retirement Village, Community Room from 10:00 am to 11:00 am with coffee/tea and cakes/biscuits available directly after the session.

Mahjong. Course Leader, Judy Conn. This class is held at Wyndham Park Community Centre on Thursdays from 12:30pm to 3:15 pm where the group apply their dexterity and mental skills to the tile-based game of Mahjong, originally developed in 19th Century China. During this term the group have expanded their learning skills to include eastern Mahjong as well as continuing with more western Mahjong games. The aim is to encourage new starters with the option of learning one or both styles.



YOGA. Course Leader, Catherine Sullivan. Catherine, as the Group Leader has ensured the group meet the physical and mental health benefits of Yoga. Physical benefits are achieved through strength, balance, and flexibility exercises. Whilst Mental health benefits are achieved by reducing stress levels through controlled breathing during poses which leads to feeling brighter and having fewer negative moods.



Pictured is Catherine and some of her group getting ready for their session in the larger community room which affords a much more conducive atmosphere and space to conduct their Yoga session in. So, if you want to improve your physical and mental health come along and join in. Yoga for Older People is held at Wyndham Park Community Centre on Thursdays from 1:15pm to 2:30pm.

Ballet Matinee. Course Leader, Cecilia-Conwaye-Wright. This class is conducted at Cecilia's home listen and watch ballet performances with the aims of inspiring, delighting, and challenging the group through the power of the performance being held.

Cecilia reports that "we may not be able to physically trip the light fantastic any longer, but there is nothing to stop us, with our dancing hearts, from appreciating the dance and the music and the theatre of the classical dance companies of the world. This small group, meeting at my home on Fridays from 9:30 am to 12:00 pm have enjoyed the ballets, *Spartacus* this term along with *Onegin* and *Sleeping Beauty* looking ahead possibly to something different, the film *Strictly Ballroom*. Our DVDs range the world's companies so that we become world travellers from our easy chairs. And why not!"

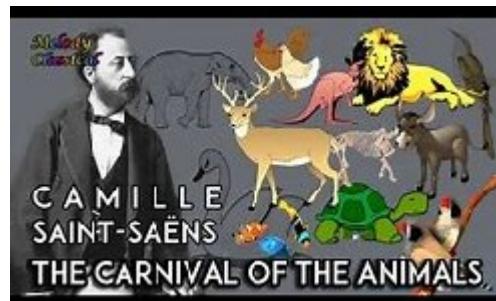
COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

Music You Like to Hear. Course Leader, John Funnell. John and his avid devotees of music meet at the Hoppers Crossing Sports Club Pavilion on Fridays from 1:00 pm to 3:00 pm. John's knowledge and diligent preparation ensures attendees have a relaxing and enjoyable time during this class.

John reports: "Our Friday afternoon music sessions are now in full swing but we're missing some of our regulars: perhaps they are still worried about Covid and the flu. There's no need to be – we're all very safety-conscious!"

In a packed program this past term we've listened to a wide variety of music. We began with a selection of 20th Century British music including Vaughan Williams' light-hearted English Folk Song Suite and works by Delius and Holst.

The second program concerned music that might be used to introduce children to classical music: The *Toy Symphony*, *The Carnival of the Animals*, complete with humorous verses, and *Peter and the Wolf* narrated by Alexander Armstrong. All of these were presented on video clips, courtesy of YouTube, and made for entertaining viewing.



Then, in a program devoted to the music of Spain, we saw video clips of some of the world's leading guitarists which enabled us to see their amazing finger-work. We also saw a Prom concert DVD of the ballet *The Three-Cornered Hat* by Manuel de Falla. Not a classical ballet, it was full of dramatic and enthralling flamenco dancing.

Other programs included music by Schubert, especially his *Trout Quintet*, and also music by Mozart. The latter included more video clips, this time extracts from The *Magic Flute* and a glorious rendition of the *Exsultate Jubilat*.



MEMBERSHIP NEWS

Hello from Carole Popham your new Membership Coordinator.

Firstly, I want to thank Janette Allen for all the hard work she put in over her tenure as Membership Coordinator. Janette has also been our Treasurer, so filling both Committee roles and responsibilities has required commitment and dedication and is appreciated. She is a hard act to follow but bear with me and I will give it my best.

A big welcome to new members Micki Hovey, Betty Seah, Beverley Cornell, Holly Ashen, Pat McKay, Janice De Witte, Bill Fitzgerald, Gordon Blythe, Suzan Wise and Norma Clark. Welcome aboard all and I hope you are enjoying your courses.

Apart from wanting to keep in regular contact with our members, we sometimes need to contact everyone urgently (a lesson we learned from Covid) so if your contact details have changed since joining such as your home address, email address if you have one and/or a mobile phone please let us know, so we can ensure your details are up to date in case we need to contact you. You can email it to me at: membership.u3awbee@hotmail.com.

If you are looking for a night out or a lunch on a Friday, don't forget that as part of your U3A membership you can get a discount at the Bistro at the Hoppers Crossing Sports Club (HCSC).in Hogans Road. Just flash your U3A Werribee membership badge to prove you are

MEMBERSHIP NEWS (CONT.)

one of us.

If you have any queries about your membership or if you have told someone how much fun it is to be in U3A and convinced them to give it a try, please email me at:
membership.u3awbee@hotmail.com or contact me on my mobile at 0423 319 844.

Until next time Happy 'Learning with fun'

Carole

SOCIAL ACTIVITIES AND OUTINGS

Welcome to your Social and Outings corner. On 5 July 2022 we are holding a Mid-Winter Luncheon at the Hoppers Crossing Sports Club, Hogans Road. Refer flyer below.



MID-WINTER LUNCH

Date: Tuesday 5th July, 2022

Our term break and holidays are approaching. So, come and join our members and friends for our mid-winter lunch. Make up a table (8) or just come along and join new friends. Partners welcome.

TIME: Arrive 11.45 am Lunch will be served at 12.15 pm

WHERE: Hopper's Crossing Sports Club, Hogan's Road.

COST: \$35.00.
A complimentary drink will also be served
Lucky door prize and raffle

MENU: Meals will be served alternately consisting of:

- ROAST BEEF: served with roast potato, pumpkin, peas, and carrot
- ROAST CHICKEN: served with roast potato, pumpkin, peas, and carrot

DESSERT: Warm chocolate pudding/Cheesecake with cream

TEA/COFFEE: After Dinner Mints

BOOKINGS: ARE ESSENTIAL

(When booking please inform of any special dietary needs for example vegetarian lasagne)

CONTACT: RICK CONN 0402299220

**PAYMENT DUE NO LATER THAN: FRIDAY 24th
June 2022**

PROGRAM OF U3A WERRIBEE COURSES FOR TERM 3 OF 2022

Mon 18 July – Fri 9 Sept 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
10.00 - 01.00	Lunch & Movies ⁽¹⁾	Judy Conn	0431 677 657
10.30 - 11.30	Tai Chi	Bonnie Holmes	0408 360 537
TUESDAY			
09.30 - 10.30	Senior Men in Light Exercises	Tony Bradford	0447 139 202
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003
10.00 - 12.00	Digital Device Applications	Don Lee	0402 330 314
02.30 - 03.30	Photography	Bernie Flaherty	0412 814 610
04.00– 05.30	Line Dancing	Sylvia Gordon	0409 428 077
WEDNESDAY			
09.45 - 12.00	Mosaics	Eileen Harrop	9749 3959
01.00 - 04.00	Cards — 500	TBA	SD
01.30 - 03.00	Book Club ⁽²⁾	Libby Pearson	0428 109 896
THURSDAY			
10.00 - 12.00	Current Affairs	Carole Popham	0423 319 844
12.30 - 03.15	Mahjong	Judy Conn	0431 677 657
01.15 - 02.30	Yoga For Older People	Catherine Sullivan	0402 299220
FRIDAY			
09.45 - 11.45	Ballet Matinee	Cecilia Conwaye-Wright	0407 558 825
12.30 - 02.00	Let's do Lunch ⁽³⁾	Suzanne Luder	0404 131 052
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.
TCC	Tarneit Community Centre, c/r Leakes Road and Sunset Views Boulevard, Tarneit.
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 FRIENDSHIPS

“Life is partly what we make it, and partly what it is made by the friends we choose.” Tennessee Williams (1911 – 1983), American playwright and screenwriter.

“A good friend is like a four-leaf clover; hard to find and lucky to have.” Irish Proverb

“I would rather walk with a friend in the dark, than alone in the light.” Helen Keller (1880– 1968), American author, disability rights advocate, political activist and lecturer

“There is nothing on this earth more to be prized than true friendship.” Thomas Aquinas (1225 - 1274) Italian Dominican friar and priest.

“A sweet friendship refreshes the soul.” The Bible, Proverbs 27:9

“A best friend is someone who makes you laugh even when you think you’ll never smile again.” Unknown origin.

“The only way to have a friend is to be one.” Ralph Waldo Emerson (1803 – 1882), American essayist, lecturer, philosopher, abolitionist, and poet.

“My best friend is the man who in wishing me well wishes it for my sake.” Aristotle (384 BC - 322 BC) Greek philosopher and polymath.

“Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation.” Oscar Wilde (1854 – 1900) Irish poet and playwright



THIS TRI - CYCLE NEWSLETTER IS PRINTED FOR U3A WERRIBEE BY COURTESY OF TIM PALLAS, MEMBER OF THE VICTORIAN LEGISLATIVE ASSEMBLY FOR WERRIBEE.

DISCLAIMER: This newsletter is for information purposes only and views expressed here are not necessarily those of U3A Werribee Region Inc. While efforts have been taken to ensure that the material contained in this newsletter is accurate, U3A Werribee Region Inc does not guarantee the accuracy or the completeness of the material. Readers are advised not to rely solely on this information when making any decision and should seek independent advice before making any decisions.