



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.

SPRING EDITION: No. 134 SEPTEMBER - NOVEMBER 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 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 Cecilia and Don, and welcome to the Spring edition of our U3A Werribee newsletter. We are all looking forward to this very chilly winter turning the corner to springtime ... to see the wattle in its golden glory once again and our gardens showing some buds and blossoms.

Our thoughts go out to those who have not been well due to Covid, Flu and head colds. It has been tough. Sad business when greengrocery is expensive and you buy a net full of sweet potatoes and each one is going rotten ... my personal experience; plus a net full of mandarins rapidly going home to God and needing eating quickly. Fortunately it doesn't happen too often.

Thank goodness for U3A and our companionship and good leadership. Please send your contributions to newsletter.u3awbee@hotmail.com



FROM OUR U3A WERRIBEE PRESIDENT

Hello and welcome to this edition of the President's Corner.

I am opening my post with great sadness. On Friday 29 July 2022, Tony Mason, one of our long serving, diligent and dedicated members of U3A Werribee passed away. Tony's informed knowledge will be sorely missed at Ballet Matinee, Current Affairs, Exploring History and Music You Like to Hear classes which he consistently attended with his wife, Kathy. Tony was also the Group Leader for Current Affairs for many years before handing over the chair due to failing eyesight. We send Kathy and her family our deepest sympathies.

Since the last Newsletter your committee has been busy drafting our U3A Werribee Region Inc Policy Documents. These documents will assist creating consistency and standards within the organisation. They are in DRAFT only so that all members can provide comments and feedback to me to allow any amendments to be made prior to our next AGM where they can be ratified. They are located under the 'Documents' header on our website. This also includes our Rules of Incorporation – Constitution. For those members without computer access I am happy to mail them out to you. These written policies are an essential aid to the efficient and effective operations of U3A Werribee Region Inc.



On 5 July we held our Mid-Winter Lunch at the Hoppers Crossing Sports club. It was good to see our members getting out and enjoying themselves given the past two years of lockdowns.

Our membership numbers continue to grow, with 28 new members joining U3A Werribee since January this year. This brings our current membership to 215.

I would like to think that the high standard of venues and quality of our Group Leaders are playing a major part in our organisation's growth. Reduced room hire fees and subsidies received from the Wyndham City Council are also assisting with the continued use of our hired venues.

Update on COVID: COVID 19 is still with us as identified at the press conference held on 29 July by Professor Brett Sutton, our Chief Health Officer. He informed Victorians that we were still enduring the peak of a significant wave in terms of positive case numbers of COVID-19.

Based on this information, whilst it is not mandatory, members and visitors are highly recommended to wear masks when attending face-to-face classes or activities, where practical. Please inform your Group Leader if you cannot attend classes or activities because you have cold, flu or COVID symptoms. Also, when attending classes, remember to socially distance in your classroom if required.

Take care and stay safe.

Rick Conn.

WITH AGE COMES WISDOM

Three young guys and an older man were on a four-day camp at a ranch where they had two rooms to share between them. No one wanted to share a room with one of the young guys called Bill, because of his reputation for snoring. So three of them decided to take it in turns sleeping in Bill's room.



The first young guy shared with Bill and came to breakfast the next morning with his hair a mess and his eyes bloodshot.

They all said, "Man, what happened to you?"

He said, "Bill snored so loudly, I couldn't sleep; I just sat up and watched him all night."

The next night it was the turn of the second young guy. In the morning, same thing; hair all over the place, eyes all bloodshot. When asked what happened he said: "Man, that Bill shakes the roof with his snoring. I just watched him all night."

Then it was the turn of the older man who was a tall, tanned and experienced Australian stockman, a tough real man's man. Next morning he came down to breakfast all bright-eyed and bushy-tailed.

"Good morning, everyone; wow did I sleep well!", he said.

They couldn't believe it. They all said, "Hey ... what happened?"

"Well," he said, "we got ready for bed and I went and tucked Bill into his bed, then I patted him on his bottom, stroked his hair and kissed him good night. Then Bill sat up and watched me all night."

The lesson of this story: With age comes wisdom.

COURSE COORDINATOR CORNER - COURSE INFORMATION

Welcome to your Course Coordinator's corner.

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

AROUND THE GROUPS

Exploring History. Group Leader, Rick Conn. This term we explored the history of China mainly concentrating on those events that have shaped China today. This topic covered the origins of the first Chinese peoples, Ancient China, the Dynastic period that lasted for over 2000 years and ended in 1912 following the abdication of the last emperor of China (Puyi). Republic of China under the Nationalist, beginning of the



COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

Communist (Peoples Republic of China) under Mao Zedong and finally modern-day China.

We covered conflicts such as the Opium Wars and the Boxer Rebellion in the 1800's between Britain and France. The 8-power invasion of China by Britain, France, Germany, Tsarist Russia, Italy, America, Austria-Hungary, and Japan in 1901. We also covered Japan's invasion from 1931 till 1945. We looked at Hong Kong when it became a British colony in 1841 till it was handed back to China in 1997 and the events that have shaped Taiwan today following the defeat of the Nationalist by the Communist.

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 continue to be held at the Sun Theatre in Yarraville on the second Monday of the month. Last month the group enjoyed watching Elvis the Movie. Members have had a choice of movies if 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.

TAI CHI. Group Leader, Bonnie Holmes. TAI CHI continues to be very popular with our members. The larger Community room at Tarneit Community and learning Centre is enabling Bonnie to take full advantage of the space provided during her sessions when demonstrating the different movements. The room also has heating which makes for a very comfortable environment in these winter months. 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 have returned to Hoppers Crossing Sports Club (HCSC). This has allowed the group to continue their outdoor light exercises as well as having access to an indoor area at the HCSC Pavilion in the event of inclement weather. The attached photo to the right shows the type of public exercise equipment available to the group including the walking path. This class is held on Tuesdays from 9:30am to 10:30am.



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 continues to be held at Heathglen Retirement Village. This class has expanded to include the safe, secure and operation of mobile phones, tablets/iPads not just computers (portable and desktop). Tuesdays from 10:00am to 12:00pm. With the increase in Scammers trying to access your personal and private data this class is highly recommended to learn how to avoid the tricks and methods employed by scammers to access your data.

COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

Photography. Group 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.

Line Dancing. A combined group effort ensures our attendees continue to have fun and 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. Group Leader, Eil Harrop. Eil and her group continue to produce 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. Group Coord, Nancy Clissold. Cards 500 continues to be held at Lifestyle Seasons Retirement Community on Wednesdays from 1:00pm to 4:00pm.

Book Club. Group 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. Group Leader, Carole Popham. This term the group has discussed a wide and varied range of current affairs topics including Ukraine and Russia, climate change, effects on the environment and clean energy, Commonwealth Games, Taiwan the USA, and China's expansion in the Pacific region. These topics encourage robust discussion as well as informing members of these events. This 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 directly after the session.



Mah-Jong. Group 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. Information and instruction handouts on these styles provided to attendees.

YOGA. New Group Leader, Samantha Sepulveda. Samantha is a qualified Yoga teacher who has taken over from Catherine Sullivan, as the Group Leader. Thank you to Catherine from the President and Yoga group for enabling us to enjoy and learn the physical and mental health benefits of Yoga. This class is held on Thursdays from 1:15pm to 2:30pm at Wyndham Park community Centre, community Rooms 1 and 2. This enables our group to maintain social distancing whilst undertaking this activity.

COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

Ballet Matinee. Group Leader, Cecilia-Conway-Wright. This class is conducted at her home on Fridays from 9:30 am to 12:00 pm. Cecilia's group listen and watch Ballet performances with the aims of inspiring, delighting, and challenging the group through the power of the performance being held. See separate post from Cecilia in this newsletter.

Let's Do Lunch. Group 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.

Music You Like to Hear. Group 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. See separate posting from John in this newsletter.

NEW CLASS

Health and Wellbeing

We are very happy to announce that this class will commence on 24 Aug 2022. Group Leader Lyn Alder. Lyn is a qualified Nutritionist and Reflexologist, a Masseuse and Meditation teacher and Feng Shui consultant.

The class covers health and wellbeing, reflexology, colour therapy, music therapy and meditation. It is held at Wyndham Park Community Centre, Community Room 1 on Wednesdays from 1:00pm to 2:30pm. The Centre has easy access with all day free parking. So come along and join Lyn's class to learn about the benefits of health and wellbeing.

Rick Conn.



ENGLISH IS A FUNNY LANGUAGE

A fat chance and a slim chance are the same thing.

Tomboys are not boys.

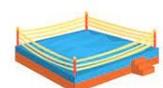
Hot dogs are served cold.

Night falls but never breaks; day breaks but never falls.

Noses run but feet smell.

A boxing ring is square.

We cook bacon but bake cookies. You fill in a form by filling it out.



BALLET MATINEE

Our hearts keep on dancing come what may. Looking back I see that our first class met on October 19th 2018 with a showing of Coppelias. Mr Tony Mason was in the class and we shall miss him very much in the months to come. The last ballet that Tony watched was La Bayadere , a sumptuous, extravagant ballet by a French Company in the truly Romantic style. We had to watch La Sylphide twice because we loved it so much, with its Scottish theme and Scottish dancing including a cast of children.

Then suddenly to be plunged into the grim comedy of Cinderella with music by Prokofiev was a bit of a shock but we take it all in our stride!



A scene from La Bayadere (music of Ludwig Minkus) from the recent Bolshoi's London season.

MUSIC YOU LIKE TO HEAR

Thanks to the wonders of YouTube we've been able to view video clips of the music being played, of singers like Pavarotti and Renee Fleming in full flow. The first session of Term 3 included the Choir of King's College, Cambridge and it was so good to see those wonderful singers do their magical stuff, rather than listening to them on CD. And in a programme devoted to American music of the 20th Century we were able to watch the lively ballet that was created for Aaron Copland's *Appalachian Spring*.

Film director Ron Howard recently made a documentary on the life and work of Luciano Pavarotti which we viewed and all members voted it an absolute highlight.

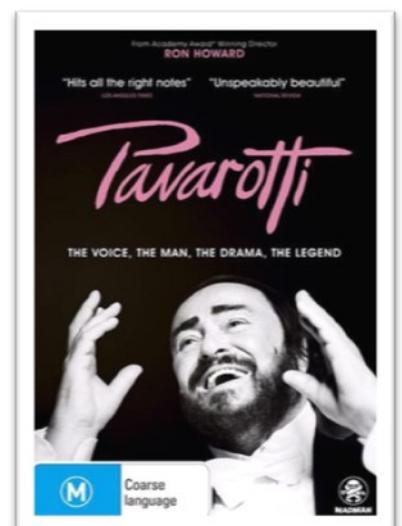
The term continued with music by Hummel, Faure, Ravel and Debussy and we were able to see and hear Debussy himself playing some of his compositions.

We had another programme of highlights from opera which included very moving scenes from *La Boheme* sung by Jonas Kaufmann and Pavarotti. The session concluded with a touch of humour from Dame Hilda Bracket of Hinge and Bracket fame and a song from Joyce Grenfell.

The term concluded with the music of Chopin and a Prom Concert devoted to some of the great songs from Broadway shows.

Our numbers have declined a little through illness and overseas holidays and it would be very good to welcome back some of our members who haven't been able to attend for a while.

John Funnell.



MEMBERSHIP NEWS

Word of mouth is a great recruiting agency and thanks to those of you who have been spreading the word. You have been doing a great job.

Our membership is growing steadily and we have welcomed 29 new members so far this year. A big welcome to the newest members:

Lynette Vaughan, Carol Conron, Clive Dutton, Nancy Clissold, Susan Taylor, Jillian Wattz, Margaret Lewis, Chrys Palmer, Patricia Gould, Beverley Coward and Barbara Kenny, Jim Campagnolo, Jane Scott and Ksinia Messina.

Welcome back to **Helen Byrne** and **Norma Reeve** who have returned after some time out.

A gentle reminder to let me know if you change your contact details.

We are also encouraging you to wear your membership badge to the sessions you attend. If you have tried to tumble dry yours or put it away carefully and can't remember where that is, get in touch with me and I will make you a new one.

Don't forget that showing your badge at the Hoppers Crossing Sports Club in Hogans Road will get you a discount. Just a side bonus of your U3A membership.

Any questions about membership please email me at: membership.u3awbee@hotmail.com or contact me on my mobile at 0423 319 844.

Until next time, keep telling your friends about how rewarding U3A membership can be.

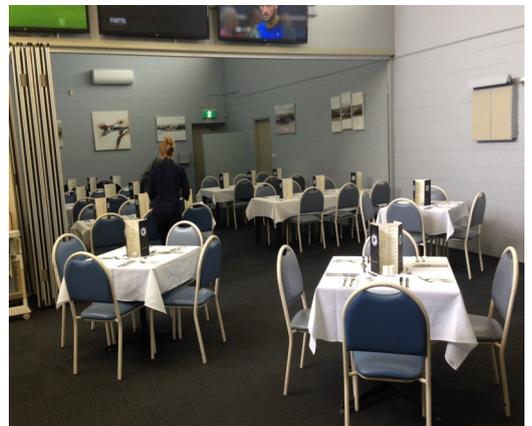
Carole Popham

KEEPING IN CONTACT

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.

HAVING A NIGHT OUT

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 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'.

EULOGY: TONY MASON

This eulogy was given by Rick Conn at the funeral for Tony Mason on 11 August 2022.

On behalf of U3A Werribee I would like to personally acknowledge Thomas Mason or Tony as we knew him, one of our long-term and supportive members.

U3A is about a sense of community, lifelong learning and sharing your knowledge. Tony ticked all those boxes.

Tony became a member of our organisation just over 15 years ago and continued to be an active, dedicated, and avid supporter of our organisation. I noticed that Kathy had joined before Tony so I would like to thank her for encouraging him to join.

I have been fortunate to personally know Tony and enjoyed his friendship after first meeting him when he was the Leader of our Current Affairs Group. What impressed me about Tony was that he was always well prepared and organised for each class. His ability to engage with the group and listen to their responses was clearly appreciated by all. Tony was a stickler for procedures in the class and always insisted that you raise your hand if you wanted to ask a question or present your view on the topic being discussed. Unfortunately, it was mainly due to his failing eyesight that he had to step down as our popular Group Leader.

Tony continued to attend our classes including current affairs assisted with Kathy by his side. He also had a dry sense of humour as I discovered when presenting at our Exploring History Class. If I didn't know better, I would swear he was critiquing me with one of his glancing as much to say, "Are you sure?" "Of course, I am sure", I replied. "Okay I will let you off this time", he said. Clearly a carry-over from his days as a lecturer at the Melbourne University veterinary Department.

He also stated that he appreciated having a chair set aside for him that was close to the projector screen during these classes. Although he admitted he still had trouble seeing the lines of text but found being close to me enabled him to listen to my voice and to understand what I was presenting.

Tony loved classical music as we have heard today was very involved with the Music Classes previously run by Anna Mitchell and currently by John Funnell, assisting to setup and organise as required as well as attending each class.

Tony's love of music also included attending our Ballet Matinee Classes run by Cecilia Conwaye-Wright where this group, or loyal band of five would gather around Cecilia's TV to watch and listen to one of the ballet sessions. As Cecilia would say "they would be dancing in their hearts" as they sat around the TV.

Rick Conn.



WHAT IS LIFE ALL ABOUT?

Yes, there are wars and rumours of wars in today's world but the black clouds of an even greater tragedy are gathering and that is the insidious break down of family life. Once not so long ago the family circle might consist of Mum and Dad, a Grandparent or two, the younger generation and even their babies ... possibly all under the same roof. Where do we see that today? Very rarely.

There is a TV documentary series that started in 1964 called '7UP' (Seven Up) produced in Britain and it follows the lives of a few children from the ages of seven every seven years. I think the latest version must be when the remaining participants are 63. One of them was a boy/man by the name of Tony (see photos of the young and older Tony), who became a London taxi driver after being a jockey and a few other things. He was and still is a real 'character'. When he was 21 he was asked the question "Well, Tony, what is life all about for you?" and he reflected for just a moment or two and then said with great confidence: "Mum and Dad and love! Yeh that's what life's all about: Mum and Dad and Love!".



I never forgot that. He got it right.

Cecilia Conway-Wright.

LATCH KEY KIDS

At the time of writing, I see my great grandchildren put into Child Care upon their first birthday still of course in nappies and barely starting to walk. Their mothers are professional women who go back to work as soon as they can after giving birth. The babies' grandmas do their rostered duty on some days. This seems to be the norm but it doesn't sit well with me. Perhaps this is going to be the norm and the babies will soon adapt. At least of the reasons for this is the cost of housing making the income of the wives essential.



I was a kid in the war. Mothers had to find jobs with dads in the armed forces. Their children became known at their schools as 'latch key kids' or more often 'poor little latch key kids' because they wore the keys to their homes on a piece of string round their necks so that they could at least open their own doors at home while mothers were at work. Kindly neighbours and grannies had to help if they could. These 'poor little latch key kids' were pitied and the school's hot dinners were a boon to their nourishment.

It was thought in those days that a child whose mother was largely absent was to be lamented. How different from today. Perhaps little children are tougher than we think and perhaps they do adapt.

Cecilia Conway-Wright.

PROGRAM OF U3A WERRIBEE COURSES FOR TERM 4 OF 2022

Mon 3 October – Fri 25 Nov 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
10.30 - 11.30	Tai Chi	Bonnie Holmes	0408 360 537	TCC
TUESDAY				
09.30 - 10.30	Senior Men in Light Exercises	Tony Bradford	0447 139 202	HCSC
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003	PH
10.00 - 12.00	Digital Device Applications	Don Lee	0402 330 314	HRV
02.30 - 03.30	Photography	Bernie Flaherty	0412 814 610	HCSC
04.00– 05.30	Line Dancing	Sylvia Gordon	0409 428 077	HRV
WEDNESDAY				
09.45 - 12.00	Mosaics	Eil Harrop	9749 3959	WPCC
01.00 - 02.30	Health and Wellbeing	Lyn Alder	0459 449 916	WPCC
01.00 - 04.00	Cards — 500	Nancy Cissold	8742 2075	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	Judy Conn	0431 677 657	WPCC
01.15 - 02.30	Yoga For Older People	Samantha Sepulveda	0419 893 944	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.
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 HOPE

“Hope smiles from the threshold of the year to come, whispering ‘it will be happier’...” Alfred Lord Tennyson (1809-1892), British Poet.

“Never lose hope. Storms make people stronger and never last forever.” Roy T. Bennett (b.1957-2018), Canadian Author.

“But I know, somehow, that only when it is dark enough can you see the stars.” Martin Luther King, Jr. (1929-1968), American Baptist minister and civil rights activist.

“Far away there in the sunshine are my highest aspirations. I may not reach them but I can look up and see their beauty, believe in them, and try to follow them.” Louisa May Alcott (1832-1888), American novelist and poet.

“Faith is the substance of things hoped for; the evidence of things not seen”. Bible, Hebrews 11:1.

“Courage is like love; it must have hope for nourishment.” Napoleon Bonaparte (1769-1821) French military and political leader.

May your choices reflect your hopes, not your fears. Nelson Mandela (1918-2013) South African anti-apartheid activist and President.

“We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon.” Franklin D. Roosevelt (1882-1945), Former USA President.



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