



U3A Werribee Region Inc.

Tri – Cycle Newsletter



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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: Rick Conn Email: president.u3awbee@gmail.com (note: it's **gmail**, not hotmail)

Vice President: Brian Beck

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

Secretary: Suzan Wise Email: sec.u3awbee@hotmail.com

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

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

Committee Members: Pat Gould, Cyril James and Don Lee.

UPCOMING EVENTS

2023 Term Dates

Term 1: 30 January - 6 April 2023

Term 2: 24 April - 16 June 2023

Term 3: 10 July - 15 September 2023

Term 4: 2 October - 1 December 2023

Social Activities

Various social activities and outings are organised for members and details are made available through email messages, notices given during classes and also included on our website which you can find on the internet at www.u3awbee.net.au

FROM THE EDITOR'S DESK

It is hard to believe that we are surging towards the season of Easter when we are barely cold from Christmas. Hello everyone from myself and co-editor Don. Congratulations to the new working committee upon the Annual General Meeting. This New Year looks very promising for new courses offered and many existing ones continuing as vigorously as ever. Our sense of community is strong; we certainly need that feeling of strength and togetherness in our immediate district which is fluid and changeable in the growing diversity of cultures all around us. But that's the new Australia.



Feel free to send in your written comments to Tricycle newsletter. u3awbee@hotmail.com
Cecilia and Don.

FROM OUR U3A WERRIBEE PRESIDENT

Hello and welcome to this edition of our Tri-Cycle Newsletter in 2023

On 13 February 2023 we held our Annual General Meeting (AGM) at Wyndham Park Community Centre. I would like to thank those members who were available to attend the AGM. Along with other reports presented by the President, Membership and Courses-Coordinator the Treasurer presented her Report and Financial Statement for 2022. This has identified that we are in a very good financial position moving forward to continue to hold our current scheduled courses at their existing venues with the potential to add more courses. This has meant that we have only had to increase our Full Membership Annual fee from \$40.00 to \$45.00 to cover inflationary and unexpected costs associated with hire fees, postage, and stationery for 2024.

At the AGM all Draft Policy Documents were accepted for publication on our U3A Werribee Region Inc website. This included our Strategic Plan (2023-2027).

The election of our Committee of Management for 2023 also occurred with the election of new members to our committee. I would like to welcome these new committee members consisting of Brian Beck elected as Vice-President, Suzan Wise elected as Secretary, Pat Gould and Cyril James elected as Ordinary Committee Members.

I would also like to acknowledge the work done by our previous Committee members who have stepped down. These include Jan Phelan (Secretary), Brian Kilfoyle (ex-officio position), Committee Members, Libby Pearson, Jan Allen and Jill Squires. To all of these we say a very big thank you.

Term 1 for 2023 is shaping up to be a very successful term with all venues being very well attended over this period.

I would also like to acknowledge the passing of Judith Buchner (see photo) on 24th December 2022. Judith was a long-time member and active supporter and participant of our U3A. Our condolences to Albrecht and family.

In closing don't forget to include our 30th Anniversary Celebration in your diaries to be held on 13 April 2023 at the Italian Sports Club, Heaths Road commencing at 12:00 pm.

Rick Conn.



COURSES COORDINATOR CORNER - COURSE INFO

Here is a summary of our courses.

Exploring History. Group Leader, Rick Conn. Held on Mondays from 10:00 am to 11:00 am at Healthglen Retirement Village Community Centre Community Room.

We commenced Term 1 with the History of Spain. During this session we covered the origins of the Iberian Peninsula including migration, and settlement. This included the influence of the Phoenicians and Carthaginians on the peoples living on the Peninsula. We discussed Gibraltar, the Punic Wars (Rome), Visigoths, Moors and the effects of Islam and Catholicism. Exploration was covered with Christopher Columbus and Ferdinand Magellan. We looked at the Spanish Empire, the Armada, the Spanish Civil War and Spain today. This group will also cover the French Revolution during this Term.



Movies and Lunch. Group Leader, Judy Conn. Our loyal band of moviegoers commenced Term 1 in February where they attended the Sun Theatre at Yarraville to watch the movie 'What's love got to do with it'? At the conclusion of the movie, they went to the Alfa Bakery for lunch. This group meets at 9:45 am at the Sun Theatre Yarraville on the 2nd Monday of the Month. So come and enjoy a movie and lunch at the local eatery.



TAI CHI. Group Leader, Bonnie Holmes. This class is held on Mondays from 10:30 am to 11:30 am at Tarneit Community Learning Centre and consists of both beginners and more experienced classes. These classes have their own separate rooms. This makes learning the forms a lot easier for beginners and those who require maybe a refresher on the forms. These rooms can be combined into one when required.

Senior Men In Light Exercise. Group Leader, Tony Bradford (Coach). This course is held on Tuesdays from 9:30 am to 10:30 am at the Wyndham Park Recreational Reserve. We meet at 9:20 am at the Piazza, Wedge Street, Werribee CBD. Tony continues to provide his expert guidance and direction. As we navigate the walking paths and tracks of Wyndham Park Recreational Area and surrounding Werribee CBD. Tony ensures the group stay within our exercise limits rewarding the group with a coffee at the conclusion of the class. So come along and enjoy the fresh air, light exercise, and social interaction.



COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Needlecraft. Group Leader, Faye Weston. Faye has continued to hold her popular class on Tuesdays from 9:45 am to 11:45 am. Faye's group continues to produce needle crafts of a very high standard.

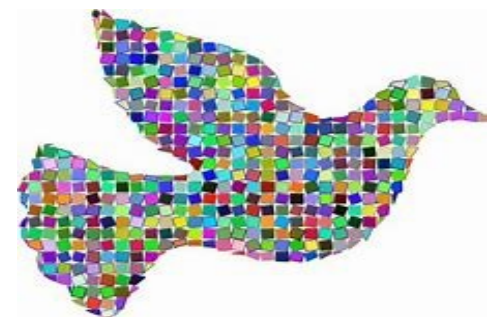
Digital Device Applications. Group Leader, Don Lee. Don's class continues to be held at Heathglen Retirement Village at the Community Centre in the Billiards room on Tuesdays from 10:00 am to 12:00 pm. This class includes the safe and secure operation of mobile phones, tablets/iPads not just computers (portable and desktop) 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.



French. Group Leader, Wolfgang Grichting. *Bonjour et Bienvenue.* This class is held on Tuesdays from 1:00 pm to 2:00 pm at Hoppers Crossing Sports Club, Pavilion. You are introduced to French, covering grammar, vocabulary, and pronunciation before conversing in this wonderful language. So, if you want to brush up on your school French in preparation for an overseas trip to France or Canada; yes French is even spoken on the East Coast cities of Canada such as Quebec. Or if you are just interested in learning a new language come along and join us.

Line Dancing. Point of contact. Vittoria Lucietto. Line Dancing is a fun way to keep active, promote well-being and meet people with similar interests. Currently, our group consists of Heathglen Village residents and U3A Werribee members. Each attendee brings their respective expertise to the group making it a fun & enjoyable session each week. If you are interested in Line Dancing, it is held on Tuesdays from 4.00 pm to 5.00 pm at Heathglen Community Centre Community Room. Come and join in the fun.

Mosaics. Coordinated by Eil Harrop. Our mosaic group meets at 9.45 am at the Wyndham Park Community Centre 55-57 Kookaburra Avenue on Wednesdays. We welcome the prospect of some new members to join us to enjoy learning the process of making a mosaic. Members are surprised at the speed their skill develops once they master a couple of basics. Come along and join our enthusiastic group of members keen to share their knowledge and skills. We all learn together from sharing ideas.



Bridge. Group Coordinator, Brian Kilfoyle. This group meets on Wednesday mornings at a Private Residence. In this game of cards whoever has played the highest card in the suit wins the trick and leads a card in any suit desired to win the next trick. So if you are up for a challenge come along and join this group.



COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Bolivia. Group Leader, Betty Seah. For this card game the group meets on Wednesdays from 10:00 am to 2:00 pm at Hoppers Crossing Sports Club Pavilion. Bolivia is a more advanced version of Canasta and consists of four people playing in partnership. The aim of the game is for players to meld sets or sequences of the same suit to earn points. A wonderful game for applying the mind as well as socializing. The group normally break for a light snack at the Hoppers Crossing Sports Club Bistro. So come along and challenge yourself.



Cards-500. Group Leader, Nancy Clissold. This activity is held at Lifestyle Seasons Retirement Community in Tarneit on Wednesdays from 1:00 pm to 4:00 pm. 500 is also a trick taking game. With some ideas from Bridge. The game is played over a series of hands. So if you can't make up your mind about Bridge or Bolivia, maybe Cards-500 would satisfy you more.



Health and Wellbeing. Group Leader, Lyn Alder. This class is held on Wednesdays from 1:00 pm to 2:30 pm at Wyndham Park Community Centre, Room 1. Welcome back to our happy class of nutrition, exercise, meditation, reflexology and massage, colour and music therapy. Some members have been attending for several years and some are new. After the covid break we have resumed with renewed vigour for healthy living. Our new meeting room is much larger, providing room to stretch and welcome more members. Now that distancing, masks and sharing has eased, we may be able to resume food tasting as well. Unfortunately, this was ceased when covid began and as it is an important part of nutritional knowledge, hopefully we can experiment with different foods again. Thank you all for your interest. Stay well and be happy. Lyn.

Book Club. Group Leader, Libby Pearson. This is held on the second Wednesday of the month at different home venues. The group often picks a single book to read and discuss at the next monthly meeting.



Current Affairs. Group Leader, Carole Popham. This group meets at Heathglen Retirement Village Community Centre on Thursday mornings from 10:00 am to 11:00 am followed by morning tea. The Current Affairs group continues to prosper. We use a seminar format to stimulate thinking and encourage conversation. Complementing the stimulating discussions is morning tea made fantastic by the output from Tim, our baker extraordinaire. If you would like to get involved on a Thursday morning, (and what could be better?) put us in your diary and come along.

Daily Current Affairs



COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Mahjong. Group, Leader Judy Conn. We've had an interesting and successful year at Wyndham Park Community Centre. Our players can play either Eastern or Western Mahjong or both styles during our weekly sessions. Both Mahjong styles use the same sets of tiles and involve concentration, mental dexterity, patience, persistence, and luck. We play with three to four people per table and can play up to four tables in our venue. If I've aroused your interest, you are most welcome to come along and see for yourselves. There is always room for more players.



YOGA. Group Leader, Samantha Sepulveda. Samantha is a qualified Yoga Teacher who brings a wealth of knowledge and expertise to this discipline. This class is held at Wyndham Park Community Centre on Thursdays from 1:15 pm to 2:30 pm. It also includes chair Yoga. In 2022 we were successful gaining the adjoining room, so we are now able to combine two rooms to allow attendees to get the full benefits of Yoga to achieve increased flexibility, strength and tone, maintaining balance and mental relaxation.

Ballet Matinee. Group Leader, Cecillia-Conway-Wright. This class is held on Friday mornings from 9:45 am to 11:45 am. This activity is conducted in a private home with the group watching a ballet performance from the comfort of the chairs.



Let's Do Lunch. Group Leader, Suzanne Luder. This activity meets on the third Friday of the Month.

Are you ready to go out to lunch again? Want to meet new people? Go new places but not too far from home? Or maybe go to some places you've been before? Let's Do Lunch could be your activity!

We get together once a month (usually the 3rd Friday) at various Wyndham eateries.

We follow all the current health requirements as do the venues we go to. We make sure the venue is easy access and try for good parking access. Starting time is 12.30 pm. We eat and chat. We laugh a lot. But mostly we just enjoy sharing a lunch with other U3A folk, discussing our daily lives and the events that interest us.



By the way, it's not just for the 'ladies who lunch' set. We do have gentlemen participating too. So, if you are considering ways of being more social in 2023 contact Suzanne on 0404 131 052.

COURSE COORDINATOR CORNER - COURSE INFORMATION (cont.)

Music You Like to hear. Group Leader, John Funnell. This class is conducted on Fridays at the Hoppers Crossing Sports Club – Pavilion from 1:00 pm to 3:00 pm and is attended by his loyal band who appreciate the classics.



NEW COURSES IN 2023

New courses planned for Term 2 will be based on expressions of interest.

Beginners Italian. We are in the final stages of this course commencing in the Second Term with Group leader, attendees and venue confirmed. Stationery is being prepared.

Cribbage (Card Game) Group, Leader, Carole Popham. Players are ready, but we still need to confirm the venue, date, and times. Cribbage is one of the oldest games and was a favourite of Cornish Tin miners who played it while taking a lunch break leading to the lunch being called his “crib”.

It is easy to play and suitable for 2 to 4 players. Scoring is done on a crib board using pegs by moving the rear peg to the front of the other so you can see the previous score..



Beginners Japanese. Group Leader, Suzanne Luder. Venue to be confirmed. Requiring attendees to commence course.

Bible as Literature. Group Leader, Cecilia Conway-Wright, who adds that she is offering to lead this new course for just one term of eight sessions after the Easter break. It will be offered on Wednesdays from 10am till 12 noon. The venue will be at her private home in Hoppers Crossing. This is a non religious course, largely taught from DVDs and will explore the language and translations of the early history and do-or-die adventures of the people involved. Please contact the Courses Co-ordinator, Rick Conn, if you are interested.

BALLET MATINEE

This keen group of dance-enthusiasts are meeting again this year with the same happy anticipation as before. With our appreciation of ballet growing all the time, we can appreciate the wonders and complexities of classical dance. How the dancers can follow some of the ‘modern’ music leaves us gasping with amazement. The Australian Ballet company is world-class and can hold its own alongside the Royal Ballet any day. We enjoy watching the Russians, the Danes the French and The Americans. I also have some rare footage of older ballet performances. Thank goodness they were filmed at the time and so not lost in the annals of years-gone-by.



Cecilia Conway-Wright

MEMBERSHIP NEWS

A very big welcome back to all. Let's hope 2023 is the best year yet for our U3A Werribee Region.

A big thank you to all of you who renewed your membership early.

My suspicion that the Covid hiatus had left us with very rubbery membership records has proved right and thanks to your early cooperation we now know for certain that we have 150 members for 2023 so far.

New member enquiries continue and we are pleased to welcome **Lynette Alder, Gail Bottams, Tony Chisholm, Sandra (Sandy) Crone, Pilar Duaso-Amat, Rosanna Formosa, Carmen Fernandez, Maria Grazia (Grazia) Gismondi, Cathy Gutierrez, Judy Holmes, Ken Holmes, Margaret Jackson, June Koberle, Sherril Milligan, Anna Scacco, Dee Scharper, Gayle Stys, and Margaret Wilkins.**

Mario Galea has decided despite now living miles away he still wants to attend our courses, so a big welcome back to Mario.

We hope you will enjoy your time with us and the welcome from your new friends.

We were saddened to hear of the sudden passing on Christmas Eve of our long time member **Judith Buchner**. Our Sympathy goes to her husband Albrecht and the family.

The emails and posted letters to members who had not yet renewed led to **Judith Anders, Alison and Peter Angelovski, Holly Ashen, Christel Boetzel, Lynette Briggs, Dawn Carton, Anthony Docwra, Vicki and Wayne Dunn, Marie Hawker, Nicky Hodgman, Gwen Karklins, Michael Keane, Margaret Lewis, Ann Mailes, Denise Neville, Rose O'Neil, Carol Riedel, Franklin Silva, Janet Simpson, Linda Stockdale, Soriya Suong, Sandra Tait and Kim Willrow** advising that for many different reasons they would not be renewing and asking to be removed from our records. They know where we are if their circumstances change and they wish to return.

Lee Davies and Josephine Linley, as residents of Heathglen and only attending sessions held in the village, will continue as "honorary" attendees as will **Tim Hunt**. The upside for the classes Lee and Tim attend is the promise of goodies supplied for morning tea.

The Covid hiatus also led to confusion about U3A membership of the Hoppers Crossing Sports Club (HCSC).

Following discussions with the HCSC the arrangements are that if you attend classes held at the Club, you must be a member of HCSC. This gives you access to the Pavilion building rooms and the of the equipment and facilities owned by HCSC along with member benefits and discounts.



MEMBERSHIP NEWS (cont.)

By the time you get this Tricycle, U3A members who attend classes at HCSC should have been issued with a new HCSC Membership card. If you attend classes at HCSC and haven't received a new HCSC Membership card, please let Rick know.

Rick will be progressively coming around the other classes to sign up any other U3A members who wish to have HCSC membership. If you already have a membership of HCSC and wish to renew for 2023, let Rick know.

Being a member of HCSC allows you to access their member benefits and discounts when you visit.

Remember to wear your Membership badge to classes and phone me on 0423 319 844 or email me at membership.u3awbee@hotmail.com if you need a replacement.

Keep up the recruiting of new members. Word of mouth is still our best way of growing. Just tell them how much fun you have and how friendly we are, and the good times they will have.

Carole Popham.



MUSIC YOU LIKE TO HEAR

Music marked the private and public life of the late Queen and we paid tribute to her by playing some of the music that was written for the landmarks of her life, including her marriage, coronation, the jubilees, ending with the music that was played as her coffin left Westminster Abbey.

On a lighter note we considered various instruments of the orchestra through demonstrations of their workings by those who play them. Two programmes were dedicated to the violin family of instruments: the violin, viola, cello and double bass. As well as the talks we heard examples of music written especially for those instruments, not only for the classical repertoire but also some jazz, bluegrass and folk.

Two more programmes concerned the woodwind family and we heard demonstrations of the piccolo, flute, oboe, bassoon and the cor anglais. The music showcasing those instruments included the haunting melody written for the film *The Mission*: "Gabriel's Oboe", as well as concertos by Vivaldi, Mozart and Dvorak.



We wrapped up the previous term showing a fascinating DVD on the life and music of Mozart.

John Funnell.

THE WONDER OF AI (ARTIFICIAL INTELLIGENCE)

I recently wrote a poem about AI (Artificial Intelligence) that took about 5 seconds to compose. Well, I admit I didn't actually write it myself. I got my iPhone to do the job using a website called ChatGPT (GPT is short for Generative Pre-trained Transformer) that is capable of answering questions or writing essays and poems on any respectable topic. Each time you perform a task on a particular topic it will do so with different words, so you can just imagine the fun that teachers and lecturers are now having trying to assess a student's work!



Here is the poem about AI (Artificial Intelligence) that my iPhone produced using ChatGPT:

1. In a world of circuits and code,
There is a mind that's been bestowed,
With knowledge vast and insight deep,
That never sleeps, and never weeps.
2. It sees the world in bits and bytes,
And makes connections out of sight,
It learns from data, never tired,
And always keeps its circuits wired.
3. For in the end, it's we who made it,
The ones who shaped it, then remade it,
And though it may be wondrous, true,
It's just a tool, and nothing new.
4. Its eyes are screens that never tire,
Its heart a drive that won't expire,
And in its veins, there runs a power,
That's boundless, tireless, and never sour.
5. Although it may appear all-knowing,
AI lacks the human's showing,
Of empathy, love and peace and grace,
That makes us human in this place.
6. So let us use it with great care,
And always keep our ethics fair,
For as much as it can help us grow,
It's still a tool, and that we know.

So, dear reader, are you suitably impressed? If so, welcome to the fun part of the new, exciting and daunting world of Artificial Intelligence and be assured you and I are going to hear and see a great deal more of AI in the future - not just in the field of education but in a variety of many other sophisticated and also mundane tasks that are regularly done by humans.

Oh by the way, we do also talk about the wonders of computers, especially smart phones, iPads tablets and other devices at our Digital Device Applications classes held on Tuesdays from 10 am to 12 noon.

Don Lee.



PROGRAM OF U3A WERRIBEE COURSES FOR TERM 2 of 2023

Monday 24 April – Friday 16 June 2023

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
01.00 - 02.00	French	Wolfgang Grichting	0400 672 470	HCSC
04.00– 05.30	Line Dancing	Vittoria Lucietto	0438 714 745	HRV
WEDNESDAY				
09.15 - 12.00	Bridge	Brian Kilfoyle	0409 073 869	PH
09.45 - 12.00	Mosaics	Eil Harrop	9749 3959	WPCC
10.00 - 02.00	Bolvia	Betty Seah	0410 634 236	HCSC
01.00 - 02.30	Health and Wellbeing	Lyn Alder	0459 449 916	WPCC
01.00 - 04.00	Cards — 500	Nancy Clissold	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 COURSES COORDINATOR RICK CONN ON 0402 299 220**

COURSE VENUES

HRV	Heathglen Retirement Village, 2 Glendale Crt (just off Heaths Road), Werribee.
HCSC	Hoppers Crossing Sports Club, 56-84 Hogans Road, Hoppers Crossing.
PH	Private Home: For details please contact the Group Leader.
SD	Lifestyle Seasons, 13 Sundial Boulevard, Tarneit (at the Clubhouse).
SY	Sun Theatre, Yarraville.
TBA	To Be Advised. For details please contact the Group Leader or Course Coordinator.
TCC	Tarneit Community Centre, c/r Leakes Road and Sunset Views Boulevard, Tarneit.
WPCC	Wyndham Park Community Centre, 57 Kookaburra Ave, Werribee.

WORDS OF WISDOM ABOUT NATURE

“Look deep into nature and then you will understand everything better” Albert Einstein (1879-1975)
German born physicist.

“Nature is wonderful in its architecture; we can learn so much from it. Robert Field, Australian son of
cactus hobbyist Ralph Field, who donated numerous cactus plants to the Melbourne Botanical gardens.

“Heaven is under our feet as well as over our heads”. Henry David Thoreau (1817-1862), American
naturalist, essayist, poet, and philosopher.

“Nature is the art of God”. Dante Alighieri (1265 -1321), Italian poet, writer and philosopher.

“I believe in God, only I spell it Nature. Frank Lloyd Wright (1867-1959), American architect, designer,
writer, and educator.

“If you can't be in awe of Mother Nature, there's something wrong with you”. Alex Trebek
(1940-2020), Canadian-American game show host and television personality.

“Men argue; Nature acts”. François-Marie Arouet , known as Voltaire (1694-1778), French philosopher.

“Land really is the best art. Andy Warhol (1928-1987), American visual artist, film director, and producer.

“The fairest thing in nature, a flower, still has its roots in earth and manure”. D. H. Lawrence
(1885-1930), English writer, novelist, short story writer, poet and essayist.

“Nature teaches more than she preaches”. John Burroughs (1837-1921) American naturalist and nature
essayist.

“One touch of nature makes the whole world kin”. William Shakespeare (1564-1616), English
playwright, poet and actor – from Troilus and Cressida, Act III, Scene iii.

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TIM PALLAS, MEMBER OF THE VICTORIAN LEGISLATIVE ASSEMBLY FOR WERRIBEE.**

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