



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 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: 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

Remaining 2023 Term Dates

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

Greetings everyone from Cecilia and Don in this brand 'new' age since King Charles' coronation. I have heard that we are now in the Third Carolean age: the name Charles is derived from Latin word 'Carolus' which means Charles and now we have Charles the Third of course. Interestingly this topic will be covered by our History group as part of exploring the History of the Royal Houses of England.



Not that the recent coronation is going to make a whole lot of difference to most of us!

Winter is here and we have many new challenges with which to contend . Stay well, stay warm and stay with our wonderful U3A. Try something new, be brave and enjoy life.

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

Cecilia Conway-Wright and Don Lee

FROM OUR U3A WERRIBEE PRESIDENT

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

On 13 April 2023 we held our 30th Anniversary function at the Italian Sports Club in Werribee. From the feedback I have received overall we had a very successful function. Highlights included the awarding of Certificates of Appreciation to those who have been members for twenty years or more and of course the cutting of the Anniversary cake. Our official guest was the Mayor of Wyndham Susan McIntyre. We were also fortunate to have three guest presenters. Francis Trifiletti from Wyndham City Council spoke on the Community Connect activities available to Wyndham residents. The President of the Retired Persons of Werribee, Lin Woods, spoke on the activities and outings they have, and which are available to members from our U3A. We also had a very well received presentation from Don Lee, our Group Leader from the Digital Device Application Class on scammers - a very topical subject.

I would also like to thank Carole Popham who acted as the MC for the function in my absence due to illness and of course, our committee and volunteers who assisted with raffles, attendance, and general assistance. For those who were fortunate to win one of several gift cards in the raffle, well done. A section in this Newsletter has been devoted to the function to allow members to view those recipients of the Certificates of Appreciation who were at the function and general photos on the day.

I can report that Term 1 for 2023 was very well attended with all classes and venues running. This included our new Italian language class. Overall, we now have 21 classes across the Wyndham area.

On a sad note, I would like to inform you of the passing of Brian Beck on 24th April 2023. Brian joined our U3A in 2007. He was one of those rare individuals who was a committed, proactive, and dedicated member. Brian was also a life member and past President (2011 to 2013). During his tenure he ensured we were both administratively and financially well managed and met the requirements of all members. Brian's love of languages (Cantonese and Mandarin) and history ensured these classes were a great success. Brian also assisted me in the Vice-Presidents role, acting as mentor and advisor. I would like to extend my condolences to Leng, Brian's wife, and family.

In closing, I would like to thank all members for the support I have received since taking on the role as your President in 2022.

Rick Conn.



VALE BRIAN BECK

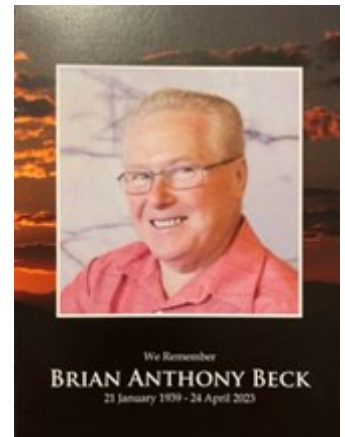
It is with a sense of sadness that we record the recent passing of Brian Beck who for many years was a highly regarded and valued member of our U3A Werribee group.

Brian was born in 1939 in the UK and after finishing his formal education joined the British military, being posted to parts of SE Asia. There he not only learned to speak Chinese as well as develop computer skills, he also met his future wife Leng. After a further time in Hong Kong and Germany, they migrated to Australia.

As a stalwart member of U3A, Brian put his longstanding love of history to good use by facilitating the History class and also took on the role of President of U3A Werribee from 2011 until 2014. He was honoured as a Life Member of U3A Werribee and this year agreed to fill the role of Vice President of our group.

Brian was a quiet, friendly and thoroughly respected person who contributed a great deal towards the well-being of our U3A Werribee group and will continue to live on in the memory of all who knew him. He will be very sadly missed. To his wife Leng and the rest of his family we do extend our deepest sympathy.

Don Lee.



GETTING AHEAD

The old slogan that if you want to get ahead, get a hat seems to have died out with the less wearing of headgear these days. Yet it is only a generation ago that no one ever went out without a hat. Even looking at the videos of Foyles War every man wore a trilby...even when they were having a bout of fisticuffs their trilbys seem firmly fixed. No woman went out without first cramming a hat on...and no uniform was complete without the headgear. Little boys went off to school with their caps on. I have an old newspaper photo of a group of slum boys round the window of a shop selling eel pies in 1910 and most have caps on even if they were barefoot and in rags. Remember school uniforms and school hats with the badge? Remember how you were NEVER dressed to go to a wedding without a nice hat? Edwardian men in summer straw boaters; business men in their bowlers; working chaps with their caps and of course the million dollar business of ladies' millinery. Looking nice in a hat...even better behind a fancy veil ...ho hum....



Late Queen always looked lovely in her hats. So what's happened?

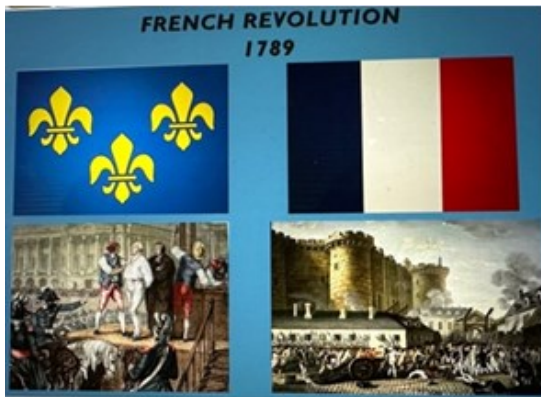
Today's trend of men shaving themselves bald and then growing a faceful of hair...to hide all that razed effort under a hat might seem to defeat their objective. Be bold, be bald...or something.

Cecilia Conway-Wright.

COURSES COORDINATOR CORNER - COURSE INFO

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

We finished Term 1 exploring the French and Russian Revolutions. This included the reasons for the people rebelling and overthrowing their Monarchies.



We commenced Term 2 exploring the background and reasons behind The American War of Independence. We have just commenced The History of the Royal Houses of England. Given the crowning of King Charles III on 6 April it allows us to explore 1000 years of history commencing with the Normans in 1066 leading us to the present Windsors.

Let's Do Lunch. Group Leader, Suzanne Luder.

We have been going out to lunch on the third Friday of the month to various places in Wyndham. Recently we went to Garden Feast, Wyndham Cache and Brothers on K. We meet to have lunch and generally have a good time.

For those who don't know we make sure the venue is accessible and we have singles and couples in the group.

If you'd like to join us, even on a trial basis, call Suzanne on 0404131052.



COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Ballet Matinee, Group Leader: Cecilia Conway-Wright, held on Fridays from 9.45-11.45am. This term we have been watching ballets with a comedy theme. The dancers need to be supreme actors as well as dancers. A highlight was Elite Syncopations to the music of Scott Joplin and the dancers performed with great humour and a real flair for the comic. We watched The Taming of the Shrew after the Shakespeare play with all its high comedy. Still in Shakespeare country, we watched A Midsummer Night's Dream with all the slapstick of Bottom wearing the donkey's head ... if you know the story. We dance in our hearts.

Cecilia Conway-Wright.



Music You Like To Hear, Group Leader John Funnell, held on Fridays from 1-3pm

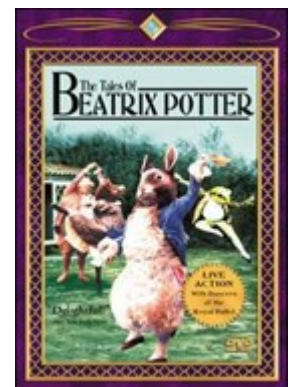
By the grace of YouTube we were able to see demonstrations by leading instrumentalists of the workings and playing of the four main brass instruments: the trumpet, the trombone, French horn and tuba. We followed each with music written for those instruments, culminating with Julia Child telling us the story of "Tubby the Tuba". Older ones amongst us might recall Danny Kaye's version.



We enjoyed a programme of a variety of light music including Ketelbey's evocative music "In a Persian Market" played by Andre Rieu and his Orchestra, as well as video clips from the ballet "Tales of Beatrix Potter".

We ended the term by watching a very informative and stimulating video on the life and music of Beethoven and the movie "Interrupted Melody", the Hollywood version of the life of the Australian soprano Marjorie Lawrence, starring Eleanor Parker and Glenn Ford. It was surprisingly accurate and very moving.

John Funnell.



Digital Device Applications, Group Leader Don Lee, held on Tuesdays from 10am-12pm.

Did you know that you can talk to your phone or tablet, ask it questions or get it to perform particular actions? You can even do this in languages other than English. Welcome to the wonderful world of saying "Hey Siri" (iPhone) or saying "Hi Google" (Android phones). For example if you are driving and want to call one of your mobile contacts, without touching your iPhone, you simple say "Hey Siri, call ***** on speaker". And it does as you command without any physical touching. Or if you have an Android phone, try saying "Hey Google, what is the temperature in Werribee?" You will immediately be told the answer.

If you want to know more come along to our course on Tuesday mornings.

Don Lee.

SOCIAL ACTIVITIES

On the 13 April 2023 our U3A held its 30th Anniversary celebration at the Italian Sports Club of Werribee. Overall, we had approximately 70 of our members and their guest attend this milestone event. The highlights of the celebration included the awarding of well-deserved Certificates of Appreciation for those members with twenty years membership and of course the cutting of the anniversary cake. Photos of the day are provided below.



Certificate of Appreciation Recipients on the day (from the top left to bottom right)

Kathy Mason
Joyce Burt

Wally and Helma Balodis.
Libby Pearson

Anna Mitchell
Ann Kopitschinski

The Anniversary Cake was cut by Life Members Libby Pearson and Barbara Knowles shown below:



SOME OF THE GUESTS AT OUR 30TH ANNIVERSARY LUNCH

The Mayor of Wyndham Susan McIntyre drawing a winner of the raffle prize, standing alongside Carole Popham



A very good time was had by all judging by the photos below.



SOME OF THE GUESTS AT OUR 30TH ANNIVERSARY LUNCH (cont)



NETWORK DELEGATE NEWS

It is pleasing to report that U3A Werribee recently hosted a U3A Regional Western Zoom meeting on 14 March 2023. Main topics discussed consisted of recruitment and retaining members, cost of hired venues and the digital strategy approach proposed by Network. This includes Support Technology Products. One such system is UMAS (U3A Membership Administration Software). We will remain on our current system at this stage of paper-based enrolments and re-enrolments as not all members have access to computers. Another system is NDS (Network Data System). An upgrade that allows member numbers to be inputted by U3A's. Note. No member's personal details are included.



I also attended the U3A Network Victoria held on Wednesday 17 May 2023 via ZOOM. The main topic for discussion here was about future growth of member U3A's, determining ideal membership numbers and which particular elements contributed to this growth (ie having suitable venues, Group Leaders and course size).

Rick Conn.

NEW COURSES IN 2023

Beginners Italian. This course commenced towards the end of the First Term with Group leader, Grazia Gismondi. It is held at the Hoppers Crossing Sports Club Pavilion on Mondays from 1:00 pm to 2:00 pm.

Cribbage (Card Game) Group Leader - Carole Popham confirmed. Confirming venue, date, and times. Cribbage is one of the oldest games and was a favorite 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 what the previous score was.

Cards totaling 15 in face value score 2 points and other points are gained during play for pairs, trios, fours and runs.

Beginners Japanese. No change from the last Newsletter. Group Leader – Suzanne Luder. Venue to be confirmed once we have numbers to start this course, minimum of six.

Bible as Literature. No change from the last Newsletter Group Leader Cecilia Conway-Wright and venue confirmed. Requiring attendees to commence this group..

Tell Me Your Story. New course proposed by Suzanne Luder.

Have your children or grandchildren ever said that you should write down your life experiences or that they want to know more about you?

You've had many experiences in your lifetime. Would you like the chance to reflect on them and document them in journal form?

On offer is a reflective, guided short journal writing activity. We will cover childhood, adolescence, adulthood, marriage and parenthood, middle age and wisdom.

It will be a self-contained weekly exercise in writing about your life experiences which you can share or not! You can get help with writing practicalities or not!

The level of sharing or assistance is your decision. A journal can be shared or kept personal, it's an individual choice.

QUICK WITTED QUIPS

- When I was young, I was afraid of the dark. Now when I see my electricity bill I am afraid of the light!
- Do you realise that a fat chance and a slim chance mean the same thing?
- Old age comes at a bad time because when you finally know everything, you start to forget everything you know!
- Have you heard about a new version of "The Graduate" with it's theme song "Mrs Brown, you've got a lovely walker"?
- A bad attitude is like a flat tyre because you can't move forward unless you change it.
- While many people are afraid of heights there are also a lot who are afraid of width.



MEMBERSHIP NEWS

When I last wrote the Membership Column we had 150 members. It is extremely pleasing to note that that number has increased steadily and, at the time of writing, we have 167 Members

New member enquiries continue and we are pleased to welcome

Henry Cassar	Edward Culph	Karen Dobbin,	
Rose Favaloro	Roslyn Fitton	Robyn Gordon,	
Lorraine Holford,	Patricia Huxtable	Norman Johnson,	
Mary Kaminski	Therese Kennedy	Claudio Mammarella	
Arnold Prewett,	Elvio Scolaro	Leo Wandersmith	Alan White
Jacqui White	Lynette Wyren.		



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

We were saddened by the sudden passing of our long time member and Life Member Brian Beck. Our Sympathy goes to his wife Leng and the family. Brian's last official task was, as Vice President, to stand in for the President and present the Awards for Long and Outstanding Service at the Anniversary Luncheon. I guess that will make it a little bit extra special for those who received them from Brian on the day.

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. Also, use of the equipment and facilities owned by HCSC along with member benefits and discounts.

By now 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.

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.

Until next time, Carole Popham.

BEWARE OF NEW EMPLOYMENT VIRUS

Did you hear about a dangerous virus called "Weekly Overload Recreation Killer" (WORK) that is on the loose? If you are afflicted by this virus, immediately go to the nearest "Biological Anxiety Relief (BAR) centre and get one or more of the antidotes called: "Work Isolating Neutralizer Extract" (WINE), "Radioactive Unwork Medicine (RUM), "Bothersome Employer Elimination Rebooter" (BEER), or "Vaccine Official Depressing Killing Antigen" (VODKA). If all else fails, just resort to trying some Beautiful Retirement AND Yawning (BRANDY).



PROGRAM OF U3A WERRIBEE COURSES FOR TERM 3 of 2023

Monday 10 July – Friday 15 September 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
01.00 - 02.00	Beginners Italian	Grazia Gismondi	0413 715 756	HCSC
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 741 745	HRV
WEDNESDAY				
09.15 - 12.00	Bridge	Brian Kilfoyle	0409 073 869	PH
09.45 - 12.00	Mosaics	Eil Harrop	0419 546 796	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 WINTER

“People don’t notice whether it’s winter or summer when they’re happy.” Anton Chekhov (1860-1904), Russian playwright and short story writer.

“Winter is a season of recovery and preparation.” Paul Theroux (b 1941), American novelist and travel writer.

“What good is the warmth of summer, without the cold of winter to give it sweetness.” John Steinbeck (1902-1968) American novelist and Nobel laureate.

“How many lessons of faith and beauty we should lose, if there were no winter in our year!” Thomas Higginson (1823-1911) American Unitarian minister, author, abolitionist, politician and soldier.

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.” Anne Bradstreet (1612-1672), English poet who lived in North America.

“Laughter is the sun that drives winter from the human face.” Victor Hugo (1802–1885), French poet, novelist, and playwright.

“In the depth of winter, I finally learned that there was in me an invincible summer.” Albert Camus (1913-1960), French philosopher, author, dramatist, journalist and Nobel Laureate.



“They who sing through the summer must dance in the winter.” Italian proverb.

“You [God] set all the boundaries of the earth; you made summer and winter”. Psalm 71:17, Christian Standard Bible.

“No winter lasts forever; no spring skips its turn.” Harold "Hal" Glen Borland (1900-1978), American writer, journalist and naturalist.

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