



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.

SPRING EDITION: No. 138 SEPTEMBER - NOVEMBER 2023

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 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

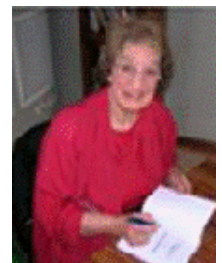
Greetings everyone from your editors Cecilia Conway-Wright and Don Lee.

As we get older, we seem to feel the cold more, so thank goodness Spring is coming and bringing the warmer weather with it.

Let us congratulate the Matildas on what they achieved at the FIFA Women's World Cup, advancing further than any other previous World Cup Australian soccer teams.

In coming fourth, they together with all the other teams, have raised the profile of Women's football throughout Australia. So well done.

While we can reflect on the joys and disappointments of winning and loosing, it is worth noting what Alex Morgan (b.1989), a USA professional soccer player, has to say. "Winning and losing isn't everything; sometimes, the journey is just as important as the outcome".



FROM THE EDITOR'S DESK (cont.)

In closing, thank goodness our wonderful U3A provides our community with a service that allows us to come together to learn new things, socialise, and share our experiences with each other.

We have great leaders that make this all worthwhile. Send your stories and contributions to newsletter.u3awbee@hotmail.com

FROM OUR U3A WERRIBEE PRESIDENT

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

Your U3A through the management of your committee and active support of our Group Leaders / Coordinators and members continues to grow in 2023. This includes membership, class sizes, and venues. As you may be aware at the end of 2022 our actual membership was identified as only 130. This was mainly due to the impact of COVID restrictions which prevented classes from being held and inability to contact some members to confirm their status over this period. I am very happy to report that this number as of 1 August was 178 and continues to be on track to reach our goal for 2023 of 200 financial members by the end of the year. As we have continued to grow your committee has ensured our venues continue to meet your needs. This has been achieved by gaining access to the rooms next door to our Tai chi and Yoga classes normally separated by bifold doors at each community centre where these classes are held, providing one large room area for each class. Also, the room area for our Current Affairs and Exploring History classes at Heathglen Community Centre has sufficient space to accommodate any new attendees.



On the 5 June we held our Annual Committee, Group Leaders, and Coordinators luncheon at HCSC. This luncheon allowed attendees to interact with each other and provide feedback to the committee on the status of their classes. This also provides the committee the opportunity to provide briefs and updates on our U3A.

I have the honour and privilege to announce the 100th birthday on 22 June 2023 of one of our long-term members Helma Balodis (see photo). On behalf of our members, I would like to congratulate Helma on reaching this very special milestone.

Helma along with husband Wally who will turn 98 on 30 August 2023 were also presented with their 20 Year membership certificates at our 30th Anniversary Function on 13 April.



In closing, thank you for supporting our U3A.

Rick Conn.

MEMBERSHIP NEWS

It is extremely pleasing to note that that number of members continues to increase steadily and, at the time of writing, we have 183 Members.

We are pleased to welcome new members:

**Graeme Barrie, Gillian Brown, Lynette Briggs
Marolyn Civelle, Mervyn Clifton, Jenny De Alwis
Anne Dillon, Ann Finn, Christine James
Patricia Mathews, Jennifer Matthews, Susan Purdey
Glen Smith, Suzanne Vivian and Peter Wise**



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

Special Congratulations go to Helma Balodis our member who reached the 100 Birthday milestone in June. It just goes to show the value of plenty of mental stimulation in keeping us young.

Just a reminder that if you attend classes held at the Hoppers Crossing Sports 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



THE WORLD ACCORDING TO ERMA BOMBECK

Here are some reflections from the popular American humourist Erma Bombeck (1927-1996).

1. "Worry is like a rocking chair: it gives you something to do but never gets you anywhere".
2. "There is a thin line that separates laughter and pain, comedy and tragedy, humour and hurt."
3. "I loved you enough to accept you for what you are, not what I wanted you to be."
4. "It takes a lot of courage to show your dreams to someone else."
5. "My idea of housework is to sweep the room with a glance."



You can discover many more of her thoughtful reflections from her books or the internet.

COURSES COORDINATOR CORNER - COURSE INFO

Hello and welcome to your Courses Coordinators corner.

All published courses are being held at their venues with exception of Bolivia and Cards-500 which were discontinued in Term 2 due to a lack of numbers.

I can report we currently have 19 courses being held throughout the Wyndham area.

Updates on current courses and new advertised courses are identified below

Exploring History.

Well, a thousand years of English Royal History certainly kept us occupied over Term 2. In summary this began with the Normans where William the Conqueror sailed from Normandy and landed on the Southern English coast at Pevensey Bay 10 miles west of Hastings. He Defeated the last of the Anglo-Saxon Kings Harold I on a ridge southeast of Senlac hill near the town of Battle and North of Hastings. After the Normans we covered the Plantagenets. You may recall Richard I or Richard the Lion Heart and who could forget King John, Magna Carta and of course Robin Hood. Next, we covered the Tudors, the most famous included Henry VIII, Ann Boleyn, Elizabeth I and Mary Queen of Scots. Not forgetting Sir Francis Drake and the Spanish Armada. After the Tudors we reviewed the Stuarts with Charles I losing his head. The outcome, for 11 years the English Monarchy was replaced with a republic under Oliver Cromwell and his Round Heads. Well, that didn't last did it. Next, we reviewed the Hanoverians starting with George I and ending with Princess Victoria who became Queen Victoria with the short-lived Royal House of Saxe-Coburg and Gotha. Well, that changed with WWI becoming the Royal House of Windsor, our current Monarchs family. So, if you want to learn more about history come and join our group on Mondays at Heathglen Retirement Village.



Tai chi

This course held at Tarneit Community Learning Centre continues to grow in popularity under the leadership of Bonnie Holmes. As mentioned in the Presidents post an additional room has been hired to accommodate attendees.



Beginners Italian

Buongiorno. This course commenced as a new course at the end of Term 1. It is held at Hoppers Crossing Sports Club – Pavilion 1:00 pm to 2:00 pm under the leadership of Grazia Gismondi. So, if you want to brush up on your school Italian or want to learn a new language come along and take part in this course.



COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Senior Men in Light Exercise (SMILE)

This group has returned to the Wyndham Park Recreational Area after previously meeting at the Hoppers Crossing Sports Club. They meet at the Piazza off Watton and Wedge Streets before heading off to navigate and negotiate the trails of the recreational reserve and Werribee area walking paths. As the name SMILE identifies this is a light exercise walking group for seniors aimed at assisting with cardiovascular fitness, strengthening bones and boosting endurance.



French

Bonjour. This course commenced in Term 1 and is aimed at beginners. French is a rich language that allows access to the rich culture of France. So, if you are considering visiting France or even the East Coast of Canada to visit Quebec or just want to brush up on your school French come along and join our group on Tuesdays at Hoppers Crossing Sports Club – Pavilion.



Au revoir et À Bientôt.

Mahjong

The Mahjong group also continues to grow in number and popularity. The introduction of both Eastern and Western styles of this game has been a success, challenging attendees to increase their skill levels as well as enjoying this game.



Health and Well-being

Welcome to new friends of Health and Well-being class.

Everyone has something to contribute at discussion time and we all learn something new.

Subjects range from Nutrition and balance exercise, to Aromatherapy, Colour therapy, Massage and Reflexology, Music and Meditation.



The latest health research is also discussed each week, which keeps our brains active and alert.

Thank you to all those who have been attending over the last five years as well.

Lyn Alder. Dip.N., Dip.R., C.M., C.A.

COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Ballet Matinee

We continue to dance – in our hearts. To fit a three-act ballet into our two hours with a drinkie-time at the interval, is a challenge but we get there one way or another. We have gloried in the classics this term as well as staying open to the later productions. In many ways we have it better than 'The Royal Box' in that the DVD takes us in close ups as well as whole-stage ... something that the audience aloft in their circle seats could only achieve with opera-glasses.

Once upon a time there used to be a certain snobbery about Opera versus Ballet. Grand Opera was always supposed to be vastly superior to the prancing of mere ballet. Some of this attitude might still persist. But truly, Classical Ballet has come a very long way and is now a high-achieving art form in its own right. The dancers are fine athletes and



have to be supreme actors using, not words spoken or sung, but mime and body language and facial expression and body-talk. They have to be supreme musicians, dancing to, at times, very difficult music. They have to stay 'in trim' for the sumptuous costumes they often have to wear. Their daily training and then extremely detailed rehearsal is a gruelling routine.

They have to be multi-adaptive and dance, not only the pretty stuff but high comedy and at other times, grim and gruelling story routines.

In anyone's life one might get to see perhaps only one or two theatre ballets in a lifetime but at Ballet Matinee we see such a wonder once a week round at Cecilia's. "The highlight of our week' as a member puts it.

Cecilia Conway-Wright.

NEW COURSES IN 2023 AND BEYOND

For information on these new courses please contact Rick Conn your courses coordinator

2nd Book Club. This is a new proposal from Suzanne Luder.

To be held on the 1st Thursday of the month at the Brook, Point Cook. Timings 1:00 pm to 2:30 pm. This Book Club will be reading 'forgotten classics' and other suggestions from the members.

The aim will be reading library and inexpensive vintage books we select monthly. Also it is hoped that members will take turns leading the discussion, but this is open to negotiation.



If you're wondering what is a 'forgotten classic': think, 'Northanger Abbey', 'And Then There Was None,' 'Breakfast at Tiffany's', '1984' and 'The Handmaid's Tale'.

NEW COURSES IN 2023 AND BEYOND (cont.)

Cards-500

A new proposal from Albrecht Buchner to recommence this card game. Date/Timings will be the same as per the Newsletter courses program. Albrecht has also proposed the game be held at his private residence.

Cribbage (Card Game). No change from previous newsletter. Proposed by Carole Popham

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. Proposed by Suzanne Luder.

Bible as Literature. No change from the previous newsletter. Proposed by Cecilia Conway-Wright and venue confirmed. Requiring attendees to commence this group.



Tell Me Your Story. No change from previous newsletter. Proposed by Suzanne Luder.

However just to summarise what was previously suggested:

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.



Rick Conn

PREPARATION, PREPARATION, PREPARATION

It has been said that the road to success is Preparation, Preparation, Preparation.

Having seen the scale of destruction on the towns in the Hawaiian fires and the speed at which it happened I am sure you will agree that it does pay to be prepared.

To this end, I have obtained bulk copies of **Are You Ready?** the Emergency Planning kit put out jointly by the Wyndham and Melton Councils. It is a really useful tool in planning what to do in any emergency and the most comprehensive I have seen. I am keen for all members to have a copy of this booklet so if you haven't already picked one up from a Community Centre you attend, just give me a call or email me and let me know what classes you attend and I will do my best to get one to you.



I still have a few copies of the **Little Black Book of Scams** available for anyone who wants to know what sneaky scammers will try pulling to take your money from you. If you did not make it to the Anniversary Lunch, and you would like one just give me a call or email me and let me know which classes you attend and I will do my best to get one to you.

I also have copies of a couple of other booklets that may be of value. One is **Taking Control of your Future Decision-making**. It covers planning ahead for your Medical Treatment Decision Making, Advanced Care Directive, Enduring Power of Attorney and Support for Decisions. If you don't already have all these in place and an up to date Will, you will find it a mine of useful information. The companion booklet deals with **Guardianship and Administration**. It provides an introduction to these very important aspects. Unfortunately, the need for these can happen without warning and I know from personal experience what a mess it can create for all involved.



I am keeping my eye out for other useful items that just might make life a little easier.

Carole Popham Membership Coordinator.

EASY SCONE RECIPE.

What can be more delicious than cheese scones served with butter that are easy to make?

Ingredients:

- 2 cups of flour
- 2 teaspoons of baking powder
- Pinches of salt, some herbs and cayenne pepper
- 2 cups of cheese
- 2 cups of milk

Heat the oven to 180 degrees. Using a knife, mix ingredients to a sticky constituency, divide into spheres of about 50cm, place on a lightly greased (or lined with grease proof paper) baking tray and bake for 20-25 minutes. You can also add small pieces of bacon, onion or sweet corn as alternative options.

Another option is to leave out the cheese, herbs and pepper and after baking, serve with jam and whipped cream.



NETWORK DELEGATE NEWS

U3A Network offer a range of services to support member U3A's. The summary below provides an update to inform members on this type of support:

- IT support for Zoom training.
- Digital Literacy Support programs.
- Support for the establishment of new U3As.
- Support for local issues/challenging situations.
- Copyright coverage.
- Policy templates and handbooks.
- U-MAS IT system.
- Website template support.
- Advocacy to State Government.
- Templates for local lobbying.
- Insurance coverage through Victorian Management Insurance Agency.
- Promotional video, state-wide marketing, and local marketing templates.
- Education program: Training for course coordinators and tutors.
- Establishment of Communities of Practice for selected courses.
- Establishment of Facebook Closed Groups to support technology, course coordinators and subject specific courses.



Rick Conn.

CONFUSIONS OF LIFE THAT NEED RESOLUTION

At the theatre, which arm rest is yours?

In the word "scent", is the "s" or "c" silent?

If humans evolved from monkeys, how come monkeys are still around?

Why is there a "d" in fridge but not in refrigerator?

Who checked for the correct time when the first clock was built?

If 'pro' and 'con' are opposites, why isn't the progress the opposite of congress?

If a vegetarian eats vegetables, what does a humanitarian eat?

Why are goods sent by ship called 'cargo' while those set by a truck called a shipment?

How come noses 'run'; while feet 'smell'?

Why is it that if you don't know what 'apocalypse' means, it's not the end of the world.?

How is it that you can get a large wave on a tiny beach and a microwave on a large beach?

Why is it that if a person finds out they are colour-blind it usually comes out of the blue?



PROGRAM OF U3A WERRIBEE COURSES FOR TERM 4 of 2023

Monday 2 October - Friday 1 December 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	Movies and Lunch ⁽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	WP
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003	PH
10.00 - 12.00	Digital Device Applications	Don Lee	0402 330 314	HRV
01.00 - 02.00	French	Rick Conn	0402 299 220	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	Bolivia	Betty Seah	0410 634 236	HCSC
01.00 - 02.30	Health and Wellbeing	Lyn Alder	0459 449 916	WPCC
01.15 - 04.00	Cards — 500	Barb Kenny	0428 623 371	PH
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 Conwayne-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 Movies & Lunch 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.
WP	Wyndham Park, Werribee
WPCC	Wyndham Park Community Centre, 57 Kookaburra Ave, Werribee.

WORDS OF WISDOM ABOUT SPRINGTIME

“Spring won’t let me stay in this house any longer! I must get out and breathe the air deeply again”. Gustav Mahler (1860-1911) Austro-Bohemian music composer.

“If people did not love one another, I really don’t see what use there would be in having any spring”. Victor Hugo (1802-1885) French writer.

“If winter comes, can spring be far behind?” Percy Bysshe Shelley (1792-1822) British writer and poet.



A kind word is like a spring day. Russian Proverb.

I enjoy the spring more than the autumn now. One does, I think, as one gets older. Virginia Woolf (1882-1941) British writer.

Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love. Sitting Bull (1831-1890) A Hunkpapa Lakota leader who led his people during years of resistance against United States government.

Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come. Robert H. Schuller (1926-2015) American Christian televangelist, pastor and author.

You make me feel so young, you make me feel so Spring has sprung. Mack Gordon (1904-1959) American composer who wrote the song “You make me feel so young” sung by Frank Sinatra.

“Spring is the time of plans and projects.” Leo Tolstoy,(1828-1910) Russian writer regarded as one of the greatest authors of all time, quoted from the novel “Anna Karenina”.

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 any material.