



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.

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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

Vice President: Alan White

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@gmail.com

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

Committee Members: Pat Gould, Jan De Witte, Sue Taylor and Don Lee.

UPCOMING EVENTS

Term Dates for 2024

Term 1: 29 January - 28 March 2024

Term 2: 15 April - 28 June 2024

Term 3: 22 July - 20 September 2024

Term 4: 7 October - 29 November 2024

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

Hello again everyone from your editors Don and Cecilia. Welcome to another year of U3A interest and involvement . By now of course, we are all back on board with the groups functioning bravely.

At our age we have seen so much but the world seems to be no nearer to world peace than it ever was. We ask ourselves – will it ever be any different? But we have our children and grandchildren and great grandchildren in our hearts and want a better world for our loved ones.

In our small way all we can really do is the best we can, faithfully and hopefully with fortitude and cheerfulness and duty to our friends and families. Have a good year !

Send your news to: newsletter.u3awbee@hotmail.com

From Cecilia and Don.



FROM OUR U3A WERRIBEE PRESIDENT

Hello and welcome to this edition of our 2024 Tri-Cycle Newsletter.

On 29 January 2024 we successfully commenced Term 1 with all scheduled courses and venues booked. Group Leaders/ Coordinators also confirmed their availability.

On 29 February 2024 we held our 32nd Annual General Meeting (AGM) at Wyndham Park Community Centre. I would like to thank those members who attended this AGM. We had 35 members attend this AGM which is a very good outcome. All reports were accepted at the meeting with the Treasurers Report again identifying that we continue to be in a sound financial position. This has allowed your Committee of Management to budget for the 2024 increase in hire venue fees and the reduction in Wyndham City Council subsidy we receive for our courses at Wyndham Park Community Centre. Because of this no courses have been disrupted or affected and will continue to be held over the Calendar year.

Also, the motion was accepted by members at the AGM that there would be no increase in the annual membership subscription fees for 2025.

Special Resolution

The Special Resolution for acceptance by members to change in full to our own Rules of Incorporation (Constitution) was unanimously accepted by those attendees at the AGM with amendments. These included changes to the following:

The Secretary's responsibility for Membership Records being maintained accurately as required by the Act and the task of recording and managing the membership records by another Committee member designated as the Membership Coordinator. This change allows the Membership Coordinator to undertake the processing, but the Secretary must ensure that it is being done accurately.

Discipline processes to ensure that procedural fairness prevails and that a person is accorded a reasonable opportunity to defend any accusation made against them, again, taking into account the age and sometimes disadvantages which go with that. Disciplinary matters are always a challenge and can be especially distressing for someone with a disability hence the added provision for a support person to be present at all stages.



FROM OUR U3A WERRIBEE PRESIDENT (cont.)

Life Membership which was currently not provided for in the Rules of Incorporation has been moved to establish the authority and process to correct this omission.

Powers of Committee including composition, elections, and tenure of office were amended including the appointment of a Returning Officer to conduct any elections or ballots in the interest of impartiality and transparency.

Other changes are to take advantage of modern business practice and to streamline our procedures.

As an outcome of the Special Resolution being carried unanimously the next stage is to submit these changes to Consumer Affairs Victoria for their approval. Once approved this document will be published on our website.

Election of the 2024 Committee of Management

The election of our Committee of Management for 2024 also occurred with the following outcomes: : Re-election of Rick Conn as President; Suzan Wise as Secretary; Christina Dennis as Treasurer; Carole Popham as Membership Coordinator and also Don Lee and Pat Gould as Ordinary Committee members.

New members elected to the Committee. I would like to welcome the successful nominees to our committee consisting of Alan White as Vice-President and two new Ordinary Committee members consisting of Jan De Witte and Sue Taylor. I would also like to thank Tim Hunt the Returning Officer at the AGM for his valued contribution at the meeting.

I would like to thank Cyril James one of our Committee members who whilst stepping down from the Committee will continue to carry out volunteer work in our organization.

This is the third consecutive year for President and Treasurer, so the Committee will be looking for financial members to fill these position in 2025.

On a sad note, I would like to acknowledge the passing of Rino Baggio (see photo). Rino passed away on Christmas Eve surrounded by his family. Rino was an active attendee of our Current Affairs, French and History groups. Our condolences to Helen and family.

In closing thank you for your continued support.

Rick Conn.



MEMBERSHIP NEWS

When I last wrote the Membership Column we had 198 members. Not surprisingly, though most have renewed for 2024, some of our stalwarts have moved to be closer to family elsewhere or their circumstances have changed or they are deciding if they can commit at this time. This has led to our financial members being 164 helped by a rush of new members to help balance the losses.

We are pleased to welcome new members

Pasquale Caruso Helen Baggio Jennifer Bryson
Heather Clift Leyanne Closter Lorna Coca
Graeme Foley Timothy Hunt Maureen Kelly
Margaret Kennison Angela Murnane Marion Murphy
Marjorie O'Connor Kerry Padbury Zara Quinn
Carole Smith Norma Tardio



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

Membership Renewal forms for 2024 were checked against the records and it was no surprise to find some had moved house or changed email providers or invested in a mobile. Hopefully the updated contact details will mean that everyone is back in touch.

We assume that email, if you have one, is your default contact. We know that many emails go through to a smart phone or tablet and not everyone has printing facilities, so if you would prefer a hard copy of the Tricycle Newsletter, just email me at membership.u3awbee@gmail.com or text your name and "Hard copy" to 0423 319 844 and I will make sure you are added to our Australia Post list.

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 and the use of the equipment and facilities owned by HCSC along with all the other member benefits and discounts.

By now U3A members who attend classes at HCSC should have been issued with a renewed HCSC Membership card for 2024. If you attend classes at HCSC and haven't received a 2024 HCSC Membership card, please let Rick know. The Membership cards were renewed automatically for all members renewing for 2024.

Remember to wear your Membership badge to classes and phone me on 0423 319 844 or email me at:

membership.u3awbee@gmail.com if you need a replacement.

Although Summer and the Bushfire season pretty much over for another year, it won't be too long before we will be at the end of the year, so if you haven't already done it is never



MEMBERSHIP NEWS (cont.)

too late or too early to get a copy of the useful booklet called “Are You Ready?”, that is 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. If you haven’t already picked one up from a Community Centre or Library, just give me a call or email me and let me know what classes you attend and I will get one to you. Don’t put it off thinking it couldn’t happen to you. That is probably what the last victim thought!!!.



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.

COURSES COORDINATOR CORNER - COURSE INFO

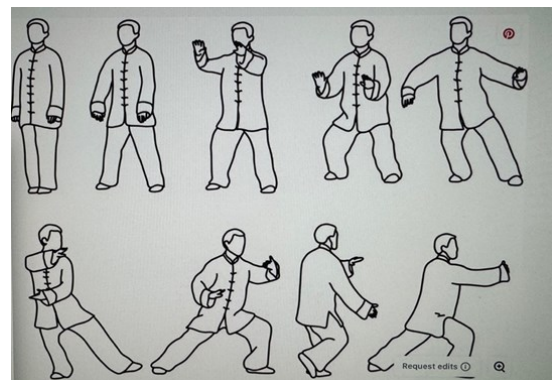
Hello and welcome to your Courses Coordinators corner. At the commencement of Term 1 on 29 January 2024 I can report that all scheduled courses held at the Community Centre, Heathglen Retirement Village and private homes have commenced.

We have 20 classes running as at the beginning of Term 1 in 2024 as summarised in the program of activities in this Newsletter.

Here is news about some of our courses:

Tai Chi.

Our Tai Chi classes are held at the Tarneit Community Learning Centre with new timings for 2024. These are 10:30 am to 12:00pm. This will allow the class to comprise of two separate sessions consisting of a Beginners commencing first followed by the more Advanced group.



French.

We have moved from Hoppers Crossing Sports Club to Wolfgang Grichting’s private home. Wolfgang has returned as the Group Leader and ensures our pronunciation is maintained during his class. No changes to the day and timings being Tuesdays from 1:00 pm to 2:00 pm. *Reconnaissez-vous cette photo?*



COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Line Dancing.

The Line Dancing Group would like to warmly welcome Caroline our new Line Dancing teacher. Caroline commenced on 6 February 2024 and has introduced us to some new music and some old favourites. The new steps are enough to keep us on our toes. We are excited to have a professional teacher. There is a \$5.00 charge per class to all U3A members.

Classes are held on Tuesdays from 4.00pm to 5.15pm at Heathglen Retirement Village, community building main room. We would also like to thank Karla for her valued choreography and support in keeping the group dancing. It has been fun. We would also like to welcome back our regular line dancing ladies and gentlemen.

All the best and welcome to 2024 from Vittoria our class coordinator.



Wednesday Book Club.

Suzanne Luder has taken over the Book Club as the Group Leader in 2024. We thank Libby Pearson who has stepped down as Group leader after 10 years for her commitment and dedication.

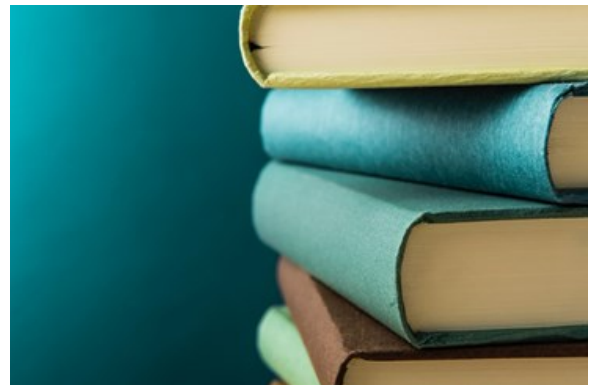
The Wednesday Book Club had its first meeting for the year in a member's home. However, due to the Book Club's increase in the numbers attending we will be holding our group meetings at Hopper's Crossing Sports Club Pavilion meeting room. Our meeting time starts at 11am and finishes at 12.30pm.

It was decided at our first meeting that we would source our books individually, in the first instance from the local libraries, op shops or retail outlets

At our first meeting, we shared the books that had been our summer reading or that we would recommend reading in future. We discovered that many of us have similar tastes but there was a real desire to expand our horizons. Our next meeting is 27 March 2024, and the book we will be discussing is 1984 by George Orwell and we will also share one personal choice book.

At time of writing, we have one vacancy, if you're interested in joining us you will be very welcome.

Suzanne Luder. Group Leader.



HAVE YOU EVER WONDERED?

- Saying: "When one door closes and another door opens", could mean you are in a prison.
- Is it possible that age 60 might be the new 40, but 9pm has become the new midnight?
- Sometimes luck can rather be like the bald guy who just won a comb.
- Nowadays saying "The other day", could refer to anytime between now and 15 years ago.

COURSES COORDINATOR CORNER - COURSE INFO (Cont.)

Singing Group.

This is a new course that commenced in Term 1 and is held on Thursdays from 2:00pm to 4:00pm at Angela's private residence. An introduction from Angela follows

My name is Angela Murnane. I believe community singing works best in a free and fearless space and active music-making can be like holistic medicine. Our core group met in a Project with the Interfaith Network and we are part of a launch of a song "Our World in Wyndham". We gather in my home and sing weekly now. We do a little harmony and a little nostalgia and chat.

Come and join us!



Current Affairs

It must be the craziness going on in the world that is drawing people to the Current Affairs Group. Our numbers have grown with the New Year with an average of 20 eager participants each session.

Not surprisingly, we have covered youth crime and the Justice System, Australia Day, the King's health, Natural disasters and how they're managed, the failings of the Health and Education Systems, how searches for missing persons are handled, the implications of the extension of Payroll Tax to GP clinics and beyond and how to address trade and teacher shortages. The ongoing war in Gaza and the problems posed by the Houthi pirates rated a mention as did the cost of living and the big two Supermarkets.

But if you think it was all doom and gloom we had an upbeat moment checking out the good for the economy that was Taylor Swift.

Despite the numbers and the number of topics, everyone gets a chance to contribute and of course follow up with delicious morning tea courtesy of our boulanger Tim.

Maybe it is not the craziness! Maybe it is the morning tea???

Carole Popham.



Other courses being considered

If you are still interested in Cribbage, and "Bible as Literature" are still open. For more information, please contact the Course Coordinator, Rick Conn on 0402 299 220.

Ballet Matinee

This happy group has begun well with the enjoyment of *La Fille Mal Gardee* and a movement from the ballet called *Jewels*. We have enjoyed *The Prince of the Pagodas* – Acts 1 and 2 so far, with Act 3 to come along with another movement from *Jewels*. Shown here is a scene from this ballet performed by the Royal Ballet, Covent Gardens.

We enjoy dancing from all over the world and we are gradually learning how to see ballet and not just to sit and let the dancing happen before our eyes. This year we shall watch two productions of *Spartacus*: one by the Russians and one by the Australian Ballet. These are very different and challenging.

Cecilia Conwaye-Wright.



Music You Like To Hear

Undoubtedly the highlight of this term's programme was the session devoted to the brilliant Peruvian operatic tenor Juan Diego Florez. He was born in 1973 and Pavarotti, before he died, named Florez as his successor and as the "King of the High Cs". There is no argument with that. His two concerts in Melbourne last November were sell-outs, as they are wherever he performs. The members of the group were so impressed with him that they have asked me to repeat the programme, which I'm very happy to do.



Other sessions have been devoted to the music of Grieg, Kreisler, Khachaturian and Borodin. Some of the latter's melodies were used in the Broadway show "Kismet" and we watched performances of three songs from the film version, including Ann Blyth and Vic Damone singing "Stranger in Paradise".

Other programmes included music from the movies such as "Casablanca", "Forrest Gump", "Lawrence of Arabia" and "Out of Africa". These were all illustrated with film clips downloaded from YouTube.

We also had a session on women composers and the shameful treatment that their music received. Many of them – Fanny Mendelssohn and Clara Schumann for example, deserve to be as well-known as the best male composers.

John Funnell

COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Digital Devices

Computers, iPads, tablets and phones are essential to our modern day life. We use them to communicate, play games, make purchases, manage photos, do our banking and so on. One wonders how we ever coped without them in the past.

With the advent of these devices, there are heightened risks that may open us to someone getting our private information, especially passwords. Often we read horrific stories about people being scammed and with the advent of AI (artificial intelligence) this risk is only going to increase in the future.

However we can protect ourselves if we are careful. For example when you access an account, use only the authentic website or App. Also beware of any unsolicited messages or emails, such as shown here on the right . By clicking on the blue **Login**, you may be linked to a fictitious website and asked to provide personal information that a scammer could use to your disadvantage. Rather delete such emails or messages and use only the official website or App. Simply, when in doubt, don't!

Don Lee

 **Optus Team** Yesterday
To: Recipients >

Your Email Closure

We received a request to deactivate your email and your request is now being processed. If this request wasn't made by you, Kindly follow the instruction below.

[Login](#) to stop deactivation.

Note: Failure to complete these measures before 48 hours will result to your email being deactivated.

Regards,
The Optus Team

LATEST NEWS FROM U3A NETWORK VICTORIA

Network is calling for nominations for their Tutor Excellence Awards for 2024. The nomination process is open and will close 30 May 2024. If you would like to nominate your Group Leader (tutor) please contact Rick Conn: email President.u3awbee@gmail.com



Tutor Recognition Awards are now open for 2024.

The awards were first presented in 2022. They are made annually to recognise tutors who contribute significantly to their U3As, particularly in the following areas:

- Innovation in the development and presentation of courses; particularly new courses
- Excellence in course conduct and presentation
- Highly positive feedback from course attendees, and mentoring other tutors.

You can include things like:

- Examples of how they have demonstrated outstanding qualities,
- What they have done to make things better for others,
- The role(s) or area(s) in which they have excelled.

Rick Conn

DON'T KEEP ME IN SUSPENSE

Quite why a lady's suspenders ever became a titillating subject, is a great mystery. Many of us old ladies might remember as little girls having to wear what they called a Liberty Bodice (see photo) with four suspenders attached to keep our stockings up. Then as such a garment became impossible we graduated to an elastic girdle or at the very least a thing called a suspender belt with the dangling suspenders. Bliss in summer of course when we could do without the stockings! However, these arrangements in these modern times were an improvement on the corsets of Edwardian times. Pantyhose put the kibosh on all that so that the mystery and misery of suspenders became a bit of a laugh.



Americans call trouser braces suspenders, don't they? My Dad wore braces and he also wore suspenders to keep his socks up. They were a strap round the calf with two suspenders for his socks. But now, elasticated socks have sent those old ideas back to the museums.



Quite a lot of memories when someone shouts at you to PULL YOUR SOCKS UP!

Cecilia Conway-Wright

OUR FIRST OUTING OF THE YEAR

We have been invited by the Retired Persons of Werribee to join them on a visit to the Healesville Sanctuary on Wednesday 20 March 2024

Transport is by Coach departing the Italian Sports and Social Club at 8:30 am returning at approximately 5:30 pm. Please arrive no later than 8:15 am. All day free parking is also available at the Italian Sports Club parking area.



The cost of this trip is \$80.00 per person. This includes:

The hire of the coach and entrance fee to the Healesville Sanctuary plus morning tea at Maroondah Reservoir. During the stop you will also have a chance to explore the Maroondah Reservoir Park Gardens.

Lunch at the Healesville Sanctuary is at your own cost, or you can bring your own.

This looks like a great day which includes your chance to explore the Gardens at Maroondah as well as the Healesville Sanctuary which includes a birds of prey performance.

If you would like to go on this outing, please let me know so I can pass your details onto the Retired Persons or if you have any questions.

Payment is due by Friday 8 March 2024.

PROGRAM OF U3A WERRIBEE COURSES FOR TERM 2 of 2024

Monday 15 April - 28 June 2024

Day/Time	Activity	Group Leader/Tutor		Venue
MONDAY				
10.00 - 11.30	Exploring History	Rick Conn	0402 299 220	HRV
10.00 - 01.00	Lunch and Movies ⁽¹⁾	Judy Conn	0431 677 657	SY
10.30 - 12.00	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	Rick Conn	0402 299 220	PH
04.00 - 05.30	Line Dancing	Vittoria Lucietto	0438 741 745	HRV
WEDNESDAY				
09.45 - 12.00	Mosaics	Eil Harrop	0419 546 796	WPCC
11.00 - 12.30	Book Club ⁽²⁾	Suzanne Luder	0404 131 052	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
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
02.00 - 04.00	Singing	Angela Murnane	0481 571 091	PH
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 Lunch & Movies Group meet on the second Monday of the month at the Sun Theatre, Yarraville.
 - (2) Book Club meets on Fourth Wednesday of the month.
 - (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.
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 TO LIVE BY

“Those who respect themselves are safe from others.” based on words from Henry Wadsworth Longfellow (1807–1882) who was an American poet and educator.

“Common sense is genius dressed in its working clothes.” Ralph Waldo Emerson (1803 – 1882), who went by his middle name Waldo, was an American essayist, lecturer, philosopher and abolitionist.

“In three words I can sum up everything I’ve learned about life: it goes on.”
Robert Frost (1874–1963) who was an American poet.

“It is the province of knowledge to speak, and it is the privilege of wisdom to listen.”
Oliver Wendell Holmes Sr. (1809–1894) was an American physician, poet, and polymath.*

“Whoever finds their life will lose it, and whoever loses their life for my sake will find it.”
Jesus Christ (c. 6 to 4 BC –AD 30 or 33) the central figure of Christianity from the Bible Matthew 10.39.

““If you talk to a man in a language he understands, it goes to his head. If you talk to him in his language, that goes to his heart.” Nelson Mandela (1918–2013) former South African President.

“Nothing that you have not given away will ever be really yours.” C. S. Lewis (1898—1963) who was as a British writer, literary scholar, and theologian.

“Singleness of purpose is one of the chief essentials for success in life, no matter what may be one’s aim.” John D. Rockefeller (1839–1937) was an American business magnate and philanthropist.

“The two most important days in your life are the day you are born and the day you find out why.” Mark Twain (1835– 1910), was an American writer, essayist, entrepreneur, publisher and lecturer.

“Educating the mind without educating the heart is no education at all.”
Aristotle (384–322BC) was an ancient Greek philosopher and polymath.*

* A polymath is someone whose knowledge spans substantial subjects to solve specific problems.

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

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