



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.

WINTER EDITION: No. 141 JUNE - AUGUST 2024 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

Vice President: Alan White Email: vpres.u3awbee@gmail.com

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 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

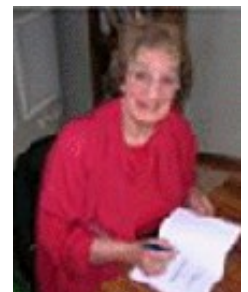
Greetings again, everyone from your editors.

With a mild and sunny Autumn now behind us and aurora in the skies (did anyone of you see it?) ... we realise that we do indeed live in a blessed and beautiful place. While we can feel the need to celebrate beauty we remain aware that much of what gets reported around us involves war and starvation, crime and lost youth.

Nevertheless we still need to laugh again and sing again and just enjoy love and friendship; stay as well as we can and be there for those who need us.

Be true to our U3A and remember to give as well as to take. Share your news! All contributions to our newsletter are welcome and can be sent to newsletter.u3awbee@hotmail.com

From Cecilia and Don.



FROM OUR U3A WERRIBEE PRESIDENT

Members, welcome to this edition of our 2024 Tri-Cycle Newsletter.

I would like to let you know you that since my last report our amended Rules of Incorporation (Constitution) approved at the 29 February 2024 U3A Werribee AGM have been sent to and acknowledged by Consumer Affairs Victoria. Once we have received their formal approval, this document will be published on our U3A Werribee Region Inc Website under Documents.

As an action item from the AGM, I can report that your Committee of Management (COM) has drafted a Visitor Policy. This document once approved will be published on our U3A Werribee Region Inc Website, also under the Documents tab on our website.

I can also report that Network Victoria have received our Annual Membership Levy (or fee) for 2024. This levy assists U3A Network Victoria to represent and provide services to Member U3As throughout Victoria, consisting of:

- Insurance cover under the Victorian Managed Insurance Authority (VMIA).
- Copyright coverage.
- Support from Network's committee of management and staff team.
- Participation in Network's Education Best Practice program.
- Access to project funding grants when available from funders, currently the Department of Families, Fairness and Housing (DFFH) and the Department of Education through the Adult, Community and Further Education Board (ACFE).
- Information provided through the monthly Network News newsletter.
- Access to resources through Network's website.
- Support to four meetings a year of the Members Council.
- Advice and support to meetings of 11 regions.
- Access to marketing materials, and advertising to the public about the movement and the activities provided by U3A's.
- Advocacy to Government.

In closing, thank you for your continued support.

Rick Conn.



MEMBERSHIP NEWS

When I last wrote the Membership Column we had 164 members. The steady stream of new and returning members continues to boost our numbers and we now have 178 members.

We are pleased to welcome new members

- | | | |
|--------------------------|-----------------------|---------------------|
| Rena Bulbrook | Hui Chin | Heather Cook |
| Zelda Dempers | Ron Holman | Huyen Le |
| David Letson-Gaff | Janette McEwan | |
| Helen McGregor | Carmela Muscat | Jan Was |



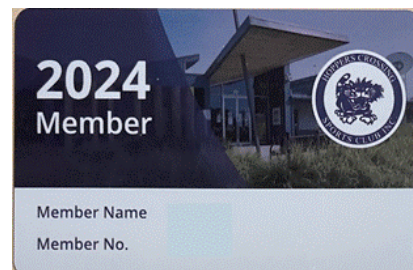
And a big welcome back to

- Judith Bramich Noreen Lormans and Glenys Welsh**

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

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 fantastic eyesight or 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.

Remember 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. If you need to be signed up contact Rick on 0402 299 220.



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.

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

Welcome to your Courses Coordinators Corner.

Since my last report I can confirm that we now have 21 activities/classes being held across the Wyndham area. During Term 2 we successfully commenced Bolivia cards and Singing groups. Our activities/classes continue to be held at Tarneit Community Learning Centre, Wyndham Park Community Centre, Heathglen Retirement Village, Hoppers Crossing Sports Club, and group leaders' private homes.

A summary of all activities/classes is identified at the back of this Newsletter.

Here is a look at some of our current courses:

Exploring History

This term we explored ancient Egypt. This has taken our history group on an informative journey of the Pre-Dynastic period; the Early Dynastic period with the unification of Upper and Lower Egypt; the Old Kingdom where we see the building of the Great Pyramids at Giza; the Middle Kingdom where we saw the reunification of Egypt and construction of Karnak; the New Kingdom with Ramesses and Tutankhamun concluding with the Ptolemaic Kingdom of Cleopatra. So, if you want to learn about or expand your knowledge of history come along and join us on our journey.



All the best from Rick, Group Leader.

Line Dancing.

Come and join Carolyn our new dance teacher along with our regular attendees.

Join us and have fun and enjoy the health benefits of exercise, improve your flexibility and coordination whilst dancing to new and old favourites tunes. Most important enjoy dancing together.

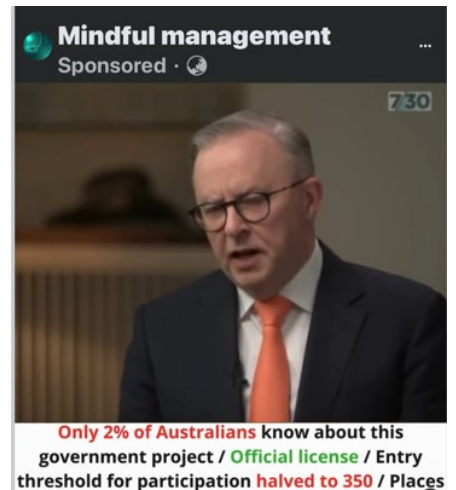
Line dancing classes are held on Tuesdays from 4:00 pm to 5:15 pm at Heathglen Retirement Village, Community Centre. Cost is \$5.00 per person per session.



All the best from Vittoria our class coordinator.

Digital Devices

A particular issue of concern nowadays is the use of what is called “deepfake”. This is where media is digitally manipulated to replace a person's likeness with that of another or when a person's speech is digitally changed. This is for example where Prime Minister Mr Albanese (see photo), as well as other well known persons have appeared on websites such as Facebook or X spruiking the merits of some shady investment scheme. However this is a totally fake video presentation where they have no connection with the investment scheme whatsoever. Sadly a number of Australians have been duped into parting with large sums of money.



We should perhaps prepare ourselves for deepfake presentations becoming more commonplace, such as during election campaigns!

Nevertheless the manipulation of images is widely applied using a variety of computer Apps, some of which can be quite expensive while others are completely free. During the past few weeks our Digital Devices group have looked at a few of these Apps.

Don Lee.

Current Affairs

It has been said that “no news is good news”, however for the past few months there has been too much news, especially of the kind we could do without.

The Westfield Bondi incident was the first of the shocks. Then the incredible figures about domestic violence and the outrageous number of deaths from it emerged to add to our concerns. The Anti-Semitism and the vehemence in the pro-Palestinian protest rallies and the increase in knife crime especially among the young capped it off.



Not surprisingly we spent some sessions looking to the cause of this breakdown in society and more importantly what needs to be done to really get us back to “old normal” where respect for others and obedience of the law were routine. Does it start in the family or the Justice System?

Naturally the role of social media in all of this got a mention especially how to control misinformation and obnoxious content.

We don't envy today's parents as the task facing them is enormous especially when children are afraid to go to school for fear of social media bullying as well as the age old physical kind.

Of course State and Federal Budgets are of interest too as the outcomes affect all of us.

So rest assured that the eager participants in this Group have your best interests at heart as they seek to solve these knotty problems and set the world to rights!

Why not join us in this mammoth task? Remember, the Morning Tea is fabulous!!!!

Carole Popham.

COURSES COORDINATOR CORNER - COURSE INFO (cont.)

French

Our French class continues to be held at Hoppers Crossing Sports Club. However, the format has changed where we are using virtual French tutors using a laptop and screen. This is due to Wolfgang's ongoing health issues which has seen him move to TriCare Williams Landing Aged Care Residence. We may be able to hold classes at Tricare, however this will be dependent on their available rooms and Wolfgang's status. If you wish to visit him, Rick Conn has his contact details. Also, the timing for our class is now 11:15 am to 12:15 pm.



Rick Conn.

Bolivia

Bolivia cards commenced in Term 2. The Group Leader is Betty and is held at Hoppers Crossing Sports Club Pavilion on Wednesdays from 10:00 am to 2:00 pm. Bolivia is a more advanced version of Canasta. Bolivia is a card game for four people playing in a partnership. The aim of the game is for players to meld sets or sequences of the same suit to earn points. Wonderful game for applying the mind as well as socializing. You can also enjoy lunch at the Club during the break.



Rick Conn.

Ballet Matinee

Lately we have been watching the classic Romeo and Juliet with Nureyev and Fonteyn; Pineapple Poll takes us into comedy with the music of Arthur Sullivan; the Walpurgis Night ballet from the Opera Faust to the hauntingly beautiful and feet-tapping music of Gounod. Leader Cecilia buys Ballet DVDs from around the world through Ebay.

We are often left gasping at the magnificence of the costumes of many of these ballets and can quite understand why tickets to the theatre productions are so expensive.

Cecilia Conway Wright.

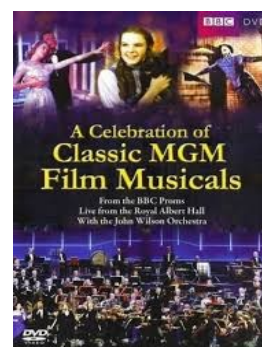
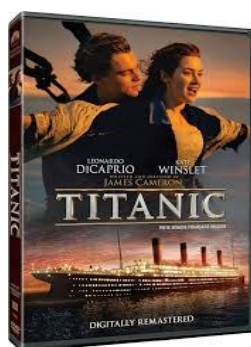
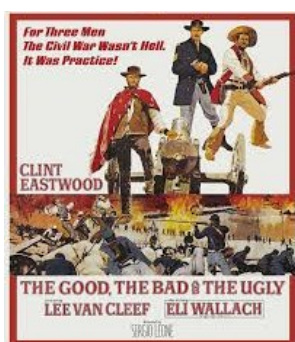


COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Music You Like To Hear

John Funnell reports that in a packed programme this term participants have experienced a wide variety of styles including music written for movies such as Titanic, Ben Hur, The Good, the Bad and the Ugly, and The Magnificent Seven. We've enjoyed music by Mozart, Paganini and Gounod, and travelled vicariously to Italy and Scotland through music associated with those countries.

One programme was devoted to music written for the guitar and we heard Rodrigo's lovely Concierto d'Aranjuez and saw some exhilarating flamenco dancing. On a lighter note we watched the video of a BBC Prom Concert celebrating songs and music from those wonderful MGM musicals.



EXPRESSIONS OF INTEREST FOR NEW CLASSES DURING TERM 3

Drawing

This class will be held at Hoppers Crossing Sports Club Pavilion on Fridays from 10:30 am to 11:30 am. The Group Leader is Samantha who is qualified in drawing/art. Cost is \$8.00 per person per session.

Let's Write a Short Story

This class will be held at Cecilia's private residence on Fridays from 12:00 pm till 1:30 pm. This will differ from a creative writing group which continues for quite some time and at times can be quite tedious. In comparison the writing a short story group will focus on the short story which should limit this and be more available to everyone in a group.

Activity/Class Cancellation

Bible as Literature is no longer being offered due to low enrolment.

Activity/Class held During Term Breaks

In response to the Yoga Groups request to continue their class during term breaks and in consultation with Samantha the Yoga Group Leader the Hoppers Crossing Sports Club Pavilion will be available for their use on Thursdays from 1:00 pm to 2:30 pm. Note this is only during term breaks. All attendees will be required to become a member of the Hoppers Crossing Sports Club to use this facility. Joining fee is complimentary through our U3A and entitles a member access to all the club's facilities including drink and meal discounts. For those who wish to take up this offer please see Rick Conn when he visits the class or email at president.u3awbee@gmail.com



EXPRESSIONS OF INTEREST FOR OUTINGS & FUNCTIONS

1. Visit to MainStream Aquaculture Premises in Werribee

An expression of Interest is sought regarding a proposed one-off tour of the MainStream Aquaculture premises in Lock Avenue, Werribee. This facility is the world's largest Barramundi hatchery, and they distribute to 31 countries.

The tour takes about 1 hour, and attendees are shown through the various stages of the life of the Barramundi and includes information on all aspects of the handling and health and welfare of the fish and the environment. A viewing room overlooking the tanks is situated on the first floor and is accessed via a lift.

The remainder of the tour takes place on the ground floor. Members requiring mobility aids may find this area can be a little tricky as it is slightly uneven and can be damp and slippery. Suggest sensible, flat lace-up shoes with non-leather soles.



As parking is somewhat limited, car-pooling would be recommended.

The number of attendees per tour is 20 and the cost is \$13.20 / head which includes GST.

It is also proposed that we then attend "The South Corner" cafe at 11 Wedge St South for brunch. Prices range from \$12- \$22 dollars.

Dates and times will be confirmed once the level of interest has been gauged.

Please respond to the Membership Coordinator at: membership.u3awbee@gmail.com

Sue Taylor.

2. Pharaoh's Exhibit at the National Gallery of Victoria

Date: Monday 1 July 2024 (held during term break)

The program will consist of an introductory presentation in the NGV theatre. Once this is completed your tickets will be issued, where we will proceed to the exhibit. 30 places are available for this visit.

This exhibit celebrates 3000 years of ancient Egyptian art and culture. It includes more than 500 works, including monumental sculptures, architecture, temple statuary and other objects.

Timings:

10:00 am. Meet at the entry to the NGV.

10:15 am. Enter NGV where we will proceed to the NGV International Information Desk on the ground level and met by an NGV program assistant.

10:30am. Proceed to the theatre for a 30-minute introductory presentation.

11:00am tickets issued for entry to the exhibit.

Please note: Travel to the NGV is by own means.

EXPRESSIONS OF INTEREST FOR OUTINGS & FUNCTIONS (Cont.)

Costs:

Theatre presentation \$12.00 per person.

Tickets for the exhibit:

NGV Member \$34.00. Full price. \$38.00 per person.

Concession \$35.00. Available to Australian Pensioners, Veterans Affairs, and Healthcare card holders.

Note: Australian Seniors Card discounts are only available on Wednesdays.

Total cost per person without NGV membership or concession is \$50.00.

Point of contact and submissions of attendance Contact Rick Conn via Email:

president.u3awbee@gmail.com



THE PLAYS THE THING - REMEMBERING THE OLD DAYS!

George the Fifth, the new king on the British throne; sparrows flying westwards, 1910 and a bunch of kids running home, dusty and sweaty in the summer sun. In those days the watchword from adults was: "What games have you been playing today, you lot?"

"Our Doris had a ball and it got stuck up a tree."

"So then what did you do?"

'Jumped over Farmer Giles' stream till someone pushed me in and now I'm all wet!'

Oh happy days! Indeed they were idyllic for many children.

Rich kids might have had a nursery full of toys but in general you could roam the countryside during the school holidays in perfect safety with scarcely a skipping among the lot of you. Told never to go off with a stranger, of course, but you never met a stranger; everyone knew everyone else, more or less.

Fast forward 20 years to wartime and the children of the aforesaid, and we were reading the Dandy, the Beano and the Magnet.

This was my (Cecilia's) generation and we could still go off to play 'Up the Rec' if you were city-bound and we only had the recreation enclosure with swings and things; or we could go off to the park while we were told to "mind how you crossed the road". It was quiet enough and safe enough.

But sadly a childhood targeted by sexual perversion, drugs, destitution and iPhones was well into the future.

Just think of those who were fortunate to have a loving family and a handy Gran who could tell them what it was like when she was a little girl!

Cecilia Conway-Wright.



U3A WERRIBEE MORNING TEA INVITATION

Morning Tea on Friday 19 July 2024 from 10:00am to 1:00pm

Location: Hoppers Crossing Sports Club Bistro. **Parking:** Free and all day.

Program:

10.00am to 10.30am. Welcome by President. Morning tea consisting of sandwiches, coffee and tea. Please be seated by 10.25am. Please advise of any dietary requirements.

10.30am to 12:00pm. Presentation/forum from Victoria Police on Confident living.

Presenter. Leading Senior Constable Derek Jenkins from Victoria Police Proactive Policing Unit.



Topics:

The Media	Home Safety	Driver Safety	Scams
Elder Abuse	Mental Health	Support Services	Police Services.

12.00pm. Scones and pies and fruit will be served followed by those who have further questions of the presenter. Please advise of any dietary requirements.

Costings. Costings for this function is \$5.00 per member.

Point of contact and submissions of attendance to Rick Conn.

Email president.u3awbee@gmail.com

LATEST NEWS FROM U3A NETWORK VICTORIA

As your President one of my duties is to act as the Delegate for our U3A when attending U3A Network Victoria Council and Regional meetings. It also provides a voice and voting rights during meetings.



The latest members council meeting was held on 15 May 2024 at 10:00 am. This was held online via Zoom .

The main items of general business consisted of:

Victorian Managed Insurance Authority (VMIA). This is the insurance authority that our U3A use when submitting claims. We are compliant as we have current insurance cover with VMIA.

Model Rules and Own Rules of Incorporation. As we have our Own Rules of Incorporation, we are compliant with Consumer Affairs Victoria legal requirements.

Diversity and Inclusion. Had U3A's identified this in their documentation such as policies and procedures and membership applications. Our current documentation considers diversity and inclusion. These can be found on our website <https://www.u3awbee.net.au> under the Documents tab.

Rick Conn.

PROGRAM OF U3A WERRIBEE COURSES FOR TERM 3 of 2024

Monday 22 July - 20 September 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
11.15 - 12.15	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
10.00 - 02.00	Bolivia	Betty Seah	0410 634 236	HCSC
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 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 & 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 Courses Coordinator.
TCC	Tarneit Community Centre, c/r Leakes Road and Sunset Views Boulevard, Tarneit.
WPCC	Wyndham Park Community Centre, 55/57 Kookaburra Ave, Werribee.

WORDS OF WISDOM TO ENCOURAGE US

"I do not fix problems. I fix my thinking. Then problems fix themselves." Louise Hay (1926-2017), was an American motivational author and professional speaker.

"Faith is being sure of what we hope for, and certain of what we do not see." Bible, Hebrews 11:1.

"Most folks are as happy as they make up their minds to be." Abraham Lincoln 1809-1865), was an American lawyer and former President of the United States of America.

"If there's life, there is hope." Stephen Hawking (1942-2018) was an English theoretical physicist, cosmologist and author.

"I don't know what the future may hold, but I know who holds the future." Ralph Abernathy (1926 –1990) was an American civil rights activist and Baptist minister.

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." Lao Tzu (c. 500 BC), was a Chinese philosopher.

"Some men see things as they are and say why? I dream of things that never were and say why not." George Bernard Shaw (1856-1950), was an Irish playwright, critic, polemicist * and political activist.

"It will never rain roses: when we want to have more roses, we must plant more roses." George Eliot (1819-1880), was an English novelist, journalist and a leading female writer of the Victorian era.

"I have no special talent. I am only passionately curious." Albert Einstein (1879-1955), was a German-born theoretical physicist.

* **Note that a polemist is a term we use for a writer who argues in opposition to others**

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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