



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.

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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 Email: vpres.u3awbee@gmail.com

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

Secretary: Carole Popham 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, Sue Taylor, Jan De Witte and Don Lee.

UPCOMING EVENTS

Term Dates for 2024/2025

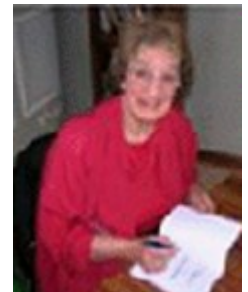
Term 4:2024: 7 October - 29 November 2024 Term 1 2025 3 February - 4 April 2025

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

Contact details for social activities are: social.u3awbee@gmail.com

FROM THE EDITOR'S DESK



Hello again to all members. How can it be possible that another summer and another Christmas is on the horizon? Please enjoy another issue of Tricycle with all your news of all the good stuff that we do. It is a lovely community thing and greatly to be treasured.

We have seen a lot happening lately ... from the King and Queen visiting Australia; the Melbourne Cup; the Trump victory in the USA and much more. I am proud of Australia and in a funny way I don't like



FROM THE EDITOR'S DESK (Cont.)

it to be referred to as Down Under. My English relatives think that we are just about at the end of the world; us in the land below Capricorn.

In space there is no up and down - when you come to think about it. So why should the north pole be UP? Up from where? Turn your Mercator Projection (the usual flat map of the world) up the other way! With Australia Up Over; and Europe Down Under. The map of the world looks totally different now. This suits me fine!

Please keep your reports coming in.

Cheers from Don and Cecilia.

FROM OUR U3A WERRIBEE PRESIDENT

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

I am very happy to report that we have had another successful year. Membership numbers are similar to last year, (refer membership report). We are also in a strong financial position.

I would personally like to thank our Committee of Management for your commitment. Group Leaders and Group Coordinators for the work you do preparing, delivering and coordinating your classes throughout the year.

To you our members, thank you for your ongoing support and contributions to our U3A Werribee group.

I wish to notify members of our 33rd AGM scheduled to be held on Thursday 27 February 2025 at the Wyndham Park Community Centre, Room 1 from 10:00 am to 12:00 pm. I encourage all members to attend so you can vote and provide input into the decision-making process, and to welcome your new committee for 2025.

Details of this Notification, including Committee Nomination Form can be found in this edition of the Newsletter. Please ensure nominations are received by the Secretary at least two weeks prior to the AGM. Nominations can be mailed to our Post Office Box 1264 Werribee Plaza or emailed to the Secretary at sec.u3awbee@hotmail.com

Please consider nominating as a committee member. Being on the committee also ensures you can influence the direction of our organisation moving forward. I encourage anyone interested in joining the Committee to attend a committee meeting as a guest. This will allow you to get an understanding of the procedures and workings of the Committee.

Highlights of 2024 include:

- Our 32nd Annual General Meeting (AGM) was held at Wyndham Park Community Centre on 29 February 2024. Another very good attendance. This identifies the confidence you have in your committee and how we are managing your U3A.
- The AGM held a Special Resolution for acceptance to changes in full of our U3A



FROM OUR U3A WERRIBEE PRESIDENT (Cont,)

Werribee Region Incorporated (Inc) Own Rules of Incorporation. This was accepted unanimously by our members at the AGM. This document was submitted and formally accepted by Consumer Affairs Victoria and can be found on our U3A Werribee Website.

Visits

- Healesville Sanctuary (We thank Jan Phelan from Retired Persons of Werribee for organising this visit)
- Pentridge Jail (We thank Ladies Probus of Wyndham for organising this visit)
- Pharaohs Exhibition at the National Gallery of Victoria.
- Mainstream Aquaculture Barramundi hatchery (Thank you to Sue Taylor for organizing this visit and the lunch that followed).



Presentations/Morning Tea:

- We attended presentations from Victoria Police, and Wyndham City Council. Training:
- Attended a training session from Lifesaving Victoria on First Aid including CPR and how to operate an Automated External Defibrillator (AED).

For your diaries:

- Christmas Function. Date 6 December 2024 commencing 11:30 am. Venue Hoppers Crossing Sports Club.
- Term 1 in 2025 will commence on Monday 3 February 2025. For all terms dates please refer to the information contained in this and future Newsletter(s).

In closing, thank you for supporting our U3A and have a safe and happy Christmas and New Year. I look forward to catching up with members in 2025.

Rick Conn.

MEMBERSHIP NEWS

When I last wrote the Membership Column we had 189 members. It is extremely pleasing to note that that number continues to increase steadily and, at the time of writing, we have 201 Members

We are pleased to welcome new members

Alison Joy Brown	Shirley Cook	Lynn Duggan
Marelyn Herron	Maria Prestinenzi	George Li
Pamela Moyle	Jennifer Phemister	May Lee
Giovanna Siccita	Colleen Simonis	Mary Jo Woodfill.

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



MEMBERSHIP NEWS (Cont.)

Membership Renewal forms for 2025 were distributed at classes early in November and the return so far is most encouraging. I am checking your details against the records to pick up any discrepancies that the gremlins have slipped in and so far there have been a few. Your signature on the form is a legal requirement so if you forget to sign, I will be chasing you up because without it, technically, you're not a member.

Those of you who attend classes at the Hoppers Crossing Sports Club have been issued with HCSC Membership cards and these will be renewed automatically for all members renewing for 2025.

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.

Note that it is now gmail. We have had problems receiving mail on the hotmail address and have changed. If you sent me something and did not get an answer, I wasn't ignoring you, it probably got lost in the system.

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.

Have a very happy and relaxing break over Christmas and a very happy New Year.

Until next time

Carole Popham.

COURSES COORDINATOR CORNER - COURSE INFO

Hello and welcome to your Courses Coordinators corner. 2024 has proven to be a very successful year with our U3A now offering 25 classes. These can be found in this edition of the Newsletter.

Our venues:

- Wyndham Park Community Centre (WPCC) and Tarneit Community Learning Centre. These are our hire venues and continue to provide rooms that are suitable for our classes. To offset the cost of hiring the rooms at WPCC each year we apply for a Community Facility Subsidy through Wyndham City Council.
- Hoppers Crossing Sports Club. This venue has seen an increase in the number of classes over 2024. This has been mainly due to improved standard of the refurbished meeting room in the Pavilion. This has become so popular that we have at least one class being held on each day of the week.
- Heathglen Retirement Village. Continues to support our U3A at their Community Centre. Currently we hold four classes at the Village. Our thanks and appreciation to Gary the Village manager and his staff for their on-going support.
- Private Homes. A big thank you to those Group Leaders/Coordinators who allow our classes to be held at their homes.

Just a reminder, if you are considering trying out a new class, please contact myself your Courses Coordinator at courses.u3awbee@hotmail.com so I can coordinate your visit with the Group Leader/Coordinator. This will allow us to confirm whether there are class vacancies.

AROUND THE COURSES

History

We have explored many countries and peoples over 2024. Including:

Egypt. Its history and culture have influenced our world. We explored ancient Egypt and the Pharaohs. We were lucky enough to see their works at the National Gallery of Victoria to get a close -up view of the actual artifacts. We discussed the building of the pyramids including the Sphinx, particularly about what happened to its nose. We continued our journey into modern times with Egypt gaining independence and self-Government.

Africa. First settled by its native inhabitants. Africa is a country shaped first by foreign mediterranean countries such as Greece, Roman and Phoenicians. This was followed by Colonialism with Dutch, Portugal, France, Britain, Germany, Belgium and Italy all competing for a slice of the land. Today Africa is a growing economy troubled by climate change, and global economic conditions.

New Zealand (Aotearoa). The land of the long white cloud settled by early Polynesians, the ancestors of the Māori between 1200 and 1300 AD. Early Europeans such as the Dutch explorer Abel Tasman (1642) and James Cook (1769) were the first Europeans to sight New Zealand. European settlement began around 1800 with missionaries, and traders establishing a foot hold in the Country. The country gained independence in 1835 with the Treaty of Waitangi was signed in 1840. Today New Zealand is a vibrant modern country steeped in Māori culture.

All the best from Rick Conn Group Leader Exploring History.

Mosaics

Our Mosaic group of lovely people meets each Wednesday from 9.45 am till 12 noon at Wyndham Park Community Centre – Room 3.

We are a diverse group of people sharing ideas, thoughts, solutions and lots of laughs as we learn from each other. Please take the time to have a look at the various projects our group have achieved over the past year.

Each person has started out as a novice, and all have quickly caught the mosaic bug. It's lots of fun watching and learning a new skill. Here are some examples of our work.



AROUND THE COURSES (Cont.)

Come along and meet everyone and join in if you think you'd enjoy it, you'll be made very welcome!

All the best Eil Harrop Group Leader, Mosaics.

Current Affairs

You would think that some protests would run out of steam in three months but not so. Protest rallies against all manner of things are becoming routine and continue to disrupt everyday life in the cities around the world.

Our "no holds barred" discussions covered a range of meaty topics.

Not surprisingly we spent some time comparing the effect of a Trump or Harris win on the internal and external functions of the United States including trade and on the wars in the Middle East and Ukraine. The resounding win by Trump and the prospect of Republicans controlling both Houses will no doubt provide some interesting topics for next year.



It wasn't all politics, although we did discuss the changes in Local Council elections and the results for Wyndham and what that might mean for ratepayers and residents.

The number of serious vehicle accidents caught our attention as did the state of the roads and the management of State Finances and what should be done about the ever increasing debt.

The eager participants in this Group strive to 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.

Line Dancing

We have had another wonderful year of line dancing. We thank Carolyn for all the new music and dance moves. We extend the same thanks to stand-in, Karla. Further thanks to Sylvia as Coordinator.

A few of our line dancing regular ladies have reached milestones, including Jean (refer photo) who turned 90 during October. She has been with our group from the beginning dating back to 2016. Jean rarely misses a class and never misses a step.

She is a wonderful dancer. During this latest term, we were invited to perform our dance skills for a regular lady of ours, Ruth, at the Heath glen Village, which was for her birthday.

Finally, Carolyn coordinated a series of dance steps and movements for the afternoon. Much fun was had by All. We look forward to seeing all our Line dancing group back in 2025



All the best from Carolyn and Vittoria, Line Dancing.

AROUND THE COURSES (Cont.)

Mahjong (We're on the move!)

The Mahjong Group has proven to be very popular over 2024. Whilst this is very good news, unfortunately the number of attendees has now exceeded their ability to play Mahjong in a room that has sufficient space and capacity, including room limit of the hire venue.

To overcome this limitation Mahjong will be moving to Hoppers Crossing Sports Club (HCSC) Pavilion meeting room (refer photo) at the beginning of Term 1 in 2025. There is no change to the current day (Thursday).



This move will also allow greater flexibility for attendees with an increase in timings (10:30 am to 2:00 pm) for those who wish to play longer. Parking is all day and free. There is no school next door, so you won't have to compete with school finishing time traffic. Also, as a user of the Pavilion you become a member of HCSC, which is covered in your U3A Membership.

Music You Like To Hear

Originally Music You Like to Hear was devoted entirely to classical music but lately we've been listening to a wider range with programmes exploring the music and songs of Richard Rodgers and George Gershwin. The Rodgers session included the Carousel Waltz and the March of the Siamese Children as well as film clips of some of the songs he wrote with Oscar Hammerstein. For Gershwin we watched part of a BBC Prom Concert devoted to his music, a dramatic performance of Rhapsody in Blue and songs from Porgy and Bess.

Another programme explored well-known fairy tales with Rossini's operatic version of Cinderella, the three Oscar-nominated songs from Disney's Beauty and the Beast and part of Sondheim's Into the Woods.

Modern composers can earn a living by writing music for the movies or TV and one of our sessions included stirring music from Star Wars and Star Trek and some of the classical music played by the Grimethorpe Colliery Band in the film Brassed Off. We heard music from The Man from Snowy River, The Hunt for Red October and TV's Pride and Prejudice.

A programme exploring the wonderful melodies of Tchaikovsky included clips from his ballet The Sleeping Beauty and a very exciting performance of the 1812 Overture, complete with bells and cannons.

Our Christmas programme included a dramatisation of Good King Wencelas and The Twelve Days of Christmas and we saw the full version of the favourite TV film of The Snowman.

John Funnell.



AROUND THE COURSES (Cont.)

Beginners Tai Chi

This new class started at the beginning of Term 3. Since then a number of keen participants have gained a greater understanding of Tai Chi and Qi Gong and the associated health benefits and flexibility in movement. We are having fun learning how to “high pat the horse”, “punch tiger’s ears” and “repulse the monkey” – useful skills for everyone, especially if you are planning a trip!!

Christina Dennis.



Ballet Matinee

As ballet enthusiasts we are never narrow minded. This term we have enjoyed watching the Opera Carmen with music by Bizet so as to prepare our minds for the Ballet Carmen. The heart and soul of Carmen is the Opera and from our point of view it does not easily fit into ballet.

We have laughed with Pineapple Poll (based on a lively collection of Gilbert & Sullivan operettas and depicted in the cartoon) and other comedies like Midsummer Night's Dream and Gaitie Parisienne. But we also extended our love of dancing to the film Strictly Ballroom, the Australian classic. We look forward to viewing The Nutcracker as we approach Christmas.

Cecilia Conwayne-Wright.



Let's Write a Story

This new subject is up and running. Lack of basic good manners from non- attendees has been distressing but nevertheless, few though we are, we have got off to a rocketing good start. The art of writing a good short story is a genre in its own right and not just an apology for a long winded novel. The perfect little story is akin to a poem or a jewel; it chooses its every word with care. But as the group is finding, that is easier said than done and requires a lot of learning and a lot of skill.



Cecilia Cowaye-Wright

2025 Class held During Term Breaks

Due to overwhelming feedback both Tai Chi and Yoga classes will continue to be held during term breaks in 2025 at Hoppers Crossing Sports Club Pavilion. Dates and timings for classes are as per term days/timings.

VISIT TO MAINSTREAM AQUACULTURE PREMISES WERRIBEE

On Tuesday, 24 September 2024 members gathered at the MainStream premises in Lock Avenue, Werribee in anticipation of a very interesting tour of their Barramundi Hatchery.

The host for our visit was Rob De Lorenzo who was extremely knowledgeable and entertaining as he presented all aspects of the business.

Initially we made our way upstairs to a meeting room where we were shown a video of the history of the organisation and the handling techniques used to transfer, feed, package and transport the fish and were able to ask many in-depth questions. We were informed that MainStream is the largest warm water aquaculture farm of its type in the world with the water being drawn from a geothermally heated ancient aquifer. It also has sites in Queensland and Arizona. They export their fingerlings to 31 countries as well as having a significant table fish domestic and international market under the name Infinity Blue

The room also overlooked a number of the main tanks which seemed relatively small until Rob informed us that most of each tank was underground as that allowed workers safe access from floor level.

After the presentation we returned to the ground floor and were shown through the facility. It was fascinating looking into tanks that looked like they contained dirty water then realising we were looking at hundreds of thousands of minute hatchlings all swirling about.

We were also shown one of the breeding females., an enormous golden coloured creature. (see photo). I was unaware that they grew so large or that the raw flesh of Barramundi is grey but becomes white upon cooking.

After the tour members relocated to the South Corner Café (see photo) where we enjoyed pleasant meals and animated conversation.

Sue Taylor.



A FEW WORDS OF WISDOM AS WE APPROACH A NEW YEAR

“You don't have to see the whole staircase, just take the first step”. Martin Luther King Jr (1929-1968) American Baptist minister and civil rights activist.

“For last year's words belong to last year's language. And next year's words await another voice”. TS Eliot (1888-1965) English poet.

“It is not in the stars to hold our destiny but in ourselves”. William Shakespeare (1564-1616) English playwright, quote from ‘Julius Caesar’.

“Take a leap of faith and begin this wondrous New Year by believing” Sarah Ban Breathnach (b 1947) best-selling American author.

NOTICE OF U3A WERRIBEE 2025 ANNUAL GENERAL MEETING

The 33rd ANNUAL GENERAL MEETING (AGM) of U3A Werribee Region Inc. will be held on Thursday, 27th February 2025 at the Wyndham Park Community Centre, Room 1, 55-57 Kookaburra Avenue, Werribee, commencing at 10.00 am.

Agenda

- Welcome by the President.
- Receive apologies.
- Review actions from the previous AGM.
- Confirm the minutes of the previous AGM held on 29 February 2024 at Wyndham Park Community Centre.
- Receive the following Annual Reports and Financial statement of accounts for 2024:
 - Presidents Report.
 - Treasurer’s Report and Audited Financial Statement.
 - Appointment of Auditor.
 - Membership Report.
 - Courses Coordinators Report.
- Set the annual subscription and joining fee for the 2026 financial year.
- Election of Officers and Members to the Committee of Management consisting of: President, Vice-President, Secretary, Treasurer, Membership Coordinator, Courses Co-ordinator, and other ordinary committee members for the ensuing year.
- Any other business.

All member s are invited to attend and light refreshments will be proved after the meeting.

U3A Werribee Region Inc Committee Nomination Form

Name: _____

Position: _____

Proposer: _____

Seconder: _____

Acceptance of Nomination (please sign): _____

The nomination form may be handed in at classes to Group Leaders and collected by the President or sent to: The Secretary, Committee Positions, PO Box 1264 Pacific Werribee Plaza, Vic 3030, or emailed to the Secretary: sec.u3awbee@hotmail.com

PROGRAM OF U3A WERRIBEE COURSES FOR TERM 1 of 2025

Monday 3 February - Friday 9 April 2025

Day/Time	Activity	Group Leader/Tutor		Venue
MONDAY				
10.00 - 11.30	Exploring History	Rick Conn	0402 299 220	HRV
10.00 - 01.00	Movies and Lunch ⁽¹⁾	Judy Conn	0431 677 657	SY
10.30 - 12.00	Tai Chi for Beginners	Christina Dennis	0431 151 885	HCSC
10.30 - 12.00	Tai Chi for the Experienced	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
11.00 - 12.00	Beginners French	Rick Conn	0402 299 220	HCSC
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
12.45 - 02.30	Health and Wellbeing	Lyn Alder	0459 449 916	WPCC
01.15 - 04.00	Cards — 500	Barb Kenny	0428 623 371	PH
05.30 - 06.30	Ukelele	Alan White	0417 151 613	SCCC
THURSDAY				
10.00 - 12.00	Current Affairs	Carole Popham	0423 319 844	HRV
10.30 - 03.00	Mahjong	Betty Seah	0410 634 236	HCSC
01.15 - 02.30	Yoga For Seniors	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
10.30 - 11.30	Mindful Drawing	Samantha Sepulveda	0419 893 944	HCSC
12.00 - 01.30	Let's write a Short Story	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	0411 112 184	HCSC

- Notes:**
- (1) The Movies & Lunch 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.
SCCC	St Peter's Church Community Centre, 38 Guinane Ave, Hoppers Crossing.
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.

LATEST NEWS FROM U3A NETWORK VICTORIA

The U3A Network Victoria AGM held on the 3 October 2024.

At the meeting the Chair (Annie Grigg President U3A Network Victoria) reported an increase in state membership of approximately of 6%. This also included an increase in the number of courses being offered and improved connections with local Governments.



The Chair also reported that U3A Networks Victoria's financial situation has remained strong and their succession planning regime has been embedded in their operational work, in line with their constitution.

A U3A Network Victoria Council Meeting was also held on 3 October 2024.

The main agenda Items

- Website. Networks website is being upgraded. <https://u3avictoria.org.au> Its features will include an improved courses hub known as a 'Ideas Library'. Trial to commence on a 'ChatBox' on their website.
- Member Wizard. A major project for the replacement of the current Member Management System known as UMAS. This is being sponsored by U3A Network and currently being trialled by selected U3A's.
- Network Office. Notification of the upcoming closure the Network office located at 50 Queen Street Melbourne. The Network will be relocating to Suite 4, Level 5, Greek Centre, 168 Lonsdale Street Melbourne.

Rick Conn.

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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