



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

Number 3 November 2018

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## A WORD FROM THE PRESIDENT

Welcome to our third and final newsletter for 2018

The newsletter is certainly one of the great innovations in 2018.

First let me thank John Lopatecki, our Vice President, who wrote this column for me in the last edition. John has effectively been acting as President for the last 3-4 months as I was distracted by various events in my personal life, including selling my house after 28 years. Many of you who have made similar changes in your life so know just how distracting it can be!

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### FOR YOUR CALENDAR

7 Dec **U3A Moreland  
End of Year Social**

*Stay tuned for dates for  
2019 membership renewal  
and re-enrolment*

U3A Moreland's normal program during the first week of 4th term was changed this year. It was the first week of Seniors Month and public transport was free for seniors across Victoria. We wanted people to be free to make the best of the many great activities on offer.

Seniors month was a busy month for U3A Moreland. As a member of the U3A Network Victoria Committee, I was responsible for organising U3As involvement in Seniors Celebration Day Festival at Federation Square on October 7. It went off well, in part because wherever I needed an extra volunteer, members of Moreland Committee stepped in. Thank you Melinda, Gwen and Gerri.

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*Open Day participants*



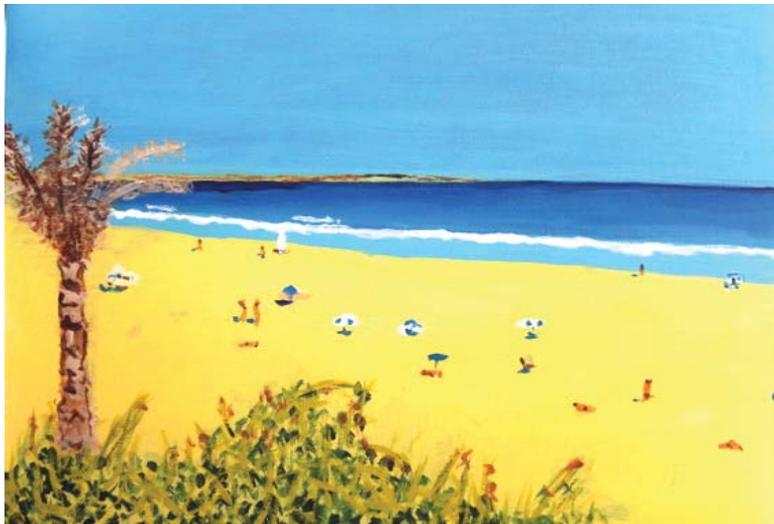
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On Wednesday 10, we had our “Look, Listen or Join In” Day. Thank you to all the people who made it happen and to all the people who attended. It was fun. Hope to see you there next year.

On October 22, Monday Matters was given over to “Try One Thing”, a spin off from the on-going Be Connected Computer program we run. It was great to see how well attended it was and to hear people asking for help on such a wide range of topics.



*Pauline at Moreland U3A Open Day*



*Cable Beach, Broome, painted by Richard Brown in the Painting and Drawing Group*

That week was busy as three days later Moreland City Council had a Seniors Month event “Jump into Spring” at Coburg Town Hall. U3A Moreland had an information table. We talked with quite a few folk who were not aware of what we did, of how much fun and how busy life can be in U3A. “Jump into Spring” was based around physical activity for older people: Zumba Gold, chair exercise, free dancing. It was great fun. Next year we will make sure we spread the word about this wonderful event!

Thank you to the Committee, the tutors and activity leaders, the caterers, the newsletter team, the newsletter contributors and the many unsung members who step in and help when needed, all of you together have made 2018 a successful and fun year.

I look forward to seeing many of you at the end of year break up.

Have a great break over summer and I hope you all will be back next year to “Live, Learn and Enjoy” with U3A Moreland.

*Pauline O'Brien*



*Painting and Drawing Group members at Open Day: Miranda, Jennifer, Nette*

## FROM THE PROGRAM TEAM

As 2018 draws to a close, everyone involved can proudly say that our U3A Moreland members have contributed widely, offering many and varied programs as well as participating in what is offered. THANK YOU.

This term we have introduced some new programs, including table tennis, circle dance, print making without a press, shared reading, and introduction to croquet. However we need now to look to 2019 and be even more creative – continuing to offer as we do, but also to refresh by introducing new programs. We cannot do this without you.



*Table tennis is a new u3a Moreland group. Mondays 1pm at Coburg Table Tennis Centre. Come and try!*

### Volunteers – we need you

**This is a strong call for volunteers** to help offer new programs – either a short course, a day's program, a longer or ongoing program, a few hours – whatever you have to share. We know we have a lot of experience and skills within our Membership. Our program content depends on members volunteering to 'run something' – a social activity, a physical activity, an academic course, a craft program, or share your cooking skills, your particular interest, your passion, your knowledge – whatever it is. We need you to come forward – just ring the Program Team – Melinda or Gwen with your ideas - you will be welcomed and your idea supported.

### Try something new



*Gerri and Janet at #try1thing*

We encourage all members to try other programs and if you have been involved in the same program over a few years – why not 'dip into' some of our other wonderful programs, having a go at something else.

We look forward to seeing you feature in offering a program, as well as participating in our range of programs. We can't do it without you.

### End of year

Our 2018 year comes to a close on Friday 7th December with an end of year social at Siteworks from 2.00 to 5.00pm that day. The 2019 Program will available the following week and you will be advised of enrolment procedures.

Follow the link to our Program Guide from the U3A Moreland website at:

<https://u3amoreland.org.au/news/>

*The Program Team*

## OPEN DAY 2018 AT U3A MORELAND



*Trying out croquet at Open Day*

Our Open Day 2018 encouraged Looking, Listening and Joining in a range of our activities, meeting socially, and talking about the terrific activities we take part in.

As members we really are the best form of promotion for U3A Moreland!



*Collage by Miranda from Painting and Drawing Group*

The Coburg Senior Citizens Centre was once again a good central location for this event drawing a good crowd of over 60 people. The event was promoted amongst our members, the broader Moreland community, and listed in the Victorian Seniors Festival Program.

It worked, we have six new members.

Volunteers on the day helped with setting up, general organising, photography, poetry reading and running activities plus the all important delicious afternoon tea spread. Thank you all.

Much interaction centred around the Mahjong and Games tables, as well as lots of interest in Nordic walking and Croquet, a Writers' group activity, IT mentoring, and the Painting group display. With all that happening it's no surprise there was an exciting buzz in the room.

With the success in 2017 and 2018 of our Open Days, this event has become a feature on the U3A Moreland calendar.

*Melinda*

## OUR GROUPS - A SAMPLER

### Bike Riding Group

Our group has fortnightly rides on Tuesday mornings. We start soon after 10.00am from Moreland Station or another station on the Upfield Line, riding for about 2 hours/15 km plus a coffee stop somewhere.

A theme emerges sometimes: riding up Moonee Ponds Creek from Flemington Bridge to Bell St last week we went over or under 27 bridges. And if you can't get out of earshot, you might hear me talking about historical features, geology, vegetation, seasonal changes, infrastructure, graffiti or other features we see on the rides.



*In October U3A members joined the Moreland Bicycle Users Group on a ride to Epping and Crarigieburn*

Rides we have done:

- from Gowrie Station, through Fawkner Cemetery and southwards;
- from Fawkner Station to Edwardes Lake, Regent, Yan Yean Pipe Track and Merri Creek;
- from Moreland Station, south to Royal Park, Lower Moonee Ponds Creek and Docklands;
- from Gowrie Station, Ring Road west to Jacana, beside Craigieburn Railway to Pascoe Vale, up the new Bell St link and on to Coburg Station.

This week four U3A riders went on the longer Moreland BUG (Bicycle User Group) ride to Epping North and Craigieburn.

Join us! There are places available.

*Simon Ransome*

### The Painting and Drawing Group

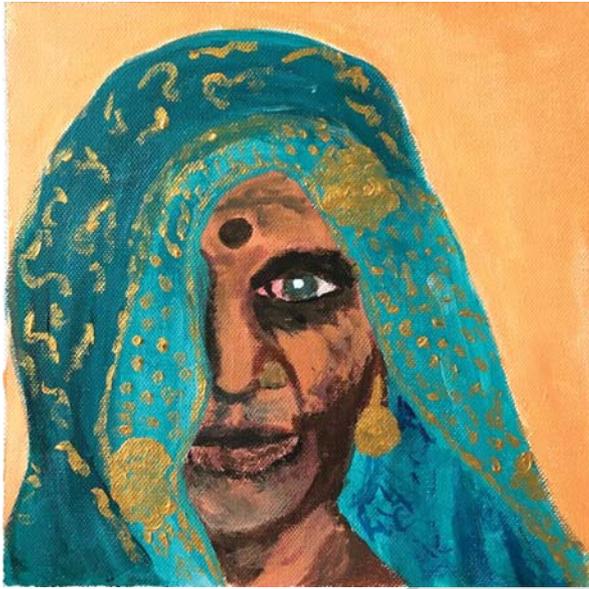
## THE 'GEORGIEBALDS'!

The final challenge for the Painting & Drawing Group in Term 3 was a portrait competition, named in honour of our valued former member, George Costa. The first 'George Costa Portrait Prize' was soon unanimously and affectionately nick-named the 'Georgiebalds'.

After 3 weeks of intense effort, the favourites were lined up for a secret ballot, whilst everyone enjoyed a magnificent end of term afternoon tea. The 1st Prize Winner by a big margin was Miranda Cerra with her portrait of a veiled lady. A worthy 2nd Prize winner was Maggie Bishop, whose subject was her brother. 3rd Prize was scooped up by Lauris Grant with a portrait of her mother. Robin Randall achieved an Honourable Mention (by herself!). Pictured on the next page are the 'finalists' and photos of the winners being congratulated by Tutor, Robin.

*Robin Randall*

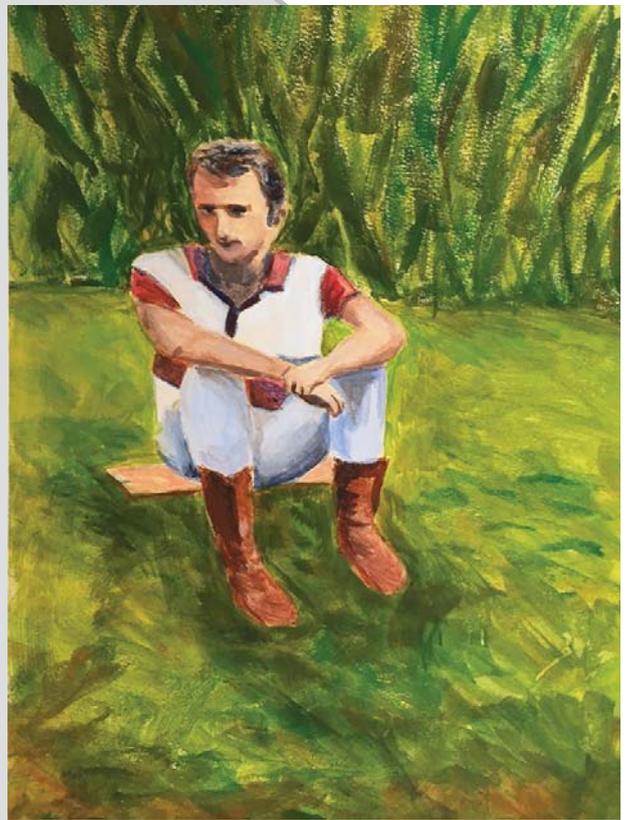
# THE 'GEORGIEBALDS'



Miranda Cerra



Maggie Bishop



Lauris Grant

## Gardening Group

Gardening at Siteworks is a pleasure!

This energetic group meets on Monday morning at 9.30am and works in the garden for two hours.

The Gardening at Siteworks initiative came about when Pamela Ashcroft (group leader) walked past the rather neglected raised garden beds in the Siteworks precinct. She was on her way to the U3A Games Group so her mind was already ticking. Now, with Pamela's guidance and Siteworks agreement, the Garden Group is transforming this area.

There are 20+ wicking beds that have been assessed, rejuvenated with compost, manure, and wetting agent and mulched with pea straw. The planting out with a selection of seeds and seedlings is complete. Bunnings has been extremely generous in their contribution of materials and expertise.



The group is learning together all the time. There are gardening skills to develop, a worm farm and a compost system to manage. Come and join the group!

If you don't know what a wicking bed is or how to manage a worm farm or make compost come and ask us!

Already we have herbs and a few plants to harvest and will have more. Take a stroll through the garden next time you are at Siteworks. Come and see!

*Melinda Venticich*

## Monday Matters - Moreland Energy Foundation



In August Lucy Best from the Moreland Energy Foundation gave a talk to members on energy efficiency in the home. The audience found the presentation informative and judging by the number of questions many of us gathered a lot of useful tips on saving money as well as how we can do our bit to prevent global warming.

One of the first steps is to understand your energy bills and shopping for better deals. Lucy also looked at affordable options for saving on energy without compromising on comfort. Insulation, draught stoppers, lighting and heating choices were all discussed.

Heating is the largest part of usage and a number of options are available to prevent unnecessary energy usage. **For more information** go to <https://www.positivecharge.com.au/>. Advice is available for renters as well as homeowners. For a fee you can get an independent energy assessment of your home.

If you are shopping for a new appliance such a fridge or a washing machine, go to [www.energyrating.gov.au](http://www.energyrating.gov.au) to check the energy efficiency ratings for a number of products.

We greatly appreciated that Lucy made herself available for individual questions after the talk.

*Deb Pace*

# IT makes sense

On 15 October 2018 our U3A hosted #try1thing event at Siteworks in Brunswick.

This event was made possible by federal government funding as a part of the national 'Get Online Week' and the national Digital Literacy Program.

The event and a great morning tea were organised by the U3A Moreland Committee and other volunteers who are now mentors in our on-going 'Be-Connected' IT mentoring program.

Some of the topics covered by the presentation included:

- Getting started online, learning about the internet
- Staying safe online, managing data and what plans to use
- Connecting with family and friends, social networking
- Shopping on line, managing money on line, making bookings on line
- Learning about 'apps'
- And more .....

Later, people were able to talk to individual mentors and discuss some of the issues they had with their 'smart' devices.



**Our #try1thing session**

Overall, the event was a great success with 27 people attending the session and some signing up for our regular 'Be-Connected' course. This course is now full for term 4 but you can still access the training materials and modules by signing up and creating a new account on this website:

<https://beconnected.esafety.gov.au/>

Remember to select 'U3A Moreland' as the name of the support centre.

If you have any difficulties or questions about the sign-up process you are welcome to contact me by email at: [be-connected@u3amoreland.org.au](mailto:be-connected@u3amoreland.org.au)

*John Lopatecki*

### 🗣️ **'On Yer Bike' Cycling Group – U3As sharing information**

U3A Yarra City, with support from an ACFE grant administered through U3A Network Victoria, has developed a website that showcases everything you wanted to know about cycling. The U3A Yarra City Bicycle Group started the "On Yer Bike" website in 2014. Since then their group members have ridden most bike paths in Melbourne and want to share their knowledge.

The website <https://onyerbike-u3a.org.au> provides information on cycling specifically targeted at the over 50s and is based on their experience of running their U3A bike group. It describes their favorite rides, accessible to many people, with the routes mostly on shared pedestrian/bicycle paths where riding is at a leisurely pace and avoids roads with heavy traffic. The rides range between 12 to 30 km, some shorter or longer, and most start and finish at a railway station usually with directions for coffee and cakes.

You can select from their website information covering:

- Best bike rides in Melbourne
- Best bike rides in Regional Victoria
- Getting into cycling
- Finding a cycling group
- Setting up a cycling group
- Safety and equipment
- Using public transport

A wonderful resource. Let's use it.



### 🗣️ **Victorian Active Ageing Partnership (VAAP)**



Millions of Australians are living with arthritis, back pain, osteoporosis, gout and other musculoskeletal conditions. The organisation Musculoskeletal (MSK) Australia, in collaboration with Fitness Australia and Monash University, is coordinating the **Victorian Active Ageing Partnership (VAAP)** on behalf of the Victorian Government. It aims to increase opportunities for physical activity for older Victorians.

What do MSK and VAAP have to offer?

- Information resources – for download or mail delivery via [info@msk.org.au](mailto:info@msk.org.au).
- Support and information – MSK helpline 1800 263 265 or email [helpline@msk.org.au](mailto:helpline@msk.org.au).
- The latest research information or the opportunity to be involved in research projects.
- Support to U3As to offer physical activity / exercise programs.

U3A Moreland is looking to utilize this information in 2019.

The VAAP eNews has the latest information about key VAAP initiatives and the latest research and developments relating to physical activity for older people. You can subscribe by going to the website [www.move.org.au/page/vaap](http://www.move.org.au/page/vaap) or phoning 8531 8045. For any information you cannot access on line about MSK you can call their number at 8531 8000. You can also call me on the U3A Moreland phone. Keep moving!!

*Gwen Rosengren*



### **Are you**

- *over 50?*
- *no longer working full-time?*

### **Do you**

- *enjoy meeting new people?*
- *want to keep learning?*
- *like to be active?*
- *like to share your knowledge?*

If yes, then **U3A Moreland** may be the right choice for you. We're a friendly learning cooperative, part of a world wide movement offering a wide variety of courses and activities. Our low membership fee allows you to join any of our programs, including:

Art & Craft	Gardening
Languages	Recreation
Choir	Games
Social	Cooking
Learning & Academic	Technology & Science

#### **Contact us:**

Email: [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com)

General enquiries: Ph 0421 318 872

Our very sincere thanks to:

- **Bunnings**, the Brunswick store, for their help with the setting up of the U3A Moreland Garden at Siteworks. They generously donated garden materials, tools, seedlings plus hands-on expertise by Tessa Jane Halliday, Activities coordinator.
- **Nelson Alexander Foundation** for their \$500.00 donation!

These funds have been used to purchase 4 sets of nordic walking poles - giving more U3A Moreland members the opportunity to join the Nordic Walking group enabling them to enjoy this exercise activity, increase fitness, balance and core strength and enjoy the company of fellow walkers.

The walking poles belong to U3A for all to use.

***If you have a story to share with other members, wish to promote your group activities, or have feedback about our newsletter please feel free to email your contributions to the newsletter team at: [newsletter@u3amoreland.org.au](mailto:newsletter@u3amoreland.org.au)***

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