



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

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A WORD FROM THE PRESIDENT

Pauline O'Brien



Dear Folks

Welcome to the first ever U3A Moreland's (quarterly) newsletter.

When we started in April 2015 the Committee discussed having a newsletter but there were too many other things that had to take priority - a newsletter was just a dream.

Well, this year Deb Pace offered to make the dream reality and, with the help of those who responded to her call for contributions, here is the first edition. I know she is very pleased with the response. I would also like to thank Christine Filiamundi (Design and layout) and Gwen Rosengren (proof reading and committee liaison) who have provided their expertise.

Other good news is that from 1st June U3A Moreland will have an office five days a week at Siteworks, a former school at 31 Saxon Street, Brunswick. Siteworks is behind the Brunswick Baths, very close to Sydney Road, Brunswick Station, the bike path, No 19 tram, the 506 and 508 buses both of which link with the 58 tram. There is also free parking for 90 minutes in Woolworths carpark which is very close.

Details are still being finalised but we may need help moving and possibly donations of small furniture, so keep your eye out for emails letting you know what is going on and if we need further help.

We have also just received a Good Things Foundation - Be Connected grant, to run one on one computer training and possibly smartphone training for 30 people over the next 12 months. Big thanks to Grace Bongiovanni who took the initiative in getting this off the ground.

I am looking forward to our future newsletters and wish to thank all who have helped make it happen.

Pauline

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FOR YOUR CALENDAR

- 18th June **Monday Matters**
- 22nd June **Day out:**
Alice in Wonderland
- 29th June **End of Term**
Social: (see P2)

PROGRAMS TERM 2, 2018

Term 2 is underway offering 27 courses so lots to choose from. The details are available at <https://u3amoreland.org.au/news/>. We continue to offer more courses and more variety as members come forward with ideas of what is of interest to them, or as individual members realise they have something to offer to others from their knowledge, skills and life and work experiences. This can then be offered as a course, or single event, or a 'popup' or short course. Contact our Program Team with your ideas.

For example **KOGO (Knit One Give One)** knitting group has been suggested and a keen member hopes to get a group going for U3A Moreland.

VENUES

Also we are always looking for new sites for our programs to spread ourselves in locations around Moreland and this term we have begun to use Siteworks in Saxon St Brunswick for some of our programs and for **Monday Matters** talks. Equally exciting is that we have the opportunity for setting up a small office there for U3A Moreland. Hope to see you there for one or more of our activities or for visiting and also for assisting in the office when set up.



SOCIAL, END OF TERM 2



We are keen to spread our programs and activities across the City of Moreland and our end of term social will be held on:

Date: Friday 29th June from 2.00 to 4.00pm

Location: Glenroy Senior Citizens Centre
11 Cromwell Street, Glenroy

Transport: *Bus* 2 Minute walk from Bus Route 534
and 536 on Melbourne Avenue

Train 0.5km from Glenroy Station

Always an enjoyable chance to catch up and also bring along a friend who may be interested in meeting others and getting to know more about what we do and then even joining.

Gwen Rosengren on behalf of the Program Team

OUR GROUPS - A SAMPLER

Movies at the Nova Group



Twelve of us turned up to see the movie, **Breath** which is Simon Baker's (The Mentalist) directorial debut. It is based on the award winning book of the same name, by Tim Winton (known as "Australia's preeminent Poet of the Beach"). It is the story of two teenage boys living in the 70's coastal Australia who form an unlikely friendship with a mysterious older adventurer (Simon Baker) who pushes them to take risks that will have a lasting and profound impact on their lives. I think that Luke Buckmaster from the Guardian sums it up pretty well. *Deb Pace.*

"The natural beauty of the film's coastal, Western Australian settings provides scope for symbolic interpretation. But like Winton's novel, the film is unpretentiously profound, with a very Australian (and very cinematic) regard for allowing natural beauty to speak for itself. It is the rarest kind of sports movie, in that it will encourage in participants a different, thoroughly thoughtful perspective with which to view their pastime. *Breath* is a surfer film with soul and gravitas."

The Art of Plant Propagation

"We are now in our third year of learning the basics of gardening. The main theme is to have as much fun as possible. I think it might be working as one of our pupils, Janine, has been attending for the entire time we have been going.

We commence with simple tasks, planting various seeds, doing cuttings, and they get great enjoyment watching the progress.

They learn the correct way to plant leeks and onions, the difference between hardwood and softwood cuttings, and how to do layering. The latter was hilarious as we layer in the first lesson and then go in search of them in our last class. The trick is trying to remember where they actually were.

Come September we will be up to our elbows in spring planting, the busiest time of the year. I believe I have the best pupils one could wish for."

The photo is of Janine, Herb, and Helen with a large pumpkin - unfortunately totally tasteless but looked great.

Mary Morrison.



The Art of Plant Propagation class is currently having a winter break.

Nordic walking Group



The happy group is shown above.

On 15 March 2018 we met at Coburg Park Lake for our fortnightly walk. We enjoyed meandering along Merri and Edgars Creeks.

Joel bravely led us to the nearest coffee shop at the end of the walk and later provided the following stats:

1 hour 36 mins of walking

9000 odd steps

6.17 km

Average pace 15 mins/km

Max speed 5.8 km/hr!

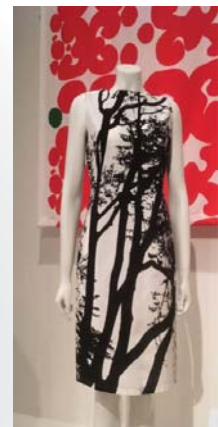
John Lopatecki

Excursion to the Marimekko Exhibition, Bendigo Art Gallery



They produced more than just clothing, though coinciding with the emerging liberation of women, the founding of Marimekko, or «Mary dress» as the name literally translates, represented a pure concept; free from rules or restraints.

On April 20 a group of 14 ladies travelled to Bendigo to visit this delightful exhibition. We were given an introductory talk by one of the volunteer guides which proved to be very interesting.



The exhibition encompassed clothing, wall prints, fabric swatches & many other items.

Most of us saw either a print or perhaps a dress style that we wore at that time.

After the exhibition we adjourned for lunch at «The Basement» cafe next door where once again we had a private dining room and good food.

Marimekko is the Finnish textile & fashion company that achieved international fame in the 60's & 70's with it's bold prints & pop-art style graphics.

Jann Somers

SPOTLIGHT ON OUR VOLUNTEERS

Have you ever wondered who helps with the wonderful food at the U3A functions? Of course June Fraser is our Kitchen Catering Wizard, but June tells me she couldn't do it without her Kitchen Fairy, **Jan Rafferty**.

Jan has an early connection to Moreland. She was born at Sacred Heart Hospital now known as John Fawcner Hospital. After spending many years living and working in different areas of Melbourne, she has returned to live in the area.

Jan has been a member of the U3A in Moreland since it started in 2015. She said that she heard about the U3A in an unusual way. Sitting in a coffee shop she was asked by someone, Jan Angus, one of our founding members, if she could share a table with her as there were no other available seats in the café. Jan Angus told her about the U3A and she decided that that was what she was looking for and joined right away, participating in the Plant Propagation group and Walking group.



Jan enjoys the camaraderie of the U3A and particularly likes Urban Exploring with Anna Harley. "Anna prepares for the walks so carefully providing members with historical and architectural information. It is much more than a neighbourhood stroll." "Jan enjoys working with June who she described as the Kitchen Wizard.

Jan has lived a rich and varied life including travels on the Trans-Siberian Railway before the reunification of Europe, of which she has some interesting stories to tell.

Thank you Jan for your valuable contribution to U3A Moreland.

Deb Pace

MEMBER FEEDBACK

I have recently joined U3A and have found it very rewarding as I have met lots of lovely, new, and interesting people my age. We had a great bike outing with Simon Ransome and we were all educated re flora, fauna, basalt plains and the tall date palms growing in North Coburg area beside the Merri creek. It was a 13km ride & very exhilarating. Learned heaps.

One Friday we went with Rita on the outing to the **Botanical Gardens** which seemed to have grown in size since last I was there about 5 years ago. We viewed the Children's garden, the Herb Garden which smelt delicious, and we all agreed that we needed a week to really see the whole of the gardens. We ended up having lunch near the lake where there was a Gondolier taking people for boat rides. Dogs were free to ride too if well behaved. Great fun. Special thanks to Rita for allowing me to bring the dog, Snoop, as I mind him Mon & Fri.

The film group is excellent because we view great films at the Nova for \$7, then lunch/ coffee & discuss it afterwards. **The Guernsey & Potato Peel Society** film has been the best wholesome film I have seen for a long time.

I love U3A already and am very happy to have joined.

Thankyou. *Cathryn Hallpike*

IT makes sense (cents)

I am hoping to make this a regular contribution to the U3A Moreland Newsletter about the best use of technology, perhaps offering some tips/insights about the best use of particular hardware or software.

This started me thinking about the reasons I enjoy using IT gadgets. The main reasons for me are:

- Instant access to information. You can find information on any conceivable topic by searching (or ‘googling’) the internet. For example, if you “google” the word “google” you will not only find the origin of the word but also about the history of the company itself and why its name became a verb synonymous with internet searching . Not bad for a company celebrating its 20th anniversary this year.
- Instant communication. If you have an email address (or Facebook or twitter account), you can communicate with anyone in the world who also has one and it’s all free. Once you fork out the money for hardware (PC, laptop, tablet or smart phone) and connect to the internet you can communicate with anyone, without paying a single \$1 for a postage stamp. Even if you don’t have access to a PC, you can use your local library to access the internet and other resources, also for free.
- Technology is cheap. I remember paying \$2500 in 1994 for our first family PC. At the time it was a wonderful toy but not very useful for anything but simple games and word processing. In 2018 my new \$400 smart phone is 1000 times more powerful and can do anything except making a good cup of coffee. I believe this will be available in the next model :-)

The last point reminds me of an article in the May 2018 issue of the *Senior News*. The article discussed the findings of a report by ACCC (Australian Competition and Consumer Commission) regarding costs of broadband and mobile services. The ACCC report found that the costs of these services dropped by 7.1 per cent each year for 2016 and 2017. It also reported that there are new providers entering the market which provide further competitive pressure on prices. *The Senior* article goes on to discuss the benefits of changing your mobile provider to one of the MVNOs (Mobile Virtual Network Operator) that resell Telstra, Optus or Vodafone network. It may assist with saving on your monthly mobile bill if you shop around. I used comparison site <https://www.whistleout.com.au/> which allows you to put in your estimated monthly call and data usage and then gives you a list of providers. Switching mobile provider is easy and you can take your old number with you. If you are not on an existing contract, just order a service with your new provider, tell them that you want to transfer (or port) your existing number and they will organise everything within 2-3 days.

If you would like to share your tips about IT or technology with our members in the next issue of the Newsletter please send them to me at: It-support@u3amoreland.org.au

John Lopatecki

The Florey Lectures

The Florey Institute is welcoming U3A members to attend a series of 6 daytime lectures, to be held from June to November, to extend our knowledge of the important world of neuroscience research.

Time: 11.00am - 12.15pm

Dates for your diary: Tuesday: 5th June, 26th June, 7th August, 4th September, 23rd October and 20th November

Bookings essential through Eventbrite on the Florey website.

Where: Ian Potter Auditorium, Melbourne Brain Centre, 30 Royal Parade, Parkville.

Public Transport: Tram 19, stop 11 (opposite Royal Melbourne Hospital) right outside the Melbourne Brain Centre. Look for the Dr Dax cafe sign, enter foyer on the left and you are there.

Car: Parking, including many disabled spaces, is available under the building with lift access to the foyer/auditorium. Cost: Free Bookings

Please contact 1800 063 693 or email: info@florey.edu.au for more information. Unfortunately many of these lectures are already booked out, but you can view previous lectures a few days after each event at <https://www.florey.edu.au/>.

Here is an excerpt from the website:

ABOUT FLOREY

The Florey Institute of Neuroscience and Mental Health is the largest brain research group in the Southern Hemisphere.

Our teams work on a range of serious diseases including stroke, epilepsy, Alzheimer's disease, Parkinson's disease, multiple sclerosis, Huntington's disease, motor neurone disease, traumatic brain and spinal cord injury, depression, schizophrenia, mental illness and addiction. We are world leaders in imaging technology, stroke rehabilitation and epidemiological studies.

Research of the brain and its diseases has gained considerable momentum internationally. Many scientific and technological advancements have been made, and much of our work has been centre stage. Our scientific home is a hive of activity with researchers coming from around the globe to work at the Florey.

State and Federal Governments, major philanthropic foundations and many generous private benefactors have recognised the importance of neuroscience as the final frontier in medical research.



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

TERM DATES 2018

Victorian school term dates are followed with the exception of Term 4 end date:

Term 2 Monday	16 April 2018 to Friday 29 June (11 weeks)
Term 3 Monday	16 July 2018 to Friday 21 September (10 weeks)
Term 4 Monday	8 October 2018 to Friday 7 December (9 weeks)

PUBLIC HOLIDAYS 2018

Term 2, 2018	25 April Wed Anzac Day 11 June Mon Queen's Birthday
Term 3, 2018	No Public holidays during term
Term 4, 2018	6 Nov Melbourne Cup Day

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

*U3A Moreland Inc is supported by:
U3A Network Victoria
ACFE CAPACITY BUILDING PROJECT
City of Moreland.*