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FOR YOUR CALENDAR

- 20 August **Monday Matters:**
Moreland Energy Foundation
- 7 Sept **Botanic Gardens Seasonal Walk**
- 14 Sept **Day out: Mao's Last Dancer**
- 7-14 Oct **Victorian Seniors Festival**

A WORD FROM THE VICE PRESIDENT

Welcome to the second edition of the U3A Moreland Newsletter. As you can see the content has grown both in size and the variety of contributions. Term three program is well under way. We hope you are all enjoying the stimulating educational opportunities from the diverse range on offer .

None of these opportunities would be available without the ongoing support of our many volunteers for whom we are eternally grateful.

As mentioned in the last Newsletter we now have an office at 33 Saxon Street, Brunswick. We moved into the office at the beginning of June and the room is now available for small meetings and computer work. We have also been working hard to ensure that the office is staffed with volunteers and open on a regular basis. We will keep you posted as things progress.

Our Be Connected Computer training is under way and further information is in this newsletter.

I would like to congratulate the Newsletter team and their contributors for putting together such an exciting and informative publication, Enjoy!

John Lopatecki



Gwen and Costas in the office

VALE, JUDITH GODDARD-ROWELL



Judith made a generous contribution to the fledgling U3A Moreland by setting up our first Book Group. As an avid reader she keenly encouraged the group members to read more and to share books. Judith also led robust discussion on the many issues raised in the wide range of books read.

The Book Group continues on and we remember Judith with fondness.

Melinda Venticich

PROGRAMS TERM 3, 2018

Thanks again to members who are offering to lead, tutor and facilitate programs so once again we have a variety of offerings for the term. Follow the link to our Program Guide from the U3A Moreland website at: <https://u3amoreland.org.au/news/>

While we cannot show all that happens in groups, a lot of activity, sharing and enjoyment is evident in the range of programs. Also know that you can come forward at any time to help extend our program choices and we will support whatever you can share. A few ideas we have are another walking group, maybe a photography group, what about a lunch group?

The latest news is the new **Gardening at Siteworks** group – a long term project to be supported by Siteworks. We hope you can contribute to this as we need a variety of skills and effort to get this going. Our new gardening group is under way in time for spring.

Meantime we continue to find the Siteworks venue and location very suitable for some of our programs and groups, as well as establishing our office there.



Our Term 2 Social in Glenroy was enjoyed by all even if attendance was a little below usual numbers. It provided the opportunity for a demo of **Walking Football** by a member from U3A Whittlesea. We will continue to explore possibilities to offer to U3A Moreland Members. Anyone interested in pursuing let us know.

The Program Team

DAY OUT: MAO'S LAST DANCER

Come along to our next day out. It will be to the Immigration Museum. We will see a special showing of “**A Portrait of Li Cunxin**” – a journey through his life to the present day.

Place: Immigration Museum, 400 Flinders St, Melbourne

Date: September 14, 2018

Cost: Free for concession holders: \$15 for adults not holding a concession card.

“Born into poverty during Mao’s Communist China, Li Cunxin grew up in a world few of us can imagine. Through chance at age 11 he was selected to attend Madame Mao’s Beijing Dance Academy – a rare opportunity to escape his humble, rural existence.

Despite the Academy’s punishing training regime, with the love of his family driving him to success, Li became one of China’s most celebrated dancers.

Li Cunxin’s inspiring story has been translated into a bestselling novel and award-winning film. This exhibition is an opportunity for audiences to intimately discover both his moving personal narrative and remarkable artistic achievements.” (Museum flyer).

For those of you who have not previously visited the museum, you will find it a unique look at the history of migration through the ages to our land.

Please enrol online no later than August 31, 2018

Numbers are limited to 20

Contact Jann Somers 04111455782 or jansom50@gmail.com. Jann will organize a place for lunch and let everyone know once she has the numbers.

BIG ISSUES DISCUSSION GROUP

Brian Zammit joined U3A Moreland a year ago and from the start he was keen to get a discussion group going. Having a background in the classroom environment as a retired Victoria University Lecturer he wanted to keep his hand in. As a result the Big Issues Discussion Group was born and has 15 enthusiastic members who meet weekly. Brian is also Secretary of the Coburg Table Tennis Club.



Here is a comment from a member of the group:

“Our Big Issues discussion group meets on Thursday. Facilitator, Brian Zammit, has the onerous task of keeping the conversation flowing, ensuring everyone’s view is heard and sometimes playing ‘Devil’s Advocate’. Our group is very well attended with 12 – 15 each week. The topic discussed is a current issue in the news usually. Conversation is always vigorous but mindful of others differing opinions.

With tongue in cheek, we go home from the group feeling invigorated having solved the problems of the world for the week.”

Beris Hammond

OUR GROUPS - A SAMPLER

Painting & Drawing Group



Art by Wrania

The Painting & Drawing Group meets on Wednesday afternoons at the Coburg Senior Citizens Centre. This year we have explored different artists' styles, tried new approaches and generally enjoyed a varied and interesting time together. Whilst we mainly work in acrylics, we have also branched out with mixed media and collage. At the end of each session we review our efforts, and are constantly amazed at the results. Specific sessions have been led by members of the group, and this helps to vary the delivery and content for everyone.

Robin Randall

Word Board and Card Games Group

Meets on Wednesdays 10am-12noon
at Siteworks

CARD PLAYERS WANTED

Experienced and learners

Canasta? Rummy 500? Euchre?

For enquiries, contact Pauline at:

0403 770 342.

Or enrol online.

*Pauline O'Brien
group facilitator*

Art by Miranda



Make sure you pick up your copy of the **Seniors Festival Program**, available from various outlets. There are 8 days of free public transport available for seniors during this time to help you participate in the many activities available across metropolitan and country areas.

MONDAY MATTERS

At Monday matters, guest Speakers present a range of topics. There are up to two sessions per term, and they are held at Siteworks.

Dear members and friends, you are invited to our next **Monday Matters in August**. Our speaker will be Lucy Best from the Moreland Energy Foundation.

She will speak about energy efficiency, renewable energy and how to make sense of your energy bills. Here are the details:

Time: August 20th, 11:00-12:30

Place: Siteworks, 33 Saxon St. Brunswick. Walk down Saxon St. (opposite the Brunswick Library) and enter via the red brick building (cnr of Phoenix St).



Monday Matters in May

In Monday Matters for May, Anne Sgro spoke about the extraordinary journey and life of her Italian husband Giovanni, who became the first Italian born Member of the Victorian Parliament.

Anne is a retired teacher who has lived and worked in Coburg, and who has been a community activist for many years. In 1987 she was awarded an OAM for services to the Italian community, and was inducted onto the Victorian Honour Roll of Women in 2005 in recognition of her activism in promoting women's rights and social justice. She was co-founder of Filef Women's Group (Italian Federation of Migrant Workers and their Families) in 1975, and involved in campaigns for childcare, to prevent freeways in Coburg and, more recently, in saving the Merri-Edgars Creeks Parkland.

She is President of the Victorian Union of Australian Women and member of Wills Grandmothers Against the Detention of Refugee Children. She is a member of U3A Moreland.

She has been married to Giovanni Sgro for over 50 years.



Giovanni Sgro and Anne

Through The Eyes of an Immigrant

Giovanni was born in Seminara, a small town in Reggio Calabria, Italy in 1931, the third of five surviving children. His parents were share farmers – poor but always with adequate food.

His father thought that he would have a better life elsewhere, and unbeknownst to him, made an application for migration in January 1952. He was at work in an olive oil factory when his brother called him to say that he had to come home because he had to leave for Australia. His suitcase was packed and he had to leave immediately – no time to say goodbye to friends. He left Naples in March in an old merchant ship that had been roughly fitted out to carry people.

Unfortunately, there was no work to be had in Australia, so he was sent with others by old, red-rattler train to Bonegilla Migrant Camp near Wodonga.



There were thousands of migrants at Bonegilla. There was nothing to occupy the young men so after 3 months, in frustration at the failure of deputations to the Italian Consulate and other authorities, a demonstration was organised. Windows were broken. The demonstrators were met by army tanks from Bonegilla! Giovanni was one of those asked to go on a deputation to management. He was soon after found a job painting the Catholic Church at Cobram.

When he moved to Melbourne, Giovanni contacted the Painters' Union which found him a job. He started weekend work, getting about on a bicycle with his paints and ladder, and met an Australian family who welcomed him as their own, and with whom he remained life-long friends. He became politically active and in 1958, after having met Gordon Bryant, Member for Wills, he joined the Australian Labor Party. Because of political activism in the union, the peace movement and the ALP, he was several times refused re-entry visas to visit his family in

Italy, often in amazing cloak and dagger circumstances. He was refused citizenship for many years until the Whitlam government was elected.

In the late 60s he established a successful painting business with his brothers and continued his activism. He was a founding member in 1973 of FILEF (Italian Federation of Migrant Workers and their Families), a welfare rights organisation that encouraged Italians to have a voice and be active in their communities. Giovanni was elected to Parliament for the ALP in 1979. He was the first Italian to have been elected and the first to make part of his maiden speech in a language other than English. He was elected Deputy President of the Legislative Council in 1985. His office was a hub for citizens from all over Victoria.

Post parliament, he wrote a simple memoir, in Italian, published in Italy that was later translated into English. He co-operated with ACMI to produce a digital story of Calabrian migrants: *La Voce del Popolo/People'sVoices*. He was Consultore, a representative for the Region of Reggio Calabria for many years. He continued his community involvement until illness made that impossible.

Anne Sgro

Thanks Anne for sharing this extraordinary journey with us. Many of us look forward to reading more about Giovanni's story, Deb Pace

Monday Matters in June

Healthy Eating, Healthy Living

As we all know, diet has a strong impact on our physical and mental health, no matter what age we are.

In June we had a very interesting talk by Merri Health Dietician, Annie Fok, on the facts about improving and maintaining our health. A good number of our members attended Siteworks to learn about The Australian Dietary Guidelines which provide up-to date advice about the amount and kinds of foods and drinks we need to have regularly. On the next page we reprint the Dietary Guidelines chart. For further information check out the website www.eatforhealth.gov.au

Deb Pace



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



EXCURSION TO THE ALICE IN WONDERLAND EXHIBITION



Our recent day out to the Alice in Wonderland exhibition at ACMI was a great success. Thirteen of us attended and thoroughly enjoyed the day. Many happy memories of reading this wonderful book & seeing the movies were evoked by this outstanding presentation.

Of particular interest & delight was sharing in the Mad Hatters Tea Party which was just amazing. Over the course of four minutes a Computer Generated Imagery (CGI) environment builds around you. Several people returned for 2 sessions sitting in a different place & having a whole new perspective. It was lovely to see many people of all ages enjoying this exhibition and it is highly recommended for all.



Lunch at La Camera was a jolly affair with plenty of discussion about the exhibition. It is lovely to see the interaction of the members who attend these days out & their enjoyment of participating.

Jann Somers



"The wonderful thing about Alice and the world that Lewis Carroll created is that they can mean anything, to anyone, at any time in their lives ... To have a piece of art that is so specifically singular and original yet lends itself to as many interpretations as there are people on this earth is a gift."

Mia Wasikowska



HERE'S TO HEALTHY U3A GROUPS

U3A Moreland hosted a Train the Trainer workshop in May to U3A's from across Victoria to shine a light on how to encourage healthy group dynamics within our U3A's. The focus of the workshop was not only on class groups but also on the interactions within all groups – management committees and any teams and subcommittees. The Healthy U3A Group workshop was developed by U3A Network Education Committee (NEC) and U3A Moreland and funded by Adult Education and Further Education (ACFE).



Wonderfully prepared and presented food was provided by the U3A Moreland catering group.



Axel Leonhardt at the whiteboard

Gwen Rosengren (U3A Moreland) and U3A NEC members facilitated the workshop. Two excellent presentations by Jan Lansdowne (U3A Moreland) and Axel Leonhardt, Training Consultant covered understanding group dynamics, managing difficult behaviours, the planning and running of a program and the need to prioritise what to include in a program – or agenda – the must know, the should know, the could – or nice to know!

Deb Pace



Art by Jannifer

IT makes sense (cents)

If you read my last contribution in our inaugural Newsletter you may have noticed that I am very excited about technology, especially IT gadgets. We can organise our lives without a personal assistant, through the use of our laptops and smartphones. We can organise our appointments, family photos, videos, music, emails, correspondence, voice and video call family overseas, and research/study any topic you like, including foreign languages.

Now there is one more reason to get excited, learning new computer skills through U3A Moreland.

You might be aware that U3A Moreland recently received some funding to provide (through mentoring) IT training for Senior Australians. This Australian Government funding to the 'Be Connected' program is a nation-wide initiative to empower all Australians to thrive in a digital world. The funding we've received is to train a group of volunteers to act as Mentors and support other U3A members in their IT learning.



Mentor training for the 'Be Connected' Program

To our initial advertisement in late June we received good responses from prospective mentors and trainees. In mid-July we conducted initial training for 9 Mentors and the first session for 8 trainees took place on 30/7/18 at Siteworks, 33 Saxon Street, Brunswick.

continued next page ...

IT makes sense (cents)

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The first training session started as a group session and then we broke up into one-on-one training groups. Most participants brought their own portable devices, including iPhones, iPads, laptops, Android phones and tablets. The level of IT knowledge of the participants varied from beginner to more advanced level. After the initial hiccups with signing into the local Wi-Fi hotspot, people were able to login and register on the Be-connected website and then start to evaluate their individual learning needs. Some people were happy to go to the first learning module on the website, others were more eager to work out how to use particular functions of their individual devices. So, we learned about on-line safety (and what scams to avoid), how to access our favourite websites quickly by creating shortcuts on the desktop, download apps, how to find and adjust settings on our devices. In future sessions trainees have also expressed interest in learning how to save/send photos to a computer, use skype (video call) relatives overseas, backup important information, how to install ad blockers and password managers on their computers etc. etc.

The training of our first group will continue for some time but new participants are welcome to sign up at any time. Even if you don't have your own portable device, you can borrow one of our tablets or laptops for the training session.

So, if you are interested in being a Mentor or want to learn IT skills through this program contact me by email at: be-connected@u3amoreland.org.au or ring me on 0434 775 477.

If you would like to share your tips about IT or computer gadgets with our members in the next issue of the Newsletter please send them to me at:

It-support@u3amoreland.org.au

John Lopatecki

Lead a group with U3A Moreland?

Share your skills and knowledge by running a course or facilitating a group in an area you are passionate about - one or more terms, a short course, one off workshops, or year long. We are always interested to hear from you and support is available to assist with getting started - or with a co-facilitator.

A few ideas (examples only) - bush walking, let's do lunch, telling our stories, family history, photography etc etc or whatever you could offer to facilitate?



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

General enquiries: Ph 0421 318 872

TERM DATES 2018

Victorian school term dates are followed except for Term 4 end date:*

Term 3 Monday 16 July 2018 to Friday 21 September (10 weeks)

Term 4 Monday 8 October 2018* to Friday 7 December (9 weeks)

* The one week later start date in Term 4 provides the opportunity for Members to participate in: **The Victorian Seniors Festival** activities from **7th to 14th October**.

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

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