



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 4

April 2019

Website: www.u3amoreland.org.au
Email: info.u3amoreland@gmail.com
Telephone: 0421 318 872

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FOR YOUR CALENDAR

- 17 May **Day Out:**
Five Royal Dynasties
- 20 May **Monday Matters**
Welcoming to Australia
- 21 June **Deadline for articles for
July Newsletter**
- 28 June **Semester 1 ends**
- 29 June to 14 July **July school holidays**

A WORD FROM OUR INCOMING PRESIDENT



Gerri McDonald

After four very successful years as President, Pauline O'Brien stepped down along with several other long-serving Committee of Management Office Bearers, at our AGM Monday, 20 March 2019. I wish to pay tribute to the incredible efforts that Pauline and other voluntary members of the inaugural Committee put into restarting U3A Moreland Inc. and for the wonderful work that Melinda Venticich, Gwen Rosengren, Jann Somers, John Lopatecki and Jeanette Menzies have done in supporting her to make U3A Moreland Inc. the well-managed, firmly established organisation it is today.

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To my very great surprise, I am your new volunteer President after stepping into the breach when it became clear at our AGM that new Office Bearers would be needed to keep the Committee and the work of U3A Moreland Inc. going. With a refreshed Committee of Management, I will continue the good work started by Pauline and former Committee members into the year ahead. I am fortunate in having other volunteers Gwen Rosengren confirmed as the Secretary and John Lopatecki and Jeanette Menzies acting in their former roles until a new treasurer and vice president can be elected to the Committee.

Our membership has grown to almost 200 over the last four years and we now offer 30 different courses/programs and activities for members interest and enjoyment. As the end of year financial report showed, our biggest

expense is venue hire, and our grant money is well acquitted for the period. Our greatest challenge in 2019 will be to attract more funding, grow our membership and have more members who volunteer for the many roles that are currently available and those that may be required to fulfil grant specifications thus enabling us to continue to provide the courses/programs and social activities that members enjoy.

I look forward to working to further your interests as members of U3A Moreland Inc. and to gradually meeting you all in the year ahead. Perhaps you'll join me in volunteering your valuable life skills and experiences at some stage to help us make 2019 a great year for all.

*Gerri McDonald,
Incoming President
U3A Moreland Inc.*

THE PROGRAM TEAM

The Program Team liaises with Facilitators in the development and implementation of scheduled programs, prepares the Timetable, arranges Venue Bookings, monitors progress of programs throughout the Semester, responds to Facilitator queries and ensures the smooth delivery of the U3A Moreland Program.

It's a big job for the small team involved.

If you would like to work on the Program Team in one of the areas mentioned above please let us know by emailing Program Team at:

<info.u3amoreland@gmail.com>



Trish, Gwen and Melinda

FROM THE PROGRAM TEAM

Our 2019 Program leapt off to a good start with 30 programs and as many again fantastic Facilitators who give their time and expertise to present programs that stimulate our physical and social health and keep us mentally active.

Find the latest U3A Moreland program on our website: <https://u3amoreland.org.au>.

As we enter the second half of Semester 1 we are pleased to be offering three new programs and welcoming two new Facilitators. The new programs are Line Dancing with Tita and Journal Writing with Margret, while Pauline, whom we all know, offers 'Sunday Lunch'.

Amongst our long standing programs there are some at capacity and also some with vacancies – do look them up. To mention some: Be Connected our Digital Literacy program, French Refresher and French Conversation, Word Board and Card Games, Environment Discussion Group-Earth Natters Matter, Books and Readings, Low Intensity Exercise, Nordic Walking, Choir, Day Out, and Moreland Meander. Other programs might

be fully subscribed at the moment, but we recommend you go on the waiting list if you wish as availabilities change. BUT while you are waiting be sure to check out the programs with ready vacancies as it is always good to try something new!

You may not be aware that The Program Team also coordinates venues for our groups. We compete with a growing number of community groups in Moreland for the use of Council facilities and other venues such as Siteworks and Community Houses. We are aware that the venues are concentrated in Coburg and Brunswick, but this is only because that is where venues have been found. If there are any other venues you know of please let us know. All venues need to be public transport friendly and accessible.

As always we greatly appreciate your participation in all the programs and we welcome feedback, new ideas and suggestions.

Live, Learn, Enjoy

The Program Team

VALE, GIOVANNI SGRO



Many of you may remember last year when, as part of Monday Matters, Anne Sgro told the story of her husband Giovanni and his journey from Italy to Australia to become our local member of Parliament (reported in our newsletter, September issue 2018). Sadly Giovanni passed away in March. We would like to send our condolences to Anne and her family.

Deb Pace



From the pen of
Catherine Heywood
Writers Group 2018
U3A Moreland

There is a woman in my car
Sunday 11 February 10.45 a.m.

There is a woman in my car
who's started writing again.
When an idea comes to her
she has to stop what she is doing
And start writing.
I wonder if sometimes
She starts too soon.
If "the woman in my kitchen" poem
Might have benefited
From a longer incubation.

But beside the door
to the Incubator
is the door
to the Forgettery. And I suspect
there are tunnels and chutes between.
It's dark in there.
It's hard to know.
Sometimes I can put my hand in
And retrieve something.
But sometimes it is gone
memory beyond memory.

Go straight to "Went"
Do not pass Go
Do not collect \$200.

In theory there would be
no grief or loss
for something that never Was.
But I cannot take the risk.
I grab some paper and a pen
And I write.

© Catherine Heywood.

OUR GROUPS - A SAMPLER

Moreland Meander and Clean Up Group

Rubbish is harming our environment and the Moreland Meander and Clean Up Group is proactive in helping conserve our flora and fauna assets. Armed with gloves and tongs, they explore local areas while also cleaning them up. Part of each session includes discussion, action and of course rewarding ourselves with refreshments at the end.



Monday Matters

Monday Matters got off to a great start this year with a session in February on personal development. In March's session we were able to give some input into Moreland Council's policy for ageing well in our community. We looked at ways to keep fit and healthy plus ways to overcome loneliness and isolation as well as finding out what is currently available for older people in our community.

Our next session will be on Monday 20th May, when we will have a speaker from 'Welcoming to Australia' (which has an office at Siteworks). This organisation exists to engage everyday Australians in the task of cultivating a culture of welcome in our nation.

Further sessions will be held on June 17th and July 15th with information about topics to be sent closer to the dates. Everyone is welcome, with sessions running from 11:00 to around 12:15pm. Sessions are held at Siteworks.

Trish Jannu

BYOB BOOKS & READING

The BYOB Books and Reading (Bring Your Own Book) Group meets on the first Wednesday of the month at 2pm in Siteworks – new members welcome. Bring along a book to review and share.

I've recently read *Leonardo Da Vinci* by Walter Isaacson. This work is the culmination of a series that the author has written on "genius". He examines the life and work of the famous artist, architect engineer and inventor from a 21st century point of view.

The difference in this work is that Isaacson has researched as much of the 7200 pages of the artist's notebooks that he could gain access to, as his main source. He gives a complete analysis of his paintings and includes many beautiful colour plates. He looks at his architecture, designs for military weapons and many engineering works. He looks at his personal life – his personal relationships, collaborations with other artists, and his relationships with his patrons. Isaacson's assessment is warts and all. In his conclusion he lists a number of things that we can all learn from Leonardo – no matter what our age. On finishing the book, I understood a lot more about the man and his work, and why the Mona Lisa is regarded as one of the world's most famous art works and I felt a lot better about not finishing everything I started! A great read.

Mary Ryan

U3A MORELAND IS HAPPY TO PRESENT OUR NEXT

DAY OUT!!!

BENDIGO ART GALLERY

FIVE ROYAL DYNASTIES EXHIBITION

Date: Friday May 17th

Time: 11.30am at the Bendigo Gallery

Transport: Bendigo train departs Southern Cross 9.14am/
Arrives at Bendigo 11.16am.

Or you can travel privately by car.

Entry cost: Full \$25.00 Senior \$22.00

Numbers limited to 20

Details: Jann Somers is happy to pre purchase tickets provided payment for them is forwarded to U3A bank account upon confirming your interest in attending.

Proof of senior discount required to be shown upon entry to the Gallery.

RSVP: May 5th

Contact: Jann Somers 0411 455 782

Program for the Day:

Travel to Bendigo by your chosen method & meet at the Latrobe Institute Theatre opposite the gallery at 11.30-11.45am for a free overview of the exhibition. Exhibition takes approximately 1-1+1/2 hours to view and timed entry will be for 12noon.

Lunch at The Basement on View will be at 1.15-1.30pm. We have eaten there on previous occasions & it is very good both food and ambience wise.

Return to Melbourne on the 4.16pm train arriving around 6pm. (Departure from Bendigo is entirely up to you really as you may wish to leave earlier/ later.)

Many people will have free train travel passes & these can be exchanged on the day of travel or beforehand at any premium station. If purchasing your ticket on the day you will need to be at Southern Cross 30 minutes beforehand.

If you do not have a free pass then the train cost is available on MYKI.

U3A MORELAND 2019 ANNUAL GENERAL MEETING



A good attendance

Our Annual General Meeting was held on 20th March 2019 and was well attended. Formal reports were presented and a new committee elected. Peter Khalil, Federal member for Wills, spoke at the meeting and praised our good work.



Natalie About

Natalie About, Moreland Mayor, spoke about the need for input from our community into the Moreland Ageing Reference group. Moreland U3A is well represented on this group, with three of our committee members participating, and no doubt we will hear more about this initiative. (See article below, "Living and Aging Well in Moreland Framework", page 9)

Our retiring President, Pauline O'Brien, spoke about the continued need for support with funding for future projects and for accessible meeting spaces to keep up with our growing U3A community. We are hoping Moreland Council will take on board the value of U3A, and will understand how difficult it is to fund our courses through membership fees alone.



The outgoing committee

Afternoon tea



A delicious afternoon tea was provided by Joanna Aldenhoven. Many thanks to all participants. Special thanks to Peter Khalil's office for his support in the printing of newsletters and to the Moreland Council for providing low cost rental and some free meeting spaces.

OVERSEAS VISITORS SHARE IDEAS



Ian and Nancy Miller from New Zealand

Recently, U3A Moreland welcomed visitors Ian and Nancy Miller from U3A Hibiscus Coast, Auckland NZ. Information about their U3A is at: <https://www.u3ahbc.co.nz>. When Nancy and Ian visited their family in Brunswick last year and got involved in various activities at Siteworks, they read our information and made contact. They were keen to attend groups and managed to join in *Coffee Cuppa and Chat*, *Movies at the Nova*, *Urban Exploring* and *Big Issues*. Ian runs a *Short Film Making* program at their U3A and shared ideas on how he made a web series called the *Dusketeers*. The fun and action filled lives of three ladies living in a Retirement Village can be found on YouTube: <https://www.youtube.com/channel/UCPRUI5cgAtwWOovBzOkLWhQ>

Or Facebook: <https://www.facebook.com/DusketeersNZ/>

Ian and Nancy were very keen for us to pass on to anybody visiting their region to please get in touch. You will be welcomed. And as they are here visiting family from time to time, we would look forward to seeing them again. Perhaps they will 'pop up' in other groups in the future.

Wherever we travel, we can contact a local U3A. As well as enjoying their welcome, we will have an opportunity to encounter new ideas for bringing back to U3A Moreland.

Gwen Rosengren (U3A Moreland, Secretary)

U3A MORELAND FACILITATORS' GET TOGETHER

In March our Facilitators & Program Team were invited to a get together with the Program team to learn more about

- The new revised Facilitator Guidelines and receive copies
- The process for using U-MAS for sending group emails
- The Program Team members and their various roles to help with communication and various arrangements
- Opportunity to share our knowledge with fellow Facilitators and discuss any questions with the Program Team



We were pleased to have this opportunity and particularly to meet other Facilitators. This was followed up by a wonderful morning tea. Thanks to all for helping to make this a very informative and pleasant session.

Deb Pace - Facilitator Movies at the Nova

🗣️ *Living and Ageing Well in Moreland Framework*

Something to look out for:

Council is currently developing a Living and Ageing Well in Moreland Framework, aimed at improving the health and wellbeing of older people living in Moreland.

The framework will bring together existing policies, strategies and external partnerships, introduce new initiatives, and outline Council's commitment to delivering timely and responsive support to Moreland's older community members.

Over the next few months there will be ongoing consultation, research and development, with a framework expected to be endorsed by Council in June 2019.

An **Older Persons' Reference Group** was established at the beginning of 2019 to oversee the development of the framework.

The group will provide feedback and advice to Council regarding initiatives from the framework, as well as support Council with consultation activities and communication strategies targeted at older people.

For further information, contact Council's Home Care Team.

Culture can be good for your health

Have you been to a film, concert or exhibition lately? Culture can be good for your health!

Regular visits to the cinema, theatre, concerts, museums or art galleries could dramatically reduce the chances of becoming depressed in older age, a new study has found. Researchers have found a clear link between the frequency of 'cultural engagement' and the chances of someone over 50 developing depression. It is the first such study to show that cultural activities not only help people manage and recover from depression but actually help to prevent it.

The study, published in the British Journal of Psychiatry by Cambridge University Press in December 2018, found people who attended films, plays or exhibitions every few months had a 32% lower risk of developing depression, with those attending once a month or more having a 48% lower risk. It looked at data on more than 2,000 people over the age of 50. Lead author, Dr Daisy Fancourt, said: 'Generally speaking, people know the benefits of eating their five-a day and of regular exercise for their physical and mental health, but there is very little awareness that cultural activities also have similar benefits. People engage with culture for the pure enjoyment of doing so, but we need to raise awareness of their wider benefits too.'

Thanks to U3A Darebin Newsletter, February 2019, for this information.



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

This newsletter has been put together by your U3A Moreland newsletter team: Deb Pace, Christine Filiamundi and Gwen Rosengren.

The next issues for 2019 will be published in July and November.

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 ideas to the newsletter team at: newsletter@u3amoreland.org.au

*U3A Moreland Inc is supported by:
U3A Network Victoria
City of Moreland
Good Things Foundation, Federal Gov.*

*Publication of this newsletter
is supported by
Peter Khalil,
Federal MP for Wills.*