



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 5

July 2019

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FOR YOUR CALENDAR

- 15 July **Monday Matters**
Mercy Ships
- 19 August **Monday Matters**
Local Councils and Ageing services
- 16 Sept **Monday Matters**
Topic to be advised
- 21 Sept **Deadline for articles for October Newsletter**
- 21 Sept to 6 October **Mid semester break**

A WORD FROM THE PRESIDENT

In the past few months, alongside our committed, creative operations Teams and group/class Facilitators, we have been quietly working our way towards strengthening our Committee and ensuring the future of U3A Moreland, Inc. We continue to liaise and network with organisations such as the National Ageing Research Institute (NARI); other U3As in regional areas; Moreland City Council through its Reference Group advising Council on their seniors' policy (see article on page 3, "Living & Ageing Well in Moreland"); and our "peak body" U3A Network Victoria.

continued next page ...

The newsletter team: Gwen Rosengren, Deb Pace, and Christine Filiamundi





Network Victoria is working on a change to their tax status to be able to accept donations, bequests and attract larger grants. They are also developing a new members' data base into which all U3As can input statistical data to use in attracting funds.

We gained two new Committee members at our April meeting but lost them again in May due to pressures in their personal lives. Our Treasurer has confirmed her resignation from the Treasurer role for the same reason, to take effect as of 30 June 2019. We have advertised internally for a new Treasurer and Joel Matthews has agreed to take up the role. We are always open and supportive to new Committee members so if you have any interest at all in joining the Committee or an operations team please don't hesitate to make contact, you will be welcomed with open arms.

We have now confirmed Team leaders in the areas of Programs, Publicity, Newsletter, Funding/Budget, Social/Catering, Membership, Enrolments and IT/UMAS/Website as well as the Facilitator group for the year ahead. Because of their effort and engagement, our membership keeps slowly growing. We now offer 30 activities/groups per week each semester for members with an average of 250 attendees throughout the year. The new

activities for semester 1, Sunday Lunch and Line Dancing, have been enthusiastically taken up and enjoyed by many members.

From a funding point of view, we are currently in the process of applying for an annual \$2000.00 Membership Activity Grant from Moreland City Council (MCC). We have also applied for a \$1500.00 grant to fund another "come and try" IT event on October 2019 for members to boost their computer skills.

And this brings me to a most exciting future possibility for U3A Moreland. Pauline O'Brien and Gwen Rosengren informed the Committee of a marvellous opportunity offered by NARI to partner with a local Council to install interactive balance and strengthening equipment for seniors in the land beside the Senior Citizens Centre (see article below). MCC will rehabilitate that land upon completion of their proposed water reclamation project. Pauline quickly made a written submission to MCC Budget Committee and spoke to that submission at a Special Council Meeting on Monday 3 June 2019. We are yet to hear the outcome of our submission. If MCC agree to our proposal for funding, U3A Moreland will be trained by NARI to instruct seniors on how to use the equipment. After that we would have an ongoing role in training other groups and users. So, cross your fingers and toes and wish your Committee well!

*Gerri McDonald,
President,
U3A Moreland Inc.*

SENIOR EXERCISE PARK

What we would like to have in Moreland: an outdoor senior exercise park of specially designed equipment for programs to help strength, balance, mobility and wellbeing. The National Ageing Research Institute (NARI) has developed this equipment and will conduct training sessions leading to independent use. All we need is the equipment. U3A Moreland eagerly awaits the outcome of our submission to Moreland City Council for funding.



Gwen Rosengren

FROM THE PROGRAM TEAM

The Program Guide continues to grow, thanks to more members offering to run programs and to the ongoing enthusiasm with enrolments!

A few Semester 1 highlights:

- ☺ Watching the Line Dancing Group, it's a buzz! Performance material for end of year social!
- ☺ Socialising on a Sunday with Sunday Lunch,
- ☺ Travelling to the North Pole in Monday Matters,
- ☺ Improving flexibility with Low Intensity Exercise Program,
- ☺ Enjoying A Day Out to Bendigo.

We take this opportunity to remind you of the new programs we have for this semester. We have: a fortnightly discussion group, Exploring Global Challenges and Contentious Ideas; an 8 week program of Seniors Tennis; a 4 week Podcasting program; and a weekly Walking with your Dog. A wide variety indeed!

We need you to help us make sure our programs are available to as many members as possible. Please check the groups you are enrolled in - and let us know if you wish to unenrol in any.

We also need your help to keep U3A Moreland growing at a steady pace. Please get in touch with the Program Team if you think you might be interested in running a program in 2020 (any length any topic). We are at:

info.u3amoreland@gmail.com



Enjoy Semester 2.

Regards

The Program Team: Trish Jannu, Margaret Robertson, Gwen Rosengren, Melinda Venticich.

Living and Ageing Well in Moreland: An age-friendly framework



Moreland City Council

This Framework was developed by the Council with the assistance of Meg Henderson, founder of Everybody's Business, and Emanuela Savini, director of The Public Value Studio, in consultation with an Older Persons Reference Group comprised of individuals and representatives of various organisations in the Moreland City Council. You will recall our March Monday Matters when Emanuela attended for input. U3A Moreland Members have been part of the reference Group. The Framework is now completed and only requires endorsement from Council. You can read it – the full report or just the Actions Brief - on the Moreland City Council website in the Community & Health section, or phone us to request further information.

OUR GROUPS - A SAMPLER

Line Dancing

About twelve eager would-be boot scooters signed up for the line dancing classes which were introduced this year, and run by our very capable and patient convenor, Tita. We were all super enthusiastic but more than a few of us were somewhat dismayed to discover we had three left feet and a brain which connected to none of them. Finding yourself staring into the eyes of those who should be behind you is a clear indication you've turned the wrong way and by the time you re-orient yourself, the

dance is just about over. Stepping off on the wrong foot ensures mayhem, and if you do the "rocking-chair" when you should be "twinkling" you're in real trouble. But, so what? We all have a good laugh and that can't be bad. And, miracle of miracles, we're beginning to get it.

Line dancing is exhilarating, excellent exercise and great fun, so thanks to U3A Moreland for existing and to Tita for volunteering.

Outa Line



Day Out in May



A small group of 10 travelled by train to Bendigo on 17th May to view the exhibition at the Bendigo Art gallery – British Royal Portraits, Tudors to Windsors. It was a beautiful day and the consensus was that it was well worthwhile.

The exhibition is as much about British history from the 16th Century as it is about the role of the monarchy and how it has changed over the years. The artists range from Sir Peter Lely and Sir Godfrey Kneller to Andy Warhol, and photographers Cecil Beaton and Annie Leibowitz. We enjoyed the relaxing train trip and lunch at the Basement cafe was delicious as usual.

Jann Somers

Silk screen print of Queen Elizabeth by Andy Warhol

Mahjong

Tuesday afternoons 2 - 4pm

We would like to thank the Brunswick Mallet Sports Club for allowing us to play Mahjong in this lovely venue.

Mahjong is a tile based game usually played by 3 or 4 players, played at a table with a set of 114 tiles.

It is a lot of fun learning how to play and there is always someone to help you.

Here are comments from our U3A Mahjongers:



Karen, Sylvia and Herb

'A warm and welcoming group' Karen.

'It's a privilege to play with a bunch of lovely ladies' Herb.

'I'm addicted to Mahjong; great people; and love playing Crazy Chows' Sylvia.

'If I have one win a session I go home very happy. If not I still go home happy'.

'Happiness is a win'.

'I enjoy learning the combinations needed and discussing the rules'.

'A new skill with new friends every Tuesday afternoon' Pam.

Kathy Foley, group facilitator



Bike Riding Group

We wish to thank Simon Ransome for his excellent work as a leader of some 74 rides with the Bike Riding Group since 2015 when it began. Many of you would have enjoyed his fortnightly trip notes, sprinkled with information about history, geology and local flora/fauna.

Simon will be taking a semester break for the rest of 2019. The new leader for 2nd Semester will be Joel Matthews. Many of you will know Joel from the Nordic Walking Group.

Second semester will begin on 16th July.



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.

Monday Matters in June:

A trip to the top of the world

U3A members were given a rare glimpse into an amazing journey to the North Pole as our speaker Colin Hough shared his photos and discussed his recent journey on a nuclear powered icebreaker - 50 Years of Victory. U3A members Colin and Jensine made this journey in July 2017, the height of the arctic summer.

One of several visitors to the ship



We followed Colin to the start of the journey in Murmansk, the Russian headquarters for the Arctic Ice breaking fleet located in the far northwest of Russia. Although inside the Arctic Circle, it is surprisingly surrounded by ice free waters due to the warm Gulf Stream current finishing its journey there. This has made it an important fishing and shipping destination and was also a strategic port during World Wars I and II allowing Russia to receive the shipment of military supplies from its allies. There are many monuments to the workers and soldiers there celebrating their sacrifices in World War II, particularly the large 35 metre tall monument known as Alyosha (Alex in English, the name of the 'common man') which is the second tallest statue in Russia.



The ice breaker at work

Making a call from the North Pole to anyone in the world



A trip to the top of the world



Walrus at rest



A zodiac ride looking for walrus

From Murmansk we travelled to Franz Josef Land, a Russian archipelago made up of 191 islands, and enjoyed the variety of animals and rare birds. Bow head whales (once nearly hunted to extinction), polar bears and walrus to name a few. It was amazing to see the variety of birds that make the high arctic their breeding choice during the summer. It is clear from the photos that climate change is affecting this area and the future for the polar bears looks very grim as their total population continues to drop as the melting ice impacts on their hunting practices.

We were treated to a helicopter flight to see the nuclear ice breaker breaking ice, a polar plunge for the hardy swimmers and a celebration of the marking of the magical 90 degrees north. Many of us were surprised to see a British bright red telephone box in the middle of the arctic ice – assembled from a ‘flat pack’ by the expedition organisers to mark the location where a satellite phone call could be made to anyone in the world to tell them you were at the actual north pole.



Celebrating an 80th birthday with a polar plunge



The freezing temperatures and the layers of thermals and overcoats that are required to make this trip made me thankful to be sharing it in the warmth of the room at Siteworks. But no doubt some will be inspired to make this trip in the not too distant future. Thanks Colin and Jensine for such an informative armchair travel journey and a beautifully photographed slide show.

Deb Pace

FOCUS ON A FACILITATOR

For those who haven't met her, I'd like to introduce you to Tita Kolonis who facilitates our very popular Line Dancing Group. I recently interviewed her before her regular class began.

Q. Is Tita a nickname?

A. *Yes, it was given to me as a child. My real name is Maria- Immacolata named after my grandmother in accordance with Italian tradition.*

Q. Have you always lived in Melbourne?

A. *I was born in Italy but migrated to Australia when I was 15 months old and grew up in Northcote until I got married. John and I lived in Epping for the first 21 years and raised a family, then moved to Mill Park and have been living there ever since.*

Q. What experiences led you to line dancing?

A. *I have always loved dancing, first rock and roll and then ballroom. My day job was bookkeeping but I always did dancing throughout my life.*

Q. What brought you to the U3A?

A. *I became a member of Whittlesea U3A and after the leader passed away I started facilitating Line Dancing there. After 3½ years I decided to have a change and looked for other areas to introduce Line Dancing. I approached the U3A Moreland Program team who were delighted to accept my offer to run a Line Dancing group, helped me get a hall and here I am. I still run private Line Dancing in Lalor and still organize performances of Line Dancing in Whittlesea for special events.*

Q. What is it like to teach Line Dancing?

A. *I enjoy watching people get so much enjoyment out of it, it is uplifting for all of us and that keeps me going.*

Q. How is Line Dancing good for people?

A. *I think that people just enjoy moving to music to relax and it's good for your brain, it doesn't matter if you make mistakes, just keep going with it.*

Q. What do you do to stay looking so young?

A. *I enjoy a glass of red wine with my doctor's approval. But I also think that keeping active and meeting other people helps as well as spending time with my grandchildren. We also enjoy travel, especially cruising when we get a chance, and have made some good friends along the way.*

Thanks for meeting with me and sharing your story, Tita. U3A Moreland Line Dancing is held weekly at Merlynston Hall, Coburg North.

Deb Pace



Walking Football Come and Try Day – 30th May

In May, members of U3A Moreland were invited to participate in this Come and Try Day held at Heathmont Sports Complex. The day highlighted once again the fun and value of Walking Football for U3A Members. The event involved and demonstrated the cooperation between U3As - Knox, Croydon, Whittlesea; the Councils of Knox, Whittlesea, Maroondah; and Melbourne City Football Club especially their Young Leaders who were so supportive of any beginners' efforts – including ours. We continue our efforts to bring this to U3A Moreland.



The Program Team



98.9 North West FM is the community radio station broadcasting from Hadfield in our North West suburbs of Melbourne. You may be a regular listener, or you may like to check out their website, or tune in for some real local community radio listening.

98.9 has recently been very supportive in broadcasting information about U3A Moreland on their Monday Chat Room Program. They have invited us to come in again to talk about U3A Moreland as part of their free Community Service Announcements for local volunteer organisations and non-profit organisations.

Gwen



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 **U3AMoreland** 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:

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

The next and final issue for 2019 will be published in 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 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.*