



U3A MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 6 October 2019

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FOR YOUR CALENDAR

- 7-11 Oct **Seniors Week**
No U3A groups
- 10 Oct **Open Day**
Come and Try
- 18 Oct **Better Internet Use**
- 21 Oct **Monday Matters**
The Public Advocate
- 5 Nov *Public holiday*
- 11 Dec **Monday Matters**
The Public Advocate
- 13 Dec *End of term*
- 18 Dec **Re-Enrolment Day**

A WORD FROM THE PRESIDENT



Like the rest of the world, U3A Moreland has experienced a mix of good and not so good events over the last few months.

To the good, the Program Team and Facilitator Group have been powering along, introducing new and highly successful activities for members. Our membership numbers continue to grow: we now have 213 members and offer 27 activities for their interest and enjoyment. Congratulations to all involved in recruiting new members and creating and delivering new and ongoing program activities.

continued next page ...

Fun for all with the Word, Board and Card Games Group. Siteworks, Wednesdays, 10am – 12 noon



A word from the President, continued ...

John Lopatecki successfully applied for another BeConnected grant which has allowed us to purchase a new printer for the office.

Again this year, Melinda, Jeanette and I successfully applied for the Moreland City Council Membership Activity grant. This helps fund our administration and venue hire costs.

Thanks to our last BeConnected Grant and to Gwen's work sourcing a suitable, light weight system for our needs, I'm happy to report that we now have a new audio system to enhance hearing at meetings and other large group activities.

On the not so good side two long standing members on our Committee are standing down for personal reasons.

We are still looking for a Committee Secretary and Treasurer so please consider joining us on the Committee in one of these roles, even on a trial basis, until the AGM in April 2020. Or step into the role as a full Committee member in the new year. You will be welcomed and supported!

You can also nominate to volunteer on any one of our programs and activities. You don't need experience, just an interest in the program or activity will do. In true U3A style, you can share your interest and learn as you go. Just call U3A Moreland on 0421 318 872 to let us know your interest.

We hope you enjoy this final edition of our newsletter for 2019.

*Gerri McDonald,
President,
U3A Moreland Inc.*



A work by Jennifer Crossley, of the U3A Moreland Painting and Drawing Group

FROM THE PROGRAM TEAM

At this time of the year The Program Team has a busy schedule. They meet regularly to make sure 2019 programs keep running smoothly. They line up programs for 2020, continuing and new.

A revised Program Guide for 2019 covering the remaining 9 weeks of semester was recently sent to all members. It made special note of programs commencing during this period.

Be sure to read what's coming up. There will be: two interesting Monday Matters; two short courses - Low Intensity Exercise (LIEP) and Intro to Croquet; a one-off walk to view Birds in the Botanic Gardens; a special 3 hour event called 'Get Smart - Better Internet Use'.

We welcome on-line bookings and are happy to help with enquiries over the phone: 0421 318 872

We are always interested to hear new program suggestions – either something you are offering to lead or something you have heard about – keeping in mind our limitations with funds and volunteer time.

It seems that in no time at all we will be celebrating the end of year. We will hold a Social on Wednesday 11th December and an Enrolment Day on Wednesday 18th December.

Meanwhile, step into Spring with extra energy and enjoyment that dare we say U3A Moreland has helped generate!

The Program Team:

Melinda Venticich,
Gwen Rosengren,
Trish Jannu,
Margaret Robertson.

MONDAY MATTERS

Over the last few years, we have enjoyed a range of speakers at Monday Matters, some of them entertaining, some informative and some instructive. We are starting to plan for 2020 and are wondering if anyone has any suggestions for topics or speakers. If you have any ideas, please contact Trish Jannu at trish.jannu@gmail.com with as much information as possible, including contact details.



On 25th July, U3A Moreland volunteers enjoyed a delicious High Tea at Strangers Corridor in Parliament House, then a tour of Parliament House. Thanks to Gerri our President for organising.

COMING UP AT U3A MORELAND

Come and Try Afternoon



Celebrate Seniors Week with U3A Moreland.
Come and try our groups and activities.

Join in: Board Games, Mahjong, Nordic Walking, Line Dance, Low Intensity Exercises

Look at: Art display

Listen to: Program details

Enjoy: Talking with friends and meeting new people.

WHEN? Thursday 10th October 2019
2pm to 4.30pm

WHERE? Coburg Senior Citizens Centre,
21 Harding Street, Coburg

Afternoon tea provided.

Get Smart - Better Internet Use

As part of Get Online Week, U3A Moreland will host the event **Get Smart - Better Internet Use**. Our own John Lopatecki will facilitate.



- ☺ Come and get help to improve your digital literacy skills,
- ☺ Learn how to login to the Be-connected learning website and use some of the many courses available,
- ☺ Learn how to use 'apps' and check when your next train is coming,
- ☺ Bring your own smart device - laptop, iPad, phone or tablet,
- ☺ Internet access available.

WHEN? Friday 18th October 2019
10.30am to 12.30pm

WHERE? Siteworks – 33 Saxon Street Brunswick

Light refreshments will be available.

Register by emailing office.u3amoreland@gmail.com or phoning 0421 318 872.

ALSO COMING UP AT U3A MORELAND

Monday Matters for October: The Office of the Public Advocate

U3A Moreland and The Office of the Public Advocate invite you to learn about the legal processes you can put in place to ensure your financial, personal and medical wishes are known and your rights protected.



Speaker: Jill Young, Advice and Education Officer at the Office of the Public Advocate.

Hear about:

Enduring powers of attorney – what are they and how to make one

Medical treatment decision making – who can make medical decisions for me if I can't

Advance care planning – what does this mean?

WHEN? Monday 21st October 2019
11am to 12.30pm

WHERE? Siteworks – 33 Saxon Street Brunswick

OUR GROUPS - A SAMPLER

Earth Matters

Wednesday fortnightly 10am-1130am @ Campbell –Turnbull Library meeting room.



Earth Matters is a 'climate change emergency' themed discussion group. We engage in virtual travel to ecological disaster zones around the globe. Topics of interest are selected by the group. This year our discussions started in Svalbard on the Arctic Circle, the fastest warming ecozone on the planet where climate change is causing an extreme rate of ice thinning. Want to walk across the North Pole? It's too late, try swimming.

Not all doom and gloom. Did you know a water bird, the Red-crested crane, thought to be extinct, has been sighted for the first time in 70 years leisurely hanging out in the Korean De-Militarised-Zone? There have also been sightings of the Asiatic black bear and Amur tiger.

In term 4 we will continue boldly traversing Southeast Asia – from Manchuria to Vietnam. Issues may include: Paris 2020 targets, plastic pollution in world oceans, rising seas and coastal erosion, and strategies for transition from coal to renewables. All welcome. Respectful discussion encouraged.

Next meeting is Wednesday 23rd October

Group Facilitator, Luise Zanthy

Seniors Tennis

10.30 Fridays at the West Brunswick Tennis Club courts



The Seniors Tennis programme started in July. Leanne Melgaard is our coach.

The Melbourne weather has played ball and only one session was rained off!

We started off with a group of 13 players and finished with 13.

Leanne and I compiled a questionnaire for the last day of term. Overwhelmingly, participants agreed they enjoyed the programme.

In answer to the questions about enjoyment and personal benefits, their responses highlighted gaining and improving playing skills, exercise, improved coordination, short and fast game play, comradeship and FUN.

We all praised the coaching and appreciate the affordability of the programme, thanks to a grant from VIC Tennis and the in-kind use of West Brunswick Tennis Club's courts. We each paid \$40.00 for the programme that ran over 8 sessions, 2 hours every Friday morning.

The final question we answered was: Will you continue to participate in Seniors Tennis next term if we get funding? We all answered YES and luckily there is money in the kitty for 8 more sessions, starting Friday 11th October @ 10:30.

We can accommodate up to 12 more players, all abilities and all agilities. Please contact me (0415131568) or Leanne (0418397287).

Pam Fletcher, tennis group facilitator

Botanic Gardens Seasonal Walk

Rita Thorpe and Patricia Gallagher facilitated the Autumn Botanic Gardens Walk.

Here we are standing by the Grandmother Tree.

Some 10,000 years ago this River Red Gum stood on the banks of the Murray River. It fell into the river and was preserved by special qualities in the water which turned it black.

Today it is in the Children's garden at the Botanic Gardens, and is enjoyed and marvelled at by all.

We felt positively young beside it!

Cheers, Melinda



MONDAY MATTERS

At Monday Matters, guest speakers present a range of topics with up to two sessions per term, held at Siteworks. In July and August we held these sessions.

Monday Matters in July: Mercy Ships

Mercy Ships is a global charity that has operated hospital ships in developing nations since 1978. Jim Callahan, a volunteer with Mercy Ships on Africa Mercy, spoke to the group about this remarkable project.



The 'Africa Mercy'



Jim Callahan talks to U3A Moreland about his experiences on the 'Africa Mercy'

Mercy Ships travels to places that are in desperate need of medical care and treatment and brings hope and healing to the communities that need it most. The service has treated over 2 million patients and also provides local Health Care Professionals Training and Community Development Projects.

Find more information at www.mercyships.org.au.

Monday Matters in August: *Agency (a sense of control) is the Antidote to Ageism*

Ageism: what it is, how it might affect us and what we do about it was the content of our August Monday Matters talk. While ageing may be inevitable, coming to accept a limited sense of control and isolation is not. The more we understand ageism – prejudices or discrimination on the grounds of a person's age - the more we can confront the pressures and attitudes caused by ageism. We can be a voice in planning for active ageing, we can address social isolation and improve and maintain our quality of life.

Nina Hansen has been involved in U3A Yarra City's Ageism Project, working with other agencies on initiatives about healthy ageing and increasing awareness of the resources available to support active ageing. She provided information about resource books and useful links and resources on ageing and ageism. The list is too extensive to give in full, but this one I must pass on: a TED talk by Ashton Applewhite on TED.com called "Let's end ageism".

You may also be interested in attending a forum to be held by U3A Yarra City during the Seniors Festival on Tuesday 15th October. The forum, called U3A Yarra City Ageing Project, will further explore the challenges and opportunities relating to ageing and ageism (see page 81 of the program for the Victorian Seniors Festival October 2019).

Gwen Rosengren



Andy & Nina Hansen with Margaret Robertson from U3A Moreland

FOCUS ON A VOLUNTEER

Fran Mackieson is one of our U3A treasures.

Q. How long have you been in U3A Moreland?

A. I think I have been in U3A Moreland for almost four years, joining in December 2015.

Q. What volunteer activity do you do with the U3A?

A. I have chosen to assist with U3A enrolments. Some members have difficulty enrolling online in courses. Although most members are now enrolling themselves some members find the process daunting if they are not confident using technology. Some courses are very popular so there is often a waiting list and I keep an eye on this and enrol members when a vacancy occurs. I then let tutors know and adjust class sizes if necessary. Learning how to manage the enrolments has boosted my confidence.

Simon Ransome was a very patient teacher as I wasn't too sure about doing this with my limited computer skills.



Q. Is there any other volunteer work in the wider community that you do?

A. After doing the Introductory Croquet course through the U3A I enjoyed it so much I joined the Brunswick Mallet Club. I am now a member of their committee.

With the Friends of Aileu (East Timor), which is supported by the Moreland and Hume Councils, I have helped fundraising activities for many years.

I am also a long-standing member of the Union of Australian Women. This organisation, which is almost 70 years old, has had many campaigns around equal pay, housing, domestic violence, child care. One project I was involved in was The Women's Map of Melbourne which highlights significant historical landmarks such as the Queen Victoria Hospital.

Q. Have you always lived in Moreland?

A. I was born in Sale but came to Coburg when I was a child. Apart from living in London for a year and Darwin for three I have lived in Moreland most of my life.

Q. What are your favourite hobbies or leisure activities?

A. My leisure activities and interests include a walking group, films, reading, and catching up with friends when we attend performances by the Australian Ballet.

Thanks Fran for your great work with U3A Moreland.

Deb Pace



From the pen of
Catherine Heywood
Writers Group 2018
U3A Moreland

Entropy

Ref: *Nature Geoscience*, 13 May 2019

Our moon is shrinking, core cooling, skin wrinkling,
cracking along fault lines drawn by the earth's tidal forces,
tremoring as the crusty surface buckles to fit its new body
the modest cliffs of Lobate Scarfs rising from the surface.

At the Blood Bank she measures my height.
One hundred and sixty, she says.
One hundred and sixty-what?
That's it, she says, Sorry,
Alert and alarm register on my face.
So that is why my skin is wrinkling.
I am now two centimetres shorter than my prime-time height.
(And they didn't want my blood; too irritated, too medicated.)

I am not ready yet for the cooling of the core.
That happens at the end, a consequence, not a cause.
My fault lines are old, invisible to the untrained eye,
or so I like to think, using colour and movement
To distract those who might look too closely.
More agile than the moon, who must submit
to scrutiny of every sun-lit pore,
but envious that her dark side
will never be revealed

Earth's core is still convecting, moving tectonic plates,
growing mountains. Left to her own devices
she will not be cold for another ninety-one billion years.
But we won't have to worry about global cooling.
Our sun will have run out of fuel well before that,
expanded into a fiery ball
engulfing and vaporising us all.

Divide earth's span by a billion, and that might be my number
Cremation or burial? (I will go well before
that final conflagration.)

Carbon emissions from the furnace
or from fossil fuels burnt to transport my coffin
to the little home-town cemetery?

It's quiet and green with a beautiful view of the hills,
though lacking in aesthetics.

Designed by a practical farmer or two.

Cardboard coffin. It's in my will.

Note to self, add codicil, specify electric hearse,
sustainably powered,
while Sol is still pumping it out.

© Catherine Heywood



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

Email: info.u3amoreland@gmail.com

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2019 Seniors Card Magazine: important information

This year's Senior Card magazine features a wide range of stories including advice on a range of issues. You probably received yours in the post, or you can go to Seniors Online at www.seniorsonline.vic.gov.au.

In 2020 the Seniors Card magazine and the October Seniors Festival program will be combined. The magazine has important information and advice – and your free travel vouchers – so don't miss out. Register to receive the new publication by email at www.seniorsonline.vic.gov.au/enews. If you prefer to receive a copy by post, a form is available in the current magazine or you can phone 1300 797 210.

Your Seniors Card magazine included your Victorian free off-peak travel vouchers for 2020. But in future these vouchers will no longer be automatically sent to you. Register by returning the form you received with your vouchers, or phoning 1800 800 007, or registering on the Public Transport Victoria website: ptv.vic.gov.au/vouchers.

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

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