



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

Number 9

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## FOR YOUR CALENDAR

- 19 Oct **Monday Matters**  
*Timor-Leste*
- 16 Nov **Monday Matters**  
*Auslan*
- 4 Dec **Monday Matters**  
**on Friday**  
*Merri Creek*
- 11 Dec *End of term*
- 11 Dec **End of Year Celebration**  
*Details on the way ...*

## A WORD FROM THE PRESIDENT



Greetings U3A Moreland community,

My transition into the President's role has been most interesting. I am impressed with the commitment of our Committee of Management, and those in leadership or support roles, who have been working hard to bring us programs during the pandemic.

On 30th September Gwen Rosengren, our Secretary for the last five years, retired. I am pleased to welcome her replacement, Janet MacRae. Gwen's comprehensive handover to Janet has allowed her to 'hit the ground running' and I thank Gwen for all she has contributed to U3A Moreland. But we are not losing her completely. Gwen will continue as a member of the Program Team. So, thanks, Gwen and welcome, Janet.

Also, thanks to the various Team Members (too many to mention by name) for continuing to offer Programs to our community via the Zoom platform.

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This email from one of our Members, Lauris Grant, beautifully sums up our gratitude:

*This is a long overdue acknowledgement of the incredible ways that have been created to maintain the interest and connection so important to U3A Moreland. Rather than shut up shop (the easier thing to do) you kept coming up with new ways to communicate!*

*Loss of social interaction has been probably the most difficult for our age group (job loss no longer being an issue), and your hard work has helped many over this hurdle.*

Term 4 is well underway and I hope you have found something of interest to enjoy from the many programs on offer.

In closing, I must announce the recent sad passing of our Member Helen Edwards. She will be lovingly remembered as a real dynamo, always active and ready to lend a helping hand. Our condolences to all her family and friends.

*Karen Greening,  
President,  
U3A Moreland Inc.*

## VALE, HELEN EDWARDS



Many of you may have met Helen Edwards in recent years through U3A Moreland activities such as Nordic Walking, Movies at the Nova, Games or even Mahjong, which she joined shortly before restrictions.

I first met Helen last year at Coffee, Cuppa and Chat. Discovering that I was a new arrival and lived near her, she invited me to catch up for a coffee. This was the beginning of a valuable friendship as over the next 18 months we came to know each other.

We had plans to see movies, plays and musicals and managed to do some of this in 2019. This year, as all our lives changed, our activities have largely been confined to walking and talking along the streets of Brunswick while Helen educated me about some of the history of the local area.

Sadly Helen disappeared from my life as quickly as she had appeared. She died recently after a short illness leaving her neighbours, family and her many friends reeling in shock. Helen has left a huge hole in the lives of many people but a rich legacy.

What did I learn about Helen? She had been a hard working and resourceful single mother, a competent professional, working as a bursar at several schools and in administration at CQ University's Melbourne site. Helen was also a dedicated volunteer with the City of Melbourne, a keen traveller, an accomplished skier and a challenging opponent for Word Games.

However, more importantly, Helen was an outgoing, vibrant and optimistic person with a 'can do' attitude and a loyal, tolerant and generous friend. I am very sad that Helen is no longer in my life but very happy that I got to know her.

*Helen West*

## FROM THE PROGRAM TEAM

We had it all in Term 3 – from trivia nights to line dancing, with games and lunches, movies as well. Some Members talked books, some talked French, some keenly discussed current affairs and global issues, some just chatted and some painted, while others kept up their yoga.

There were opportunities for using our writing skills with *6 Word Memoir* or *Creating a 'How To Book'*. *Monday Matters* was well attended with over 40 Members at both sessions on Zoom catching up from Moreland City Council and Merri Health about local services.

**And now to Term 4** with all the above continuing and more besides:

- Members sharing experiences from a Tasmanian University online course *Preventing Dementia*;

- Expressing ourselves in *Six Word Memoirs*;
- *Monday Matters* continues with interesting topics; the term ends with a virtual geological tour of Merri Creek.

With some programs already filled, try something new or different. Why not join the short 4 session course in "*Understanding Friendship*". It gives thought to how we benefit from our friendships, how to grow our friendships and how we might need to refresh our friendships after COVID – or nurture them during COVID. As one of our Members in the Term 1 course said, "*I found it very insightful and helpful in relation to enhancing existing friendship networks and identifying strategies for establishing new connections*".

Continue to join in with U3A Moreland!

*The Program Team*

## OUR ZOOM STORY

When all U3A Moreland Programs were suddenly suspended in March, in those first weeks of the Pandemic restrictions, we all retreated somewhat - very uncertain of our future. However in a few weeks, with encouragement from the wider U3A movement via regular U3A Network Victoria COVID Bulletins, and our own initiatives, we realised we could still connect – on Zoom.

With the basics of Zoom fairly simple and easy to use, it was taken up enthusiastically and has successfully kept us connected.

So many of our Members with computers and devices with camera and microphone have been prepared to try it and our wonderful team of Facilitators have been so creative with how to offer their Programs on Zoom. Most of our indoor programs are now being offered on Zoom. We also held our AGM on Zoom and continue to hold many meetings – all vital to continuing our operation.

But this success story only unfolded with the hard work and dedication of our **Zoom Support Team**. Under the leadership and coordination of Simon Ransome and now Pauline Charleston, a Team of Members volunteered to help Members use zoom, as well as organising timetables, preparing guidelines, making the Zoom bookings and supporting Facilitators, and much else besides. We thank you – our very own ZST.

*Gwen Rosengren*



Wilson is now working from home

## Exploring Global Challenges and Contentious Ideas

Exploring Global Challenges and Ideas is my first ever experience of a U3A class and I've really enjoyed it! Having recently retired from full-time teaching, I felt the need for more challenging and structured mental activity and wanted to make some new contacts in the neighbourhood. And the class has delivered.



Our topics this year have included Celebrity Culture, Sentencing in the Justice System, Multilateralism or Unilateralism and The Purpose of Education. As you can see, these ideas need some thinking about!

The Facilitators, Brian and Margaret, send out 3 or 4 readings on a chosen topic a couple of days in advance of our fortnightly meetings, selected from an impressive range of sources. I enjoy reading the articles, considering the arguments and reflecting on my own responses. It's great fun to have to synthesise and defend my point of view in the face of other serious and measured opinions. The sessions, with between 6 and 9 participants, have continued on Zoom without a hitch and are expertly managed by our Facilitators. I now look forward to a lively interaction every other Tuesday.

*Jennifer Nathan*

### DID YOU KNOW?

*A new regular feature brought to you by U3A Moreland's Zoom Support Team.*

On a PC or laptop, you can find text on a page by pressing **Ctrl-F** (hold down the Control key and press f), typing in the keyword and pressing Enter. This works in a Word document, Excel spreadsheet, Powerpoint, email, PDF and most webpages. It lets you go straight to a keyword and then to subsequent references, rather than scrolling down and searching line by line.

e.g. On the Wikipedia page for Iceland, press Ctrl-F, type in 'capital' and you'll go straight to the answer 'Rejkavik' (not to be used in Trivia Quizzes!)

*Pauline Charleston, Zoom Support Team Coordinator*

The Governor of Victoria, Her Excellency the Honourable Linda Dessau AC, Patron of U3A Network Victoria and her husband, Mr Anthony Howard, hosted her first Virtual Reception to mark International Day of Older Persons on 1 October.

Over 100 U3A members from various U3A's were able to log on to hear the Governor's address and a response by U3A Network President Susan Webster.

Some U3A Moreland Members participated



## WHO DO YOU KNOW NOW THAT YOU DID NOT KNOW THEN?

If 2020 had gone according to plan we would have celebrated U3A Moreland's fifth birthday at the end of our first term's social. Ah well, maybe next year!

The Press release announcing our launch in April 2015 read:

### ***U3A Moreland, a small seed with big hopes***

*The Mayor, Councillor Meghan Hopper will launch The University of the Third Age's (U3A) first 14 courses and activities at Coburg Town Hall on Tuesday April 14.*

*U3A is about promoting life long learning in the Third Age, that is, among the retired and semi retired community. It was founded in France in 1972.*

*From small beginnings U3A Moreland aims to grow to be an inclusive, multicultural group with activities spread across Moreland. ...*

*Because classes and activities are taught and led by members and nobody is paid, costs to members are low, a small annual fee of \$30 with the only additional charges being to cover the costs of class materials.*

The launch was in the theatre at Coburg Town Hall. Twenty four people came, which seemed few in that huge space, but we were underway. Activities started a few weeks later.

*U3A Moreland Launch, April 2015, Coburg Town Hall*



We missed out on a fifth birthday cake in 2020 but we had achieved our original aims before the COVID restrictions in March: we are an inclusive group spread across Moreland with 35 activities and 220 Members. By the end of 2019 approximately 25% of Members had played a role, big or small, in the successful functioning of our U3A.

And that brings me to the title: **Who do you know now that you did not know then?**

On 14 April 2015 I had known Melinda and Simon for three weeks because they had moved in next door, and I had spoken with Rita and Patricia at two earlier meetings but I would not say I knew them. How many people do I know now? Too many to count. How about you?

If you know five, ten, fifteen or even more people than when you joined then U3A Moreland is indeed a success and you are part of that success.

*Pauline O'Brien, Ordinary Member, Committee of Management*

Thanks Deb

Deb Pace, our wonderful newsletter initiator, journalist and editor has left the Newsletter Team for her next project.

It was Deb who, back in 2018, set the newsletter in motion. Her enthusiasm and perseverance over seven issues have set the standard for a quality publication. Our Members look forward to catching up with each edition.

The newsletter has contributed, with its interesting content, variety and attractive format, to publicising the great work of U3A Moreland to the wider community.

We're sorry Deb has left the Newsletter Team, but whatever she's up to now, for sure she'll be putting heart and soul into it.

Well done Deb and be assured that Members one and all have appreciated your efforts.

*The Newsletter Team.*



## A much loved U3A Moreland facilitator moves on



At the end of 2020, Michael Galvin will finish up at U3A Moreland. He's already moved away, but will finish the term on Zoom.

He started the ball rolling back in 2016 with T. S. Eliot 'The Love Song of J. Alfred Prufrock'. His group met at a cafe, and then another one, until we found ourselves at the Cornish Arms pub shouting over the throng. It was noisy, but invigorating, and we kept coming back for more. We moved on from American to Australian poets. We went from the Cornish Arms to Siteworks. Some poems we enjoyed, some not so much, and some we'll never forget.

In Michael's words, 'There are no right or wrong answers in a discussion of poetry, just the insights and responses that come to us through language in the hands of poets who stand out as remarkable users of our English language'.

We'll miss Michael a lot, and we wish him well. We're better human beings for having opened our hearts to the wonders of language and literature.

*Christine Filiamundi*

***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](mailto:newsletter@u3amoreland.org.au)***

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