



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 13 December 2021

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FROM THE PROGRAM TEAM

Huge thanks to our Facilitators who offered so many Programs over the past rather exacting year or two, and to our Members who participated in all the various Programs. While restricted to use of zoom, it was quite wondrous what was achieved in activity, content and creativity. Well done everyone and our thanks for the help and support from the Zoom Support Team. You were always there.

Our Program also included many guest speakers for **Monday Matters**. We ended the year with two marvellous talks that happened because a couple of Members persuaded family members to contribute.

In October we heard the interesting and very moving talk about the Dunera boys by Dr



Seumas Spark, a co-author of *Dunera Lives*.

In our November talk, Dr Raoul Mulder from the Faculty of Science, University of Melbourne shared aspects of his fascinating research into city dwelling birds. Birds are coping with the human-generated challenges that come their way including noise interfering with their communication and lighting interfering with their sleep. If you missed this, information is available on the Mulder Lab website <https://raoulmulder.org>.

Also Dr Mulder's work includes an app – MySwan - made for black swans. His research team collars and studies some of these beautiful birds in order to find out more about their breeding and migration patterns, long term health and the impact of humans on their well-being. Use the app to find out all about black swans and report sightings of collared birds. So download the app to become a swan-friend and add valuable observations to the research.

Thank you everyone - and maybe become a swan-friend!

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... AND SO TO 2022



The Newsletter Team wishes all U3A Moreland Members a happy festive season and a bright new year. The Term 1 program and enrolment plans for 2022 will be coming to you during December. You'll receive details in plenty of time. We look forward to seeing you for U3A Moreland activities in 2022.

TERM DATES FOR 2022

Term 1	Monday 31 Jan – Friday 8 April (10 weeks)
Term 2	Tuesday 26 April – Friday 24 June (9 weeks)
Term 3	Monday 11 July – Friday 16 Sept (10 weeks)
Term 4	Monday 3 Oct – Friday 9 Dec (10 weeks)

VALE, MARIO PANE

In memory of Mario Pane, U3A Member of the Poetry Group and Facilitator of the Petanque Group.

Mario died early November, suddenly, after a fall and a long stay in hospital, where he didn't recover following a number of operations.

Mario was a member of the poetry group for about five years. His contributions to our readings and discussions were well researched, and often included some history or background about the poems and poets. Mario always waited for the right time to share information in a quiet and respectful way, always listening to other members and their varied opinions.

When Mario raised the idea of starting the petanque group (French bowls), he researched the most likely place for the outdoor bowls, obtained equipment and patiently set about helping us practise to accustom ourselves to the rules. I always had the feeling that his sense of group fairness and enjoyment were his priority for all participants.



Mario measures final positions in a closely contested finish.

Mario was a quiet man and many of us didn't know a lot about his life. At his funeral recently we found out that he was close to his family, enjoyed travelling, was a keen golfer and that he arranged joint excursions so that others would also gain the most from the activities he enjoyed. He educated himself to gain a social science degree, was a member of the Labour Party and had a strong social conscience. He walked the talk in all areas of his life.

We will miss Mario's quiet and gentle influence.

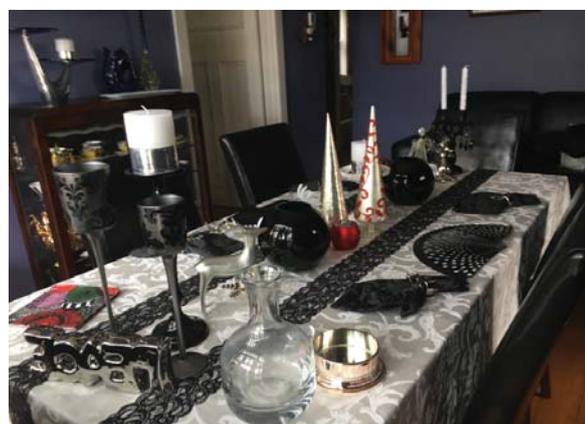
*Maggie Bishop
Facilitator, Poetry Group*

Standing on my front porch waving goodbye to my friend Marg gentle tears form, of joy. We have had lunch in our home not a park, talked, laughed and shared our love of Christmas. All of this once would have been ordinary, now it's extraordinary.

Everything I do is a celebration of the ordinary: a family weekend out of Melbourne, dinner in a restaurant, a walk along the beach without a mask, brunch in a cafe, our six year old granddaughter playing in our home and shopping in a shop. Christmas decorations everywhere.

The ordinary is extraordinary

Flicking through my photos of Christmas' past I always have a theme, my love of decorating our home taken to a whole new level. One of my favourites is our Spanish theme with colours of red, black, white and silver. Fans bought in Spain decorating our table and cooling us on hot Christmas Days.



Drinks Station, best idea ever: a stunning large ice bucket used for special occasions becomes the feature of our Drinks Station. Tables covered in black and white round table cloths and a vintage drinks trolley complete the space. Glasses ready to use with everyone helping themselves throughout the day and night.



Christmas 2021. Email subject line: Fresh, festive and ready for your guests to arrive lands in my inbox. That's it, Shades of green with white and silver.



So this is Christmas
And what have you done
Another year over
And a new one just begun
And so this is Christmas
I hope you have fun
The near and the dear ones
The old and the young
A very Merry Christmas
And a Happy New Year
Let's hope it's a good one
Without any fear

John Lennon, 1971

In U3A classes we tentatively talk of seeing each other next year, and not through a device. Until then, celebrate your 'ordinary'.

My first 'Cathy's column' for 2022 will have the title When one door closes. I begin with ... Throughout my career, self talk: "When one door closes another opens," instilling curiosity, confidence, risk-taking and ultimately giving myself permission to be brave. Do you have a story to share about your career? Publishing stories of members of U3A Moreland is something we want to do more of. Thanks to those who have shared their stories this year.

Living and Ageing Well

What's on for older people in Moreland



Moreland City Council has just produced its first quarterly **Living and Ageing Well Newsletter**, with news and events for older people. You can subscribe at the Moreland City Council website on <https://www.moreland.vic.gov.au> or phone the Council 92401111.

The Council is also seeking community members to join Moreland City Council's Advisory Committees and Reference Groups, including an **Age Friendly Reference Group**.

This is an opportunity for older people to work with Council to improve the age-friendliness of Moreland and provide direct advice and feedback to Council on major projects and policies.

Council would offer support to assist an older person become part of the group (for example, interpreters and transport).

Learn more about joining this and other groups on the Council's *Join an Advisory Committee or Reference Group* page on the website or phone Nalika Peiris on 9240 2364 or 0438 755 527.

APPLICATIONS CLOSE ON 23 DECEMBER 2021.

THE PHOTOGRAPHY GROUP

Comments: “ ... photographs are improving ... I don't look at photos in the same way ... I'm learning so much.” Thank you Peter Mollison for your knowledge, feedback and dedication in helping us improve our photography as we enjoy the tasks you have presented.

Our favourite photos



Peter Mollison - facilitator. A Tawny Frogmouth pair had a nest over Merri Creek in Brunswick East. I was excited to see a chick in mid October when I took this image. Sadly a couple of weeks later when we had a storm the chick fell from the nest and was lost. The nest has now disappeared.



Melinda Venticich. I have taken my DSLR camera from the shelf and enjoyed using it with a renewed passion for photography.

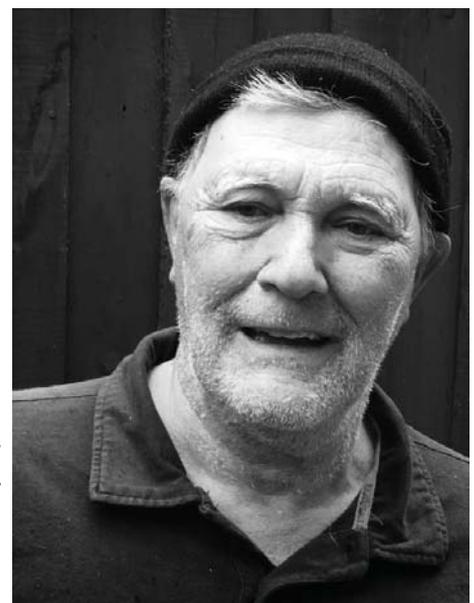


Nette Lowe. Task: Waterbird. Taken on an overcast day at Queens Park.



Ann Wookey. Task: Still life.

Frances Mackieson. Arriving to mow the lawn, my unsuspecting gardener became the subject of this portrait.

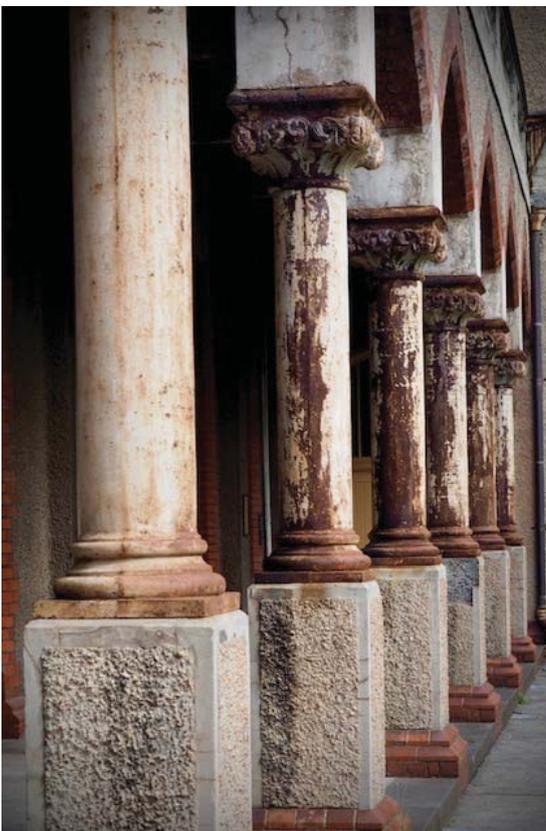




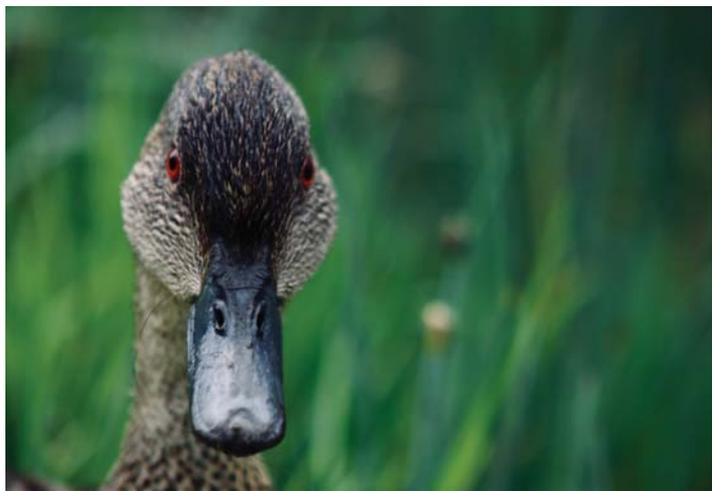
Hwe-Soon Silverman. Bromeliad blooming at the Botanical Gardens.



Pauline Charleston. Paddock view on a foggy morning.



Howard Manley.



David Stevens. Close-up, duck.

Cathy Beesey. Task: architecture.



THE 2021 'GEORGIEBALDS'

Kris Spark has won the 2021 'Georgiebalds' portrait competition.

Kris Spark was voted the winner of this year's U3A Moreland portrait painting competition, the 'Georgiebalds', out of a field of 20 works. This event is held each year by the U3A Moreland Painting & Drawing Group, in memory of a former member, the late George Costa.

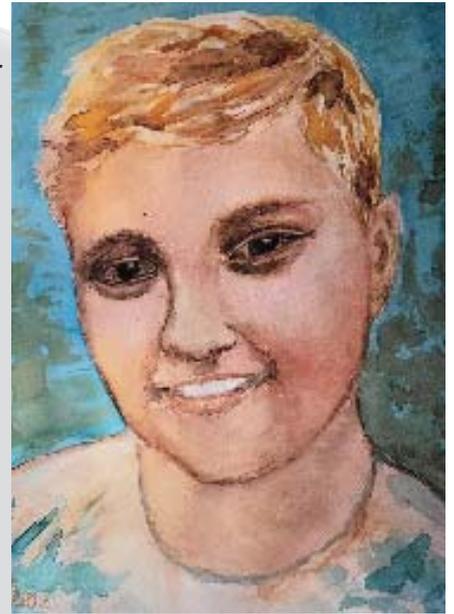
Kris's painting is of her husband Neil. In second place was Beryl Mulder, Miranda Cerra was third and fourth was Kathie Armstrong. Members of the group submitted portraits created during the year and the result of the competition was a consensus decision by the Group.

The U3A Moreland Painting & Drawing Group has continued meeting via Zoom during the recent COVID restrictions and a slide-show of recent work by the Group can be viewed at <https://vimeo.com/646705350>.
Richard Brown



*Above:
Winner, artist Kris Spark, with
a portrait of her husband Neil.*

*Second place,
artist Beryl Mulder*



*Third place,
artist Miranda Cerra*



*Fourth place,
artist Kathie Armstrong*

IT Tip

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

A reminder to be wary of scams that come in the form of authentic-looking emails, texts or messages. They might appear to be from someone you know well, or an organisation you have a connection with, but if it's a scammer and you click on a link within the message, it can be VERY harmful - both to your device and to your pocket!

I recently received a text as well as a couple of emails from AAMI about payment against a claim. All my insurances are with AAMI so I was tempted to click, and I might have if I hadn't been sure I hadn't made a claim recently. The email looked genuine, complete with logo and ABN (presumably false). The only give-away was a spelling error.

I phoned AAMI to check and yes, it was a scam. It's always best to phone and check if you're in doubt, before you click on anything. One step further and I might have given out my banking details for receipt of the «payment».

And a reminder - if you need help in using IT for U3A purposes, e.g. Zoom sessions, email member.u3amoreland@gmail.com and a Zoom Support Team member will be happy to help.

Pauline Charleston, Zoom Support Team Coordinator

THE WORK OF THE ZOOM SUPPORT TEAM (ZST)



Since Covid and lockdowns commenced, delivery of programs and meetings via Zoom has been the only option and a lifeline for U3A and its Members. While preferences may be to meet in person, for Term 4, 2021, Zoom allowed some Program delivery to continue including several new Programs and a Trivia Quiz. We have appreciated the Zoom advantages and the ability to deliver information via Powerpoint, share screen, or refer to material on a device

rather than printing out, and the opportunity to interact in breakout rooms. Sessions are attended more easily with no transport or parking problems and less time commitment. Best of all we were able to continue delivering programs when restrictions prevented face-to-face gatherings

Throughout, the ZST helped Members and Facilitators by providing individual training and advice on using Zoom, or other IT functions. As well they managed all the scheduling of Programs and meetings, supported Facilitators with hosting and ensured sessions ran smoothly.

And they will be with us into 2022 as U3A Moreland has the option now of offering Programs and meetings face to face, or to use zoom thanks to the valued and appreciated support of our ZST.

THANK YOU.

Gwen Rosengren

Making the most of covid challenges

by Mary Egan, Member U3A Moreland

What an unexpected phase we were thrust into these last 18 months. As retirees, my partner and I felt very lucky to be relatively sheltered from the stresses of the pandemic and the associated lockdowns. Many in Australia and the world over suffered greatly, their lives never to be quite the same again.

It was reassuring to maintain my 15 year routine of a 5pm walk around Princes Park with a neighbour. However, it is the consolidation of a couple of friendships with acquaintances through regular walks and coffees on logs that has been an extra special bonus. With a son, in Paris and our Brunswick Neighbourhood House Spanish teacher stuck in Colombia after returning for a family funeral, it was interesting to compare situations. Much was similar but with distinct variations. Unfortunately both caught Covid but have recovered pretty well.

Creative thinking gave me a legitimate opportunity to have a catch up with a close friend from across town. We booked our blood bank donations in the city at the same time, enjoying the provided snacks and coffee together during rest time. The bonus was the first floor view through the trees to the stunning gothic architecture of the ANZ bank on Collins Street.

The 2020 summer fires prompted me to set up a family What's App, with siblings in Melbourne, Darwin and the NSW coast, where my brother lost his house. Extra time at home to sort photos led to family reminiscing of shared pics on our What's App. A few old black and white ones were particularly relevant to recent times. These depicted my



twenty one year old father in a dressing gown mucking around with other patients on the St Vincent's hospital roof garden, nearing the end of an eighteen month isolation with tuberculosis in 1947. This put our time into perspective and led me to reflect on his life around St Vincent's. On leaving school he wanted to be an historian. However, his father said that was like 'chasing butterflies' and strongly encouraged him to do something else. Years later he returned to St Vincent's to work while studying history in his spare time.



Shortly after he retired, the call went out for applications to write the history of the hospital. He applied and was accepted. I know those years were the most satisfying of his life. He loved following his history passion through an organisation he had strongly connected with through his own health and work experiences. Next on my lockdown list was to read the book!

TOWARDS DIGITAL INCLUSION



Digital technologies are rapidly changing our lives and we are constantly confronted with the challenge of 'keeping up'. The idea of digital inclusion is based on the premise that everyone should be able to make full use of digital technologies and the benefits for managing health, organising finances, accessing information, participating in activities, following news and media and connecting with family, friends and the wider world.

If only it were always easy to do so. *The Australian Digital Inclusion Index* tracks and reports on digital inclusion in Australia. Explore the interesting information available on <https://www.digitalinclusionindex.org.au>.

U3A Moreland continues to encourage Members to be aware of the resources of the Australian Government initiative Be Connected to assist everyone towards digital inclusion. Look into and use the free courses on the website <https://beconnected.esafety.gov.au>.

Our Programs will continue to try and help our Members find their footing in the digital world.

Please circulate the newsletter to others who may be interested in what U3A Moreland offers. If you have ideas for our newsletter, email the Newsletter Team (Christine Filiamundi, Gwen Rosengren, Cathy Beesey, Richard Brown):
info.u3amoreland@gmail.com

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