



U3A MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 15

June 2022

Website: www.u3amoreland.org.au

Email: info.u3amoreland@gmail.com

Telephone: 0421 318 872

A WORD FROM THE PRESIDENT

Greetings all. Since taking on the role of President of U3A Moreland in May, I have come to appreciate the valuable work done by the many volunteers who help to keep the organization running - the members of the Committee of Management, the Teams, which cover areas such as programs, membership,

fundraising, marketing and newsletter, technical support, catering etc., and the Program Facilitators, who run all of our activities. All of these volunteers willingly give their time and expertise to ensure the smooth running of U3A Moreland, in order to meet the needs of all of our members.



Our volunteers, while not receiving any material benefits, get a lot more from their involvement: the chance to apply the knowledge gained in their previous working lives, to acquire new skills, to make new friendships, and to build self-confidence and sense of purpose. And perhaps more importantly to enjoy the proven benefits of volunteering, better physical and mental health

So, I invite you to consider volunteering for one of these many and varied roles, which are open to all members of U3A Moreland. Winter is a great time to become a volunteer!

Contact us at info.u3amoreland@gmail.com.

*Richard Brown
President, U3A Moreland*



FOR YOUR CALENDAR

11 July Term 3 starts

16 Sept Term 3 ends

THE PROGRAM NEEDS YOU

U3As everywhere, including U3A Moreland provide daily activities for hundreds of Members to keep us stimulated and active in our retirement. Our Program Team aims to offer a Program with a range of choices, interests, and challenges, along with times for enjoyment and friendship. This is made possible as Members volunteer to facilitate activities, take groups, lead activities, and arrange outings or walks, share knowledge, skills and interests so we can offer a range of stimulating programs.

HANDS UP!

Our surveys tell us what you like most and would like more of. This helps reassure if we are 'on track'. But it is evident a wider range of activities would be welcomed. Right now we need more, many more Members to volunteer to take a group or offer a program to keep our Program and U3A Moreland going - and with lots more variety.

What can you share? **We are waiting to hear from you.**

Contact the Program Team now at

info.u3amoreland@gmail.com



INTRODUCING THE NEW COMMITTEE OF MANAGEMENT (COM)

The new Committee, with Richard Brown as President, was elected at the U3A Moreland Annual General Meeting (AGM) on 6 April. On behalf of all Members we congratulate, welcome and present details of the new Committee. See their profiles on the next page.



Our AGM was a friendly affair



We also farewelled at our AGM the previous Members retiring from the Committee. A sincere thank you for their contribution, especially Pauline O'Brien who advised us last Newsletter of her retirement as President and from the Committee. Pauline gave so many years of working for U3A Moreland, or as she said, "... partying with us." Thanks from us all Pauline for giving so much for so long. And we all enjoyed catching up at the AGM.

MEET THE 2022 COMMITTEE OF MANAGEMENT

We'd love to hear from you with ideas, feedback or even just to keep in touch:
info.u3amoreland@gmail.com



RICHARD BROWN, our new President, has been an active member of the U3A Moreland Painting and Drawing Group for some years. He also convenes the Marketing Team for the Committee of Management. He has an impressive history of work and community involvement stretching back to the early 1970s.



ANDREW HEWETT, Vice-President, has worked for social change organisations in Australia and the UK. He teaches the International Community Development course part-time at Victoria University. He has lived in Brunswick for over 30 years, and looks forward to his involvement in U3A.



GAIL GROVE, Secretary. Born in the USA, Gail has been in Australia since the 1970's working mostly in teaching and the arts. Anyone in U3A Moreland interested in becoming involved in acting, music and dance? Let Gail know.



ANN WOOKEY, Treasurer. Ann has experience in computer applications, banking and insurance, studio ceramics, art gallery/museum curatorship, and art history. In retirement her work revolves around IT, the arts, pets, cooking and garden.



Historical rainfall data input was **CRIS GOULETSAS'** niche at the Bureau of Meteorology for over 30 years. As an active U3A Moreland member, her outlook is altogether sunnier now. She has a personal brief to ensure Members enjoy and benefit from their involvement in U3A Moreland.



HELEN SHANAHAN has lived in Moreland for nearly 30 years and enjoys Brunswick Baths, walking, reading and a holiday home near Mansfield. She used to work in administration and in disability, and now looks forward to lots of travel and the many and varied programs of U3A.



JANE WILLIAMS has recently retired after a varied career in the disability sector. She is now actively involved in staying fit and volunteers in Waterwatch's Citizen Science program measuring Merri Creek water quality. She looks forward to adding value to the Committee of Management.

Winter Writing

Sitting on what I affectionately call my black leather wellness couch, feet on black leather ottoman, everyday I write in my journal as I learn to live with a rare autoimmune disorder. I share with you some snippets from my 2019 journal.

Summer to Autumn, Autumn to Winter - Today feels like winter and I love it. We have had beautiful weather with lots of sunshine, sitting outside or inside, doors wide open. Now a grey sky, trees moving, ground wet, I am snug and happy as I listen to the rain on the roof, landing on the deck and as it drips near the kitchen window, all of this is comforting. The sound of rain, remembering the smell of rain when the ground is warm and dry. A moment of joy.



Watching Winter

I am drawn to you, my journal, capturing my stories in the here and now. I write thoughts, feelings, actions, angst, anger, moments of joy and times of despair. Writing giving focus to my life as I sit, always sitting. My journal part of my daily life, taking much of my time, filling my days.

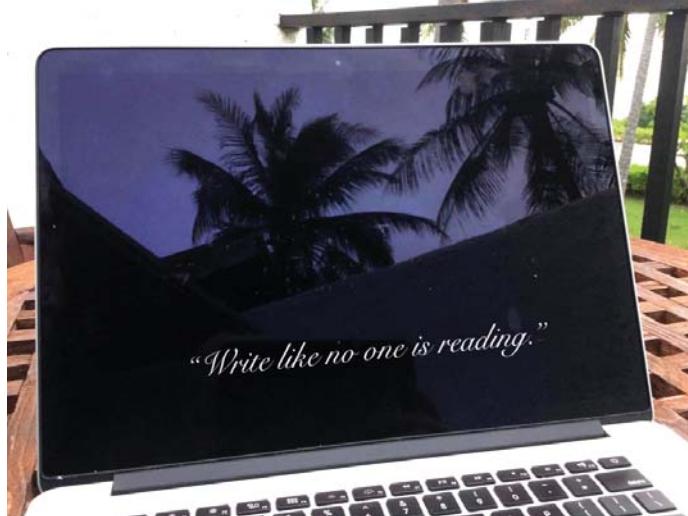
I am back dear journal, the way I talk to myself most clearly. My place to explore and go deeper with honesty, authenticity, integrity - in my own words, voice.

Sometimes I write with deep abandonment and at others I think, "Will this hurt someone? Are the words I have written the way they would want to be represented? Is this true and accurate?" Thoughts of sharing my journal with others, I shut down, censor myself. So with much discipline and a sense of why am I doing this I say, "This is for me. It is for now."

Month of May: I have a new zest for writing, more in control of the life I now lead, my journal becoming a place of reflection, less a dumping ground.

Saturday 22 June, Daily caption: A quiet day of recovery with lots of writing. Gentle tears roll down my cheeks, wondering what I would do if I didn't write, if I didn't have you my journal. How would I have survived?

My journal the place I go to, what I do, part of who I am. Writing in my journal has been a journey. How did it come to be? Will the words, phrases, sentences from my journal ultimately tell my story?



Write like no one is reading

Dance like no one is watching, Sing like no one is listening, Write like no one is reading.

Winter months - the perfect time to write in the warmth.

What story do you have to tell?

Winter recipes to warm your heart

Sweet Potato Soup delicious for lunch on a cold wintery day with crusty bread, perfect to share. Check out this recipe:

https://www.simplyrecipes.com/recipes/creamy_sweet_potato_soup/



This Italian Dark Chocolate, Pistachio and Pear Cake just out of the oven with berries and cream is the perfect finish to a meal with friends and family, for afternoon tea and if there's any left over try some for breakfast.

<https://italyonmymind.com.au/dark-chocolate-pistachio-and-pear-cake-and-ciobar/>

Mulled Wine - On a cold wintery night try this Australian Mulled Wine with Native Australian ingredients, a delicious way to warm your heart.

<https://melbournebushfood.com.au/blogs/bushfood-recipes/australian-mulled-wine-with-native-australian-ingredients>



OUR GROUPS - A SAMPLER

Knitting Group

The knitting group is lovely and most of its members are producing amazing work. I am a beginner and have just completed my first ever cardigan. I'm very proud of it and it's lovely and warm. I'm not technically at the same level as most of the group, my knitting is a bit droopy, tension problems.

There is no way I would have finished it without the advice of Debra Kinsey (facilitator) and other group members. I am now embarking on socks which is a bit ambitious but with the group's support I hope to get there eventually. I reckon learning to knit in later life is as good for the brain as learning a language!

Caroline Williamson



Caroline and her creation



Lorraine's creation

I love playing with colour in my knitting and clever construction techniques. I learnt to knit from my Dad when I was 5 years old and knitted for years as a young woman and mother in the seventies and eighties. I started again in 2010 through the internet with knitting podcasts and Ravelry. The knitting world has progressed so far from Paton's or Cleckheaton traditional knits.

The U3A knitting group is supportive and friendly and with Debra's (facilitator) knowledge she helps all levels of knitting skills. I recently completed my latest project - a teal cable cardigan. I've also created a multicoloured triangular shawl that looks very effective but is just a clever construction. Finally a simple 'stashbuster' blue toned tunic by up-cycling all my bits and pieces of leftover yarn - it again looks more complicated than it is.

I love knitting, it's such a portable craft I can take in the car or train as we travel and it keeps me awake at night as we sit after dinner. It's relaxing, engaging and at the same time a wonderful practical therapy.

Cheryl Adams



Cheryl and her creation

Writing Group



At the writers' table: Trish Jannu, Mary Ryan, Margaret Robertson, Joan Myers, Cathy Beesey

The U3A Moreland Writing Group stopped, noticed nature, wrote, shared and refined Haiku Poems. Here are some of our favourites.

The sun has left us
It's July snuggle up time
Books hot soup a plenty
Mary Ryan

Munch rich chocolate
Sipping my caffè latte
Winter in Melbourne
Trish Jannu

Hail against windows
Inside with hot soup and toast
Winter contentment
Joan Myers

Op shop duffle coat
Flaps around knee length boots I'm
Ready for the night
Cheryl Wilson



Create winter warmth
Rich colours needles clicking
Chat and showing off

Gwen Rosengren

Lovely rose bud stays
Pummelled by fierce winter winds
Relic of summer
Margaret Robertson

Purple leaves tendrils
Swaying slowly in soft breeze
Stems curved gentle arcs
Cathy Beesey

Haiku is a form of poetry that originated in the seventeenth century in Japan; traditionally written on the topic of nature. It consists of three lines and seventeen syllables. Five syllables in the first line, Seven in the second and Five in the third. *Facilitator?*

Winter reads



Recommended by **Bring Your Own Book Group:**

- *Rip Tide* and *The Spy Who Was Left Behind* by Stella Rimington
- *The Burnished Sun* by Miranda Riwoe
- *Gun Control* by Peter Corris

I'm reading Someone Else's Child by Kylie Orr, Melbourne based author, her first published novel. A contemporary thriller - I save this book to read at a quiet time, sometimes with a glass of wine and as I read I am sensing what is to come as the complexity of the characters grow.
Cathy Beesey

A Bring Your Own Book Group *with Mary Ryan*



Jane Williams, Mary Ryan (facilitator) and Anne Sgro

The Bring Your Own Book (BYOB) Group was one of the first Programs offered when U3A Moreland recommenced in 2016. It's different from many U3A book groups which study a set text, within a set time.

Our U3A Moreland group gets together firstly to talk about what we've been reading and what we enjoy. One advantage is that we get to hear about a much wider range of books – from biographies and history to thrillers and mysteries.

Secondly, to share books. While it's not compulsory we encourage sharing of books for loan and often they are given to others. We also discuss places to go for best book bargains, publications for book reviews and 'book nooks' we have found. During lockdown,

we spent a few hours picking apart the ABC Weekend of Books. Being a small group we get a chance to hear from everyone.

Sometimes I wonder if people think that joining a book club means they have to study a book in the way they did at school or believe if they don't 'get' the meaning of a book in the same way as others then there's little point. Our BYOB isn't anything like this.

I have been a keen reader since childhood. I can read anywhere, anytime, always enjoying my chosen

book or newspaper. One of the great things about a good book is it can let us escape into any number of different worlds – no matter whether it's set in another era, life or universe. The freedom to imagine a life so different can be truly liberating. For me, along with great food a good book is simply one of the joys of living.

So many people, readers and writers talk about the book or books that changed their lives. According to Melvin Bragg, twelve books changed the world! I am confident there would be many people who would be able to name at least one book that changed their life.

We can't guarantee you'll find the book that will change your life at BYOB but imagine if you did ...

IT Tip

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

For iPhone users - if you are keying a note or message and you accidentally delete something important, like someone's contact details, give your phone a good shake and it will prompt you to restore what you just deleted. I wouldn't have thought Notes had an Undo function and this one sounds weird, but it works! Not sure if this works on Android phones but worth a try.

And a reminder - if you need help with basic IT functions, 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 GATECRASHER - A CAREER SNAPSHOT

by Jensine Hough



Aarhus, Denmark

I waited to check-in whilst the puzzled receptionist went behind the scenes to sort out my conference and room booking. She came back with a smile, my papers, room key and instructions for the evening. So, staying in university accommodation in Aarhus, Denmark, I went to find my room, change and make my way to join the other delegates at this OECD, The Organisation for Economic Co-operation and Development, Small Business Conference: focussed on what might work at this point in Russia's emerging 1970s 'western type' business economy.

The next day we were divided into groups of eight or ten and allocated aspects to examine. Ours, how to disseminate information to the wider Russian population? My light-bulb moment – The Archers! The what? An everyday tale of country folk, twelve minutes twice a day of farming 'propaganda' on the BBC started after World War 2 to bring new farming methods to the countryside featuring the ever present Archer family. The radio soap continues to this day still bringing new ideas to the fore. Yes, that seemed a good idea, duly noted.

As we left the following morning I was somewhat surprised when two of the top organisers came

to warmly thank me for my contribution to the conference. Somewhat perplexed but happy I made my way back to Copenhagen to join my husband, the reason I was in Denmark, before making my way back to London for a meeting with my PhD supervisor.

How did you get on? That was his first question. Why? I asked. Then he told me the invitation to the OECD meeting was specifically for him, he couldn't substitute! But I had left for Denmark and he had no way to contact me, this was the late 1970s, no mobile phones and he hadn't asked where I was staying. No problems came my reply, and I filled him in on my interesting departure.

Several years later, PhD finished, two small children in tow, I chanced to buy a copy of the Guardian. Glancing through I saw an article about small business radio soaps being introduced to two African countries, following the Russian model adopted after the fall of communism. Open-mouthed my thoughts flashed back to my contribution at that OECD conference I had inadvertently gate crashed. Having a passion for small business that was the most important contribution a gatecrasher could ever have dreamed of making!

KEEP ON MOVING ...

The new Seniors' Exercise Park in Coburg:

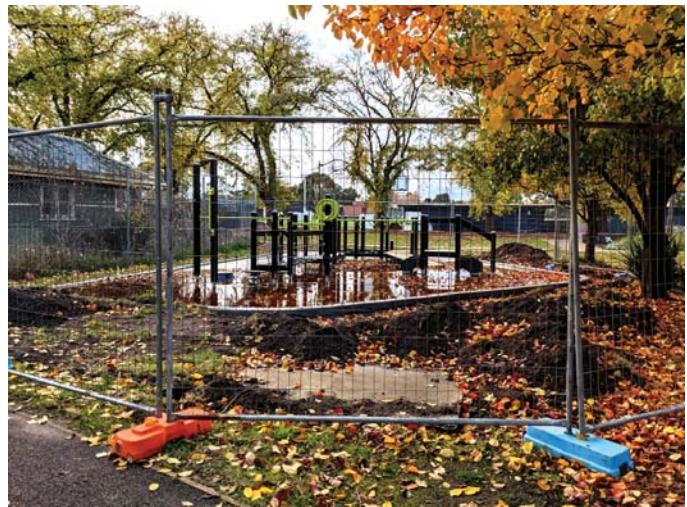
This is how it looked in April....



Coming along ...



Now it's almost there ...



Anyone for tennis?

Looking for some winter exercise? How about some winter tennis games at the West Brunswick Tennis Club in Victoria Street.



U3A Moreland Members are invited to join other seniors for a hit of tennis on Friday mornings, 10.30-12.00. This is a chance for exercise, fun and friendship. There's no coaching but all standards are welcome. And best of all, it's FREE, courtesy of the West Brunswick Tennis Club.

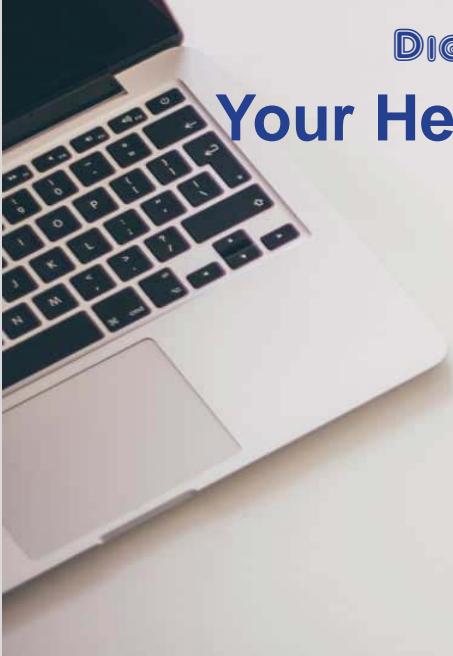
Contact Pam Fletcher on 0415 131 568.

Move It or Lose it

Move It or Lose It is a daily exercise program featuring tai chi, chair-based exercises, weights, stretching, low-impact aerobics as well as relaxation and breathing techniques. The program is mostly for people over 65 to improve fitness, flexibility and endurance; build strength and balance; and increase circulation and coordination.



It's on Channel 31 every week-day morning at 8.30 or every week-day afternoon at 3pm for a brand new class. If you miss an episode, catch up on www.ctvplus.org.au or the **Move It or Lose It** YouTube channel.



DIGITAL HEALTH LITERACY

Your Health is in Your Hands

More and more health services are being offered online. My Health Record is online, and even seeing a doctor or specialist can be online via telehealth. Prescriptions can be filled online.

To access online health supports and keep control of our own health information, we need to be digitally literate. With digital health literacy we can make the best use of online health services and information.

Your Health in Your Hands is a digital health literacy program delivered by the **Good Things Foundation Australia** in partnership with the **Australian Digital Health Agency** (ADHA) – both Australian Government programs. **Your Health in Your Hands** is designed to help develop essential digital skills and build confidence in the online world.

Over the coming months various webinars and virtual sessions will be delivered as part of **Your Health in Your Hands**. Register to receive more information at these websites: www.goodthingsfoundation.org.au, www.digitalhealth.gov.au.



Good Things
Foundation Australia



Good Things Foundation Australia manages the **Be Connected Network** of more than 3,500 community organisations who provide free support for older Australians to learn new digital skills.

Remember to continue using the **Be Connected** online learning resources to keep thriving in a digital world at www.beconnected.esafety.org.au.

HAVE YOUR SAY

HAVE YOUR SAY



The Commissioner for Senior Victorians, Gerard Mansour, will be launching the 2022 version of the ***Ageing Well consultation survey of older Victorians*** in July. The survey provides an opportunity for all Victorians aged 60 and over to share their experiences of ageing and the support needed to age well. We will advise you of survey details, and in person and online consultations when information is available, or check out information at www.seniorsonline.vic.gov.au.

STAY WELL THIS WINTER

Protect yourself from the flu and COVID

With flu and COVID circulating all year round, and particularly bad this winter, to protect ourselves from illness is more important than ever. We all welcome returning to normal activities after the past two years but we are nevertheless more vulnerable to the spread of disease. The **Better Health Channel** has all the details of what is available; what we can do; and what we are entitled to for flu and COVID vaccinations to help keep ourselves, our friends, family, and community well, and protect a health system under pressure. Look it up:

www.betterhealth.vic.gov.au/stay-well-this-winter



These are still listed as the best ways to avoid getting sick:

- keeping your distance from others,
- hand hygiene (there's a fact sheet)
- good ventilation
- mask wearing.

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

U3A Moreland Inc is supported by:
U3A Network Victoria
Moreland City Council

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