



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

*Number 16, September 2022*

Website: [www.u3amoreland.org.au](http://www.u3amoreland.org.au)  
Email: [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com)  
Telephone: 0421 318 872

## A WORD FROM THE PRESIDENT

Now that warmer weather is approaching and we are getting out and about a bit more, my thoughts turn to the future. U3A Moreland faces both opportunities and challenges.

A lot of volunteer work goes on behind the scenes to keep U3A Moreland running smoothly.



To discuss ways to improve how we work together, the members of U3A Moreland Committee of Management (CoM) and our various Teams, recently held a 'round-table'.

Some of the outcomes from our meeting included:

- Nominating a member of the CoM to liaise with each of the Teams involved in the running of U3A Moreland,
- Nominating a member of the CoM to take care of the office and all our equipment,
- Developing our 'organisational chart' to help our Membership understand who's who at U3A Moreland, and
- Establishing a Working Group to plan the transition to a new location when Siteworks closes for redevelopment at the end of this year.

I'll keep members up to date with these developments as the year progresses. Meanwhile, if any member would like to be involved in our volunteer work, please contact the Committee of Management on [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com).

### IN THIS ISSUE

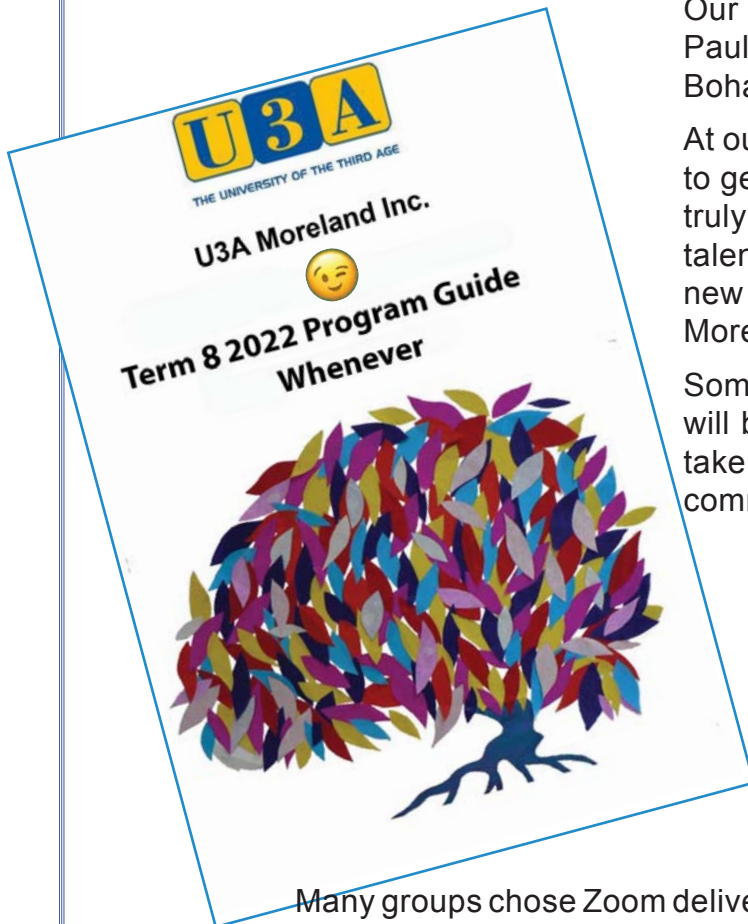
- P1 A word from the President
- P2 Program Team update
- P2 U3A Network Victoria
- P3 Cathy's Column
- P4 Spring into Spring, outdoors
- P6 Our volunteers
- P7 Social groups Springing
- P8 Seasons in the regions
- P8 Scam awareness
- P9 Writing a six word memoir
- P10 A career ending story
- P11 IT Tip
- P12 Information to choose
- P12 The Seniors Festival

### FOR YOUR CALENDAR

- October Seniors Festival
- 3 Oct Term 4 starts
- 1 Nov Public holiday
- 9 Dec Term 4 ends



*Walking Group members confer*



## UPDATE FROM THE PROGRAM TEAM

Our new Program Team is up and running: Pauline Charleston, Pam Fletcher, Maureen Bohan and Deb Pace.

At our Social on 22 June, we ran an exercise to get your ideas on new Programs. We are truly pleased with the response from our talented Members. We received ideas for new programs and volunteers to run them. More offers came in later.

Some courses will start in 2023, and some will be offered next term. Other courses will take a break. Look out for new programs commencing in term 4.



Many groups chose Zoom delivery in Term 3 to avoid the risks associated with high COVID infection numbers during the cold winter months. Our many outdoor groups, as featured in this newsletter, continued to provide plenty of choices.

Stay tuned for information towards the end of the year about our accommodation in 2023 when Siteworks closes for renovations. Our big challenge is to find alternate venues in Moreland to meet our needs.

*Deb Pace*

## **U3A** Network Victoria UNIVERSITY OF THE THIRD AGE

U3A Network Victoria is the peak body for U3As in Victoria. It represents 104 Member U3As, and their 33,000 members.

A current Network project is the development of Course Guides for Science Tutors. The intention is to develop course guides and other resources to support a tutor without a science background to present a science course at their local U3A. There would be a mentoring program.

## **2022 U3A Conference**

U3A Network Victoria invites U3As and their general members to the 2022 Victorian State Conference hosted by U3A Bendigo from Sunday to Tuesday, 2 - 4 October.

Representatives from Victorian U3A Committees of Management, general members of Victorian U3As, representatives from interstate U3A Networks and the U3A Alliance Australia are all warmly invited to book in to attend this conference.





*Jones Park Brunswick East*

Virginia has a conversation with herself, "I should walk Bridget. It's the first day of Spring. I hate walking. Sophie hated walking. I loved her for fourteen years." Bridget moves from the floor to the couch, to the floor to the bed to the balcony, annoyingly repeating this routine. At six months she is full of doggy energy. Virginia with annoyance, "Let's go." Slowly and carefully Virginia makes her way down the steps, stopping on each one. Quickly and carelessly Bridget is all of a sudden at the bottom.

Jones Park is a park where dogs run free. Virginia sits near the pond with a view of the wooden pedestrian bridge and gold spires of the Russian Orthodox Church. Ducks are swimming as reeds slowly move in the breeze. Virginia doesn't notice, being watchful of her small, black ball of fluff, Bridget; perched at the edge of the pond looking like she is going to jump.

Virginia sees a bright blue object standing out against the reeds. Screeching, "Bridget come here!" People in the park stop. Some laugh that uncomfortable laugh horrified by the vision of

Virginia half running, hobbling to the edge of the pond. They cannot see the blue object or the small black ball of fluff. Caught in the reeds is a blue T-shirt with an exercise band holding the hair of a man in place as reeds move ever so slightly in the water.

The police arrive taking details, thanking Virginia and telling her to go home. Virginia sits on her couch trembling with fear and shock, Bridget fidgeting by her side. To calm herself Virginia remembers times with Jonathon and his grandchildren. She imagined she would spend the rest of her life with him and become a Nana. Jonathon's son always hoped it wouldn't last.

Next morning Virginia asks herself, "Why don't the police want me to elaborate?" Annoyance with the police she contacts them, "I deserve to know what happened." "Sorry we cannot say." On the news later that day is a photo of a man in his thirties with four people. He is a father, husband and son. The family are devastated not understanding who would want him dead.

Every year on the first day of Spring Virginia phones Brunswick Police Station aggressively enquiring about the man found dead in the pond. Her phone calls are noted with each successive police officer relieved when Virginia ends the call.

Virginia, sits on the couch with Fifi, a small white ball of fluff. It is the first day of Spring four years to the day since Virginia found the body of a man in a pond in Brunswick. She phones Brunswick Police Station, "Have you found the killer? Why was he murdered?" New to the job, wanting to be helpful "We don't know who murdered him or why. Do you have a theory?" At last someone is taking an interest, "Maybe it was because ..." Virginia ends the call.

A new conversation with herself, "Because, the man in the blue T-shirt shouldn't have ruined my relationship with Jonathon, fallen when I pushed him and hit his head. He shouldn't have been exercising near my pond in Brunswick." This is as she looks at the pond lit by the sun as reeds move ever so gently in the water on this first day of Spring.

## MORELAND SENIORS EXERCISE PARK (SEP)



### It's here!!!!

We gave you the before, during and nearly there in previous Newsletters.

**Now it is HERE!!** – beside Harding Street Seniors Citizens Centre!

In June, U3A member Pauline O'Brien helped launch the new Senior's Exercise Park next to the Coburg Senior Citizen's Centre.

Congratulations to the U3A Members who persisted for so long with Moreland City Council. This excellent exercise resource in the heart of Coburg has been installed. And appreciation to our Members - Nicole Lowe, Cris Gouletsas, Lucy McConville and Pauline O'Brien - who have trained as Champions of the SEP to help us get the best and most out of the equipment.

Use it whenever you wish, or join in with groups as part of our Program. For Information and resources about all that it offers and using it, go to: <https://www.activemoreland.com.au/sport-in-moreland/seniors-exercise-park>



Melinda, Joy, Ian

## Pétanque - join us this Spring

The Pétanque group plays every Tuesday at Warr Park, Wraith Street Brunswick from 10.00 till 11.30, followed by coffee / hot chocolate nearby. Pétanque is played with steel, orange sized balls – boules in French – bowled along the ground to get close to a small target piece. No running, jumping or lifting and no other special equipment needed. It's a relaxing time. No one plays to win, enjoying the game at a leisurely pace along with lively conversation. Come along to watch and join in. We have ample boules sets and places available in the group.

Ian Fehring, Facilitator



## KEEP ON MOVING ...

### Nordic Walking

Nordic Walking is an outdoor exercise group run fortnightly on Thursdays - facilitated by Marci and Nola and on Fridays - facilitated by Melinda and Lauris. It's a social and healthy activity first developed in Finland to provide summer exercise for cross-country skiers. It is now gaining popularity in Australia all year round.

Nordic Walking is a low impact sport suitable for all ages using the core and upper body as well as the legs. A pair of specially designed poles provide resistance activating up to 90% of the body's muscles.

Correct technique burns up to 40% more calories than regular walking and provides a cardiovascular workout while putting reduced strain on ankles, knees and hips.

Other benefits are improved balance and coordination, all whilst enjoying



*The Thursday group*



*The Friday group*

fresh air and good company. U3A Moreland has a number of pole sets for group use.

Around Moreland we are lucky to have many creeks, rivers, lakes and parklands to choose from. Each walk is about 4-6 kms and includes a mandatory coffee stop. Recently the facilitators participated in training sessions and are keen to share new knowledge and techniques.

The walks are invigorating, but at an easy pace. Why not give it a try?

### Princes Park Walking Group



*Madge, the Princes Park Walking Group mascot*

The Princes Park Walking Group meet on Park Street side of the park on Monday mornings at 9.30 and set off, knowing there's flexibility in how far anyone feels like walking on the day. Madge, The group has a mascot, Pauline's Border Collie. She likes to keep the group together. Perhaps it's heading off along the path right around Princes Park or following a sheltered pathway - always with the plan of meeting up for the essential coffee and chat afterwards.

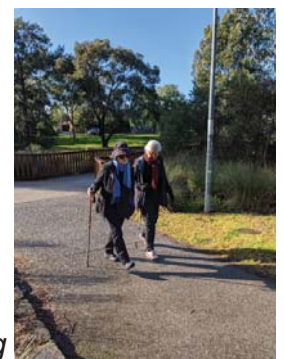
Comments from participants: "You're not stopping others from doing a brisk walk;" "It's not too big, not too small;" "It's a friendly, relaxed group, from different walks of life and whilst recharging with a coffee, you don't know where the conversation will go." As Mary said, "It's a great way to start the week."

Always fun and with Spring here why not give it a go!

### Merri Creek Walk (and More) Group

On our monthly walks, this group has walked along many parts of the Merri Creek through to Dights Falls, stopping at Ceres often, and taking in the Islamic Museum once or twice for coffee. We are now walking other waterways and parks. Often it's as much talk as walk.

Join us for the next surprise; interesting walks are planned for Spring.



*Walking, talking*

## OUR VOLUNTEERS

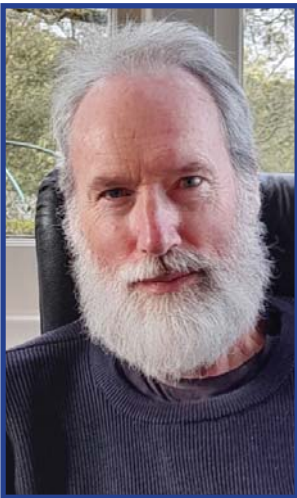
In our last newsletter we introduced our Committee of Management and acknowledged Members past and present for their contribution in the administration of U3A Moreland.

We are fortunate that Members outside the Committee of Management volunteer their time, energy and skills. They assist in the many

other operational aspects of our organisation. Meet these three key Members in the important support roles of UMAS\* Administrator, Membership Facilitator and Information Technology Support.

(\*U3A Membership Administration System)

### Simon Ransome UMAS Administrator



Since 2015 I have overseen our UMAS database - adding programs, supporting enrolments, implementing end-of-year rollover and troubleshooting, assisted by Fran Mackieson and Christine Fryer. In a previous life I was a public land planner and water catchment investigator. Otherwise, I bike-ride with Moreland BUG (and several U3A riders), eventually complete projects in the house, shed and garden, and moulder in my study-cave, working on spreadsheets and writing.

### Rita Thorpe Membership Facilitator

I have a varied employment background, including working in the psychiatric disability sector.

My involvement with U3A Moreland began from the beginnings of its resurrection, in late 2014, when somehow I became a (completely inexperienced) Steering Committee member, then a member of our first official Committee in March 2015.

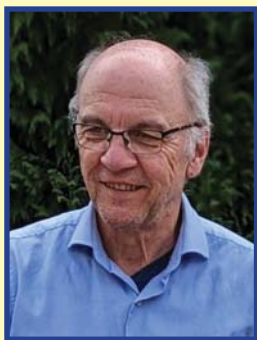
Since then I have continued assisting prospective and existing members with membership and email queries, updated membership details as necessary, kept the Committee informed re membership changes/issues and supported facilitators and appropriate team members with emailing from UMAS (the Membership Administration System).

My knowledge has been enabled by participating in U3A Network UMAS support team training sessions and in particular by the initial training and ongoing support provided to us by its convenor and our mentor Kevin Whelan (from U3A Whittlesea). Overall, a time of challenges, opportunities to learn new skills and meet and work with inspiring, wonderful people.





## John Lopatecki Information Technology Support



I've lived in Brunswick and Coburg since my arrival from Poland in early 1970's.

My family left Poland to get away from the government. How ironic that I spent most of my working life in the Commonwealth Public Service. I retired in 2014 after a 35 year career in various roles, mainly in management.

My wife (Deb Pace) and I started travelling soon after we retired, visiting France, New Zealand, Poland, Czechia, Japan and many parts of Australia. Soon after I joined U3A Moreland in 2016, with some gentle prodding from Pauline O'Brien, I became a member of the Committee. I enjoyed 4 years on the Committee until I stood down as Vice President in 2021 to concentrate on grand-parenting responsibilities.

I continued my IT Support role, looking after U3A Moreland website, computers and maintaining records of passwords for some 29 systems our members and volunteers need to access. I work closely with Simon Ransome (our UMAS Administrator) and the Technology Project Manager at U3A Network Victoria. I hope to pass on some of my IT knowledge in case I get run over by the proverbial bus, or refuse to come back from one of our trips away.

Our next newsletter will feature information on all the various TEAMS of VOLUNTEERS supporting and ensuring the smooth running of our day to day Programs enjoyed by all and delivered by our amazing Facilitators.

## U3A Social Groups spring into Spring

**Men's Drinks** arose from a conversation at last year's U3A AGM. Very few men were in attendance, and we discussed how to attract more.

With support from the Program Team, we set things going during first term, recruiting six men initially, now up to 11. We meet twice a month at a selection of cafes in Brunswick and Coburg for coffee and conversation.

Snacks and food are available, if wanted, but generally it's just a good time with room for more faces and points of view!



The **Dining Out Group** explores the dining offerings of Moreland Council area and sometimes beyond. Recently we dined at a Smokehouse Restaurant in Coburg which was enjoyed by all.

Our monthly dinners are a great way to get to know each other while experiencing a diverse range of cuisine.



## Seasons in the Regions - from Gwen

Whatever the season, regional Victoria, so easily accessible from Melbourne, by car, or V-Line trains and buses, has much to offer for a day trip, a weekend or longer holiday. Discover the diversity and beauty of regional Victoria from coastal villages, to peninsulas and to alpine towns. The places, scenery, events, produce, shopping, entertainment, arts and crafts, food and wine, exciting restaurants, pubs and accommodation is all on offer across our state.

My favourite is either the wonderful coastal areas of south west Victoria. I never tire of visiting Port Fairy and surrounds all year round. My other pick is going north east and visiting the gourmet areas from Mansfield to Beechworth, Rutherglen to the King Valley. These are places on my list when I'm in the High Country. And now in spring, explore other regions and great places via all our walking paths and bike trails for people of all ages and abilities in every part of Victoria. Treat yourself to a few days away and take delight in Victoria. Share with us your favourite places and the treasures you find.

And remember as a Victorian Seniors Card holder you can get out and explore regional Victoria, as well as metropolitan Melbourne, with free public transport during Seniors Week.

Be sure to check all details and conditions in the Victorian Seniors Festival booklet or go to [www.ptv.vic.gov.au/seniorsfestival](http://www.ptv.vic.gov.au/seniorsfestival).



Learn more from **Merri Health** about protection from scams. **Living Well, Ageing Well** will present a **free** session on scam awareness on 29 September 2022, 10.30 – 11.30. It will be held at Merri Health, 93 Bell Street, Coburg VIC 3058.

To register: Email [LivingWellAgeingWell@merrihealth.org.au](mailto:LivingWellAgeingWell@merrihealth.org.au) or or visit <https://www.merrihealth.org.au/events/scam-alert-seminar/> or phone Stef – (03) 8319 7408.



## Six Word Memoir - Want to Write? - Group

Our writing group shares their writing each fortnight, our stories connecting us. Sometimes we like a challenge, trying out a new writing style, approach.

We invited Maria Leopoldo, one of our Members, to share with us her knowledge about Six Word Memoirs and suggest topics for us to write about - fads that captured our imagination, travel, an unsent message at a point in our lives, politics, something we could have made more of and fill the gap: Need more ..... and less .....



Photo by Cathy Beesey

You can write a Six Word Memoir about anything and everything. Sharing our Six Word Memoirs we laughed, tears formed as we shared memories from our lives. Here are some from our group.

Bright cool morning, winter's almost over.  
Cool bright sky - energy for anything!  
Arrived completely exhausted – told you left.  
Left without warning, no knowing why.  
Money spent doing good - spent wisely.

*Mary Ryan*

Been there done that. Resilience helped.  
Travelled anywhere anytime adventures thrown in.  
Sport crazy. More enthusiasm than success.  
Would fly back if you asked.  
Need less enquiries need more implementation.  
Need less greed. Need more equality.

*Gwen Rosengren*

Bali all gone with Jamie Yvette.  
We need more hope less bureaucracy.  
I could kill you for that.

*Cheryl Wilson*

Country music, Dolly Parton, 1990s hits.  
Colours - purple, blue, turquoise, my home.  
Rooster collection, began Italy, continues granddaughter.  
Aunty Triss left, sorry no goodbye.

*Cathy Beesey*

Go to <https://www.sixwordmemoirs.com> if you want to know more about writing your own Six Word Memoir.

## EMPLOYMENT TRANSITION PACKAGE - A CAREER ENDING STORY

by Margaret Robertson



*Spending the Package, holidaying in Iran*

I don't know what our father's generation would have made of it. In their day, long service with an employer was encouraged, indeed rewarded, with inducements to stay. The culmination of a loyal meritorious career shown in the grateful ceremonial bestowal of the gold watch and late autumn careful retirement.

Now employers calculate how much they have to pay to induce you to leave. Retirement can begin long before the leaves are nearly ready to fall. The ritual commences. The terms of the package announced. Eagerly it is scrutinised. How does it measure up against offers in other universities? Applications from longer serving staff are particularly welcomed. The lure of the immediate financial reward tempts all us old timers on the campus. Anxiously we await, then figure out personal payout quotes. We sit bemused in front of smiling financial planners conjuring up dreams of tax free havens, if only we entrust our undeducted contributions (or is it the pre 1993 components of our ETPs?) to their caring ministrations.

We weave and check our fantasies. Can we embrace frugality in exchange for freedom? A new career? Will we really make a fortune as a consultant? How many consultants can one community absorb? How fulfilling will genealogy really be? Can I be sure I would use time to lose weight and get fit? Are there really so many books waiting to be read? Then why didn't I read them before? Frankly the world

seems to be getting along just fine without that brilliant gem of an idea for a small business – or a stunning novel.

Indecision swamps for a time. At a departmental meeting a new concept sparks the old enthusiasm and my mind races, generating new schemes for a new generation of students. I assure myself I have to stay. How absurd to contemplate leaving when I am still so productive. I have lots to contribute yet!

And then another outbreak of the old familiar academic politics. Pompous blusterer threatens a cutback, asserts a position. We all detect a cover-up. Sweet smiling killer asks a sweet smiling question. Pompous blusterer hesitates, then falls right in. The shark at the end of the table pounces. A round of righteous uproar ensues. We are safe once more from productive thought for this meeting. A wave of fatigue sweeps through me. How many times have I played this before? Escape beckons - it is time to go. I submit my application.

Be honest I tell myself it has been time to go for a while. You've felt threatened by the teams (yes, definitely teams) of ever younger bright young people who have swept through the university. Ever smiling, they deliver with self-important profundity elaborations of the blindingly obvious. Well, they weren't blindingly obvious notions the first time I discovered them – but how long ago was that? Really so long? And their memorandums! When did I stop reading them, gratifying myself by merely circling their impenetrable jargon and glorious malapropisms? My goodness, age has crept up silently. Am I turning into one of those ageing pedants who writes to *The Age* bemoaning the decline of English language standards?

Yes, definitely time to go. How long have you envied the sheer energy of younger colleagues, their action-packed lives, their devotion to causes, their loud indignation. I was once a Young Turk you've wanted to cry. I used to protest, threaten and was once nearly disciplined for speaking out!

*... continued next page*



Decisions announced. My application has been accepted. No pleadings to stay, no declamations about my immense value and contributions to the university, only cool ever smiling courteous assistance through the ritual. We are no longer defined by our employment. We early retirees are the path-finders. We are the ones who have seized the opportunities for new adventures, risks, challenges, pleasures.

We are the generation that won't die before we have done it all! Not like our fathers, frail and pottering in the garden while the sun went down. The ritual moves to its conclusion. We deconstruct our offices and consign years of scholarship to recycling bins. Farewells said, payouts collected, Vale Academia. Never look back!

*Margaret Robertson*

## IT Tip

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

Did you know ...

If you have a smartphone, right there you have a portable modem readily available which can provide internet access to another device, laptop, PC or even smart TV.

Your phone has its own network supply, which enables it to have internet connectivity on demand. This can be shared, the only limit being data availability from your provider. Most of us have plenty of excess data availability on our phone, especially for simpler tasks. I regularly log in to iView or Netflix on my laptop using just my mobile for internet connectivity and have no problems at all.

Note - if binging a long series from a streaming service, keep an eye on your mobile data usage. Check with your provider - Telstra or whichever telco you use - to see how much availability you have, to avoid excess charges. You might already have an app on your phone that indicates your current data usage.

### **How to turn your phone into a modem:**

- Open **Settings** on your iPhone or Android and look for **Personal Hotspot** (not as raunchy as it sounds!) or **Mobile Hotspot and Tethering**. You might find it under **Connections**.
- Tap on **Mobile Hotspot** or **Allow Others to Join** or similar wording. This toggles on and off. You will see there's a password there, which you can change if you like.
- Once the hotspot is toggled on, keep that screen open - very important! - and go to your device, laptop, computer or TV. Tap on WIFI (possibly under **Connect to a Network**), and you should see your phone listed under **Available Networks**. Choose your phone (it might say something like "Mary's iPhone"), enter the password when prompted, and you're in.
- You use the same process to tether your device to the WIFI access provided at an accommodation place or other venue providing free and secure WIFI.

Any problems, contact the Zoom Support Team via: [member.u3amoreland@gmail.com](mailto:member.u3amoreland@gmail.com)

*Pauline Charleston, Zoom Support Team Coordinator*

## INFORMATION OVERLOAD, OR NOT – *continued*



Our April Newsletter included a section INFORMATION OVERLOAD, OR NOT (you can quickly check out all Newsletters for past information on our website). We suggested various useful websites, newsletters for you to decide which and how much information you receive and how you receive it. You may find it useful to check out the April Newsletter item. We provide further details in Newsletters which may or may not be of interest or useful to you. You decide.

Our new updates:

**Victorian Seniors Card e-News** – regular newsletters – informative.

Go to [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)

A recent topic: the Get Active Victoria app.

**OPAN** - check out what OPAN has to offer including **webinars** on a range of topics of interest to older persons. <https://opan.org.au/>



***Receive the information of your choosing.***

Victorian  
Seniors  
Festival  
40 Years  
2022



Takin' it  
Easy

### The 40th Victorian Seniors Festival 2nd to 9th October 2022

The major state-wide festival for and involving seniors is coming up in October. The emphasis will be on fun and good times:

- ☀ online performances – radio plays, interviews and music performances
- ☀ live events across Victoria

Festival programs are available at Coles stores, Council offices, community organisations and libraries.



Takin' it  
Easy

Victorian  
Seniors  
Festival  
40 Years  
2022

*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](mailto: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.*