



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 19

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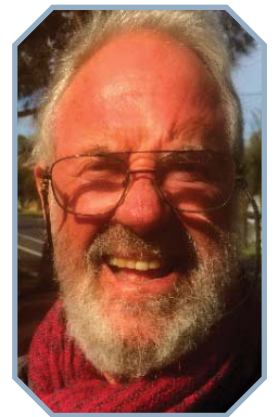
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A WORD FROM THE PRESIDENT

Whatever our age, as we hopefully live longer, we want to remain active and continue to participate in community life. However, many factors may prevent some people from making these connections. Social isolation, poverty, cultural differences, language difficulties and health issues are barriers to meeting people, sharing interests and continuing to enjoy life.

U3A Moreland programs offer people aged over fifty, living in Merri-bek and nearby localities, a low-cost way to meet new people and participate more in our community.

To encourage involvement in our activities and programs, we use a range of media, including our website, the members' Facebook page, program guides, newsletters and occasional email bulletins. For those not connected to the internet, or not comfortable using digital devices, we provide telephone access and printed material such as our 'postcard'. We also participate in community events to publicise our activities and invite non-members to our social events to learn about U3A.



The Committee of Management recognises that, for U3A Moreland to continue to flourish, we need to grow our membership. To do this, we need to continue to develop new programs of interest to the many people aged over 50 who are still working part-time, but don't yet consider themselves as 'seniors' or 'older people'. We are also working closely with Merri-bek Council, which is committed to assisting us attract new members. To this end, we will participate in this year's Seniors' Week activities which the Council is planning for 6 October in the Brunswick Town Hall. We will also contribute to the Council's review of their *Living and Ageing Well Framework*, scheduled for next year.

We welcome your ideas and help to reach more people and grow our membership. Watch for an invitation to an event in August where all members can contribute to future plans for growth.

Richard Brown, President U3A Moreland

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Vanishing

In Christine's piece on organising photos she writes: *We don't want our 'colourful' Great Aunt Flo to vanish from history ... and I don't want my 'principled' grandfather Christopher to vanish from history.* Do any of us want to vanish from history? Or feel invisible as we go about our daily lives? Not seen, heard, noticed or worse complimented for some simple action and asked if we are retired and on it goes. This common 'ism' - ageism has a simple definition: *prejudice or discrimination on the grounds of a person's age.*

The official definition from the World Health Organisation expands on this simplicity. *... age is often used to categorise and divide people in ways that lead to harm, disadvantage and injustice and erode solidarity across generations. This is ageism: the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age.*

Ageism offends - "Wow I'm impressed you can set up a folder in photos," a stereotype - "I'm surprised you're reading about vampires at your age," prejudice - ignored standing at a cosmetics counter certainly feels like discrimination.

Ageism challenges - do you remember the first time you were offered a seat on public transport? Did you say with indignity, "No thank you." Why did this younger person offer their seat? Was it kindness, respect or an ageist act? The intent of an action is invisible - ageist thoughts, feelings and actions are made often, carelessly and can easily offend those of any age. How do we navigate ageism? This is one of the least researched, understood 'isms' that each and everyone of us faces throughout

our lives, intensified as we age with our sense of self, history and actions too often ignored.

A conversation with my granddaughter, now in her twenties, sharing experiences of ageism I inadvertently thought my granddaughter was talking about being ignored when you are old. As I listened more closely I discovered she has been ignored. Some believe she hasn't been alive long enough to fully understand, not by everyone, not all the time but enough for her to have felt invisible.

With an overwhelming sense of being fortunate to grow old I am not interested in vanishing - wanting to be seen, heard and noticed I delight in this quote from Isobel Allende, *The Soul of a Woman: Rebel Girls, Impatient Girls, Impatient Love, and Long Life,*

"And yes, I use the word old, which seems to be pejorative. I do so on purpose because I am proud of my age. Every year I have lived and every wrinkle I have tell my story."



Christopher Phillips, my grandfather

Introducing a new volunteer, Joanne (Jo) Goodman Facilitator of the new International Films Group

The International Films Group comes together every second Tuesday to see films from all around the world.

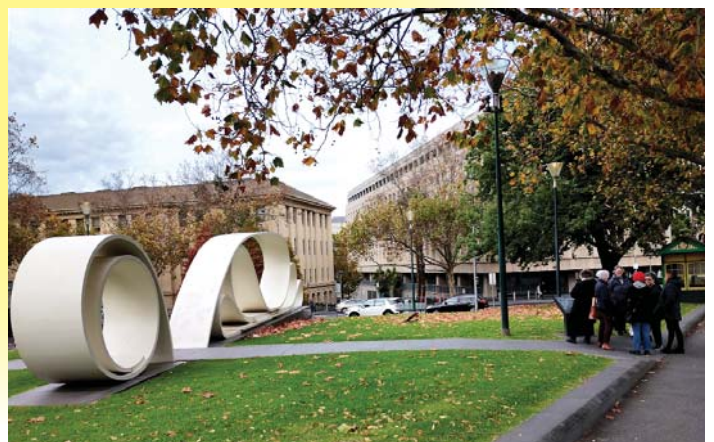
Jo has worked in education for 45 years and loves any opportunity to share interesting and challenging ideas, especially via films. Film has been her passion for many years. She spends time researching to ensure there are many themes within the chosen film. These are used as prompts for discussion when the group get together via zoom on the following Tuesday after viewing the film together.

So far, the group have seen four thought-provoking films, including 'Polite Society', 'Lost Transport', 'Blue Caftan' and 'Saint Omar'. Discussions have been lively, providing an opportunity for individuals to share life experiences and the knowledge gleaned from watching the film.



THE GROUP 'INFLUENTIAL AUSTRALIAN WOMEN' GOES ON AN EXCURSION

The group 'Influential Australian Women' took time out from indoor meetings and discussions for an excursion to the Treasury Gardens, one of Melbourne's oldest gardens, containing interesting aspects of our history and featuring various women. The first stop was to the sculpture of the Monster Petition in MacArthur Street. Unveiled in 2008, it celebrates women's suffrage and the 1891 petition containing almost 30,000 signatures from door knocking across the whole of Victoria, in the campaign to give women the vote.



CLIMATE CHANGE, SUSTAINABILITY AND U3A: WHAT WE CAN DO

Dr Valerie Kay (U3A Moreland member and Facilitator)

Val is a former Unit Coordinator & Chief Examiner for Climate Change & Public Health in the Masters of Public Health at Monash University. She is particularly interested in social questions around climate change and completed her PhD on “Promoting equity, environmental sustainability and health”. Val also presented an interesting, informative talk for Monday Matters in 2022.

In response to the short course, **Climate Change, Sustainability and Local Action** which I offered in U3A Moreland Term1 Program, the members who joined shared information and explored practical ideas and actions to address climate change and sustainability. We are now reaching out to the broader membership through the Newsletter to share and seek various perspectives, ideas and action stories

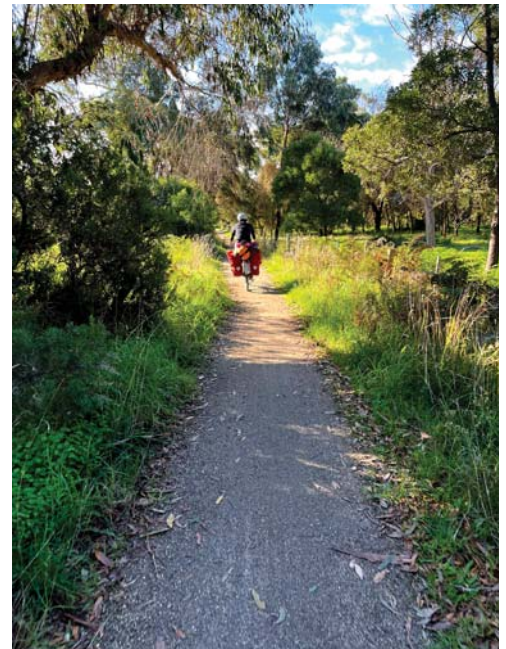
As we are aware, human activities are contributing to global warming, climate change and other impacts such as loss of biodiversity, extinction of species and possibly making parts of the world uninhabitable within the century. These impacts are already affecting people’s health including affecting older people. We are vulnerable to heat, as our bodies become less able to adjust to it. Those with chronic diseases are more at risk. With increasing extreme weather events, older people, particularly those living alone, are especially vulnerable.

Our future newsletter discussions will cover different perspectives such as practical tips on how to use reverse cycle air conditioning efficiently for heating and cooling, saving on both emissions and costs, to personal stories on any actions concerning the climate crisis, as well as tips for caring for ourselves in extreme heat conditions.

To begin the discussion, here are two stories about effective actions - one from me and one from Maggie Bishop.

The Joys of Cycling, by Dr Valerie Kay

Did you know transport is one area where emissions are proving most stubborn and hardest to reduce? Yet there’s things we can do, such as switching to ‘active transport’, walking and cycling where possible for regular activities like shopping, recreation or work. This also helps keep us healthy.



Many recreational bike trails in beautiful settings throughout Victoria, including the popular ‘rail trails’, are easily and cheaply reached with the new low V/Line fares.

Here are photos from my recent trip on the Geelong-Queenscliff rail trail. We travelled by V/Line with our bikes to Geelong, cycled to Queenscliff and stayed overnight, returning the same way next day. As a cyclist in my 70s, while challenging, it was not too difficult, was safe, and lots of fun. This was on a normal bike but you can also hire e-bikes, which would make the trip much easier; especially if you are not a regular cyclist.

Butterfly habitat rehabilitation, by Maggie Bishop, member U3A Moreland

Clearing of native bushland and climate change affect habitat for butterfly species. This is an account of butterfly habitat rehabilitation.

Each year in July, three generations of my family have been planting with the Victorian National Parks Association in conjunction with Hindmarsh Landcare Network. For over 20 years the Landcare Network have been working on a long term planting program that will reconnect the Big Desert and the Little Desert with revegetated 'corridors'. I've been involved for the past 15 years or more.

This year we'll be heading for Rainbow, in northwest Victoria, to plant native flowers, whose colours apparently gave the town its name. On the weekend in July the groups involved will plant food plants for two butterfly species.

The Golden-rayed Blue Butterfly is only found over a small geographic area in the Wimmera area of Victoria. The population of this butterfly has rebounded recently helped by planting projects like this.

The planting will also provide habitat for the beautiful Chequered Swallowtail butterfly.

It all sounds poetic, but as working groups know, it's hard work, rain or shine. However, we get hot cups of tea and biscuits, lunch donated by the Country Women's Association and when planting around Horsham and Dimboola, dinner has been provided by the Karen community, who live and work in the Horsham area. This year we'll probably have dinner at the Rainbow pub.



*'Chequered Swallowtail Butterfly',
Painting by Maggie Bishop
completed in U3A Moreland
Painting and Drawing Group.*

OUR HISTORY, OUR PHOTOS, OURSELVES - part 2

by Christine Filiamundi



This is the second in a series of four short pieces I'm writing for the newsletters in 2023 about preserving family photos. The first one in our April Newsletter was about **scanning** your photos to make digital images. This one is about **organising** your new digital images.

I'm not an expert in digital archiving, but I've done a lot of work on my own photos. Do let me know at [info.u3amoreland@gmail](mailto:info.u3amoreland@gmail.com) if there's something more that needs to be said.

So you've spent ages doing quality scans of your photos and now you have a stack of digitised images in your system. Thanks to your hard work your photos can be shared with anyone via email, or memory stick.

But can you find a particular digitised photo when you want it? And who are those people in those photos? We don't want our colourful great aunt Flo to vanish from history, but when young people look at your early photos chances are they'll only see picturesque but meaningless collections of long vanished dead people.

Let's inject life back into our photos. We need to describe each one: the individuals, place, approximate time, context, and description of the original printed photo. And we need to organise them into digital folders and subfolders so we can always find them easily.

This is such a big piece of work it will make all that scanning we talked about in our previous Newsletter seem like a breeze. Take your time. Perhaps do a small set of pictures every day.

You'll need to know how to make digital folders. I can't help with that in this article, but it's a basic computing skill and I hope there's someone you can ask.

How to set up your folders? By year? By persons? By events? It's up to you, and it depends on what your photos are like and how many you have. Mine are organised by

year, so I have a folder for each year. Each photo likely taken in 1965 is in a folder called 1965. My 1969 folder has a subfolder called "Wedding" with all the photos of my cousin's wedding that year.

Now comes the time-consuming bit. For each folder and subfolder, you need a document describing the photos in that folder. At the top of the first page is my document describing my 1965 photos. This is the information I've included for each photo:

- Name of the digital image (eg School 1965 1.jpg). It doesn't matter what the digital image name is. If you're using a name allotted by your scanner or system, that's totally fine. The main thing is being able to find each photo when you want it. If you know the digital name, you can do that.
- Description of the original photo, its size and the print run number. This information will be invaluable to help you reassemble sets that have become separated. If you discover your photo belongs to a set, the other photos in the set provide information about time and place you may have forgotten.
- Description of who and what's in the photo: people, place, context.
- Any other information about the original photo, for example who took the photo.

1965 Photo descriptions	
School 1965 1.jpg Black and white photo, print run number 190D. Margaret Lin, me, Joyce Yip. Probably taken in 5 th year area at north side of school building. This photo has the same print run number as the Benalla photos for September 1964.	
School 1965 2.jpg Black and white photo, print run number 190D.	

Remember, only you have access to your memories, and they'll vanish with you unless you record them. Your photos need your story and understanding to carry them into the future. *Next issue: Backing up your digital images and documents.*

Walking Merri Creek and Other Parks and Waterways

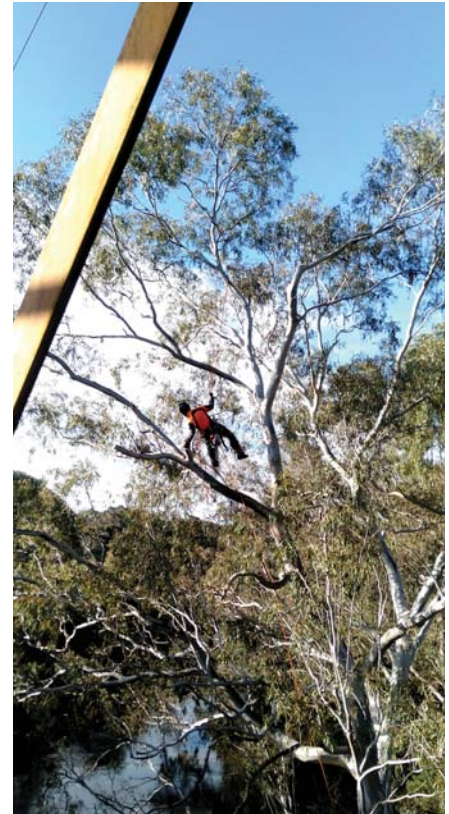
From Margaret Robertson and Gwen Rosengren
Facilitators U3A Moreland



Our walks, generally regarded as 'walks and talks' rather than serious bush walks, have concluded. We are no longer available to volunteer for these after some 15 walks over 2021-2023 in all weathers, with only a couple of extreme weather cancellations necessary. We've walked the Merri Creek from Coburg to Clifton Hill; a part of Moonee Ponds Creek; around Darebin Parklands, Edwardes Park Lake in Reservoir and Royal Park; and along the Yarra River at Studley Park and Fairfield.

Our thanks to all those who joined over these years and hoping some other members will take up leading walks around our various suburbs.

Our photos show some of the group at our recent final walk to Yarra Bend Park Fairfield; some branch cutting happening while we were there, not by us; and a view of the river from Yarra Bend Boathouse where we enjoyed refreshments, always a necessary conclusion to each walk.



U3A TURNS 50



U3A Members celebrate with a 50th Anniversary cake at a recent Conference in Rockhampton.

Annie Grigg, U3A Network Victoria President, 2nd left.

U3As worldwide are celebrating the movement's 50th Anniversary. Having started in France when a retired university professor saw an opportunity to support retired people form a self-help learning co-operative, the idea quickly spread to other countries.

It started in Australia with the first U3A established in Melbourne in 1984. We now have more than 250 U3As across the country and tens of thousands of members.

We're proud to be part of this amazing movement.



STAYING SAFE

NBN Co is running a series of monthly presentations on line, open to U3A members and non-members, tailored for everyone – both technical and non-technical people.

You will find monthly details of how to register for the zoom link each month on the U3A Network Facebook page and website: www.u3avictoria.org.au/online-courses/category/Computers

Details of the **Staying Safe** series for the following months are:

Wednesdays 10.30am to 12.00pm

26 July Tips to secure your smart devices and personal information

23 August Scam Watch on website tour, general scams tips, and open Q&A

13 September Your digital legacies what to know and keep in mind

18 October How to do speed tests and optimise your Wi-Fi connection across the house

8 November How to protect yourself from the common scam trends happening today

13 December Common smart devices that people are now using

Volunteer Week was celebrated in May to recognise the vital support that volunteers provide across so many organisations and communities. U3A Moreland is one of these many groups to benefit from volunteering – in fact everything that happens at U3A results from our members' volunteer efforts.



U3A Moreland acknowledges the bodies whose grants allow us to flourish in 2023.



Families,
Fairness
and Housing



Jobs,
Precincts
and Regions



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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