



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

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Website: www.u3amoreland.org.au
Email: info.u3amoreland@gmail.com
Telephone: 0421 318 872

A WORD FROM THE PRESIDENT



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A recent illness led me to thinking about the issue of loneliness. As I spent a couple of days in a hospital ward while undergoing tests, away from my family and with the health care workers around me busily involved in the demands of their important work, I reflected on the situation of the many people who are isolated and feeling alone.

It is recognised that social isolation, whatever the cause, has an adverse effect on our health and well-being.

That is why involvement in U3A is so beneficial in countering social isolation and loneliness, whether it's joining and becoming a member and participating in one or more of our many programs and activities, or taking on one of the volunteer roles required for running a self-help organisation like U3A.

Our members often find that the social contact, and for many, the lasting friendships made, is the main value of joining and continuing as members of U3A Moreland. It's also the reason for organizing and participating in our members' get-togethers, like this year's end of year social celebration.

Once again, we value and appreciate whatever form of participation and volunteer roles our U3A Moreland members take on in our organisation.

Best wishes for the summer season and we look forward to being involved with you all again in 2024!

Richard Brown, President U3A Moreland



The Merri-bek Positive Ageing Expo at the Brunswick Town Hall



U3A MORELAND AT THE EXPO AND THE FESTA

In early October U3A Moreland welcomed the opportunity to attend the **Merri-bek Positive Ageing Expo** in celebration of seniors' month at Brunswick Town Hall and the **Fawkner Festa** – a feast of food, community, music and art on 29th October at the CB Smith Reserve in Fawkner. At both events we showcased at our stalls what we do and offer the seniors and retired community of Merri-bek. We also used these occasions to meet members of other organisation, seek opportunities for partnerships and promote our Membership benefits and programs as shown in our photos.



AN AUSTRALIAN HONOURS AWARD

Pictured at Government House is one of our Members, Gwen Rosengren, at the Investiture Ceremony on 15 September for Australian Honours and Awards. Presenting Gwen's award is Her Excellency Professor the Honourable Margaret Gardner AC Governor of Victoria, the New Patron of U3A Network Victoria. Gwen was awarded an OAM (Order of Australia Medal) on the King's Birthday in June this year for service to people who are deaf or hard of hearing and to education. Gwen's volunteer contribution to U3A over many years was included in this recognition. Congratulations Gwen.

Australia's system of honours and awards recognises outstanding Australian Citizenship. Consider if you know someone worthy of nomination for the Order of Australia which can be made by any person at any time.



Walking football

LOW IMPACT AND WALKING SPORTS

Low impact and walking sports are increasingly popular and a great way to return to sports we may have played and loved. Or we can try new ones, all for the fun of the game. Low impact versions follow the rules of the standard game, but players walk instead of run, with no physical contact or tackling. These sports are played in friendly, non-competitive environments where the emphasis is on movement and socialisation.

Examples are Walking Cricket, Walking Football (Soccer), Walking Netball (Lifeball) or Pickleball, a combination of various racquet sports.

U3A Moreland hopes to hold an event in 2024 with assistance from U3A Whittlesea. There will be a demonstration and a chance to join in playing Walking Football (pictured).



WHAT HAPPENED TO CATHY?

There's no Cathy's Column this issue. Where could Cathy be??

She sent us this photo from where she was staying. We think it's in Europe somewhere.

Sadly, we'll have to wait till next year to find out what Cathy's been up to.

FACILITATOR MORNING TEA

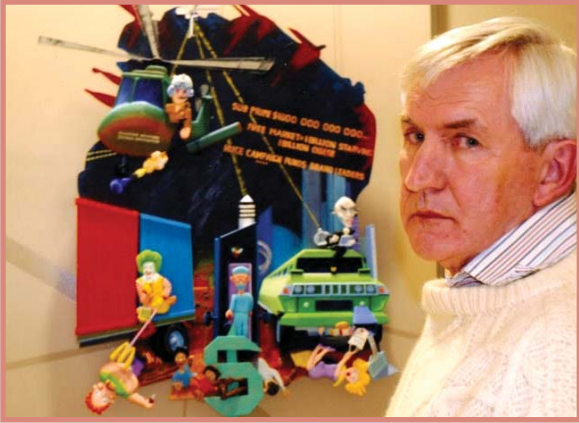


Our president Richard Brown regales U3A Moreland facilitators

Every year U3A Moreland treats its facilitators to morning tea to acknowledge and thank them for their contribution. Deb Pace sent us this photo of the event for 2023. Looks like a great time was had by all.



What a brilliant, inspiring, delicious, funny couple of years we've had! Here's to many more of the same!



Peter Hannaford with his work from several years ago critical of corporations.

INTRODUCING PETER HANNAFORD, OUR 'ROVING PHOTOGRAPHER'

Peter is keen to put his skills as a photographer to the service of U3A Moreland. Expect him to drop in unobtrusively on any of the varied U3A group activities with his professional-looking Canon camera. It's a big step-up from his first digital Kodak camera, which weighed in at a mere 2.1 megapixel.

How do you take a convincing photo? In his own words, "Be alert to brief gestures and facial expressions. Be aware of whether the background and available light are suitable. Take lots of photos in a rapidly changing 'action'- and then be ruthless about the few you choose to use."

His own journey to photography began when he discovered visual art at age 20, and then enrolled in a Melbourne art school in his thirties. The curriculum covered oil painting, sculpture, drawing and art theory, and it strongly encouraged experiment and self-reliance. He went on to work in commercial printing and graphics—for example, a large graphics firm in Richmond, where his job was to hand-cut the stencils used in those colourful screen-printed posters that you could see hanging overhead in stores like Coles.

Meanwhile, in his own time he was creating and exhibiting multi-media art works. Later, among many jobs, he was a proof-reader at the Melbourne Herald.

The lost art of screen printing, of course, has long been replaced by newer digital technologies. And so has celluloid film in 35mm cameras—but Peter had learned how to develop, enlarge and print your own photographs from celluloid negatives. Ah, the keen smell of acetic acid in the dark room!

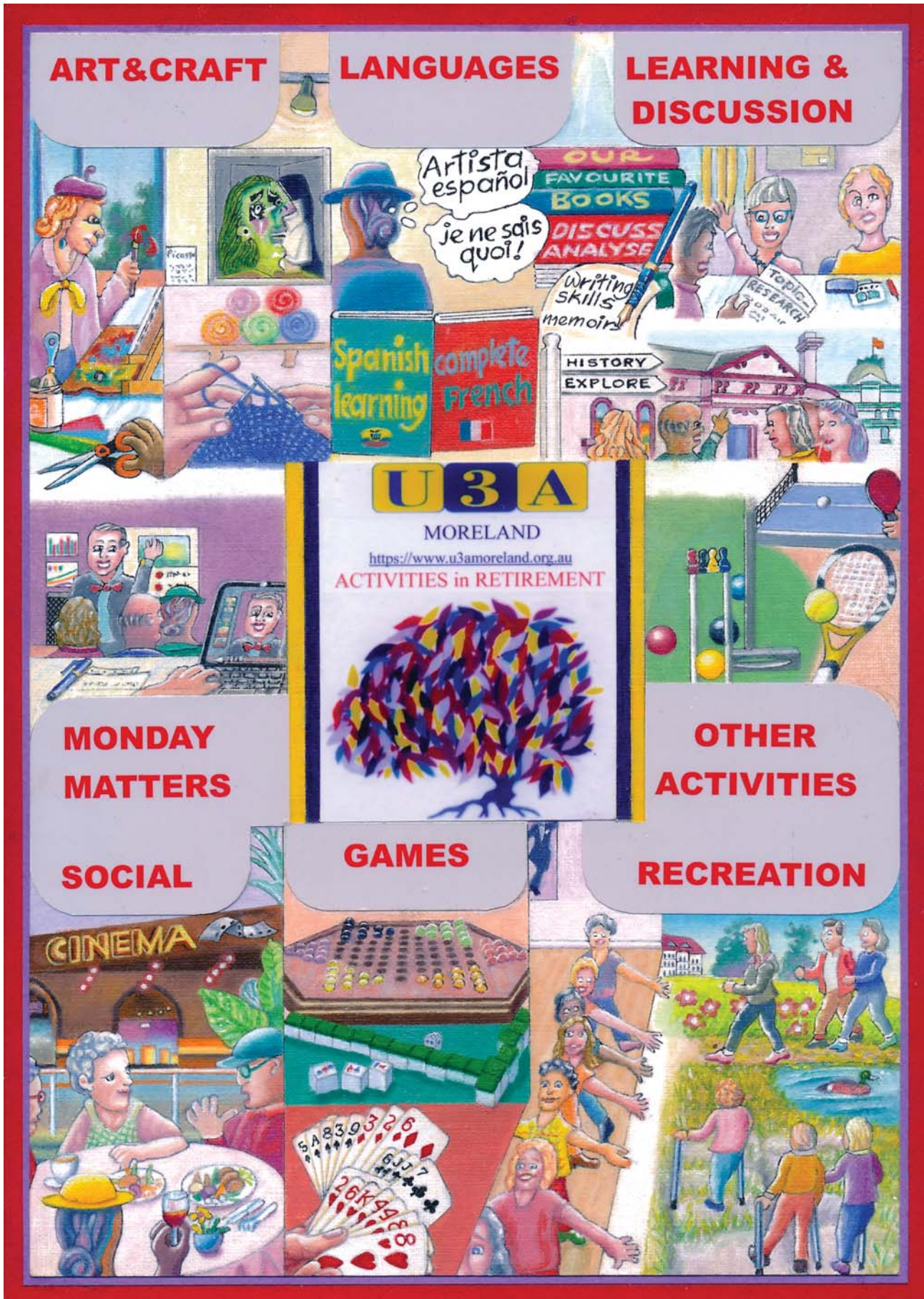
In the 1990s Peter changed careers completely to become a state enrolled nurse in the Royal Park residential aged care facility. Then for some years he became a carer for his wife. He still lives in their West Brunswick home, where he has discovered a new interest in photographing local birds and animals, such as those mud-built nests that swallows will build against a factory's brick wall. You need a sharp eye to spot these amazing structures and patience to observe the whole painstaking process of nest-building.

In retirement, Peter ran classes in painting and drawing for U3A Melbourne in Flinders Lane from 2013, and then for U3A Moreland. He was joined by Melinda Ventitich in 2017, who went on to build up the current course.

So what's it like to pull out your camera in a U3A group? For years Peter wasn't too keen on the notion. But these days, "Once I know they're happy for me to be there ... you're watching for those moments of levity amongst the gravitas ... and at the same time you're thinking about the background and the lighting ..." Snap.

Justin McDermott

Peter Hannaford has put his impressive visual art skills to good use in designing this poster about the activities of U3A Moreland. We plan to display it around Merri-bek to catch prospective members' attention. Let us know if you have any ideas where we could put it.



OUR HISTORY, OUR PHOTOS, OURSELVES - part 4

by Christine Filiamundi



Christine and her mum alongside engineering works at the Snowy Mountains Hydroelectric Scheme, 1953

Over 2023 I've touched on how to scan your photos, organise the digital images, and back them up. Now you've done all that work, you can send your digitised photos to anyone interested. You can use them to build photo books to delight your friends and family.

But your original precious prints may still be needing attention. Maybe they are still in disorganised piles and unlabelled boxes in some neglected corner of the house.

There could be an awful lot of these prints, so you may never have time to deal with every one. How much time are you willing to spend? You could decide to leave some of the preservation work to others later on. For now, it might be enough to sort the photos into labelled boxes.

Do follow some basic archival rules: no ink anywhere near your photos; use paper, not plastic, to avoid condensation; make sure the paper is acid-free; avoid sticky tape.

You could select the most precious of your photos and keep them in archive-quality photo albums, with captions. There might be a public library or museum who'd love some. The National Museum of Australia has a "Filiamundi collection", which is a set of twelve photos my father took while working for the Snowy Mountains Hydroelectric Scheme in 1953.

No doubt about it, sorting out your photos takes a lot of time and effort, but it's worth it in the end! Happy organising!



U3A Moreland Member Luise Zanther using a listening device at a U3A Moreland class

Hearing access:

IS IT ME, YOU, OR THE SITUATION??

Often asking yourself this when it is not so easy to hear? I have and it's a combination of all three.

IT'S ME - My hearing has deteriorated so I now wear hearing aids. A great improvement even though my hearing loss is just a mild to moderate loss.

IT'S YOU - Nevertheless I still benefit from other people speaking clearly and speaking up, or I ask them to do this.

IT'S THE SITUATION – All important. The less background noise the better, not to mention a room with good acoustics so I'm not surrounded by reverberation, sounds bouncing off all those hard surfaces we find everywhere today.

If you are not hearing so well:

- I'm always happy to share information to help
- U3A Moreland uses our public address (PA) system at meetings, large group gatherings etc,
- We have an individual listening device if anyone wishes to use it in a group. Enquire from your Facilitator. Luise (pictured) regularly uses it in groups.
- And where possible, we try to find rooms with good acoustics.

Gwen Rosengren

GROWING OUR MEMBERSHIP WORKSHOP

Follow up

The U3A Moreland Working Party has followed up members' ideas expressed at the Growing our Membership workshop in August and developed a practical and we hope achievable action plan.

In a nutshell, these are the recommendations they came up with to help each one of us grow our membership:



Retain our existing members:

- Continue with our varied, exciting Program of activities
- Increase the numbers in our Program groups reducing waiting list numbers and time.



Welcome and keep new members:

- Make special efforts for new members to feel welcome and part of U3A Moreland



Foster social relationships:

- We all value the social aspect of U3A. Let's enhance every opportunity for social events, outings, one off happenings. We need volunteers for a Social and Events Team.



Attract new Members from other groups and areas for greater diversity:

- Have a more visual profile of U3A Moreland around Merri-bek places
- Develop use of social media
- Review our newsletter and website to enhance their publicity potential
- Try to run Programs in Merri-bek's most northern suburbs and develop links with various ethnic communities.



Expand our organisational structure and volunteer group:

- Continue to seek resources from our Membership for more 'occasional' volunteers and develop our Teams approach, working together to share the load to be able to do this.

HOW CAN YOU HELP GROW OUR MEMBERSHIP?



A photo from the 'Growing our Membership' workshop, taken by Peter Hannaford.

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



Families,
Fairness
and Housing



Jobs,
Precincts
and Regions



For another year Gwen Rosengren, Christine Filiamundi, Cathy Beesey and Richard Brown have brought you each term's newsletter. This term Peter Hannaford and Justin McDermott have joined us: Peter as roving photographer and Justin as roving reporter. We've decided on some formatting changes - let us know what you think!

info.u3amoreland@gmail.com

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