



U3A Werribee Region Inc.

Tri – Cycle Newsletter



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PLEASE NOTE: We have no office. For all inquiries refer to our website.

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FOUNDED 1992



U3A WERRIBEE OFFICE BEARERS AND CONTACTS

Patron: Mr Tim Pallas MP Member for Werribee

Life Members: Mrs Barbara Knowles Mrs Libby Pearson

Committee:

President: Rick Conn Email: president.u3awbee@gmail.com

Vice President: Alan White Email: vpres.u3awbee@gmail.com

Treasurer: Christina Dennis Email: treas.u3awbee@hotmail.com

Secretary: Suzan Wise Email: sec.u3awbee@hotmail.com

Membership Coordinator: Carole Popham Tel: 0423 319 844 Email: membership.u3awbee@gmail.com

Courses Co-ordinator: Rick Conn Email: courses.u3awbee@hotmail.com

Committee Members: Pat Gould, Jan De Witte, Sue Taylor and Don Lee.

UPCOMING EVENTS

Term Dates for 2024

Term 3: 22 July - 20 September 2024

Term 4: 7 October - 29 November 2024

Social Activities

Various social activities and outings are organised for members and details are made available through email messages, notices given during classes and also included on our website which you can find on the internet at www.u3awbee.net.au

FROM THE EDITOR'S DESK

A happy springtime to all our members. It has been a chilly winter, especially during its early stages, hasn't it? But now that the weather has warmed up, I have a golden wattle bursting in full bloom hanging over my back fence from the council strip along Derrimut Road. I feel quite cheekily happy about this: so much beauty for no effort from me. Goodness knows, we need peace and beauty and loveliness and goodness to help us through much of the horrible 'news' that assails us day in and day out.

Oh, for those quiet pastures of childhood (if we were so blessed) when we were allowed to be children and when innocence was sacred. Or am I dreaming of fairy land? Not all of us had blissful childhoods by any means. But here we are with the future of the next generation, that may include grandchildren and great grandchildren, in our hopes and prayers.

The Grey Warriors: we still have work to do!

Cecilia and Don.



FROM OUR U3A WERRIBEE PRESIDENT

Members welcome to this edition of our 2024 Tri-Cycle Newsletter.

I would like to inform you that we are waiting on further clarification from Consumer Affairs Victoria before we can publish our amended Rules of Incorporation (Constitution). Once this occurs this document will be published on our website.

I am very happy to report that our Visitors Policy Document has been published and can be found under the Documents tab on our website. I would like to thank the Committee and those Group Leaders/Coordinators who provided their input. I will also be delivering this document to each class/activity to ensure all Group Leaders/Coordinators receive a copy as well as answering any questions that you may have.

Your committee held our annual Group Leaders / Coordinators Luncheon on 5 July 2024 at Hoppers Crossing Sports Club. On behalf of our members this was the Committees way of saying thank you to our Group Leaders/Coordinators for the time and commitment they spend preparing and delivering their classes/activities. Well done!

We also held our mid-year Members Morning Tea on the 19 July 2024 at Hoppers Crossing Sports Club. This included a very well received presentation by Victoria Police on Confident Living for Seniors. Topics included: The Media, Home Safety, Driver Safety, Scams, Elder Abuse, Mental Health, Support Services and How to connect with Victoria Police.

Your committee has just completed its review and amendments to our Committee Position Descriptions to ensure they are current and fit for purpose. This is part of our Committee Succession Planning Strategy as a lead up to the 2025 AGM.

In addition to the Committee Executive Office bearers, we also have positions filled by Ordinary Committee members. This ensures the workload is evenly spread among the committee. These Ordinary Committee positions consist of the Membership Coordinator, Courses Coordinator, Webmaster/IT, Policy and Procedures, Risk Advisor, Heathglen Representative (we have four classes held at this venue) and functions and events. Please contact the Committee if you want to find out about each position or you may be interested in joining the committee in 2025.

I would like to thank the Committee for their on-going commitment to their roles and the Newsletter Editors for the work they do that goes on behind the scenes publishing and distributing our Newsletter.

In closing thank you for your on-going support.

Rick Conn.



MEMBERSHIP NEWS

When I last wrote the Membership Column we had 178 members. The steady stream of new and returning members continues to boost our numbers and we now have 189.

We are pleased to welcome new members

Stephen Aitken Antony Babu Judith Clark

Denise Clarke Renato Dela – Pena

Ineke Heeremans Kris Kennedy Rosa Mazza Joanne Micallef

Marie Rupic Warren Smith



We hope you will enjoy your time with us and the welcome from your new friends.

We assume that email if you have one is your default contact. We know that many emails go through to a smart phone or tablet and not everyone has fantastic eyesight or printing facilities, so if you would prefer a hard copy of the Tricycle Newsletter, just email me at membership.u3awbee@gmail.com or text your name and “Hard copy” to 0423 319 844 and I will make sure you are added to our Australia Post list.

Remember that if you attend classes held at the Hoppers Crossing Sports Club, you must be a member of HCSC. This gives you access to the Pavilion building rooms and the use of the equipment and facilities owned by HCSC along with all the other member benefits and discounts. If you need to be signed up contact Rick on 0402 299 220.



Remember to wear your Membership badge to classes and phone me on 0423 319 844 or email me at membership.u3awbee@gmail.com if you need a replacement.

Keep up the recruiting of new members. Word of mouth is still our best way of growing. Just tell them how much fun you have and how friendly we are, and the good times they will have.

Until next time

Carole



VALE: FRANK O'SHEA (1949-2024)

Frank passed away on 19 July 2024 and on behalf of our U3A Werribee members we do want to express our condolences to his family.

Frank a former proactive member of our U3A was very involved in our organisation.

He held the Executive Position of Vice-President on our Committee from April 2018 to February 2020. This was the time Point Cook were looking at starting their own U3A. This allowed Frank to get a good idea about the managing and running of a U3A organisation before starting their own at Point cook.

Frank was also the Group Leader of the "Magic of Numbers" Class, which was held at Jamieson Community Centre, Point Cook.



Before retiring Frank was a Secondary School teacher in Ireland and Australia where he taught mathematics, computing and physics. This made Frank the ideal Group Leader for the "Magic of Numbers" Class. Frank was very involved in reading, reviewing editing and writing of Irish books.

For those who knew Frank, his Irish wit and sense of humour will be sorely missed.

Rest in peace.

Rick Conn.

THE COMICAL SAGACITY OF SPIKE MILLIGAN

Most of our members would be familiar with the enduring talents of Spike Milligan (1918-2002). Who can forget the many hours we spent glued to the radio having a good chuckle while listening to "The Goon Show"? Or reading some of his books or perhaps more recently watching an interview with him on YouTube? Well, here is another comical angle to Spike in the form of a poem. Typically 'goonish', but still entertaining and maybe worth thinking about.

Smiling is infectious, you can catch it like the flu,
When someone smiled at me today, I started smiling too.
I walked around the corner, and someone saw me grin,
So when he smiled, I realised I had passed it on to him.
I thought about the smile, and then realised its worth.
A single smile like mine, could travel round the Earth.
So if you feel a smile begin, don't leave it undetected,
Start an epidemic and get the world infected.



COURSES COORDINATOR CORNER - COURSE INFO

Welcome to your Courses Coordinator's Corner.

Since my last report we now have 24 classes/activities being held across the Wyndham City area,

These include two new classes which are Tai Chi for Beginners and a Mindful Drawing class. Tai Chi for Beginners is held on Mondays from 10:30 am to 11:30 am at Hoppers Crossing Sports Club (HCSC) and the Group Leader is Christina Dennis. The Mindful Drawing class is held on Fridays from 10:30 am to 11:30 am is also at HCSC. The Group Leader is Samantha Sepulveda. There is a fee of \$8.00 per person to attend the Mindful Drawing class.

A summary of all classes/activities is identified at the back of this Newsletter.

AROUND THE COURSES

Exploring History

We began this term exploring modern Egypt and how its history and culture has influenced our world. An example includes the Suez Canal opening more efficient and effective trade routes to the east compared with travelling down the west coast of Africa and around the Cape of Good Hope to the far east. The African countries benefited from gaining independence from their colonial powers.



The second half of the term has seen us exploring Africa. From its beginning to pre-colonial, colonial and post-colonial Africa to present day. Its people, culture, effects of Colonialism and why and how modern-day Africa have been and continues to be shaped by these events



All the best from Rick Conn, Group Leader.

Tai Chi and Yoga

Please note that we are introducing a Tai Chi for Beginners class on Mondays and these classes are to be held at the Hoppers Crossing Sports Club. The other Tai Chi classes are still held at the Tarneit Community Centre.

Due to overwhelming feedback both normal Tai Chi and Yoga classes will continue to be held during term breaks at Hoppers Crossing Sports Club Pavilion. Dates and timings for classes are as per term days/timings.

Rick Conn.

Health and Wellbeing - Nutrition

Our meals can be nutritious and inexpensive if we make the right choices. Especially in cold weather, home-made soups with grain or wholemeal rolls or sourdough bread is easy to make and provides all the food groups we need.

Chicken bones contain collagen and calcium, and the bone marrow aids our immune system. Poach a chicken thigh until the meat falls off then remove the bones and cool. Skim off the chicken fat and add chopped veggies and herbs. Good for colds & flu.

Pumpkin soup made with pumpkin, carrot, sweet potato and turmeric provide all the antioxidants and vitamins for our immune system. Orange juice for sweetness & vitamin C. Top off with a spoon of Greek yoghurt instead of cream and a sprig of parsley.

Minestrone made with soup mix lentils, (soak them for a few hours to soften), add veggies and herbs, garlic and turmeric. These foods contain the protein and vitamins we need every day.

There are lots more soup recipes like cauliflower, potato and leek, pea and ham. They are all low cost and healthy. (buy the veggies from green grocers for good prices or some supermarkets have not so perfect fresh produce section). There's nothing wrong with these except that customers prefer to buy perfection.

Casseroles are nutritious and inexpensive meals. They can simmer while you do other things. Just brown the meat first then add veggies and thicken red meat with a little Gravox. If using chicken, toss it in cornflour or plain flour before browning to provide thickener. Brown your meat in Olive oil, just a spoonful. Don't use unhealthy "poly" veg oils. (There's a shortage of European olive oil at present due to drought but Aussie is best quality and still available for good prices in some stores).

If we include protein and vitamins and minerals in every meal and **EXCLUDE** animal fats and sugars, our immune system protects us from illness and our bones, muscles and nerves remain healthy. Fried foods, animal fats and sugar lower our immune system and elevate our cholesterol and blood sugar.

It's all about our choices.

All the best from Lyn Alder, Group Leader.



Needlecraft.

Fay Weston and the ladies from the Needlecraft group have been very busy crocheting poppies in readiness for Remembrance Day which will fall this year on Monday the 11th November 2024. On the 11th hour of the 11th month in 1918 the guns on the Western front fell silent.

Originally known as Armistice Day, it was renamed Remembrance Day after World War Two to commemorate those who paid the supreme sacrifice in both World Wars. Today the loss of Australian lives from all wars and conflicts including peacekeeping and peacemaking are commemorated on Remembrance Day. The Armistice (cease fire) was declared on 11 November 1918. However, this was extended three times whilst negotiations for a peace treaty continued. This was called the Treaty of Versailles, officially signed on 28 June 1919. "Lest We Forget".



All the best from Fay Weston, Group Leader Needlecraft.

Music You Like to Hear

It's been very gratifying to welcome three new members to the group – and so good to have their enthusiasm. The Hoppers Crossing Sports Club is now an excellent venue for U3A and some members enjoy a very good lunch there before attending the music session.

This term has been very varied, beginning with more from the brilliant tenor Juan Diego Florez that included popular songs from South America as well as arias from opera. In another session we had a demonstration of how the guitar is played, followed by music for the instrument, with solo items and one of Rodrigo's exciting guitar concertos.

A programme with a water theme featured Paul Robeson singing "Ol' Man River", a Russian choir with "The Song of the Volga Boatmen" (Yo-Ho-Heave-O!) and Handel's Water Music. We enjoyed a highly entertaining Andre Rieu concert and – by popular demand – a repeat showing of the Three Tenors concert.

John Funnell. Group Leader.



COURSES COORDINATOR CORNER - COURSE INFO (cont.)

Current Affairs

It is sad to report that the pro-Palestinian protest rallies continue to disrupt everyday life in the cities around the world. What is of major concern is the increased Anti-Semitism and violence that has become part of them.

We have considered Nuclear power versus other forms of energy.

The visit of the Chinese Premier raised the question “are we being played?”. The question of Chinese dominance in manufacturing and over supply issues and how that is affecting other countries followed.

At the first session of Term 3 we welcomed Kate and Megan from Wyndham City Council when, combined with Heathglen residents, we provided feedback to Council on the City Council’s Vision and what it needs to do to achieve it.

Of course we discussed the Olympic Games and the problem of the CFMEU and what should or could be done to solve the problem of corruption within the Union and what had flowed into the contracts affecting the “big build”. Not an easy question but we gave it a good work over.

So rest assured that the eager participants in this Group have your best interests at heart as they seek to solve these knotty problems and set the world to rights.

Why not join us in this mammoth task? Remember, the Morning Tea is fabulous!!!!

Carole Popham.



Ballet Matinee

A glimpse behind the lives of our most distinguished ballet dancers would surprise us. It is a fact that a top male dancer has a strength and a stamina that would beat a premier footballer. This group has watched some fabulous three act ballets this term including Raymonda, The Merry Widow and La Bayadere. Bayadere from the Paris Opera Ballet was choreographed by the dying Rudolf Nureyev and while the actual dancing sometimes seemed to lack his usual fire, the company featured it with the most sumptuous costumes and scenery in honour of their dying Artistic Director. Knowing much of what goes into the production of the ballets is adding to our total enjoyment.

Cecilia Conway-Wright



Let’s Write a Short Story

This class will be held at Cecilia’s private residence on Fridays from 12:00 pm till 1:30 pm. It will differ from the creative writing group which takes some time and at times can be quite tedious. In comparison “The Writing a Short Story” group will focus on the short story format which should save time and be more available to everyone in a group.

Cecilia Conway-Wright

UPCOMING OUTINGS AND EVENTS

1. Visit to MainStream Aquaculture Premises in Werribee

This visit is confirmed for Tuesday 24 September 2024 which is during the Term Break. The tour commences at 10:00 am at the MainStream facility. Cost per person is \$13.75 including GST. Address is 73-79 Lock Avenue, Werribee. Parking is somewhat limited; therefore, car-pooling is recommended.

This facility is the world's largest Barramundi hatchery and the tour takes about 1 hour. Attendees are shown through various life stages of the Barramundi and includes information about the health and welfare of the fish and the environment.



A viewing room overlooking the tanks is situated on the first floor and is accessed via a lift. The remainder of the tour takes place on the ground floor. Members requiring mobility aids may find walking in this area a little tricky as it is slightly uneven and can be damp and slippery. Suggest sensible, flat lace-up shoes with non-leather soles.

The visit is limited to 20 persons per tour. We currently have this number and anyone not yet registered can be placed on a waitlist in case someone drops out. If you are unable to attend, please let Sue Taylor know via email below so your place can be offered to a member on the waitlist. The cut-off period to allow you to be reimbursed is within two weeks prior to the tour date (24 September). After this period your fee will be forfeited. This is a booking requirement of the venue operator.

Alternatively, we may be able to run a second tour at a later date for those who have missed out. For any further information, please contact Sue Taylor via the email address: social.u3awbee@gmail.com

2. Life Saving Victoria – Resuscitate a Mate

Due to popular demand Life Saving Victoria will be providing another interactive demonstration on current lifesaving techniques including:

Danger, Response Airways, Breathing, Cardiopulmonary Resuscitation and Defibrillator or (DRABCD); CPR for adults, children and babies and Automated External Defibrillator (AED).

Date: Thursday 10 October 2024 For more information, including RSVP, please contact Rick Conn at president.u3awbee@gmail.com no later than Monday 7 October 2024.

3. Christmas Function

Your committee is currently organising our U3A Christmas Function for 2024. The planning date is the first week of December. As more information is available your Committee will keep you informed of the proposed venue, dates/timings, and costings.

LATEST NEWS FROM U3A NETWORK VICTORIA

In my role as your Network Delegate, I attended the U3A Network Victoria Council Meeting held on 17 July 2024 where the following matters were raised:



- **Education Program.** For 2024/25 the goal is to produce a work plan as part of the three-year Service Agreement with the Australian Centre of Further Education (ACFE). This organization recognizes that education is continuous and is a lifelong learning process. As a member of U3A you have an ACFE registration number. Main goals of the Education Program are to focus on Communities of Practice, support for Course Coordinators, have an ideas Library and have Mentoring programs for U3As.
- **Seniors Festival 2024.** This year's Seniors Festival will be held over the period 1 – 31 October with free and low-cost events right across Victoria. Free public transport will be available for those with a Victorian Seniors Card from Sunday 6 October to Sunday 13 October 2024. For those members who are interested a Mass Ukulele Workshop titled playing 'Real Thing' is to be held at Federation Square, Melbourne on Sunday 6 October from 2:30 pm. If you are interested in joining the group, please use the link below to register or just go along and enjoy the music. <https://forms.office.com/r/5SM7L0sDSy>

I also attended the Western Metro Regional Meeting on Wed 4 September 2024 and the purpose of this meeting is for those U3As in the Western Metropolitan Region to come together (via Zoom) and discuss the following matters, including Membership and Enrolment, New courses / activities this year, and Successes / challenges so far this year.

For those who are interested the U3As in the Western Metropolitan Region include Altona, Bacchus Marsh, Brimbank, Melton, Moonee Valley, Hobsons Bay/Williamstown & Werribee.
Rick Conn

BACKWARDS TO THE FUTURE

Sitting or standing with your back to the train driver enables you to watch where you have been. You can see your past but unless you have eyes at the back of your head you cannot see the future of your journey.

As a kid, I had a teacher who was reputed to have eyes at the back of her head because when she was writing on the blackboard she could see who was misbehaving behind her back. We did not twig that her spectacles were wide enough to show a reflection. But

if we humans can 'see' our past, where we have been can it mean that we are actually travelling through time backwards? Eyes at the back of our heads ... or seeing into the future might convince us that we are going forwards. Otherwise, are we all rushing back to the beginning? To the Big Bang? Ooops!

Cecilia Conway-Wright.



PROGRAM OF U3A WERRIBEE COURSES FOR TERM 4 of 2024

Monday 7 October - 29 November 2024

Day/Time	Activity	Group Leader/Tutor		Venue
MONDAY				
10.00 - 11.30	Exploring History	Rick Conn	0402 299 220	HRV
10.00 - 01.00	Movies and Lunch ⁽¹⁾	Judy Conn	0431 677 657	SY
10.30 - 12.00	Tai Chi for Beginners	Christina Dennis	0431 151 885	HCSC
10.30 - 12.00	Tai Chi for the Experienced	Bonnie Holmes	0408 360 537	TCC
01.00 - 02.00	Beginners Italian	Grazia Gismondi	0413 715 756	HCSC
TUESDAY				
09.30 - 10.30	Senior Men in Light Exercises	Tony Bradford	0447 139 202	HCSC
09.45 - 11.45	Needlecraft	Faye Weston	8754 1003	PH
10.00 - 12.00	Digital Device Applications	Don Lee	0402 330 314	HRV
11.15 - 12.15	Beginners French	Rick Conn	0402 299 220	PH
04.00– 05.30	Line Dancing	Vittoria Lucietto	0438 741 745	HRV
WEDNESDAY				
09.45 - 12.00	Mosaics	Eil Harrop	0419 546 796	WPCC
10.00 - 02.00	Bolivia	Betty Seah	0410 634 236	HCSC
11.00 - 12.30	Book Club ⁽²⁾	Suzanne Luder	0404 131 052	HCSC
01.00 - 02.30	Health and Wellbeing	Lyn Alder	0459 449 916	WPCC
01.15 - 04.00	Cards — 500	Barb Kenny	0428 623 371	PH
05.30 - 06.30	Ukelele	Rena Dela Pena	0417 151 613	SCCC
THURSDAY				
10.00 - 12.00	Current Affairs	Carole Popham	0423 319 844	HRV
12.30 - 03.15	Mahjong	Judy Conn	0431 677 657	WPCC
01.15 - 02.30	Yoga For Seniors	Samantha Sepulveda	0419 893 944	WPCC
02.00 - 04.00	Singing	Angela Murnane	0481 571 091	PH
FRIDAY				
09.45 - 11.45	Ballet Matinee	Cecilia Conwaye-Wright	0407 558 825	PH
10.30 - 11.30	Mindful Drawing	Samantha Sepulveda	0419 893 944	HCSC
12.00 - 01.30	Let's write a Short Story	Cecilia Conwaye-Wright	0407 558 825	PH
12.30 - 02.00	Let's do Lunch ⁽³⁾	Suzanne Luder	0404 131 052	TBA
01.00 - 03.00	Music You Like to Hear	John Funnell	9296 1036	HCSC

- Notes:**
- (1) The Movies & Lunch Group meet on the second Monday of the month at the Sun Theatre, Yarraville.
 - (2) Book Club meets on Fourth Wednesday of the month.
 - (3) The Lunch Group will run on the third Friday of the month.

**FOR ALL COURSE INQUIRIES: EMAIL: courses.u3awbee@hotmail.com
OR CONTACT OUR COURSES COORDINATOR RICK CONN ON 0402 299 220**

COURSE VENUES

HRV	Heathglen Retirement Village, 2 Glendale Crt (just off Heaths Road), Werribee.
HCSC	Hoppers Crossing Sports Club, 56-84 Hogans Road, Hoppers Crossing.
PH	Private Home: For details please contact the Group Leader.
SCCC	St Peter's Church Community Centre, 38 Guinane Ave, Hoppers Crossing.
SY	Sun Theatre, Yarraville.
TBA	To Be Advised. For details please contact the Group Leader or Courses Coordinator.
TCC	Tarneit Community Centre, c/r Leakes Road and Sunset Views Boulevard, Tarneit.
WPCC	Wyndham Park Community Centre, 55/57 Kookaburra Ave, Werribee.

WORDS OF WISDOM DURING CHALLENGING TIMES

"We must accept finite disappointment, but we must never lose infinite hope". Martin Luther King, Jr. (1929-1968) was an American Baptist minister, political philosopher and civil rights activist.

"The greatest glory in living lies not in never failing, but in rising every time we fail". Nelson Mandela (1918-2013) was a South African anti-apartheid activist and former President.

"We have nothing to fear, but fear itself". Franklin D. Roosevelt (1882-1945), former USA President.

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it". Henry Ford (1863-1947) founder of the Ford Motor Company

"In God I trust and am not afraid". Bible, Psalm 56:4 (New International Version).

"Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement". Golda Meir (1898-1978) was a former prime minister of Israel

"Problems are not stop signs, they are guidelines". Robert Schuller (1926-2015) was an American Christian televangelist and author.

"Do not let what you cannot do interfere with what you can do". John Wooden (1910 -2010) was an American basketball coach and player.

"Hard times may have held you down, but they will not last forever". Ernest Hemingway (1899-1961) was an American novelist.

"Talents are best nurtured in solitude, but the character is best formed in the stormy billows of the world". Johann Wolfgang von Goethe (1749-1832) was a German polymath^(#) and writer.

Note that a polymath is a person of very wide knowledge or learning.

THIS TRI - CYCLE NEWSLETTER IS PRINTED FOR U3A WERRIBEE BY COURTESY OF TIM PALLAS, MEMBER OF THE VICTORIAN LEGISLATIVE ASSEMBLY FOR WERRIBEE.

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