

# U3A DANDENONG Inc.

Paddy O'Donoghue Centre, 18 Buckley St., Noble Park. 3174

Tel (03) 9546 2997

e-mail: [u3adandy@froggy.com.au](mailto:u3adandy@froggy.com.au)

ABN 86 401 693 866

## FIRST QUARTER – 2019



Participants from the U3A Italian class, and members of the club 'La Baracca' in Heatherton to celebrate CARNEVALE.

## PRESIDENT'S REPORT

As this is our first Newsletter for 2019, I welcome all members back, especially the new members to our U3A.

While Heather Seymour, our Office Manager/Secretary is away on leave, I have been filling in for her. Although, juggling various portfolios has kept me busy, this opportunity has given me valuable insights and firsthand knowledge into the working of the office and volunteers. I have also been able to meet some new members and recruit members to volunteer in the office.

On 27 February 2019, I attended a Targeted Growth Project in the Southern Corridor, held at the Drum Theatre by U3A Network Victoria. The program included – creating a case for change, building relationships with senior's organisations and local councils and marketing strategies for building community engagement and awareness. It also enabled me to build relationships with U3A Committee Members and other U3As present.

Our U3A was mentioned in the Italian Newspaper *Il Globo* of 7 March 2019, under the heading *La festa di Carnevale del Baracca Club*. The article displayed a photograph of costume finalists in *The Carnevale* attended by Italian students and me. The photograph and information are contained in this Newsletter.

I attended a celebration of International Women's Day at Springvale Town Hall, hosted by the City of Greater Dandenong Mayor Cr Roz Blades AM, on 8 March 2019. The Guest Speaker at the function was Tammy Logan from Gippsland Unwrapped. The presentation was on Zero Waste "Small Changes, Big Difference." Tammy leads by example and encourages us all to do the same. The event was well attended and provided me with the opportunity to network with other local organisations and market U3A. I have been invited to present to a couple of organisations.

I have also chaired my first tutor's meeting on 12 March, which was spirited. I thank all our tutors who attended and provided information, feedback and contributed to discussions. Our U3A runs on generous support from our tutors and volunteers, who are the backbone of our classes, activities and support services. I urge you all to do your little bit to contribute to the success of our U3A.

Our barbeque held on 13 March 2019 was a day of mixed weather at the park. It was well attended. Our Social Secretary, Barbara Walker did a terrific job of organising the barbeque and marshalling her band of volunteers - Beryl Potter, David Pateman and Bruno Joachim.

This year we celebrate 25 years of U3A Dandenong and are planning our mid-year lunch around this event. I look forward to seeing you all there.

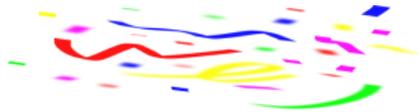
*Vivienne Fernandes*



Traditional Venetian masks



### Italian Intermediate/Advanced Italian



Our class started with enthusiasm in 2019. All the budding scholars were eager and willing to participate wholeheartedly in the lesson. We also welcomed a new student of Italian background, who migrated to Australia when he was 12 years old, so he is eager to take the challenge to improve the level of spoken and written Italian.

We had a wonderful social outing organised by our “Professoressa” on the 10<sup>th</sup> of February. We met at the Italian club ‘La Baracca’ in Heatherton to celebrate CARNEVALE, the last celebration before Lent which will begin on Ash Wednesday the 6<sup>th</sup> of March 2019. The idea of Carnevale in the Italian tradition is to party as much as possible, and then recover during lent, which is a period of reflection and some fasting until Easter. We arrived at the club donning some beautiful and fun costumes, ranging from Indian’s elegant traditional wear, to costumes such as Cleopatra; Bollywood dancer; Harry Potter; Alice in wonderland’s Queen of Hearts, etc. Other club’s members also wore lovely costumes. We all enjoyed this great Italian tradition over a 3 course meal, chatting, blowing on noisy party trumpets, and dancing over Italian music. Our Professoressa had prepared new Italian words related to Carnevale, so we learned while we had fun. Everyone dressed in costume was awarded a complementary lunch at the next club’s function. We look forward to return to the club for more Italian culture; music; language.....and fun!

Carnevale’s celebrations are held all over Italy from Venice and Viareggio, down to the towns and villages of Sicily, with the Venetian Carnevale officially recognised as the most sophisticated and expensive of all Italy, where people don unique precious

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‘Venetian masks’ and costumes. Carnevale was first celebrated in Venice in 1094 and has been officially sanctioned in that city since 1296. However, one of the largest celebrations in Italy is in Viareggio, a city on the Ligurian Sea. Carnevale in Viareggio has elaborately decorated floats and people wearing papier-mache masks that lampoon politicians and famous people, with most inhabitants participating to the floats parade dressed up in costumes. Every year, people from all over the world, flock to Venice and Viareggio to experience Carnevale.

*Sandra Foenander and Rita Romano*



Elegant and sophisticate apparels representing Indian and Egyptian culture



Harry Potter with the Queen of Hearts, and the Bollywood dancer



## Friday's Bike Rides

2018 was a very encouraging year for the hardy riders of the Friday group. We have had one of our riders Elizabeth Kwok partake in a cycle tour of India who returned with stories of conditions and hills, very steep hills. Our numbers now stand, when all on deck at eleven. A special thanks to Craig Gliddon whose knowledge of the tracks has been a lifeline and off course the absolute 'coffee stops' that are the pulse beat of the rides. All the riders are very keen and I thank Margot Schumachti who has been active in encouraging a number of her friends to join us. Following is a couple of photos, taken by Elizabeth at Belgrave.



Left to Right – Margot Schumachti, Marj Dowie, David Purdon, Ross Blackwood, Steve Morris, Craig Gliddon and Maggie Royal



Eager Transports waiting for their riders



## Easy Rider Cycling Group

The year has started with a good turn up of happy cyclists. Buses replacing trains has limited planning "special rides" again. We have ridden from Knox City Shopping Centre to Eastland Shopping Centre and return using several bike paths. This ride will be remembered for the comment an onlooker made. A somewhat amused man made a remark that was not appreciated by us ladies. He said that it was a long time since he has seen old ladies cycling! Gerry quipped "I beg your pardon!"

The new parklands and paths created along the Dandenong railway line, with the introduction of the elevated rail, have been used by us on several occasions. It gets a 10 out of 10 rating by all those who have seen and made the most of it. We consider it an asset to those who live nearby. A new and very reasonably priced coffee stop at Huntingdale is found! Needless to say the word quickly spreads within the cycling fraternity of these locations.

Soon we revert to our 8.30am start instead of 8am due to the shortening days and the cooler weather. Thanks to Craig and others who lead the rides when I am away caravanning with my partner, Ross.

*Marge Angelucci*



## The Vice- Presidents Message for March 2019

### To All Dandenong U3A Members

There is a need for any of you to assist in the Management of our U3A, and I hope to make you aware of the work done by the Committee. Without the Teamwork there would be NO U3A at all.

We need two or three members (or more) to join us and observe how the program is run, and understand the routine. Are you prepared to offer your services for a monthly two hour Committee meeting, to assist in the running, and assuring the future of our U3A.

Can you use a telephone, take a message, and do anything that can be of assistance?? If so, then that would make you a valuable member of our dedicated office volunteers, by helping out 2 hours a week, fortnightly or even monthly. Adequate training and guidance is freely offered by the existing office volunteer's, to help get you under way.

So many people are truly capable and sensible, but they feel afraid to volunteer. Yes, most of us on the committee felt that way! But we work as a team, and sort out what needs to be done, and we accept each other as we are All Volunteers!

Not as skilled office workers, or professional managers, or super-efficient Computer Whiz Kids! We need each other to be able to keep our U3A running smoothly.

We NEED younger members to do their part. Most of us on the Committee have done our best for many years now, and we are not as young as we used to be, (But not as old as we intend to be). However we can happily assist younger members to take over the job and do THEIR best for Dandenong U3A.

Yes, you will read this and think "there will be lots of members who will volunteer, I don't think I have much to offer...." And, although some will offer, the fact is that of the few who do, they are probably "Going away overseas" or "not available for some months yet...." others will reconsider their offer and feel they "do not have enough experience to be of any help".

There are hundreds of U3A members, but how many are "Taking" and not "Giving"? Dandenong U3A has almost Five hundred members, there are Fifteen Committee Members and Thirty Five Tutors so that leaves quite a few members who could be really of use to help maintain the standard, we as the Dandenong U3A, endeavour to maintain. It is said, you cannot do it on your own.

Please give this matter some thought, and yes, you CAN make a difference:  
WE NEED EACH OTHER - we are all kindred spirits. We like our classes and our friends.

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We understand other people's problems, because most of us have "been there - done that". We don't expect perfection because we each have our own weaknesses. All we need and want is to keep Dandenong U3A going, not only for us, but for those who may wish to follow.

Enquiries are welcomed, and may be directed to me, or to the office on 9546 – 2997.

- E-MAIL ADDRESS: [u3adandy@froggy.com.au](mailto:u3adandy@froggy.com.au)
- FACEBOOK: [facebook.com/u3adandenonginc/](https://www.facebook.com/u3adandenonginc/)
- WEBSITE: [www.dandenongu3a.org/](http://www.dandenongu3a.org/)

Sincerely,

*Jim Archibald*, Vice- President.



Are you looking for an opportunity in volunteering?

The MS Community Visitors Scheme is seeking male and female volunteers to visit the elderly in various Aged Care Facilities and in their own homes, within Dandenong to Caulfield, for social interaction due to social isolation. Volunteers are required to visit once a fortnight, for minimum 12-month duration, to offer companionship, cuppa & chat, reading & walk. We also need people that can speak Greek, Italian, Singhalese, Spanish or other 2<sup>nd</sup> language. Please contact MS at [volunteer@ms.org.au](mailto:volunteer@ms.org.au) or on (03) 9845 2729.

*Karleen Joss-Knight*

Program Co-ordinator



**Editor's Note:** This edition of the Dandenong U3A Newsletter will only be available as print copies. All members can receive a print copy through the usual channels i.e. from the office or from your tutor/class representative. Colour copies can be viewed on the website – [www.dandenongu3a.org/](http://www.dandenongu3a.org/), or down loaded onto your computer from the website.

*Alan Stevenson*

## Gardening Group



### Becoming Green

When I came in from the garden this afternoon, I looked down at my gloved hands and marvelled that I had, for once, remembered gloves and I had gardened and my hands were actually CLEAN. Unfortunately I was wearing sandals and the same could definitely not be said for my feet. I was digging and planting, because yesterday I went to check out a new nursery and of course I impulsively bought plants, which of course meant I had to plant them, so I had been out in the yard digging holes and enjoying nature. Now it was lunch time and I didn't need the Solvol and scrubbing brush – Hooray!



I was happy with my new plants, even though they hadn't been planned. They seldom are. I purchase the majority of my plants on impulse. (It's one of my greatest weaknesses, not to mention greatest expenses.) I am a self-confessed, unashamed "newplantaholic," it's an addiction – Diana see, Diana wants, out comes the small rectangle of plastic. However, I am a very fortunate gardener because I belong to the U3A Gardening Group.

Friends sometimes ask me where I get all my plants from. Perhaps they are amazed by the rambling disorganization of flowers and vegetables that fall all over themselves in my big backyard. My unhelpful and part answer to their 'where' question is, 'Anywhere.' There's scarcely a situation in which I am not capable of finding a plant to buy. Op shop, nature strip stand, Bunning's discount table, car swap meets, country markets and so on. However, this is only the plants that I buy. A big part of the answer to 'where do I get them,' question is from our U3A Gardening Group, because we share so much including plants of course – Plants in pots, Cuttings, Seeds, even Plants in Punnets. No plastic required at all.

Our U3A group is, I think, very, very special, because we share so much. Friendship of course, but we learn our gardening from each other. When one of us learns, we ALL learn. We learn without being taught. Dick is a natural leader who learns right along with us.

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His only hard and fast rule is "No whinging." And it works. We share our knowledge, tips and ideas, our gardening experiments that didn't work and those that did. We share recipes for sprays and novel ways to kill weeds. I think we are a special group, because we are not a cluster of students learning from an "Expert", but a group of gardeners, and would be gardeners, all learning and sharing with and from each other.

Today, as well as placing and planting yesterday's impulsive finds, I mixed my own potting mix, made partly from my home-made compost. I transplanted a shrub. I wondered at a strange plant appearing that someone in the group must have given me. (I have no idea what it is.) Perhaps petals will appear tomorrow and I'll recognize it. I hope so.

When I first joined our group I would never have imagined my garden with so many different flowers. I never could have imagined making my own potting mix or compost. I didn't know a Bromeliad from a Blackberry. I didn't even realize I needed to cut plants back or prune, I just assumed a home-made organic spray wouldn't work, so I bought a mountain of chemicals. Now I can make my own inexpensive organic sprays and they DO work.

As I write this and reflect, I'm amazed at how much I have learned in our group. People often say, 'I can't garden. Or 'I have a black or brown thumb', or 'Everything I plant dies,' and the other day a lady said to me, 'All I can grow is weeds!' Not true – anyone can learn gardening. I know anyone who joins our U3A Gardening Group can learn to garden, because all of us *have* learned.

Sometimes life gets in the way of gardening and gardening groups as well; this year we have lost a few members for various life reasons; although we have also had one return. ('Welcome back Monica.') So now we have space for a few more lucky U3A souls to join us. So would you like to garden? Maybe grow some of your own vegetables, or flowers to cut for the house. If you think you would, then come along to the Keysborough Elderly Citizens in Cheltenham Road, Keysborough, at 9.30 on a Thursday morning. Bring your brown or black thumb with you and watch it as it slowly changes, becoming greener and greener until it becomes as green as a Granny Smith.

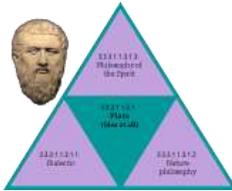
*Diana Thurbon*

### News from other U3As

- Brisbane U3A run a 'Palmistry' course

- Adelaide U3A run a 'Wine Exploration' course





## Philosophy

If you've been thinking about joining the Philosophy Class I encourage you to do so.

Under the expert guidance of David Pateman (who has the unenviable task of keeping us on track) our class begins at 9.30 am but for those fortunate to find an easy park and arrive a little early we have a light-hearted brief discussion on local or world happenings.

In footy season David and I sometimes bore the rest of the class with the highs and lows of our beloved Collingwood Football Club. The others indulge us for perhaps a few minutes.

We then move onto a more informative discussion and study, usually reading together a few paragraphs of the topic or particular Philosopher we are concentrating on and then put forward our own thoughts on the issue.

You can participate as much or as little as you want. Some prefer mostly to listen to comments whereas the rest like to voice their feelings.

As well as examining the Philosophers, old and new and their history, plus examining philosophy itself and how best to study philosophy topics range from God, Ethics, Morality, Fate, Meaning of Life, Death, Afterlife and so much more.

David asks for input as to what we wish to study or what we may want to revisit.

In philosophy there is no right or wrong question or answer just us continuously questioning our ideals, thoughts, feelings etc on many subjects.

All of this leads to an informative, thought provoking, enjoyable class where we are still able to laugh and not take ourselves too seriously.

*Kerry Hicks*

This philosophy class is an exhilarating mixture of philosophy, human nature, history and each group members' personal take on the world. We are encouraged to open our minds to many different ideas. From the earlier traditional philosophers, both male and female, to writings by the Dalai Lama or a discussion on the history and current world views of Islam. The discussions are always interesting and challenging. This class keeps our brains working and I really enjoy the texture of the group.

*Dorothea Kassell*

DAY	TIME	SUBJECT	TUTOR	VENUE
Monday	9.00am - 9.45am	Exercise Class	Gerry McKellar (class full)	LCC
Monday	9.30am - 12.30pm	Cooking	Phyllis Harrison (class full)	POD Kitchen
Monday	9.30am - 11.30am	Genealogy	Margaret Watts	POD
Monday	10.00am - 12 noon	Line Dancing	Ann Thomson-Buhler	UCH
Monday	10.00am - 12 noon	Embroidery & Craft	Joan Wilson	LCC
Monday	12 noon - 1.30pm	History of Ancient Battles	Richard Ryan	LCC
Monday	12 noon - 1.45pm	Italian Language Beginners	Ivan Gnocato (class full)	POD
Monday	12 noon - 1.45pm	Italian Intermediate/Advanced	Rita Romano	POD
Monday	1.15pm - 3.15pm	COMPUTERS - Win10/Intermediate	Clive Gould (class full)	POD
Monday	2.00pm - 4.00pm	Monday Music	Ulrike Davies	POD
Monday	2.00pm - 4.00pm	American Presidents	Shirley Constantine	LCC
Tuesday	10.00am - 11.45am	Spanish Language	Gloria Skalicka (class full)	LCC
Tuesday	9.30am - 11.45am	Current Affairs	Richard Ryan	DMH
Tuesday	12.30pm - 2.30pm	COMPUTERS - Beginners	Yvonne Toomey	POD
Tuesday	12.00pm - 2.00pm	Mahjong	Jan Ferguson	LCC
Tuesday	2.00pm - 4.00pm	Exploring Photography	To be advised	POD
Tuesday	2.00pm - 4.00pm	Scrabble	David Pateman	LCC
Wednesday	8.00am - 9.30am	Meditation	Elizabeth Hessels	LCC
Wednesday	8.30am - 11.30am	Easy Rider Cycling Group	Marge Angelucci	Tirhatuan Park
Wednesday	9.30am - 11.30am	Walking Group	David Pateman	Ross Reserve
Wednesday	10.00am - 12 noon	Drawing/Water Colours	Ron Gurney/Beryl Potter	LCC
Wednesday	10.00am - 12 noon	Line Dancing - Beginners only	Lorraine Bishop	UCH
Wednesday	12 noon - 2.00pm	Behavioural Science	Thelma Paul	LCC
Wednesday	1.00pm - 3.00pm	'Social' Table Tennis	Natasha Strommer	LEX
Wednesday	2.00pm - 4.00pm	Effective Communication Course	Judith Talanoa	LCC
Thursday	9.00am - 9.45am	Exercise Class	Gerry McKellar (class full)	LCC
Thursday	9.30am - 11.30am	Gardening	Dick Raymond	KSC
Thursday	9.30am - 11.30am	Philosophy	David Pateman	POD
Thursday	10.00am - 12noon	Read and Think French	Tony Haydon	LEX
Thursday	11.00am - 12noon	Tai Chi	Lolita Briones	UCH
Thursday	12.15pm - 2.15pm	Oil Painting	Pat Stone (class full)	EHL
Thursday	12.30pm - 2.30pm	Knitting & Crochet	Lorraine Bishop/Margaret Sheffield	POD
Thursday	1:15pm - 3:15pm	COMPUTERS - iPad/iPhone Workshop	Yvonne Toomey	POD
Thursday	2.00pm - 4.00pm	Social Studies	Audrey Lennon	DMH Main Hall
Friday	8.30am - 11.30am	Cycling Group	Richard Ryan	Tirhatuan Park
Friday	10.00am - 12 noon	Singing Group	June Crowley	POD
Friday	10.00am - 12 noon	French Language Beginners	Tony Haydon	LEX
Friday	12:30pm - 1:30pm	French - Song & Culture	Lap Lam (Lily)	LEX
Friday	1.00pm - 3.30pm	Karaoke	Ann Thomson-Buhler/Muriel Carr	POD
Friday	2.00pm - 4.00pm	Parchment Craft	Hind Bruni	LCC

1<sup>st</sup> Semester: Mon 4<sup>th</sup> February - Fri 21<sup>st</sup> June 2019

Key to Venues :

UCH - Uniting Church Hall, Birch Ave., Dandenong	[Melway p90 - B1]
POD - Paddy O'Donoghue Centre, 18 Buckley St., Noble Park	[Melway p89 - E2]
DNS - Dandenong North Senior Citizens' Club, Latham Cresc.	[Melway p90 - C1/C2]
LCC - Latham Cresc. Centre, Latham Cresc., Dandenong North	[Melway p90 - C1/C2]
DMH - Dandenong Memorial Hall, 10 Langhorne St., Dandenong	[Melway p91A - E7/F7]
EHL - Endeavour Hills Leisure Centre, R. McMahon Blvd, Endeavour Hills	[Melway p91 - D5/E5]
KSC - Keysborough Senior Citizens, 352 Cheltenham Rd., Keysborough	[Melway p89 - D9]
Tirhatuan Park - (Enter Kriegel Way) off Outlook Drive, Dandenong North	[Melway p81 - F8]
LEX - Lexington Gardens, 114 Westall Road, Springvale	[Melway p79 - H9]



**CALENDER OF EVENTS 2019**

Monday	4 <sup>th</sup> February	Commencement of 1 <sup>st</sup> Semester
Tuesday	13 <sup>th</sup> March	Tutors Meeting (bring own lunch) Paddy O'Donoghue Centre 12:00 – 1:30pm
Wednesday	13 <sup>th</sup> March	U3A Picnic, Latham Crescent Centre
Friday	12 <sup>th</sup> April	Meet & Greet New-comers, Latham Crescent Centre 10.30am – 12.00pm
Friday	21 <sup>st</sup> June	End of 1 <sup>st</sup> Semester
Monday	24 <sup>th</sup> June	U3A Mid-year lunch (25 <sup>th</sup> Anniversary), 11am for 12 noon, Sandown Park Hotel
Tuesday	9 <sup>th</sup> July	Tutors Lunch, Sandown Park Hotel Lunch 11.30am for 12 noon, meeting follows lunch
Monday	22 <sup>nd</sup> July	Commencement of 2 <sup>nd</sup> Semester
Tuesday	10 <sup>th</sup> September	Tutors Meeting (bring own lunch)
Monday	23 <sup>rd</sup> September	AGM & 1 day Art & Craft Show - Venue TBA
Wednesday	16 <sup>th</sup> October	U3A Picnic, Latham Crescent, 12 noon start
Friday	22 <sup>nd</sup> November	End of Second Semester
Monday	25 <sup>th</sup> November	U3A Xmas Lunch – venue to be advised

Management Committee meetings held on 2<sup>nd</sup> Tuesday of the month at 10.00am

12 <sup>th</sup> February	12 <sup>th</sup> March	9 <sup>th</sup> April	14 <sup>th</sup> May	11 <sup>th</sup> June
13 <sup>th</sup> August	10 <sup>th</sup> September	8 <sup>th</sup> October	12 <sup>th</sup> November	10 <sup>th</sup> December

Newsletter contributions deadline:

Thursday 14 <sup>th</sup> March	Thursday 7 <sup>th</sup> June	Thursday 7 <sup>th</sup> November
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**Line Dancing for Beginners**

An elderly woman's need for assistance decreases by 73% if she takes up dancing. It is thought the activity helps to bolster balance, strength, endurance, concentration and memory. The source of this information comes from 'Scandinavian Journal of Medicine and Science in Sports' and researched women who needed help with walking, eating, bathing and dressing. It is probably also true of men. So come along to Line Dancing for Beginners on Wednesday mornings in the Church Hall, Birch Avenue, North Dandenong.

*Lorraine Bishop & Melissa Braganza*

It is 2 ½ years now since I joined U3A. As I like dancing, I decided to join the Line Dancing Beginners' Class.

At that time it was held on a Monday and the beginners' class used the small room at Birch Avenue. It is now on Wednesday mornings. I was a bit nervous as I had no idea of line dancing. I was the only new girl at that time. When the class began everybody knew the dance (Boot Scootin' Boogie) except me. Our teacher, Lorraine Bishop very kindly took me to one side of the room and was trying to teach me the Grapevine which is a basic line dancing step. I was hopeless and just couldn't get it but with her help, I was able to learn the step.

Lorraine is a very good teacher and has a lot of patience. She goes over and over the steps till we get them right. She is also quite strict when teaching and wants us to pay attention to her so we are told "**NO TALKING**" during her class.

When I started I found it very hard to pick up the steps and was going to give up but with her good teaching and with a little bit of practice, I now love my dancing class. During tea break we all socialize and if anyone has a birthday we all sing **HAPPY BIRTHDAY** to her/him. Everybody is so helpful and friendly.

I would like to encourage all the beginners and anyone who is thinking of learning line dancing to don't give up easily, give yourself some time and you will enjoy it.

On behalf of the Beginners' Line Dancing group, I would like to thank Lorraine. We also thank Melissa Braganza, Helen Crocker and Gill Sladen for helping out. We all greatly appreciate it.

*Evelyn Beaucasin*



## Intermediate Line Dance Class

Our class started the year with great enthusiasm by members who were champing at the bit to get into some serious new dances. Aside from those pupils who were travelling or cruising the high seas, lots of fun was had by those attendees who chose to book their travel arrangements at a later date.

I have decided that, as we are getting older, I will be teaching beginner dances as well as intermediate dances, as has always been my objective. This decision, surprisingly, was met with shouts of approval by all present. Don't be surprised if beginners become the norm.

2018 was an exciting year for us with performances at Federation Square, Dandenong Plaza, Waverley Gardens and Endeavour Hills during Seniors Week with the promise of repeating same this coming October.

This is a brief report, however, watch this space, I have exciting plans re: performances.

Cheers

*Ann Thomson-Buhler*



## Barbecue Bulletin

The **BDB** consortium continued to spin their magic to feed us, with extras brought along by the cake cooks. The head count was 70+.

The most common comment on the day said, "It was great to catch up with people we've been in class with over the years". I personally was pleased to meet a host of new comers.

Huge appreciation goes to the **BDB** and all their helpers from the rest of us.

Come again in October.

*Audrey Goldberg*



Do you know who the BDB consortium is?

Answer will be in the next edition of the Newsletter.



## Current Affairs

2018 was a rather successful year for I had obtained a number of speakers form various organizations who have given us an insight to what they do and their hopes for the future. We have had speakers from 'friends of the ABC', all the political parties, the Salvation Army, The RACV on subjects like 'road safety for seniors', 'Life style for Seniors'. I obtained a representative from 'Dementia Australia' and the first speaker for this year was from Community Care. The next speaker for the 5<sup>th</sup> March is from the RACV Lifestyle series 'Years Ahead'

On the whole the debates are very vocal, difficult to keep control; I definitely need a bigger bell. The subjects cover whatever is active either on the radio, TV, or in the print media. A morning tea is always a very cheerful break and when we finish at 11.30 a number of us go across to the plaza for coffee and naturally more chit chat. This class is open to anybody who would like to partake in our version of the UN **and all are welcome.**

*Richard Ryan*



## Music Appreciation

Another year has passed and a lot of music has been played in the music appreciation class. At the moment we are going through composers in alphabetical order, not that we cover all the composers but we play some of the ones in each category.

Monday April 1<sup>st</sup> we are up to **H** so you will be hearing music from Humperdink, Holst Hammerstein, Hayden, and Handel. I've put **I & J** together so soon we'll play IBERT and maybe IVES. I don't like Charles Ives so maybe I'll give him a miss since I'd have to buy a CD for him. Under the **J**'s we have Janicek, Joplin, Jobim and some others I can't remember at the moment. Coming up we will be playing music by Katchachuvian Koleby, Kab-Chernin, Kalman.

At other times we will feature an artist like Jonas Kaufman, Andre Bocelli, and Benedetti etc. The music we listen to is mostly classical, ragtime, jazz, pop, rap.

We invite anyone who would like to listen to good music and learn about different styles. You might not like all the music played but you will broaden your horizons and appreciate more styles of music.

Please come and join us.

*Rikki Davies*



## Why Knit

The knitting world is full of books and patterns for 'quick knits'. They involve big yarn, big needles and projects promising instant knitting gratification. I love them; they are tons and tons of fun. Finishing a hat in two hours can make you happy. Finishing a lace shawl of fine cobweb look, however, makes you want to go into the street and accost complete strangers, forcing them to admire the shawl and be awed by your knitterly genius.

With great effort comes great gratification. I will sometimes choose projects that will take a long time and be difficult.

Come along on Thursday 12.30 pm to the Paddy O'Donohue Centre, Room 1. There is always room for more Playful Pins and Happy Hookers. Beginners bring size 4mm knitting needles or 4mm hook and 8 ply light coloured plain yarn.

*Happy and Playful tutors are Margaret and Lorraine*

*Thank  
You*

## A tribute to all Volunteers at U3A

Talking of volunteers, most of us have not got to the point of giving back to the community, which means we always have that opportunity to do so when the time is right.

I have observed two volunteers that deserve a standing ovation for offering extended hours at the U3A office. One has taken over the administration role and the other juggles presidential and office manager's role. (Our regular Office Manager, Heather Seymour, is on holidays) By the middle of the day with hardly a break, they look pale and tired. If you make an enquiry, it is promptly dealt with or remembered and the information is given to you at your next class. I asked Evelyn "Have you taken over the role of the Office Manager?" She replied jokingly "No, the President's." I could safely say she will be a good President one day.

Please applaud Evelyn & Vivienne and all the volunteers for their contribution to the University of the Third Age.

*Charmaine Young*



## Just sitting here thinking

I feel that I am growing old,  
and losing the 'pep' in my step  
I Can't remember what I've been told;  
think I am getting inept.

I whinge when the weather gets too hot  
and when it's cold I cry.  
It either rains too much and floods  
or else it is too dry

I love to see the family  
and the children as they grow,  
but when they've been here a while  
I wonder when they'll go.

Perhaps it's time to have a sleep,  
my legs are almost numb;  
I'd dream of climbing mountains  
as I did when I was young

A poem by *Pat Bradley*





## Books Still Matter

Did you know BOOK READERS STILL EXIST!!?

What do you do when you discover a fabulous book? You tell everyone about it! And so .....

Title: **GREAT BUILDINGS**, a DK publication. It is a treasure house of castles, estate houses, palaces, mosques, museums, churches. Any world traveller will have seen or visited or scaled a dozen of these beautiful, fabulous and innovative structures. The format used to portray these wonders gives you :-

- a stunning, double page photograph, with small but vital areas of simple text,
- the architect of the structure,
- 2 pages of diagrams, drawings & 3D cut-a-ways which explain special features that make the buildings unique and so recognisable.

“**Great Buildings**” would be the ideal present for that important birthday gift for those who already have everything, who are curious, adventurers and lovers of the spectacular. You will pay somewhere around \$40 and will want to read it all yourself before you give it away.

The second book to cross my path is: **CHROMATOPIA – An Illustrated History of Colour**, put together by David Coles who set up a business to make oil paints in the 1980s. His firm is Langridge Artists Colours and his sales are mostly overseas, as a specialist. David specialises in mixing his powders to make unique colours that exist in no other range, the paints fitting between the standards we already recognise.

‘**CHROMATOPIA**’ was published by Thames & Hudson in August 2018 and quickly sold out in the first couple of weeks. At the time the Spectrum Magazine in the Saturday Age published a two-page spread to whet our appetite, covering the histories, recipes, the myths and legends that abound as colours have emerged over the centuries. Every painter, crafter, artist & maker will want to read this gem.

Again you will pay around \$40. Add this to your gift list.

Google the books for further information <http://langridgecolours.com>

*Audrey Goldberg*

## Procedures relating to the production of the Dandenong U3A Newsletter

### Newsletter contributions

1. Two weeks before the Newsletter deadline for contributions an alert will be placed in the weekly Class Notice or emailed to tutors.
2. Contributions must be emailed to the office ([u3adandy@froggy.com.au](mailto:u3adandy@froggy.com.au)). The office will then send-on your email to the editor. An acknowledgement will be emailed back indicating your contribution has been received. If no acknowledgement is received please contact the office 9546 2997.
3. Handwritten contributions must be handed into the office, and a receipt will be given in return.

### Distribution of Newsletter

1. Once printed, newsletters will be delivered to the U3A Dandenong office for distribution.
2. Tutors are requested to collect enough copies of the Newsletter for their class. Any leftover copies to be returned to the office.
3. The midyear and end of year editions will also be made available at the U3A Mid-year Lunch and U3A Xmas Lunch respectively.
4. A colour version of the Newsletter will be uploaded onto the U3A Dandenong Website [www.dandenongu3a.org/](http://www.dandenongu3a.org/). This can be read on-line or a copy can be downloaded for printing.