



# **U3A DANDENONG Inc.**

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## **FOURTH QUARTER – 2017**



From left: Myra Archibald, Jim Archibald (Immediate Past President Dandenong U3A), Janet Fisher (Village Manager)

Signing of Memorandum of Understanding between Dandenong U3A and Lexington Gardens Retirement Village 25<sup>th</sup> July, 2017



## Incoming President's Report November 2017

As the new President of Dandenong U3A, I'd like to acquaint you with the content of the recent Biennial Network Conference, which was, as ever, an absolute thrill to participate in.

Our first speaker, The Honourable Sharon Knight MP, the Parliament Secretary for Human Services, State Government of Victoria. She told us that the Government is contributing money to combat isolation and into encouraging older exercise. A very worthy goal; but it won't happen if we, the older population, don't participate. By participation I mean getting to know your neighbours – both either side of where you live and across the street, and if there are older members in the families, tell them about U3A. If language is a problem, use sign language, bring a cake; I'm sure that we can all come up with ways to make ourselves understood. Offer to accompany people to U3A courses which don't rely on English in order to deliver. We as U3A members already have in place what the Government wants to foster, so we don't have to re-invent the wheel, we just have to encourage people to participate.

The next speaker was Sarah Slade, from the State Library of Victoria. Not having been to the State Library since my school years, I had forgotten the enormous range of material there is in the State Library. At present the library is moving to Digital; digitalizing every newspaper of the nation. Also be advised that books (real paper and covers) are back in fashion as opposed to digital books. There are great changes and improvements happening, making this 'the busiest library in the world' - their statement.

After a delicious lunch, our speaker was Gen Nolan, the manager of the Victorian Active-Aging Partnership, who gave the following advice –

1. Have no enemies – work on win/win situations when working with other groups.
2. Work out what outcome the other group wants then see how you can get what you want while assisting to get their outcome.
3. Never use the media to destroy another group – negative conversations do not work.
4. Go to Council plans to see what their priorities are and see how your organisation fits in. Then approach them 'nicely' with your needs and see how you can benefit each other.

That concluded the first day of the conference.

The second day was even better, starting with Gerard Mansour, Commissioner for Senior Victorians. His presentation dealt with the ingredients of a happy and fulfilling older life. –

1. Being aware that your life has value and a purpose – that you have meaningful interests.

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2. That independence and decision making is fundamental to our being and that asking for help is not a loss of control but an enabler.
3. That isolation impacts negativity on health.
4. That aging is everybody's business by including age specific topics.
5. Be inclusive
6. Cater for those who've lost confidence, by reaching out to those who don't come to us.
7. Seniors as agents of change, as advocates – empowering older people and being free from violence and exploitation.

Surely a brave forum to bring to the Government. And yes you guessed it, U3A encompasses all these things.

The next speaker was Fiona McKenzie from Essence Communications. She was fabulous from start to finish in giving advice on how to advertise ourselves. Don't just push, push, push U3A but instead push how U3A makes you feel.

After another tasty lunch, we had another truly worthwhile speaker, Christine Kotur, who is part of Leadership Victoria, assuring us that we have strength as a group in our community. We can regroup and gain power in supporting each other, supplying hope and confidence. We can grow our reach and authority in the community by consulting with other interest groups, diversifying and growing our network, listening to our community, and offering solutions. By the way, people still value face to face contact even if we don't speak the same language.

So as you can see this was an all-encompassing conference which focussed on older people being a vibrant and active part of the community; of being leaders and innovators; of being a part of positive change in how people view those with a few years under the belt. Just remember 60 is after all the new 20. Don't ever doubt it.

I wish all our members the very best for the coming year and a special thanks to Jim Archibald for his years of service.

*Rikki Davies*

#### Editor Note

I believe communication is really important to an organisation such as ours which depend on so many volunteers. So I will endeavour, with the help of contributors, to keep members all informed of what is happening in U3A Dandenong.

Don't forget to use our website [www.dandenongu3a.org/](http://www.dandenongu3a.org/) and our Facebook page [www.facebook.com/u3adandenonginc/](https://www.facebook.com/u3adandenonginc/) to keep up with the latest.

## REPORT FROM THE OFFICE OF U3A

Welcome to our new President Rikki Davies. Also to Heather Seymour who has taken over as Secretary.

Also, thank you to Lorice Lellyett for her long service as Secretary to the Management Committee.

Well it's almost the end of the Semester. I don't know where the time has gone. The office has been really quiet lately.

We have a laser printer in the office we want to get rid of, if anyone is interested contact the office. It has a spare black print cartridge.

Also, we have a lot of name tags in the office, if anyone has paid and not received one, ring the office or come in and see if yours is here.

I would like to wish everybody a Merry Christmas and thank all our volunteers for their time all year.

*Margaret Azzopardi*  
(Office Manager)

**Please remember to update your Emergency details behind your name tag and also advise the office of any changes.**

### **Note from the Art Coordinator**

Thank you to the Tutors for a nice display at the Art Show at U3A AGM. Thank you to John de Blauw for donation of paintings for Raffle prizes.

We need some items for door prizes for the Christmas Lunch. Also, if anyone has any spare wool and wooden picture frames for Ronna and John.

Thank you to Verismo and David Pateman for cooking at the BBQ on Wednesday 18th October. Also thanks to David for the coleslaw.

*Barbara Walker*



My mother Vera also worked at the market Wednesdays until 1:00pm and Fridays all day. She worked first at Gus's Delicatessen selling all the new continental meats, breads and pickles that were all strange to us. She then worked at Adams Pies and Cakes at the Coventry Street end and finally at the Tea Shop near Coventry Street. All our fruit, veggies, meat, eggs and rabbits were bought there and everybody from the surrounding district shopped there. Everybody knew everybody, neighbours, customers and all the stall holders. It was like a village.

After I was married living in Port Melbourne our outing with prams and babies was to walk to the market to shop, have coffee and catch up on all the events in the district. It was an outing that we could afford, get our shopping and sometimes a bargain if we were lucky as the stalls used to sell seconds.

Everybody knew each other and they were Happy Memories of the South Melbourne Market.

*Gloria Chamberlain*



## **Australian History**

### **- Australian Prime Ministers**

This has proved to be an interesting course, and the members have obviously enjoyed it. The content has caused laughter, and discussion about the merits of party politics, and the representatives of the parties who run our country.

The course began with an explanatory lecture regarding the way federal parliament works. We have had a lot of enjoyment exploring the evolution of Prime Ministers from Barton, right through to the present day. Next year it will be time for a change of pace.

I am intending to teach **AMERICAN PRESIDENTS** together with an accompanying background regarding the relevant points of American History. I only hope I can get the books I need for this mammoth task. But here goes, it has never stopped me in the past!!

*Shirley Constantine*



## Easy Rider Cycling Group

I was away for three months mid-year and must thank Craig Gliddon & Richard Ryan for organizing and leading the rides during this time. Craig is also great at updating us on any trails closures and flooded underpasses.

Through the cold weather, attendance was reasonable despite people being away on holidays. It's always great to see our happy bunch sharing jokes and information while waiting for their next "adventure". There's usually one person tempted by the display of cakes at our morning tea stop so he is made fun of by the jealous onlookers!

During the upcoming holidays we plan to have a few "special" rides which will take us out of the Greater Dandenong area. Fewer passengers on the trains make it easier for our group to travel with our bikes toward the city. We can then cycle such paths as the Anniversary Trail, Gardiners Creek Trail and Capital City Trail.

The group is always looking for more cyclists. Word of mouth seems to be the best way to promote our activities so try to mention what you have been doing at U3A in general conversation. One never knows where our next member may come from.

*Marge Angelucci*



## The Friday Bike Group

This is now open to any of the riders to lead; those that lead for that day choose the path. We are not great in numbers but are very active. A number were engaged in communication with the local council in endeavouring to have more bike tracks constructed or improved. These were Bob Lee, Gerry McKeller, Craig Gliddon, Gary France; they were then invited to the recent councils opening to get more people to take up the exercise of riding.

Although not involved in the council discussions I did attend the 'opening' to give support to those that had put such efforts into advancing 'riding'. I attended the rally put on by Cycle Victoria for those over 55. This was a mixed group and started from Kings Park in Ferntree Gully. It was a ride over a good terrain and the numbers in

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attendance were 16, the distance travelled was 30kms. The Friday group gained a new rider from that rally who lives in Noble Park and expressed an interest in joining a local cycle group. She has now ridden with us.

*Richard Ryan*



## **Ancient History**

This will be the last year I will be conducting this class. I have been engaged in the history of the ancient world since 2009 and have covered all the area of my interest that covered all of Mesopotamia, Egypt and Canaan, which now covers Israel. The history included the empires of Persia, Greece and Rome and even for one period the Byzantine Empire up to the fall of Constantinople. I hope to engage in a course at Monash University in 2018 on being able to read and understand the ancient scripts, especially that of the ancient Egyptians.

*Richard Ryan*



## **Mah-jong**

### **- The Mysteries of Mah-jong Revealed**

Welcome vibes await you at our Mah-jong session for beginners and seasoned players

Every Tuesday, 11.45am – 2pm at Latham Crescent, Dandenong North.

Love to get new players ready for 2018. Practice over the holidays.

Come along to share the fun – we've heaps of teachers ready to assist.

On site plenty of parking. No time limit and no cost.

Make the effort and you'll be rewarded. We have the gear.

Enjoy the benefits of a new activity that exercises the brain. Everyone's a winner!

*Audrey Goldberg*



## Current Affairs

This year has been quite successful because of the array of speakers that have managed to inform the class of their organization and its aims. We have had speakers from the 'Justice of the Peace', 'The Salvation Army', 'RACV', both 'Political Parties', 'Monash Alfred Psychiatry Research Centre', from 'The Asthma Foundation of Victoria', from 'One Voice' choir and 'Ames' on their work with newcomers into the country.

I have also began approaching speakers for 2018 and have bookings till May. The numbers in the class have varied because of illness, holidays etc. However, on the whole when all are in attendance the number's 15. The discussion can be quite noisy but also informative and there is certainly a barrage of questions, especially where a speaker is involved.

However, all differences of opinions are put aside over the cup of coffee and tea. After the class is finished a number of die-hards meet for real coffee in the Plaza.

I have just received notice that Julian Hill the sitting Labor member for Bruce has advised that he will be able to speak to the current affairs class on the 21st of November. That is the final week for classes for 2017. That class meets at the Dandenong Seniors Rooms at 10 Langhorne Street at 9.30 each Tuesday, unless there is a holiday.

*Richard Ryan*

  
**U3A**  
**CHRISTMAS  
LUNCH**  
Sandown Hotel  

- 11.30am – 12pm start
- 2 Course Lunch \$15
- Entertainment & Door Prizes!



DANDENONGING

## **CALENDER OF EVENTS 2018**

Monday	5 <sup>th</sup> February	Commencement of 1 <sup>st</sup> Semester
Tuesday	13 <sup>th</sup> March	Tutors Meeting
Wednesday	14 <sup>th</sup> March	U3A Picnic, Latham Crescent
Friday	22 <sup>nd</sup> June	End of 1 <sup>st</sup> Semester
Monday	23 <sup>rd</sup> July	Commencement of 2 <sup>nd</sup> Semester
Tuesday	11 <sup>th</sup> September	Tutors Meeting
Monday	24 <sup>th</sup> September	AGM & 1 day Art & Craft Show - Main Hall, Paddy O'Donohue Centre
Wednesday	17 <sup>TH</sup> October	U3A Picnic, Latham Crescent
Friday	23 <sup>rd</sup> November	End of Second Semester
Monday	26 <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

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

Newsletter contributions deadline:

Thursday 15<sup>th</sup> March      Thursday 14<sup>th</sup> June      Thursday 8<sup>th</sup> November

## **BIG DAY OUT to visit BIG SCIENCE – Australian Synchrotron Open Day**

Sunday 8<sup>th</sup> October 2017

Maybe your first trip to this site, in Blackburn Road, was to the DRIVE-IN THEATRE in the 1960s and 1970s!!

Built at the edge of Monash University, the Synchrotron is at the heart of scientific research, making Monash a leader in how the modern advances in agriculture, medicine, aviation, defence, forensics, mining and nanotechnology (to name a few) put this University at the cutting edge in many fields that affect our daily lives, our industries, food technology and the economy.

Our initial briefing at 10 am sharp was a classic lesson on how to transmit difficult facts and figures to the “mixed” audience filling the Oliphant Centre auditorium. It mattered not one iota whether you knew nothing, a little, or a lot about the Synchrotron. The relevant figures were dealt to us by a personable young scientist in the form of a multiple-choice- answer quiz!! Mixed with the whizz-bang video, a guess was as good as hard-core knowledge. Answers were registered, on little hand-held gadgets – one between each pair in the theatre. Thus every single person was soon engaged to the max filling the hall with “yeas!” and/or “groans” as the answers were teased out. At the end of the quiz, our scientist pressed 2 or 3 buttons and in 10 seconds came up with 3 winners, also recorded on our gadgets.

I am pleased to say that one of our group, Zoe, won, and, now has her very own “atom”. At the end of the half-hour, all were inspired to rush down to the synchrotron, curious to see/explore/learn more.

“What is a synchrotron?” I hear you say! Put simply this machine creates big light and can intensify it to be a million times brighter than the sun. Different kinds of light beams are spun off to 10 stations around the edge of the building. At these points a wide range of research is carried out. The scientist is able to study what’s going on in the material examined right down to one cell level. Well that’s a simple explanation, but there is nothing simple about the activity and machinery at each station. To get to the detail, you need to cross the road to Monash and spend ten years or so getting a couple of science degrees! ...and learning the big words. But, even to the lay person, one can see why Monash University has taken the lead in many areas of world research. I hear we can expect big advances in the treatment of diabetes, tuberculosis, HIV-AIDS and the ever-elusive malaria. The mysteries of the body’s immune system are becoming better understood and much effort is directed to cancers of all kinds. Synchrotron techniques are an essential part of the processes and speed up this vital work on how drugs are targeted. And the secrets of the art world are easily exposed!

Over the 2-3 hours we were free to roam from station to station, joining in the discourse with seasoned scientists and the young assistants on duty who are well aware of what’s going on, with the machinery and banks of computers surrounding us, all in an ultra-clean and gleaming environment.

And there you have it, your tax-payer science dollars at work and a little bit of big science on our U3A agenda, all happening in our own backyard!

The Australian Synchrotron is open to the public on only one day a year. Will you join us next October?

*Audrey Goldberg*



## Spanish Language

I had the opportunity to teach Spanish Language to a very lively and enthusiastic group of people.

Every Tuesday we participated in different activities, such as grammar basics, grammatical rules, concepts, spelling and orthography.

We conversed on different topics related to history, culture, beliefs and customs of Spain, Central and South America.

In September we commemorated the Chilean National Day. We discussed the meaning of the colours that represent the national flag and had the opportunity to try my country's food; Empanadas and Brazo de Reina.

This class was highly committed and were very supportive, making my role very pleasant and enjoyable.

Next year we will have the opportunity to further our Spanish skills on our trip to Spain, which will include Lisbon and Fatima in Portugal. We are all looking forward to exploring Spain's culture and traditions.

Muchas gracias, to everyone in our class, for a very successful and enjoyable year. Also, thank you to Margaret Azzopardi for her ongoing support. I wish you all a safe and enjoyable holiday.

*Gloria Skalicka*

**S**panish classes we love to attend,

**P**ractical lessons have been such a godsend.

**A**ll of us have learnt how to say

**N**ew words each week, so hip, hip, hooray!!

**I**t's always a challenge when a sentence is made,

**S**o knowledge of vocabulary is definitely portrayed.

**H**ats off to Gloria who knows the tricks of the trade!!

I joined the Spanish classes at the beginning of this year motivated by the song "Amigos para Siempre" and my Zumba classes which featured many Spanish songs. I certainly haven't been disappointed as I have enjoyed and learnt so much, as have the other members of my class. Tuesdays have been great as our knowledge of Spanish vocabulary has grown and we are beginning to construct simple and more complex sentences. Gloria has been an inspiration, making the classes fun and devising new ways to keep us enthused and motivated.

Thank you, Gloria for a great year.

*Gill Sladen*





## Exercise Classes (Monday & Thursday)

These two groups continue to flourish. We have said farewell to a few members who have moved away and welcomed some new people.

I took 2 months leave for a holiday and had no less than 10 (yes TEN) volunteers to run the group. Each person took a session and the feedback from these sessions was all positive. Maria Villarroel and her sister Gloria Skalicka took responsibility for opening and closing the room. Maria also organised to have the music we use.

I continue to be impressed by the speed with which the equipment is packed away and the room returned to order with no bidding from me. All of these things make it a delight to turn up each day.

I keep introducing some more challenging exercises which almost everyone is willing to give a try. There are always alternatives so that standing still is not an option.

Attendances have remained strong, but there will be a few vacancies at the beginning of the next semester.

*Gerry McKellar*



## Medieval History

We are fortunate this year to have two co-presenters, Mike and Anne. We started with an examination of the enigmatic site of Stonehenge, its date, purpose, location and an appreciation of the people who built it. We then moved on through the Bronze Age, the Celts, the Romans (with a special mention of Huns and Goths and the fall of the Roman Empire), the Saxons and the Vikings. We had a wonderful presentation detailing the Battle of Hastings from Dave, a class member who specialises in battle re-enactments. We are now up to the early Norman Kings and what effect they had on English culture. We still speak English!

Some comments from Class members:

- A very enjoyable class, throwing light on the Dark Ages and beyond, in a very entertaining way

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- A happy, friendly group. Members who have a special interest are invited to do research and assist in presenting information to the class
- The classes are well structured and researched, very interesting and informative and I look forward to attending every week
- The never-ending series of conquests re-enforced the unshakeable belief that 'might is right'. Juxtaposed against this endless warfare is the artistry and magnificence of the artefacts uncovered as well as insights into the 'life and times' as revealed by archaeological digs
- Just joined Medieval History and finding it interesting
- Enjoying the class and the discussion. Broadening to include the Vikings has been great. Other cultures such as the Normans and the Franks, the Huns and the Saxons are all fascinating
- I have learned so much about how the Romans benefitted England and about different people in history. The presenter provides so many fascinating facts. She also has so many books and pictures, which make this class so interesting.

*Anne Maslin*



## **Social Studies**

We began this semester studying Morocco – the land and its people. This was followed by 'A World of Change', learning about all living things and how they changed and adapted from the beginning of life to the present day -noting in particular the influence of technology. Our final topic was the Arctic and Antarctica – one a sea and the other a continent. New members would be most welcome. If you enjoy the company of friendly people, come and join us on a Thursday afternoon.

We offer our thoughts and support to those members who have been troubled with illness or problems during the year. We trust next year will bring health and happiness to all. May you enjoy a happy Christmas and New Year. Look forward to seeing you in 2018.

*Audrey Lennon*



## Gardening Group

This semester we have welcomed another 4 new members and have had two former members return to our group which is fantastic. The downside is that due to room size and meeting format, unfortunately we are unable to accommodate any new members for the time being.

We continue to each discuss our own gardens and weekly activities as well as exchange of plants and cuttings. A highlight of this semester has been opening the meeting with a gardening quote from Lucy.

With the particularly dry winter and the unusual spring weather pattern, we are experiencing quite different conditions which are quite challenging.

At the time of writing we have not visited any member's gardens after our meetings, but intend to make two visits before the end of the semester. Apart from giving us an understanding of other member's gardens it also provides a nice social aspect to the group.

Thank you in advance to Erika and Miguel for opening their garden and we will combine our Christmas breakup with a visit to "Raymond Park".

In October we organised our first bus trip for the group, with a trip to the Dandenongs, including Morning Tea at Kallista Tea rooms, a visit to William Ricketts Sanctuary, and lunch and a tour of the Rhododendron Gardens, followed by visits to two nurseries before heading home. We thank Bob Wood for all the time and work spent in organising a very enjoyable day enjoyed by members, some spouses and other friends.

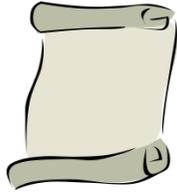
I am pleased to report "The No Whingeing" rule and the "One at a time" talking rule are operating beautifully. Diana's bell has been a valuable aid in implanting the talking rule.

.Finally I would like to thank all our members for the support they provide me, as a very ordinary gardener, in co-ordinating this wonderful group.

*Dick Raymond*

## News from other U3As

- Mornington U3A has a summer school starting Wednesday 3 January and will continue till Friday 2 February.
- Bateman's Bay U3A run an 'Interpreting your Dreams' 10 week course.
- Croydon U3A has just enrolled their 1000<sup>th</sup> member.



## Parchment Craft

The class has carried on in the absence of our esteemed teacher Angie Barnes who has had another health set back. Everyone in the class misses her guidance and knowledge and look forward to her return by the start of first semester next year, God willing.

We have been frustrated by the news that the Pergamano Agent in Australia is no more. We are scrambling to find grids and tools in the Art Shops who will now have to order supplies from England but have told us they will not do so, the tools necessary for this hobby have become too expensive and not enough people are starting and needing supplies. So if any members of U3A Dandenong have Parchment tools they want to sell, we would be happy to help them sell them. Just come to our class on Fridays 2-4 pm at Latham Crescent.

Once more we wish Angie a good recovery and Merry Christmas and Happy New Year to all members.

*Hind Bruni*



## Oil Painting Group

The members of Dandenong U3A who meet at our Oil Painting group at Endeavour Hills are all very keen to enjoy the companionship each Thursday. Although we seem far away from other U3A groups, many of us do attend other Dandenong classes, and the friendships are important to us all.

This is the truly valuable aspect of U3A; it gives us the chance to meet new people and form friendships, and opens up our lives. We really need our U3A.

*Pat Stone*