

CONTACT

VOLUME 25, No. 2 May 2021



MOONEE VALLEY NEWSLETTER
UNIVERSITY OF THE THIRD AGE

U3A MOONEE VALLEY INCORPORATED (A0034837K) ABN: 73 188 473 048

CORRESPONDENCE TO: THE SECRETARY, U3A MOONEE VALLEY
PO BOX 459, MOONEE PONDS VIC 3039

PHONE: 93377779
(office hours 10.30 a.m. – 12.30 p.m. (Monday, Wednesday, Friday))

WEBSITE: www.u3amooneevalley.com.au

EMAIL: mvu3a1@gmail.com

What's in this issue?	Calendar of events		
From the President	Thursday	17 June	Committee Meeting 10am. Monthly lunch. Keilor East RSL Noon.
Course Coordinator's Report	Thursday	1 July	Trivia Day
Membership Manager's Report	Tuesday	6 July	Forum – Understanding Vision Loss,
Treasurer's Report	Tuesday	13 July	Tutors Meeting, AVNC, 10:00 am
	Thursday	15 July	Monthly Lunch. Keilor East RSL Noon.
	Thursday	19 Aug	Committee Meeting 10am. Monthly lunch. Keilor East RSL Noon.
	Friday	8 Oct	Tramboat outing
	Wed	17 Nov	Lunch at William Angliss

The authors make every effort to ensure that the information in this newsletter is correct when going to print. U3A MV does not assume and hereby disclaims any liability to any party for any loss, damage or disruption caused by errors or omissions.

FROM THE PRESIDENT. Brian Smith.

Welcome to the May 2021 edition of Contact. (what a contrast it is to the May 2020 Contact.) This time last year all our face to face activities were shut down. We had hoped that the prospect of outdoor activities in June might eventuate. There were lengthy discussions wondering if our classes could meet (subject to strict social distancing and room occupancy rules.) After a flickering “resumption” Victoria went into lockdown. All activities were cancelled for the rest of 2020 unless they could be zoomed.

Where do we find ourselves now in May 2021? We are operating close to normally in most venues. However, we must continue to be vigilant and comply with all Government and Council regulations which may apply. It's also pleasing to see Council is moving to use the Services Victoria App for checking in at its venues now. This App has streamlined the registration and check-in process and I encourage anyone who has not downloaded it yet to do so.

The vaccination program is accelerating and I'm personally happy to have received my first shot with the second scheduled for July. The current success with containing Covid and the protection which vaccination confers, allows us to re-instate some of our dormant activities in the second half of 2021. Trivia Day is back and our host Michelle Cairns will probe the outer limits of our knowledge. Two forums have been scheduled, one for the July semester break and the other for the September break. The first social activities have also been scheduled including the return of the popular Tramboat cruise down the Maribyrnong River and into the Yarra River. You'll find more information about these later in this Contact.

Our Office Coordinator, Marjorie Ridley, is recuperating at home from a major back operation. We wish her a speedy comfortable recovery. Grateful thanks are due to Edith James who is assisting with management of the Office until Marjorie is able to resume her important role.

I'm happy to report we've had success with a Moonee Valley Council Grant Application to redevelop our website. We have received a grant of \$3350 to pay for expert help from a web developer and expect the project to be completed by the 4th quarter.

We are bidding farewell to our former president Robyn Temby who is moving to the wilds of Wonthaggi and the joys of a rural life. There were some important milestones achieved during Robyn's presidency. These included moving the membership and course enrolment systems on-line, re-writing the Rules of Association which govern us and organising our 20-year anniversary celebrations. Thanks Robyn for your valuable contributions.



The Singing For Fun Group farewelled Robyn. Her guitar playing accompaniment will be missed on Monday afternoons.



Frances Horton was our capable and hardworking U3A president for her allotted four years. She passed the presidential baton onto Robyn Temby. Robyn was overjoyed when four years later I agreed to be the next president (despite having never attended a committee meeting). In December, my four-year term as president will be completed. I look forward to a happy snap with my successor. By way of encouragement, it is a pleasure to work with our wonderful committee.

COURSE COORDINATOR'S REPORT Geoff Miller

We are pleased to offer a new course: *Science Fiction as Philosophy*, with Bruce Findlay, in Semester 2. In addition, both *iPad and iPhone for Beginners and Intermediate*, and *Using Social Media*, with Di Phillips, and Suzanne Carbone respectively, will be repeated from Semester 1, with the latter moving from Fridays to Mondays. Details of these three courses follow.

There are also 14 continuing courses, listed below, which have vacancies for additional participants. **You will be able to enrol in any of the above courses online from the time you receive this newsletter.** If you need a reminder of how to do this, there is one following the list of courses with vacancies. For those needing to enrol by mail, there is a form appended to the paper version of this newsletter. Remember, if you are currently enrolled in a course which continues into second semester you do not need to re-enrol; just continue to turn up and enjoy it.

New Course (Discussion Group)

<p>Science Fiction as Philosophy Wed. 10.00 - 12.00 Sam Merrifield Library Starts 21 July</p>	<p>Tutor: Bruce Findlay Science Fiction is a major way that society engages with important philosophical, political, religious, ethical, societal and scientific questions. This course will address some of the philosophic questions that sci-fi raises, using DVDs from “The Great Courses” series, and referring to many of the films and TV series of the past generation or so. There are no prerequisites, and people are encouraged to discuss and share opinions and experiences.</p>
--	--

Repeat Courses (Both of these are in the Computers and Communications category)

<p>iPad and iPhone for Beginners and Intermediate Frid. 10.00 – 12.00 Avondale Heights LLC Starts 23 July</p>	<p>Tutor: Di Phillips Be in the know – become a Silver Surfer. I’ll show you how to connect to your family and friends. Stay in touch anywhere in the world. Learn how to customise your iPad and iPhone to suit your needs. Topics include software updates, setting up iCloud and iTunes, backing up, email, contacts, calendars, notes, scanning documents, photos, pages, iBooks, Kindle and Amazon. - Before buying an iPad or iPhone please check with Di to ensure that you choose one most suited to your needs. diphillipsmarketing@gmail.com or mobile 0467 538 308</p>
--	--

<p>Using Social Media Mon. 10.00 – 12.00 Avondale Heights LLC Starts 19 July (10 weeks)</p>	<p>Tutor: Suzanne Carbone This ten-week course is suitable for beginners or existing users who would like to better navigate Facebook, Instagram, LinkedIn or Twitter so they can share their world with friends and family in Australia or overseas. Learn about posting suitable content, taking and uploading photos, and managing settings such as notifications that pop up on your screen. And importantly, learn about privacy and security settings to protect yourself and your account.</p>
---	---

Continuing Courses with Vacancies

Please note:

- Vacancies in many of the continuing courses are very limited.
- All courses are weekly for the whole semester unless otherwise indicated.

Book Clubs

<p>Book Club 2 3rd Friday of the month, Sam Merrifield Library, 1.30 – 3.30 (Note: a fee of \$30 is payable) Tutor: George Widdison</p>

Exercise and Wellbeing

<p>Line Dancing Monday 10.00 – 11.30, Ascot Vale Neighbourhood Centre Tutor: Moya Lacey</p>
<p>Qigong and Tai Chi for Health Thursday 2.30 – 4.45, Ascot Vale Neighbourhood Centre Tutor: John Vardis</p>
<p>Wednesday Walkers Wednesday 9.00 – 10.15, Maribyrnong River Path, near Aberfeldie Park. Tutor: Ann Gordon</p>

Games and Leisure

<p>Chess Friday 10.00 – 12.00, Woodlands Park House Tutor: Con Flaim</p>
<p>Cryptic Crosswords Monday 1.30 – 3.00, Sam Merrifield Library Tutor: Alison Stewart</p>
<p>Seniors Cinema at ACMI 1 4th Monday of the Month, 1.30 – 4.00, ACMI, Federation Square Tutor: Helen Blom</p>
<p>Seniors Cinema at ACMI 2 3rd Monday of the Month, 1.30 – 4.00, ACMI, Federation Square Tutor: Jenny Cleary</p>
<p>Scrabble Tuesday 9.30 – 11.00. Niddrie Hub Tutor: Pauline Lane</p>
<p>Social Bridge Monday 9.45 – 12.00, Doutta Galla Community Hall (Note: some training and/or experience in Bridge is required) Tutors: Heather Feldman and Lorraine Higgins</p>

Music

Opera at the Sun Theatre

Wednesday, selected dates approximately monthly, 10.15 – 3.00, Sun Theatre, Yarraville
Tutor; John Adams

Singing for Fun

Monday 1.30 – 3.00, Crown Street Stables
Tutor: Jo Bradshaw

Writing and Literature

National Theatre Live

Wednesday, selected dates approximately monthly, 10.15 – 3.00, Sun Theatre, Yarraville
Tutor; John Adams

Play Reading

Thursday 9.30 – 12.30 (Fortnightly) Woodlands Park House
Tutor: Gail Mayes

Semester 2 Dates:

- Term 3: 19 July to 17 September
- Term 4: 4 October to 26 November

Reminder: how do I enrol online in a course?

Log onto the system via *Member Login*: on our website, <http://u3amooneevalley.com.au/> .

Select *Classes 2021*. Select the class required using the small radio buttons above *Request*, to the left of each course description.

At the bottom of the page select *Next* and then *Next* again (if you don't select *Next* your enrolment is lost).

If you have forgotten your password, or your ID, you can use *Forgotten Password* for it to be sent to you.

BE PREPARED, TRIVIA DAY IS UNDER WAY



Michelle has been collecting questions for us to wrestle with.

Consult with your class buddies and have some fun naming your team.

It's maybe too late to read Encyclopedia Britannica however there is always the TV news and current affairs to boost your team's chances. Atlas consulting could be good too.

2021 Trivia Quiz
Thursday July 1, 10 am - 1 pm
At the Ascot Vale Neighbourhood Centre

Information

- Teams of up to 4 people, who are current U3a members
- Questions are multiple choice, 4 sections of 20 questions each
- Members are asked to contribute \$5 to cover the cost of lunch and hall hire
- Individual members may enter, and we will attempt to form teams
- To make this a sustainable event, please bring your own cups and plates
- There will be prizes for the top 3 teams, as well as door prizes
- Closing date for entries is **Monday 21st June**
- Any questions contact Michelle by text: 0405366731

Trivia Quiz Entry Form

Please email your team details to: info@u3amooneevalley.com.au

OR

Post this entry form to Trivia Quiz, MVR U3a, PO Box 459, Moonee Ponds, Vic, 3039

Team Name:

1. Contact person and ph	Email
2	Ph
3	Ph
4	Ph

OR: I would like to enter the Trivia quiz as an individual

Name: _____

Phone: _____

Method of Payment is direct credit to our bank account

Account name: U3A Moonee Valley

BSB 633-000, Account number: 154051213

Number of participants..... @ \$5 per person = \$.....

Please include a reference number or name

JULY FORUM: Understanding Vision Loss with Eye Diseases

We are very pleased to be able to resume our Windy Hill forums. Our forum to be held on Tuesday July 6th will be conducted by MVU3A member Julius Liubinas, MSc Optometry FACBO FCOVD (Retired). Julius has provided us with the following introduction to the forum:

“Vision loss from a Cataract is quite different from that of Macular Degeneration or Glaucoma. Medicine uses terms like *disability glare*, *low contrast sensitivity*, *poor visual acuity*, *peripheral* and *central field losses* to describe the different types of vision loss in eye disease. But what do they really mean?

More importantly what impact do these losses have on daily living? What can we do to adapt and live a more normal life? This talk is geared to those living with eye disease as well as their partners or carers. The latter often struggle to understand what is happening and how to assist. The goal of the talk is to help people understand the different types of visual loss as well as provide tools to improve daily living.”

The forum will be held on Tuesday July 6th at Windy Hill Venue at the corner of Napier and Brewster Street Essendon. There is a free car park opposite in Napier Street and the venue is accessible by the No. 59 tram or Glenbervie or Essendon train stations.

The presentation will commence at 11.00 in the Premiers Room, (different to previous forums.) There will be tea or coffee available from 10.30. Partners and/or friends of U3A members are also welcome to attend. We encourage those attending to stay for lunch at the Venue’s bistro, where reasonably priced meals, including those on a seniors’ menu, are available.

If you would like to attend, please either phone the office on 9337 7779 or send an email to info@u3amooneevalley.com.au by Friday 2 July at the latest. Please also advise if you, and/or any others coming with you, plan to stay for lunch.

MONTHLY LUNCHESES AT KEILOR EAST RSL

All U3A Moonee Valley members and friends are invited to attend the monthly lunches which are to be held on the 3rd Thursday of each month until December 2021

Venue : Keilor East RSL
Hoffman’s Road,
Keilor East.

You choose and pay for your own food and drink. As well as a wide range of dishes offered on the main Bistro menu, a Seniors meal are generous proportions are available. Current prices for Senior meals are 3 courses \$18.95, 2 courses \$16.50 and 1 course \$14.50.

2021 Lunch Dates: 17 June, 15 July, 19 August, 16 September, 21 October, 18 November, 16 December.

Please come and join us.

Due to COVID-19 conditions, if you plan to attend lunch please contact Marjorie Ridley on 0410 435 929 or email officecomv@gmail.com. by the Monday of the week of the lunch.

SOCIAL ACTIVITIES PLANNED Helen Mather

While 2021 is looking much brighter year than last, many organisations remain cautious about opening their tour programs to the general public.

Only two events have been locked in so far this year. Hopefully, this will change in the coming months and the second half of the year more outings will be on offer.

DATES TO REMEMBER --

8th October - Tram Boat To Herring Island And Lunch

17th November - William Angliss Lunch And Tour. Cost \$30.00

Course Notes events under consideration:

- Vasili's Garden and lunch
- MCG Tour
- Tour of Incinerator Gallery followed by lunch at Poyton's Nursery
- Bus tour - destination to be decided

Please make a note in your diary if you would like to attend the two outings already booked - further details and forms will be available in the July "Contact".

Should you require further information about any of the events planned or would like to make a suggestion please do not hesitate to contact me on – 0407582656.

Attending the U3A social outings if a great way to celebrate and connect with new and old friends.

OFFICE NEWS MAY 2021. Marjorie Ridley. officecomv@gmail.com. [0410 435 929](tel:0410435929)



The Committee of Management and I would like to thank all Office Volunteers for their assistance with duties during Semester 1.

The Office will close on Friday 18th June for the mid-year break and reopen on Monday 19th July.

I will shortly be arranging the roster for Semester 2 where you will notice several changes.

The Office will be open for the first 2 weeks of Term 3 on Monday to Friday from 10.30 to 12.30.

The following weeks of Term 3 and the majority of Term 4 the Office will only open on Monday/Wednesday/Friday from 10.30 to 12.30.

Please let me know if there are any dates you would be unavailable. The roster will be emailed/mailed at the end of June.

** Best wishes for a comfortable recovery Marjorie.*

AN INVITATION TO JOIN AN ONLINE DISCUSSION ABOUT PROBLEM GAMBLING

A Winter webinar series: Exploring the hidden harms of gambling

Brought to you by CaseyU3A and Gamblers Help

Did you know Australia has recorded the worst Gambling losses, per head of population, in the world? (and it has nothing to do with one's capabilities!)



This series of [free](#) community talks, with guest speakers, is designed to inform, to inspire and to create discussions about the impact of gambling.

About this Event

Session 1: Community change makers - we'll hear from those directly impacted by gambling and how they have turned their lives around.

Wed June 2nd 3:00 – 4:00pm

Session 2: The move online and the impact on our young people - we'll learn how potential risks increase with the ease of online advertising and gambling, especially for our younger people.

Wed June 9th 3:00 – 4:00pm

Session 3: Loneliness, isolation and the link to gambling harm - we'll explore how these risk factors may lead to gambling harm and discuss how we can support vulnerable people – friends, family and our local communities.

Wed June 16th 3:00 – 4:00pm

Register today!

To join the webinars – one or all 3 click on this link

<https://www.eventbrite.com.au/e/a-winter-webinar-series-exploring-the-hidden-harms-of-gambling-tickets-152192974283>

(a zoom link will be forwarded to you)

Or alternatively simply email Chris and she will forward the Zoom link to you

ctrinnell23@gmail.com

"BACK ON TRACK" From Harry Dobson.



The members of our MVU3A Bike Pedalling for Pleasure group are very happy to be out and about again each Friday morning.

The weather gods have been very favourable to us and, so far, we have not had to cancel any rides. We vary the distance and gradients from week to week in order to cater for the range of our rider's experience and fitness.

The rides we have enjoyed along the Maribyrnong River trail have taken us to Yarraville, to Williamstown and to Altona. Our Moonee Ponds Creek trail rides start at Ormond Park and we have been able to explore Docklands, South Wharf, Botanical Gardens, Melbourne Uni, Royal Park and Westmeadows.

We also decided to catch the train out of town so that riding back could provide further opportunity for us to explore the countryside. Recently we rode back from Craigieburn along the main creek pathways.

Our efforts are rewarded with coffee and other refreshments at interesting locations.

GREAT COURSES;

These DVD lecture sets can be borrowed by members for home viewing. Phone the office if you have an interest in any of the courses listed below.

Understanding the World's Greatest Structures (4 discs)

The development of human building techniques and materials as evidenced by significant buildings.

The World's Greatest Paintings (4 discs)

Topics range in historical sequence from Giotto to 20th century paintings

America's Musical Heritage (2 disc)

Investigates the history of American music using recordings kept at the Smithsonian Institute.

The Joy of Science (10 discs)

Covers the development of astronomy, chemistry, physics, chemistry and biology

Big History (8 discs).

Starts with the birth of the universe then the birth of our solar system, evolution of life on earth and evolution of human beings and society.

London (4 discs)

The history of London is described from pre-Roman to the present day.

The Nature of Earth: An Introduction to Geology (6 discs)

The formation of earth, plate tectonics and continental drift are described.

A Brief History of the World (6 discs)

Ranges from the Stone Age to the globalized world of today.

Development of European Civilization (8 discs)

Begins in the medieval times continues to world war two.

The Great Tours: England, Scotland and Wales

British History is linked to structures that remain to reveal the past.

Experiencing America: A Smithsonian Tour through History (4 discs)

Feature objects kept in the Smithsonian and their relevance to American History.

The World's Greatest Geological Wonders: 36 Spectacular Site (6 discs)

Investigates remarkable features of landscape found on the earth's surface.

Wonders of the National Parks: A Geology of North America. (6 discs)

The geological wonders of the USA are described and explained.

Simple and Stunning Watercolour Techniques (1 disc)

Demonstrates a variety of watercolour techniques.

Everyday Urban Sketching (1 disc)

Demonstrates how to quickly and efficiently draw the urban landscape

Sketching People Places and Landscapes (1 disc)

Describes sketching techniques.

From our Treasurer. Michael Walsh

U3A Moonee Valley Inc
Income and Expenditure Statement
For the month ended 30 April 2021

	YTD 2021	YTD 2020
Opening balance	36,051.40	28,107.78
INCOME		
Class fees	810.00	1,685.00
Social events	0.00	5,138.00
Member subscriptions - associates	460.00	420.00
Member subscriptions - new	1,485.00	2,475.00
Member subscriptions - renewals	18,831.00	20,120.00
Grants	3,350.00	0.00
Interest	9.06	24.82
Total income	<u>24,945.06</u>	<u>29,862.82</u>
EXPENSES		
Fees and charges	314.20	629.13
Catering	17.09	131.15
Computer expenses	0.00	173.00
Donations	0.00	200.00
Gifts	0.00	0.00
Administration expenses	365.58	24.95
Photocopier lease	717.20	1,149.50
Photocopying and stationery	121.62	619.77
Trivia Day	0.00	0.00
Grants Projects	1,526.20	696.81
Postage	273.24	357.34
Social events	0.00	8,003.60
Tutor aids	111.00	1,854.55
Tutor gifts	0.00	1,820.00
Venue hire	0.00	3,114.45
Volunteers	0.00	0.00
U3A Network	0.00	83.25
MyU3A website fees	274.20	0.00
Website hosting fees and maintenance	500.00	1,500.00
Internet	213.67	255.00
Refund - subscriptions	55.00	125.00
Compensation	120.00	0.00
Total expenditure	<u>4,609.00</u>	<u>20,737.50</u>
Surplus/ (deficit) for the period	<u>20,336.06</u>	<u>9,125.32</u>
Closing balance	<u>56,387.46</u>	<u>37,233.10</u>

Language Books

Are you interested in learning Spanish or French, or furthering your studies in these beautiful languages? We have some grammar books, novels and CD's to give away, and these photos are a few of what's available.

Please contact the office on 9337 7779 to arrange a time to view and collect these books / CDs. If you know anyone who may benefit from these books then please pass these details on to them.



Spotted in the newspaper:

A good reason to get those grandchildren to turn off the technology and play with their Lego!



Architect-turned-sculptor Jan van Schaik with one of his Lost Tablets artworks, made from second-hand LEGO and selling for \$3500 each.

Luis Enrique Ascui

U3A Moonee Valley acknowledges invaluable support received from Moonee Valley City Council, Department for Victorian Communities, ACFE, Hon. Bill Shorten MP, Mr Danny Pearson MP and Mr Ben Carroll MP.



This topic may not be your cup of tea, but if you're interested you might like to participate in this research program.

Sexuality, let's discuss it...

Participants wanted for a research study



The study aims to evaluate the attitudes, behaviours and perspectives of older adults towards sexuality, and to understand what supports may be needed to support sexuality through ageing.

Eligibility

- If you are over 60 years old.
- Any gender or sexual orientation.
- Have access to a computer and internet to complete an online survey.

Benefits?

- The results hope to improve clinical practice to promote better sexual health outcomes of older adults.

Participation involves

- Completing an online survey that should take under 30 minutes.
- Answering questions about your attitudes, barriers, facilitators and supports relating to sexuality.
- *All survey answers recorded are confidential and anonymous, no identifiable information will be collected with the data.*



Ethics approval number:
2020-202EAP

FOR QUESTIONS AND MORE INFORMATION:

Email or call Dr Claire Lynch: Claire.lynch@acu.edu.au or 9230 8238

TO ACCESS THE SURVEY, CLICK TO FOLLOW THIS LINK (if you are experiencing difficulties copy and paste into your browser:

https://acu.qualtrics.com/fe/form/SV_07yvsRiF1q31jxk