

# CONTACT

VOLUME 22, No. 1 February 2018



**MOONEE VALLEY NEWSLETTER**  
UNIVERSITY OF THE THIRD AGE

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

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What's in this issue?	Calendar of events		
From the President	Mon	29 Jan	Office reopens
Membership Manager's Report	Tues	6 Feb	Tutors Meeting
Moonee Valley Festival	Mon	12 Feb	Classes start
Course Coordinator's Report	Thu	15 Feb	Members' Lunch at Anglers Tavern
Monthly Lunches at Anglers Tavern	Thu	15 Feb	Committee Meeting
Office Manager's Report	Sun	25 Feb	Moonee Valley Festival
Social Activities for 2018	Thu	15 Mar	Members' Lunch at Anglers Tavern
Peddalling for Pleasure	Thu	15 Mar	Committee Meeting
Social Activities Booking Forms	Thu	5 April	Forum: Healthy Brain Ageing and Dementia Prevention

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## **FROM THE PRESIDENT**

Welcome everyone to U3A Moonee Valley February 2018 edition of our newsletter Contact. I hope you all had an enjoyable and relaxing Christmas/New Year break and a special welcome to all new members. Thank you to our fill-in editor Liz Lynch for arranging this newsletter's publication and distribution while helping us make the transition to our new editor, Jan Smith.

## **2017 AGM**

The Annual General Meeting took place on Wednesday 6 December 2017 at the Ascot Vale Neighbourhood Centre. The purpose of the AGM is for the President and Treasurer to present their annual reports to members, for the election of the 2018 Committee of Management, and for the acknowledgement of the work of all our volunteers who contribute their time, skills and enthusiasm for the benefit of members.

Seventy-seven members attended the AGM as well as guests Danny Pearson, State Member for Essendon and Judy Maddigan former MP and ardent supporter of community groups.

## **20 Year Anniversary Celebrations**

The anniversary celebrations were the main feature of 2017. Five successful events were held during the year.

1. Visual Pot Pourri 12 April. Thanks to Maurice and Marjorie Majury for collating this interesting assortment of unusual stories and facts.
2. Anniversary Lunch 20 June. The lunch was dedicated to our tutors, and was the largest gathering MVU3A has held, with 217 members attending.
3. Anniversary Super Quiz 6 July. Thanks to Liz Lynch, Maurice and Marjorie Majury for organising this entertaining and challenging event.
4. Show Day 4 October. This was an opportunity for groups to show off their skills. We also raised money as a tribute to Dot Dickson for the Florey Institute Motor Neurone Disease Fund.
5. Volunteers' Lunch 5 October. Thanks to Geoff Miller for organising this enjoyable outing.

Thanks to all who contributed to our year of celebration. Special thanks to the Roarers, the small group responsible for organising our wonderful 20th Anniversary Celebrations.

## **2018 Committee of Management**

Five committee positions were due for election in 2017. They were President, Secretary, and three Ordinary Members, each for a two-year term.

Five nominations were received and those members were elected unopposed. The members of the 2017 Committee of Management are:

President: Brian Smith  
Vice President: Mandy Heane  
Treasurer: Maurice Corkill  
Secretary: Jenny Dwyer  
Course/Tutor Coordinator: Geoff Miller  
Membership/Database Manager: Barrie Fenby  
Venue Coordinator: Edith James  
Office Manager: Marjorie Ridley  
Social Activities Coordinator: Heather Feldman  
Database Assistant: Lorraine Rodger  
Events co-ordinator: Robert d'Silva  
Contacts Editor: vacant

## **Acknowledgement of Tutors**

Geoff Miller asked the meeting to acknowledge all the Tutors who provide a huge range of activities for member's enjoyment, and he also acknowledged members who take over classes when tutors are unavailable. Geoff also thanked Terry Rickard who is retiring as property officer after 6 years.

## **Retiring Tutors:**

A number of our tutors are retiring and members gave thanks for their excellent work:

1. Margaret Dowsett gave heartfelt thanks to Dot Dickson, croquet tutor, for her patience and sense of humour, and wished her well.
2. Peter Lepp spoke about Lou Armarego, art tutor – an excellent tutor and friend to all.

3. Val Wignall was delighted to speak about Anne Strong, Singing for Fun leader, who has been a marvellous resource for the group.
4. Peter Price and Alfred Mansour efforts in computer and photography classes are much appreciated.

Office Manager Marjorie Ridley thanked all Office Volunteers and Debney Meadows Readers for their hard work and patience during a difficult year.

### **Retiring Committee Members:**

Robyn Temby paid tribute to retiring committee members, Fran Horton and Joan Adams. She spoke of Fran's passion for U3A, as a tutor, committee member, President and a member of Network. She was always welcoming, enthusiastic and practical.

Joan has been an excellent and hard-working editor of Contact, and also always a supportive committee member. Both will be sadly missed.

Judy Maddigan moved a motion from the floor of thanks to Fran.

### **Retiring President:**

Mandy Heane thanked Robyn for leading MVU3A for the past 5 years through many changes including reforming the Constitution and introducing the online enrolment system, in a friendly, calm and steady manner.

**Proposal to increase membership fees:** The proposal to increase membership fees for the 2019 year was moved by the treasurer Maurice Corkill and seconded by Deirdre Lampard. The proposal was accepted unanimously by members at the AGM. New fees will be as follows:

1. New annual membership fee: \$55
2. Renew annual membership fee: \$45
3. Half yearly membership fee: \$35
4. Associate Membership fee: \$35

On behalf of the 2018 committee I wish you a stimulating and rewarding year.

### **Brian Smith**

[president@u3amooneevalley.com.au](mailto:president@u3amooneevalley.com.au)

## **MEMBERSHIP MANAGER'S REPORT**

### **Badges**

Are you a new member who did not receive a badge, or an ongoing member who needs a replacement badge? Please let your tutor know, or ring the office on 9337 7779 and ask them to put you on the list for a badge.

### **Sunglasses found**

If you left your sunglasses behind at the enrolment day held at Sam Merrifield library, they may be picked up from the office.

### **Barrie Fenby**

## **MOONEE VALLEY FESTIVAL | SUNDAY 25 FEBRUARY | QUEENS PARK**

As the Moonee Valley Festival is a very popular event in our region's calendar, U3A Moonee Valley traditionally has a stand, and we're calling for volunteers to look after our stand at this year's event. We have 2 members on the stand at a time, and rotate every hour or two in a roster system, so if you feel you'd like to be there, chatting about the benefits of U3A Moonee Valley, please let us know by:

- calling our office on 9337 7779, or
- sending an email to [info@u3amooneevalley.com.au](mailto:info@u3amooneevalley.com.au)

and advising your name, best contact phone number and your availability.

Thanks in anticipation .....

## **COURSE COORDINATOR'S REPORT**

### **2018 Courses**

I'm sure you are all looking forward to resuming or commencing your U3A classes, the great majority of which start in the week beginning February the 12th.

We have had a very good response to our advertised courses, with many of them filling quickly when enrolments opened on 13 December. However there are still places available in many of them and it is not too late to join in - you can either check online or contact the office to see where there are vacancies. Would anyone be interested in joining an introductory German language course? I recently had an approach from John McMahon, who very capably took over Kerry Costa's French classes when she was ill recently. John would be interested in offering a German class - possibly later this year or in 2019 - if there was sufficient interest. We are not asking for commitments at this stage, but if the idea appeals to you, please advise the office - either by phone (9337 7779) or email ([mvu3a1@gmail.com](mailto:mvu3a1@gmail.com)).

### **April Forum**

We are very pleased that Dr Helen McPherson, who has given very well-received presentations to several other U3As, has agreed to present our next forum at Windy Hill. Her topic will be:

#### **Healthy brain ageing and dementia prevention**

- Changes to memory and brain health as people get older
- Strategies to reduce dementia risk
- The impact of diet (whole diet and vitamin supplements) and exercise on memory and brain health

Dr Macpherson is a researcher in the field of healthy brain ageing and dementia prevention. Her research aims to understand the impact that lifestyle, including making changes to diet and increasing physical activity, has on dementia risk factors, cognition and brain health in older people.

She completed her PhD at Swinburne University in 2012 and in 2015 she joined Deakin University where her research expanded to encompass the effects of nutrition combined with exercise on cognition.

**The forum will be at the Windy Hill Venue, Corner of. Napier and Brewster Streets, Essendon. on Thursday 5 April - during the term break - from 10.30 to 12.00.**

If you would like to attend, please phone or email the office (see details above) as soon as possible and register your name - an enrolment form is not required.

After the presentation you can join us for lunch if you wish at the Terrace Bistro. The prices are very reasonable and there is a seniors menu. It is not necessary for you to book for lunch - we will check the number staying on the day.

I trust that you will all enjoy your U3A activities in 2018.

**Geoff Miller**

## **MONTHLY LUNCHESES AT ANGLERS TAVERN**

All U3A Moonee Valley members are invited to attend the monthly lunches which are held on the **third Thursday** of each month except December.

Venue:           The Bistro  
                    Anglers Tavern  
                    2 Raleigh Road  
                    Maribyrnong

Time:            From 12.00 noon onwards

There is plenty of parking around the hotel and the West Maribyrnong #57 tram stops at the door.

There is no set menu for the lunch - everyone chooses and pays for their own food and drink. It is up to you to decide whether you wish to indulge in a full meal or opt to choose from the Seniors Menu. Prices for Seniors meals are:

1 course (Main)	\$15.90
2 courses (Entrée and Main OR Main and Dessert)	\$18.90
3 courses (Entrée, Main and Dessert)	\$21.90

Servings are very generous – you will not have to cook that night!

2018 lunch dates are:	15 February	19 July
	15 March	16 August
	19 April	20 September
	17 May	18 October
	21 June	15 November

If you are interested in attending these lunches, please phone us on **9338 8715** or email to **majmaj16@gmail.com** by the preceding Friday.

**Although these lunches are not “official classes” where you need to enrol or attend every lunch, we do ask you to let us know each month you plan to attend.** You may bring along non-members to the lunches – just let us know the number of those attending when you contact us.

**Margaret and Maurice Majurey**

## **OFFICE MANAGER'S REPORT**

Welcome to 2018

The Committee of Management and I would like to thank all members, both returning and new, who have volunteered to open the Office from Monday to Friday.

The Office opened on the 29th January and will close on the 29<sup>th</sup> March for the Term 1 break and reopen on the 16th April.

The voice on the phone is often the first personal contact someone has with our organisation and we are very proud of the professional manner and dedication of our Office Volunteers and the efficiency in handling all kinds of enquiries. Messages left on voice mail are monitored regularly.

We would like to have more volunteers, especially for emergency duty, as well as rostered office duty. If you are able to help or wish to find out more about being a volunteer, please contact me on email: [officecomv@gmail.com](mailto:officecomv@gmail.com) or 0410 435929.

**Marjorie Ridley**

## **SOCIAL ACTIVITIES**

The following activities and theatre bookings have been organised to provide interesting places for members to visit, opportunities to meet and mix with other members and to see popular shows at a reduced price when the performances come to Melbourne.

When participating in a *U3A social activity*, members are welcome to bring non-members with them.

### **1. Wednesday 21<sup>st</sup> March 2018 at 10.30am**

#### **Tour of the Old Treasury Building**

Join the personally guided tour of the Old Treasury Building to discover some of its treasures. The tour will include the Executive Council Chamber and the historic gold vaults in the basement. View the rare photographic panorama of Melbourne from 1862 and the 1920's. Visit the former Chief Secretary's Office and temporary exhibit on the Wild Colonial Boys. Discover significant archival documents on loan from the Public Records Office. (There is a lift available for those who are unable to cope with stairs)

**Departure:** The Old Treasury Building is located at 20 Spring Street. The tour will commence from the rear of the building. Further instructions will be provided in the letter of confirmation for the tour.

**Lunch** After the tour you might like to join other U3A members for lunch at 12.00 noon, at your own cost, at the Treasury Deli situated at 1 McArthur Street Melbourne

**Cost of tour** \$9.00.

This tour requires a minimum of 8 participants and there is an upper limit of 60 persons for it to proceed.

***To participate, complete the booking slip and return this together with the payment of \$9.00 per person and a stamped, self-addressed envelope and post it to U3A Moonee Valley PO Box 459 Moonee Ponds, Vic 3039 by Friday 2<sup>nd</sup> March 2018.***

## **2. Thursday 19<sup>th</sup> April 2018 at 10.30am**

### **“World of the Book” Tour at the State Library of Victoria Tour**

*(Closing date Friday the 30<sup>th</sup> March 2018)*

Join the free guided tour of the magnificent domed La Trobe Reading Room and see highlights of the [World of the book](#) exhibition. See rare and significant works that showcase the history of book design, production and illustration from the Middle Ages to today. New items and stories are now on display in this exhibition, revealing different aspects of the Library’s Rare Books collection. Highlights include key works of philosophy and science that changed the world, atlases and maps from European voyages of discovery, some of the earliest uses of photography, stunning modern artist books, as well as selected highlights from the [John Emmerson collection](#) of 17th-century printed works.

**Departure:** The State Library is located at 328 Swanston St, Melbourne VIC 3000. The tour will commence from the foyer of the Library where we will meet our volunteer guide.

**Lunch** After the tour you might like to join other U3A members for lunch at 12.00 noon, at your own cost, at Mr Tulk Café, the library’s café, which has been named after the Library’s first librarian Augustus Talk,.

**Cost of tour** Nil

This tour which runs for approximately an hour requires a minimum of 6 participants and there is an upper limit of 15 persons for it to proceed.

*To participate, complete the booking slip and return this together with a stamped, self-addressed envelope and post it to U3A Moonee Valley PO Box 459 Moonee Ponds, Vic 3039 by Friday 30<sup>th</sup> March 2018.*

## **3. Wednesday 18<sup>th</sup> July 2018 at 1pm**

### **Theatre tickets to the musical “The Wizard of OZ” at the Regent Theatre**

We’re off to see the most magical adventure of them all. [SEP]To follow the yellow brick road over the rainbow and into Andrew Lloyd Webber’s new production of The Wizard of Oz. Developed from the ever popular MGM screenplay this production, totally reconceived for the stage, contains all the much-loved songs from the Oscar winning movie score, all the favourite characters and iconic moments, plus a few surprises along the way. So don’t miss this magical new version of a timeless classic. The cast includes Anthony Warlow as the Wizard and Professor Marvel, Samantha Dodemaide as Dorothy and leading ladies Lucy Durack as Glinda and Jemma Rix as Miss Gulch and the Wicked Witch of the West.

**Tickets:** We have a total of 35 tickets in rows F&G in the stalls. The group booking requires that we sell a minimum of 10 tickets.

**Cost** of the tickets is \$70.00 per person. Options for how to pay are listed below.

*To participate, complete the booking slip and return this together with the payment of \$70.00 per ticket and a stamped, self-addressed envelope and post it to U3A Moonee Valley PO Box 459 Moonee Ponds, Vic 3039 by Friday 4<sup>th</sup> May 2018.*

#### **4. Wednesday 15<sup>th</sup> August 2018 at 1pm**

##### **Theatre tickets to the musical “Mamma Mia” at the Princess Theatre**

MAMMA MIA! is the ultimate feel-good musical. And now, in a stunning new production and with S.O.S, Take a Chance On Me, Dancing Queen and so many more hits you know and love make this worldwide phenomenon a fabulous performance for audiences of all ages. Set on a Greek island paradise and inspired by the story-telling magic of ABBA’s timeless songs, it is a must see musical.

**Tickets:** We have 40 tickets in rows C, D, E & F in the dress circle and row E in the Grand Circle. The group booking requires that we sell a minimum of 12 tickets. Seats will be allocated in order of receipt for row C, D, E & F in the Dress Circle then row E in the Grand Circle. (There were no tickets available in the stalls when I booked. I will try and access some tickets in the stalls that may have been handed back in late May. Please indicate on the return slip if you would prefer seats in the stalls).

**Cost** of the tickets is \$60.00 per person. Options for how to pay are listed below.

***To participate, complete the booking slip and return this together with the payment of \$60.00 per ticket and a stamped, self-addressed envelope and post it to U3A Moonee Valley PO Box 459 Moonee Ponds, Vic 3039 by Friday 2<sup>nd</sup> June 2018.***

##### **Please note**

##### ***In relation to all social activities:***

- Booking forms are on pages **10 and 11**.
  - Payment can be made by cheque, money order, online via the internet or directly to our Bendigo Bank account, the details of which are:
    - Account name:* U3A Moonee Valley Inc.
    - BSB:* 633-000
    - Account number:* 1540 51213
- When paying via internet or at a bank for deposit to our account, we need a name as a reference and confirm this on your reply slip so that we can recognise where the payment came from.
- Please include a stamped, self-addressed envelope.
  - Applications will be accepted in order of receipt. If oversubscribed a cheque or information on the repayment will be returned in the self-addressed envelope you provided.
  - Do not worry if you do not hear from us immediately after sending in your booking. When notifying people, we wait until we have the minimum required for the activity, or with the purchase of the tickets, till after we have received the tickets, which will be after the closing date for that theatre booking.
  - **No refunds will be provided**, except when the activity has been cancelled, as U3A will generally have forwarded your payment to the organisation we are visiting or the theatre to purchase the tickets. If you are unable to attend please arrange for someone else to use your ticket or take your place on the activity.

## **“Pedalling for Pleasure” in 2018**

**U3A Moonee Valley has added bicycle riding to its extensive list of classes and activities this year.**

The first of our rides will take place on Friday 16<sup>th</sup> February, starting from the Riverside Café in Newsom St. Ascot Vale, and heading down the Maribyrnong River bike path to Newmarket. We plan to do morning rides like this every second Friday. On 2<sup>nd</sup> March we will go upstream to the Tea Gardens in Avondale Heights.

Other rides destinations during the year could include the following:

- i) More Maribyrnong River rides to Docklands, the City , and down to Williamstown;
- ii) Moonee Ponds Creek rides starting from Travancore Park to Royal Park and Princes Park, Edinburgh Gardens and Clifton Hill, and out to Westmeadows;
- iii) Merri Creek rides to Yarra Bend, Studley Park, Ceres (East Brunswick), Coburg Lake, Northern Memorial Park (Fawkner) .

So far, there are thirteen in the group but there are still two or three spots vacant for anyone able to say “yes” to the following questions:

Are you keen to become a member of a social bike riding group?

Interested in exploring our local parklands, rivers, and bay side paths?

Keen on meeting new people and having fun, whilst keeping fit and healthy?

Happy to ride at a leisurely pace and to stop for morning tea and a chat?

You will need to have a bike in good working order, a suitable helmet, and a basic tool kit.

It would be good, too, if members of the group can take a turn at helping to support one of the selected rides during the year. This might involve a prior check on the trip conditions, where to stop for a coffee & chat, possible photo opportunities, as well as write a brief report for Contact and the U3AMV website.

**Harry Dobson**

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.



## SOCIAL ACTIVITIES BOOKING FORMS

### **1. Tour of the Old Treasury Building Wednesday 21<sup>st</sup> March 2018 at 10.30am** (Closing date Friday the 2<sup>nd</sup> March 2018)

Name/s \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Contact Phone number \_\_\_\_\_

Number attending the tour \_\_\_\_ @ \$9.00 per person = \$\_\_\_\_\_

**I will /I will not** be joining the group for lunch at the Treasury Deli. (Please circle your intention)

Method of payment for the above amount (please tick)

- ( ) Cheque/money order.
- ( ) Bank deposit – reference number/name \_\_\_\_\_
- ( ) Payment via internet or at a bank for deposit to our account. In each case we need a name as reference.

*Please find enclosed a cheque/money order or reference name from bank deposit or internet banking and a stamped, self-addressed envelope.*

Signed \_\_\_\_\_

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### **2. State Library of Victoria “World of the Book” Tour on Thursday 19<sup>th</sup> April 2018 at 10.30am.** (Closing date Friday the 30<sup>th</sup> March 2018)

Name/s \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Contact Phone number \_\_\_\_\_

Number attending the tour \_\_\_\_\_

**I will /I will not** be joining the group for lunch at the Mr Tulk Café. . (Please circle your intention)

Method of payment for the above amount (please tick)

- ( ) Cheque/money order.
- ( ) Bank deposit – reference number/name \_\_\_\_\_
- ( ) Payment via internet or at a bank for deposit to our account. In each case we need a name as reference.

*Please find enclosed a stamped, self-addressed envelope.*

Signed \_\_\_\_\_

**3. Theatre tickets to the musical “The Wizard of OZ” at the Regent Theatre Wednesday 18<sup>th</sup> July 2018 at 1pm (Closing date Friday 4<sup>th</sup> May2018)**

Name/s \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Contact Phone number \_\_\_\_\_

Number of tickets required \_\_\_\_\_ @ \$70.00 per person \$\_\_\_\_\_

Method of payment for the above amount (please tick)

- ( ) Cheque/money order.
- ( ) Bank deposit – reference number/name \_\_\_\_\_
- ( ) Payment via internet or at a bank for deposit to our account. In each case we need a name as reference.

*Please find enclosed a cheque/money order or reference name from bank deposit or internet banking and a stamped, self-addressed envelope.*

Signed \_\_\_\_\_

**4. Theatre tickets to the musical “Mamma Mia” at the Princess Theatre on Wednesday 15<sup>th</sup> August 2018 at 1pm (Closing date Friday 2<sup>nd</sup> June 2018 )**

Name/s \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Contact Phone number \_\_\_\_\_

Number of tickets required \_\_\_\_\_ @ \$60.00 per person \$\_\_\_\_\_

Would you prefer seats in the stalls if they become available? Yes/No

Method of payment for the above amount (please tick)

- ( ) Cheque/money order.
- ( ) Bank deposit – reference number/name \_\_\_\_\_
- ( ) Payment via internet or at a bank for deposit to our account. In each case we need a name as reference.

*Please find enclosed cheque/money order or reference name from bank deposit or internet banking and a stamped, self-addressed envelope.*

Signed \_\_\_\_\_

**Heather Feldman**