

# CONTACT

VOLUME 25, No. 3 August 2021



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

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What's in this issue?	Calendar of events ??????		
From the President			
Course Coordinator's Report	16 <sup>th</sup> September	Thursday	Committee Meeting Monthly Lunch
Trivia Day Notice	21 <sup>st</sup> September	Tuesday	Forum at Windy Hill
July Forum Report	23 <sup>rd</sup> September	Thursday	Trivia Quiz Ascot Vale Community Centre
September Forum	30 <sup>th</sup> September	Thursday	Volunteer lunch
Monthly Lunches	11 <sup>th</sup> October	Monday	Voyage of the Tram Boat
Social Events	21 <sup>st</sup> October	Thursday	Committee meeting Monthly Lunch
Comedy Quiz	25 <sup>th</sup> October	Monday	MCG Tour
Social Event booking sheets	17 <sup>th</sup> November	Wednesday	William Angliss Lunch
	18 <sup>th</sup> November	Thursday	Committee meeting Monthly Lunch
	9 <sup>th</sup> December	Thursday	Annual General Meeting. AGM

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## FROM THE PRESIDENT. Brian Smith.

When writing to you in our May *Contact*, I was optimistically looking forward to a more normal year. Most classes were in full swing. We had a Forum, a Trivia day, monthly lunches and some social outings planned for you. Alas “normal” was not to be. Semester 3 has been severely disrupted. Many classes are now suspended but a few continue via Zoom. NSW is in dire straits and Victoria is teetering between recovery and too much Covid-19 delta variety.

A recent letter to the editor in a newspaper has captured the current position beautifully ..... “The worst part of a 7-day lockdown is the first 2 weeks”. Make that... the first 4 weeks.

The value that you place on face-to-face interaction with your friends was evident from the support for the July Forum and the Christmas in July lunch. Both these events were much enjoyed by all who attended during our brief period of “sunshine.” However, storm clouds have returned, so what are we to do?

While it appears that the Delta variant is a game changer, the Committee’s thinking is that we continue to plan assuming that our activities will proceed after the current lockdown ends. Further on, in this *Contact* you will find details of how to join the activities we have planned. If circumstances change, we will notify everyone by email. If it’s at all possible, we will look to use Zoom to provide some participation.

During my 4 years as President, I have grown to appreciate just how much our members value their participation in the many and varied activities we run. Let’s pause and remember that U3A’s don’t just run themselves. Their on-going success depends on a willing band of volunteers; the tutors, the office volunteers and the management committee.

I appeal to every members to consider how they can contribute to the on-going success of our U3A. New tutors are always required and welcomed. If you have an interest to share, please think about offering a course.

Committee of management renewal is also really vital. I am aware that we have many members who would be able bring in new ideas and skills. I am certain that they would enjoy the opportunity to work within a team for the benefit of our membership. Several committee members have completed the 4 years of service in their role. The constitution requires that they have new replacements. Any U3A is only as good as the participants enable it to be. Therefore, I encourage any member who could contribute to please contact me. I will arrange for you to attend a committee meeting; (in person or on zoom). Please be assured you will be welcomed. Above all else stay safe, exercise as much as you can and stay vigilant.



Captured on screen at our August zoom committee meeting.

## COURSE CO-ORDINATOR'S REPORT

### New Courses

In a spirit of optimism, we are offering two new short courses, both of which are scheduled to commence in the first week of Term 4. They are:

**Upcycling (creative re-use)** Tutor: Lorraine Johnston – with help from Ginny Moylan and Kathy Boyce. As you grew up, were you indoctrinated with “waste not, want not”? Do you have golden oldies that are too good to throw out? Would you like to repurpose them, and give them a second life?

This six-week class will light-heartedly brainstorm ideas related to projects brought by class members. Items could include good quality, no longer-used clothes, other fabrics or various household items.

We will attempt to help each other find and apply suitable solutions to questions such as: how can I fix this? what can I do with this? Videos or other AV materials may be used on occasion.

The class will run on Thursday afternoons from 1.00 to 3.00 at Ascot Vale Neighbourhood Centre Meeting Room. Commencing on 7<sup>th</sup> October.

### Great books you've read, or feel you should read.

Tutor: Ian Williams  
This is not a book club. We will discuss in detail any “great book”, as distinct from popular fiction, that you have read.

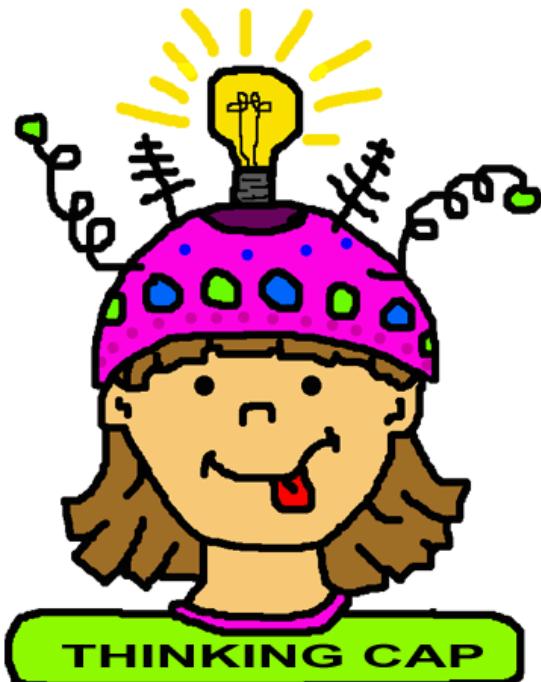
Also, we will discuss reasons for reading many of those “great books” that you’ve heard about.

The class will run on Thursday mornings from 10.00 to 12.00 at Sam Merrifield Library for eight weeks. Commencing on 7<sup>th</sup> October.

If necessary, this course may be conducted via Zoom.

You will be able to enrol online in either of these courses by the time this newsletter is published.

### Geoff Miller



Ladies.



And

Gents

Announcing once again the 2021 Trivia Quiz  
Let's keep our fingers crossed for Thursday September 23, 10 am - 1 pm, Ascot Vale Neighbourhood Centre

## Information for Trivia Day. Thursday September 23<sup>rd</sup> . 10am-1pm. AVNC

- 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 13 September**
- Any questions contact Michelle by text: 0405366731

## Trivia Quiz Entry Form

Please email your team details to: [info@u3amooneevalley.com.au](mailto: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

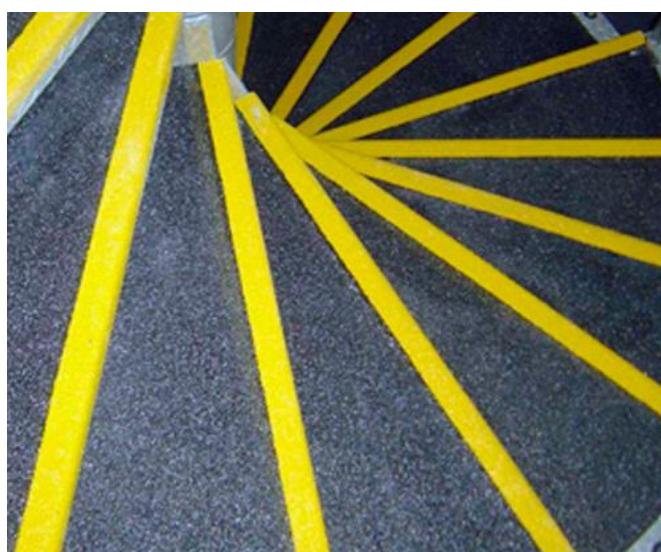


How lucky were we that there was a window of opportunity in July.  
Our members were able to attend the forum at Windy Hill and enjoy lunch together afterwards.  
The forum held on Tuesday July 6th was conducted by one of our members Julius Liubinas (MSc  
Optometry FACBO FCOVD)  
What a fascinating, well-illustrated and informative talk he presented to us.

Julius took us on an anatomical journey from the front of the eye to the back. He described what ageing can do to different parts of the eye and what the effects are on vision. I now have a new-found appreciation of why stairs should have a colour edging on the treads to define them.

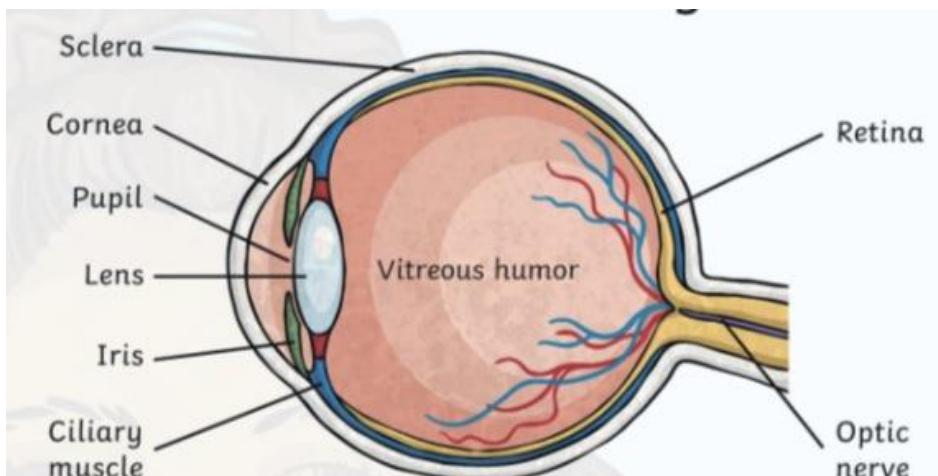
An important message from Julian was to periodically check your vision by covering each eye in turn. If you happen to notice a big difference get it checked out. Changes in one eye might not be apparent because your brain is very good at compensating for differences and making the world look normal.

Thanks, Julian



Good to know where the edge is!

## EYE QUIZ. (Guess or Google)



I am a transparent cover that protects the pupil?

I am the “magnifying glass” of the eye?

I am the eye colour structure?

I am the muscle that changes the shape of the lens?

I am the muscle that changes the shape of the pupil?

I am the opening that lets light in?

My rod and cone cells change light into signals for the brain?

I am the pathway for visual signals into the brain?

Cataract operations are all about me?



## **PROPOSED FORUM: Tuesday 21st September at Windy Hill with Professor June Kane**

***From Montaigne to Madagascar. From French Literature to Child Labour in Africa.***

June Kane is an internationally respected expert in human rights. Her expertise is specifically in the fields of Child Labour, Human Trafficking, Forced Labour and Violence against Women and Children. She has worked in an advisory capacity to the United nations and various governments for 27 years. June has also had a very successful academic career at Victoria University and RMIT. She began her impressive academic career after completing a degree in Modern Languages.

June will talk about how she found her way from a degree in Modern Languages to senior positions at the United Nations. She will explain the work she is doing in these COVID restricted times.

*(You can find out about Montaigne from Wikipedia. My brief perusal shows that he lived in France between 1533 and 1592. His writings are famous for their discussions about the need for freedom and the proper education of children. Editor)*

The forum will be held on Tuesday September 21st 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 send an email to info@u3amooneevalley.com.au by Friday 17th September at the latest. When the office opens you could also phone on 9337 7779. Please also advise if you, and/or any others coming with you, plan to stay for lunch.

Should we still be in lockdown we aim to use a Zoom webinar to bring you this forum.

Please check your email.

**So in retrospect, in 2015,  
not a single person got  
the answer right to "Where  
do you see yourself 5  
years from now?"**

## MONTHLY LUNCHES AT KEILOR EAST RSL

We all felt so lucky to be able to be with our U3Afriens and enjoy a Christmas in July lunch. Then sadly we went back into lockdown again. See below some photos of the happy diners. We look forward to being able to get together again to enjoy each other's company. Many thanks to Marjorie for arranging this much appreciated get together.

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

Venue : Keilor East RSL Hoffman's Road Niddrie

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

Lunch Dates: 16<sup>th</sup> September, 21<sup>st</sup> October, 18<sup>th</sup> November, 16<sup>Th</sup> 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.

*These ladies enjoyed the Christmas lunch in July:*



Lorraine & Wendy.



Mary.



Helen

Judy, Lilly and Val



## **SOCIAL EVENTS - 2<sup>ND</sup> SEMESTER**

It has been another interesting year and sadly few opportunities to book or organise social activities. However, three events have been booked for the coming months.

We can only keep our fingers crossed that we are able to participate in these bookings.

We will notify you by email if we have to cancel.

### **1. The TRAMBOAT - Monday 11<sup>th</sup> October 10.30**

This voyage down the Maribyrnong River and into the Yarra River is always very popular. The captain is entertaining and we have a great day on both water and land.

There is also morning tea and lunch to enjoy.

The Tramboat will leave the Angler's Tavern Landing and travel along the Maribyrnong River passing the historic Footscray Wharves and Flemington Racecourse. Then we enter the Yarra.

We turn left to Herring island, a 3.2-hectare bushland island in the middle of the Yarra. Here we will have approximately 1 hour to explore. If you prefer, you are welcome to stay on board.

Morning Tea will consist of tea, coffee and assorted slices and will be served on the way.

Lunch will be served on the way back to the Anglers Tavern.

Drinks can be purchased from the Tramboat's fully licensed bar.

### **2. MCG Tour –Monday 25<sup>th</sup> October This is what will be on offer to us.... We can experience the tradition and heritage of the iconic Melbourne Cricket Ground. We can explore the inner sanctum of the MCG and walk on the hallowed arena. We can experience where the legends play by taking a guided 60 minute MCG tour! Also see the famous Long Room, MCG Tapestry, change rooms and many more unique features that this tour offers.**

### **3. William Angliss Institute -Wednesday 17<sup>th</sup> November 12:00. This lunch proved to be a great success last year. The lunch is preceded by a tour where we can see groups of working students learning all aspects of the hospitality industry.**

Please note that there are limited numbers for each outing. If you are interested in all or any of the days, please lock in your place by completing the slips at the **end of this newsletter** as soon as possible. Confirmation of numbers is required for each event so your early response will be greatly appreciated.

Many thanks  
Helen Mather

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



U3A Moonee Valley,  
3 Emerald Street, West Essendon, P. O. Box 457,  
Moonee Ponds, Vic 3039  
Tel: 9337 7779 Email: [officecomv@gmail.com](mailto:officecomv@gmail.com)

The Committee of Management appreciate the patience of all Volunteers during these lockdowns.

Although there is no one actually attending the Office during these times, I have access to the messages left. Please be assured your message will be actioned within a week.

Please take care and stay safe.

We hope to return soon.

Thank you from Marjorie.

### **Are you bored with lockdown? Do You like watching Australian comedy on TV?**

What can you remember about these people?? **GUESS OR GOOGLE**



Who are the three characters in this picture?

What was the name of their TV comedy show?

What was their talent quest called and who judged it?

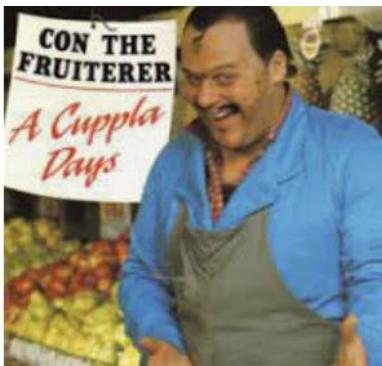
Who was the voice of Dickie Knee?



**These people are going to a fancy-dress party.**

What is the name of the TV show that has inspired them?

What are the names of the 4 adult characters?



**This actor is Mark Mitchel.**

What is the name of the character he is playing?

What was the name of the TV comedy show he appeared in?

He had 6 daughters. What were their names?



**It's Mary Anne Fahey who made the word "bogan" famous.**

What is the name of the character she is playing?

What was she always chewing?

Who was the actress who played her second best friend Rebecca?



**The actors names are Gina Riley and Peter Rowsthorn**

What was the name of the TV show they appeared in?

What are the full names of the married couple they played?

What is the name of the name of their pet dog?

What was the name of their baby?



**These characters had a segment called "Brain space"  
The female was played by Mary肯neally.  
The TV show was "Australia, You're Standing in It"**

What are the two characters names?

Why were the dodgy brothers dodgy?



**Impersonating Fabio the Most Beautiful man in the World.**

What is the name of this actor? (hint...Mad as Hell)

Who is the real Fabio (most beautiful man in the world)?

What University degree does this actor have?

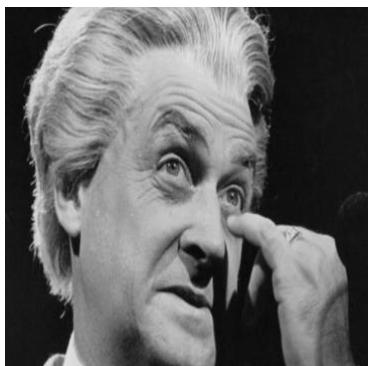


**His name is Garry McDonald. He is famous for hilarious awkward interviews.**

What is the name of the character he plays in this picture ?

What was the award he always wanted to win?

Why was he known as “The little Aussie bleeder?”



**This character is impersonating Bob Hawke.**

What is the name of this actor?

What was the name of his ABC TV show? (hint the G.....Report)

When was Bob Hawke the Australian Prime Minister?



**Her name is Mary Coustas**

What is the name of the character Mary is famous for?

What is the name of the TV comedy show she starred in?



**Candida the gym nut loved sweatbands and leg warmers. Her character appeared on The Big Gig.**

What was the name of the actress who played Candida?

Who was the compere of the Big Gig?

What was Paul Mc Dermot's singing trio on the Big Gig called?



**This character is Pixie Anne Wheatly. She also specialised in awkward interviews with bemused celebrities.**

What is the name of this actress?

What is the name of the character played by this actress in Kath and Kim?

What is Kim's friends favourite sport?

A boredom buster idea. Watch your favourite Aussie Comedy show on You Tube.

How many of these do you remember?

*Fast Forward, The Big Gig, The Late Show, The Comedy Company, The Norman Gunston show, The Gillies Report, Aunty Jack, D Generation. Thank God You're Here, The Micallef Program, Australia, You're Standing in It, Full Frontal, The Chaser, Kingswood Country, Kath and Kim, Mavis Bramston Show, Pizza, Acropolis Now, Wilfred*



**TRAMBOAT to Herring Island from the Anglers Tavern Monday, 11<sup>th</sup> October 2021 at 10.00am (Closing date Friday the 1<sup>st</sup> October)**

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

Address \_\_\_\_\_

Contact Telephone No. \_\_\_\_\_

Numbers attending \_\_\_\_\_ @ \$56.00 per person \$ \_\_\_\_\_

\*Special Dietary Requirements \_\_\_\_\_

Method of Payment is direct credit to our bank account:

Account name: U3A Moonee Valley

BSB 633-000

Account number: 154051213

*Please complete this booking slip and either email it to [info@u3amooneevalley.com.au](mailto:info@u3amooneevalley.com.au) attention Helen Mather, or post it to U3A Moonee Valley PO Box 459 Moonee Ponds, Vic 3039 enclosing a stamped, self-addressed envelope.*

*Payment of the \$56.00 per person can be made via internet transfer or by payment via the Bank of Bendigo. When paying please put your name as "the reference" so we are able to identify the money as coming from you. Do not send cheques through the mail.*

*Applications close on Friday 1<sup>st</sup> October 2021.*



**MCG TOUR – 25<sup>th</sup> October 2021 at 11.30am. Closing date 11<sup>th</sup> October 2021.**

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

Address \_\_\_\_\_

Contact Telephone No. \_\_\_\_\_

Numbers attending \_\_\_\_\_ @ \$24.00 per person     \$ \_\_\_\_\_

Method of Payment is direct credit to our bank account:

Account name: U3A Moonee Valley

BSB 633-000

Account number: 154051213

*Please complete this booking slip and either email it to [info@u3amooneevalley.com.au](mailto:info@u3amooneevalley.com.au) attention Helen Mather, or post it to U3A Moonee Valley PO Box 459 Moonee Ponds, Vic 3039 enclosing a stamped, self-addressed envelope.*

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*Applications close on Friday 1<sup>st</sup> October 2021.*

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**WILLIAM ANGLISS LUNCH on 17<sup>th</sup> November 2021 at 12:00.**

**Closing date Wednesday 3<sup>rd</sup> November 2021**

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

Address \_\_\_\_\_

Contact Telephone No. \_\_\_\_\_

Numbers Attending \_\_\_\_\_

- **Cost of lunch to be paid on the day is \$30.00**
- Drinks can be purchased at the bar.

*Please confirm your attendance by emailing [info@u3amooneevalley.com.au](mailto:info@u3amooneevalley.com.au) attention Helen Mather, or post this form to U3A Moonee Valley PO Box 459 Moonee Ponds, Vic 3039.*

## Potential lockdown boredom busters for your consideration:

Why not knit lampost and street signs covers for your street?  
As seen at the Centreway Shopping Centre Keilor East.



Crochet?



Paints?



LunchTime?



*People in quarantine have way too much time on their hands.*



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.