

CONTACT

VOLUME 27, No. 2 May 2023



MOONEE VALLEY NEWSLETTER
UNIVERSITY OF THE THIRD AGE

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Key Dates in this Issue

| | | |
|-------------------------|--------|-------------------------------------|
| June 15 th | Thurs | Committee Meeting 10:00 am. |
| June 15 th | Thurs | Monthly lunch Keilor East RSL noon. |
| June 29 th | Thurs | Trivia Day 10:00 am – 1:00 pm, AVNC |
| July 4 th | Tues | Forum 11:00 am, Windy Hill |
| July 13 th | Thurs | Tutors Meeting 10:00 am, AVNC |
| July 14 th | Friday | Visit to the Johnson Centre |
| July 17 th | Mon | Term 3 starts |
| July 20 th | Thurs | Monthly lunch Keilor East RSL noon. |
| August 17 th | Thurs | Committee Meeting 10:00 am. |
| August 17 th | Thurs | Monthly lunch Keilor East RSL noon. |
| August 24 th | Thurs | Next Contact published. |
| Sept 15 th | Fri | Term 3 ends |

FROM THE PRESIDENT.

It's nearly winter. But I am cheered to realise that the shortest day is only 3 weeks away. Something else to look forward to is the **annual Trivia Day** to be held on Thursday June 29th at Ascot Vale Neighbourhood Centre. Michelle Cairns has been busy collecting questions and it is time for you to think about forming teams of four.

The entry form included on page 6 also enables you to put your name down to join a team.

Last year saw a tie between two Current Affairs teams and we learned that we should have factored in more prizes and attended a Current Affairs class.

Another date for your calendar is the **Forum** to be held on Tuesday 4th of July. This forum will feature the Mayor of Moonee Valley Pierce Tyson. He has happily agreed to speak to us about the role of council in the lives of senior citizens. As well as talking, he's a good listener and your questions will be welcome. Some of our U3A members have heard him speak at local Probus meetings and highly recommend him.

As you know, Council makes all the venues that we use available to us at a discounted rate. Let's demonstrate to the mayor, by our enthusiastic attendance at this forum, what a very worthwhile organisation our U3A is.

Under committee consideration is a “cards and parlour game” day to be held in the term three holidays. Do you remember how to play games like Uno, Canasta, Bush Rummy, Chickenfoot Dominoes? It will be a fun and social experience with the opportunity to learn some new and easy games. Details and date are being worked out.

Did you know that the U3A movement originated in a French university 50 years ago (1972) when Professor Pierre Vellas organised for his education faculty to encourage “third age” local seniors to get involved with the joys and benefits of university learning? (no exams)

In England, Cambridge University academics altered the French notion of a U3A.

They decided to focus on volunteering and self-help from within local seniors’ groups.

So, what started out with academics in Universities became communities of volunteers who were keen to share their skills and enthusiasms.

Twelve years later, U3A came to Australia (1984), when returning overseas travellers compared experiences over coffee and formed Melbourne City U3A. Other groups of U3A enthusiasts soon followed in Hawthorn, Ringwood and Frankston. Good ideas tend to blossom and in 1988, the U3A network Victoria was set up. It inspires, supports and organises insurance and copyright protection for 104 unique and independent Victorian U3A’s.

In Moonee Valley 26 years ago, (1997) our own U3A founders advertised the birth of MVU3A in local newspapers. These public-spirited people recruited volunteer tutors and negotiated for council venues. For the first few years, all the minutes of meetings were handwritten and there would have been lots of telephoning. (No emails or texting) What a time-consuming job it must have been to collect and collate the “snail mail” membership and enrolment requests during the January vacation.

I am very grateful to the people who worked so hard to hatch our U3A and the later ones who put us online and streamlined our processes. It’s all so much easier these days.

Always remember, that if you would like to run a new class or volunteer for committee, you would be most welcome.

Jan Smith
President

And the 2023 committee.....



COURSE CO-ORDINATOR'S REPORT

Semester 2 Courses:

There will be two new courses commencing in Semester 2:

- **Lawn Bowls = Fun and Exercise:** Julie Robertson of the Moonee Ponds Bowling Club will offer this opportunity for you to give lawn bowls a try on Thursday afternoons in the first eight weeks of the semester.
- Ian Williams will offer **Stories from Moonee Valley**, based on some papers he has done for the local historical society. It will run for Term 3 only, on Thursday afternoons at Sam Merrifield Library.

Two Semester 1 courses will be repeated: **iPad and iPhone for Beginners and Intermediate**, with Di Phillips and **Chair Yoga Plus**, with Michelle Cairns.

Bruce Findlay will repeat **Science Fiction as Philosophy**, which he ran in Semester 2 last year. See below for details of these courses.

There are also a number of continuing courses, listed below, which have vacancies for additional participants.

New Courses in Semester 2 (including repeats)

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| <p>Lawn Bowls = Fun and Exercise (New) Thurs. 1.00 – 3.00 Moonee Ponds Bowling Club, 776 Mt Alexander Road, Moonee Ponds. Starts 20 July for 8 weeks.</p> | <p>Tutor: Julie Robertson Come along to Moonee Ponds Bowling Club for some fun and exercise. Learn how to play lawn bowls or further develop your current skills, while meeting new friends or socialising with old ones. Bowling is one of the best ways to exercise your mind and body and is great for all ages, especially when you are surrounded by the gardens of Queens Park. Bowling games/classes will be followed by afternoon tea and participants are then welcome to stay on and watch club members train from the comfort of the members' lounge. No green fees are payable and bowls will be provided. Flat soled shoes and comfortable clothing should be worn.</p> |
| <p>Stories from Moonee Valley (New) Thurs. 2.00 – 4.00 Sam Merrifield Library, Moonee Ponds for Term 3 only. Starts 20 July</p> | <p>Tutor: Ian Williams This course will be based on the history of and anecdotes about our suburbs. Everyone will have an opportunity to share their own knowledge.</p> |
| <p>Chair Yoga Plus (Repeat) Tues. 10.00 – 11.00 Crown Street Stables, Flemington Starts 18 July</p> | <p>Tutor: Michelle Cairns This class has adapted traditional yoga asanas using the chair for support - there is no need to get down on the floor! We will also use light weights to improve strength. The class runs for one semester.</p> |
| | |

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| <p>Science Fiction as Philosophy (Repeat) Wed. 10.00 - 12.00 Sam Merrifield Library, Moonee Ponds Starts 19 July</p> | <p>Tutor: Bruce Findlay</p> <p>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> |
| <p>iPad and iPhone for Beginners and Intermediate (Repeat) Frid. 10.00 – 12.00 Avondale Heights Library and Learning Centre Starts 21 July</p> | <p>Tutor: Di Phillips</p> <p>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.</p> <p>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> |

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.

Art

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| <p>Oil Painting and Watercolours Wednesday 1.15 – 4.00 Emerald Street Community Centre Tutor: Lois Lepp</p> |
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Discussion Groups

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| <p>Timely Topics Monday 10.00 – 12.00 Ascot Vale Neighbourhood Centre Tutor: Sandy Sondreal</p> |
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Exercise and Wellbeing

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| <p>Wednesday Walkers Wednesday 9.30 – 11.30, Maribyrnong River Path, near Aberfeldie Park. Tutor: Ann Gordon</p> |
| <p>Petanque Wednesday 10.15 – 12.00 Rose Hill Car Park Tutor: John Linforth</p> |
| <p>Qigong and Tai Chi for Health Thursday 2.30 – 4.00 Neil Heinze Pavilion, Avondale Heights Tutor: John Vardis</p> |

Games and Leisure

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| <p>Social Bridge Monday 9.45 – 12.00, Dousta Galla Community Hall (Note: some training and/or experience in Bridge is required) Tutor: Lorraine Higgins</p> |
| <p>Seniors Cinema at ACMI 2</p> |

3rd Friday of the Month, 1.30 – 4.00 (approx.), ACMI, Federation Square
Tutor: Jenny Cleary

Handcrafts

Patchwork Group
Friday 10.00 – 12.00, Aberfeldie Park Pavilion
Tutor: Maureen Nakonesky

Upcycling (Creative Reuse)
Tuesday 1.00 – 3.00 Woodlands Park House, Essendon North
Tutor: Lorraine Johnston

Music

Singing for Fun
Monday 1.30 – 3.00, Crown Street Stables, Flemington
Tutor: Jo Bradshaw

Writing and Literature

Creative Writing Activities
Thursday 1.00 – 3.00, Sam Merrifield Library, Moonee Ponds
Tutor: Patricia McLoughlin

You will be able to enrol online in any of the above courses from the time you receive this newsletter.

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 2023. 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.
- ⇒ Answers to all aspects of using the database can be found via the Using Our Database link at the bottom of each page of our website <https://u3amooneevalley.com.au/>

Semester 2 Dates:

Term 3: 17 July to 15 September

Term 4: 2 October to 24 November

Remember that if you are currently enrolled in a class which continues into Semester 2 you do not need to re-enrol. Just turn up after the mid-year break and continue to enjoy it.

Geoff Miller

MEMBERSHIP REPORT.

The early flurry of enrolments is over, however new memberships continue to trickle in. Across all categories we now have 498 members of which 395 are female and 103 are male. While we're talking numbers here's the age demographics for our members:

| | | | |
|-----------|---------------|---------------|-----------|
| <61 years | 61 – 70 years | 71 – 80 years | >81 years |
| 17 | 137 | 265 | 79 |
| 3.5% | 27.5% | 53.2% | 15.8% |

Barrie Fenby. (I think that means we're all actively aging! ed)

2023 Trivia Quiz
Thursday June 29, 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**
- Let us know if you have any special dietary requirements.
- There will be prizes for the top 3 teams, as well as door prizes.
- Closing date for entries is **Tuesday 20 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

SOCIAL EVENTS - 2023

As the year progresses we'll continue with the great social opportunities and events for our members. The very popular Trivia and Forums as well as the monthly lunches at the RSL are scheduled again this year. One extra excursion per term has been planned and the ever-popular Tram Boat sailed on March 22nd.

Term two will be a guided visit to The Johnston Collection – a museum of art and furnishings from the 18th Century - which has been booked for 14th July.

Some future activities to remember:

- ⇒ Term three will be a visit to the State Library with a guided tour, followed by lunch – this will happen sometime in September but as yet, no firm date has been finalised.
- ⇒ The William Angliss Institute lunch has been booked for the 20th November for a pre-Christmas get together for those interested.

The Johnston Collection – 14th July

A tour of the 'The Johnston Collection' has been booked for **14th July** (Bastille Day). This museum is situated in East Melbourne and displays a collection of fine decorative art and furnishings, mostly from the 18th Century. The tour, led by passionate volunteers, will begin with a talk relating to the collection, after which we will be offered tea/coffee. The tour will take about 90 minutes.

Due to parking restrictions in the area, the venue's bus will pick us up at **11.45 am** at the entrance of the **Pullman Hotel, 192 Wellington Parade East Melbourne 10-15** minutes before the start of the tour at 12 noon. Catching the Venue's bus is the only way you can gain admission to the Collection. It is recommended that public transport is used to get to the Pullman. A train to Jolimont Station is very near and there are also a few trams that travel down Flinders Street onto Wellington Parade. The maximum number permitted into the museum is 22, so please register your interest ASAP.

Payment details as follows, cost of the tour is **\$21** per person:

Name: U3A Moonee Valley Inc
BSB: 633-000
Account: 154051213
Reference: 'Your Surname' Johnston Collection

A quick email to info@u3amooneevalley.com.au once you have paid, would be appreciated so we have a contact list and can update participants quickly if necessary. Please include your name and preferred phone number.

There are nearby cafés only a short walk away from where we finish our tour where we can enjoy a chat, extra food, and drink for those interested.

I look forward to seeing you on this great day out.

Helen Mather.

Email: helenmather49@hotmail.com Telephone : 0407 582 656

ESSENDON SYMPHONY ORCHESTRA.

Did you know Moonee Valley has its very own symphony - Essendon Symphony Orchestra. They have three concerts each year which are advertised through the website: <https://www.essendonsymphony.com/> You might like to check it out.

And there's more.....do you have violin, trumpet or percussion skills? If any members have the skills and would be interested in joining the orchestra, you can find the details and the application form at: <https://www.essendonsymphony.com/new-members/>



During semester one, Bruce has been helping us work out why things are funny in his Philosophy of Humour class.

I'm not sure, but I'm worried that too much thinking may be affecting my sense of humour!

On the other hand, Basic Science might just be the class for a bit of thinking.

But then, maybe not!



Report on Forum – April 18th, Windy Hill Voice to Parliament Referendum presented by Dr Heather Wearne

There was a record turn-out to hear Heather's passionate advocacy for The Voice to Parliament. Her presentation covered the history of the Voice and its importance before moving on to take questions from members. I'm confident that all who attended came away with a new appreciation of the referendum's import to many First Nations Peoples and why a Yes vote is so important to them.

Heather has provided a host of "reference materials" supporting the case for a "yes" vote at the referendum. They're provided in the appendix at the end of this Contact.

Forum – July 4th, Windy Hill Meet the Mayor – Cr Pierce Tyson



There's lots of information on the Council's website and we receive Valley View regularly. However the demise of community newspapers leaves many of us unaware of developments in our community.

This forum is a chance to meet the mayor, get an overview of Council activities relevant to us, and to ask questions.

It will be held on Tuesday 4th of July 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 Forum will commence at 11.00 in the Premiers Room. 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 Monday 26th June at the latest. Please also advise if you, and/or any others coming with you, plan to stay for lunch.

OFFICE NEWS.

Phone Number 0468 836 359

Email officecomv@gmail.com

The Committee of Management and I would like to thank new and returning Members for Volunteering for Office Duty in 2023.

We are proud of the professional manner and dedication of our Office Volunteers and their efficiency in handling all the enquiries.

The Office is now open Monday, Wednesday and Friday from 10.30am to 12.00 noon (excluding Public Holidays and School Holidays) until the end of Semester 1.

We are always looking for new Volunteers. I will be arranging the roster for Semester 2 during the mid-year break. If you are interested in becoming an Office Volunteer please complete the Availability Form which can be found on the U3A Moonee Valley website

When calling the Office, when it is unattended, please ensure you clearly leave your name and phone number and someone will return your call at the first opportunity.

Marjorie Ridley

Office Coordinator.

U3A Monthly Lunches 2023, East Keilor RSL

Please come and join us for a Social Lunch. Members and friends attending are enjoying the social contact.

All U3A members and friends are invited to attend our monthly lunches which are held on the 3rd Thursday of each month.

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 menu of generous portions is available.

Current process for Seniors meals are 3 courses \$20.00, 2 courses \$18.00 and 1 course for \$16.00

Next lunch dates for 2023: June 15th, July 20th, August 17th.

Please come and join us and enjoy each other's company.

I need to advise the venue of the numbers attending. Please contact me on 0410 435 929 or email officecomv@gmail.com by the Monday prior to the lunch date.

I look forward to seeing you there.

Marjorie Ridley

Vale Val Wignall. 1936-2023

Val Wignall and her husband Bill were amongst the original members of our U3A.

Bill was a physics professor at Melbourne University and when he retired, he became a U3A science tutor. Sadly, Bill died in 2014.

We remember Val for her innate love of people, her strong nurturing nature, her kindness and her ability to be a friend to all. Classes that she attended included Current affairs, Sewing, History, Singing for Fun and Wednesday Walkers. She seemed to know instinctively if a new member needed reassurance or a friendly word. It was always a pleasure to be in the same class as Val Wignall.

She died in her sleep on the 22nd April 2023 and her Memorial Service on May 1st. was attended by her family and many friends.

Thanks to Fran Horton for this tribute to Val.



Here is Val assisting the voyage of the Tramboat down the Maribyrnong River.

From the Editor - Help Wanted.

I'm always looking for more photos of members enjoying their classes. Here's some samples. I'll do my best to include as many as possible in future Contacts.

Send your inputs to me at uthreea6@gmail.com.

Editor – Brian Smith



A nautical theme at Friday Art Experience.



“Twittering the sparrows” at Mahjong.

Confident with your driving?

You might like to consider this free course offered by the Council.

Become a Wiser Driver

Want to gain greater confidence on the road?



Improve your driving and road safety skills through our free Wiser Driver course. Participants will gain confidence driving, re-fresh their road rules and discuss some of the common challenges for older drivers

Time: 1pm to 3pm

Dates: Tuesday 30 May, 6 June, 13 June & 20 June 2023

Where: Burley Griffin Neighbourhood Centre,
Park Ave East Keilor

Free afternoon tea provided!

9243 8888 | mvcc.vic.gov.au

To book a spot:

Contact Councils Transport Project Officer on 9243 8888 or email

transport@mvcc.vic.gov.au



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.



Appendix 1

HOW CAN WE ENGAGE AND RESPOND TO ALL THAT WE HEAR ABOUT THE VOICE?

Watch and Listen

- This is the best place to start: Professor Megan Davis as she reads The Uluru Statement from the Heart
<https://fromtheheart.com.au/>
- **This from the ABC 7.30 11/04/2023 – a very accessible and terrific explanation**
<https://iview.abc.net.au/video/NC2301H054S00>
- **From the Heart**
This is a **short course** developed by the From the Heart Group that you can do – about 20- minutes of listening and thinking about The Voice and why it matters – excellent place to begin your journey of understanding
- <https://fromtheheart.com.au/education/#/>
- Anthony Albanese speech about the working of the Referendum(march 29/23 – **essential viewing**
<https://www.youtube.com/watch?v=dwC0xmBCKA>
- Professor Megan Davis explains why the Voice matters and how it came about. Excellent resource and Video of Professor Davis
<https://supportact.org.au/firstnationsmentalhealth/information-and-support-on-the-voice-to-parliament/#:~:text=>
- **Noel Pearson** speech at National Museum of Australia, wed 17th March 2021
Live recording of Dean Parkin and Noel Pearson on Constitutional Recognition (I use an extract from this in all my work as a Presenter – it is very good on the “if not now, when?” question. Very convincing and moving.
<https://capeyorkpartnership.org.au/speeches/its-time-for-true-constitutional-recognition/>
- **Noel Pearson The ABC Boyer Lectures 2023**
<https://www.youtube.com/watch?v=GbVZWamD4c0>

Connect with: community engagement project

- The Victorian Women's Trust wonderful campaign : Together Yes

<https://togetheryes.com.au/>

Do some reading:

- Megan Davis & George Williams, (2021) *Everything You Need to Know About the Uluru Statement From the Heart*, UNSW Press, Sydney
- Thomas Mayor (2020) *Finding the Heart of the Nation*, Hardie Grant, Sydney.
- **Excellent website:** Reconciliation Australia

<https://www.reconciliation.org.au/reconciliation/support-a-voice-to-parliament/>

- **Another excellent website with a range of resources:** National Indigenous Australians Agency

<https://www.niaa.gov.au/indigenous-affairs/indigenous-voice>

From the Heart supporter Kit

- <https://ulurustatement.org/take-action/supporter-kit/?fbclid=IwAR3RhNjB3CUhSw-OXvwsu1DcjeFG5Fr6a8cV-cHzE0fNQzWYSiBIxrLK8TE>

The Parliament of Australia on Constitutional Recognition

- https://www.aph.gov.au/About_Parliament/Parliamentary_departments/Parliamentary_Library/pubs/BriefingBook47p/IndigenousConstitutionalRecognitionRepresentation

Megan Davis 1/3/21 – an excellent article

- <https://auspublaw.org/2021/03/constitutional-recognition-two-decades-on/>
- Liberal Senator Andrew Bragg : *Five Reasons the Voice is Right*
https://designrr.s3.amazonaws.com/william_at_publicpulse.com.au_177478/williampublicpulsecomau_the-indigenous-voice-to-parliament-senator-andrew-bragg-final-print_63e0c0a61675673945.pdf

- **Sign up** to The Uluru Statement from the Heart website: ulurustatement.org to learn more about the process that led to the Statement, its key reforms and to receive updates on how you can be part of this movement for change.

<https://yes23.com.au/>

Listen

- Lowidja O'Donohue Oration given by the Minister for Indigenous Australians, Linda Burney. <https://www.dunstan.org.au/events/lodo22/>
- 2021 Mabo Oration by Megan Davis <https://aiatsis.gov.au/presentation/summit-keynote-megan-davis>

Educational Resources – excellent introduction and background context

- <https://ulurustatement.org/education/resources/>
- Webinar/discussion on the Co-Design Indigenous Voice process and its significance with Professor Marcia Langton & Professor Tom Calma – Co-Chairs and authors of Voice Co-Design report
- <https://www.youtube.com/watch?v=PHrcOiReVig>
- <https://ulurustatemdev.wpengine.com/education/resources/>
- <https://ulurustatement.org/education/the-voice-model/>

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