

CONTACT

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MOONEE VALLEY NEWSLETTER
UNIVERSITY OF THE THIRD AGE

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FROM THE PRESIDENT

Now for a little bit of our history.....

Year	President	Secretary	Treasurer	Tutor Co-ord	Office Co-ord
1997	Henry Cooper	M. Waters Margaret O'Dwyer	Paul Woods	Beth Wheeler	
1998	John Higgins	Jan Childs	Paul Woods	Beth Wheeler	
1999	Beth Wheeler	Margaret O'Dwyer	Henry Cooper	Alex Vanderkooij	
2000	Beth Wheeler	Margaret O'Dwyer	Henry Cooper	Alex Vanderkooij	J. Raby
2001		Noel Cadle	John Van Grondelle	Val Readwin	
2002	John Van Grondelle			Val Readwin	
2003	John Van Grondelle			Helen Bennett	
2004	John Van Grondelle	Veronica Eastwood	Maurice Majury	Rosalie Coutts	
2005	John Van Grondelle	Anne Stobaus	Maurice Majury	Rosalie Coutts	
2006	John Van Grondelle	Anne Stobaus	Maurice Majury	M & M Majury	
2007	John Van Grondelle	Mary Jinkins	Maurice Majury	Ken Amoore	
2008	John Van Grondelle	Frances Horton	Maurice Majury	Ken Amoore	
2009	Fran Horton	Parry Soeterboek	Harry Dobson	Liz Lynch	Heather Feldman
2010	Fran Horton	Maureen Nakonesky	Harry Dobson	Liz Lynch	Heather Feldman
2011	Fran Horton	Robyn Temby	Harry Dobson	Liz Lynch	Pauline Lane
2012	Fran Horton	Robyn Temby	Harry Dobson	Liz Lynch	Pauline Lane
2013	Robyn Temby	Fran Horton	Harry Dobson	Geoff Miller	Pauline Lane
2014	Robyn Temby	Fran Horton	Maurice Corkill	Geoff Miller	Heather Feldman
2015	Robyn Temby	Fran Horton	Maurice Corkill	Geoff Miller	Heather Feldman
2016	Robyn Temby	Fran Horton	Maurice Corkill	Geoff Miller	Marjorie Ridley
2017	Robyn Temby	Fran Horton	Maurice Corkill	Geoff Miller	Marjorie Ridley
2018	Brian Smith	Jenny Dwyer	Maurice Corkill	Geoff Miller	Marjorie Ridley
2019	Brian Smith	Jenny Dwyer	Michael Walsh	Geoff Miller	Marjorie Ridley
2020	Brian Smith	Jenny Dwyer	Michael Walsh	Geoff Miller	Marjorie Ridley
2021	Brian Smith	Jenny Dwyer	Michael Walsh	Geoff Miller	Marjorie Ridley
2022	Jan Smith	Jo Bradshaw	Michael Walsh	Geoff Miller	Marjorie Ridley
2023	Jan Smith	Jo Bradshaw	Ann Watson	Geoff Miller	Marjorie Ridley
2024	Jan Smith	Jo Bradshaw	Michael Walsh	Geoff Miller	Marjorie Ridley
2025					

From the President (Jan Smith) continued....

We are well into term three and leaves are reappearing on bare winter trees.

Birds are carrying building materials. Hooray!.....renewal and springtime are happening.

Just as nature has its cyclesso do U3A's.

The proof of such cycles is in the table above showing some of our Committee of Management volunteer workers from 1997-2024.

This record of our history was derived from Emerald Street filing cabinet minutes.

It shows how members have fulfilled a role, retired and then been replaced.

Some of our members will remember going to the formative meetings in 1997 along with John Higgins and Beth Wheeler. They were full of enthusiasm and great ideas.

Can you remember who the President was when you first joined MVU3A?

For me, Fran Horton was the President when I joined and Liz Lynch was the Course Coordinator. I thought they were wonderful people.

Also, found in the files.....John Van Grondelle did a 7 year stretch as President. Not only was he President, but for a while he was Treasurer and Course Coordinator as well. For such a sterling job holding our U3A together at that time, he was awarded our one and only Life Membership. When John retired, it was decided to share the responsibilities fairly and limit the President role to four years.

Fresh ideas are always good too.

The second page of the table (omitted for space reasons) shows the roles of Editor, Membership Manager, Venue Coordinator and Social Coordinator.

We all know the valuable contribution Barrie Fenby, Helen Mather and Edith James have made for the last ten years.

So now we have a two-page history of our MVU3A Committee of Management (C.O.M).

It is our admin. department. It is where the essential frameworks are maintained so that tutors can keep our U3A thriving with enjoyable activities.

Just as we need tutors to volunteer and share their interests, we also need members to volunteer to become Committee Workers.

Being a volunteer C.O.M. worker for the U3A is akin to having an interesting, manageable and enjoyable part time job. It is a great way to contribute to the seniors of Moonee Valley.

We are all in this U3A together and it belongs to all of us.

If you would like to help, please send an email to Jan Smith at uthreea10@gmail.com

With new workers, MVU3A can go in new and interesting directions...just as it always has.

PS. Geoff Miller has been our wonderful course coordinator for more than 10 years. He will be able to retire smoothly with the happy news that Ann Watson has agreed to become our new course coordinator from 2025.



COURSE CO-ORDINATOR'S REPORT from Geoff Miller

2024 and 2025 courses

Semester 2 is now well under way and I hope you are all enjoying your current classes and activities. Both of our new courses: Local History and Introductory Ukulele, proved very popular.

Within the next few weeks, we will begin the process of planning for our 2025 course offerings. We need to start this early to ensure that we have suitable venues reserved. We hope that in most cases our present courses will continue. However, each year we are also able to provide our members with some new offerings, and we expect that this time it will be no different. We would certainly welcome any offers of new courses for next year. They do not have to be full year, or full semester programs: courses of shorter duration, even one-day ones, would also be welcomed.

We would be particularly like to hear from anyone who is able to run a *Beginners' French* course.

If any of you are interested in discussing ideas you may have for presenting a new course, please contact me, preferably by email (info@u3amooneevalley.com.au). I look forward to hearing from you. In the November edition of Contact we'll be able to provide you with information about any new courses for next year. As we've done in recent years, we plan to have details of all our Semester 1 2025 courses on our website by mid-December and enrolments will open in the second half of January.

Climate Change Activity

During the September term break, you may be interested in participating in a morning workshop on the science of climate change. Entitled "Climate Fresk", the program was developed in France – fresk is the French word for fresco – and is based on science from the UN Intergovernmental Panel on Climate Change (IPCC). It involves a team of up to 10 members using a set of information cards to create a visual system linking the cause and effects of climate change, which is clearly one of the greatest challenges of our time.

The facilitator will be Tom Danby of the Moonee Valley Sustainability group. Tom recently completed the facilitators training program.

We plan to run the workshop initially from 9.30 to 12.30 on Tuesday the 24th of September at Sam Merrifield Library. If there is sufficient interest it will be repeated for a second group on Thursday the 26th. If you would like to participate, please indicate this by email (info@u3amooneevalley.com.au) prior to the 16th of September. Please also advise whether you would be available on both the Tuesday and Thursday, or if not, which one?

Vale John Curwood

We were saddened to hear of the recent passing of John Curwood. John was a great jazz fan and for several years he was the tutor of one of our very popular courses entitled *Jazz for Pleasure*.

Participants enjoyed listening to, and talking about, music from John's extensive record collection. Our thoughts are with Sue – our valued book club tutor - and her family in this sad time.

MEMBERSHIP REPORT from Barrie Fenby

Listing of Courses Back Online but

Oops, the listing of courses along with all of their details normally available by clicking **Courses** at the top of our website Home page disappeared for a week or two. Our apologies. It was a system wide fault that took some time to fix. Thank you to those members who emailed to let us know.

Unfortunately, in fixing the problem we may have inadvertently stopped confirmatory emails for enrolments from being sent (there's always something). We are working on it.

Member numbers

At the time of publication, we have 554 members, 439 female and 115 male.

MONTHLY LUNCHESES at KEILOR EAST RSL

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

All U3A Moonee Valley members and friends are invited to attend the 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 prices for Seniors meals are 3 courses \$20.00, 2 courses \$18.00 and 1 course \$16.00.

Dates for the rest of 2024 are:

19th September, 17th October, 21st November, 19th December

Please come and join us to socialise and enjoy each other's company:

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

I look forward to catching up in the near future.

Marjorie Ridley

July Sleep Forum Report (July 2nd)

Turn off all noise (maybe some soothing music) dim all non-reading lights, find a comfy chair, glass of wine, kids in bed, time to enjoy a good book! Fall sound asleep in 12 seconds.

Awake refreshed, go to bed and look at your phone till 2 am

Can you relate to this experience.....?

Our speaker pointed out that this approach is not helpful and breaks many rules of sleep hygiene. So, don't do this.

Now for something helpful.. Sleep is a very mysterious thing and no one is really sure about why we sleep. We do know that older people require less sleep and they often fall asleep in front of the TV and wake up annoyingly early. One theory holds that we have evolved this way so young people can go to bed late and then sleep in while the oldies defend the cave.

Wanted

Volunteer tutors to run exercise classes for our U3A. Do you know of anyone who might like to conduct exercise classes suitable to our age group? We know how popular and important keep fit classes are. Please use info@u3amooneevalley.com.au if you have any suggestions.

Annual Trivia Competition (July 11th)

This year 20 keenly competitive trivia teams (many with amusing names) assembled for the purpose of correctly answering more of Michelle Cairn's questions than any other team. Competition was so keen that a tie-breaker was required to sort out whether the book readers of the Niddbook group would prevail over the musicians of the Recording Angels group. There must be something in belonging to a U3A book group because the book readers, Lucille, Carol, Fay and Helen had their second consecutive trivia victory. Well done and thanks to Michelle for another happy trivia day.



The winners choosing prizes with Michelle.



Mon dieu.....sacre bleu.
Les Qizerables en rouge!

OFFICE NEWS August 2024

Phone no. 0468 836 359

The Committee of Management and I would like to thank all Office Volunteers for committing to duty in the Office during the first half of the year.

As the phone calls to the Office have now greatly reduced, the Committee has agreed to a trial 'Working From Home'.

I will have the phone at home and will respond to all calls during business hours of 9am to 5pm Monday to Friday (excluding Public Holidays and School Holidays).

If you call the Office and I am not available, please ensure you clearly leave your full name and phone number and I will return your call at the first opportunity.

Alternatively, you could email your enquiry to info@u3amooneevalley.com

Marjorie Ridley
Office Coordinator.

Forum – October 1st, Windy Hill

Staying Safe Online

We're all aware that the online world is a potentially dangerous place. If you own a phone, computer or tablet then this presentation is for you. You will learn how NOT to be a target or victim to scams. The presentation avoids technical jargon wherever possible. Our presenter is Phil O'Brien from Darebin U3A. Phil's motto is to 'Be Aware, Not Afraid'. He has over 35 years working experience in both business and technical roles IT roles. His most recent role was implementation of a Security Operation Centre and was the manager for Governance, Risk and Compliance.

The Forum will be held on Tuesday 1st October 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 Tuesday 24th September at the latest. Please also advise if you, and/or any others coming with you, plan to stay for lunch.

Tuesday 22nd October 2024 - Town Hall Tour + Lunch

Melbourne Town Hall has a unique art and memorabilia collection. It's claimed to be the best capital city collection in Australia. We have been able to book an organised tour for 12 people. An optional lunch after the tour has been booked at Young and Jackson.

To secure your place please email your interest about the tour and the lunch to info@u3amooneevalley.com.au

- 10.45am Assemble at Meeting Point inside Administration Building of Melbourne Town Hall
- 11.00am Free Guided Tour of the Art & Heritage Collection
- The tour can accommodate 12 persons
- Click on the link below to learn more about what this tour involves
- https://whatson.melbourne.vic.gov.au/static/tours/Art_and_Heritage_Collection_Tour_Accessibility_Guide.pdf
- 12.30pm Lunch at Young & Jackson \$40 including glass of wine + coffee
- Please register by emailing : info@u3amooneevalley.com.au
- Each participant will need to provide ID and pass through the required Security Check at Melbourne Town Hall

William Angliss Lunch 13th November, 2024

The Restaurant at the William Angliss Institute has been booked again to celebrate the end of another successful year for Moonee Valley U3A.

The restaurant is situated at 550 Little Lonsdale Street, Melbourne where we will meet at 12.00 noon,

Prices are set at - two courses - \$29.00 or three courses - \$38.00

Drinks at bar prices.

The booking is for twenty (20) only people so be sure to book early.

Please register by emailing : info@u3amooneevalley.com.au

Any questions or concerns please contact me on – 0407 582 656.

Helen Mather

Seniors Festival Day Tuesday 15th October.

Victorian Seniors Festival is an annual month-long celebration of events and activities across the state designed to bring seniors together to enjoy themselves, learn new skills and make new friends.

Date: Tuesday, 15 October 2024

Time: 12.30pm-3pm

Location: **The Clocktower Centre**

Registrations are not required, just come along and join in the festivities!

What's on

Our Seniors Festival is an opportunity to celebrate seniors with fun, FREE and interactive activities and workshops:

1. Vic Police presenting on Safety (in the home, scams etc)
2. Guest speaker – **Jean Kittson**
3. Lively Tech support staff presenting and on hand to assist with any phone tech topics, access, issues etc
4. Art Workshop
5. **Pip Joyce musician**
6. Massage therapists and manicures available
7. Photobooth
8. Chair Yoga
9. **Voices of Moonee Valley choir**
10. Stall holders displays.
11. Raffle
12. Yummy food

Vale Heather Feldman.

A very well-known friend of many in our U3A died on Friday 23rd August.

Heather Feldman joined Moonee Valley U3A in 2006. She loved playing Bridge and generously helped tutor the beginners bridge classes.

Classes that she enjoyed were patchwork and singing for fun. She helped set up the forums at Windy Hill.

Heather was a member of MVU3A committee and took responsibility for the role of office coordinator. Many of our members will remember that she organised discounted tickets for groups to go to shows and movies in the city.

These were always very enjoyable outings.

Heather also came up with the idea of our annual tram boat voyage.

We have fond memories of her and appreciate what she did for our U3A.



Older Age. A poem by Marg Dowsett

Sometimes it's a strain to hear in a crowd, when everyone's talking at once,
or when you're out shopping and getting quite tired, and you can't find a place to have lunch.

You're stiff in the morning, then without any warning, your knee starts seizing up fast,
you tentatively walk, then rest up a bit, and hope this will settle, not last.

You find you get puffed when you're walking uphill, in the past then that wasn't the case,
but you keep persisting, and not resisting, keep walking and talking, you'll find your own pace!

Then one day you notice that spots start appearing, in places they've not been before,
you're not sure quite why, do you need to be anxious, will they go, you don't know, or will there be more?

Old age's not for sissies I've heard people say, and I know that's for sure, yes I do,
changes are present, changes are happening, but old age is two sided, there's wisdom there too.

Yes, wisdom's there too, pay attention to that, don't be put off by all that rat-a-tat-tat,
of people's opinions, much younger than you, reminding you often of the things you can't do.

Remind them instead of the things you can do, you don't need any more to stand on your head,
you can talk, you can listen, you can pay close attention, bring wisdom to play, that will be your intention.

So how to round off this rambling rhyme, of how it is to get old,
but that's how it is in the big wheel of life, at all different stages we're called to be bold!

We're called to be bold in the big scheme of things, not to shrivel and shrink and go quiet,
hold your place, hold your nerve, be yourself to the end, and be glad of a wonderful life!

Some important information from Moonee Valley Council.

Here's an upcoming event being organised by the Council which may be of interest:

Cooking program

Eager to learn how to cook delicious meals for one?
Join in on our 6-week cooking program for seniors!



**Learn easy and
tasty recipes**

Contact our team via
email or phone to
register into the course

**Learn how to cook a selection of simple and delicious meals through this
Cooking for One 6-week course!**

When: Wednesday, 4 September – Wednesday, 9 October 2024

Time: 5pm-7pm

Location: Niddrie Hub, 3-15 Matthews Ave, Niddrie

Cost: \$64 for the course (\$9 per session) includes all ingredients and a meal to share at the end.

To register email accessandinclusion@mvcc.vic.gov.au or call 9243 8712.

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A worldwide problem, not as serious as some!

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.

