

June 2023

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President's report

We are back in our old 'home' at the Collingwood Library meeting room. Fantastic! It's great to be in newly refreshed familiar surroundings. Thankfully the 1984 aerial photograph of our neighbourhood remains, reminding us where we are; it's an interesting image and well worth a closer look.

In March we had photographs taken of some members engaged in U3A activities. The result is we now have quality images for inclusion in our publications, both online (including this newsletter, our website and Facebook pages) and in hard copy. Small cards and brochures inviting people to join us are being prepared for distribution.

I want to give a really big thank you to our many tutors. U3A is structured as 'courses', and each course requires at least one tutor. Without tutors there are no courses, and without courses, there is no U3A! When next attending your U3A course, pause and think about your tutor and their contribution. And then consider that all tutors are volunteers. Each brings special skills, often a deep understanding of their topic, and certainly a desire to make a difference. My heart-felt thanks to all our tutors.

Our U3A is affiliated with U3A Network Victoria. This is an umbrella body representing all 104 U3A groups with a collective membership of over 30,000 scattered across metropolitan and regional Victoria. Nationally there is a U3A Alliance Australia, the peak body of each state, together representing 300 groups and 100,000 members. U3A is a major voice for the 'over-50s' in Australia, with a growing recognition by government. Each U3A is an independent organisation, but there is strength in affiliation. We at U3A Yarra City participate in various Network Victoria forums that promote sharing of information and swapping of ideas, such as marketing and particularly IT. The Network Victoria website (<https://u3avictoria.org.au/>) also has links to one-off online sessions and longer courses available for all U3A members.

Cont.



Peter Moore

The current health advice is to go and get jabbed if you have not had a COVID injection or infection in the last six months.

A reminder that although we wish otherwise, COVID continues. Our demographic is particularly vulnerable. The current health advice is to go and get jabbed if you have not had a COVID injection or infection in the last six months. The injection may not stop us getting infected, but it has high efficacy in stopping us dying, and that's a useful thing! At the same time talk to your doctor about a flu injection.

I'm reminded of the best thing I learnt from our COVID lockdowns: that whatever the stated activity of the U3A course, the main thing that we all wanted was social contact. I hope to meet you at one of our events – please do come and make contact.

Peter Moore

Forums and programs

Planning for Semester two Forums is still underway, so please watch the Bulletin.

As Semester one draws to a close, we want to thank all tutors for their enthusiasm and energy in providing such a lively and varied program. We have 41 ongoing courses at the end of this semester, including Friday table tennis. This semester, after a two-year hiatus, we returned to Collingwood Library meeting room for Forums and some ongoing classes. It's great to be back.

There have been a few changes, largely related to venues, for some classes and we appreciate your patience. Once again, the support of Yarra Libraries who provide us with free access to venues for some classes, is invaluable.

A limited number of well received Forums have run in Semester one. Our thanks to presenters Jeremy Lawrence, Chris Friday, Louis Roller and Jeff Atkinson. We have also been fortunate to have Rodney Spark and Linda Bennett running two sessions on The Voice.

Planning for Semester two Forums is still underway, so please watch the Bulletin. To date we have confirmed:

12 September: Veronica Schwarz: Who's the Boss?

17 October: Helena Rosman and the Photography group: Photos of Yarra Now

24 October: Helen Nankervis and the Ageing Well group with Yarra Council: Ageing Well in a Changing World (conference) with Gerard Mansour as guest speaker.

And of course, on 12 December: Wendy Hall and her famous Quiz and lunch.

David Lee, Jan Tinetti and Lyn Watson

BYO Cups/mug

From Semester two please bring your own cups/mugs to all Forums held at the Collingwood Library.

Photography: Our Yarra exhibition

Towards the end of last year, we came up with a new idea – why don't we try to share our photos with a wider audience?

Photography is a relatively new course in our U3A program. The group started in the second semester of 2021, in the middle of COVID lockdowns. That year all our interactions were via Zoom. We began to go on field trips in 2022, and we post our images regularly on the Connecting U3A Yarra City Facebook page. We usually get between 40-60 members who view the photos, and I want to thank you for your continued support.

Towards the end of last year, we came up with a new idea – why don't we try to share our photos with a wider audience? To cut a long story short, we are going for it. Although we are all amateur photographers and our skills cover a wide spectrum, we are bound together by our interests and love of photography.

Little did we realise how complex this 'share our photos' undertaking would become. But we are now making definite progress. We have two venues and will be showing our photos in the Richmond and Carlton Libraries during Seniors Festival week in October 2023.

The common theme of our images are the suburbs we live in, 'Our Yarra'. We plan to have an official opening of this exhibition in early October, and you will be invited. We also have a Forum on Tuesday 17th October when each photographer will discuss their projected images.

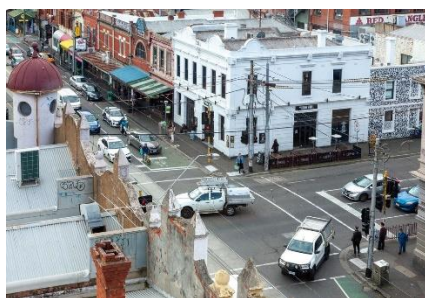
There is a lot more to be done and to be learnt. It's all a bit overwhelming and terrifying as we are on a steep learning curve and are learning to work together.

Do we have enough time? Only time will tell...

We are lucky to have the support of the management of our U3A, Yarra Libraries, Active and Healthy Ageing and Yarra Arts departments of the City of Yarra. Most importantly, we rely on your support.

Diary dates: Early October opening of 'Our Yarra' and 17 October the Forum.

Helena Rosman



Geoff Cleary -
Brunswick/Johnston St



Helena Rosman - House in
Fitzroy



Lyn Watson - Docklands

The Voice to Parliament

On 6 June Rodney Spark and Linda Bennett presented the first of two forums on The Voice to a packed room of members.

The session was informative and interactive. Our questions and concerns were listed and will be addressed in the second Forum – See Photo.

The session illustrated First Nations history and uncovered truths about white settlement and government policies. Using a tape which stretched 20 metres around three walls, Rodney built the timeline: 65,000 years+ of First Nations settlement. 44,000 years ago, the entire continent was settled, including Tasmania. Along this timeline we saw ice ages that brought drought and melting ice that brought flood. Artworks from these times shows conflict between different First Nations peoples as their land borders were renegotiated. Many of us were shocked to see that the building of the pyramids and the time of the Incas, civilisations we think of as ancient, were such recent history when compared to the First Nations settlement.

At the far end of the timeline was white settlement: a narrow strip not much wider than a pen.

There has been ‘the great Australian silence’ about our history. In small groups we sorted the 35 different policies, all part of Government Legislation and Policy for the Protection of Aborigines (1825-1970). In none of them were Aboriginal people consulted or protected. We saw, too, a summary of the dozens of non-violent actions against injustice that First Nations people have taken across the decades, from William Cooper in the 1920s, to the Yirrkala bark petitions of 1963 and the Tent Embassy of 1972.

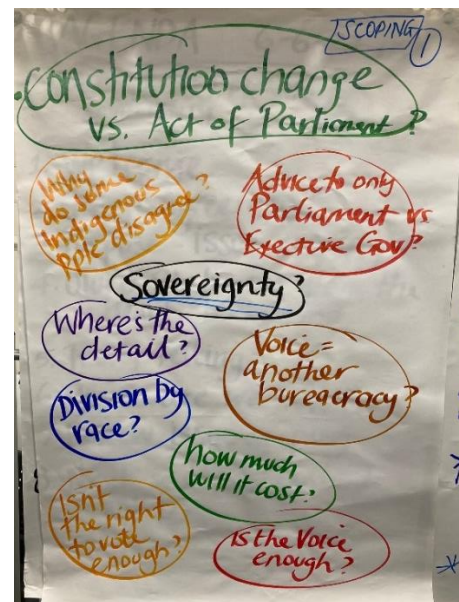
At the time of white settlement, there were 260 Aboriginal ‘nations’, a total population estimated to be 1.2 million. By 1900 over 90,000 were deceased. At the time of Federation, Alfred Deakin consciously wrote Aboriginal people out of the Constitution, ensuring that there were no rights for the First Australians.

The session finished with an excerpt from the Uluru Statement from the Heart, devised by Aboriginal representatives from all over Australia when they gathered at Uluru in 2017.

We ask Australians to accept our invitation to walk with us in a movement of the Australian people for a better future. We call for the establishment of a First Nations Voice enshrined in the Constitution and a Makarrata Commission to supervise a process of agreement-making and truth-telling about our history.

<https://ulurustatement.org/the-statement/view-the-statement/>

Jen Martin, Marie Thorpe and Jude Newcombe



Questions for Forum two

Free



Japanese-English Dictionary and Workbooks. **Contact** Cecelia 0410 165 515

Parliamo

With the unrehearsed nature of our interaction, we find ourselves in interesting places.

We are a happy bunch of Italophiles straining to be bilingual. That is a tall order for most of us. We know we will keep straining for the rest of our lives. Some of us spoke Italian to our parents as children, but now, with the passing of that generation, there are few opportunities to practice. So we have a range of competence within the group. Together we yabber away in Italian on Thursday afternoons, about every topic imaginable. English is banned although we often need a little help from our 'amici', each other.

We have been meeting for some time at my house. While COVID was still lurking in the background, some people were uncomfortable with the air circulation in the Carlton Library, so we began to meet in our backyard in Clifton Hill. It was summer then and we gathered in the garden under the melaleuca. The group became very cosy with this arrangement and, what's more, there were refreshments



on hand, so we continued. We are pretty casual about attendance. As long as there are enough people to maintain a conversation, we are happy. At the moment, with so many overseas, mostly in Italy, our numbers are reduced. When we have seven, eight or more, we divide into two groups. That is another advantage of meeting at our home. There is space enough for a few groups.

Our conversations are spontaneous, and we find that the 90 minutes disappears rapidly. With the unrehearsed nature of our interaction, we find ourselves in interesting places. As a result, the group has become bonded learning about who we really are. We talk about our day-to-day experiences, our frustrations (political and personal), our achievements and, inevitably, the grandchildren. We have meandered all around the globe and into outback regions of Australia. We recommend films and exchange books and occasionally go out for lunch. Now that our favourite Italian restaurant has closed, we are looking for another. We are open to suggestions.

Crina Virgona

Correction

The caption for the image on page 8 of the April 2023 issue of the newsletter should read 'The Ladies Gymnasium in 1881'.

Ageing Well events for Seniors month

The Ageing Well group has been meeting this year with Lauren Brooker, coordinator Active and Healthy Ageing, and Sara Mathers, Positive Ageing Officer Aged and Disability Services, City of Yarra to plan the following events for Seniors Month in Yarra:

... events for Seniors Month in Yarra

1. Our Yarra photographic exhibition
2. Heritage bicycle tour through Yarra
3. Ageing well in a changing world conference

See description of events below.

Helen Nankervis

1. Our Yarra photographic exhibition

Come and see the photographs captured by the U3A Photography Group. We have various themes telling stories about the city we live in. The themes explore architecture, street life, transport, community and nature... showing more complex stories than a single image could ever achieve.

... showing more complex stories than a single image could ever achieve.

We will also present at a Forum – see [Photography: Our Yarra exhibition](#) on page [3](#).

Helena Rosman

2. Heritage bicycle tour through Yarra

The City of Yarra encompasses beautiful scenery, ancient First Nations heritage, and architectural landmarks from more recent times. To help celebrate our 2023 Seniors Festival, U3A Yarra City cycling groups will be conducting a 20 kilometre bicycle tour of the area. Starting at Princes Park in North Carlton (easily accessible from Jewell Railway Station) the tour takes us through the Elvis Presley Memorial in Melbourne Cemetery, the Inner Circle Railway Reserve, buildings from previous centuries and locations of historical and cultural significance to our first nations peoples. The ride ends in Cremorne near East Richmond Railway Station.

...20 kilometre bicycle tour of the area.

Jonathan Morris

3. Ageing well in a changing world conference

After ten years (four terms) as the state's inaugural Commissioner for Senior Victorians, Gerard Mansour finished his final term in May 2023.

Among Mr Mansour's achievements has been the launch of the 'Ageing Well in a Changing World' report in 2020.

This report results from talking to the experts – senior Victorians – to hear their views not only on what ageing well means...

What does it mean to 'age well'? This report results from talking to the experts – senior Victorians – to hear their views not only on what ageing well means, but the barriers they face to ageing well.

The Report identifies *eight key attributes of ageing well*. These attributes provide a sound starting point for developing policy and funding priorities relating to seniors and are a timely reminder of the need to embed regular consultation and feedback from older people on issues that impact them.

The Ageing Well conference will provide a rare opportunity to hear from Gerard Mansour and benefit from his experience. It will form part of the consultation process with Yarra's Aged and Disability Services Team to develop their Strategy for Active and Healthy Ageing 2024-2025.



Tuesday 24 October 2023 @ 10am, Collingwood Town Hall Ballroom

Nina Hansen

Think small, paint small, view all

The National Trust of Victoria fundraises through a 'free entry' miniature painting exhibition at Como house ballroom until July 23. All works are donated by artists world-wide. Be warned, if you attend there are 750 miniatures on sale (from \$50) and magnifying glasses are provided to help with viewing (or use the torch on your phone).

I was asked how I painted mine – with difficulty, I responded.

I was asked how I painted mine – with difficulty, I responded. The hardest part was measuring the area - 25mmX38mm. Latest prescription spectacles were also required. The Trust provided the miniature frames to ensure a uniform look. **Lyn Morgan**



'Snowfields': 25mm x 38mm (1" x 1.5")



On Yer Bike Autumn ride

Eight riders attended this year's four day OYB Autumn Tour from 1-4 May on the 109km Great Southern Rail Trail from Nyora to Port Welshpool. We had ridden this trail in 2016.

<https://www.gsrt.com.au/>

<https://www.railtrails.org.au/trails/great-southern-rail-trail-tarra-trail/>

Day 1 Nyora to Korumburra

We parked the cars at Nyora station then set off in lovely weather stopping for lunch at Hilda Falls. We then had a steady but gentle climb of around 13km before the run into Korumburra to the motel.



The car shuffle then began. This involved vanning to Nyora to pick up the cars, driving to Port Welshpool and parking, and returning to Korumburra - a three hour round trip. A bit of a hassle but necessary. Fortunately, Luisa kindly offered to drive the van for the shuffle.

Day 2 - Korumburra to Meeniyan

Breakfast and takeaway lunches were purchased at Kelly's Bakery in the 'Burra. From here we enjoyed a brilliant downhill run into Leongatha and onto Koonwarra where we purchased more superb food and coffee from The Ethical Food Store. Judy and Audrey can especially recommend the lemon meringue masterpiece. The ride into Meeniyan was just lovely with a fairy garden (!) on the trail, trestle bridges, bird hides, new diversions and beaut bush and farmlands with a superb sculpture garden at the end.

Overnight it rained A LOT with thunder and lightning and didn't bode well for the 'morrow.

Day 3 - Meeniyan to Foster

The weather forecast for the day was TERRIBLE with lots of rain, thunder and high winds.

Over a scrumptious brekky we discussed various ride options. Carlos and Maurizio predicted the weather would clear. In typical OYB fashion the rain stopped just as we started riding and we enjoyed a nice ride into Fish Creek for a light lunch, while it started to rain, again. As we left the pub the rain stopped, of course, and it was an enjoyable ride into Foster.

As we neared the Prom lookout above Foster the sun came out and a rainbow appeared. Carlos and Maurizio were elected Official Forecasters. That night we enjoyed another good dinner at the Exchange Hotel, with their yummy Plat du Jour: bangers and mash.

Day 4 May - Foster to Port Welshpool.

This morning we headed off towards Welshpool along a very straight and flat path with coffee and cake at Toora Windmill Café. From there it was a pleasant run into Port Welshpool.

On the ride we noted several commemorations of Judy Holden's South Gippsland forebears viz. Gwyther Siding, the Gwyther Siding Conveniences and the statue in Leongatha celebrating the great 1932 solo horse ride of nine year old Lennie Gwyther from Leongatha to Sydney to witness the opening of the bridge!

https://en.wikipedia.org/wiki/Lennie_Gwyther



Ross Armstrong, Photos – Audrey Potter

Cafe Poems

In the Tin Pot

women sit and chat
while men have meetings.
Through the back door
turn right, then left
trip down the step.
There it is – the toilet.
It used to be a cupboard, I think,
going by the louvre door.

At Cavallini

a pigeon on the other table
makes me think that it
was on our table earlier.
Across the road
garbage men in shorts and hi-vis
gather at McDonalds.
We sit unemployed, drinking coffee,
making sure we're still alive.

At the Sand Bar

Business men note three container ships
on the horizon.
Are they coming, full of cars?
Or going, full of rubbish?
'Ha Ha,' they laugh,
'Import export.'
The tide is out
exposing clusters of mussels
to the dogs.

Market Lane is all

timber panelling
and terracotta tiles.
The big picture window
shows the traffic in
Sydney Road
like it's the floorshow.

Rachel Flynn



Bruce and Mary (Photoshoot)



Christina and Crina (Photoshoot)

Profile – Patsy Brown

My life...and work before retirement

For most of my working life I was a teacher librarian. After initial training as a primary teacher, I gradually became involved in the school library at Preshil where I worked for many years. I did a post-graduate information management degree and for many years ran the libraries/library and the school network. After retiring I went on to work at University College as a part-time librarian.

Joining U3A

Through a friend I heard of an Italian singing group, 'Cantiamo'. Speaking some Italian and a lover of all things Italian, I joined, and started my U3A journey. That was 13 years ago. I gradually explored other courses and became more involved. Sadly COVID put an end to 'Cantiamo', a great loss.

What have you enjoyed most about being a member?

I love the social contact as well as the variety of courses...fascinating speakers and fun activities. While it has become an important part of my life it has had to share time with my family commitments...Nana the Taxi!

Photoshoot testimonials

At our recent publicity photoshoot members were asked 'What do you like about U3A Yarra City?' Responses:

Ruth Gough (Table tennis)

The group is always welcoming, inclusive and friendly. A wide choice of activities. I've never played table tennis before – a complete beginner. It was easy to join in.

Graham Ramalingam (Table tennis)

Since retiring I wanted to stay active. I used to play table tennis at college, but not since. I get to meet new people. It's a safe and accepting group. A great social club.

Groups I participate in

At present I am enjoying Table Tennis (I even beat Susannah Dax last week) as well as occasional Forums, and Cryptic Crosswords... an addictive but frustrating pastime.

Other hobbies

Hard to say whether it's a hobby, but keeping fit is one of my passions. I'm a regular attendee at the Richmond Recreation Centre where I go to the gym or swim most days of the week. My relaxation is reading, there's never enough time for it.

Thinking of joining U3A?

Just do it. It is rewarding on so many levels. I can also recommend volunteering too. My days on the committee are long over but I still enjoy the challenge of volunteering in the Office on Mondays every now and then.



Patsy Brown

Maria Hudson (Crosswords)

Cryptic crosswords are a challenge in language and in thinking. This activity is exciting and exhilarating.

Patsy Brown (Crosswords)

Cryptic crosswords has become a fun group of people. We are supportive of each other. It's hard but not competitive.

Crina Virgona (Parliamo)

I love U3A. I love the expertise and the sharing of knowledge. It keeps me connected and builds community.

Photo gallery



Historic walks - Keith Haring mural



Galleries group visit Melbourne Tram Museum



Historic walk in Collingwood



Linda and Rodney presenting The Voice Forum



Luisa and Peter (Photoshoot)



Ruth and Graham (Photoshoot)

Diary dates

2023

24 Oct: Ageing Well Conference
 31 Oct: AGM
 17 Nov: Newsletter closing date
 Nov: Enrolments for 2024
 12 Dec: End of year Quiz and lunch

Semester two dates 2023

10 Jul – 15 Sep: Term 3
 2 Oct – 15 Dec: Term 4



Committee 2023

President: Peter J Moore

Vice President: David Lee

Secretary: Viv Blanksby

Treasurer: Sue Kurt

Program Coordinator: David Lee

Committee members

Margaret Gibson, Barry Giddings

Other positions

Program Support: Sue Kurt, Jan Tinetti, Lyn Watson

Other positions cont:

Database/UMAS Coordinator: Frank Moore

Database: Sue Kurt

Tutor Liaison: Frank Moore

Publications & Communications: Peter Moore, Viv Blanksby, Sue Kurt, David Lee, Susannah Dax

Membership Officer: Viv Blanksby

Office Manager: Mary Walker

Newsletter: Tina Hocking, Lyn Morgan, Susannah Dax

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Web: www.u3ayarracity.org.au

On Yer Bike: <https://onyerbike-u3a.org.au>

News & Events Bulletin: Latest news communication via email

Newsletter: Published March, June and November.
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