



NEWSLETTER SEPTEMBER 2024



Can you match this picture to two of the articles in this term's newsletter?

In this issue:

- Welcome letter.
- President's letter
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- Thoughts from the Life writers' group.
- Current Affairs Group.
- Silver Salties.
- Planning for 2025.
- Activities current/future.
- Desert island Discs.
- Term 4.

Contact Us: P.O. BOX 140
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We acknowledge the Bunrong people of the Kulin Nation as the traditional owners of these lands and waterways and pay respect to Elders past present and emerging.

Editorial Panel:
Communication sub committee



Welcome to Term 3 Newsletter

We are near the end of Term 3 and Spring at last has sprung with hopefully warmer days as we emerge from hibernation. For those of us who have stoically endured the vagaries of a Melbourne Winter, a lot has been happening in the last few months.

In this edition there is an opportunity to get to know some of the committee members, with interesting profiles on three of our current committee members.

There are summaries from some of this terms activities along with interesting activities to come in Term 4, many of them new to our program.

October is Senior's month and runs from the 1st to the 31st. This is the 42nd year it has run in Victoria. This year's theme is Explore, Engage, Evolve. As well as events and activities across Melbourne and some regional area, there is a full week of free public transport across the state for all Victorian Seniors card holders. This festival runs from Sunday 6th October to Sunday 13th October.

We hope you enjoy our Spring edition. Thank you to the committee members, convenors and members who have taken the time and interest to contribute. Also thank you to Melissa Horn's office for their continued support printing each terms newsletter

Communications subcommittee



President's message

Is it really September already? The year is going by quickly. Remember how slowly your birthday or Christmas came up when you were a little person.

We enter the busy period of the year leading up to re-enrolment. You have already been asked for suggestions for new activities and had your arm twisted by a committee member to convene an activity.). I have been a part of our U3A. and convened quite a few activities over the last 8 years (from memory). Some are one-offs, others ran for a term or the entire year. Assistance from members with the roll-over of activities would be welcomed. One job that springs to mind, is to approach current convenors about plans for 2025.

Overall, I enjoyed the experience of convening activities and even managed, for a technophobe, to use UMAS to enrol prospective members of my activities and to communicate with them over the duration of the activity.

In thinking about 2025, we need to think about AGM and annual elections. We look to have one vacancy next year on the Committee, so please consider coming forward. Committee members will be happy to chat about what is involved if you want to 'dip a toe in the water'.

Phil Quinn
President
U3A Hobsons Bay Williamstown



COMMITTEE PROFILES

PHIL QUINN, President, U3A Hobsons Bay Williamstown

I first joined our U3A in 2018. In the next year I was encouraged to join the Committee which I did and was then told that I was the Activities Coordinator. Fairly quickly I discovered what that entailed and set about increasing our offerings and moving from block activities to a variety of types of activities including one-off, short term, etc. I served in that capacity from 2019 to 2021 then took 18 months off returning to the Committee in 2023. This year I was asked to stand as President.

My professional background is in education and training. I qualified and worked as a teacher in High Schools, and worked in TAFE training unemployed people, in industry training setting up systems to assess workers' skills, lectured at RMIT and in a prison as an educator.

I am enrolled in Cards in the Pub, Mahjong, End of the Line and have enjoyed some of the one-off activities. I sometimes wish I had more time to get involved in other activities, especially ones I helped start up like Birdwatching, Walks, etc.

Over 70's cricket keeps me busy in summer and I ride 100 – 140 kilometres a week with a friend. I am a keen jigsaw person and set up the Jigsaw Exchange in the Cottage to recycle my completed jigsaws.

Kerry and I like to travel both within Australia and overseas. We recently completed a 10,000-kilometre trip to NT, Queensland, and NSW. I can only dream about those 35-degree thermal baths!

I have a strong commitment to our U3A and have seen it grow from under 60 members to almost 400 members. Some people claim that I am an arm twister as I will always try to get members to step up to convene activities. It gives me great satisfaction to see members joining and finding activities that help to engage them with other people in enjoyable activities. Even if I were not President or on the Committee, I would continue to try to recruit more convenors.

Phil Quinn



IAN BARCLAY – Vice President

I moved to Williamstown in 1985, when my wife and I bought our first house – which we still live in. We have completed numerous renovations, but always wanted to retain the original Victorian character.

During my working career I had many different senior management roles, starting off in hospitality, predominately commercial catering with several larger catering companies, this also took me into aged care and hospitals, both private and public. This also included an 18-month stint in New Zealand with the family.

After 25 years being in ‘back of house services’, I moved into the utilities business in Victoria, I was at Powercor for over 10 years, mainly looking after procurement and facilities at their corporate office.

I finally ended my working career in the automotive industry at Honda Australia head office in Tullamarine – managing their Corporate Services.

Since retiring in 2020 I have become involved with many local activities on a volunteer basis, including Board Member of Royal Yacht Club Victoria, Committee Member of Williamstown Swim and Life Saving Club and U3A Hobsons Bay/Williamstown Board Member. It has been a busy time but thoroughly rewarding by giving back to the community I love so much. Just to make it a bit more interesting our daughter and her husband had twin boys last year –they are such a joy.

My passions in life, beside our family, are sailing, open water swimming (all year round), Botanical Art – sketching and watercolour painting, gardening and of course travelling.

Ian Barclay



CLARA BRACK- Convenor Support on the Committee since 2024

In my former life I was a teacher and before that I was a waitress. I first taught in technical schools in the 1970's. On confinement leave with my first child I started teaching at The Women's Learning House, which had opened at Footscray TAFE for women returning to study. I then taught in TAFE with other students, adults, and school leavers. Since leaving TAFE I have run writing workshops.

In 2021, I began convening Life Writing at U3A Hobsons Bay/Williamstown. We read a poem and then we write for 7 minutes starting with a line from the poem.

*They switch off the light and its white shade
glimmers for a moment before dissolving
like a tablet in a glass of darkness.*
Tomas Tranströmer.

We then read out what we have written. I am convinced that writing is a way of intimately connecting to another human being. It is a way of sharing experience, questions, and mysteries about life. It is not about being a published writer. Anyone can write and be surprised by what comes up from within.

After teaching in TAFE, it is a privilege to belong to U3A, to have the opportunity to connect to others, not restrained by a syllabus and engaging with the eager enthusiasm of other U3A members.

Clara Brack



SOME SAVE THE DATES FOR YOUR DIARY

U3A Hobsons Bay/Williamstown Art Exhibition 2024.

This year marks the third year of the U3A Hobsons Bay/Williamstown Art Exhibition.

The exhibition brings together all the drawing and painting groups within U3A.

The artworks produced by the art groups are varied, driven mostly by individual's choice and interest. Typical subject matter includes portraits, animals of all kinds, botanical, architectural, landscapes and so on. The media used covers all types as well, from watercolours, oils, acrylics, pastels, graphite, charcoal, pen and pencil and more.

In addition to the 'open' section of the exhibition, there is also an A5 themed display – 'Impressions of Hobsons Bay' which will provide a diverse curation of artists' works, all related to Hobsons Bay.

The exhibition will be on display at our new home,

Dennis Reserve Centre from Tuesday 15 October to Wednesday 30 October

As always, we welcome new members to these groups (including absolute beginners), so feel free to check out options on UMAS.

We look forward to seeing you at the Exhibition.

The U3A Hobsons Bay/Williamstown Art Exhibition Organising Committee.



ART EXHIBITION



Artwork by Janine Doull

Dennis Reserve Centre Gallery

Cnr. Ferguson St. and Melbourne Rd., Williamstown

Tuesday 15th October - Wednesday 30th October

*Artist in Residence - daily from 11.00 am to 1.00 pm



2024 VICTORIAN SENIORS' FESTIVAL



Explore. Engage. Evolve.

Now in its forty-second year, the Victorian Seniors Festival returns in October 2024 with a huge month-long program full of free or low-cost events and activities.

This major state-wide festival is spearheaded by the **Victorian Government** and is bolstered by all of Victoria's 79 local councils alongside community, groups, clubs, and organisations including COTA Victoria and Seniors Rights Victoria.

This year's theme aims to encourage senior Victorians to remain connected, meet new people and maintain curiosity and learning.

Major events

- Opening ceremony Fed Square 6th October 12-7pm
- The Edge and River Terrace overlooking the Yarra River features great community acts.
- Town Hall dances
- Country Concerts
- Seniors film festival at ACMI.
- Royal botanical gardens offer a range of tours and activities.
- Local and Live

If you're looking for something local here are a couple of events:

Step back in time – Unlocking secrets of historic Williamstown waterfront and seaport.

Hobsons Bay Wetland Centre is having an Open Day on October 10th. See their website.

See what's on via www.seniorsonline.vic.org.au or pick up a brochure from Cole's supermarkets
Bookings for all events are online.

CHRISTMAS PARTY



Come to our Christmas end-of-year lunch where you can socialise with old friends, make some new ones and all have fun together.

This year, lunch is being held at our favourite Christmas venue Altona **Sports Club**.

We've got a great program. Join in some festive events, sing along with our Ukulele group; keep your brain ticking over with a quirky quiz; claim some door prizes – plus other fun activities.

Venue:

Altona Sports Club, 11 Altona Road Altona (parking onsite)

Date:

Friday, 29th November 2024

Time:

12-3pm

Cost:

\$38 (includes two course lunch -main and dessert) Drinks at club prices

Register and pay:

Via [UMAS](#) - include your full name as a reference when making payment. Bank account details on [UMAS](#) when you register

Dietary Requirements

Please advise info@u3ahbwilli.org.au

Closing date: 10 November (refunds not available after this date due to venue conditions)

Note: If having difficulty using [UMAS](#) to register or pay, please ask for support - email info@u3ahbwilli.org.au



Some interesting Work from the Life Writers Group

The Elephant in the Room

The room is almost all elephant.

There is silence because no one knows what to say.

We all know what should be said.

What should be discussed.

But we sit there in awkward silence.

Where to begin?

How to begin?

Who can do it... make those first words?

There's a cough.

Is that the start?

But the cough falls into silence again.

I want to say something, but I can't.

We all know what needs to be discussed,
all except my mother and father

My mother sits silent, her lower lip quivering.

My father reaches for her hand and folds it in his own.

I look at my daughter.

Can I start?

Dare I start?

It's all so hard.

The matter must be discussed.

No words come forth.

The room is almost all elephant.

V.O



The young girl thinks she is a bird.

Is she asleep, is she dreaming? It doesn't matter.

She is flying, a little tentative to start with, not far off the ground but then

Confidence growing, further and further into the sky until

She is part of the blueness, a part of the fluffy white clouds.

Is this heaven she wonders.

But then, suddenly, back to earth, not with a thud but with the certain knowledge that

She was not a bird, this was not heaven, only a dream and she

Had opened her eyes to the earth.

Heather Love

What is truth?

The rain enters the dream as snow. And then swirls violently. I stopped shaking the snow dome. As the snow settles, I see two figures. A woman and a young boy. I hear the young boy speak, muffled from within the dome. I bring it closer so I can hear. It might be my oldest brother. He's pleading with the woman. But mum it is the truth, he pleads. The woman must be my mother, but I don't recognise her. And then she speaks, Pilate asked Jesus what the truth is and then turned away without waiting for an answer. I never heard her say this. My brother says she said it often. I still don't recognise her. I give the dome a violent shake and the figures are lost again in the swirling snow.

Tony Wright

Current Affairs Group



Over Term 2 and 3 as well as looking at local issues the current affairs group have been taking a deep dive into a couple of international issues.

Starting in term 2 in groups of 4-5 participants we looked at the Middle Eastern countries surrounding the current conflict in Israel, Egypt, Iran Lebanon, Jordan, Syria and Iraq. Each group researched the geographical, cultural and political background and issues surrounding these ancient lands which all date back to the cradle of civilisation. This provided some interesting insights into what is the current complicated and very complex situation we see played out in the daily news cycle. If you are interested in each presentation here is a link to the U3A web page.

<https://u3ahwilli.org.au/current-affairs-project-page/>

USA Presidential Elections

In term 3 Peter Newbury was a guest speaker for 3 sessions to explain the inexplicable i.e. **The American Presidential elections.**

- So, you wanna be Prez
- So, you wanna win a Democratic/GOP nomination
- So, you think you can win easily and fairly

Peter did an excellent job trying to explain what can only be described as a complicated chaotic process. In summary:

- Weird (our take)
- What I say will be true somewhere at some time (Peter)



Joan Thompson/Lynn Murray

Williamstown Silver Salties



The Williamstown Silver Salties are part of a national Surf Lifesaving initiative for older folk. At various locations across the country there are beach safety and swimming activities for those 65+

Ian Barclay and Neil Emmit started this group at Williamstown a couple of years ago with a handful of hardy swimmers. Today there are 50 registered and usually 15 + swimming throughout winter with the numbers growing as the weather warms up. The Silver Salties is a warm, friendly, and supportive bunch who make sure each member is ok in the water. They also go on land trips! This year they have gone to Castlemaine, Port Arlington and most recently Yarragon- each a great day out.

New members are welcome any time to come for a swim, a post swim coffee and chat (often longer than the swim!) or just a look and a coffee. There is bound to be someone you know there at the kiosk!

Jan Williams



2025 is not that far away!!!

WE ARE PLANNING FOR THE FUTURE AND WE NEED YOUR HELP

We recently asked for your input for new activities for this and next year. Many thanks to those twenty people who replied, suggesting forty-three activities.

And even greater thanks to those who were happy to convene one of these new activities themselves.

They were:

Roger Hampson – Comparative Religions.

Ann Goodwin – Woodwind Ensemble.

Bronwen Barton and Clara Brack – Choir.

Louise Johnson – Australian Housing and History.

Sujatha Pannell – Play reading.

Kathie Simons- HBCC Arts Events.

Several others are in the pipeline.

These people, and others like them, are so important. We cannot run an activity without a Convenor.

The latest newsflash (11th September) you recently received has a member's wish list as an attachment. It can also be found on the U3A Hobsons Bay/Williamstown web site under latest new. This identifies possible activities for the future.

Please have a look. Could you be the Convenor, or Co Convenor of one of these? Or do you know anyone who could? They may not even need to be a current member.

As I said, **we cannot run an activity without a Convenor.**



Meanwhile we have been looking at our **current list of activities**. Many of them are so popular that they are full or have waiting lists. This tells us that we need additional activities of the same type. You have told us they are important to you.

DUPLICATES AND REPEATS NEEDED, BASED ON WAITING LISTS

Melbourne Walking Group	A monthly walk using train and then by foot involving a walk of 4-8 kilometres and lunch/coffee break, somewhere interesting in Melbourne or occasionally regional Victoria (e.g. Geelong). John and Sue, who are the convenors of current Group would provide ideas so their outings could be repeated on a different day. At present there are 49 people in this activity. Usually it is rationed to 25 (first in best dressed). Clearly, we need to run a second one of these.
Book Clubs	All our current 5 Book Clubs are full or have waiting lists. Form a new group, in a café, pub or home. Very relaxed.
French	Both French activities have waiting lists. One is a self-help group who get together and talk French without formal tuition.
Writing	The various writing groups are either full or have waiting lists.
Cards in the Pub	This is a large group, and we need another one on a different day, perhaps at a different venue.
Birdwatching	This is a popular activity with a waiting list but getting too large already. Could you run a 2nd group?
Cryptic Crosswords	There are waiting lists at all levels from beginners to moderate to advanced.
Craft Circle, Art, Poetry Appreciation	These activities are full but would be popular if another session was offered.

Some people have already put up their hand for repeat/duplicate activities.

These include.

- Zoe Felton - Beginners' Mahjong.
- Glenda Cipolato - An Italian course.
- John Adams – More Museum visits.
- John Webb – Periodic Table.
- Merrin McTaggart – Pickleball.



Once again please consider if you and maybe a friend, could take on a repeat or duplicate of one of these.

These members can do it, and so can you!

Please consider being a Convenor or finding someone you know who might be interested. You do not have to be an 'expert'

Activities can run for just a single session, or a few weeks or longer. Up to you!



At U3A we say “The Convenor is King/Queen”

Convening is fun. Convenors report on the pleasure and satisfaction of sharing their interests and passions. And if you have a Co Convenor (a friend, or someone who shares your interest) you can halve the tasks and double the enjoyment.

And our wonderful Convenor Support Group will provide ongoing support and encouragement for all convenors individually and in a Convenor Workshop in November.

If you are interested in helping us achieve our members' goals or would like further information, please contact: info@u3ahbwilli.org.au

Activities Sub Committee and Convenor Support Committee (Yvonne, Phil, Pam, Clara, Ruth, and Jan)



A note from a convenor

The great thing about being a convenor is meeting people who are keen to participate in what you can share together. People have their own individual goals for taking part in an activity, and generally a core group of participants is formed over time. It's so great to see them enthusiastic and achieving their individual goals.

If you have a particular interest, there will always be people who want to participate and engage in new endeavours. There is great backup from the U3A team who arrange and support your efforts to engage with a group of like-minded people.

The interests you activate in people give them the opportunity to explore further and engage in other avenues to develop a broader scope of participation. That is one of the most positive features of convening a group as it is heartening to see that development.

Michael Collins, Convenor of Ukelele and Strum and Sing

ACTIVITIES

ANOTHER CHANCE TO LEARN MAHJONG FROM SCRATCH!



Zoe will be offering another course in Beginners' Mahjong next term.

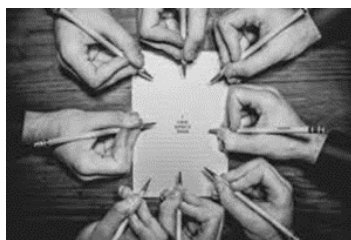
It will be in the Cottage on **Wednesdays, 1.00-3.00, starting 9th October**

Maximum 4

Come and join in this stimulating game. Enrol on UMAS



SO, YOU WANT TO BE A WRITER?



Members have expressed interest in courses on writing various types of literature. If that appeals to you, come along to Clara's group, "Reading to Writing". 1.00-2.30 in the Cottage on Fridays.

We bring a quote from what we are reading and then use that as a prompt for further writing. The quote can be from a novel, newspaper, history, memoir, poetry, whatever grabs your attention.

It's fun, non-judgemental. We are often surprised by what comes up in writing, shedding the restrictions that some of us have brought from school.



Readers and those interested in writing activities for 2025 are invited to join our sessions this year. You could take it as an opportunity to explore what writing you may want to continue in the future
Enrol on UMAS. Clara Brack



LOVE WINE? HERE'S YOUR CHANCE TO TRY SOME NEW ONES

Come join us for a visit to "Rewine", a small Melbourne based winery with an innovative distribution system designed to minimise costs and the environmental impact of packaging.

Enjoy wine tasting, and a pizza lunch from the onsite oven, accompanied, of course, by a glass of wine.

The event will be held on

Tuesday, 15th October.

Cost: \$40.00. See UMAS for details and bookings. Pay on the day. Darby Higgs and Sue Dawkins

Want to give your brain a rest and get physical.



BUSH & BEACH WALKS ARE BACK!

Bush & Beach Walks no. 8: Edwards Point. 26 September

This is a walk along Edward's Point, with Port Philip Bay on one side and Swan Bay on the other. Time for coffee in St Leonards at the end.

Grade 1 – Easy

Bush & Beach Walks no 9: Macedon. 31 October

Meet at Mount Macedon Cross Car park and then do the loop walk to Camel's Hump, and on to Sanatorium Lake. 12-14km. Time for coffee in Mount Macedon Township.

Grade 2 – Reasonable tracks, a short climb

Bush & Beach walks no. 10: Currawong Falls 28th November

Meet at Distillery Creek Picnic Area, Aireys Inlet. Then take a circuit walk through forest and heathland, passing Currawong Falls. Coffee in St Leonards at the end.

Grade 1-2. Along walking tracks with a short climb.

Keith Seddon

For all the above walks, Enrol on UMAS



BAY IN A DAY 8 October, 9.00- 18.00

Join us for an adventure packed day, completing a circuit of Port Phillip Bay travelling by train, bus and ferry. The trip will also involve some down-hill walking between public transport stops.

We will be passing through Melbourne, Frankston, Sorrento, Queenscliff, Geelong and back to Footscray. **Public transport is free in Seniors' Week, but you will need money for the ferry.**

We will be catching the train from Footscray to Frankston. From Frankston we will catch the 788 Portsea-Sorrento bus, then the ferry (\$15.00) for a 40-minute trip from Sorrento to Queenscliff. The Ferry departs every hour on the hour

From Queenscliff we will catch the 56 Geelong via Ocean Grove bus to Geelong and V-Line train home to Footscray. There are plenty of places for food and drink along the way.

The facilitator will contact you closer to the date, to confirm the timetable for the day and the departure time and train from Footscray. Bring your Myki and Seniors card

This is an all-weather event, so please wear appropriate clothing. It can be chilly and windy on the ferry. Wear comfortable shoes, sunscreen and bring water. There will be places to buy food and drink along the way.

U3A Maribyrnong offer this event. **To enrol, contact**

info@u3amaribyrnong.org.au. Please tell them you are from U3A Hobsons Bay/Willi.

There is a Maximum of 10 of our members



ALL THINGS MUSICAL

PLAY AN INSTRUMENT?

A very enthusiastic member is keen to form a Woodwind Ensemble. You don't have to be super skilled, or even read music. Just come along and have fun. Woodwind instruments include recorder, flute, clarinet, saxophone, Other welcome instruments are voice, keyboard, drum, and percussion. Expressions of Interest to: info@u3ahbwilli.org.au Ann Goodwin



OUR VERY OWN CHOIR

Think you can't sing? You're wrong! Come and join our new U3A choir and discover your glorious voice. Choir leader Bronwen Barton has 35 years' experience helping people gain confidence in singing with others. We sing pop, folk, old-time songs and even a little classical when we're in the mood. And we throw in a cuppa!

Start date: Tuesday 15th October 2024

Time: 10.00am – 11.30 am

At: The Pavilion, Bayside St, Williamstown (beside the High School)

Expressions of Interest to:

info@u3ahbwilli.org.au

Bronwen Barton and Clara Brack



Desert Island Discs



This terms Robinson Crusoe is Sandy Guest

Sandy has been in Australia since the 70's but during 80's and 90's spent several years teaching and studying back in Canada. A key interest has always been volunteering and Community Leadership - had a Churchill Fellowship in 1996 researching community leadership in Canada & the United States.

Met incredible people who influenced me forever! Good teachers make a huge difference to their students and the wider community! Now enjoying being a volunteer with U3A!

In 2023 Sandy was the acting President and is currently a continuing committee member on the 2024 executive committee



Track 1 & 2

Adele - Hello
- Someone like you

Track 3

Leonard Cohen - Hallelujah

Books



Novel - **Unless** by Carol Shields - a Canadian writer - lots about her on google.

The Happiest Refugee by Anhdo

Lynn Murray

TERM 4 COMMENCES ON OCTOBER 7TH 2024.

NEW ACTIVITIES STARTING IN TERM 4

Just a reminder about the new Activities starting next term. You may have already enrolled in some of them. Others you might have forgotten about.

These activities include:

Art Exhibition

Beginners' Mahjong

Choir

Comparative Religions

Life Saving Victoria Beach Program

Metro Tunnel Adventure

Woodwind Ensemble

For details, please check UMAS.

Yvonne Davidson

Activity Coordinator

To end with some of the marvellous work of the amazing ladies in the Craft Circle.

To see more of their work go to the collections section of the web page.

