



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

*Number 14*

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**Greetings all.** You will be reading this either before or just after U3A Moreland's annual birthday party. The party kicked off (we were Incorporated) on April Fools Day 2015 and we have been partying ever since. Talking, laughing, drinking (mainly tea or coffee), meeting new people, moving and grooving (these days called exercising) ever since.

## IN THIS ISSUE

- P1 Greetings from Pauline
- P2 The Program Team
- P2 Coming Together
- P4 Cathy's Column
- P5 Merri Health Ageing
- P6 Interview: Joan Meyers
- P6 98.9 North West FM
- P7 A Beach Walk by Tram
- P8 Melbourne's Architecture
- P10 A Community Garden
- P12 Information Overload, Or Not

## FOR YOUR CALENDAR

- 6 Apr **U3A Moreland AGM**
- 26 April Term 2 starts
- 24 June Term 2 ends

### **Public Holidays (no U3A groups):**

- 25 April Anzac Day
- 13 June Queen's Birthday



The party flagged a bit in the last couple of years, as good parties sometimes do, but the energy is picking up again.

Personally I am retiring as chief party organiser (President) for the last time. Thanks to all those with whom I have served on the Committee over the years. It may not always have been fun but it has been worthwhile.

From here on in I am a partygoer not a party organiser and it is my plan to k.o.t.d. (kick on till dawn) at the U3A party (our AGM, Wednesday 6th April at 2pm). Hope to see you there.

*Pauline O'Brien  
Outgoing President, U3A Moreland*

## THE PROGRAM TEAM

### **What we offer:**

The beginning of a term is always busy with juggling delays, options and the changes as restrictions eased, along with the excitement of the full Program finally starting. Our Facilitators offer such a variety of Programs including Games, Art & Craft, Technology, Learning and Language, as well as a wide range of Recreation and Social activities. We trust you find some things to interest you.

### **What we need:**

We always need, seek and welcome new ideas and offers from Members to run Programs - either one off sessions, a few sessions, or more. Do talk to us about what you might like to Facilitate, or any ideas you have to extend the Program.

### **What helps us:**

We welcome 3 new Members to the Program Team – Pauline Charleston, Pam Fletcher and Deb Pace. New members bring new energy and ideas to the team.

You will be warmly welcomed and supported if you are interested in joining us.

*The Program Team*

*Melinda Venticich, Margaret Robertson, Gwen Rosengren,  
Pauline Charleston, Pam Fletcher, Deb Pace.*

## COMING TOGETHER

### ***The 2021 End of Year Social***

So many Members enjoyed the first opportunity in a long time to come together for our end of year Social after the long COVID separations and isolation. On 8 December we met up at a favourite gathering place, Coburg Seniors Citizens Centre. A delicious afternoon tea was prepared, served and organised by a dedicated group of Members. Thank you all.





A favourite was the sausage rolls prepared by Cris Gouletsas – the recipe from [Karen Martini's sausage rolls Recipe | Better Homes and Gardens \(bhg.com.au\)](https://www.bhg.com.au/recipes/sausage-rolls).

These golden-crusted pastry rolls are packed full of hidden vegetables, so they not only taste delicious, they are also good for you!



There was good news shared from Moreland City Council representatives about the Seniors Exercise Park, to be erected in the grounds.

The area in the photo below will be transformed with equipment and landscaping.

BEFORE at the Seniors Exercise Park – wait for the AFTER in a future Newsletter:



*Reporting and photos from Gwen Rosengren*



## *When one door closes*

Throughout my career, self talk: "When one door closes another will open." This has instilled curiosity, confidence, risk-taking and ultimately giving myself permission to be brave.

Privileged to have a career in education always delighted in those moments when a child understood, learnt something new; sensing their pride and satisfaction. Supported by some extraordinary colleagues I focussed on improving my practice. Alongside this I craved for an opportunity to go beyond the boundaries of this primary school. I closed the door on primary teaching when I was twenty-eight. A door opened to regional consultancy but once again when it was time I closed the door, always searching. I became a statewide co-ordinator for programs in early numeracy and thrived with positive challenges. Funding lessened and before the door shuts I close it. A door opens to writing mathematics books for teachers and children and promoting them throughout Australia, USA and Canada. Fulfilling but time limited, I close the door. Another door opens, University lecturer in mathematics education. I observed students' attitudes to mathematics change from I hate maths to I can teach it. A job advertisement for the Department of Education followed by sixteen years as a bureaucrat: engaging, diverse, with many promotions. I close the door.



*Burano Island, Italy*



*Santorini, Greece*



*Lipari, Aeolian Islands, Italy*

Wondering what do I want to do, who do I want to be: curiosity, confidence, risk taking and bravery return. I open a door to travel blogging. Cathy travelling: stories photos tips to inspire. This journey with my friend Daniela is one of fun, courage, frustration and every other emotion possible. No money is made, not much of a business but I am proud of our website, our creation.

On 9 February 2019 I am diagnosed with a rare overactive immune disorder treated with an intensive drug regime. On the day of diagnosis I began a journal, writing every day; now I write a memoir. I cannot shut the door on Cathy Travelling website; visiting occasionally, it sits waiting, the door ajar. August 2021 searching for my website I cannot find it, the door slammed shut and locked. Distraught, sad, feeling I have lost a favourite book and part of myself. My website cannot be resurrected, it was hacked, closed, not backed up. If this door had not closed could I have closed it?

Wondering, what I will find when I walk through this door?



*Mt Etna, Sicily*

*Do you have a career story you would like to share with U3A Moreland members?*

*History? event? - you decide.*

*Publishing stories of members of U3A Moreland is something we want to do more of.*



**Merri Health**

**Healthy Ageing Support** is a Program complementing health services where a consumer has a chronic health issue that has led to isolation.

This support from Merri Health aims to facilitate meaningful connections, leading to reablement and independence.

### **Who is eligible?**

Anyone 50 – 64 years of age living in the northern metropolitan region and

- is not receiving other government support such as the NDIS, or
- has chronic health issues or lacks confidence in accessing their community, or
- is a time poor carer who may be unaware of available social and community resources.

**Enquiries** [LivingWellAgeingWell@merrihealth.org.au](mailto:LivingWellAgeingWell@merrihealth.org.au) or **Phone: 03 83197408**

## JOAN MEYERS, NEW MEMBER TO U3A MORELAND

*Interview by Cathy Beesey*



*Pieman River, Corina, Tasmania  
Photograph taken by Joan Myers*

### **Joan, can you tell us why you joined Moreland U3A?**

I love living in Moreland and I thought joining U3A could be an opportunity to learn more about my local community and get to know some new people. Sadly, due to Covid I was unable to return to my career in nursing. I made, what was for me a confronting decision to prematurely retire. I began exploring what would be useful for me as I move into the next phase of my life. Being connected is so important. I'm a lifelong learner, wanting to explore mind, body and spirit. I couldn't imagine my life without learning.

U3A Moreland provided so many courses and activities to choose from and discovering

Nordic Walking on the list I couldn't resist and joined immediately. I always wanted to write and joined the Writing group, discovering like-minded people.

### **How did you find out about U3A?**

I had vaguely known about U3A for quite a while. Having coffee with an ex-work colleague, she told me she had joined her local U3A. She said, "It's the best thing I could have done, I've met so many wonderful people and I'm continuing to learn new and interesting things." I tucked this away - possible future opportunities.

### **Joan, what have you discovered?**

U3A is made up of an impressive group of people. It is community centred, well organised, effective email contact and I have felt welcomed and included as I meet new people. I'm impressed with the advocacy work of U3A. Reading the newsletters I have learnt more about what is available through Moreland Council and other organisations advocating for those who have retired. More learning for me and taking control of my future.

As we age we can become less visible in the community, our sense of being valued diminished. Fortunately U3A reminds the world we are part of the university of life. My motto for this year is "Say yes to life's offerings." U3A Moreland has given me so many opportunities to put this into practice.

Would you like to tell your story?

*Contact the Newsletter team!*

*We'd be delighted to work with you to share your story with U3A Moreland members.*



98.9 North West FM is the community radio station broadcasting from Hadfield in our North West suburbs of Melbourne. You may be a regular listener, or you may like to check out their website, or tune in for some real local community radio listening.

*Gwen Rosengren*



# A beach walk by tram



Living in the inner north of Melbourne, most of us appreciate how fortunate we are to have access to public transport. But are we aware how easily we can enjoy a beach walk using trams. I am talking about the beach promenade stretching from St Kilda to Port Melbourne. Discovering the ease of access by simply getting on a tram, with no traffic or parking worries, has enriched my life.

Shortly after my move to where I live now, I realized the tram at the top of my street, the East Brunswick 96, terminated in Acland Street St Kilda. Suddenly, walks by the sea, nostalgic memories of offspring delighting at Luna Park, or concerts at the Palais, not to mention an Acland Street cake, became a fun part of my life.

But there was more! I discovered not just one, but three tram routes terminating at the promenade along the beachfront. The number 1 tram starts in East Coburg, travels along Lygon Street finishing at South Melbourne beach. The 109 starts in Box Hill, travels through the city and terminates at Port Melbourne beach.

Suddenly going for a walk along the beach has become a convenient and much anticipated treat.

Choices! Choices! Do I start at St Kilda and walk to Port Melbourne along the promenade, or if energy fails, do I break my walk at South Melbourne? Maybe start by watching the Spirit of Tasmania at Port Melbourne and walk east for a change. Lots of cafes to choose from. Maybe pick up some fish 'n chips. But however the mood takes me, I rejoice in gazing at the sea (which I miss in North Fitzroy), enjoying the sea breeze, perhaps kicking the sand between my toes at the water's edge, always starting and finishing each journey with ease.

Maybe you live on route 1 or 96. However changing between tram routes is simple in Swanston Street. The 96 and 109 even share a tram stop close to South Melbourne market, stop 126, which makes a transfer simple.



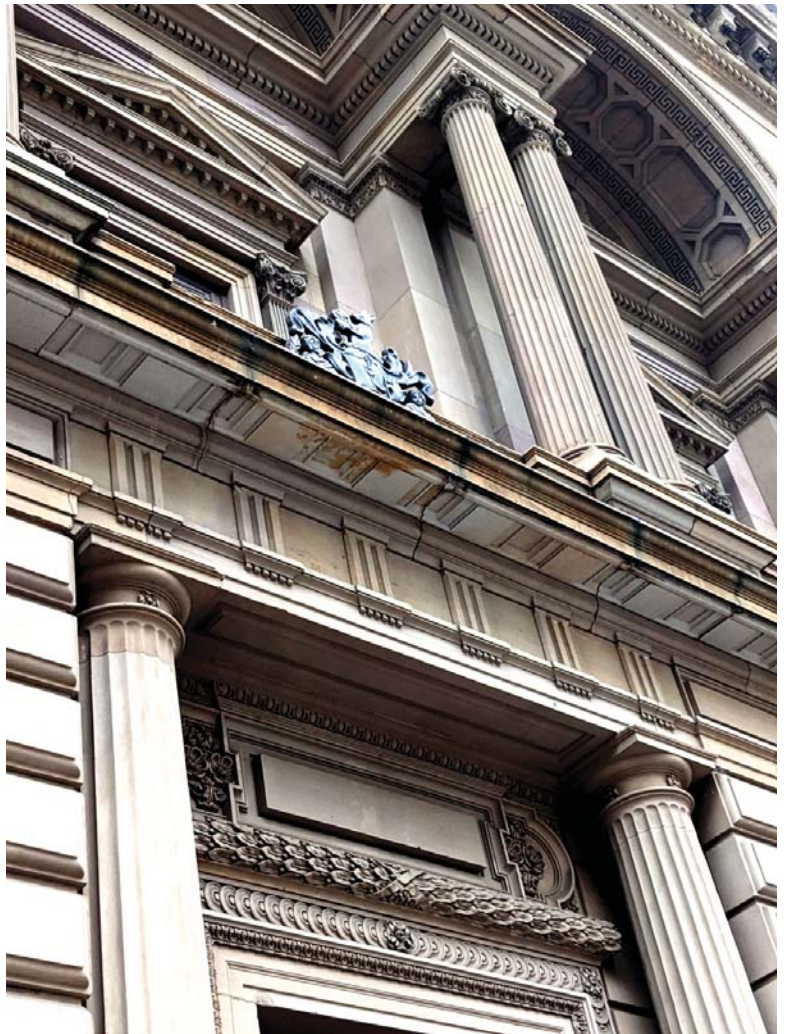
Go on, try it. Life's a beach!

*Margaret Robertson, Member U3A Moreland*

## ON THE PLEASURES OF MELBOURNE'S CLASSICAL ARCHITECTURE

Barry Humphries, that naughty boy, once said that Melbourne was a great place to live because you could simply get on a plane and in 24 hours be somewhere really interesting.

Actually, he could have saved the air fare and just enrolled in our U3A Moreland course on **Melbourne's Classical Architecture**. In the space of a couple of hours he could have travelled back through 2000 years of Western architectural history and stood in front of some very fine examples of buildings inspired by the best of ancient Greece and Rome. He could have seen how the Italian Renaissance in the 1400s had rediscovered these classical principles, and constructed those churches and palaces that are the glory of Florence, Rome, Venice and a score of cities across Europe.



### *Where the idea for U3A Moreland's course came from?*

I would say it was born on the Number 55 tram along William Street. Gazing out the window on the way to work at the Health Department, I went through a phase of studying the facades of various neo-Classical buildings. Lunchtime walks along Collins Street, Elizabeth Street, and so on revealed lots more.

Merely as a hobby, I became very interested in such Renaissance and Baroque architects as Bernini, Borromini, Palladio and Michelangelo. I saw how they had studied the secrets of those ancient Greeks who built the Parthenon on the Acropolis in Athens in 447 BC, the marvellous Pantheon in Rome in 126 AD, and all those other remains of Classical style.

In our walks around Melbourne's CBD, and as far afield as the Shrine of Remembrance

in St Kilda Road, we see how closely this ancient style has been re-interpreted down the centuries. Generations of Melbourne's young architects from the 1860s, 1880s, 1920s and 1930s all studied this 2500-year-old history at university. They were all conscious of the Western heritage, not only of neo-Classical style, but also of the Romanesque and Gothic styles of the 1000s and 1200s that culminated in such masterpieces as Durham Cathedral and Chartres Cathedral.

Buildings like these inspired the architects of St Patrick's and St Paul's cathedrals in Melbourne. So we see a history of continuity and innovation, particularly in the 1920s when Art Deco emerged as the leading modernist trend.





Next time you're in town, look up at the Manchester Unity building on the corner of Collins and Swanston Streets. It is a 1930s interpretation of the vertical lines of a Gothic cathedral, decorated with those clean geometric shapes like lozenges that are seen in Art Deco jewellery.

*By Justin McDermott (Facilitator, Melbourne's Classical Architecture Program)*

**At left:** Never without his pointer - or cap - Justin indicates features of the State Library's Classical façade and 'temple front'.

**Below:** At the Old Treasury Building, one of Melbourne's finest 19th century buildings. (The posters indicate current exhibitions at the Old Treasury Building. It is well worth checking out the events' program at: [www.oldtreasurybuilding.org.au/whats-on/exhibitions](http://www.oldtreasurybuilding.org.au/whats-on/exhibitions)).





## A COMMUNITY GARDEN IS AN EDUCATIONAL RESOURCE



West Brunswick Community Garden, tucked away at the northern end of Dunstan Reserve, is not just a place for people to meet and grow healthy food. It's also an ideal place to learn about environmental sustainability, climate change, waste management and food security.





The Garden is run on organic principles, without using chemical fertilizers and pesticides, and we encourage the planting of 'heritage' varieties of fruit, vegetables and herbs, rather than the commercial/genetically-modified varieties. We also practice 'seed-saving' - collecting the seeds from the best varieties in the Garden and storing them for future planting. And, from time to time, we hold workshops on a range of topics, including how to propagate from seed and cuttings, composting, and the basics of gardening, including soil preparation, planting, fertilizing, pest management and harvesting.



We welcome visitors to the Garden, as well as volunteers to help us with chores like weeding. Most of all, we like people to become members, so they can participate in the activities at the Garden, according to their interests and capacities. And we cater for all ages, from young children to retirees (I am 77).

So, have a look at our website at [www.morelandcommunitygardening.org](http://www.morelandcommunitygardening.org), or, better still, come and visit us. There's always a welcoming cup of tea or coffee!

*Richard Brown*

*Richard is a member of the U3A Moreland Committee of Management and is also on the Organising Committee of the West Brunswick Community Garden.*

## INFORMATION OVERLOAD, OR NOT – From the Newsletter Team



We may all experience email information overload from time to time – some useful, some suiting our interests and needs, but some not. We value the unsubscribe facility for opting out as we choose.

On the other hand much useful, relevant and especially local information could be coming your way in the form of newsletters, notices, updates **as you choose**. U3A Moreland receives various information via our information emails which may interest some Members. However it is policy not to overload Members with external information as already you receive many necessary emails to keep you up-to-date with U3A Moreland matters and Program arrangements.

So you may like to choose from these suggestions by visiting the websites and requesting, or not, to be on an email list as most have periodic newsletters or what's on notices.

An update of ideas:

**From Moreland City Council** a monthly update of what's on for older people in Moreland <https://www.moreland.vic.gov.au/living-in-moreland/community-services/older-people/living-and-ageing-well-newsletter> and the regular newsletter **What's On** at the libraries via <https://www.moreland.vic.gov.au/libraries>.

Or simply visit the Moreland CC website regularly <https://www.moreland.vic.gov.au> and find out all you need to know about what happening locally.

### Research

The **National Ageing Research Institute (NARI)** an independent medical research institute <https://www.nari.net.au>.

### Health

**Merri Health** the local health service for people of all ages, for news on events, seminars and information <https://www.merrihealth.org>.

### Technology

To find an answer to technology queries, visit the **Be Connected** website <https://beconnected.esafety.gov.au>.

(Be Connected is the Australia wide initiative assisting all Australians to manage in the digital world with free online learning resources and information about the Be Connected Network places for friendly help and advice).

The **Australian Seniors Computer Clubs Association (ASCCA)** the national peak body for seniors and technology assisting in educating seniors to use technology for enriching our lives and becoming more self-reliant. Visit their website and sign up for a regular newsletter <https://www.ascca.org.au>.

***Receive the information of your choosing.***

*Please circulate the newsletter to others who may be interested in what U3A Moreland offers. If you have ideas for our newsletter, email the Newsletter Team (Christine Filiamundi, Gwen Rosengren, Cathy Beesey, Richard Brown):*

***[info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com)***

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