



yarra city **U3A**

August 2010

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# Newsletter

## The Other Election

The Annual General Meeting of Yarra City U3A will take place on 25 October when members will have the opportunity to hear how their U3A is progressing and vote in new office bearers and committee members for the year ahead.

U3A would drown without its Committee. Their contribution of time and work is generous and appreciated. Realising that committee work can be a lot of fun and generate camaraderie and friendships, and with all positions

open for nominations, we would like members to consider:

- What position would you like to take on – whether committee or sub-committee?
- Who else do you believe would make a valuable contribution?

Positions to fill are: President, Program Co-ordinator, Secretary, Treasurer, Publicity Co-ordinator, Data Co-ordinator, and general committee members. Outgoing committee members will stay on and work in tandem with new

members for the first few months, if required, to make it an easy transition.

Please do not hesitate to ring Margaret Donald (9429 4368) if you want any more information. Nomination forms will be available from the office by mid September.

Above all, please attend your AGM and participate in the process. We'll try to keep it short, and we'll put on lunch afterwards. It should be a good occasion.

**When:** Monday, 25 October, 11am (meeting) 12.30 noon (lunch)  
**Where:** 3 Hosie Street, Richmond (Senior Citizens centre)  
RSVP to the office 9421 6439 by October 15 for catering purposes.

## Program Update

### Cooking on Ice

**Wednesday 6 October at 2pm**  
**Senior Citizens Centre, 3 Hosie Street, Richmond**  
(off Bridge Rd opposite Town Hall)

Antarctica is the coldest, highest, windiest, driest, and iciest continent on earth. Who would want to live there? Gilbert Riley, for one! Gilbert spent two years with the Australian Antarctic Division as a cook. Hear his fascinating experiences in this special presentation. Ring the office for a reservation.

### Professor Ross Garnaut plus lunch in the country

You might like to take advantage of this opportunity that Kyneton U3A is offering. Professor Garnaut will be talking not about climate change but about 'How Chinese Realities will Shape our Future'. Lunch will be served at 12.30pm followed by the lecture at 2pm. A quick scoot around Kyneton's Piper Street beforehand might be interesting too.

**When:** Friday 15 October

**Cost:** \$5 (lecture only) \$25 (with lunch)

If you are interested please contact the office by Monday 13 September. We could possibly get a subsidised bus, use cars or our free railway tickets.

# President's Report

We may have started inauspiciously – no office, a Committee of two, and systems no one was totally familiar with – but the good news is that since the AGM last year Yarra City U3A has thrived. Our Committee has worked well. Our program has broadened and gained in substance and we remain financial and optimistic.

Now for the bad news. Both Helen Connors, our secretary, and Lynn Maru, our office co-ordinator, have had to resign through ill health.

Helen has served as secretary for two years. As a former

parliamentary secretary she has brought great expertise to the position and her Hansardian minutes will be missed as will her willing assistance in the areas of U3A in which she's been involved. We hope she continues with us for many years.

Throughout the office move at the beginning of the year Lynn Maru worked for weeks on end. She revealed a flair for putting a great deal of ill-matched furniture into a pretty good small space, making it look okay and also workable. At the same time she supervised the office and did a lot of office work herself. We thank her for her great

contribution and look forward to her continued work on the Committee.

Wendy Hall has just completed another demanding program. This is a crucial job that requires a constant search for fresh opportunities, a diplomatic touch, an eye for detail and great patience. Wendy has faced it all with admirable good humour and is always on the look-out for ways to improve U3A.

We look forward to seeing you all at the AGM. Meanwhile enjoy your semester.

*Margaret Donald  
President*

## Program News

Hello Members

Thank you for your attendance at courses during the first semester. Your response shows we are on the right track.

Thanks also to those of you who returned the enrolment forms for the second semester with your postal and email address updates. It will ease the workload on volunteers if we can email important information and newsletters.

*Wendy Hall  
Program co-ordinator*

### Genealogy

This group has had two really useful sessions, firstly at the State Library of Victoria with Ann Burrowes, who gave a comprehensive introduction to researching one's family history, and recently at the genealogy section of Richmond Library with Melissa Gilmore. **Please note: we will be organizing another session at Richmond Library during this semester.**

If you can't get enough information, The Genealogical Society of Victoria is holding Thursday Talks at 12.30pm. On 19 August the subject is 'Accessing Documents Online from the National Archives (UK)' and on 26 August the talk will be on 'Cemetery Records'. Cost to non-members \$5.50. For more information phone 9662 4455 or check the website: [www.gsv.org.au](http://www.gsv.org.au)

### Galleries and museums

This group meets once a month to look at and learn from interesting exhibitions around Melbourne and beyond.

The August visit is on Tuesday 24 August to Tolarno Galleries, Lvl 4, 104 Exhibition Street, meeting at 1.30pm, and afterwards to Craft Victoria in Flinders Lane, followed by coffee nearby.

Next month's gallery visit will involve an excursion to Castlemaine on Tuesday 28 September.

Once again members not already enrolled in this course who would like to attend, please contact the office.

# Out and About

## Photo Competition

The Evergreen Faces Photographic Competition is on again this year. Its purpose is to challenge ageist stereotypes and promote positive intergenerational relationships with the over 60s.

Photographs submitted for judging must feature at least one person over sixty years with at least one person under sixty years. There are cash prizes for the winners and finalists will be exhibited during the Victorian Seniors Festival in early October.

Entries must be in by the end of August. For details of how to enter go to the website: [www.evergreenfaces.com.au](http://www.evergreenfaces.com.au)

## Do Not Go Gentle

There may still be time to catch this award winning drama in which vibrant opinionated Australians battle the realities of ageing in a sublime and treacherous terrain. *Do Not Go Gentle* has a stellar cast of Australia's mature actors including Terry Norris, Pamela Rabe and Paul English.

It is on until 29 August at fortyfivedownstairs, 45 Flinders Lane. Bookings 9662 9966. More information on [fortyfivedownstairs.com](http://fortyfivedownstairs.com)

## Calling ex-Frankston students ...

Frankston Teachers College Students from 1960 and 1961 are planning a 50th anniversary reunion on the 6 November. For more details email Sandra Parker at [sandra@parkershousenet](mailto:sandra@parkershousenet)

## Writing Competition

To celebrate Seniors Week (3–10 October) North Yarra Community Health and City of Yarra are organizing a writing competition for Seniors, evocatively titled 'Salon Scheherazade: 1001 Tales of Yarra'.

The competition seeks original unpublished stories, poetry, any form of writing, no longer than 1000 words from citizens of the City of Yarra aged 55 and over.

Entries must be in by 5pm on Friday 20 August. More information from Julie Bird 9205 5447, or email [Julie.Bird@yarracity.vic.gov.au](mailto:Julie.Bird@yarracity.vic.gov.au)

## Erin Fogg needs your help

Erin Fogg, a student at Swinburne University of Technology completing honours in Psychophysiology, is conducting a study looking at the effects of ageing on cognition and memory

*Criteria for participation:* aged 70 to 90 years, generally in good health, a non-smoker, have no history of neurological disorder or serious head injury, do not currently take any fish oil supplements.

The one-off test session (approx. one hour) will take place at the Brain Sciences Institute at Swinburne University in Hawthorn.

Participants will be paid \$30 for their participation in this project. Please email [erin.fogg@gmail.com](mailto:erin.fogg@gmail.com) or phone 0406670871 if you are interested.

*The Historic Walks group outside the "The Opera House" during a discovery tour of East Melbourne*

## A very special tour

Not only will these lucky travellers visit Britain's famous castles and palaces, attend Edinburgh's Military Tattoo, shop at Harrods, and see all the sights, but on top of that they'll sleep in the hallowed halls of academia including Trinity College Dublin and St Catharine's College Cambridge. It is all part of the 'Three Countries, Three Universities' tour designed specially for seniors by U3A Melbourne City Inc, in conjunction with Sage Travel. Dates are 6–26 August 2011. For more information ring Sage Travel toll free on 1800 668 808.

## Stroke Week

The Stroke Foundation's FAST campaign will be the focus of National Stroke Week 13–19 September. In case you need reminding, this is how you know if someone's having a stroke:

- F** Check their **FACE**. Has their mouth drooped?
- A** Can they lift both **ARMS**?
- S** Is their **SPEECH** slurred? Do they understand you?
- T** **TIME** is critical. If you see any of these signs, call 000 immediately.



## WEBSITE REDESIGN

Sue McKernan is doing a brilliant job of updating our website. When complete it will be the best place to get information on the program, changes to classes and news. It will enable you to email key committee members directly for smoother communication. New members will be able to enrol and old members to stay in touch. The new site will replace the old before the end of next term so keep an eye out for a more vibrant looking, much more informative site on [www.yarracityu3a.org.au](http://www.yarracityu3a.org.au)



*Ruth Clemens showed sample shoes to illustrate her lecture on '1000 Years of Foot Binding in China'*



*Following Ruth Clemens' lecture this month, Jo O'Brien and Margaret Christiansen examine tiny Chinese shoes made for bound feet*

If undelivered return to:  
**P O Box 643**  
**Richmond, Vic 3121**

### Yarra City U3A Committee

**President** Margaret Donald  
**Program Co-ordinator** Wendy Hall  
**Secretary** Helen Connors  
**Treasurer** Jo O'Brien  
**Data Co-ordinator** Maureen Arch  
**Publicity** Millie Eden  
**Members** Sue Kent, Alice Nugent, Lynn Maru

### Office

**Office Volunteers**  
Tona Buschmann, Margaret Christiansen,  
Judith Grieve, Maree Heagerty, Evelyn Jones  
*The Office is staffed 10-12am Mon-Fri subject to  
volunteer availability*

### Diary Dates

**ANNUAL GENERAL MEETING** Monday 25 October  
11am at Hosie Street  
**CHRISTMAS PARTY** December tba  
**COURSE PROGRAM FOR 2011** January 2011

### U3A Terms

**Second Semester**  
**Term 3** 12 July to 17 September  
**Term 4** 4 October to 17 December

### Yarra City U3A Newsletter

**Editor** Millie Eden  
email: [meden@netspace.net.au](mailto:meden@netspace.net.au)  
**Graphic design** Alice Graphics  
**Copy Editor/Proofreader** Teresa Pitt  
**Committee members** Sue Kent, Alice Nugent,  
Margaret Donald