



NILLUMBIK  
UNIVERSITY OF THE THIRD AGE

## newsletter autumn 2014

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### for your diary

04 Apr	annual general meeting and enrolment for term 2
04 Apr	term 1 concludes
18 Apr	easter - 18 to 21 Apr
25 Apr	anzac day holiday
28 Apr	term 2 classes commence
27 Jun	term 2 concludes
19 Jul	term 3 classes commence

### our office

Corner Main Rd & Brougham St, Eltham

**Tel:** 0468 300 764  
**Email:** u3a.nillumbik@gmail.com  
**Internet:** www.nillumbiku3a.org.au  
**Mail:** PO Box 852 Eltham 3095

**Office Hours** during term times are:  
Monday and Thursday  
10.00am to 12noon .

### NOTICE OF NILLUMBIK U3A INC. ANNUAL GENERAL MEETING

Nillumbik U3A Inc. will be holding the 2014 Annual General Meeting at:

1.30pm sharp to 3.30 pm on Friday 4th April 2014  
at

Eltham Community and Reception Centre  
801 Main Road, Eltham VIC 3095 (Melway MAP 21, J6.)

### AGENDA

#### > Welcome

#### > Business

(a) to confirm the minutes of the previous annual general meeting

(b) to receive and consider—

(i) the annual report of the Committee on the activities of the Association during the preceding financial year; and

(ii) the financial statements of the Association for the preceding financial year submitted by the Committee.

(c) to consider the special resolution on compliance with the rules of association under Consumer Affairs Victoria Associations Incorporation Reform Act 2012

(d) to elect the members of the Committee

(e) to confirm the amount of the annual subscription

#### > Meeting Close

#### > Afternoon Tea

Nillumbik U3A Incorporated in Victoria  
Registered Organisation No. A0052322C

### U3A book exchange

The ladies from our Office have started a book Swap or Buy system on the book case located in the area next to the kitchen in the Old Eltham Courthouse classroom. Instructions about exchanging or borrowing a book for a gold coin donation are on the shelves and a little tin has been put there for the money.

*regards Lita*

Nillumbik U3A thanks the Office of Steve Herbert for printed copies our newsletter

## meet a tutor

**M** meet Gillian Essex, class leader in Creative Writing.

Gillian was born in England and came to Australia as a child. She moved to Victoria, after graduating from Adelaide University, and worked in various educational roles. She's a keen traveller, cyclist and bushwalker. She's also created an environmentally-friendly house and garden with partner, Evan Gellert, and runs monthly world music concerts in Eltham for The Boîte.

After completing a Diploma of Professional Writing and Editing, Gillian taught Corporate Writing at CAE. She's won several awards for short stories, including the local section of the Alan Marshal Short Story Award. Her stories have been published in literary magazines and anthologies, including Award Winning Australian Writing and Best Australian Stories. Her poems and non-fiction pieces have been published in newspapers and magazines. She's also edited books.



Eve Scopes asked Gillian to tutor after she was a guest speaker at the Short Story Class. The Creative Writing Class has been ongoing since then. Gillian gains enormous satisfaction from the sense of trust that develops amongst participants as they share poems and stories that draw on profound life experiences. Tears are shed, laughter abounds and lives are enriched by the growth of mutual understanding.

Tony Hatters was a participant in the first class. He continued, and now facilitates the class when Gillian is unavailable. Meeting through U3A proved serendipitous for both Gillian and Tony. Tony, a musician, was so taken with Gillian's poems, that he asked if he could adapt them into songs. Then he asked if she could sing them – the duo G&T was formed!

G&T have now completed their first CD, and are in the process of forming a band to launch it. They've been increasingly in demand, as a duo, after their first couple of live performances at U3A events. They're also working on a new CD, writing songs collaboratively and forging a firm friendship along the way. Whilst Gillian has been involved in music most of her life, singing solo and song-writing are new ventures for her. But that's what U3A's all about – expanding horizons with the support of fellow travellers.

Thanks Gillian

## from the president

**H**ello everyone and welcome to those members who are new to Nillumbik U3A in 2014. I hope you are enjoying the activities and classes we have on offer. The good news is that there is more new activities to enjoy in term two which starts on April 28th.



The Committee of Management has decided to trial nine week terms for the rest of 2014. We currently follow the school terms which sometimes vary in length. For the remainder of this year we will start later than the school term where these are longer than nine weeks. The term dates are listed in this newsletter.

Our Annual General Meeting is to be held on April 4th. We elect our Committee of Management for the next 12 months at the AGM. If you want to help run our U3A as a committee member please contact the office for more information or visit the website to get a nomination form. You can also enrol in term two classes at the AGM. Light refreshments will be provided after the meeting. So please try to come along.

I pass on my thanks to the officers and all members of the 2013-14 Committee for their contributions to governance and operation of our U3A on behalf of all our members. A job well done Committee.!

In closing I thank all our great class leaders and tutors, our dedicated office staff and the many of you who volunteered to help out on so many occasions through the year. Where would we be without you !

Stuart Winstanley

# news and views



## coffee anyone ?

Lou, the leader of our Italian class, has suggested an opportunity for members to get together and meet each other over coffee, lunch, wine or dinner so we are keen to see what you think about these possibilities.

As a start, we will be meeting at Volumes Café in Eltham on Friday, 28th March at 11am. Volumes has kindly offered us a 15% discount. We hope to continue meeting regularly and enjoy the wide variety of great local venues.

If you don't see any familiar faces just ask for the U3A table and come and join us!



## ABC of Jazz

end of term jazz evening



Participants in the "ABC of Jazz" hosted by John Crighton and Mal Harrop were rewarded with a performance by jazz ensemble, "Jazz Man +", including our own Tony Lee on saxophone, Graeme Baker (guitar), Euan Baker (bass) and vocalist Janet Vague. It was a most enjoyable evening and our thanks to Tony for organising the entertainment.

## New Rules of Association (previously know as Statement of Purposes or unofficially, as "The Constitution")

On 26 November 2012, the Associations Incorporation Reform Act 2012 (and its associated Regulations) replaced the Associations Incorporation Act 1981.

The Committee of Management has decided to adopt the new Model Rules, which must specify our name, our purpose and our financial year. These remain the same as in the old Statement of Purposes and are as follows:

1. The name of the incorporated association is Nillumbik U3A Inc.
2. The purposes for which the incorporated association is established are:
  - (i) To provide low cost classes and activities which encourage continuing social and intellectual interaction for mature aged persons who are fully or partially retired.
  - (ii) To operate as a community based learning co-operative which encourages voluntary participation in all aspects involved in the promotion of healthy ageing in a friendly and enjoyable atmosphere.
  - (iii) To be a nonprofit community organization in which there is no distinction in terms of its membership between those who teach and those who learn.
  - (iv) To ensure that learning is pursued without any reference to educational entry levels, qualifications, assessment or awards.
  - (v) To liaise with other U3As and similar organizations both in Australia and overseas and exchange ideas and resources.
  - (vi) To assist, where appropriate, investigations into the process of ageing, including the intellectual, cultural and aesthetic potentialities of older adults, as well as into the conditions and roles of the elderly in our community.
3. The financial year means the year ending 31st December.

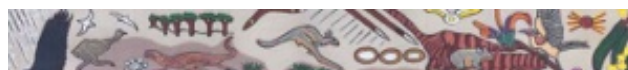
A comprehensive explanation of the new Model Rules can be found at <http://consumer.vic.gov.au/associations>.



## Nilumbik U3A at Diamond Creek Community Expo March 2014

Our U3A was one of the 30 plus community groups that provided an information booth at the Expo held in Diamond Creek on March 2nd. We had quite a number of people inquiring about our U3A and wishing to be kept informed of our classes and activities.

*Thanks to those who helped out on the day.*



The Nillumbik Reconciliation Group invites local families to the **launch of the new Trail Markers on the Gawa Wurundjeri Resource Trail**, 873 Eltham-Yarra Glen Road, Watsons Creek on Sunday 30th March at 3-5 pm. [Melway Reference 272 D4]

The short Trail is an educational resource with information on fauna and flora traditionally used by the Wurundjeri, and promotes respect for the continuing Wurundjeri culture.

Meet Wurundjeri Elder Uncle Bill Nicholson in a Smoking Ceremony and the Djirri Djirri Dancers.

Refreshments provided.

Website: [nrg.org.au](http://nrg.org.au)

Email contact: [info@nrg.org.au](mailto:info@nrg.org.au)



# news and views

## - Community Notices -

### Alzheimer's Australia Community Seminar

Are you or your loved one worried about memory changes or a decline in cognitive function? Is it dementia? Join us to find out where to get an assessment, what's involved and how to encourage a person to have a diagnosis.

Date: **Thursday 3 April**

Venue: Eltham Community and Reception Centre  
801 Main Street, Eltham

Time: 10:30am - 12:00pm

Cost: FREE

More info at <http://www.fightdementia.org.au/>



We had a great year enjoying the U3A courses.....Helga

One of the highlights of this first term was the trip to the Victorian Jazz Archive to see the many enthusiastic volunteers preserving our musical heritage....Tony

## Vale: John Cohen OAM

It is with much sadness we report that John Cohen passed away on Tuesday 18 March after an extended illness. We have expressed our sympathy to his wife Shirley and family. John was a great educator and was looking forward to running his new discussion group for Nillumbik U3A "Are we being Served?" for which many members had enrolled.

John was a passionate fighter for so many causes throughout his lifetime and will be fondly remembered for his many contributions to his communities.

There will be a private family funeral service.

A public celebration of John's life will be held on Sunday April 13 at The Upper Gallery, Montsalvat, Eltham 11 am - 2pm.



# enrolment in classes for term 2

You can enrol in classes for term 2 commencing on 15 April in a number of ways:

- If you are already in a class in term 1 and you want to continue in term 2 just let your class leader know.
- drop into the office (see office hours) and fill in the enrolment form
- come along the Annual General Meeting on 4th April and fill in an enrolment form
- download the enrolment form from the website and mail or email us the completed form

Please note: some classes are full and you may wish to be put on a waiting list if a position becomes available. Other classes may fill quickly, so places are allocated on a "first come, first served" basis.

Email to : [u3a.nillumbik@gmail.com](mailto:u3a.nillumbik@gmail.com)

Mail to : PO BOX 852, Eltham VIC 3095

## New Classroom Equipment

We are going to purchase a "document projector" which is a class aid for presenting to a room of participants such things as pages in a book, maps, newspaper articles, content on an iPad or smart phone, notes or diagrams that a tutor may make which can be saved and emailed to the class, showing an object (small or large: there is a zoom function). We feel that there will be plenty of uses and should enhance the class experience. We will be trialling it soon.



# new classes for term 2

## Asylum Seekers and Refugees - 6 weeks

**Barbara Jackson Thursdays, 2.30-4pm at Nillumbik Health (917 Main Road Eltham)**

The situation of asylum seekers and refugees wanting to settle in Australia is confronting our nation almost on a daily basis. Do we understand the issues? How can we decipher truth from spin? Why is this our problem when we are so far away from the more troubled areas of the world?

This course is designed for us to journey together to a greater understanding of the issues facing asylum seekers and refugees and what might be Australia's legitimate role. During the course you will be asked to do some research yourself and you will also meet asylum seekers and people that help them. By the end of the six weeks, we will evaluate our learnings together and attempt to draw some conclusions.

## Cambodia – Its History and Development

**Barbara Jackson Fridays, 10.30am -12.00pm, Old Eltham Courthouse, for 8 weeks**

Cambodia is a popular tourist destination for many Australians. What lies behind the images of a gentle smiling people, the ancient civilisation of Angkor, the elegant pagodas, the peace of the countryside and the hectic pace of bustling Phnom Penh?

Through interactive discussion, learn about Cambodia – its history and culture, and the impact of Pol Pot's legacy on the daily lives of Cambodians and what modern Cambodia is like today.

The course is wide ranging with focus on its history as well as looking at aid and development. Both of these factors are inherent in trying to understand the dimensions of poverty faced by the majority of Cambodians.

Participants will be encouraged to work together to gain a deeper understanding of Cambodia's general situation and issues faced by Cambodians.

## Rethinking Australian Society

**Brian Ellis, Wednesday , 10.30am – 12.00pm Old Eltham Courthouse - 8 weeks**

The course is to be based on a draft manuscript by the Coordinator of about 20,000 words. The manuscript will be sent to all participants by email to provide a basis for discussion. All participants will be required to read this short monograph (a bit at a time), think about the issues, and come prepared to talk about them. The coordinator will introduce each session with a few remarks on the chapters or sections of chapters to be discussed.

## Graphology

**Maxine Bennett, Tuesdays, 11.30am–1pm Old Eltham Courthouse for 8 weeks**

This course focuses on the analysis of handwriting and this will be practised during the sessions. Handwriting comes from the brain, is a true science, and not to be confused with fortune telling. It will show our true personality and cannot lie. Our strengths and

weaknesses (we all have them) will show up no matter how much we may try to disguise our writing. Our handwriting is exclusive to us and no-one can accurately copy it.

**Metaphysics - Human and Planetary Processes  
Beverley Milne, Fridays 10.30am-12pm at Nillumbik Health (917 Main Rd Eltham)**

This is a general metaphysics class to continue from term 2 to the end of the year. It would cover the nature and functions of the aura (mainly human) and chakras, energy movements and energy protection (preventing energy drainage), the major dimensions (planes) of a planetary system (our system anyway), evolution, and the law of karma and processes of incarnation and reincarnation in (mainly) human life and experience as we evolve. Notes provided. The course deals with Universal laws and processes, religious teachings discussed where of interest. Requirements: an open mind and notebook.

## Astronomy and Cosmology

**John O'Connor Tuesday 11.00 to 12.30 Bridges**

Big History: Big Bang to Big Brain: our awesome cosmic pedigree.

Explore our night sky, deep space time. Einstein's relativity, quantum origins, parallel universes evolution of matter, galaxies, stars, planets, life, our brain and mind. Earth's history, climate, sustainability limits. Great visuals, updated course notes. Come enjoy and discuss.

## Literature Meets Science

**Diane Turner Thursday 3.00 to 4.30 Allwood House**

The course will look at four imaginary societies through the creative lens of science fiction, or speculative literature. The novels we will study are Aldous Huxley's Brave New World, George Orwell's 1984, Ray Bradbury's Fahrenheit 451, and Margaret Atwood's The Handmaid's Tale. Could such societies ever exist, we may ask, and what parallels can we draw between them and our own? People interested in this course will need copies of these books (they are inexpensive to buy and easy to obtain) and be prepared to read them in manageable sections throughout the term.

## Computers For Beginners

**Tony Lee, Thursday 10-11.30am Nillumbik Health – 4 weeks**

Let your fears go!

This class is especially for beginners, and deals with Windows based Computers (PCs or Laptops).

Objectives for students of this course are:-

- Understand Windows basic operation, starting from level zero.
- Understand Windows Directories.

WEEKLY TIMETABLE for Classes 2014 T2							24/03/2014 15:12:00	
Day	Time	Starts		Title	Code	Campus	Instructor	Note
Mon	9:15 am	28-Apr-2014	Single Term	Computers and Smart Devices	CSC01	OEC	Rob Rankin	
Mon	9:30 am	28-Apr-2014	Single Term	Walking Group, Local	AMR14	Various Locs	Robin Gardner	
Mon	11:00 am	28-Apr-2014	Full year	Discovering Homer's Iliad	LIT08	OEC	Lynette Hatherly	
Mon	12:45 pm	28-Apr-2014	Single Term	French (Beginners)	LAN02	OEC	Roger Barnard	
Mon	1:30 pm	28-Apr-2014	Year	Recorder Group	AMR08	ALLWOOD	Diane Turner	
Mon	2:30 pm	28-Apr-2014	Single Term	French (Intermediate)	LAN03	OEC	Bill Naim	
Mon	4:00 pm	28-Apr-2014	Single Term	ABC of Jazz	AMR01	ELLC-PAVILION	Mal Harrop, John Crichton	
Tue	9:30 am	29-Apr-2014	Single Term	History of Western Civilisation	HGT05	BRIDGES	Bob Stubbings	
Tue	9:45 am	29-Apr-2014	Single Term	Mind Games Brain Gym	AMR13	BRIDGES	Maureen Meaney	
Tue	10:00 am	29-Apr-2014	Ongoing class	Meditation	AMR12	NHS	Beverley Milne	
Tue	10:00 am	29-Apr-2014	Single Term	Charles Darwin on Evolution	SCH11	OEC	Guy Palmer	
Tue	11:00 am	29-Apr-2014	Single Term	Astronomy and Cosmology	SCH15	BRIDGES	John O'Connor	
Tue	11:00 am	29-Apr-2014	Single Term	Spanish for Fun	LAN05	BRIDGES	Renato Deschamps, Vincent Schultz	
Tue	11:30 am	29-Apr-2014	Single Term	Handwriting Analysis( Graphology)	PAP02	OEC	Maxine Bennett	
Tue	2:00 pm	29-Apr-2014	Single Term	Mahjong	AMR11	OEC	Giselle Buller	
Tue	2:30 pm	29-Apr-2014	Last Tue of Month	Last Tuesday Book Club	LIT06	ELTHAM LIBRARY	April Edwards	
Tue	3:30 pm	29-Apr-2014	Single Term	Genealogy Problem Solving	HGT13	NHS	Jane Davies	
Wed	10:00 am	30-Apr-2014	Single Term	Rethinking Australian Society	PAP03	OEC	Brian Ellis	
Wed	10:00 am	30-Apr-2014	Single Term	Contract Bridge	AMR15	HBC	Howard Kinns	
Wed	12:00 pm	30-Apr-2014	Ongoing Class	Ch'l Kung	AMR10	METZNER HALL	Beverley Milne	
Wed	1:00 pm	30-Apr-2014	Single Term	Italian (Intermediate)	LAN06	OEC	Lou Empson	
Wed	1:30 pm	30-Apr-2014	Single Term	Art	AMR02	ALLWOOD	Valerie Osborne	
Thu	9:00 am	1-May-2014	Single Term	French Intermediate (conversation)	LAN01	BRIDGES	Eve Scopes	
Thu	10:00 am	5-Jun-2014	4 sessions	Picasa Workshop	CSC04	NHS	Tony Lee	
Thu	10:00 am	1-May-2014	Single Term	Genealogy for Beginners & Others	HGT12	OEC	Jane Davies	
Thu	10:00 am	8-May-2014	4 Sessions	Computers for Beginners	CSC03	NHS	Tony Lee	
Thu	10:45 am	1-May-2014	Single Term	Enjoying Music	AMR16	BRIDGES	Maree Krohn	
Thu	11:30 am	1-May-2014	Single Term	Life Writing	LIT02	OEC	John Stuyfbergen	
Thu	1:00 pm	1-May-2014	Full Year	Japanese Language & Culture	LAN07	PRIVATE RES	Rob Rankin	
Thu	1:00 pm	1-May-2014	Single Term	Latin	LAN09	OEC	John Stuyfbergen	
Thu	1:15 pm	1-May-2014	Single Term	Discussion Group - Current Affairs	SOC01	BRIDGES	Brian McLean	
Thu	2:30 pm	1-May-2014	6 sessions	Asylum Seekers and Refugees	HGT16	NHS	Barbara Jackson	
Thu	2:45 pm	1-May-2014	6 sessions	Art is Fun !	AMR03	OEC	Lynnette Hatherly,Sue Begg, Julie Trotwood	
Thu	3:00 pm	1-May-2014	Single Term	Bridge for beginners	AMR09	PRIVATE RES	Lou Empson	
Thu	3:00 pm	1-May-2014	Single Term	Literature meets Science	LIT09	ALLWOOD	Diane Turner	
Fri	9:20 am	2-May-2014	Single Term	Creative Writing	LIT01	OEC	Gillian Essex	
Fri	10:30 am	2-May-2014	8 sessions	Cambodia - its history and development	HGT15	OEC	Barbara Jackson	
Fri	10:30 am	2-May-2014	Full year	Metaphysics	SOC03	NHS	Beverley Milne	
Fri	1:00 pm	2-May-2014	Single Term	Craft	AMR05	HBC	Helen Gillies, Betty Clark	