



NILLUMBIK
UNIVERSITY OF THE THIRD AGE



NEWSLETTER June 2014

in this issue

- Meet a tutor
- Course co-ordinators' report
- Publicity and Marketing
- Can You Help?
- News and Views
- Special Book Launch
- Forthcoming Adventures

for your diary

27th June	Term 2 finishes
27th June	Forum at Diamond Creek (tutors and office staff)
16th July	Field Trip to Melb. Uni. Colleges
21st July	Term 3 begins

our office

Office: Old Eltham Courthouse
Cnr Main Rd & Brougham St, Eltham

Tel: 0468 300 76

Email: u3a.nillumbik@gmail.com

Internet: www.nillumbiku3a.org.au

Mail: PO Box 852 Eltham 3095

Hours: Monday & Thursday
10am-Noon (during term time)

From the President



Hello everyone and a very special welcome to those of you who are new to our U3A. Since our last news bulletin was circulated I am very happy to report that we have a re-invigorated marketing and membership publicity group that is dedicated to taking our U3A message to a wider audience so that more Nillumbik residents of retirement age will have the opportunity to participate in our activities. You will read more of the plans that Mal Harrop and his enthusiastic helpers have up their sleeves elsewhere in the Newsletter.

The Newsletter is changing as well. We welcome back Anne Kane who is returning as editor and we ask all members to contribute articles, reports, photographs of your U3A activities to share with our readers both in the newsletter and online.

One of these exciting plans is to start offering activities and classes in the Diamond Creek community. Diamond Creek is one of the larger towns in Nillumbik and we feel that there will be plenty of interest among the residents to support U3A activities which are conveniently located to them.

Finally a word on enrolling in our activities. From the start of Term 3 it will not be necessary to re-enrol in ongoing classes that are offered every term. We will assume that you will continue in the class or activity until you advise the tutor otherwise. It will be necessary to enrol in these on-going classes only in the first term of the year during our annual enrolment. New classes that are introduced during the year and any short duration activities or classes will of course require enrolment to confirm your participation.

Live, Learn, Enjoy **Stuart Winstanley**

Full details of all courses and timetable can be found on our website: www.nillumbiku3a.org.au

Enrolments for courses (new and old) can be made at the office this coming week and on 14th and 18th July 10.00am– noon and by email.

MEET A TUTOR—Diane Turner

Diane was born in Sydney NSW and moved to Melbourne as a young child. She left school early due to family circumstances, married, raised a family and worked for many years in the printing industry. However,



leaving school early did not mean Diane was ready to leave her love of learning. The Labour Government's adult education scheme, initiated by the Whitlam government, enabled Diane to complete the education she felt she lacked. She returned to High School in the early 1980s, progressed to La Trobe University and worked her way through an Honours degree, a Masters degree, finally achieving her PhD in 1999. Diane's main focus throughout her studies was Philosophy, Literature and Music. So successful was Diane in these years that she was awarded several scholarships.

Diane did some tutoring at La Trobe while working on her PhD and taught music, mainly classical piano, for many years, both from her home and in a local school's music programme. She helps in the running of the Literature and Recorder group for U3A Nillumbik and her current interest is in early music. She also plays alto, tenor, and bass recorder in several ensembles around Melbourne and is an enthusiastic member of the Melbourne Recorder Orchestra. Diane is a dedicated member of the U3A, believing from her own experience in the importance of lifetime learning.

Thank you Di for so generously sharing a lifetime of learning.

FROM OUR COURSE CO-ORDINATORS

Term 2 at Nillumbik U3A has been busy and exciting with classes full and much knowledge given and taken. New courses such as Rethinking Australian Society, Astronomy and Cosmology, Asylum Seekers and Refugees, or Cambodia: its history and development, as well as an amazing array of continuing courses, have kept everyone engaged. We also have some new computer courses, Picasa and a new beginners' course for those members who would like entry to the electronic world. As always our tutors have been wonderful, giving their time and expertise, working long hours to put together courses which will intrigue their class members. Some, like Rob Gardner and Mal Harrop, have also organised excursions which add extra levels to the learning experience. It is difficult to know how to thank the tutors sufficiently for their dedication but we are celebrating their contribution with an afternoon tea on Friday June 27.

New Eltham courses

Term 3

'The Seventeenth Scientific Revolution' - John Jenkin

'Painting and Drawing...acrylics and pastels—Brenda Smith

'The World in which we Live—Andrew Leopold

cont. "Metaphysics - Human and Planetary Processes—Beverley Milne

Hurstbridge courses

Nutrition: some facts, some fiction, some uncertainties —RoberScopes

'Literature—Australian Literature'—a selection of plays, poetry and novels

'A History of Modern Civilisation' will continue until Week 2

details of all courses and timetable can be found on our website: www.nillumbiku3a.org.au

Enrolments for courses (new and old) can be made at the office this coming week and on 14th and 18th July

We always need new tutors and new courses though, so if anyone would like to share their knowledge with other members then please contact Lyn or Tony and we can discuss the possibilities.

With the Community Centre in Hurstbridge available again in Term 4 there will be additional venues ready for some new classes.

And if you feel that there's a course that isn't available but you'd like to see included, then let us know.

Lyn Hatherly [lyn@greenlife.net.au]

Tony Collins [tonyecollins@gmail.com]

MARKETING AND PUBLICITY

Sharing The Load

Our new Marketing and Publicity Sub-Committee has a number of key responsibilities.

President Stuart Winstanley is the publisher of all our written material giving him a final right of approval for all printed material ,

Sub-committee Chair Mal Harrop is responsible for media publicity and for editing the bulletin which is a fast track electronic news sheet produced as needed and E-Mailed to members and tutors. Those members who do not have access to a computer are asked to let one of their tutors know so that tutors can share bulletin information with them.

Anne Kane is Editor of this quarterly newsletter providing more in depth information about our activities.

John Baird is responsible for literature distribution and renewal. He is currently distributing stocks of our old brochures to libraries, health centres and through the Shire. The sub-committee will be working with John to produce a new brochure but John would be pleased to hear from anyone prepared to help to get our literature out where it is working for us.

John Crichton Is our Community Radio Liaison as well as scheduling and managing our shopping centre, festival and market information stands. If you can spare an hour or two to join John's list of volunteers prepared to join our information roster please let us know.

Mike Brooks is our official photographer and will be progressively updating our picture gallery. Planning has begun for a Pick of the Pix exhibition featuring your shots of our U3A at work and play. We hope to have end of year exhibits at both Eltham and Hurstbridge. Get your cameras ready and we will reveal all in the next newsletter.



Would you like to help distribute U3A brochures?

The development and growth of our U3A depends on volunteers to help promote all we have to offer. One very important aspect of this help is to distribute our information brochures throughout the Shire. We have many brochures in the Office, but they are not useful there! They need to be in local shops, libraries, Senior Citizens facilities, Health Care Centres, RSL Branches, etc. etc. Would you be prepared to distribute some brochures in an area close to where you live?

We need to have one or more people to take responsibility for brochure distribution in the following areas:

- 1: Eltham
- 2: North Eltham/St. Helena/Diamond Valley
- 3: Hurstbridge/St. Andrews
- 4: Diamond Creek/Wattle Glen
- 5: Briar Hill/Greensborough
- 6: Montmorency
- 7: Research/Warrandyte

This task should not take enormous amounts of your time, but it is an essential aspect of making ourselves better known within Nillumbik. If you would like to volunteer to be in charge of one of the areas above, would you please email John Baird (shoni_bach@yahoo.com)? I look forward to hearing from you.

NEWS AND VIEWS



Willeke, Wendy Hames,
Rhonda Ferns, Jenny Ellis,
Maxine Bennet,
Sue Shurmann-Begg,
Julie Trotman,
Jenny and Ian Caspar,
Margaret Ryan, Julie Fink,
Hari Ho,
Marcia and Ian England,
Helen Reichenbach,
Brian Warner, Coral Smith,
Carol Grey,
Ros and Frank Camera,
Sue Bowles, Patricia Wallace,
Kaye Flanagan, Mary Earl,
Duang Tengtrirat, Ron Mack,
Anne and John Kietzmann,
Mary Monaghan,

Feedback from an appreciative member

I would like to offer feedback on two very wonderful tutors, who have enhanced my life and learning. One is **Roger Barnard--Beginner's French on Mondays at 12.45pm**. Roger is methodical and understanding in his teaching, and always comes to the classes so well prepared. Roger also provides handouts, and sends his pupils valuable and informative documents on his subject via email. He gives valuable travel advice to those who intend to travel to France as well.

My other praise and gratitude is for **John Stuyfbergen**, who presents the most fascinating, exciting and informative **Latin Classes on Thursdays at 1pm**. John is creative, and leads us in understanding this ancient language by way of translating stories, using an easy to read text-book, and class interaction. John has a wonderful sense of humour, and I find his classes illuminating and fun. In addition, I thank Nillumbik U3A for providing these excellent tutors, and the venues. I feel so fortunate to be part of this organisation. I would also like to thank the Volunteers in the Office for all their hard work and dedication.

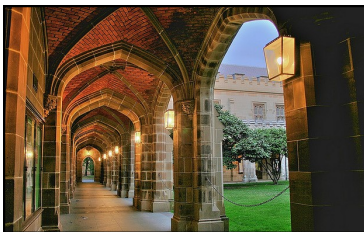
Marilyn Nagy-Juhasz

Our tutors know the art of multi-tasking!

Snapped at the Eltham Farmers Market is Guy Palmer, our amazing tutor on Tuesdays for the course Evolution and Beyond. Guy is ready to share the wonders of wicking beds, so look him up at this fantastic market. It is found above the Coles car park every second Sunday.



Comfortable walking shoes were mandatory for this one!



In May this year, two groups from the Nillumbik U3A went on a walking tour of the Cultural Treasures of The University of Melbourne. Collections visited include the Harry Brookes Allen Museum of Anatomy and Pathology, the Medical History Collection, the School of Physics Museum, the Tiegs Zoology Museum, the University Print Collection, the Potter Gallery and the Grainger Museum. It was not surprising to find that everybody was unaware of the fact that most of these collections are open to the public. All that is required is that you respect the needs of the students using them and that you are aware of the fact that most of the collections are only open to the public on Wednesdays, Thursdays and Fridays. *Denis Cahill*

Musical Treats

Eltham World Music Café (formerly Boîte World Harmonies Eltham) is presenting a series of concerts featuring French, Spanish and Italian music – as part of its regular monthly concert series. This will be of particular interest to our members studying these languages, and of course the tutors. Why not make a night of it with your class?

Only \$12 (conc. price) for all U3A members.

Friday June 27: Belle Musette, a trio featuring accordion, guitar, harmonica, double bass and vocals, will perform the music of Paris from the 1930s to the 60s, from traditional waltz to tango, gypsy swing and chanson.

Friday July 25: Virtuoso guitarist **Gerard Mapstone**, one of Australia's most celebrated musicians, and his five-member ensemble, will present **Paseo de Flamenco**, a musical odyssey featuring flamenco dance and music across the globe.

Friday Aug 22: The trio, **i vagabondi** will present music inspired by their shared southern Italian immigrant background, with influences from the middle east, African-American blues, gypsy and soul, celebrating life in all its glory.

8.00 pm - doors open at 7.30

Eltham World Music Café, Library Place, Eltham (Senior Citizens Centre by day!)

\$15 full/\$12 conc./kids free (no bookings)

Delicious hot food, snacks, cakes and drinks at reasonable prices

More Info: Gillian 0438424017 or elthamboite@gmail.com

Congratulations to our first President!

When Sabi Buehler, the person who so impressively began U3A Nillumbik, became ill she did not know there would be a silver lining. Withdrawal from U3A and other pursuits gave her space and time to investigate the two suitcases under her bed. They contained letters, paintings, diaries, documents and keepsakes her mother had saved since her childhood in Germany. Sabi had always wanted to produce a book about her mother's life using these mementos.

She joined the U3A Writing group with the clear aim of writing her family story – a way to review life and also 'tie up some loose ends.' She also had a deadline to work to. There was to be a family reunion in Germany in May 2014 and she wanted copies of that book in her suitcase when she attended.

A memorable launch at Eltham Library for "A Life in Two Suitcases" was attended by a hundred people. Dr. Leo Kretzenbacher from Melbourne University praised Sabi's book. He said how important such works are to document the experience of German migrants to Australia. The Chocolate Lilies entertained and the books sold like hot cakes.

Sabi has returned from Europe and reports the book was very well received. More copies have been ordered by relatives and friends and Sabi plans a reprint.

Congratulations Sabi on the publication of such a beautiful and poignant story.



Opportunities in Research Projects

Ever thought of Trying a Brain Fitness Program?

Research has shown that many people maintain mental fitness well into old age and can learn new skills. Software based brain games have improved people's performance on the trained tasks, such as mental speed, attention and problem solving. However, more research is needed. Does brain exercise improve thinking skills? What type of training helps? The purpose of this study is to try and answer questions like these. But we need your help.

La Trobe University is looking for volunteers over the age of 60 years to participate in the study. There are some exclusion criteria, such as a stroke, major neurological disorder or previous head injury. You will need to commit to practicing a brain training program for 30-minutes, 5-days per week, for eight-weeks.

If you are interested in participating or would like more information, please contact Mary Castellani at La Trobe University.

Email : mbcastellani@students.latrobe.edu.au Doctor of Clinical Parapsychology (Research) Candidate

Phone; 9479 5693 (message service)

Would you like to become more physically active? Would you be interested in participating in a research study?

The National Ageing Research Institute is inviting volunteers to join the INDIGO study, a physical activity research program. INDIGO is investigating whether individual goal-setting and support from a peer mentor will help inactive older adults with memory concerns to become more physically active.

We are looking for volunteers aged 60 - 80 years who are worried about their memory or have mild memory problems.

Participants also need to be doing less than 60 minutes of moderate intensity physical activity per week.

The study involves three assessments at NAR! within 12 months which include questionnaires for memory and other health factors, as well as physical fitness tests. If you are interested in being involved, please phone **Ellen Gaffy on 8387 2296**.

This research has been approved by the Melbourne Health Mental Health Research Ethics Committee

The Melbourne Brain Centre are looking for more participants with no history of stroke between the ages of 60 and 90. Volunteers are needed for a **Stroke and Dementia Study**, CANVAS: Cognitive And Neocortical Volume After Stroke.

For further information contact:
Emilio Werden (Project Manager) Phone: 9035 7275

E-mail: ewerden@florey.edu.au

Laura Bird (Research Assistant)

Phone: 9035 7086 l.bird@student.unimelb.edu.au

FORTHCOMING ADVENTURES

Field Trips To The Colleges Of The University Of Melbourne

Following the very successful tours of The University of Melbourne, term 2, it was suggested we do similar tours of the colleges associated with the University. Since then I have spoken to the various authorities concerned and arranged for a group of eight to ten people to do a walking tour of Newman and Trinity Colleges.

Designed by Walter Burley Griffin, Newman College contains examples of its original furniture and an extensive art collection including works by Cliff Pugh, Matcham Skipper, Justin O'Brien and Leonard French. Trinity College has a superb portrait collection and some very interesting choir stalls with carvings of various Australian animals.

If you would like to join this group please contact

Denis Cahill

Email: denis3095@gmail.com

Phone: 9431 2261

*The tour will be held on **Wednesday, July 16th** during term break.*

*Travel will be by public transport, leaving **Eltham Railway Station at 9.05 am.***

Clothing appropriate to the weather and comfortable walking shoes necessary.

Participants to wear U3A name badges.

Sharing With Shepparton

Our Membership Services and Marketing Sub-Committees have finalised arrangements for a joint activity with Goulburn Valley U3A. John Dainton runs a Natural Resources Forum regularly attended by about 40 of their members and he has invited us to join them on **Friday September 12 in Shepparton**. In addition to organising a guest speaker for the Forum, John has also helped us to organise a full day of activities. The main purpose of the visit is to learn about what is happening in country Victoria in terms of the sustainability of our fresh food supplies and the impact of foreign ownership.

Following the Forum in the morning we will share a light lunch with Goulburn Valley U3A members before visiting an orchard and a dairy farm to meet local producers. There will be time for afternoon tea before visiting the SPC Ardmona factory shop.

The cost for the outing including coach hire, lunch and afternoon tea is \$ 40 per person and we suggest booking early as this will be a first come first served event (coach capacity is 48). The coach will depart Eltham Lower Park at 8.30 am and return at 6.30 pm.

Booking and payments can be made at the Old Eltham Court House during office hours – Mondays and Thursdays: 10 a.m. to 12 noon during term time or by mail to Nillumbik U3A, P.O. Box 852, Eltham 3095.

For Further Information - Mal Harrop 9439 1696

Bill Naim 9438 4429

Events and Small Reports

All members are invited to record a U3A event you have enjoyed or to write a small report about a class you are attending. It is now possible to have your thoughts and photos uploaded to our website. Just send your words and images to: u3anillnews@gmail.com