



**BANYULE**  
UNIVERSITY OF THE THIRD AGE

PO Box 454 Rosanna 3084  
Office: 14 Ivanhoe Parade Ivanhoe 3079  
Email: [info@u3abanyule.org.au](mailto:info@u3abanyule.org.au)  
Website: [www.u3abanyule.org.au](http://www.u3abanyule.org.au)

Reg. No. A13622D

Tel: 9499 2080

## August 2019 Newsletter

### **Editorial**

Our Course Coordinator, Joan Learmont, is retiring from the position this month. Be sure to read Joan's last contribution as Course Coordinator on page 2.

Our ANNUAL GENERAL MEETING is on Thursday 15th August. All members are invited and encouraged to attend. In order to meet, a quorum of 10% of full members is needed. See page 2 for more information.

Our ANNUAL FORUM will be held on the 25<sup>th</sup> November, at the Heidelberg Golf Club. This year's topic is 'Social Media – Real Solutions for Real People' presented by Dr Paula Swatman. Enrolments open on the 9<sup>th</sup> September. See page 3 for information.

In this Newsletter we have some wonderful photos from the Walks for Fun Group. Many thanks to Margaret Miller and Lois Lee for generously giving their time to arrange and organize varied walks for the walking group.

Our Member Profile is of Russell Scoular, our Vice President and was written by Helen McKinnon, see page 4.

### **FROM THE PRESIDENT, HELEN MCKINNON**

Greetings to U3A Banyule members, old and new! As we begin Semester 2, I hope you are enjoying the wealth of opportunities that are on offer to learn and grow, reaching out towards fresh horizons while making new friends.

As one of the 108 member U3As of U3A Network Victoria, a 36,000 strong movement, we benefit from advocacy with Government undertaken on our behalf by the Network Committee. In June, Network made a submission to the Royal Commission into Aged Care Quality and Standards. I want to share here for your interest some of the content of that submission.

The submission advocated to the Royal Commission that planning for the aged care system needs to acknowledge, and fund, community-based services provided to seniors, such as U3As, that help to maintain health and well-being post retirement. Surveys of Victorian members show that they attend on average two days per week. U3As across the state appeal to a diversity of members:

- 15 per cent speak a language other than English at home
- 38 per cent were born overseas
- 43 percent are pensioners
- 29 percent live on an income below \$30,000 per annum,
- 4 per cent live in a retirement village or aged care facility
- 31 per cent live alone

Surveys of members undertaken by many U3As (including Banyule) have demonstrated that:

- Members highly value U3As.
- They believe that U3As contribute significantly to the maintenance of their physical, social and mental wellbeing.
- U3As mitigate against social isolation.

By providing opportunities for thousands of volunteers to make a contribution, U3As deliver millions of dollars every year in value to the community.

Whilst some funding is provided to the U3A Network Victoria by the Victorian government, it is not enough to assist U3As with operating or capital costs, only small one-off projects.

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With the number and proportion of people aged 65 and above in Australia (currently 15 per cent of the population) continuing to grow, there is a major challenge to help them to age well. Well-funded and resourced U3As can help meet this challenge. Community infrastructure for seniors needs to be re-invigorated and strengthened.

Governments should invest in maintaining health and well-being throughout the 15 to 20 years post retirement, by supporting community-based services for seniors such as U3A. This will help avoid significant health care costs for the growing population of seniors.

Thank you to all who make up the U3A Banyule learning community. We can be proud that we are making a contribution to our own well-being, and that we are part of this thriving, dynamic movement of seniors.

### **Course Coordinator's Report**

As this is my last month of being Course Coordinator, I thought a little reflection was reasonable. Since commencing this role 4 years ago there have been enormous changes in course coordination and in U3A Banyule: we have gone online, our membership has expanded as have our courses and enormous work has been done to improve our professionalism. Our ongoing courses (now 40) and single sessions (now 23 including our marvellous Public lectures) have increased dramatically. Our Art and General Excursions now also include the Heidelberg Theatre Company and Saturday Matinees. Our lovely Lingering Lunches continue and 2 weekend lunches are also "on the menu"!

From a team of myself, with the help of Judy Vaughan, we have now formed a strong Course Coordination Team of 10, who share the planning of the program. To each and every one of this team I give my heartfelt thanks, with a special thankyou to Diana McCormack (Art Appreciation Excursions) and June Sharp (Lingering Lunches) who have been organising these sessions well before I started. I would also like to formally thank all the tutors, without whom there would not be a program at all.

Finally, I am delighted to hand over to Janice Kelly, who I know will be an expert Course Coordinator

Cheers to you all, Joan Learmont

### **NOTICE OF ANNUAL GENERAL MEETING, THURSDAY 15 AUGUST 2019, U3A HALL**

Members are cordially invited to attend the forthcoming AGM and a formal invitation and notices will be emailed/mailed to all. It is hoped that as many members as possible will attend the meeting in order to meet a quorum of 10% of full members.

The President's report will be presented and the 2019-2020 Committee of Management will be elected. If you wish to nominate (or nominate a member) please complete a Nomination Form and return it to the Secretary, Milena Maranville, either through the office, mail (PO Box 454, Rosanna 3084) or email to [info@u3abanyule.org.au](mailto:info@u3abanyule.org.au) by 8 August. (Nominations will also be called for from the floor at the AGM). Should you wish to discuss any position, please contact Helen McKinnon, President, at [info@u3abanyule.org.au](mailto:info@u3abanyule.org.au). She would be pleased to hear from you.

## ANNUAL FORUM 2019

**25 November, 2pm-4pm Heidelberg Golf Club, 8 Main Road, Lower Plenty**

This year's topic is: '*Social Media - Real Solutions for Real People*' presented by Dr Paula Swatman. Paula has been an Information Systems academic since 1988, focusing on information communication technology/e-business and the impact of new technology over 30 years. Her forum presentation will focus on how social media is increasingly becoming a part of every aspect of daily life. She will break it down into three classes of social media:

- the good: useful and even valuable.
- the bad: amusing or irritating time-wasters.
- the truly ugly: the dangerous side of the web.

The session will combine overviews of a range of social media opportunities with the chance to question and discuss controversial topics. Participants can raise issues associated with social media sites or activities in which they have an interest.

Cost: \$10 which includes a delicious afternoon tea. Drinks at bar prices.  
Enrolments open 9 September and close 11 November. This is an Enrol and Pay event.

### **Importance of Wearing Name Badges – it is a Requirement of Membership**

Unfortunately emergency health incidents do occur occasionally at classes. This highlights the importance of every member wearing his/her name badge to ALL classes, with their **full name** on the front and **emergency contact details** on the reverse side. Please, please remember to wear your name badge! It is in your own best interest to do so, and as well, our U3A is much friendlier if we can learn each other's names more easily.

(Replacement lanyards and name badges are \$2 from the office.)

### **SOME DATES FOR YOUR DIARY FOR SEMESTER**

August 15 <sup>th</sup>	Annual General Meeting 10am-11.30am (Office closed. No classes before 11.45am)
September 27 <sup>th</sup>	AFL Grand Final Public Holiday (Office closed. No classes.)
October	Victorian and Banyule Seniors Festival
November 4 <sup>th</sup>	Membership renewal for 2020 opens
November 5 <sup>th</sup>	Melbourne Cup Day Public Holiday (Office closed. No classes.)
November 18 <sup>th</sup>	Semester 1 2020 course information available for preview on website
November 25 <sup>th</sup>	Annual Forum (No Afternoon classes.)
November 29 <sup>th</sup>	Semester 2 ends
December 2 <sup>nd</sup>	Enrolment for 2020 opens on MyU3A and in the Office
December 13 <sup>th</sup>	Final day for Office then closed for 2019

## MEMBER PROFILE: RUSSELL SCOULAR BY HELEN MCKINNON

Russell Scoular was born and grew up in New Zealand. He began his professional career as a journalist, working on the staff of "The Dominion" in Wellington for 10 years. He also spent time in London, writing about motor sports for the weekly journal "Motoring News". Many of the young drivers with whom he was in contact in this role, such as Nigel Mansell, Stefan Johansson and Roberto Guerrero would later compete at Grand Prix Formula 1 level. Russell says he had a lot of fun in this job, and his interest in cars and motoring continued throughout his working life.



Russell joined the Ford Motor Company in New Zealand in 1984, as External Affairs Manager. For the next 6 years he had responsibility for the company's relationship with Government, and public relations in general. A highlight of this time was his persuading then Prime Minister David Lange to compete with a Ford Laser in motor racing events. In 1990, he moved to Ford Australia, and from 2001 until 2011, was the company's Government Affairs Director. He was closely involved in all major motor industry policy decisions during this time with both Federal and State Governments. He has also served as Vice President of the Federal Chamber of Automotive Industries.

Perhaps a natural progression from this position was a move to Shanghai, to work as Ford's Regional Director of Government Affairs for Asia Pacific. With links to Korea, Japan, Taiwan, the ASEAN economies, India, New Zealand and Australia, this role involved a great deal of travel. Russell says he "lived in aeroplanes", doing about 75 flights every year. While he enjoyed this lifestyle, it involved separation from his family; Russell and Linda's two children stayed behind in Australia during this 5-year period. So in 2016, he retired from his full-time career and returned to Melbourne.

What does a man like Russell do when he retires? He joins U3A! Russell's story is that Linda wanted him out of the house, so he looked around for something interesting to do. He happened to see a promotion for the Annual Forum in November 2016, when Dr Nick Economou from Monash University and Dr Nicholas Barry from La Trobe University addressed the topic of Australia's parliamentary system. Russell came along, liked what he saw, and decided to join U3A. After a year, he accepted an invitation to join the Executive Committee, and has served for the past year as Vice President.

Russell has brought to the Committee a fresh approach, drawing on his extensive past experience, and his capacity for "big picture" vision. He was also responsible for introducing to our U3A his friend and colleague from the Ford Motor Company, Brendan Quirke, whom he describes as a "financial whiz". The two had worked together in New Zealand, Australia and China. As Treasurer, Brendan has simplified and streamlined the financial operations of our U3A, and we are very grateful for this.

Not surprisingly, in his "retirement" Russell retains a strong connection with the world of work. He set up a small consultancy business, Chatto Creek Advisory, which allows him to work at his own pace. He is also a Senior Fellow at the Asian Trade Centre in Singapore. He has a very significant involvement with the ACCC compulsory recall of Takata Airbags, which affects 23 brands covering almost 3 million vehicles. It is a huge logistical task to contact all the affected car owners; many of them respond quickly, but the task of following up those who don't bother to do so is challenging for the industry. The compulsory recall continues until the end of 2020.

Russell says being a consultant is less stressful than the period when his working days stretched from 6.30am to late at night, but he didn't want to slow down completely. When time permits, he can be found at U3A lectures, talks and excursions, and on occasion he has been a presenter on topics related to his interest in automobiles. He says he likes the people he meets, and enjoys finding out about their incredible life stories. Russell Scoular, thank you for sharing your own story; we are so glad that you are part of the U3A Banyule community.

## ANNUAL U3A LUNCH

Our Annual U3A Lunch was recently held at St. Georges Restaurant at Melbourne Polytechnic in Preston. It was a great day where members mingled while enjoying a three-course meal. Guest speaker was linguist Professor Kate Burridge who gave a fun, entertaining and informative talk titled “Sup with the Lingo?” about some of the startling new developments in the English language. She was a superb speaker and her talk was enjoyed by one and all.



Helen McKinnon, Professor Kate Burridge, Jim Murphy at the Annual Lunch

## ITEMS OF INTEREST

### **Banyule City Council (BCC) Proposal Re 14 Ivanhoe Parade, Ivanhoe**

Members may be aware that the Council has commenced statutory procedures to give public notice of its proposal to sell the land and buildings at 14 Ivanhoe Parade, following the completion of the Ivanhoe Library and Cultural Hub (late 2020). Submissions on the proposal are being invited and further details will be available shortly from the BCC website [www.banyule.vic.gov.au](http://www.banyule.vic.gov.au). U3A Banyule is a tenant at 14 Ivanhoe Parade and Council has confirmed that no tenant will be moved out until the Ivanhoe Community Hub is built. As such, our use of the office and hall will continue uninterrupted in 2020. U3A Banyule will relocate to the new Hub and if all goes to plan, we will be conducting the Semester 1, 2021 program from there. Further details in relation to the relocation will be provided to members as they come to hand.

**Free Wiser Drivers Course.** Tuesdays – September 3, 10, 17 and 24, 10am-12noon  
Hawdon Street Community Centre, 78-89 Hawdon Street, Heidelberg  
Organised by Banyule City Council, this 8-hour course will be conducted over 4 weeks (2 hours per week). It is for car drivers aged over 60 years, to refresh their knowledge of road laws and build upon their driving experience. No driving lessons or tests are involved and each session includes a delicious morning tea. **Bookings are essential, Tel 9490 4222.**

### **Cantate Singers Melbourne – A Father’s Day Event “Songs from Here and There”**

Sunday 1 September, 2.30pm, Auburn Uniting Church, 81 Oxley Road, Hawthorn.  
Come to hear a musical journey around the world, with Warwick Stengards, conductor and soloist (courtesy Opera Australia and Vienna Staatsoper) with associate artists and dancers.  
Tickets through TryBooking: [www.trybooking.com/BDFCK](http://www.trybooking.com/BDFCK)

**Legends of Brass, 'Last Night of the Proms' Concert, Sunday 25 August 2019, 2pm**  
The Centre Ivanhoe, 275 Upper Heidelberg Road, Ivanhoe. The Legends of Brass are Melbourne's premier 'senior status' brass band. Most of the talented musicians are retired from the workforce, have played in Melbourne's leading bands and perform at a high standard. Also performing will be the Melbourne Chorus (Sweet Adelines) and the Rats of Tobruk Memorial Pipes and Drums who have performed at the Edinburgh Military Tattoo and around the world. Tickets through TryBooking: [www.trybooking.com/BCKKQ](http://www.trybooking.com/BCKKQ)

**Some photos from the Walks for Fun Group**



**Wirrawilla Rainforest Toolangi April 2019**



**Williamstown August 2018**



**Brighton to St Kilda June 2019**

## **AVAILABLE COURSES, LECTURES, EXCURSIONS AND ACTIVITIES**

Available courses and activities starting or continuing in Semester 2 are listed below.

For further details, please consult our website: [www.u3abanyule.org.au](http://www.u3abanyule.org.au)

Click on the **Courses** tab, then on **Course Information**.

**Important Reminder:** If you have enrolled in any course and **are now unable to attend, please take the time to let the Tutor know** so that places can be offered to those on a waiting list. This can be done via the website.

### **2 NEW CLASSES:**

**Yoga Nidra - Gentle Flow** - Fridays 18 October – 29 November (excluding 8 November), 10:30am-11:30am, St George's Church Warnclyffe Road, Ivanhoe East. Tutor Marisa de Stefano. Yoga Nidra is a restorative meditation technique that replenishes our mental and physical well-being. Yoga Nidra is meditation experienced in a lying down position (a well-supported armchair can also be used) whilst being guided through a series of breathing exercises and simple instructions. The practice is also used to assist in bringing a personal intention or affirmation to the forefront of our awareness, so that we can reconnect to our inner desires and live them.

**NBN Information Session** – 30 September, 2pm-4pm, U3A Hall

Gabe Denmark from NBN Co. will provide a presentation covering some of the critical information about NBN including:

- What is NBN
- What it means for the members and how to connect
- How the NBN affects your existing landline phone and medical alarms
- Power outages
- Scams to be wary of

Followed by a general discussion and Q&A.

### **PUBLIC LECTURES 4th Monday of the Month, 2pm-4pm U3A Hall**

These lectures are open to the public but we request that members enrol to give us an idea of numbers. A gold coin donation would be appreciated to contribute to a gift for the speakers.

**Living in Exile** - 26 August, Speaker: Dr Mammad Aidani

Dr Aidani wrote: "Oppressed men and women always fight and wait for that bright future on the horizon." His 2019 Wheeler Centre lecture sold out weeks before the presentation date.

**A Spanner in the Works: An Extraordinary Story** - 23 September, Speaker: Loretta Smith

**Reminiscences, Highlights & Looking Forward** - 28 October, Speaker: Jenny Macklin

### **EXCURSIONS**

#### **Art Appreciation - Visits to Galleries:**

**Exhibition - Terracotta Warriors** - 23 August, 10.30am-12pm, NGV St Kilda Road  
Enrolments open now and close 9 August. This is an Enrol and Pay event. Fee \$35.00

**Exhibition - The Bald Archy Prize** - 20 September, 11:00am-12:00pm, Victoria Hotel  
215 Little Collins Street, Melbourne. This is an Enrol and Pay event. Fee: \$5

**Exhibition - The Archibald Prize** - 18 October, 9:30am-11:00am

TarraWarra Museum of Modern Art 313 Healesville-Yarra Glen Road, Healesville  
Enrolments open 1 August and close 6 September. This is an Enrol and Pay event. Fee: \$14

**Excursion to the Australian Jazz Museum** - 8 September, 10.30am-12pm

Australian Jazz Museum 15 Museum, Wantirna. This is an Enrol and Pay event.  
All inclusive cost: \$25 per person. Enrolments open 1 August and close 5 September.

**Tour of Melbourne General Cemetery (Repeat)** – 13 November, 10.30am-12noon  
Enrolments open 30 September and close 30 October. This is an Enrol and Pay Event. Fee: \$7

### **SINGLE SESSIONS (in date order)**

**Migrating to Australia** - 31 July, 2pm-4pm U3A Hall

**Why Buy an Electric Vehicle?** - 5 August, 2pm-4pm U3A Hall

**Chester-Ancient City** - 21 August, 2pm-4pm U3A Hall

**Sunday Lunch** - 25 August, 2.30-4pm Yarra Valley Country Club

**Big Reds** - 27 August, 4:30pm-6:30pm Dan Murphy's Alphington  
Fee \$20 but you will receive a \$20 Dan Murphy gift card on the night.  
This is an Enrol and Pay event. Enrolments open 15 July and close 16 August.

**You'll Never Guess What Happened!** - 2 September, 2pm-4pm U3A Hall

**Earthwatch Project - Sea Turtle Nesting** - 5 September, 9.30am-11.30am U3A Hall

**Greening the City of Melbourne** - 9 September, 2pm-4pm U3A Hall

**Healthy Eating and Living for Positive Aging** - 16 September, 2pm-4pm U3A Hall

**2019 Banyule Award for Works on Paper** - 18 September, 2pm-3.30pm U3A Hall

**G.K. Chesterton and his Orthodoxy** - 3 October, 9.30am-11.30am U3A Hall

**History of Bible Translations** - 7 October, 2pm-4pm U3A Hall

**James Redfield and his "Celestine Prophecy"** - 10 October, 9am-11.30am U3A Hall

**History of Heidelberg District** -14 October, 2pm-4pm U3A Hall

**The Queen Mother - Art Patron and Collector** -16 October, 2pm-4pm U3A Hall

**The Origins of Remembrance Day and Local Service** -11 November, 2pm-4pm U3A Hall

**Line Dancing Display** - 12 November, 1.30pm-3.30pm

### **SERIES (two or more sessions)**

**Astronomy and Cosmology: Short Course:** Thursdays, 9.45am-11.30am U3A Hall

**Book Group 2:** Thursday week 4, 10am-12noon

**Book Group 3:** Wednesday week 1, 1:30pm-3pm

**Climate Change and Renewable Energy:** 18 July–29 August, 9.30am-11.30am

**Creative Knitting:** Wednesday weeks 2 & 4, 1pm-3:30pm Watsonia Library

**Creative Writing:** 10:00am-12:00pm Blue Cross, 250 Waterdale Road, Ivanhoe

**Croquet - an introduction:** Wednesdays 1.30pm-3.30pm Commences 25 September

**Cryptic Crosswords:** Friday weeks 1, 3 & 5, 10am-12noon

**Current Affairs:** Thursdays 1:30pm-3pm

**Fish and Fishing:** Thursdays 9.30am-11.30am, 3 sessions: 12, 19, 30 September

**French Level 1:** Fridays 12.15pm-1.45pm

**French Level 2:** Thursdays 1.30pm-3pm

**French Level 3:** Thursdays 11:00am-12:15pm

**French Level 4:** Wednesdays 1:30pm-1pm

**French Level 5:** Mondays 12noon-1:30pm

**German for Beginners:** Wednesdays 1.30pm-3pm

**German Grammar – an exploration:** Wednesday weeks 1 & 3, 10am-11:30am

**Irish and Scottish Descant Recorder:** Tuesdays 1.30-2.30pm

**Italian Level 2:** Thursdays 11.45pm-1.30pm

**Jane Davies - History Classes:** Thursdays 3.15pm-4.45pm

**Lawn Bowls for Fun:** Wednesdays 1:15pm-3:15pm

**Line Dancing (Continuing):** Tuesdays 1.30pm-3.30pm

**Line Dancing for Beginners:** Tuesdays 1.00pm-1.30pm

**Lingering Lunch - Wednesday 25 September**

Rubira's, Port Melbourne. Enrolments open 21 August and close 13 September.

This is an Enrol and Pay event. Cost: \$45

**Lingering Lunch - Friday 6 December, Venue to be announced.**

Enrolments open 31 October and close 22 November. This is an Enrol and Pay event.

**Mahjong 1:** Fridays 1.00pm-3.30pm, Watsonia Library

**Mahjong 2:** Tuesdays 1pm-3pm, Rosanna Library

**Monday Cinema:** Mondays week 3

**My Life Story – Writing Course:** Friday weeks 2 & 4, 1:30pm-3:30pm

**Philosophy Study Group:** Tuesdays 10am-12noon

**Play Reading 1** 1:30pm-04:00pm Ball Residence, 104 Graham Road, Viewbank

**Play Reading 2:** Friday weeks 1 & 3, 2pm-4.30pm

**Recorder Group:** Mondays 9:30am-11am Uniting Church, 15 Seddon Street, Ivanhoe

**Scrabble:** Friday weeks 2 & 4, 10am-12pm. Watsonia Library

**Singing for Pleasure:** Tuesdays 2pm-3.30pm

**Social Bridge for Experienced Players:** Fridays 1pm-4pm

**The Music of History:** Wednesdays 2pm-3.30pm, 3 sessions: 30 October, 6 & 20 November

**Trivia Afternoons:** 12 August & 21 October 2pm-4pm U3A Hall