



**BANYULE**  
UNIVERSITY OF THE THIRD AGE

U3A Banyule Inc A0013622D

ABN 76 751 606 570

Office: Upper Ground Floor, 275 Upper Heidelberg Rd, Ivanhoe  
Ivanhoe Library and Cultural Hub (ILCH)

Mail: PO Box 454, Rosanna, Victoria, 3084

Website: [u3abanvule.org.au](http://u3abanvule.org.au)

Phone: 0418 749 228

Email: [info@u3abanvule.org.au](mailto:info@u3abanvule.org.au)

In the spirit of reconciliation, U3A Banyule acknowledges the traditional custodians of the land and pays respect to their Elders, past, present and emerging. The U3A movement is a welcoming place for all.



## Quarterly Newsletter September 2024

### In this edition ...

In this spring edition of the newsletter we celebrate the diverse experiences and interests of our members. Despite the long, cold and dismal winter we experienced this term, U3A Banyule still managed to shine.

See page 2 for our Spotlight on Peter West's Existentialism class. On pages 3 and 4 we feature lectures from both the Monday and Wednesday afternoon series. The fascinating excursion to the Hellenic museum is shown on page 6.

As well as these great learning opportunities there have been many social activities to savour such as the annual lunch, the knitting bee and the new members' welcome. Enjoy!

*The newsletter team*

### President's report

A high point of this term has been meeting our new members at the New Members Welcome and Information Briefing held on 31 July. It was during the week the MYU3A system went down, creating quite a bit of confusion for those wanting to enrol in classes. We thought we would have 17 attending but imagine our delight when saw 27 new faces. Our new members are a chatty, very positive group who seemed very pleased to come along. The sumptuous afternoon tea and a shared cuppa offered an opportunity to break the ice further.

One person commented to me that she had come from another U3A where there had never been any welcome nor much chance to socialise. My response was that at U3A Banyule we value people and right from the beginning, we want people to get that message. Our U3A is about adult learning but much more; we are about being a community. Yes, learning is a priority but so too is ensuring plenty of opportunities for people to have fun and enjoy new and old friends. I hope our new members are enjoying the classes and activities they have chosen and make the most of their time with us.

I wish to give special recognition to one of our volunteers, Liz Waud, who has quietly made dynamic contributions over these past four and a half years. Liz who had never taught yoga before, took on teaching one class and before long, such was the demand that she generously offered another class. Liz was teaching back-to-back classes until last year.

Not only is Liz an inspirational yoga teacher but she has led the Newsletter Team, creating wonderful opportunities for us to see the term in retrospect. Liz is relocating to the Surf Coast and while we are delighted for her, she will leave a huge gap to fill. Liz, sincerely we want to thank you for your outstanding contribution and we wish you every happiness near the beach. Our loss will be the Surf Coasts gain.



*Judith Craze*

**Existentialism**  
**History and Philosophy of Science**  
**Tutor: Peter West**

I started my career as an applied physicist. Applied physics focuses on the gadgets and practicalities of experimental science rather than interpreting the results of the experiments and trying to explain them.

Via a series of hops, skips, and jumps, I moved over to intellectual property (patents for inventions) and specialised in medical technology with a particular focus on replacement body parts which includes for example, hip joints, heart valves, and intraocular lenses.

From an early age I have been infatuated with the aesthetics of science and captivated by the magic of technology, particularly as presented by the optimistic science-fiction of my childhood and television shows such as *Dr Who*, *Star Trek*, and *My Favorite Martian*.

Out of this, I developed a deep interest in robotics, bionics, and medical technology. Theoretical physics doesn't do these so I went the applied route. In addition to my abiding interest in the big ideas of science, over time I have become more and more interested in the big ideas of society.

Since my retirement I have spent increasing amounts of time studying, writing about, and more recently teaching philosophy to the point that it has become more or less a full-time occupation.

*Peter West*



Peter West's Existentialism class runs every second Friday at 9.15–10.45 at ILCH.

In the early part of the twentieth century the German psychologist Carl Jung wrote:

*... the lack of meaning in life is a soul-sickness whose full extent and import our age has not yet begun to comprehend*

Already in the nineteenth century, philosophers such as Kierkegaard, social theorists such as Marx, writers such as Dostoevsky, and sociologists such as Weber and Durkheim wrote of the widespread anxiety, despair, alienation, disenchantment, and loss of sense of purpose as a result of industrialisation and urbanisation.

Throughout the course of the twentieth century, into the twenty-first century and to the present, this process of the dissolution of meaning seems to have only continued apace. Existentialism is the branch of philosophy that specifically addresses the questions of purpose and meaning and hence is particularly relevant to the present societal situation.

Peter West's History and Philosophy of Science class runs every second Wednesday at 11:30am-01:00pm at ILCH.

Peter's class on the History and Philosophy of Science presents a history of key ideas that came together to form what we now call science. The story of these ideas also provides a means of exploring core philosophical topics such as truth, knowledge, reality, and consciousness. Each session includes a presentation and a discussion.

**South American Tour with Inspiring Vacations Gaby McBain**

In September 2023, Mike and I took a tour from Buenos Aires in Argentina to Rio de Janeiro in Brazil and finishing in Lima in Peru. Our travelling companions proved to be jolly and genial. Ages ranged from 14 years to late seventies and included a solo traveller, a three-generational family, mixed siblings and couples.



Highlights of Buenos Aires included the Plaza de Mayo with its Cathedral, the Pink Palace and Pertutti restaurant. The architecture in the city is a delightful mix of French and Art Deco. We spent some time in the huge urban Ecological Reserve on the River Plata.

We visited the spectacular Iguazu Falls before heading out onto the river and getting saturated! Some of us took an optional helicopter ride to see the stunning horseshoe shaped falls from above.

In Rio de Janeiro, we stayed opposite Copacabana Beach. Highlights included Christ the Redeemer and Sugarloaf Mountain, the historic centre, and the Jorge Selarón Steps. We also enjoyed a traditional Brazilian festive lunch.

On our free day Mike and I visited the Rio Botanical Gardens, one of the best in the world (UNESCO). In the evening several of us went out to dinner and dance at a Samba club.



We then flew to Lima in Peru and visited the historical city centre. From Lima we flew to Puerto Maldonado and onto our Amazon jungle lodge in Tambopata National Park. Another highlight, the rainforest and waterways are home to a myriad of creatures.

In Cusco we stayed in the beautiful Sacred Valley of the Incas. Cusco gave us an insight into the traditional lives of the Peruvian people. From here, we visited the ruins of Ollantaytambo and Machu Picchu, which was built by the Incas around 1450 AD.

We had several interesting stops on our bus trip to Puno and our final tour highlight was a boat trip out to one of the floating islands on Lake Titicaca. The Uros people use the roots of Totora reeds to create these 'islands' and the same reeds to construct their huts and boats.

From Puno we flew back to Lima where our tour finished. Mike and I stayed on in Lima for a few days and took the opportunity to go swimming with the sea lions at the Palominos Islands.



## Living Well: Home Care Packages and Commonwealth Home Support Program *Sue Lees*

We come to U3A talks to be informed, even about the topics that we tend to put off into the future; extra support as we get older is definitely a 'let's talk about it ... later!' topic.

But we do need to consider it and know the options.

Baptcare gave a talk in August and offered a clear and comprehensive insight into the area. There is a bewildering array of possible providers and types of services, but Baptcare was able to distil the information into a logical set of steps for us:

- When you get to a point of needing extra support at home you need to project 12 months ahead to what services you think you will need. This is because of the period between the application and actual provision of services.
- Contact My Aged Care [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or phone 1800200422
- Arrange an ACAS assessment, usually in your home.
- You are then placed in the queue for the package. You will have to take the package the assessor assigns. There are lower-level packages (Levels 1&2, less for Levels 3&4).
- When you are notified of the package you have 56 days to choose a provider (a 28-day extension is possible)
- When choosing a provider look carefully at what is provided and the charges. The government provides a subsidy for the package, but the private provider adds charges such as package and care management.
- The Home Care Package system is means-tested. You may have to pay a daily payment contribution to the government, unless you have a Full Aged Pension. Part Pensioners usually pay no more than currently approx. \$18 a day. Self-Funded retirees must complete a form and submit it to the government. The maximum daily payment for self-funded retirees is currently \$36.60 per day.
- The **Commonwealth Home Support Program** is different to the Home Care Packages. It is designed to be a step before a Home Care package, when your needs for extra help are not yet very complex. You still need to apply through My Aged Care and have some assessment. Types of services available (depending on availability of the services where you live) include cleaning, gardening, home maintenance and meals.
- Don't feel guilty for accessing the services. Society wants you to have the ability to stay in your home for as long as you can.
- Keep doing activities such as U3A to stay informed, be intellectually stimulated, learn new skills, be active, socialise and have fun!



## U3A Banyule Annual Lunch

On Wednesday 26 June over 70 members enjoyed the annual luncheon held once again at St Georges Restaurant, Melbourne Polytechnic. We were impressed by the attentive service of the hospitality trainees and were delighted with our guest speaker Kate McBride, Group Manager, Biological Services Group at the Forensic Services Department of Victorian Police.



Kate provided an engaging speech and comprehensive visual presentation explaining the services of this critical statewide service, which assists investigators and courts by examining scenes and analysing items. Forensic staff attend and examine many serious crime scenes such as:

- homicides
- suspicious fires and explosions
- clandestine drug laboratories
- cannabis crops
- serious vehicle collisions
- natural disaster or mass-casualty incidents

The integrated forensic science facility is located at Macleod and two hubs are in Morwell and Ballarat. Three Fingerprint offices are in regional Victoria and two units are based at the Melbourne City Victoria Police Centre. Forensic Medicine is performed at the Coronial Services Centre in Southbank; pathologists perform autopsies and scientists perform tests for medical cause of death. Kate provided some interesting statistics about the work of the Forensic Services Department:



- 500+ direct employees including scientists
- 360+ frontline crime scene officers
- 100,000+ crime scenes annually
- 108,000+ items for examination
- 110,000+ requests annually
- 11,000+ fingerprint links per annum
- 2300+ DNA links per annum
- 1,604,884 DNA profiles in National DNA database

Kate explained that while people are fascinated by CSI on TV some of it is fictional and in reality, it is in fact three roles that are performed within Victoria Police: Detective, Crime Scene Examiner and Forensic Scientist.



A range of thoughtful questions were asked by attendees indicating the level of interest in the topic. Kate was grateful to nominate Beyond Blue as her preferred organisation to receive a donation as a thank you for presenting to the U3A members.

Thanks were expressed to Anne Lombard for recommending Kate as our guest speaker and also to President Judith Craze and Vice President Janet Ringrose for facilitating yet another successful annual luncheon. For further information about the Forensic Services Department, Victorian Police

<https://www.police.vic.gov.au/forensic-services>

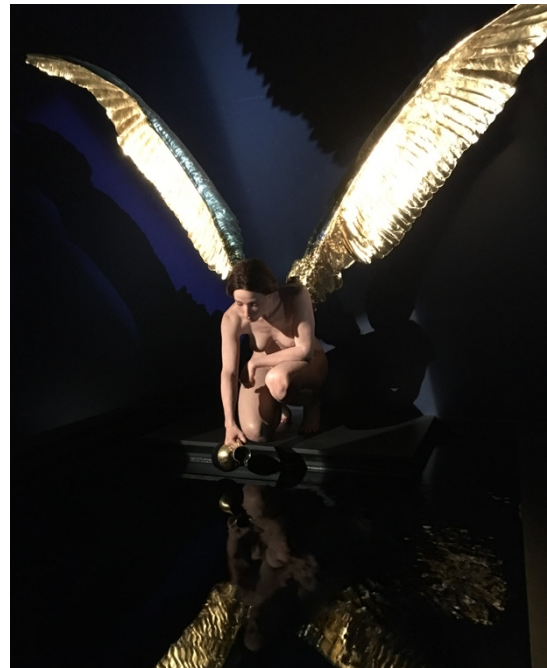
Maria Axarlis-Coulter

Photos: Judith Craze and Milena Maranville



Visit to the Hellenic Museum 24 July 2024

The goddess Iris is the first figure to greet visitors to *Gods, Myths and Mortals: Greek Treasures Across the Millennia*. This collection is on loan to the Hellenic Museum from the Benaki Museum in Athens. The sculpture of Iris, however, is thoroughly modern and owned by the museum. It was commissioned from Sam Jink, who uses contemporary technologies to demonstrate the classicism of ancient Greece that has shaped western ideas for thousands of years: the capacity to be both realistic and sublime. Iris was the golden-winged messenger goddess who communicated with both gods and mortals, and here she is kneeling by the River Styx, the boundary between death and life, the past and the future.



Our enthusiastic guides Jo and Tom led us through the collection, which traces the development of tools, neolithic pottery, Mycenaean jewellery, Byzantine icons and manuscripts, post Byzantine art and costume, to neo-Hellenic art and weaponry, tapestries, embroideries and dress. Each era celebrates both the continuity and changes to the Greek world.

One of Jo's favourites is this urn. A beautiful object, its etching has its own symbolism. The woman is holding fruit, the man is holding a branch, and the duck standing between them indicates the 'secret eroticism' of this scene. Our other guide, Tom, who speaks ancient Greek, told us the stories of the heroes of warfare, their weapons, and the influence of the Islamic Golden Age. We had the opportunity to revisit our own favourites and browse the other collections after our hour-long tour.



The Hellenic Museum is in the old Royal Mint, just across the road from Flagstaff station in William Street. The building itself is in the Renaissance Revival style and it is recognised as one of the most impressive nineteenth century government buildings in Victoria, designed by J.J Clark, who also designed the Old Treasury Building. It opened in 1872, and after its closure as a mint in 1968 was used as the Registry Office. Since 1998 it has been part of the Working Heritage project and was leased to the Hellenic Museum in 2007.

Thank you to the new Excursions Co-ordinator, Ann Shepherdson, for organising this visit to the Hellenic Museum. At lunch afterwards, we chatted about the other U3A activities and classes in which we participate, each of us sharing our appreciation of the role U3A plays in building community.

Jan Connor



## Creative knitting working bee

This year the Creative Knitting Group have held two working bees to make 80 teddies for the Good Samaritans. These teddies are made from knitted squares which happen to be another's unfinished project that were gifted to the Knitting Group. The teddy bear workshops were held at Joan Learmont's home where everyone enjoyed Joan's warm hospitality. The teddies now completed will be put into Christmas Boxes for children overseas who live in poor and difficult circumstances.

I would like to thank all those who have assisted with this project and have supported the other projects. These include knitting beanies for the Seaman's Mission, the Korumburra Ambulance Service and various items for the Premmie Baby Foundation.

*Diana McCormack*



## New members welcome

It was great to see 27 new members at the afternoon tea at ILCH on Wednesday 31 July. Thank you to CoM members Judith Craze, Janet Ringrose, Sharon Karamanis and Milena Maranville who presented valuable information. Thanks also to Fiona Wilson who once again organised the delicious afternoon tea, and to other CoM members who assisted with setting up and serving the afternoon tea.

As of 14 July 2024, we have 871 members (808 full, 51 associates, 12 life members), which includes 18 new members.



*Photo: Jan Ramp*

## Come and Enjoy Our Seniors' Week Events

### Audacity Choir Singalong

Join the U3A Audacity Choir for an afternoon singalong of old favourites, accompanied by an afternoon tea. Song books (lyrics) will be provided. Prior singing experience not required. Have an enjoyable sing and make new friends.

Tuesday 1 October 2024

1:00 pm to 2:30 pm

Rosanna Uniting Church Hall, Arden Cres, Rosanna



### Come and Try Knitting Event

Come and join the Creative Knitting Group for an opportunity to socialise and learn the basics of this craft. So whether you're a seasoned knitter or just starting out, this event is perfect for those looking to connect with others who share a passion for knitting. Morning tea, wool, needles and patterns provided.

23 October 2024

11:30am to 1:00pm

Ivanhoe Library & Cultural Hub

### Come and Try Watercolour Painting

Have you ever wanted to dabble in watercolour painting? This is an opportunity to come and try your artistic hand. Paints, brushes and paper will be supplied in a friendly, supportive atmosphere. Some of the members and our tutor will be there to assist your endeavours. A delectable afternoon tea will also be provided.

23 October 2024

1:30pm to 5:00pm

Ivanhoe Library & Cultural Hub



*Watercolour by Maxine Marks*

Booking for all the events: Be sure to book a place by phoning 0418749228 or email [info@u3abanyule.org.au](mailto:info@u3abanyule.org.au)  
All the events are free.

Dates for your diary	
<b>Wednesday 18 September</b>	Craft Sale 11–1pm ILCH
<b>Friday 27 September</b>	Grand Final Holiday – Office Closed
<b>Monday 7 October</b>	Semester 2 Term 4 Classes commence
<b>Monday 28 October</b>	Membership Renewals Open 2025
<b>Tuesday 5 November</b>	Melbourne Cup Day – Office Closed
<b>Monday 18 November</b>	Mail-out Sem 1 2025 Course Program and Newsletter to non-email members
<b>Tuesday 26 November (tbc)</b>	Annual Forum (Heidelberg Golf Club)
<b>Friday 22 November</b>	Semester 2 Classes conclude
<b>Monday 2 December</b>	Course Enrolments Open for 2025