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*U3A Banyule acknowledges the traditional custodians of the land and pays respect to their Elders.
The U3A movement is a welcoming place for all.*

Quarterly Newsletter

September 2025

In this edition

Welcome to our third Newsletter for 2025.

Another newsletter showcasing even more of the activities on offer to U3A Banyule members.

This term the News team has played cards, gone bowling, had tea with the nonagenarians and lunched with an art curator.

We've heard about the philanthropic side of U3A, done some yoga, wandered down memory lane and dabbled in philosophy.

There's something here for everyone; games, learning, physical activity, food, caring and sharing.

It's no wonder our membership is nearing 1000, because we certainly reflect the U3A motto of Learn, Laugh, Live.

*Sue Gunningham
(Editor)*

President's report

As I write this newsletter, I see the sun trying to shine. A sign of warmer weather to come after what has been a very cold winter. However, that has not deterred our members who continued to attend lectures, courses, excursions and quizzes, enjoying a varied program and developing friendships along the way.

At our recent Committee Meeting our current membership was confirmed at 973 members. We are always very appreciative of members offering to run a course or lecture. We have added some new courses including card games, our choir has a new leader, and the very popular line dancing sessions have recommenced with a new tutor.

Recent events have seen us host the 'New Members Welcome' and the 'Nonagenarians Afternoon Tea'. More recently an 'Induction Morning' for our Committee of Management and our Support Role Teams was held to review the goals from the new Strategic Plan and the role each team will play in achieving these. This shared commitment will be key, as we need to spread the responsibilities to ensure we achieve our goals.

Early Impressions -Painters of the Heidelberg School

We held our 'Annual Lunch' at St Georges Restaurant. Our guest speaker was Stef Neoh, the Art Curator from Banyule Council. Stef spoke about her current project which has involved bringing paintings from the Heidelberg School back to Heidelberg. A selection of paintings portraying scenes from both in and around Banyule was handpicked from the National Gallery. Painted over a century ago, these paintings will be on display at the Ivanhoe Library in the gallery space from 28th August 2025 until 18 January 2026. Next time you are at ILCH make sure you pop in.

Craft Sale

Our creative knitting group again excelled themselves and raised over \$1000 from their craft sale. This money was donated to the Banyule Community Fund. Congratulations to all our members involved in this very worthwhile event.

Member Wizard is on the Way

As we head into spring, we are beginning the transition from our current operating platform 'MyU3a' to 'Member Wizard'. This system is being adopted by other U3A groups across the state. We have a working party to guide us through this migration and will provide updates and support for members in the coming months. I thank you for your continued support of U3A Banyule.

Janet Ringrose
U3A Banyule President



Adrian Ramp – Office Volunteer

Many thanks to Adrian Ramp as he retires from his position of office volunteer for U3A Banyule. Adrian has assisted in the U3A office for the past eight years. A member of a small *Super Users* team, Adrian helped train Office Volunteers to shift from 'paper' to the MyU3A computerised system.

A highly valued team member, he has been a reliable volunteer and will be sadly missed. His quiet efficiency, patience and excellent organisational skills were much appreciated, as was his wry sense of humour and quiet manner.



Adrian also often assisted when the office was short staffed, which was a great help, enabling the office to meet the needs of members and answer enquiries. We wish him all the very best in his well-deserved retirement.

By Linda Duncan (News team)

Down Memory Lane

DO YOU RECOGNISE THESE BUILDINGS?

Did you learn typing at the 'Tech'? Maybe you took your babies to the Baby Health Centre; held your wedding reception in The Condor Room or volunteered with Do Care? Did **you** make the sheer white curtains peeping out of the windows of the black wall?

All these places have hosted U3A over the past 38 years:

The Condor Room at the Town Hall was the meeting venue to establish a steering committee to form Yarra Valley U3A, now known as Banyule U3A.



Condor Room, Town Hall

Heidelberg Technical School, Bell St., provided a room and office facilities in 1987.

Do Care (an outreach of the Uniting Church) at 44 Turnham Av provided office space and a meeting room from 1993.



Heidelberg Technical School

The Baby Health Centre 208 Burgundy St was our home from 1998 after the mums and babies moved to another site. We happily shared the rooms with another outreach group.

Banyule Council: In 2009 we moved to 14 Ivanhoe Pde where we had an office, a large meeting room and kitchen. We made this space very friendly and homely with the inclusion of sheer white curtains over the windows. The larger space allowed us to host the Annual Seminar, attended by 100 people.

Now we luxuriate in ILCH. How good is this??

By Elizabeth Ainsworth (News team)



Do Care



Baby Health Centre



Ivanhoe Pde

NEW CLASS

MEET THE CARD PLAYERS

A friendly, busy atmosphere greeted me as I walked into the newly formed U3A Card Players' Group in Ivanhoe. The tutor, Kay Jones, outlined the range of skills in the room. Some participants had not played before, but were keen to gain new skills from those offering assistance. Some other, so-called 'old hands' were obviously enjoying this opportunity to improve their card game strategies.

Kay has been planning this group since early this year. She's been helped by Anne Power, who organises Friday's Mahjong group (of which Kay has been a long-term member). The pair saw a gap with regard to the availability of card games such as Canasta and 500 in the U3A program.

Having appreciated the benefits of Mahjong, Kay was keen to offer a card playing option. So now, on Mondays from 1.30 to 4.00 pm, seven tables accommodate 30 players, all of whom were happily engaged at the time of my visit. They have a cuppa and chat half way through. It's a delightful way to spend an afternoon.

Thanks to Sharon, Tanya, Judith and Janet for supporting this venture and to U3A for approving the purchase of more tables.
By Marian Power (News team)



FOCUS ON:

Lawn Bowls- GET ON THE GREEN



The City of Heidelberg Bowls Club is a lively place on Wednesday afternoons with a friendly group of U3A bowlers taking to the green.

The Club started in 1914 and has welcomed U3A members for well over 10 years. Nestled between Warringal hospital and the railway line at 8 Stradbroke Avenue, Heidelberg, it has well-maintained greens and comfortable, spacious club rooms.

On a cold winter's afternoon I joined the session and was warmly welcomed by Brian Jones, manager of the club, and provided with the appropriate size bowls. Brian is keen to show novice bowlers the art of the game. A cheerful group of members were ready with helpful hints and encouragement.



Bowls is an engaging, non-impact exercise and a bonus for those who track their daily steps. We played in four different groups over the next two hours, followed by a hot cup of tea and club room chat. It's a delightful afternoon; why not give it a try?

Lawn bowls is a wonderful outdoor, social activity highly recommended by health professionals, as it builds fitness, strength, balance and coordination as well as providing mental stimulation; all of which contribute to happiness and well-being.'

By Dianne Dell'Oro-Morgan (News team)

NONAGENARIAN'S AFTERNOON TEA, 16TH JUNE 2025

1935 – the birth year of our youngest nonagenarians. Four years old when Germany invaded Poland and ten in 1945 when victory was declared. They were not the soldiers, but the children who lived through the war. Fourteen Nonagenarians attended our afternoon tea and each took to the podium to share an outstanding memory of war or other times.



Opening the speeches Noel (95) joked, 'I still have my own teeth and some of my bodily functions still work.' He spoke of his life with music and being awarded an OA medal in 2020. June told of receiving an Australia Day Award in 2016.

John warned of wartime propaganda. 'The press said Australia hadn't been invaded, but Darwin was bombed!' Ken remembered 'Lots of Americans around' where he lived, near Luna Park, during the war.

Ruth was in rural England back then. 'Enemy planes flew over on their way home and sometimes dumped bombs overboard to lighten their load.' Arriving in Australia she was awed by the amount of food in our shops after England's rations.



John, Bev and Pauline all remembered getting half a day off school when WW11 ended. Bev said, 'The kids all ran up to the Church to ring the bell... repeatedly! That night I was taken to the celebrations outside Young and Jacksons in the city.'

Pauline's dad took her to the Shrine that day. 'The lawns were covered with so many people; all singing *Abide with me*.'

Born to Dutch parents in Indonesia, Robert was ten when war broke out. The Japanese separated him from his mum and sisters and sent him to a boys' camp. 'One day an allied plane flew over and the guards disappeared.' Robert left the camp to search for his mum.



Judith's outstanding life memory was when her family once had unexpected seat relocations on a plane. Apparently the Prince of Jordan was taking his children (and his 18 body guards) to Disneyland and needed extra seats. One of Marie's life highlights was being farewelled by Archbishop Mannix when leaving on a school pilgrimage to Rome in 1957.

Margaret told of working with a Cambodian student at ANU who lost his family to war. Years later when they caught up again, he thanked her, saying 'You were my family back then.'



As a Scout in the UK, Martin marched at the Queen's Coronation. But being at the end of his line, he had to keep his eyes straight ahead when the order 'Eyes Right' was given. Martin quipped, 'So I'm the boy who went to London to see the Queen... and didn't!'

Malcolm said his late life joy was 15 years ago when he met his wife Helen. 'We're great friends and Helen left her U3A to join U3A Banyule, so that's a bonus for us!' he grinned.

The speeches provided the audience with a wonderful insight into our Nonagenarians' amazing back stories.

Thanks Gina Jones-Parry and team for the amazing food.
By Sue Gunningham (News team)

FOCUS ON: BANYULE U3A PHILANTHROPY AND CREATIVE KNITTING

The story of U3A philanthropy started in 2013 with the Creative Knitting Group. Led by Diana McCormack and with a vision to give back to the community, a members-only, inaugural craft stall raised \$850 for the Olivia Newton John Wellness Centre.

The rest is history! The craft stalls and International Women's Day luncheons (also organised by Diana) have raised a grand total of \$28,400 to date. A remarkable achievement!

The craft stalls are now held twice yearly, in different locations, including Ivanhoe and Watsonia libraries, local halls, shopping strips and at Federation Square in the City. Money raised is donated to various charities and community services.

Some of the very grateful recipient charities include: *The Mission to Seafarers*; *Aboriginal Housing Victoria* (items knitted in Indigenous colours for NAIDOC week); *Box Hill Premature Babies*; *Penguin Rehabilitation Jumpers*; *Knitted Rescue Nests and Pouches for wildlife*, and many local community organisations.

In addition to money, the group has donated thousands of garments, toys and other crafted items, as well as contributing their time to make a difference in various ways, such as teaching children and adults to knit. Recently, in the lead up to Easter, the group organised library staff to hide knitted bunnies around the library for children to find.

Success breeds success, and Diana receives many requests for donations of money, goods and assistance each year. The Creative Knitting Group is thankful to their supporters, who donate materials and purchase their beautiful handicrafts.

Acknowledgement: Thanks to Diana McCormack and Toni Tyers who provided this information.



By Glenda
Williamson (News
team)

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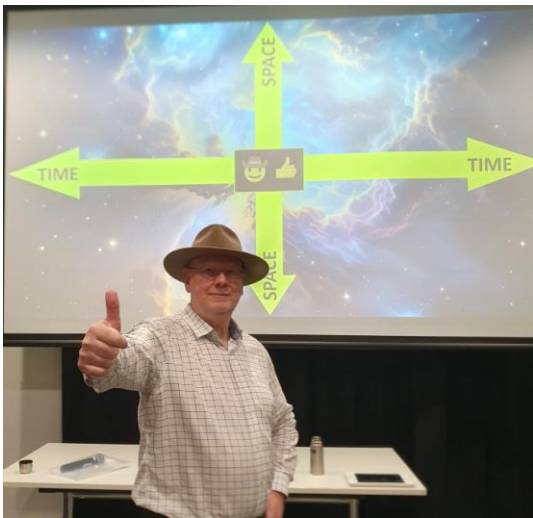
Dear Toni,
On behalf of the Mission to Seafarers, I would like to thank you for your kind donation. The touch of care included in each beanie keeps the seafarers warm in head and heart.
We appreciate your time spent and your generosity.
Yours Sincerely,
Willow Burton



The lecture focussed on the disjunction between science and politics. Having a physics/applied science background, Peter West is 'pro science because it demonstrates truth.'

'Politics ought to pay attention to science,' he said because politics, whether Left or Right, is based on understandings of what the world *is* and how it *works* and what human societies *are* and how they *operate*. But Peter believes our back story is at least 200 years out of date.

Science has constructed a set of ideas for rethinking political theory based on the problem of how we think society *should* work, and the reality of how it *actually* works. 'Humans have an intuitive sense of what's right and fair, and although politics should reflect this, it often doesn't. Instead we keep trying to do things that don't relate to how society *actually is*.'



During the Enlightenment period (1650-1800) philosophers began trying to understand how individuals came together to form a society and live under agreed rules, (shifting from the Brute to the Noble Savage - two incompatible ideas).

Some fear our society may revert to the brute. Others feel we'd be better off if we reverted to a strong healthy version of the brute. Some political groups see modern society as bad and want us to return to a more tribal life. Still others want to *end* society because it's *intolerable*.

The lecture moved to 'Deep Space' and 'Deep Time' - a time continuum stretching out both behind and ahead of us, and a space continuum spiralling out from us in every direction.

Peter ended with the quip; '*In an existential sense, we are all the centre of our own universe.*'

The lecture was challenging, but very interesting.

By Sue Gunningham (News team)

SOCIAL CONNECTION: LINGERING LUNCHES

Our May Lingering Lunch at the Dama Rose restaurant in Ivanhoe was a great success. The food was plentiful, delicious and so beautifully presented. Many lucky people even got to take home a doggie bag.

Fade, who looked after us so well, is the son of this family owned business. He happily took photos of our group of 21 delighted and replete U3A friends. We'll be back!

By Paule Cartwright (News team)



ANNUAL LUNCH June 2025

As U3A President Janet Ringrose said on the day, the annual lunch is a terrific opportunity to meet other members socially. You can go by yourself and enjoy meeting the seven other people sitting at your table. A conversation starts as easily as asking "What do you do at U3A?" and goes from there.

There's also time to visit other tables and say hello if you spot someone from one of your classes. The waiters are attentive and the food is good. The St Georges Restaurant at Preston Melbourne Polytechnic is run through the Catering/Hospitality Courses. It was a pleasure at the end of the day to applaud all the students and teachers involved.



Janet Ringrose

This year's guest speaker, Banyule Council's Art Curator - Stephanie Neoh, addressed an especially significant event. She introduced what is possibly the most anticipated, yet much delayed, art exhibition ever held locally. For the first time since they were painted in the hills around Heidelberg over a century ago, a selection of 'Heidelberg School' paintings from the National Australia Gallery will be shown back here, in Gallery 275 at the Ivanhoe Library. The collection is on long-term loan from NGA's 'Sharing the Collection' touring program to regional and suburban galleries.



Stephanie Neoh BCC



Whelan on the Log - Arthur Streeton

The 'Heidelberg School' was the first significant Western art movement in Australia. The name was coined in 1891 by art critic Sydney Dickinson to describe a group of impressionist artists who established outdoor painting camps in Heidelberg, Eaglemont and Box Hill. Painting fleeting impressions of the scenes around them was a new practice in the 1880s, and Stephanie has hand-picked paintings which portray iconic images of landscape and early life around Banyule. The *Early Impressions* exhibition includes pieces by Arthur Streeton, Clara Southern, Louis Buvelot, Charles Conder and Tom Roberts.

After being initially announced for last February, the opening has been much delayed. Insurance and security protocols needed to be put in place, as we can readily imagine, and also the gallery space had to meet very specific temperature and insulation requirements.

Well done Steph, and great work Banyule Council!

By Jan Connor & photos by Milena Maranhville



The Yarra, Heidelberg - Charles Conder



Out and About : U3A CELEBRATES INTERNATIONAL YOGA DAY - 21 JUNE 2025

International Yoga Day was established by the United Nations in 2014 and is held every year on 21st June. It coincides with the winter solstice here in Australia and the summer solstice in the Northern Hemisphere.

The day highlights the importance of yoga in promoting health, well-being and peace. It is a chance to learn more about yoga's ancient roots and its relevance to us today in helping to promote physical and mental health, and spiritual growth.

Many of our U3A members participated with yoga teacher Brooke Young and community members of all ages for a special yoga session to celebrate International Yoga Day.



Brooke & U3A's Hatha yoga group

Lynne Matheson, an active community leader led a meditation session focussing on this year's theme **'One World, One Health'** reminding us that we all are part of this beautiful and wondrous world and the importance of making each and every-day count!

Thank you, Brooke and Lynne, for providing us with the opportunity to celebrate this special day with you. The children especially enjoyed the animal-based asanas.
Namaste!

By Linda Duncan (News team)



International Yoga day group



Do you have an article idea for the quarterly Newsletter?

U3A is a volunteer organisation and relies on members helping in some way to keep the organisation viable. The Newsletter team are volunteers and constantly seeking articles and photos of members participating in U3A activities.

Have an idea for an article, or a photo you would like to submit to the Quarterly Newsletter? Contact Sue Gunningham (Newsletter editor) via U3A office. You are welcome to submit an article or if you prefer, a team member can interview you about your idea and write the article for you. We welcome your assistance.

Dates for your 2025 diary	
Friday 19 September	Semester 2 Term 3 classes conclude
Friday 26 Sept	Public Holiday (Grand final) U3A office closed
Monday 6 October	Semester 2, term 4 classes begin
OCTOBER is Senior's Month	Seniors Week/Come & Try activities at U3A
Monday 27 October	2026 membership renewals open (tbc)
Tuesday 4 November	Public Holiday (Melbourne Cup) U3A office closed
Friday 28 November	Semester 2, term 4 classes conclude
Monday 1 December	2026 enrolments open (tbc)
Friday 5 December	Annual Forum, Heidelberg Golf Club
Thursday 11 th December	Office closes for summer break