



BANYULE
UNIVERSITY OF THE THIRD AGE

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October 2018 Newsletter

FROM THE PRESIDENT, HELEN MCKINNON

Greetings to all our members! As 2018 races to a close, I hope you are continuing to enjoy and appreciate the way your involvement with U3A enhances your life.

Recently, I was interested to read an article published in U3A Online, about some in-depth, exhaustive, scholarly research done by Martin Bridgstock. He did a search of hundreds of books and research papers, investigating whether there is convincing evidence to support the view that U3A activities are beneficial for its membership, in terms of physical and mental well-being.

Bridgstock concluded that the three types of activity offered by U3As - learning, physical activity and social ties – all have marked benefits for participants. They all have measurable positive impacts upon cognitive and other mental functions, and help to stave off the degeneration often associated with advancing years. They promote physical well-being, reducing illness and mortality, and help further mental functioning. **Membership and activity in U3A have marked benefits, and should be pursued by as many senior people as possible.**

Further, as the large 'boomer' generation reaches retirement age, there is concern about the possible enormous drain on health services, social support and governmental budgets. However, if older people can become more self-reliant, more capable of handling their own affairs, and more capable contributing to the community, it follows that nations as a whole can benefit. **For this reason, U3A movements are not only desirable for older people, but for society as a whole.**

On a different note, let's all strive to ensure that U3A Banyule functions as smoothly as is humanly possible. This means that all of us will:

- Show courtesy to Tutors by informing them of absences or if no longer continuing with a class.
- Pitch in to help with moving furniture, or other necessary tasks.
- Wear a name badge to every class.
- Pay for excursions and other paying events by the due date, online if at all possible. Remember that U3A is run entirely by volunteers, many of whom put in large amounts of time as they carry out their roles. Let's be reasonable in our expectations, and let's make sure they know how much we appreciate their contribution.

Finally, a heartfelt plea – **we urgently need someone willing to take over the role of Treasurer** from our Interim Treasurer, Tom Porter. Work is being done to streamline procedures, and plenty of assistance and support will be given to a new Treasurer. Could this be YOU?? If so, I would be delighted to hear from you.

Editorial

This newsletter provides important information about Membership Renewal and Course Enrolment, see page 3.

Our Annual Forum is on Monday 26 November from 2pm-4pm at the U3A Hall. \$10.00 with Afternoon Tea.

Our Member Profile is of Committee Member Dr Bryce Philips AO who was interviewed by Helen McKinnon. Be sure to read it. Dr Phillips has had a very interesting and highly accomplished life.

Also in this newsletter you will find information about the many fun events happening in the Seniors Festival which starts 1 October, see page 5.

Our New Committee of Management 2018/19 can be found on page 2.

Don't forget to email comments, opinions or questions (less than 100 words) to Cheryl Pritchard, Editor, Bi-Monthly Newsletter,
info@u3abanyule.org.au

NEW COMMITTEE OF MANAGEMENT

The new Committee was welcomed at a brief meeting following the AGM on 16 August. They have been provided with an induction kit with copies of the Constitution, Policies, 2018 Timeline, Position Descriptions and more. Some of these documents are available from our website or copies of all documents are available on request - please email info@u3abanyule.org.au. The Committee generally meets on the third Thursday of the month.

The members of the U3A Banyule Committee of Management 2018/2019 are:

Office Bearers

President - **Helen McKinnon**

Vice President - **Russell Scoular**

Secretary (and Public Officer) - **Milena Maranville**

Treasurer - **Vacant**

15 Ordinary Members of the Committee

Course Coordinator - **Joan Learmont**

Communications Coordinator - **Mary Wilson**

Course Information Manager - **Margaret Fievez**

Volunteers Coordinator - **Jan Ramp**

Office Manager - **Valerie MacPhee**

Assistant Treasurer - **Lois Maguire**

Bi Monthly News Editor - **Cheryl Pritchard**

Office Volunteers Coordinator - **Pat Gropel**

Newsletter Editor and Equipment Coordinator - **MaryAnne Bennie**

MyU3A Administrator - **Dianne Williamson**

Social Organizer - **Diann Bennett**

Network Representative - **Maxine Marks**

General - **Jack Ings**

General - **Bryce Phillips**

General - **Paul Jowett**

Off Committee appointments adopted by the Committee of Management

Health and Safety Officer - **Alan Marks**

Membership Manager - **Julie Marshall**

Tutor Coordinator - **Helen Walker**

Publicity Officer - **Toni Tyers**

Public Lectures Coordinators - **Adrian Ramp and Jan Ramp**

La Trobe Coordinator - **Sue Beshara**

Website Manager - **Penny Braybrook**

Community Wellbeing Officer - **Pat Amor**

Ivanhoe Learning Hub, Council Liaison - **Janice Kelly**

Representatives on External Committees

Banyule Seniors Network - **Maxine Marks**

Banyule Age Friendly Advisory Committee - **Judy Elsworth**

A MESSAGE FROM OUR COURSE COORDINATOR, JOAN LEARMONT

This semester has been a success as almost all of our courses and sessions have been embraced by our members.

There are a couple of unforeseen changes that need noting here. Emails have been sent to members who have already enrolled in these courses.

- The CSL excursion is on **Monday 15 October** not Monday 8 October as advertised.
- Growing Orchids in Melbourne is on **Monday 12 November** not Monday 5th November
- Pancare which was to be Monday 12 November is now **Monday 5 November**.

There is a new course on Wednesday November 21 called "The Role of Monash, exactly 100 years ago". This should be a very interesting presentation by Ian Wright. Please enrol.

The planning for Semester 1 2019 by the Course Coordination team is now well underway and it is looking very interesting, informative and exciting.

Please remember, if you know of anyone who might like to be a tutor or who might like to present a session or if you have any marvellous ideas to include in our program put these in an email to info@u3abanyule.org.au. Keep enjoying our U3A and keep learning.

Many thanks,
Joan and the Course Coordination team.

NEWS & INFORMATION

Membership Renewal Opens on 5 November

- 2019 Annual Fee for individual members is \$45 and for associate members is \$25.
- 2019 Membership Renewal opens **Monday 5 November** and continues throughout the year.
- **Note: Payment of fees is a prerequisite for course enrolment.**

The renewal process can be made online or through the U3A Office.

- Renew online via the MEMBER LOG-IN link at our website u3abanyule.org.au. Please ensure your contact details, including your emergency contacts, are current when you renew your membership.
- Renew via the Office by attending between **10am and noon from Monday 5 November - Friday 14 December** when the office closes for 2018. Office hours will be extended on Monday 5 and Wednesday 7 November from 10am-1pm. Please complete a membership form and include current emergency contact details.

You can renew or join at any time throughout the year and enrol for courses as long as there are places available. New Members can join online via our website u3abanyule.org.au using the JOIN US link which is located on the Membership page. For those without an email address, a membership form can be obtained from the Office.

2019 Course Enrolment – Preliminary Information

- Opens **Monday 3 December** online via the MEMBER LOG-IN at u3abanyule.org.au.
- For non-email members, course enrolment can be undertaken at the Office on **Monday 3 and Tuesday 4 December, 9.00am – 1.00pm** (extended hours). A Course Enrolment form will be mailed with the December Newsletter. After these dates, Course Enrolment forms can be submitted to the office throughout the year and will be processed as soon as possible.
- The **December Newsletter**, which includes Course details and descriptions for 2019 will be emailed to those members with an email address and mailed to non-email members, mid to late November. Hard copies will be available from the office. Online course descriptions will also be available from the website from 19 November.

PROFILE: DR BRYCE PHILLIPS AO, COMMITTEE MEMBER BY HELEN MCKINNON



Dr Bryce Phillips is one of the “three wise men” who grace the U3A Committee of Management as general members. In 2017–2018, the other two sages were Jack Ings and Russell Scoular. Following the recent AGM, Paul Jowett has taken over as the third wise man from Russell Scoular, who was elected as Vice President.

Like his fellow sages, Bryce brings a wealth of life experience to the Committee. Now a very youthful octogenarian, he enjoyed a long and fulfilling career as a Doctor, joining U3A Banyule in 2008 after he retired. Bryce was educated at Ascot Vale West Primary School, Footscray Central and Frankston High School. There was no family tradition of medicine, but Bryce felt drawn to the field from the age of about 14. He studied medicine at the University of Melbourne, thanks to a scholarship that gave him a weekly allowance of four pounds.

While at University, Bryce did compulsory National Service training, and became a competent driver of armoured personnel carriers, well before he had

a civilian driver’s licence. Following posts as Junior and Senior Resident at Prince Henry Hospital, he became a Lecturer in Anatomy. The next step in his career was to join a general medicine practice in Bulleen, where he spent 40 busy and fulfilling years as a GP. He estimates that in a 20 year period, he delivered 450 to 500 babies, acquiring a very healthy respect for the stamina and strength of women giving birth. Dealing with heart attacks, psychotic episodes, car accidents, as well as the less dramatic conditions and events that he encountered every day, made life constantly interesting and challenging.

Parallel with his career as a GP, Bryce was actively involved with the British Medical Association, then with the Australian Medical Association, serving as Eastern Suburbs representative on the Victorian State Council for 20 years, as well as being on the Federal Council. He was Federal President in 1988 – 1990, and represented Australia on the Council of the World Medical Association. In this role, he travelled to events in Vienna, Hong Kong, Miami, Chile, Jerusalem, Seoul, Bangkok and more. Media engagements were a frequent occurrence in this intense period of Bryce’s career.

Bryce was a recipient of the AMA Gold Medal in 1994. He was a member of the Medical Board for 15 years, a member of the National AIDS Council for 5 years, and for 9 years was Commissioner for the Health Insurance Commission. He was appointed as an Officer in the Order of Australia (AO) in 1997.

Since his retirement, as well as enjoying history courses and Current Affairs at U3A, Bryce has become involved in Probus, Legacy (President of Melbourne Legacy in 2012 – 13), the RSL, and the Archives Committee of the AMA. Lastly, but not least, Collingwood Football Club has had his devoted allegiance since he was 7 years old!

Bryce and his wife Penny are the parents of 3 adult children, and very proud grandparents of 6 grandchildren. Their daughter lives in Melbourne, while their two sons both live and work in Singapore. Bryce estimates that they have travelled to and from Singapore to visit their family 35 times, not counting stopovers when on trips to other places.

What does Bryce enjoy about U3A? He appreciates the chance to hear different points of view, and the opportunity to continue to learn. We are indeed fortunate that he chose to join U3A Banyule.

VICTORIAN SENIORS FESTIVAL OCTOBER 2018

Each year the Victorian Seniors Festival is a chance to recognize and celebrate Victoria's Seniors. As part of the festival Seniors are invited to a host of great, free and low-cost events, at a range of locations throughout October. **Interesting Information about the Seniors Festival:**

- Victorian Seniors Card holders are eligible for **8 free days of public transport from 7 to 14 October**, including free V/Line travel. Simply carry your Seniors myki and Victorian Seniors Card with you on public transport, and touch on and off as usual. You won't be charged. On regional services that don't use myki, show your Victorian Seniors Card to the conductor or bus driver. Learn more about travel benefits on seniorsonline.vic.gov.au.
- **Seniors Celebration Day Sunday 7 October, Federation Square, 10.30am - 4.00pm.** The celebration takes over Federation Square and is for older Victorians, their friends and families. There will be music, dancing, come and try activities, roving performers and more. Throughout the day U3A Banyule will have tutors and members demonstrating and performing: Mahjong (12noon - 2.00pm) and Audacity Choir (11.45am – 12.15pm). Also, our Creative Knitting Group will be providing a range of items for sale as part of a craft stall (10am – 4.00pm). Come along, support our tutors and members, and join in the fun!
- **Banyule Seniors Festival: Banyule Council** provides a jam packed program of Council and community-run events (mostly free or low cost), throughout October. A whole range of activities are on offer, including arts and crafts, exercise and sports, bird watching, home maintenance hints and much more. See banyule.vic.gov.au/seniorsfestival for a complete list of activities or collect the Banyule Seniors Festival 'You're Welcome' booklet from the U3A Hall or other community facilities (such as libraries or Council Service Centres).

U3A Banyule is opening up some of our lectures/classes to the public during the month of October as part of the Banyule Seniors Festival – please make new attendees feel welcome and assist them with any inquiries about U3A Banyule.

- **Art Exhibition: Engaging with Ageing – Past, Present and Future.** Hatch Contemporary Arts Space, 14 Ivanhoe Parade, Ivanhoe. This exhibition showcases the artistic talents and different perspectives of older adults in Banyule. Opening Night: 3 October, 5pm–7pm Exhibition Dates: 4 - 20 October, gallery open Tuesday-Saturday 10am-5pm.

FUN Palaces: A global event celebrating all things science, technology and learning.

Fun Palaces will take place across all Yarra Plenty Regional Library branches on **Saturday 6 October 10.00am–1.00pm**. Local community groups will join in by providing activities to share, learn and explore the world around us. At Ivanhoe Library, U3A Banyule will have its newly formed Line Dancers team demonstrating at 11am and 12noon (third floor) as well as a display of fun knitted items, provided by our Creative Knitting Group. If you are out and about on Saturday morning, come along to support our members.

SOME MORE DATES FOR YOUR DIARY

Month of October:	Banyule Seniors Festival
Sunday 7 October:	Launch of Victorian Seniors Festival, Federation Square
Monday 5 November:	Membership Renewal for 2019 opens at MyU3A and at the Office
Monday 26 November:	Annual Forum, U3A Hall, 2pm-4pm, \$10. Refreshments provided.
Thursday 29 November:	Semester 2 concludes
Monday 3 December:	Enrolment for 2019 Courses commences
Thursday 6 December:	Tutors and Office Volunteers Morning Tea, U3A Hall
Friday 14 December:	U3A Office closes for 2018
Monday 14 January:	U3A Office opens for 2019

AVAILABLE COURSES, EXCURSIONS AND ACTIVITIES

Available courses and activities starting or continuing in Semester 2 are listed below. For further details, please consult u3abanyule.org.au under Courses, then Course Information/2018 Program.

If you have enrolled in any course and are now unable to attend would you please take the time to let the Tutor know (through the website, via MEMBER LOG-IN and follow the links to the courses you are enrolled in) or via the Office so that places can be offered to those on a waiting list. Note that "TBA" means acceptance subject to tutor approval.

PUBLIC LECTURES:

4th Monday of the month 2pm-4pm, U3A Hall

Open to the public but we are requesting that our members enrol to give us an idea of numbers.

Monday 22 October: Law Reform in Victoria

Nick Gadd will discuss how the Victorian Law Reform Commission helps reform Victorian law and how the community can be involved.

SINGLE SESSIONS:

Monday 8 October 2pm-4pm U3A Hall: A Rug for a King? A quest to solve a family legend.

This is the tale of a rug, a treasured family heirloom, and the family legend that an identical knitted blanket was sent to the King of England. Fact or fiction? Which King? Why? Who did the knitting? Tutor is Dianne Williamson.

Thursday 11 October 1.45am-1.15pm U3A Hall: Frogs of Melbourne

An introduction to the life of amphibians and the ecological functions they perform. Tutor is Robert Bender.

Wednesday 17 October 1.30pm-3pm U3A Hall: Nurses Forum: Meet Matron's Militia

Come and join a humorous discussion with retired nurses from various fields of nursing.

Thursday 18 October 11.45am-1.15pm U3A Hall: National Broadband Network (NBN) Update:

Amy Jaballah returns to give a further update on the progress of the NBN in Banyule.

Thursday 25 October 10am-11.30am \$10 Fee: Excursion to the Islamic Museum

A fully trained guide from the Museum will provide detailed information on all the exhibits in the Museum and will answer any questions arising during the visit. Museum is in Thornbury.

Monday 29 October 2pm-4pm U3A Hall: Trivia Afternoon

A popular "not too serious" team game with easy questions. With Valerie Fletcher.

Wednesday 31 October 1.30pm-3pm U3A Hall: Working with Elephants in Nepal

Michele Cunningham, an experienced microbiologist, had to develop a test to detect a parasite in elephants. She was then required to go to Nepal to train people how to use the test on elephants.

Monday 5 November 2pm-4pm U3A Hall: Pancare Foundation

Pancare supports people with Pancreatic and Upper Gastro-Intestinal cancers.

As the only charity of its kind in Australia, the Pancare Foundation supports world-leading research and delivers programs designed to address individual and changing patient needs, from the point of diagnosis through to recovery and bereavement.

Monday 12 November 2pm-4pm U3A Hall: Growing Orchids in Melbourne

Michael Coker is President of the Orchid Society's Council of Victoria and will talk about the orchid family and orchids you can grow in Australia.

Monday 19 November 2pm-4pm U3A Hall: A Mixed Bag - Members Medley of Topics

Be informed and entertained by a pastiche of short presentations on a variety of topics presented by U3A Banyule members.

Wednesday 21 November 2pm-4pm U3A Hall: The Role of Monash Exactly 100 Years Ago

On the 100th anniversary of John Monash's greatest triumph, Ian Wright will explain how well Monash and the Australian Forces performed, significantly contributing to the downfall of Germany in 1918.

Monday 26 November 2pm-4pm U3A Hall: 2018 Annual Forum: Population Growth in Australia – what is sustainable?

The following prominent researchers will address the issue of population growth in Australia with particular emphasis on immigration:

- Dr Bob Birrell, President, Australian Population Research Institute. Topic: "Immigration and Housing"
- Dr Katharine Betts, Vice President, Australian Population Research Institute. Topic: "Immigration and Public Opinion"
- Dr Ernest Healy, Centre for Population and Urban Research, Monash University. Topic: "The Politics of Immigration"

The presentations will be followed by a special afternoon tea and the cost is \$10 (prior payment required). Closing date for enrolments 16 November.

SERIES (two or more):

Basic Math: 1st and 3rd Fridays 10am-noon. Tutor is Alan Phillips.

Book Group 1: Tuesday 10am-noon 23 October and 27 November with Margaret Murphy.

Book Group 2: Thursday 10am-noon 25 October and 29 November with Ruth Cumming.

Book Group 3: Wednesday 1.30pm-3pm 3 October and 7 November with Janet Creed.

Chess: Tuesdays 2pm-4.30pm. Play chess in a friendly environment, with or without experience.

Contested Sites - Statues, Memorials, History Wars: Wednesday 9.45am-11.15am 3 October and 10 October. Interesting and humourous talks raising general issues about commemorative statues and memorials.

Creative Knitting: Wednesdays 1pm-3.30pm, weeks 2 and 4. Knitting in a social environment providing endless possibilities, sharing skills, projects, resources and completing items for charity such as beanies, scarves and toys.

Crises in the Middle East: Thursdays 11.45am-1.15pm. 4 lectures from 1 November to 22 November. Dr David Dorward is making a return to discuss the Iraq Invasion, US-Saudi -Iran Rivalry, Syria: clashes between Russia, the USA, Turkey and the Kurds and Israel and Palestine - the festering sore.

Croquet an Introduction: Wednesdays 1.30pm-3.30pm. The Croquet Club will provide all equipment.

Cryptic Crosswords: Fridays 10am-noon, weeks 1, 3, 5. Tutor is Margaret Murphy.

Current Affairs: Thursdays 1.30pm-3pm. A facilitated/moderated meeting of minds discussing news events with Len Kelly.

French Level 1: Fridays 12:15pm-1:45pm. This class is aimed at beginners. It is also for those who may have studied French at school and now retain a smattering of the language but wish to increase their knowledge.

French Level 2: Thursdays 1:30pm-3pm. This interactive class is aimed at those with a basic knowledge of the French language.

French Level 3: Thursdays 11am-12:15pm. This course is designed to allow students to maintain and practice conversational French in an informal and friendly environment.

French Level 5: Mondays 1pm-1:30pm. This is a participant-directed French language discussion group. Sessions are in French.

German Kaffeeklatsch: Wednesdays 10.45am-noon, week 2. Would you like to have a friendly chat over a cup of coffee? Then join this group once a month. Your level of German does not matter, however, we would like you to participate in German.

Italian Conversation: Tuesdays 12.30pm-2pm. This course is designed for learners who have a good grounding in basic Italian grammar, to further develop the basic skill of language learning. Tutor is Adriana Ficarazzi.

Lawn Bowls For Fun: Wednesdays 1.15pm-3.15pm commences 10 October. This activity is suitable for people who have not previously played bowls and for those who would like to return to the sport. All equipment is supplied.

Line Dancing: Tuesdays 1.30pm-2.30pm. Venue: Old Shire Offices Beverley Road Heidelberg.

Monday Cinema: Third Monday each month. Informal group meets with Janet Creed, usually at the Nova or the Kino. No obligation to attend each month.

My Life Story 1 - Writing course: Fridays 2pm-4pm, weeks 2 and 4. With Lynette Phillips.

My Life Story 2 - Writing course: Fridays 1pm-3pm, weeks 2 and 4. With Yvonne Grayce Lockwood.

Pencil and Paint: Wednesdays 1.30pm-4pm, weeks 2 and 4. Tutor is Alexandra Reardon. This class explores many types of media (but not water colour) in a friendly and informal group.

Recorder Group: Mondays 10am-11am. Tutor is Elizabeth Ward. If you think you would like to join the group but have not played the recorder before, please contact the tutor.

Saturday Theatre Matinees: 2pm-5pm

Spoil yourself on a Saturday afternoon by taking advantage of cheaper group bookings for some of the popular shows in Melbourne throughout the year. Indicate your interest by enrolling.

Scrabble: Fridays 10am-noon, weeks 2 and 4. A friendly (non-competitive) group. With Mary Mailer.

Social Bridge for Experienced Players: Fridays 1pm-4pm. Tutor is Kay Ford.

Tai Chi and Qigong for those on the wait list: Mondays 2pm-3pm. This course is to give an introduction to Tai Chi and Qigong. Tutor is Carolyn Wood.

Thai Chi for experienced participants: Tuesdays 9:30am-10:15am. Classes will include Qigong, Tai Chi 18 Form and Lotus Form. Tutor is Diana McCormack.

Then the World Changed Forever – the Industrial Revolution: Thursday 3:15pm-4:45pm. Tutor is Jane Davies.

Vexed and Troubled Englishmen: Thursdays 3:25pm-4:45pm. The English Civil War. Tutor is Jane Davies.