



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

Number 18

April 2023

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## A WORD FROM THE PRESIDENT

U3A Moreland is one of over a hundred U3As in Victoria, all different, according to their location and the make-up of their membership, but all dedicated to supporting and encouraging retired and semi-retired people to keep active - socially, intellectually and physically.

While U3A Moreland depends on the energy and commitment of our volunteers, we also have support from our 'peak' body, U3A Network Victoria.

'Network' receives Victorian Government funding, as well as the capitation fee paid from each U3A. This results in 'Network' staff offering to all its member U3As, technical advice, and assistance with marketing, program delivery and membership services. 'Network' also arranges insurance with the Victorian Government insurer for all U3As, and is involved in advocacy to Government and collaboration with various relevant organisations.



*Richard Brown, 1979*

U3A Moreland members have contributed to some of the courses U3A Network has promoted and shares with all U3As, as detailed on page 7 of this Newsletter. These are the *Understanding Friendship in Later Life* program, and the *Curious about Science* course.

Read what other U3As are doing, courses available and various interesting material on the Network Victoria website at [www.u3avictoria.org.au](http://www.u3avictoria.org.au), in the members only, secure section – the U3A Support Centre. Go to <http://u3avictoria.org.au/invitation> to set up your individual login and password to access the site.

*Look out for our AGM notice, to be held on Wednesday 3 May. All members are invited Perhaps you'd like to consider standing for the new Committee of Management for 2023-24?*

*Richard Brown, President U3A Moreland*

### IN THIS ISSUE

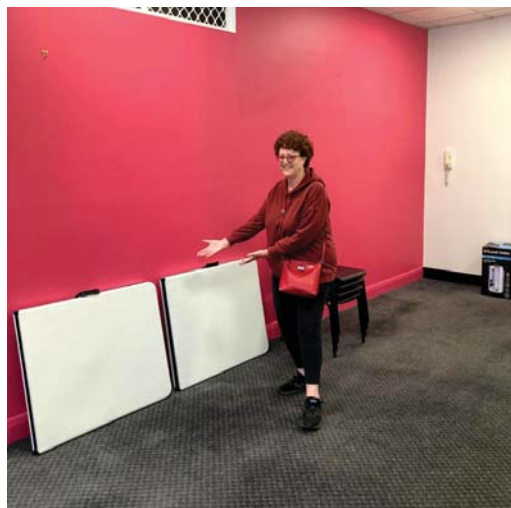
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### 2023 CALENDAR

- Term 1** Mon 30 Jan - Thurs 6 April  
**AGM 3 May**
- Term 2** Mon 24 April - Fri 23 June
- Term 3** Mon 10 July - Fri 15 Sept
- Term 4** Mon 2 Oct - Fri 8 Dec

## OUR MOVE TO BRUNSWICK TOWN HALL

In January it was farewell to Siteworks, for now anyway, and a move to **Brunswick Town Hall, to the first floor Enterprise Centre**. We have been fortunate to secure a very appropriate office and storage space for our equipment and various bits and pieces. A room next door is also available and quite ideal for many of our programs. We are holding a couple of groups there already. Even our office space is quite okay for groups and meetings.



*Our empty space at the start of the day.*

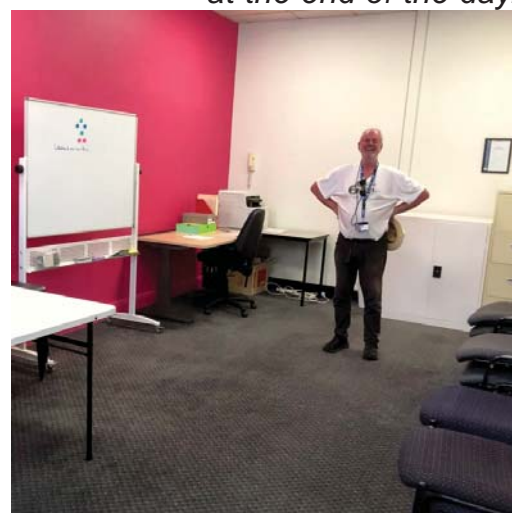


*Our wonderful volunteer, Helen, starts work on the empty space.*

*Richard Brown surveys the scene at the end of the day.*



*Our new office ready to go, and our shared kitchen*



We are grateful for the help and support from Merri-bek City Council in responding to our needs and assisting with the arrangements, along with the work of our own Committee of Management members and other U3A Moreland volunteers. Everyone helped in so many ways moving everything, completing various arrangements and giving of their time and resources, especially our CoM member Helen Shanahan in obtaining furniture, some ideal pieces from various sources. Thank you everyone. It was fun and well worthwhile. We are now quite settled in our new space.

**Our Annual General Meeting will be held on 3 May in one of the other larger rooms on the first floor at Brunswick Town Hall.  
Watch for our notices and further detail.**

*from the U3A Moreland Committee of Management*

## *A moment of joy*

Everyone lives with and through catastrophes. Reflecting on those difficult times in my life, when I cannot find happiness, a theme emerges: moments of joy and times of despair. Joy comes in a moment, times of despair last longer and overwhelm. Brené Brown writing about happiness explains she prefers the phrase *moments of joy*. This resonates, giving a language to describe those moments that create a smile, bring warmth to my heart, strengthen my spirit. In *Dare to Lead* Brené Brown writes *When we feel joy, it is a place of incredible vulnerability - it's beauty and fragility and deep gratitude and impermanence all wrapped up in one experience.*

Searching popular Ted Talks I discovered *Where joy hides and how to find it* by Ingrid Fetell Lee. She shares how design can bring moments of joy. Ingrid has researched joy, its difference to happiness and if you know where joy can be seen and seek it out you will find it, these moments of joy creating a cumulative effect. Ingrid talks about spheres, circles and curves in design and how they bring joy. My moments of joy have been connected to design and nature, mostly with people.

Sometimes it was the small things, I noticed a blue sky with clouds, the sideboard with palm trees etched into the glass, a sunset, a butterfly fluttering nearby; finding a moment of joy everywhere I looked.

A smile, laughter,  
Stan with me forever,  
Clouds moving.

A gentle tear,  
Marg fruit cake with love,  
Warm air, water trickling.

Images, colours,  
Cousin Linda a hug,  
Flowers fill our home.

A blanket warming,  
Danni, Cheryl, gifts with love,  
Candles lit.

Visits often,  
You are my special Nana,  
So many moments of joy.



*Tropea, Italy*

*Hua Hin, Thailand*



In her book *Remember* Lisa Genova writes: *If you look for magic every day, if you pay attention to the moments of joy and awe, you can then capture these moments and consolidate them into memory. Over time, your life's narrative will be populated with memories that make you smile.*

## SHARING OUR STORIES IN PICTURES

from the Newsletter Team

We've all heard, possibly said, "A picture is worth a thousand words." According to Wikipedia, *This is an adage meaning that complex and sometimes multiple ideas can be conveyed by a single still image, which conveys its meaning or essence more effectively than a mere verbal description.*

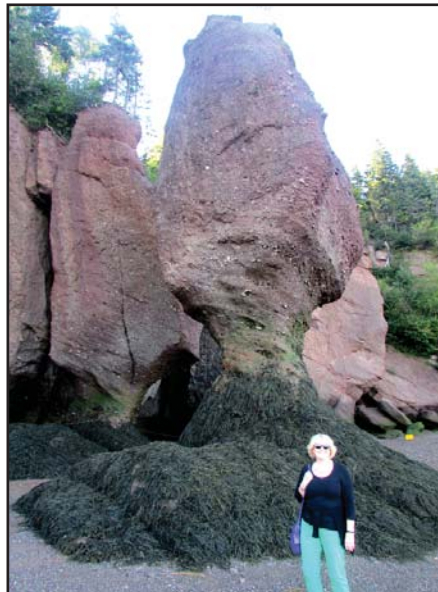
Alongside this formal description our images past and present tell the story of our lives: places we've lived, what we looked like, where we've travelled, experiences we've had and so much more.

We begin our 2023 sharing of images with the Newsletter team. We invite you to contribute your images in future editions. A great way to get to know each other.

Who remembers making their debut? Here is Gwen Rosengren's memory of that occasion:



Richard Brown, a young ABC radio producer in 1979.



Cathy Beesey walked on the ocean floor at the Bay of Fundy, New Brunswick, Canada in 2014.

Christine Filiamundi enjoys her last day of High School in 1965. Judging by the number of times that hem has been let down, she may have been wearing this same uniform when she started in 1961.



**Find a photo, add a caption and email it to the Newsletter team for future 2023 editions. How many images will we receive? We're predicting 50!**

## OUR HISTORY, OUR PHOTOS, OURSELVES

by Christine Filiamundi

Our old photos are precious. It's such a pleasure to look through them and remember Auntie Hazel or Uncle Milton, how they talked, how they stood: all those little peculiarities that made them who they were. As family members slowly pass into history, there are fewer and fewer people to remember them. Our photos are a priceless record of their lives.

This is the first of a series of four pieces for the newsletter in 2023 about preserving family photos. I'm not an expert in photography or archiving, but I've done a lot of work on my own photos and I'd like to share what I've learnt. Do let me know via [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com) if you think there's anything more that needs to be said.

Thanks to the wonders of modern technology, we can make digital copies of our photos and send them to everyone who would treasure them. Only a generation ago there might be just one family member who got most of the family photos, while the rest had to be satisfied with leftovers. In my family, we don't even know where most of the oldest family photos went. Nowadays, the destination of the original prints is less important than it was, but it's up to us to make sure the digital versions we pass on are as good as they can be.

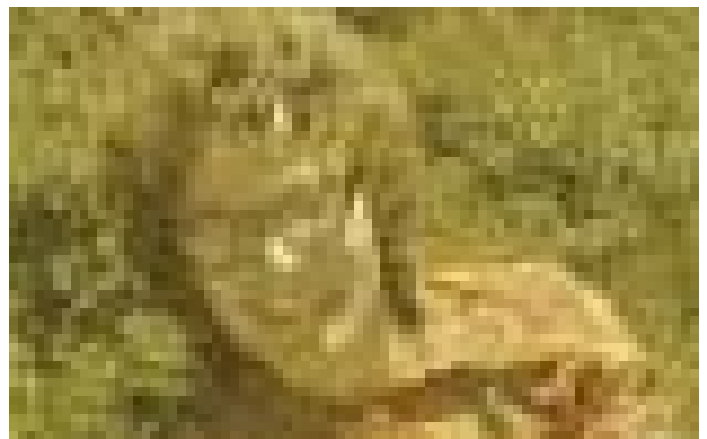


Please don't take the easy way out and make copies of photos with your phone or camera. The image you get will be defective in so many ways. This is an example of a photo from a digital camera. The original is a lovely art work from the U3A drawing and painting group, but this copy doesn't nearly do it justice. The light has got in at the top and distorted the colour and contrast. The image is distorted so that the top looks smaller than the bottom.

These issues will arise almost every time you use your phone or camera to make copies of your photos.

You need a good scanner to make the best possible digital copies. You can buy these at outlets like JBHifi. Best not to get the bottom of the range, but you don't need to get the most expensive scanner either.

The important thing is to know how to change the settings on your scanner. The factory settings will usually give you a resolution of 300 dpi (dots per inch), and that is enough only for your low quality photos. For good or reasonable quality originals I suggest you set your scanner to 500 – 600 dpi. In my family collection I've got a lot of those small square black and white prints that were common in the 1950s. The resolution of the original photos is very high. To scan those photos, I've gone up to a resolution of 1000 dpi. In practice, you can play around with the resolution till you're sure how high you need to go.



A friend sent me this photo of me taken in 1973. It's a scan of a lovely original, but it's pixillated. My friend didn't change the resolution of her scanner, so the scan has been made with factory settings.

If you can't work out how to change the settings, get advice, ask a friend. It's not that hard, and it's worth it, because it may take you hours and days and weeks to scan all your precious photos and you don't want to waste that time making digital images that aren't as good as they could have been.

So if you have photos to preserve, start scanning now. *Next issue: Organising your digital images.*

## THE OLIVE MYSTERY

by Gabriella Gomersall Hubbard, U3A Moreland group member from our program 'A Community of Writers'

Yesterday the last olive on my tree disappeared! Like all the other olives produced by my little olive tree it disappeared without a trace! I looked around the tree and the pot without results. I did not find anything, not even an olive stone or a bit of pulp. I had noticed, when I came back from Queensland, that during my absence the number of olives had diminished considerably, but no one could tell me what had happened.

This year I was so happy to see so many olives growing on the little tree. I had followed their growth from tiny cream flowers slowly changing into small green olives and finally becoming a ripe beautiful dark green and violet colour. Who dared to successfully eat them despite my constant care??? How could this happen? Who has eaten the olives? The olives are bitter they need to be carefully treated to become edible. Dismissed the possibility of an intrusion into my garden which is completely private, the only answer to the mystery is: an aerial intrusion! The birds!!!!



Finally, I glimpsed hopping among the branches of the nearby lemon tree, the guilty thief: a small blackbird that I often see perched on the top of the light pole at the back of the garden. It seems impossible that the birds can, with their small beaks, pick so neatly an olive and gulp it in one go! It is indeed true. The blackbirds and similar birds are able to eat 5kg of olives a day. They love to eat not only worms and insects, but also fruit, especially the blue/violet-coloured ones.

I look at my little olive tree that grows in a pot near the garden door which year after year gives me great joy with its flowers and olives. Its silvery leaves shining in the sun remind me of the majestic and old olive trees growing in Italy. A tree revered since ancient times, a tree that has accompanied step by step the human story from Noah to our time. An ever-green tree, able to survive droughts and cold weather. A generous tree that produces not only fruits and then olive oil, but also wood, light and shade, a symbol of wisdom, fertility, power and purity. It is a tree indispensable to humanity. But what about the blackbird? Is it indispensable?

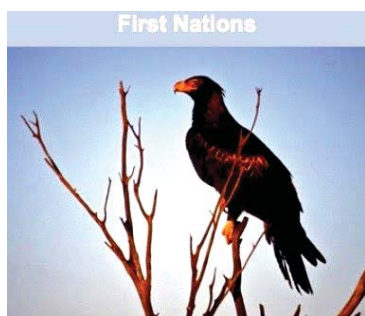
Well, it seems that the olive tree needs the birds to continue to naturally germinate around the world. I marvel at the wonderful balance of nature. I suppose I should contribute to this cycle by sharing my olives with the birds and I hope that the blackbird will continue to sing from the pole in my garden, giving me great joy with his melodious songs.



# MENTORING MAY WITH THE U3A NETWORK VICTORIA

by Cathy Beesey

**Have you thought about facilitating a course at our own U3A Moreland?** Not sure where to start. Below are courses developed by U3A members from across the state working with U3A Network Victoria. If you want to “have a go” at facilitating a course there are course guides with step-by-step instructions on how to run each session, including discussion starters, slide show and links to resources. And during May mentoring is being provided for the courses listed below.



## **First Nations Course Overview**

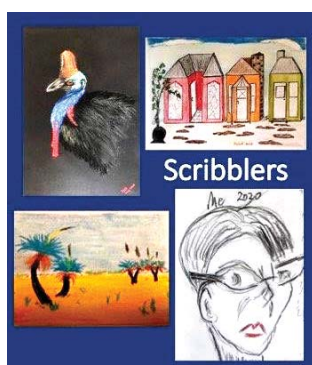
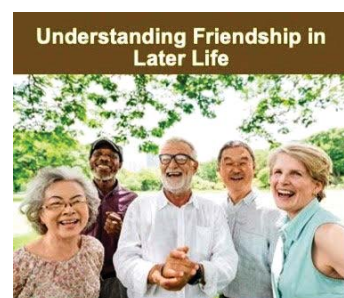
Course Creator: Di Bell, U3A Mornington

*First Nations* is a course which takes us from 70000 years ago to today. The 8-week course gives the history of the Australian Indigenous people from the Day of Creation, to the landing of Captain Cook, and ending with the Uluru Statement from the Heart. Needless to say, we can't cover everything in just 8 weeks! Videos showcasing the Indigenous voice (such as *First Australians*, directed by Rachel Perkins) followed by discussion, are at the core of the program

## **Understanding Friendship in Later Life Course Overview**

Course Creators: Gwen Rosengren and Margaret Robertson

Friendship is a vital but often unexamined part of our lives. As we move through life stages, friends are often associated with schooldays, employment, family activities, neighbourhood links and more. However, having fewer friends can sometimes creep up on us when these elements change, as we age, or when we retire. This can lead to loneliness and affect our health and wellbeing. This course looks closely at our current friendship networks and at the skills, beliefs, and opportunities to help expand these.



## **Scribblers Course Overview**

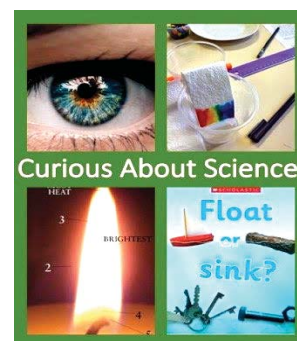
Course Creator: Olga Evans, U3A Indigo

The *Scribblers* course covers the fundamentals of art and principles of design to build a strong foundation in drawing and to develop confidence to explore a personal drawing style and unique visual voice. The course aims to build a supportive, social environment which is uniquely enhanced by online sharing technologies like WhatsApp. It also fosters a curiosity about the local area with occasional open-air sessions. The *Scribblers* course is for members who share an enthusiasm for drawing, regardless of their skill level.

## **Curious About Science Course Overview**

Course Creator: Janine Adams, U3A Ararat

The *Curious about Science* course is designed to promote hands on learning through participation in experiments followed by explanations of scientific theories and principles. The course aims to build a supportive, social and fun environment. Another benefit is participants can share these science experiences with their grandchildren and others at home. This course fosters a curiosity about science and how it relates to our everyday lives and is for all U3A members regardless of their knowledge and skills in science.



## **Like to participate in Mentoring May?**

Register interest: <https://forms.office.com/r/xT487dNWdK> or contact the newsletter team.

## MARKETING U3A MORELAND



Marketing. Yes we do need to constantly publicise and promote what we do to grow our membership. Our membership is currently 181 members at last month's report to Committee of Management. It seems to hover around the 200 mark over recent years, and we are still trying to reach that for 2023.

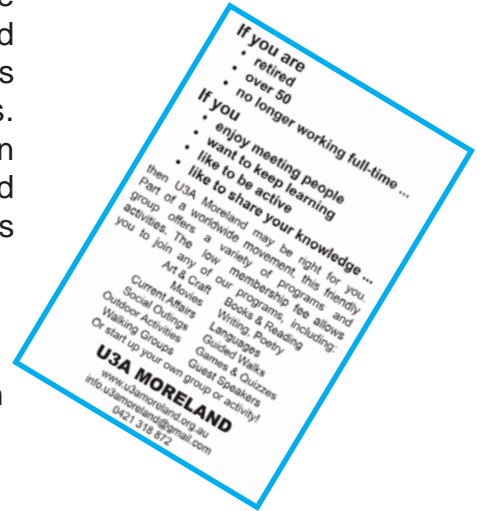
The Marketing Team recognises the need to grow and is constantly looking at ways to publicise and promote our great organisation. As they say - without growth we will decline. We lose members for one reason or another all the time, and we do age. We need to retain our valuable members but also attract new members.

With growing the organisation we refresh our ideas, bring new people and energy to U3A and gain volunteers to suggest and run new programs, as well as contribute to our existing ones.

We need your help

- One of our best ways to promote U3A Moreland is with our postcards but we urgently need help with distribution – and constant distribution.
- We need more members in our Marketing Team with new ideas and to help with the work of promoting U3A Moreland across the City of Merri-bek.

With your offer to help please contact the Marketing Team at [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com) We will welcome you indeed.



U3A Moreland acknowledges the bodies whose grants allow us to flourish in 2023.



Families,  
Fairness  
and Housing



Jobs,  
Precincts  
and Regions



**Merri-bek**  
City Council

*Please circulate the newsletter to others who may be interested in what U3A Moreland offers. If you have ideas for our newsletter, email the Newsletter Team (Christine Filiamundi, Gwen Rosengren, Cathy Beesey, Richard Brown):*

[info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com)

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