



MORELAND
UNIVERSITY OF THE THIRD AGE

NEWSLETTER

Number 22

April 2024

Website: www.u3amoreland.org.au
Email: info.u3amoreland@gmail.com
Telephone: 0421 318 872

A WORD FROM THE PRESIDENT



IN THIS ISSUE

- P1 A word from the President
- P2 Volunteer: Anne Ward
- P2 Volunteer: Debra Kinsey
- P3 Cathy's Column
- P4 Some groups
- P5 Urban Exploring
- P6 Dyeing to Knit
- P7 A circular economy
- P7 U3A Moreland badges
- P8 U3A Moreland website

2024 CALENDAR

- 1 May U3A Moreland AGM
- 10 June Public holiday

Term 2 Mon 15 April - Fri 28 June

One of my favourite activities is gardening. I haven't had any horticultural training, but I remember the garden my father created when we lived in North Balwyn in the 1950s. It was a 'European-style' garden, with roses, camelias, rhododendrons, a few fruit trees and a small vegetable garden. My contribution was mainly following him around watching him digging, weeding and pruning. But I did plant an acorn in the back yard, which later grew to quite a large oak tree - my first gardening success!

Now, years later, I have my own small home garden, mainly natives and a few dwarf fruit trees. But most of my current gardening involvement is at the local community garden, where I run the composting system, organize working bees and help the other volunteer members garden in their personal plots or in the communal gardening area.

After a lifetime of working in offices, writing reports and going to meetings, I find that being in the open air, working with my hands, helping people with their gardening, watching the plants grow and sharing in the produce, is a great way to combine volunteering with recreation in my retirement!

Would you like to volunteer to run a gardening program for U3A Moreland? Contact the Program Team at info.u3amoreland@gmail.com

Richard Brown, President U3A Moreland

VOLUNTEERS AT U3A MORELAND

Anne Ward's story



Labyrinth along the Merri Creek trail, one of Anne's favourite local walks.

All of us at U3A have lived in an everchanging world: learning, building skills and knowledge, communicating, and connecting. All of this they bring to various volunteering roles. Anne Ward, volunteer at U3A Moreland, shares her story.

I think it is wonderful that U3A Moreland can, in helping to meet the needs of 'our' community, set its own programs and activities. This appealed to me, so I joined in 2021. I began with outdoor activities; I enjoy walking and now benefit from participation in *Nordic Walking*. After a year or so I felt the best way I could contribute to the running of U3A Moreland was to volunteer on the Committee of Management. This happened following one of our social gatherings over a sandwich and cup of tea. I came on board initially to assist the Treasurer and have since got involved in other aspects of the Committee. Sharing roles is a good way to get started.

Being on the Committee gives me the opportunity to get to know and work with the other volunteers, I am always learning from them. It also helps keep my administrative skills up to date, a constant challenge, I think.

And as a member I have been able to explore new activities and make local connections. When I think how 'agile' the organisation was during the disruption of Covid, helping keep us connected with people outside our usual contacts, I felt encouraged to be part of this organisation.



Anne inspires Members at our Growing Our Membership workshop in 2023.

Farewell Debra Kinsey



Debra and her partner are making a sea change – a real by the sea move. Debra's *Sit and Knit, Tips and Tricks* Program first started meeting and chatting on Zoom in those lockdown days. Then they were social distancing in a room at Siteworks and more recently, and more cosily, at the Campbell Turnbull Library. Many 'original' members are still part of the group, some of us have been and gone, and some new members have joined.

Debra leaves U3A Moreland at end of term. Farewell Debra, good luck, and take with you loads of appreciation and best wishes from U3A Moreland.

Cheryl Adams takes up as Facilitator from Term 2 so the Program continues.

Gwen Rosengren

San Gimignano



Asti



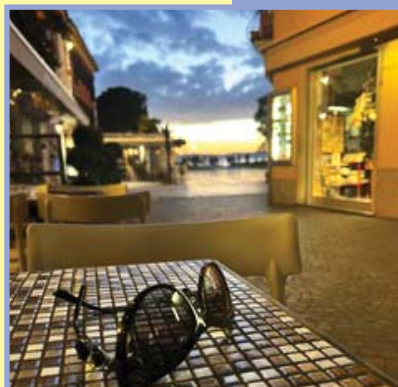
Lake Garda



Lake Garda



Lake Garda



CATHY'S COLUMN

by Cathy Beesey

There is something about ...

My spirit soars: the joy of the new, never truly knowing what is to come, learning in a way that delights, out of my comfort zone, writing, immersed in a language that isn't my own, taking photographs, appreciating art, and connecting with people. I can be nowhere but in the 'here and now'. **There is something about travel.**

In the final newsletter for 2023 the question was posed: Where is Cathy? Five weeks in Italy exploring the Island of Giudecca Venice, three weeks in Lucca, Northern Tuscany, within and beyond this walled city. On trains and buses visiting Pisa, Florence, the birthplace of the story of Pinocchio and more. Driving through Tuscany delighted by San Gimignano, Viareggio, cypress and olive trees, rolling hills, a glass of wine or two and the Ligurian Sea. A night in Asti with days spent in Turin, Piemonte: the Fiat Factory, tasting local cuisine, viewing this extraordinary, stylish city and the awe of Lake Garda. Returning to Melbourne, Covid.

2024 my spirit soars: I am in the here and now immersed in a language that isn't my own, learning Italian, in the *Speaking Italian: Conversation Workshop*; appreciating art in a different way as I 'try' to draw and paint, in the *Painting and Drawing Program*. Connecting with people in English and Italian with support as I 'try'. And the privilege of listening to the writing of others in *A Community of Writers* group, never knowing what is to come. **There is something about U3A Moreland.**

La Dolce Vita - so many courses to choose from at U3A - which ones inspire you? Create your own sweet life.



Cards



Games



Painting & drawing

VISITING GROUPS

Thank you Facilitators and Members. We thoroughly enjoyed visiting some U3A Moreland groups in Term 1. There is variety, enthusiasm, conversation, creativity and lots of participation in our exciting Program offerings. It is outstanding what our volunteer Facilitators bring forth.

Richard & Gwen



Painting & drawing



Cooking for one



**From Justin
McDermott**

It's easy to see why Anna Harley's *Urban Exploring* Program has been so popular that it has a waiting list of seven people. On the morning I joined the group on the corner of the Flagstaff Gardens sporadic rain discouraged no-one. We walked up the path to the summit, remarking on how beautiful the gardens looked. Anna told us that in 1839 Melbourne's oldest public park was known as Burial Hill, before the graves were relocated to the current site of the Victoria Market. From the top of the hill, you used to see across to Port Melbourne, so they erected a tall flagpole to signal the arrival of shipping.



The children's playground in the gardens is Melbourne's oldest (amusingly, a mounted photo shows a fence separated boys and girls).

Urban Exploring with Anna Harley as told by Justin

We then walked down the hill and across King Street to admire St James Old Cathedral, finished in 1842 – not here, but at the corner of Little Collins and William Streets. When St Paul's was opened as Melbourne's new Anglican cathedral, St James was saved from the wrecker and reconstructed on its present site, stone by numbered stone, in 1913. It is an impressive old sandstone building in a style known as Colonial Georgian, more commonly seen in Sydney. Inside, Anna pointed out the fine stained-glass windows by Christian Waller. She was married to the mural painter Napier Waller. Her stained glass in Art Deco style adorns more than 20 churches across Victoria and NSW.



Next we were led through the tangle of West Melbourne streets to St Mary's Star of the Sea. Built between 1842 and 1900 in a style recalling French Gothic, it is Melbourne's largest Catholic parish church. Thanks to the generous donations of the large local community of Irish, and with the legendary Daniel Mannix as parish priest (in fact as Coadjutant Bishop of the Melbourne Archdiocese), the interior of the church must be the most lavish in Melbourne. It has all the flamboyance of Italian baroque, with its Carrara marble altars, its Lady chapel donated by the Irish nationalists, polished red Aberdeen granite pillars, and a magnificent hammerbeam roof supporting angels high up flourishing trumpets.



After a pit stop for a restoring cup of coffee in a friendly cafe, we were guided back through the 19th century streetscapes, noting the rows of small working people's cottages with doors opening directly onto the street; brick toilets on the back lane; a typical motor car workshop of the 1920s with an elaborate double-door; and the grand Art Deco headquarters of today's Independent Schools Association. As Anna pointed out, this is now a very mixed neighbourhood with modern blocks of flats and offices that has lost a lot of its former unity of building styles. But if you look closely, you can see traces of the history of these old buildings by observing the way a bluestone wall has been raised to create a higher roof line, or a façade of Italianate stucco has been added to an 1860s brick terrace house.



**Dyeing to knit
with Lorraine Foster**
as told by Justin



Lorraine Foster

The click of busy needles is entirely drowned out by the hum of lively chatting among participants at U3A's *Sit and Knit, Tips and Tricks*, convened by Debra Kinsey. Ten or so women meet every Tuesday morning in a room behind the Campbell Turnbull Library in Melville Road. The great thing about knitting, I'm told, is that you can launch into conversation while your wrists and fingers are drumming up a most satisfying and calming rhythm – in the background of consciousness, so to speak.

Members also encourage each other with ideas and tips, not to mention literature: I noticed an illustrated volume being passed around with the intriguing title "52 Weeks of Socks".

But I was there to talk to Lorraine Foster about her venture into the art of Natural Dyeing. Having run a small farm with her husband in younger days, Lorraine has familiarity with every stage of the craft: caring for the sheep, carding the fleece, spinning the yarn, dyeing and knitting. And crochet. Her current project is to crochet a whole bedspread.

Dyes can be extracted from a wide range of plant material. The colours Lorraine is currently using constitute a beautifully soft spectrum of contrasting hues: cochineal gives a muted red; stewed olive leaves give yellow; indigo a pale blue; ivy leaves make an olive green. You can produce orange from madder root or from eucalyptus leaves, and pink from avocado skins and stones.

How is this alchemy done? The basic process would be to simmer the plant material in water for 30 minutes or so to extract the dye, then add the woollen yarn which has been simmering away for an hour with a tablespoon of alum to open its fibres. Then simmer for another hour until the dye has been taken up. Don't let it boil or the wool will turn into felt. Clearly there's room for experiment at every step, and aficionados are constantly trying out new plant materials just to see what works.

By the way, there's another natural option – coloured sheep. On the farm, Lorraine tried this too. In fact you can buy lambs in a range of subtle greys and browns. They are genetic throwbacks from otherwise pure-bred white merinos. Presumably the wool is colour-fast, unlike the plant-based natural dyes, which tend to fade with too much laundry.



HANDY TIPS ENVIRONMENT NEWS



Food Scrap Bin for the Kitchen - Free from Council

Welcome to this new feature on our environment from members of the *Climate Change - Living Well & Sustainably* Program. Recently we've spent time trying to understand the ins and outs of recycling.

One of the concepts bandied around is the circular economy. What is a circular economy you may ask? In a nutshell, it means recycling, reusing or repurposing things that would otherwise be thrown away. Merri-Bek Council is developing a Circular Economy Strategy.

One thing the council has done is give us more bins. Hooray, I hear you say. There is a purple lid bin for glass, and a green lid one for plant cuttings, weeds and food waste. The other two are the landfill (with a red or green lid), and the yellow lid one for recycling.

There's more to come in future Newsletters and on the Council website, or you can pick up literature from the Council offices, or they'll send out information.

We found the A to Z Guide on the Merri-Bek Waste and Recycling web page a useful resource for recycling <https://www.merri-bek.vic.gov.au/living-in-merri-bek/waste-and-recycling/>

U3A MORELAND BADGES



Please wear yours.

All our Members are provided with a badge on a lanyard for very good reasons. These are not for leaving at home, or on the bench, or in another bag, or because we all know each other. Well we don't always.

We have the badges for:

Identification - your badge identifies, verifies you as a Member.

Recognition - it is easier for new Members, all Members, and visitors to see a name and use it. It is preferable to be able to address someone by name with a quick glance at the name on a badge, when first meeting, or as a handy reminder when forgetting a name – it does happen!





Emergency Contact - look at the back of the badge and it contains the emergency contact you have chosen to be notified in any emergency. This is the quickest and easiest way to initiate any support arrangements our Facilitators may need to manage, and avoids having to seek details electronically on our Membership database.

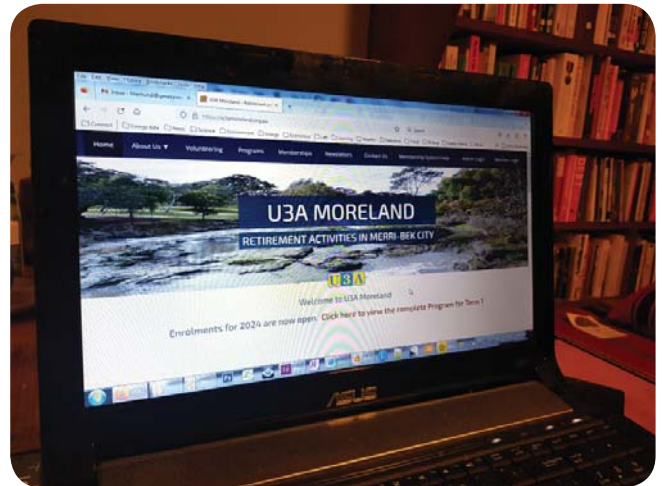
If you are missing your badge, email member.u3amoreland@gmail.com.au for a replacement.

U3A Moreland Committee of Management

U3A MORELAND WEBSITE

Our website is a vital function for the current operation and the ongoing future of our organisation. This is what it does:

-  It advertises who we are and all we do.
-  It provides a pathway for current and future Members to join the organisation, find Program information, and enrol. They can continue to use the **Member Login** function to access up-to-date information, enrol in new courses, report absences, and change details.
-  Our Volunteers, with various access levels, can use the **Admin Login** function to perform the many day to day operations necessary for running U3A and communicating with Members.
-  It provides access for Volunteers to UMAS (U3A Membership Administration System).



Check out our website, explore the menu for more than your Member Login. Read **About Us**, check out our **Policies**, glance at our past **Newsletters**, **Annual Reports** and more.

You can direct anyone enquiring about U3A Moreland to our website.

And our thanks to our long term Volunteer and much valued Member, John Lopatecki, for all his work in developing, maintaining, refreshing and keeping the website up to date over many years.

U3A Moreland Committee of Management

U3A Moreland acknowledges the bodies whose grants allow us to flourish in 2024.



Families,
Fairness
and Housing



Jobs,
Precincts
and Regions



Feel free to circulate this newsletter to anyone interested in what U3A Moreland offers.

Any ideas or items for the Newsletter, see our policy on the website.

(Christine Filiamundi, Gwen Rosengren, Cathy Beesey, Richard Brown, Justin McDermott):

info.u3amoreland@gmail.com

*U3A Moreland Inc is supported by:
U3A Network Victoria
Merri-bek City Council*

*Publication of this newsletter
is supported by
Peter Khalil,
Federal MP for Wills.*