



**MORELAND**  
UNIVERSITY OF THE THIRD AGE

# NEWSLETTER

Number 23

June 2024

Website: [www.u3amoreland.org.au](http://www.u3amoreland.org.au)  
Email: [info.u3amoreland@gmail.com](mailto:info.u3amoreland@gmail.com)  
Telephone: 0421 318 872

## WELCOME TO OUR NEW PRESIDENT



### Welcome Glen Wall

We welcome Glen as both a new member to U3A Moreland and as our President. We are grateful to Glen for taking up this role and for the experience and leadership skills he brings. For many years he has worked on various projects that support retired and older people's community engagement. He has engaged with Local Government and the Victorian State Government to enhance our social inclusion and participation. He has developed and delivered Leadership and Governance training to many community group leaders.

His other significant work has been in Digital Literacy Programs and involvement with RMIT University research to understand better how technology use supports seniors' connectedness and enhances social inclusion and participation. He successfully piloted a Tech Café for seniors at the Glenroy Community Hub, which is now an ongoing Program supported by Merri-bek Libraries

Glen is the Chair of U3A Australia Ltd and a member of the U3A Network Victoria Committee of Management, responsible for Collaborations and Partnerships.

Greetings Glen!

### IN THIS ISSUE

- P1 Welcome our new President
- P2 Our AGM
- P3 Cathy's Column
- P4 Tech Cafe for Seniors
- P4 RMIT research invitation
- P5 Pétanque
- P6 A poem
- P7 Environment handy tips
- P8 Digitally connected



## OUR ANNUAL GENERAL MEETING

On behalf of the membership we express gratitude to the Members who attended our Annual General Meeting (AGM) on 1 May and those who helped with the event, including our Catering Team and their helpers. We also thank those who have volunteered for the Committee so that U3A Moreland will thrive for another year.



Our Rules require we follow proper procedure and report to our members annually and elect a Committee for the year ahead. Members were advised, through email communication on 30th May, about details of elected Committee of Management members.



The guests and speakers at the AGM were the Deputy Mayor, Cr Lambros Tapinos; Becky Lo, the Living and Ageing Well Lead from Merri-bek Council; local federal member of parliament Peter Khalil; and Kylie Gerber, the Membership Services Officer from U3A Network Victoria. It was gratifying to hear words of support from such a range of people.

Our Members passed a motion for a change of name from U3A Moreland to U3A Merri-bek, the first step in a long process that will finally allow us to use the new name. The Committee of Management will follow this through.

Here's to a successful year ahead for U3A Moreland.

## THANK YOU to our retiring Committee of Management volunteers

**Richard Brown** served as U3A Moreland President from the 2022 AGM till he retired at this year's AGM. He led the Committees of Management in the day to day affairs of the organisation and moved us forward after the COVID years. He established closer liaison and regular meetings with Merri-bek Council, and obtained the lease for our new location at Brunswick Town Hall where we set up our office and regularly hold many of our Programs.



**Jane Williams** has retired from our Committee of Management after two years. Special thanks to Jane for taking on the important role of U3A Moreland Secretary for the past year. We cannot function without a Secretary and Jane performed her duties efficiently and thoroughly. We were in very capable hands.

**Helen Shanahan** has also retired after two years on the Committee and in the Program Team Liaison role. She contributed in many ways during this important period, in particular helping with the furnishing of the office, and with the Growing our Membership event.



Our sincere appreciation to you all.



## CATHY'S COLUMN

by Cathy Beesey

### **What advice would you give your younger self? And at what age?**

The question often posed, "What advice would you give your fourteen year old self?" I cannot begin to answer: too complex a time, too many changes, too young to take the advice anyway. I would want to give my twenty-five year old self this advice, "Be kind to yourself."

*At what age would you want to give your younger self advice?*

It is kindness that gives permission to not be perfect, show vulnerability, not judge harshly and confidently show your uniqueness. All my years of searching, reading, researching, living in this not so perfect world has led to this declaration.

Kindness: *The quality of being friendly, generous, and considerate.* Oxford Dictionary. That's not all there is. I extend this definition: kindness to yourself is as important than kindness to others, if not more important. When I am kind to myself I judge others less, I can laugh at my overwhelming number of imperfections and show vulnerability.

Mostly to my twenty-five year old self I would say, "You are who you are and even as you strive to be more, to get there, wherever there is, your uniqueness, personality, ways of being in the world are for you to show and others to see. Learn from your mistakes, don't sweat the small stuff, analyse your behaviour but don't overanalyse to the point where there is only anguish. Take your uniqueness with all it offers and mostly be kind to yourself."

*What advice would you give your younger self?*

I would tell myself with kindness, "That perm was cool for the 1980s. Not to be repeated in the 2020s."

Our president Glen Wall invites you to visit the

## TECH CAFÉ for SENIORS A Digital Skills Mentoring Program

A safe place to enjoy a cup of tea or coffee, biscuit and a chat while you learn the digital skills you need.  
A volunteer digital skills mentor will listen to your needs.



Learn how to:

- Spot scams, stay safe online, access MYGOV and other key services.
- Connect with family, friends, share interests, photos, connect on social media
- Use technology to live independently.
- Make best use of iPhone or Android, iPad or Tablet.

**WHERE? Glenroy Library, 50 Wheatsheaf Road GLENROY**

**WHEN? THURSDAYS 2.00-4.00pm.**



**RMIT**  
UNIVERSITY

### ARE YOU INTERESTED IN THE ROLE OF TECHNOLOGY AS WE AGE?

We are researching the complex and diverse ways older adults engage with technology and data.

Our findings will be published in public reports and contribute to public debate

Participation involves interviews twice a year for two years (4 interviews total). Participants will receive \$50 Coles/Myer gift cards for each interview.

**Please contact Dr Caitlin McGrane for more information:**  
[caitlin.mcgrane@rmit.edu.au](mailto:caitlin.mcgrane@rmit.edu.au)

RMIT Human Research Ethics Approval ID 26667

## What is Pétanque all about?

*By Justin McDermott*



If you're interested in a couple of hours a week of outdoor exercise in good company — but nothing too strenuous — then consider Pétanque. It's a form of bowls invented in the South of France in 1910, and has become very popular in France, Germany, Spain and England, not to mention former French colonies world-wide.

It's easy to see why the game should be so popular. Like Bocce, but unlike lawn bowls, a game of Pétanque can be completely informal, come-as-you-are, requiring no elaborate sporting facilities. That's why U3A Moreland's group currently meets on Tuesday mornings along a gravel path in Warr Park near the corner of Albion and De Carle streets Brunswick.

A broad gravel path makes an ideal 'terrain' for a game. Players take turns to stand in a marked spot and throw their solid metal ball underarm, aiming for a small ball (cochonnet or 'piglet') a few metres away. The ball that stops closest to the cochonnet wins the round. If you're skilled enough, you can play tactically and aim to knock a rival's ball out of the way.

In Paris and throughout France, serious deliberations about strategy are very much part of the game, according to our Facilitator Ian Fehring. French national championships in front of 150,000 spectators are televised!

But mostly the game is about friends simply turning up after work in a public park for a few rounds. The game's social side is so well developed that there even exist Pétanque bistros where you can step outside to play a few games between drinks. In fact, a quick Google search reveals that there is a Pétanque bistro on Mornington Peninsula, and another on Southbank. But we digress.

U3A Moreland's concept of Pétanque definitely leans towards low-key socialising rather than cut-throat competitiveness. In the opinion of your intrepid reporter, it's all the better for that. Mind you, the game develops its own momentum, as you would expect. The final round required us to throw with the left hand, just to keep us on our toes, so to speak.

Then we retired for a relaxed cup of coffee at the Neighbourhood House.

Incidentally, it seems that the game was invented near Marseilles in 1910 to enable a local bowling champion to keep playing after he had become crippled by arthritis and couldn't manage the normal run-up. The word Pétanque derives from pieds tanque or 'foot planted on the ground'. You must bowl without taking a step forward.



Gabriella is a member  
of 'A Community of  
Writers' Group  
U3A Moreland

## One day

You went away

No message, no call

Silence... silence...

You went away,

I thought we had a splendid vision

I thought we had the same sweet dream

Was it just an illusion?

Gone are the times we shared our lives

Walking along the garden paths

Spring flowers, summer reds, golden trees

But winter came,

You went away

Why? You never really said.

Time has flown away

I walk on new paths

Under cloudless sky.

I still cherish that old dream

One day I will make it real

One day...

By myself.

© *Gabriella Gomersall Hubbard*

## ENVIRONMENT HANDY TIPS

... our regular feature, second instalment

### The Wholefoods Unwrapped Collective (WUC)



*WUC won the 2023 Sustainability Victoria Premiers Award for Circular Economy Community Champion*

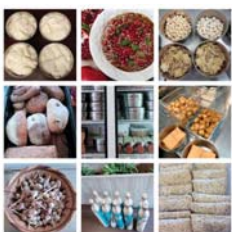
Our *Climate Change and Sustainable Living group* was interested to hear about the Wholefoods Unwrapped Collective (WUC), a small local food collective that is focused on local suppliers who are in sync with the no-packaging ethos.

The food is vegetarian or vegan and members can order online for pickup from the shop (at 869 Sydney Road Brunswick) on Thursday or Saturday. They are also open for walk-ins during limited hours. Order at: <https://wholefoodsunwrappedcollective.com/>

Goods are packed in returnable containers and include fresh and frozen foods, a range of local cuisines, baked goods, flours, snack foods and cleaning products.

WUC won the 2023 Sustainability Victoria Premiers Award for Circular Economy Community Champion.

*Judith Cooke (member of U3A Moreland Climate Change Group)*



- Did you know? Increasing locally grown, fresh plant foods in your diet while reducing packaging, is a triple win for climate, environment, and your health
- Find out more <https://eatforum.org/eat-lancet-commission/the-planetary-health-diet-and-you/>

LIVE LIFE DIGITALLY CONNECTED  
**U3A Network Victoria 2024 Series**



U3A Network presents monthly online sessions on a range of topics such as helping stay safe on line and taking advantage of new technologies. Remainder of the year's 10.00 -11.30 am sessions are:

- **Jul 17, 2024** - Technology available to support independent living. How do I make my home a Smart Home?
- **Aug 21, 2024** - Choosing devices and configuring for everyday use.
- **Sep 18, 2024** - Taking advantage of Health Solutions in the digital world.
- **Oct 16, 2024** - Safe use of Social Media and sharing interests with friends.
- **Nov 20, 2024** - Review of technology advances in 2024. Where to next?

To register for a session, go to the U3A Network Victoria website ([u3avictoria.org.au](http://u3avictoria.org.au)) to ONLINE ACTIVITIES menu item and find: **2024 Series - Live Life Digitally Connected**.

Once you have registered, the Zoom link is emailed to you and you use this link for all sessions.

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, Justin McDermott)*

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