

U3A HAWTHORN NEWS

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Official Newsletter of Third Age Learning (Hawthorn) Inc.

Patron: Professor Linda Kristjanson, Vice Chancellor, Swinburne University

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PRESIDENT'S MESSAGE

I have often thought that the Monash University motto *Ancora Imparo* which is, I understand, attributed to Michaelangelo and is translated from the Latin as “*I am Still Learning*” would be a very appropriate motto for U3As.

A number of recent reports on the Australian population point to the fact that we are an ageing population. Perhaps most significantly, as people live longer, the number of years of post full-time work also increases. This raises an interesting question about what people do in post full-time work and how they prepare for it.

At one time in my career, when I was a lecturer at a teachers' college, I enjoyed asking teachers in training about the skills which they thought would be important to have for work and post work. There is no necessarily correct answer, but some of the frequently listed skills included reading, music, especially performance, cooking, car maintenance, basic first aid, as well as an understanding of how the body works. And then, following this, which skills will enhance the enjoyment of post work living? One of the most important life skills is “*learning how to learn*” and I shall consider this in more detail on another occasion.

In accepting the position of President of Hawthorn U3A, I am very conscious of the fact that I am following a number of people who have held this position over the past 28 years and who have worked to develop this U3A into one of such high standing. Most

recently the late Dr Rod Benjamin and Peter Isaacson have made a great contribution especially as we have moved into the Sinclair Avenue location.

As I have worked with the Management Committee I have become aware of the great number of volunteers who are needed to ensure that the whole operation runs smoothly and efficiently. In addition to the tutors, and some of them take three or more classes, there are volunteers who handle enquiries, record enrolments and prepare class lists, maintain records, produce the newsletter, repair the buildings and the increasing amount of equipment, and much more. I wish to record my thanks to these volunteers on behalf of all Hawthorn U3A members. I also wish to invite members to volunteer to assist with some of the tasks which must be done to keep us going.

SOME GOOD NEWS. The Stockland Company which has developed the Tooronga site and now manages it, has provided a large room for the community to use. A few members from Hawthorn U3A were at the official opening recently by the Mayor of Boroondara and the Manager of Stockland Tooronga. It was readily apparent that we could make good use of the room for several classes and we already have one class using the facility and hope to make more use of it in the future. Car parking spaces and a coffee shop will be a real bonus. I hope that you are able to enjoy your learning in the second half of 2012.

Norm Fary

COPY DEADLINE

Copy deadline for the December 2012 Newsletter is 2 November 2012. Please send all copy to the Office.

DATABASE ASSISTANCE

Unless a Filemaker Pro expert offers assistance with our database, we don't require any further volunteers at present.

*Hans van Dorssen
Database Consultant
U3A Hawthorn*

EMAIL ADDRESSES AND WEBSITE

In order to make the best use of email for U3A Hawthorn communications **it is essential that you notify any changes in your email address by sending an email to the U3A Hawthorn office at:**

mail@u3ahawthorn.org.au

indicating your email contact details. **Please include your name(s) and U3A ID number(s).**

Our website is **http://www.u3ahawthorn.org.au**

All courses, forms, and newsletters are available for download from this website.

FEES FOR 2012

Annual membership fees for 2012 are as follows:

Membership of U3A Hawthorn	\$40 single
	\$65 couple/two at same address
Membership after September 1 for 2012	\$15.00 per person
Member enrolling from another campus	\$25 (to cover administration)

Members are reminded that membership fees for 2012 must be paid before enrolments or re-enrolments in courses can be processed.

MOBILE TELEPHONES

Please (1) ensure that your telephone is switched off or set to silent mode before the class commences and (2) do not answer or make any calls during the class. In an emergency, please excuse yourself from the class and make or answer the call outside the building. Thank you for your co-operation.

Members of the Management Committee

TUTORS PLEASE NOTE

Occasionally, air conditioners and lights are left on and the premises and property are not secured at the end of classes. If the class that follows your class is not in evidence at your time of departure, please ensure that all lights and heating/cooling are turned off, window shutters are closed, the alarm is set and that all doors are locked. This particularly important during school holiday periods.

Thank you for your co-operation.

REMINDER

The Committee of Management would like to remind members enrolling in 2012 courses that in some of our popular curriculum categories, such enrolments are limited to one class of the same type; for example in the languages category Italian 1 or 2 but not both or Bridge Beginners and Bridge Advanced, but not both.

IMPORTANT INFORMATION RE-ENROLLING AND ENROLLING FOR COURSES IN 2013

Details of re-enrolment and enrolment procedures will be found on page 8. Please read these carefully to avoid disappointment in not being able to continue with your favourite topics in 2013. Enrolment and re-enrolment forms are included with this Newsletter and will also be available at the office.

OBITUARIES

RODNEY BENJAMIN OAM, PRESIDENT U3A HAWTHORN 2008-2011

After some months of illness Rod died on 6 June 2012. Rod had a distinguished career in the insurance industry where he rose to Chairman of Edward Lumley and Sons. After open heart surgery in 1979 and 1981 he began his own insurance consultancy practice where he was able to utilise his expertise to assist companies and government authorities. He acted as an expert witness at all levels of the Victorian and NSW court systems and in the Ash Wednesday case before the High Court in London.

When Rod took retirement he was able to pursue a long held wish to undertake tertiary studies. As a mature age student Rod graduated as BA and MA with Honours and was then awarded a PhD in economic history. He particularly enjoyed the study of history and authored and co-authored an impressive number of books where his creative writing skills came to the fore. He gave generously of his time and energy to the Jewish community, The Royal Historical Society of Victoria, the Public Advocates Office and to U3A Hawthorn.

He was awarded a Medal in the Order of Australia in 1999 for his services to the Jewish Community and the insurance industry.

Rod's time as our president marked a period when we set out our Strategic Plan. He commenced the upgrade of our management practices and compliance areas. He represented us at many community meetings and in interaction with Boroondara Council he was held in high regard.

Rod's family tribute included the following

.....he was a renaissance man. He was devoted to his family, worked tirelessly for his communities, wrote history and loved his garden, his dogs, chamber music, good food and good wine.

We were fortunate to have him as our President .

U3A Hawthorn will remember Rod with admiration and respect.

Meg Adams

LINNELL BARELLI 1927-2012

Having recently attended a very moving service to honour the life of Linnell, I was reminded of the many outstanding qualities of a quite remarkable person, whom I first met many years ago as a member of one of her recorder classes. She was a wonderful mix of modesty and consideration for the needs of others, coupled with a strong determination to pursue her respect for the recorder family and to prove to the community at large the value of this largely overlooked instrumental group.

In everything she tackled she was thoughtful and meticulous, and had great integrity. Music had always occupied a large part of her life, and she had learned to play a variety of instruments; piano, organ, oboe, cello culminating in this passion for recorder ensembles. With her usual thoroughness she started classes within our U3A in 1995, first just two, one for beginners and another for the more experienced, and thanks to the generosity of her friend Jean Giese, a former President of U3A, we gathered weekly in Jean's house to enjoy our journey of discovery under Linnell's guidance. We were also encouraged to attend music camps and occasional general play-ins with other groups.

Though serious about her role as teacher and leader, Linnell had a great sense of fun, and her enthusiasm helped us to

find our right level and sense of achievement. As the student numbers increased, she realised that more groups were necessary, and gradually she built up a program of four classes each week. She acquired a beautiful new home in a most convenient situation with a room large enough for her largest group, bought a photo-copier, and set herself to master a computer with the right sort of software to allow her to make her arrangements to suit the varied abilities of her students. Her energy and obvious pleasure in her work created a strong sense of teamwork within us all, and when performing to the public there was always the possibility of something a little bit different to keep the audience alert and entertained.

Sadly, over recent years she had serious health concerns, restricting her active and independent lifestyle and causing her much pain and distress. The most daunting was an increasing loss of vision – unable now to read music or books, to play the piano, and to work in her beloved garden. She died peacefully in her sleep on July 7, truly a relief for her, but leaving a great emptiness and loss for her family and for her former colleagues.

Ruth Muir

EMERITUS PROFESSOR A.G.L. (ALAN) SHAW

A well known and respected tutor of history at U3A Hawthorn died earlier this year. Professor Shaw was a distinguished historian who had lectured at Melbourne later Sydney Universities before becoming Monash University's second Professor of History.

Professor Shaw delighted many third age learners with his very illuminating lectures. He gave generously of his time to the U3A movement including Hawthorn. His lectures always had a very enthusiastic following.

Meg Adams

VALE

Sadly we record the deaths of other members in 2012

Moya Byrne

Donald Hancock

Rosemary Trench-Thiedeman

Charles Ross

FRIDAY FLICKS: FROM OCTOBER 5 ONWARDS

Main Hall, Fridays 11.30 am to 1.30 pm

Come and see some wonderful videos depicting a variety of stories about Indigenous Australians. These will include many feature films like *Ten Canoes*, *Rabbit Proof Fence* and *The Tracker*. There is one about music (the Black Arm Band national tour), and possibly some short films. Everyone is welcome to some or all the screenings!

Film titles with dates are posted on flyers around the campus and on the website (Gateway).

RSVP: let the office know soon so Michael Mullerworth can gauge the degree of interest (Telephone 9821 0282)

A REMINDER—SENIORS WEEK CARNIVAL OF LEARNING FEDERATION SQUARE

**Opening Day - Sunday, 7 October,
10.30 am – 4.00 pm.**

This year marks the 30th anniversary of the Seniors Festival and the 5th year of staging Opening Day at Federation Square, a day which has been built around the **Carnival of Learning** which showcases the work of Victoria's U3As.

This is a wonderful day, extremely well supported by the organisers who provide a large team of helpers to set up the marquees and whatever equipment is required for the various presentations, and are always on hand to ensure that everything runs as smoothly as possible. It is demanding but most rewarding, with all types of entertainment and a diverse range of displays - a really colourful "fun" day, and a great way to promote the U3A movement to the public in general.

For the past four years Marie Hamerton and Ruth Muir have taken charge of our presentation with some help from a few volunteers. **This year we have been asked to make a special effort, so it is really important that we have a large input from our members, either as visitors or as rostered helpers in our marquee, but particularly in providing some new ideas as to how we can best demonstrate what we offer at U3A Hawthorn.**

PLEASE give this serious consideration and mark the date in your diary, but also contact Marie or Ruth or enquire through the Office. We would welcome new faces on the team and would love to discuss any suggestions you may have.

SMOKING BY-LAWS

Boroondara Council has notified us that they are considering the formulation of new by-laws regarding smoking in and around Council owned properties; 26

Sinclair Avenue is Council property. Consideration is being given to banning smoking:

- Within 10 metres of play equipment, BBQs, playing fields and sporting facilities
- Within 5 metres of entrances to municipal buildings, public transport stops, taxi ranks, and on Council controlled land.

LOST PROPERTY

The Lost Property box is bulging with miscellaneous items left behind in our classrooms. If you want to check the box for items that you have mislaid please do so in the next week. We will then empty the box by taking useful items to an op-shop.

U3A HAWTHORN SUMMER SCHOOL 2013

Planning is well underway for the next Summer School in January 2013. Offers for presentations or suggestions for topics/speakers are most welcome. Please contact Carol Lancashire on 9882 4297 or clancashire@bigpond.com. The program will be published in the December newsletter.

Carol Lancashire

U3A ARCHIVES

Anything for our U3A archives may be left at the Office—there is an Archives In-Tray. Our latest acquisition is Martin Merchant's lecture notes for his 1989-1993 lecture series on the *History of Art* course.

*Vida Jarasius
Archivist*

TWO FRENCH BOOKS FOR SALE

Text book — Beginners to Advanced

Dictionary — Complete

Both new

Please contact 0413 907 761 or
email: annaf944@bigpond.com

LANGUAGE COURSES FOR TRAVELLERS

The Hawthorn U3A Curriculum Planning Committee is currently exploring the possibility of running some language courses for travellers in the first half of 2013. We believe that there is a demand for short, travel-focused courses within the Hawthorn U3A community, especially before the middle of the year.

The Committee would love to hear from any of you who might be interested in running such courses over a number of weeks in 2013.

If you would like to register your interest, or need more information before making any commitment, or if you wish to recommend someone, please contact Maggie Roberts, Chair U3A Hawthorn Curriculum Planning Committee (wingsprd@netspace.net.au).



MUSIC NOTES



UPCOMING MUSICAL EVENTS:

- **Tuesday, October 9, 2.00 pm. Massed U3A Choirs in the Melbourne Town Hall.**
- **Sunday, November 4, 2.30 pm. Final Orchestra Concert at Genazzano**
- **Tuesday, November 27, 10.30 am Choir Concert in Main Hall, Oxley Road Uniting Church, Hawthorn**

Due to the timing of our four Newsletters I find that when reporting on our various concerts we are floating between the seemingly distant past and the equally distant future. This inevitably leads to reminders to you all to be sure to note the dates in your diary, no matter how far off they may seem! So you have been warned.

First to the past, and back in June we had a very enjoyable concert from the Choir in the James Tatoulis Auditorium at MLC. This was a fine venue and a large audience showed their appreciation of the works offered. The vocal works were varied by items from not only a wonderful guest trombonist but also a family-based brass quartet, "*One plus Keeffes*", of which he is a member. A great surprise and most entertaining! The Choir is now preparing to share in a very exciting event in early October – a concert from massed Choirs from U3As throughout Victoria, to be held in Melbourne Town Hall on Tuesday October 9, conducted by Andrew Wailes. This concert is planned as part of the special celebrations of the 30th anniversary of Seniors' Week, and I'm sure many of you will want to attend that afternoon.

The Orchestra concert held on July 5 was also a great success. The Madeleine Centre at Genazzano is proving a wonderful venue for us, enjoyed by audience and players, and attracted a larger than usual audience, including several children, pleasing us greatly! A highlight was the

thrilling performance by oboe soloist Jessica Foot, who has since headed off for another year of study in Germany. Our final concert for the year is again breaking new ground, still at Genazzano, but this time on a Sunday afternoon, on November 4 at 2.30 pm. This program is targeted at "*the young at heart*" and particularly children, as it includes a performance of *Peter and the Wolf*, with narration by U3A member, Beverley Menzies. We are very hopeful that we will have a large number of children there, and urge all of you with grandchildren to bring them along – the whole program is designed to be accessible to younger listeners, and maybe first-timers!

A significant innovation for the Orchestra is that in the weeks following our Sunday concert we will be visiting two primary schools, one in Ashburton and the other in Broadmeadows, to perform part of that program for them – "*Peter*" of course, with Haydn's Toy Symphony and John Williams' Raiders March. The two schools concerned are making us feel very welcome, Ashburton has no instrumental music teaching, and the Meadows school is the one chosen four years ago by the MSO for their ongoing Pizzicato Effect music education project.

Last week I had a rendezvous with the piano tuner in our Main Hall as he worked on our piano to bring it back into tune. This piano is an Australian-made Beale, built in Sydney in 1911, procured some years ago through a legacy left to us by Joan Bazeley, a loved member and Latin tutor and ardent music-lover. It is a pity that it is almost never played, and here is a reminder that it is there and always available for private enjoyment, for random sing-alongs or organised small scale performances – provided of course that there are no classes in the Hall itself or in adjoining classrooms. It would welcome your attention.

Ruth Muir

PILATES FALLS AND BONE HEALTH

Twenty five per cent of people in their 60s and 40% of people aged in their 70s suffer a fall each year and this can lead to disability and reduced quality of life. We know exercise can reduce the risk of falling by more than 40%. Researchers at Monash University, led by Dr Anna Barker are conducting a study to determine if a popular form of exercise, Pilates, can achieve similar reductions in falls risk as achieved by other forms of exercise studied in past research such as Tai Chi. The

Pilates sessions will be conducted at a Pilates studio either in Richmond or Ripponlea.

Further information is available from Meghan Ambrens, School of Public Health and Preventive Medicine, Department of Epidemiology and Preventive Medicine, Monash University, The Alfred Centre, 99 Commercial Road Melbourne 3004, telephone: 9903 0199.

Email: meghan.ambrens@monash.edu

SPRING EXCURSIONS

*For bookings please telephone the U3A office
For further **queries**, please contact Joan Harding on 9813 3974 or 0408366987
or Colette Flynn on 98826097*

BOOKING POLICY

All tours fees are payable at the time of placing reservation.
Bookings close two weeks prior to the event.

CANCELLATION POLICY

Cancellations more than 21 days prior to the scheduled departure
incur a \$5 administration fee per person.
Cancellations 21 days or less prior to the scheduled departure time - no refund due.

Thursday 13 September 2012 TOUR OF THE AUSTRALIAN PRINT WORKSHOP

Cost: \$5.00
Time: 10.30 am
Where: 210 Gertrude Street, Fitzroy, Tram number 86 from the city
Limit: 20 participants

Wednesday 24 October 2012 GUIDED WALKING TOURS GOLD TOWNS – SERIES TWO – CASTLEMAINE

Cost: Free
Time: 11.00 am
Where: Castlemaine Railway station
Limit: 25 participants

FULL

Thursday 25 October 2012 TOUR OF FLEMINGTON RACECOURSE (PRE MELBOURNE CUP)

Cost: \$8.00
Time: 1.00 pm
Meet: Heritage Centre (white building with Phar Lap Statue) Flemington Racecourse
Limit: 30 participants
Car access: Enter Flemington Drive entrance (main gate) off Epsom Road, Flemington. Drive to and park at the Members' Carpark. Short walk to the Heritage Centre (white Building with statue of Phar Lap outside).
Tram access: Catch the number 57 tram from Elizabeth Street, City, and alight at stop 30. This is directly opposite the main road entrance to Flemington Racecourse. You will need to allow **15 minutes to walk** to the Members' Carpark, then on to the Heritage Centre (white building with statue of Phar Lap outside).

NOTES ON EXCURSIONS

TOUR OF THE AUSTRALIAN PRINT WORKSHOP

Established in 1981, the Australian Print Workshop has rapidly expanded its activities, attracting

many of Australia's leading artists, based on its reputation for high quality work and professional support facilities. Works produced onsite are represented in all major Australian public art galleries and museum collections.

NOTES ON EXCURSIONS (continued)

GUIDED WALKING TOURS GOLD TOWNS – SERIES TWO – CASTLEMAINE

This is the second walk in a series of walking tours through Victorian Gold Towns. Enjoy an educational and fascinating walk with our own guide, Norm Fary, as he traces the history of the picturesque town of Castlemaine.

Participants should all meet at the Castlemaine Railway station at 11.00 am, after the anticipated arrival of the train from Southern Cross Station (Melbourne).

For those intending to take the train from Melbourne there is currently a 9.15 am departure which arrives into Castlemaine at 10.48 am. After

the tour, the train departs Castlemaine at 4.23 pm. It is your responsibility to check the schedules.

Please wear comfortable walking shoes.

TOUR OF FLEMINGTON RACECOURSE (PRE MELBOURNE CUP)

This tour of Flemington Racecourse has been orchestrated to enjoy the spectacular sight of the carefully tended roses bursting into bloom, ready for the Melbourne Cup to be held a short time later. Feel the history and the atmosphere with a guided tour through the Heritage Centre, the Walk of Fame and the Lady Diana Garden. Go behind the scenes to see the old Carbine stable, the modern stables, the mounting yard and the jockeys' change area.

Can you hear the thunder of the hooves?

TUTORS WANTED – ALL SUBJECTS

The Curriculum Committee is seeking tutors in new subjects. If you have knowledge in a particular subject which you would like to share with others, we would be happy to hear from you. We aim to offer a broad curriculum so would welcome tutors in physical activities, handicrafts, academic subjects, art, languages, history, economics, current affairs, sport and so on. Contact the Curriculum Committee – see below.

home maintenance. This could be lectures on a particular topic or question and answer sessions. Contact the Curriculum Committee – see below.

BOOK GROUP FOR MEN – LEADER WANTED

The Curriculum Committee would like to offer a book group for men, but require someone to lead such a group. If you would like to help, please contact the Committee as below.

TUTOR IN HOME MAINTENANCE WANTED

The Committee would also welcome contact from anyone who would like to run a course on

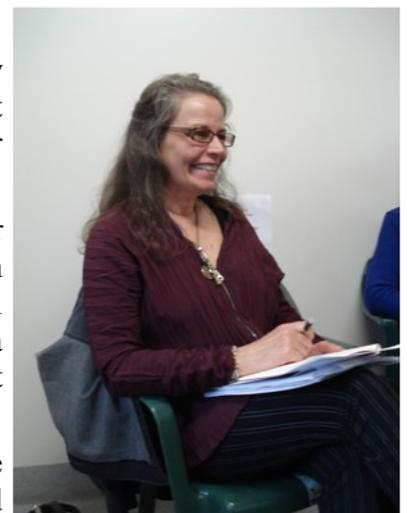
Please contact Maggie Roberts, Chair of the Curriculum Planning Committee via the U3A office or email wingsprd@netspace.net.au .

VISITOR FROM THE OSHER INSTITUTE

In May we received a request from the University of Melbourne, Faculty of Education to meet with a visitor from the University of California at Berkeley. A small group met with Susan Hoffman, Director of the Osher Institute which is a provider of programs for Third Age learners,

Amongst other matters Susan particularly wanted to discuss our curriculum. She explained that that the Osher Institute was interested in programs where challenge, continuity of learning, new learning and social interaction occurred. She observed that our curriculum met these criteria which current research findings indicate assists the delay of many adult onset diseases.

Susan's visit was constrained by other University of Melbourne commitments so we were unable to organise a wider audience. We agreed that future contact could be useful to both organisations



**U3A HAWTHORN RE-ENROLMENT PROCEDURES
AND PAYMENT OF SUBSCRIPTIONS FOR 2013**

This year we are encouraging members to submit their re-enrolment forms, *either by mail* or by *leaving the forms in the box at Sinclair Avenue*. Your payment should be made by cheque, credit card or bank transfer. If paying by bank transfer, please remember to provide your name and member ID so we can identify the payment from bank records. We prefer these methods of payments rather than by cash because of the security risk. Please use the forms provided with this Newsletter. If you pay in cash, this must be done in person at the office between Monday 24 September and Friday 5 October between 2.30 and 3.30 pm ONLY.

The blue form is for re-enrolling for 2013 in the same course that you are currently attending in 2012. If in doubt about the course continuing next year, please check with your 2012 Tutor. If you have withdrawn from a course in 2012, you cannot enrol for that course in 2013 until after 1 December. Re-enrolment for 2013 **MUST** be accompanied by your subscription for 2013.

FRIDAY 5 OCTOBER is the final date for re-enrolment in classes you have attended this year and wish to attend again in 2013, or to enrol in a language class but at a higher level than this year.
Payment of fees is required before re-enrolment or enrolment can proceed.

FRIDAY 7 DECEMBER is the final date this year for enrolment in new subjects.

U3A HAWTHORN FULL MEMBERS RECEIVE ENROLMENT PREFERENCE.

Please use a separate form for each course.
Please use UPPERCASE PRINT to fill in all spaces.
Note: U3A Hawthorn stores personal information safely.

..... Cut here

ANNUAL MEMBERSHIP FEES: Membership: \$40.00. (From September to December: \$15.00)
Joint Membership for two at same address: \$65.00
Member of another U3A: \$25.00 (limit 2 concurrent course)

Amount: \$..... Please tick one of the boxes for payment type

Payment by: Cheque Money Order EFTPOS Credit/Debit Card [enter details below]

Bank Transfer: Name(s): U3A ID(s)

National Australia Bank

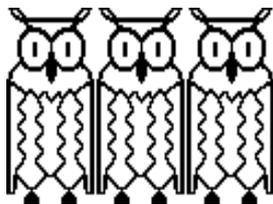
Account Name: Third Age Learning (Hawthorn) Inc.

BSB 083 166 Account No. 790652416

Credit/Debit Card (Visa/MasterCard only) No:

Name on Card

Expiry Date/..... Signature:



U3A HAWTHORN EVENTS

September to November 2012

(This flyer is for your refrigerator or bulletin board)

THURSDAY 13 SEPTEMBER 2012 10.30 AM	TOUR OF THE AUSTRALIAN PRINT WORKSHOP 210 GERTRUDE STREET, FITZROY
SUNDAY 7 OCTOBER 2012 10.30 AM TO 4.00 PM	OPENING DAY -CARNIVAL OF LEARNING FEDERATION SQUARE
TUESDAY 9 OCTOBER 2012 2.00 PM	MASSED U3A CHOIRS MELBOURNE TOWN HALL
WEDNESDAY 24 OCTOBER 2012 11.00 AM	GUIDED WALKING TOURS GOLD TOWNS – SERIES TWO – CASTLEMAINE
THURSDAY 25 OCTOBER 2012 1.00 PM	TOUR OF FLEMINGTON RACECOURSE (PRE MELBOURNE CUP)
SUNDAY 4 NOVEMBER 2012 2.30 PM	ORCHESTRA CONCERT GENAZZANO ON COTHAM ROAD
TUESDAY 27 NOVEMBER 2012 10.30 AM	CHOIR CONCERT MAIN HALL, OXLEY ROAD, UNITING CHURCH, HAWTHORN

Full details of these events are in your Newsletter

Office Hours 9.30 am to 4.00 pm

Telephone: 9821 0282

Facsimile: 9822 7668

Email: mail@u3ahawthorn.org.au

Website: <http://www.u3ahawthorn.org.au>

A REMINDER

If you want to borrow any equipment for use away from the Campus please ask at the Office. We have a process for borrowing and returning our equipment.

Thank you for your co-operation