

THE VOICE OF U3A BRIMBANK

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University of the Third Age

EDITOR:
NEWSLETTER CORRESPONDENCE TO:
GENERAL CORRESPONDENCE:
PHONE:
WEBSITE:

TOMAS WEISZ
silviatomas@netspace.net.au
info@u3abrimbank.org.au
9249 4570
<https://u3abrimbank.org.au>



Christmas in July 2019

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From the President

Intergenerational Maps

Dear Members,

The Intergeneration Maps Project is underway.

Seven of our U3A members will share their memories of living in Brimbank with younger and newly arrived residents to the area. Having met with Maureen from Gallery Sunshine Everywhere to plan the project, it became clear that the knowledge we can pass on to our younger buddies is immense.

The project will include researching our chosen area a little further and then presenting the final outcome by way of artwork and a short story.

This will then be displayed at the Granary Cafe in 2 Devonshire Road between 14th of September and the 12th October.

Stay tuned

Karin Saliba

U3A Brimbank News



Christmas in July- We had a very successful and enjoyable celebration.

Our traditional raffle was also successful; \$186.55 were raised.

We wish to thank the generous contribution of all members who donated prizes.



Vacancies – Yes, there are vacancies! Take advantage of your membership and join any of our programs that have vacancies. Remember that you can join as many as you want.

The following programs are the ones that have vacancies:

Computers:

Level 1 Basic

Level 2 Intermediate

Computer Systems

Art and Craft:

Art for Fun

Craft Class

Languages:

Spanish Level 1 Raw Beginners

Spanish level 2 Beginners

Spanish level 2 Intermediate

English as an Additional Language

French Level 1 Raw Beginners

French level 2 Beginners

French level 2 Intermediate

Games, social activities and monthly programs:

Discussion Group

Movie Club

Armchair Travel

Scrabble

Mah Jong

Book Group

Coffee and Chat

Seniors Lunch

Hollywood and Beyond

Exercise:

Exercise for the Young at Heart

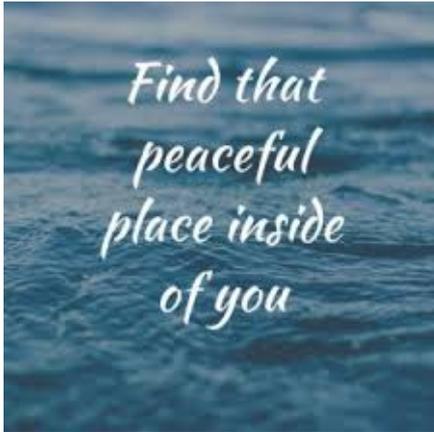
Bike Riding

Tai Chi 24 Form

Check the timetable in our website,

<https://u3abrimbank.org.au>, for times and venues.

If you are on a waiting list for a program that is full, we haven't forgotten you, but we need to update those waiting lists. Please, if you want to be removed from a waiting list, please contact the office (phone: 9249 4570 or email: info@u3abrimbank.org.au)



New Relaxation Class – This new class will be offered soon and it will be conducted by Silvia Weisz.

If you are interested, please send us an email (info@u3abrimbank.org.au) or ring the office on **9249 4570** and put your name down. Once the details are finalized you will be contacted.



Seniors Lunch – This social activity occurs every 3rd Wednesday of the month.

As during this month we celebrate Christmas in July, we are not having our regular Seniors Lunch.

The next one will be on the 14th of August at 12:00pm at the Gold Leaf Chinese Restaurant, 491

Ballarat Road, corner of Hampshire Road.

This is an opportunity to socialize with other members in a friendly atmosphere.

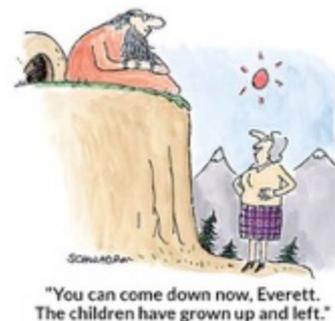
If you are interested in attending, please enrol as for any class.



Achieving a Good Night Sleep - We had a very well attended 3 sessions on this very important health subject.

We thank Jessica and the team from Quality Pharmacy at Keilor Downs Shopping Centre for their very informative 3rd session.

Hopefully, the members attending these sessions learnt a few good tips and are sleeping better and therefore improving their health.



Armchair Travel – On the 23rd of this month from 10am to 12am at the Sunshine West Community Centre, Barry Mitchel will tell us about his recent travel to Borneo.





Computer Classes – A warm welcome to Ashraf Ghattas who has volunteered to tutor our Computers Intermediate Course.

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U3A Regional Workshop and Meeting in Bendigo –

The U3A Network is running this activity for the Loddon Mallee and Western Metro Regions on Monday 9th September and Tuesday 10th September.

The following topics will be covered:

- Tools & Strategies to enhance your sessions.
- Tools & Strategies to further improve our Physical Activity & Exercise Programs.
- Whittlesea’s Community Inclusiveness project.
- Governance Training.

At the end there will be a Regional Meeting with the two regions combined.

U3A Network Victoria





Outing to the Laverton Air Force Base – The Management Committee is interested in increasing our social activities and outings.

Following this idea the activity of the title has been suggested for the 4th term, when our weather becomes milder.

The activity could include a picnic at a nearby park.

If you have any ideas for this type of activity please approach a member of the committee with your suggestion.

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**Android Tablets and Phones** – This course is resuming. It consists of one session of one to one tutoring on the use of these devices.

If you are interested, enrol and the tutor will contact you to organize a day with you.



## Know your tutors



For this issue we interviewed our “Photoshop” tutor: Pina Spalato. Here are the answers she sent us:

“In my earlier years I worked in a factory as a sewing machinist for approximately 4yrs, before and after getting married and having my first 2 children. Then, I went to the Hairdressing Academy and graduated and got my Diploma as a hairdresser.

When an opportunity came along, I was able to set up a Hairdressing Salon and then I had my 3<sup>rd</sup> child.

As time went on I had health problems with my back and also with my wrists (carpal tunnel syndrome). This meant that I could no longer continue with hairdressing.

After many years considering that I needed a hobby to keep my mind healthy and not feeling sorry for myself, I went to our library and looked at all the brochures and the one that stood out and motivated me was the U3A Brimbank computer brochure.

I then enrolled in 2010 and commenced Computer classes in early February 2011.

I thoroughly enjoyed learning more and more as time went on. Later, I was asked and accepted to take on a Photoshop Class

We now have 2 Photoshop classes: Beginners and Intermediate, which I run together with David and Glenyce. We enjoy helping our members to follow the steps on the different weekly tutorials. They enjoy working on their computers without having any pressure on how long they take to finish a project. It's all about feeling comfortable and to enjoy what you are doing: repairing scratches, ripped photos, adjusting faded photos, adjusting the colours on a photo and so much more. We now have an updated CC2019 Photoshop Program installed on our computers.

Helping others is rewarding for me and seeing our members come to our classes and enjoy learning is what gives me motivation to create more and more new tutorials and sometimes even updating our old tutorials so our new members do not miss out on our previous work.

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## **Interview with a member:**

### **I come from a time....**

By Josephine Head

I come from a time when.... families were large and so I am the fifth child in a family of eight kids, who played outdoors!

I come from a time when ... my father would deliver huge metal cans of milk from our farm in Gippsland to the town dairy - on a horse and cart!

It confounds me that I come from a time when ... I used a wooden, black-boxed telephone stuck on our hallway wall! We had to wind a handle on the side of the box to alert the operator that we needed to be connected to the O'Neil's at Ext 369. Certainly, I recall that we would never reveal anything to the telephone's mouthpiece on the front of the box that vaguely resembled a family secret for fear that Mrs Wrigley was listening in on your conversation.



I come from a time when ... women, like my mother and my three aunts, gazed at their brand new 'twin tub' washing machines, marvelling at the

astounding abilities of the said machine to leave the clothes 'almost dry'!

As I continue to move into my teenage years, I remember a time when... excitedly, I modelled my first bikini for my horrified father, who without a moment's hesitation hollered, "You go and put some clothes on, young lady!" I'm as surprised by the social changes I've seen as much as the new technical marvels.

I come from a time when the first fax machines made the old Telex machine obsolete? Astoundingly, before very much time had passed, this thing called email was rolled into the workforce. It was suddenly possible to communicate in real time with others across the world; even in Russia, if you fancied! (Iron Curtain notwithstanding).

I remember how lucky I am to be able to remember a time when ... my parents made a treasured, once in lifetime encyclopaedia purchase from travelling salesmen. But, time and technology have moved on such that I sit here typing on my iPad listening to music in the background. Music that is 'streaming from a cloud' on my MP3 player and I use my iPhone as an encyclopaedia with an infinite source of information from a 'net'. On this sleek little telephone I hold in my hand, I

receive and send information that connects me with hundreds of U3A members at the one time!

My husband, Neil, introduced me to U3A about six years ago before I retired from teaching, which I did quite recently. Neil spends a solid amount of time on behalf of us both volunteering in a number of capacities within our community, which includes U3A at the local and State levels. So, I leave that side of U3A to him, whilst I do the fun stuff! I attend a number of U3A classes and plan to do more in the future. However, looking after grandchildren is my greatest priority and joy at this stage in my life!

On the other hand, although I know nothing about soccer, I do volunteer some time to the Brimbank Soccer Club and hold a position on the BSC Committee. I believe in encouraging multi-cultural harmony and the club provides facilities, opportunities and encouragement for locals to play soccer in order to build community through sport; in particular, disadvantaged children living in Brimbank. These children are often from refugee families encompassing many different cultures.

Each of my attendances at U3A classes has been so very enjoyable, thought provoking and

welcoming. I'd recommend 'Hollywood and Beyond' with Tomas as he introduces his audiences to an array of film experiences: curious, mystifying, nostalgic and soul-stirring. Glenda's Wednesday book club too, has cleverly chosen a wide variety of current books. The participants have varied and, thankfully, sometimes challenging responses to the texts (I find this a gratifying element of any discussion group). Isn't it so very important that as we age we continue to open our hearts and minds to worlds we could not imagine, whether they exist in the real world or are part of great storytelling?

Like time travel; do you like travel? Armchair Travel sessions are great for picking up journey ideas! How easy it is to traverse the world in these times! Surely, many of you, like me, would remember years ago the feelings of awe and wonder when we heard of friends or family venturing to Europe, the Americas or anywhere beyond our Aussie borders. Now, our response to the returned traveller is often, 'Oh, yes. Isn't it a beautiful place? I was there last week'. What a wonderful accessible world!

U3A is a really worthwhile organisation and I look forward to the many joyful times when ...



## **Consumer Rights**

Did you know that when you make purchases you have rights?

Below, there is some information transcribed from the ACCC website.

**“Consumer rights & guarantees** - The Australian Consumer Law sets out consumer rights that are called consumer guarantees. These include your rights to a repair, replacement or refund as well as compensation for damages and loss and being able to cancel a faulty service.

**Consumer guarantees** - Under the Australian Consumer Law, when you buy products and services they come with automatic guarantees that they will work and do what you asked for. If you buy something that isn't right, you have consumer rights.

**Repair, replace, refund** - If a product or service you buy fails to meet a consumer guarantee, you have the right to ask for a

repair, replacement or refund under the Australian Consumer Law. The remedy you're entitled to will depend on whether the issue is major or minor.

**Cancelling a service** - Under the Australian Consumer Law, you have certain rights to cancel a service.

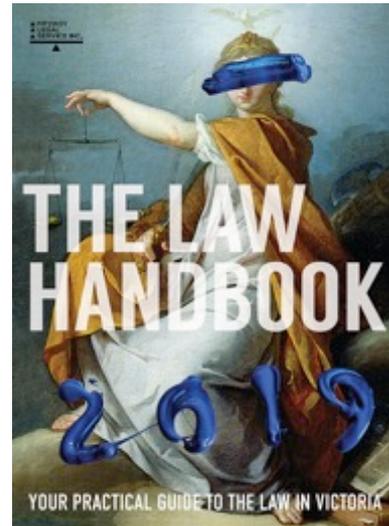
**Compensation for damages & loss** - You can seek compensation for damages and losses you suffer due to a problem with a product or service if the supplier could have reasonably foreseen the problem. This is in addition to your repair, replacement or refund rights.

**Warranties** - Under the Australian Consumer Law, automatic consumer guarantees apply to many products and services you buy regardless of any other warranties suppliers sell or give to you.

**Products & services bought before 2011** - When things go wrong with products or services you bought before 1 January 2011, you may still have rights under the previous consumer protection law called the Trade Practices Act.”

You may be able to get free legal advice (not legal representation) from Legal Aid Victoria (1300 792 387) or one of their local branches.

## The Law Handbook



Following our previous item, here is some useful information taken from the Fitzroy Legal Service website:

“*The Law Handbook* is your practical guide to the law in Victoria. Updated by over 80 legal experts, it provides comprehensive information about the laws that affect Victorians in everyday life including tenancy, consumer protection, bankruptcy, anti-discrimination, education, family, internet, environmental, employment and many more. It is a valuable resource for many people: members of the community, community workers, students, teachers and lawyers.

**The 2019 edition is now available!**

‘If you buy one legal resource book this year, make it *The Law Handbook*. Lawyers rely on this book – so can you. It explains the mysteries of the legal system in

simple English and empowers you to look after legal problems yourself.’

**Jon Faine**

Presenter of *Mornings with Jon Faine*

774 ABC Melbourne

An online version is available for free at *The Law Handbook website*. The website contains:

- all of the content of *The Law Handbook*,
- online links to legislation and cases, and
- a searchable database of the contact details of relevant legal and non-legal services.”

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Our Trip to China

By Silvia Weisz



In the month of May Tomas and I travelled to China.

Since we had to board the plane in Sydney, we decided to spend a few days there as well. We enjoyed Sydney a lot, walked all over the place, visited some museums, took the ferry to Manly and spent some time with friends. This was the first time since we came to Australia, in 1974, that we spent some time in Sydney, just as tourists with no other important business to attend to.

We landed in Shanghai, and then flew to Beijing, where the itinerary included Tiananmen Square and the Forbidden City, and the Great Wall. After Beijing we spent some time in Suzhou where we had the opportunity to see the Lingering Garden which is part of the UNESCO World Heritage Sites, visited a silk spinning factory where we were shown how silk is harvested, spun and used in different ways.

From there we went to Wuxi, where we visited Li Lake Park, Taihu Lake and a Pearl outlet, and took off to Hangzhou

In Hangzhou we visited a tea plantation. Our next destination was Shanghai where we spent some time at the Shanghai Museum. We visited the French quarter, and in the evening we took the Night Cruise on the Huangpu River.

Next step was to come back home. My personal experience of

this trip is that China is an extraordinary country with a very old culture.

If you are interested in hearing in more depth about our experience, and see some pictures of beautiful places, and art, we will be presenting the August Armchair Travel session on August 27th at West Sunshine Community Centre. You do not have to enrol, just show up.

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Important dates

- July 15** - Term 3/2019 starts.
- July 15** - Discussion Group - Westvale Community Centre
- July 16** - Cooking Class - West Sunshine Community Centre
- July 18** - Hollywood and Beyond - Sydenham Neighbourhood House
- July 23** - Armchair Travel - West Sunshine Community Centre
- August 5** - Discussion Group - Westvale Community Centre
- August 13** - Movie Club - Village Sunshine
- August 14** - Monthly Book Group - Deer Park Library
- August 14** - Seniors Lunch - Gold Leaf Restaurant
- August 15** - Hollywood and Beyond - Sydenham Neighbourhood House
- August 16** - 100 Moments in Australian History - Kororoit Creek Neighbourhood House
- August 20** - Cooking Class - West Sunshine Community Centre
- August 27** - Armchair Travel - West Sunshine Community Centre
- Sept. 2** - Discussion Group - Westvale Community Centre
- Sept. 10** - Movie Club - Village Sunshine
- Sept. 11** - Monthly Book Group - Deer Park Library
- Sept. 17** - Cooking Class - West Sunshine Community Centre
- Sept. 18** - Seniors Lunch - Venue to be advised
- Sept. 19** - Hollywood and Beyond - Sydenham Neighbourhood House
- Sept. 20** - 100 Moments in Australian History - Kororoit Creek Neighbourhood House
- Sept. 20** - Term 3/2019 ends

2019 Term Dates: 3rd 15 July 2019 to 20 September 2019
4th 07 October 2019 to 29 November 2019

Classes and activities are held at the following venues:

Sunshine West Community Centre (**S.W.C.C.**), 25 Kermeen Street,
Sunshine West

Sydenham Neighbourhood House (**S.N.H.**), Level 1, Station Street,
Watergardens Town Centre (above the Library)

Taylor's Hill Youth & Community Centre (**T.H.Y.C.C.**), 121 Calder Park
Drive, Taylor's Hill

Kororoit Creek Neighbourhood House (**K.C.N.H.**), 61A Selwyn Street,
Albion

Westvale Community Centre (**W.C.C.**), 45 Kings Rd, St Albans

Hunt Club Community Arts Centre (**H.C.C.A.C.**), 755 Ballarat Rd, Deer
Park

Deer Park Library (**D.P.L.**), Cnr. Neale & Station Rds, Deer Park

Editor's note

I hope you have enjoyed this issue. The next one will be out at the beginning of term 4 of 2019.

This newsletter is distributed by email and you can also find it in our website. **A few printed issues will be available to pick up from the office. If you know members who do not have access to the Internet, please let them know.**

We welcome constructive criticism and suggestions. Send them to silviatomas@netspace.net.au.

Deadline for contributions for issue No 5 is October 1, 2019, but you may send them at any time to our email address.

Have a productive and enjoyable 2nd term.

