

THE VOICE OF U3A BRIMBANK

No. 5

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University of the Third Age

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Art Group Exhibition at the Hunt Club

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From the President

Dear Members,

There are a lot of great things happening in Term 4 at U3A Brimbank, so please take the time to read the last Newsletter for 2019.

Once again Tomas has put together a wonderful Newsletter full of informative, interesting and fun articles for you to read. We are going to the Point Cook Air Force Base and to Overnewton Castle. There are two Art Exhibitions for you to check out and lots more.

There will be a mobile van at Westvale offering advice on accessing the My Aged Care platform and Aged Care Services available to you and your family within Brimbank.

Plus, the Newsletter will tell you when and where our End of Year Party will be held as well as the all-important information on when to enrol again for next year.

Read, enjoy and pass it on.

Regards

Karin Saliba

U3A Brimbank News



Art for Fun Exhibition at the Hunt Club – On Friday, September 13th the Art Exhibition of our U3A Art Group opened. It was very well attended and very successful. There was a very nice spread provided by the members of the group and we admired the works in a very convivial atmosphere.

The exhibition will be open until the 9th of November and we encourage you to visit it.

The Art Group meets every Monday from 1 pm to 3:30 pm at the Hunt Club Community Arts Centre, 755 Ballarat Road, Deer Park.



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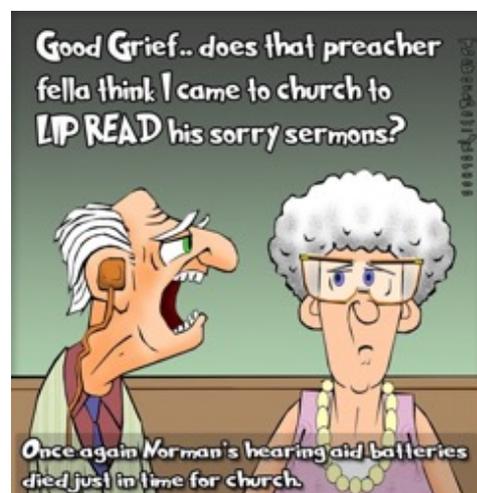
End of Term, Enrolment Day and Break-up Party – The last day of classes for this year will be the 29th of November.

Online re-enrolments will start on December 4th at 10:15 am. People who cannot do it online will be helped by a group of volunteers at Sydenham Neighbourhood House on the same day, starting at the same time until 2 pm. Remember that you have to re-enrol; attendance in 2019 does not guarantee a place in 2020. Remember also that in the first instance you will be allowed to enrol only in 4 subjects/activities to allow everybody to have a chance. Later on, if there are vacancies, you will be able to enroll in any number of subjects/activities.



The Break-up Party will be on December 2nd from 11 am until 2:30 pm at Sydenham Neighbourhood House.

Let's party and celebrate the many achievements of our U3A!



New information session - Do you snore or sleep near someone who snores?



On the 28th of October from 10 to 12, U3A Brimbank in partnership with Sydenham Neighbourhood House will be offering a session open to everyone at no cost. The information session will include the following items:

- Understanding sleep apnoea: symptoms, causes, and risk factors.
- Diagnosis of sleep apnoea: home-based sleep study.
- Treatment of sleep apnoea.

If you are interested, enrol yourself or call the office, **9249 4570**, and leave a message and a volunteer will enrol you.

If you have a friend who is not a U3A member who could be interested in the subject, they can put their name down, calling the Sydenham Neighbourhood House on 9249 4224.



Annual General Meeting – Our next AGM will be in March 2020. Details will be forwarded closer to the date.

Have you considered joining the Committee of Management? New members are needed and most welcome.



If you are interested in witnessing how our organization is run, there are 2 committee meetings left this year: 7th of October and 4th of November.

The committee meets monthly, every first Monday of the month between 12 noon and 2 pm in Room 4 of Westvale Community Centre.

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Understanding our Discouraged Learners Forum

By Silvia Weisz



On the 6 of September Glenda, Karin, David and myself attended a Forum organized by the Brimbank Learning Futures program at Visy Cares Hub. The theme of the forum was as the title of this article.

Tracey Ollis presented the outcomes of a research on learner experiences of Neighbourhood Houses in Victoria. The research focused on people who did not have the same opportunities for learning, as others. She called them “fish out of water” as compared with those who had the advantages of an encouraging environment to learn. She also commented on how the approach to education has moved to a more neo-liberal focus, rather than a more creative one, arguing that “fish out of water” suffered from the violence of a system that does not cater for them.

In my understanding, one of the most important conclusions of her presentation was that it is of utmost importance to offer some first steps to people who have not been able to survive the system, so they can start trusting their own skills and that community organizations can help to change those ideas of them not being valuable, and not being able to learn, by

lifting their self-esteem and proving that they are capable of much more than they thought about themselves and their learning abilities.

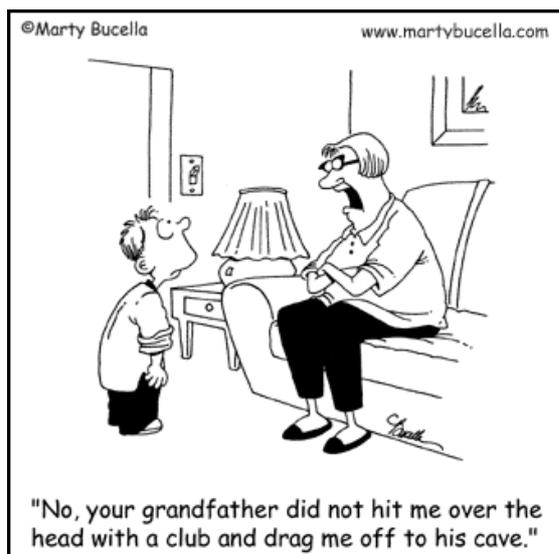
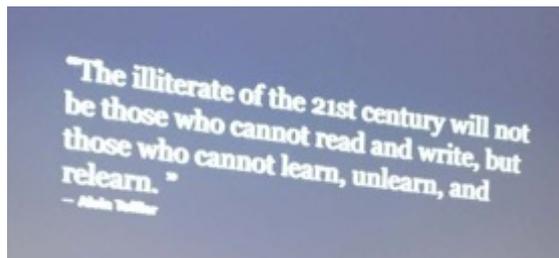
Dr. Robbie Lloyd presented the model of The Recovery College. He spoke about removing stigma and shame from people’s lives, and reviving their sense of Hope and Purpose in Returning to Learning in the Lifelong and Life wide tradition of Adult Community Education (ACE) by applying adult learning principles, such as wanting to know why they need to learn something by letting people find their thing. That will ensure they will learn successfully. Accepting they come with rich experiences and should be given an opportunity to use them, understanding that they are ready to learn, offering a safe and respectful environment

Consultants from Ernst and Young presented some data about lifelong learning in Brimbank provoking an interesting discussion about the future of work given the increase of robots taking over many different areas of employment.



Karin Saliba presented on behalf of U3A Brimbank, on what could be the difficulties of aging adult learners and how the U3A approaches those needs. She spoke about how aging in itself may act as a discouraging element to learn, and how as we grow further away from our active occupations, it becomes more difficult to catch up with learning and technology in general terms, but she also talked about strategies to reverse that tendency, such as exercising, having an active social life, a healthy diet, sleeping enough hours, etc.

It was an enjoyable and thought provoking gathering of people with similar interests: To offer services that address the real needs of our target groups



Intergenerational Maps Project –

In a previous issue of this newsletter we informed you about this project. The exhibition is now open in the Granary Café, 2 Devonshire Road, Sunshine until the 12th of October. The official opening will be on Thursday 3rd October, between 4 pm and 6 pm. You are all invited to attend.



This is a project of Gallery Sunshine Everywhere with the participation of our U3A.

If you cannot attend the launch, you are welcome to visit the exhibition during the café opening hours, which are 7 am to 3 pm every day.



Australian Multicultural Community Services “AMCS” –



The mobile van of this service will be at Westvale Community Centre on Monday the 7th of October between 11 am and 1:30 pm.

AMCS is a non-for-profit organization to support seniors to live a healthier and independent life at home for as long as possible. The van has information on how to access the My Age Care platform, age care services and other community projects and activities relevant and appropriate for seniors in many languages.

This happens on the same date as the next committee meeting, so, this is a chance to witness the discussions of the volunteers who steer our organization and maybe it will whet your appetite to get involved.

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100 Moments in Australian History –

The members of this class have decided that they want to share the topics or their discussions with the membership. Therefore, you will find in this issue summaries of the last two sessions by Wendy Wilson and David Hinds respectively.

You can also find the latest one in our website under Monthly Activities. It is a good idea to visit periodically the website <http://u3abrimbank.org.au> as there is a lot of current information.

On the 20th September the topic was: “Railways in Victoria commencing with the first railway opened in 1854”.

The class meets on the 3rd Friday of each month from 10 am to 12 pm at Kororoit Creek Neighbourhood House.

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### Trip to Point Cook Aircraft Museum –

As announced in our previous issue, this activity was planned for the 4<sup>th</sup> term.

Now we have a date; it will be on Tuesday 8<sup>th</sup> October.

RAAF Museum is the official museum of the Royal Australian Air Force, the second oldest air force in the world, located at RAAF Williams, Point Cook, Victoria, Australia. The museum displays aircraft of significance to the RAAF from its inception as the Australian Flying Corps to the present.

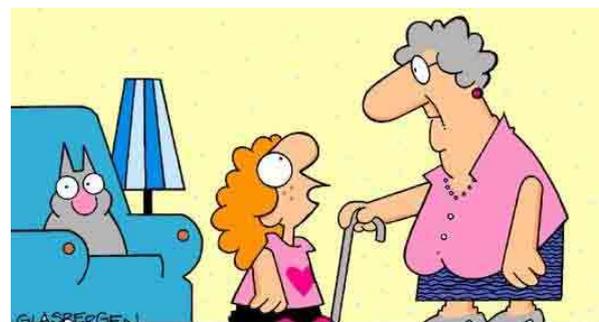
Come along; bring your partner, friends and a picnic lunch. Meet at 9:45 am for a guided tour of the museum starting at 10 am and, weather permitting, see one or more of the planes fly over-head.

RAAF Williams, Point Cook Base  
Address: 480-490 Point Cook Rd, Point Cook VIC 3030

Please Call and leave a message at the U3A Office on **9249 4570** by Friday 4<sup>th</sup> October, stating how many people will be attending.



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“My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?”

**Morning Tea at Overnewton Castle** – On the 13<sup>th</sup> of November we will not have our usual Seniors Lunch. Instead we will be having Devonshire Tea at Overnewton Castle.

This outing includes a tour of the grounds and the lower floor of the mansion and the cost is \$25. Payment should be made by Thursday 7<sup>th</sup> of November. You may pay any member of the committee or on the 7<sup>th</sup> at our office.



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**Made in Brimbank Handicraft Fair** - To be held Saturday, 7<sup>th</sup> December, 1.00-4.00pm at Delahey Community Centre, 80 Copperfield Drive, Delahey. **Details are provisional and have yet to be confirmed.**

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"I'D RECOMMEND THE SALMON AND A HUGE TIP."

## 2019 Victorian Seniors Festival



As every year, the Victorian Seniors Festival will be taking place in October. It will run from Sunday the 6<sup>th</sup> until Sunday the 13<sup>th</sup>.

There will be music, dancing, health checks, talks on subjects of interest to seniors, theatre, movies, exhibitions, workshops, food, etc. Many of the activities will be organized by other U3As or with their participation.

Activities will happen in the City, inner and outer suburbs and in regional areas. Most of them will be free and some will require a minimal contribution.

Public transport will be free, but for long distance V/Line, a prior reservation of a seat is required.

U3A Senior's Festival Celebration Day is on Sunday 6<sup>th</sup> October at Federation Square and the Melbourne Town Hall.

You can pick up a copy of the program at your local library, community center or Coles supermarket. More information is available at [seniorsonline.vic.gov.au](http://seniorsonline.vic.gov.au).

Enjoy the festival!

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## Know your Tutors: Raewyn Voight

I had been working in aged care and hospitality for many years. In 1990 I decided it was time for a career change and enrolled in TAFE. I graduated and found a position in mental health rehabilitation. This program had an art room and the social worker had an art degree. I loved that room. I gained considerable Mental Health and Art knowledge and experience there in that very room. Many years later an Art Therapist was employed and I worked in the Outreach Program supporting people in the community. After 17 years service, funding changed, my position became redundant, so I retired. Now my life is never dull. If my grandparent duties settle down a little, I would love to participate more in the U3A activities.

In 2018 I was approached to tutor the U3A art group. Although hesitant at first, I decided to give it a go. So glad I did. I enjoy the company, the conversations and of course the laughter. There are no judgments made, everyone has creative ability. Our current Art for Fun Exhibition at the Hunt Club had a fantastic turn up for the launch and it was so rewarding to see all the hard work displayed professionally in the main gallery.

Congratulations to all the artists. Pop along and take a look at our Exhibition when you are next in the area!



## The Myall Creek Massacre.

By Wendy Wilson



### Did you know about...?

The massacre of approximately 30 Wirrayaraay people at Myall Creek on 10 June 1838, the subsequent court case, and the hanging of seven settlers for their role in the massacre and that these facts were pivotal in the relationship between settlers and Aboriginal people.

This was the FIRST and ONLY time the colonial administration intervened to ensure the laws of the colony were applied equally to Aboriginal people and settlers and the FIRST time Europeans were executed for the massacre of Aboriginal people.

Professor Ryan, a historian, has already documented 250 massacres, and estimates 6000 Aboriginal people were killed. (Expects to eventually document up to 500). Less than 100 Europeans were killed by the Aboriginal people in that time.

In 1788, it's estimated there were 750,000 Aboriginals. By 1920, it's estimated that the number was reduced to 60,000.

In 2018, it's estimated there are 761,300 who identify as Aboriginal - 3% of the population.

We found it very interesting and enlightening as we were all unaware of the numbers involved.

# Matthew Flinders the Man who Mapped Australia.

By David Hinds



This remarkable man was a British navigator, cartographer, avid adventurer with an extremely brave spirit showing no fear of dangerous situations, was the first to circumnavigate Australia, identify it as a continent and who came up with the name Australia.

Throughout this Great South Land there are at least 100 places named after him; whether it be mountains, mountain ranges, islands, rivers, streets and learning institutions, yet none he named himself.

There are more places named after him in Victoria and South Australia than anywhere else. It is believed Flinders discovered Port Phillip Bay having noted three points in the bay; Arthur's Seat, Hat Rock and Indented Head.

Accompanying him around Australia in the ship HMS Investigator was his beloved cat, Trim. Trim was so highly regarded by Flinders that many statues attribute a feature to him. For instance, along North Terrace in Adelaide is a statue of Flinders holding Trim.

In Swanston Street outside St Paul's Cathedral, Melbourne, there is a large bronze statue of Flinders standing on the brow of a boat, braced against the wind being brought ashore by two seamen.

In a previous voyage accompanied by George Bass, they circumnavigated Tasmania proving it to be separate from the mainland by a strait. This strait was later named Bass Strait.

After circumnavigating Australia, in late 1803, Flinders set sail for England on the HMS Cumberland. The vessel in poor condition put in for repairs at Mauritius. At that time Britain and France were at war with each other. Flinders was imprisoned for almost 7 years as a spy because of certain documents he had in his possession from his voyages around Australia and his French passport which had been issued for his outward voyage to Australia, the Investigator, and not for his returned voyage, the Cumberland.

In October 1810 he arrived back in England in poor health. There he stayed until his death from kidney disease on the 19<sup>th</sup> July 1814, being 40 years of age.



## 2019 Garage Sale Trail Weekend



If you have items that you don't need any longer and you want to get rid of them without organizing a garage sale at home, this is your chance. On 19th. October 10.00am-1.00pm, Westvale Community Centre is doing it for you. Let them know of your interest to participate. There is no table hire charge. Perhaps groups or individuals could combine and share a couple of tables.

### Important dates

- October 3** - Official Launch or Intergenerational Maps Exhibition – Granary Café
- October 7** – Term 4/2019 starts.  
 - Discussion Group - Westvale Community Centre  
 - Australian Multicultural Community Services Van – Westvale Community Centre
- October 8** - RAAF Museum Visit - Point Cook
- October 15** - Cooking Class - West Sunshine Community Centre
- October 17** - Hollywood and Beyond - Sydenham Neighbourhood House
- October 18** - 100 Moments in Australian History – Kororoit Creek Neighbourhood House
- October 19** - 2019 Garage Sale Trail - Westvale Community Centre
- October 22** - Armchair Travel - West Sunshine Community Centre
- October 28** - Sleep Health Session - Sydenham Neighbourhood House
- November 4** - Discussion Group - Westvale Community Centre
- November 11** - Movie Club - Village Sunshine
- November 13** - Monthly Book Group - Deer Park Library  
 - Morning Tea at Overnewton Castle
- November 15** - 100 Moments in Australian History – Kororoit Creek Neighbourhood House
- November 19** - Cooking Class - West Sunshine Community Centre
- November 21** - Hollywood and Beyond - Sydenham Neighbourhood House
- November 26** - Armchair Travel - West Sunshine Community Centre
- November 29** - Term 4/2019 ends
- December 2** - Break-up party.
- December 4** - Enrolments for 2020 start.
- December 7** – Made in Brimbank Handicraft Fair – Delahey Community Centre (details to be confirmed)

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**2019 Term Dates:** 4<sup>th</sup> 07 October 2019 to 29 November 2019  
2020 Term Dates will be announced shortly.

**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 1 of 2020.

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](mailto:silviatomas@netspace.net.au).

Deadline for contributions for issue No 6 will be announced early next year, but you may send them at any time to our email address.

Have a productive and enjoyable 4th term and a very happy new year!

