

# THE VOICE OF U3A BRIMBANK

No. 12 – Term 2 / 2021



University of the Third Age

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Tai Chi in the park with Siew Ang

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## Message From the President

Dear Members,

I would like to inform you that I am stepping down as President at the upcoming Annual General Meeting in April.

I have held this position for the last 3 years and have been on the committee since I joined U3A Brimbank in 2011.

It has been a pleasure to meet and work with so many wonderful people and I still plan to stay on the committee for the next year or so, and so I will be available to help out where I can.

It is time for someone else to come on board with new vitality and ideas.

Regards

Karin Saliba

## **U3A Brimbank News**

### **Almost Normal**

Luckily, we are almost back to normal. Let us hope it stays that way.

Below you will find a list of all our classes and activities and how and where they are delivered.

### **Business As Usual**

These are the classes and activities that are happening at their usual venues, times and in the same manner as before the lockdowns:

- Computers combined levels
- Exercise for the Young at Heart
- Yoga
- Art for Fun
- Line Dancing Inter/Inter. Gold Oldie
- English as an Additional Language
- Movie Club
- Line Dancing Level 1 Raw Beginners
- Line Dancing Level 2 Beginners/Improver
- Mahjong
- Seniors Lunch
- Computer Systems
- Craft Class
- Bike Riding
- Line Dancing Level 3 Easy Intermediate
- Line Dancing Level 2 Intermediate
- Spanish Speaking Morning Coffee (This group has changed venue and days from Wednesdays to Thursdays)

- Microsoft Computer Class (possible change of venue in term 2)
- Apple iPad/iPhone Class (possible change of venue in term 2)
- French Level 2 Beginners
- Tai Chi 24 Form
- Zumba/Ball
- Tai Chi for Health (this class is moving to the Taylors Hill Youth and Community Centre, 121 Calder Park Drive, starting Friday 23<sup>rd</sup> April at 1.00 pm)

### **In Private Homes**

- Cards (This activity has now a new home: Kings Storage, 11 Westwood Drive, Deer Park)
- Spanish Level 2 Intermediate
- Scrabble (Probably in new venue for term 2. Participants will be notified when confirmed)

### **Via Zoom**

- Book Group (The next session will be conducted at the Granary Café in Sunshine)
- Hollywood and Beyond (Possibly in the 2<sup>nd</sup> term at Kororoit Creek Neighbourhood House)
- Spanish Level 1 Beginners
- Spanish Level 2 Beginners
- 100 Moments in Australian History



## **In the Park**

- Yang Style Tai Chi Level 1 Beginners
- Yang Style Tai Chi Level 2 Intermediate

When the weather does not allow to conduct these classes in the park, they are conducted via Zoom.

We are looking for an adequate venue for the winter months.

## **Email**

- Photoshop Level 1 Beginners
- Photoshop Level 2 Beginners

These classes continue in the same form as last year: The tutor sets projects for the students and they submit them via email.

## **Looking for Venues**

- Armchair Travel

We are actively looking for new venues for this activity and all others that still don't have a home.

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## **Annual General Meeting**



It will take place on Wednesday 21<sup>st</sup> of April at Westvale Community Centre between 1.30 pm and 3.30 pm.

Refreshments for afternoon tea will be provided.

New members of the committee are always needed. If you are willing to spare a few hours per month to

volunteer for our U3A, this is your opportunity to nominate.

Soon you will receive an email or a letter with further details.

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## **Farewell and Thanks**

Lucy Kolendowski and Silvia Weisz are leaving the committee after many years of selfless service.

Lucy has been in the committee since the beginning of our U3A and Silvia since 2012, very shortly after becoming a member.

Lucy will continue heading the Spanish Speaking Morning Coffee Group and Silvia tutoring Spanish classes and the Walking Group.

We wish them the best in their future, and we thank them for their great work.

## **Our Office**



It is closed until further notice. Therefore, it is not possible to visit it to talk to one of the volunteers, as used to be the case in the past.

It is still possible to ring or email U3A Brimbank and we will reply. The telephone number is 9249 4570 and the email address is [info@u3abrimbank.org.au](mailto:info@u3abrimbank.org.au)

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## New Activities

### U3A Golf



Brimbank U3A is offering two types of Golf as a sport for people interested.

If you are an experienced golfer, we can link you with a local group which plays once per month. The group is mainly retired or near retired players, happy faces, and the emphasis is on the exercise, travel, and stories told. Fierce competition is frowned upon, although the blood can still stir.

This group plays one Sunday morning per month, usually hitting off at 7.30am. Golf courses chosen are spread from Geelong to Whittlesea to Trentham, and in between. We play at a different course each month, usually within an hour of Taylors Lakes. Cost per game is \$35.00. You would need your own clubs, or even half a set, and your own transport. And a reliable alarm clock.

And playing so early gives you the chance to enjoy the afternoon, or just sit on the couch watching the golf/footy/cricket/netball/hockey/basketball. After all, you will also be a sportsman/sportswoman

### Beginner's course

If you would like to try Golf, and you are a beginner, Keilor Golf course is local, and prepared to assist.

If you can beg, borrow or steal a set of clubs and a trolley, do so to reduce your outlay.

It is recommended you do not buy a set without guidance, because golf clubs can be very expensive, and you need to get the right club measurements sorted out. Any club pro can help with advice

To hire a set of clubs at Keilor is \$15, and a trolley is \$5. To play 9 holes is around \$20. Balls will be provided free.

The driving range is available, as is the putting green for practice. The driving range is \$10 for a bucket of balls.

The routine would be to use the Keilor driving range, followed by some putting practice, followed by 9 holes. Monday afternoon 2.00pm would be a suitable start time for a "New to Golf" group.

After two weeks, most players would be expected to drop the driving range, and simply play 9 holes.

The course will go for ten weeks.

If you would like more information, you can ring Frank on 0439 312 752

**If you would like to participate in any of these activities, please, register your interest by ringing 9249 4570 or emailing [info@u3abrimbank.org.au](mailto:info@u3abrimbank.org.au)**

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## Walking group



If there is enough interest, we would like to start a weekly walking group.

The idea is to have a 1-hour leisurely walk, in safe places and then sit for a cuppa in a nearby café.

The group will have the opportunity to choose different places to experience a variety of environments.

Weather permitting, it will meet every Wednesday at 10 am.

The first one will be at Brimbank Park on 28/4 and we'll have coffee at the park's café.

**If you would like to participate in this activity, please, register your interest by ringing 9249 4570 or emailing [info@u3abrimbank.org.au](mailto:info@u3abrimbank.org.au)**

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## Health and Wellbeing



Alain, an accredited Exercise Physiologist, has offered to hold a Healthy Lifestyle and Wellbeing Seminar covering a range of

evidence-based information on the latest diet myths and misconceptions, the importance of knowing exactly what goes into our foods, the most effective exercises for maximum health benefits, chronic disease prevention tips to lower cholesterol, blood pressure & blood glucose levels among other things, the importance of wellness in our lives and much more.

**If you would like to participate in this course, please, register your interest by ringing 9249 4570 or emailing [info@u3abrimbank.org.au](mailto:info@u3abrimbank.org.au)**



## New Home for U3A Brimbank Book Group

By Glenda Kueng

Our book group has been meeting very happily at Deer Park Library for the last ten years. Over this time, we have developed warm relationships with the library staff, including having one of the librarians joining the meeting for a few minutes to show us new books available and to provide some recommendations.

Unfortunately, our time at the library is over and we have had to find a new home. Next month we will meet for the first time at the Granary Café, 2 Devonshire Rd Sunshine where we will discuss the book of the month over coffee and even enjoy lunch there afterwards.

The U3A Brimbank Book Group meets on the second Wednesday of each month from 10.00 – 12.00 noon.



## Your Phone Is a Lot More Than a Phone

By Michael Sammut

What do you use your Mobile phone for?

**Tip** - Your camera is not only for taking photos of your latest trip, or something that has just happened. Say you need to get a specific shopping item or a particular spare part, but you cannot take it with you to make sure you get the right part, or someone gives you an important address on a piece of paper. Take a picture of it immediately. Then either use the picture as a reference or transcribe the address into your phone using the picture.



If you cannot see the writing on something, then take a picture and then ZOOM in on the writing. Hey Presto, your phone is like a magnifying glass. With the latest iPhone operating system, you can add pictures to your phone's notes and reminders.

Remember, technology is just a tool. Not everyone can make fine furniture using the correct wood tools. It takes skill and experience. **Tip**- learn one useful skill for you (*something that you do often on your phone*) and practice it once or twice a day for a week. Then find another skill and do the same the next week.

I find that typing things on my phone is easier than using bits of paper. Losing bits of paper with notes is easy to do. If I write something on my phone and I am saving it to the iCloud, then even if I lose my phone or I left my phone somewhere and need my notes I can use any other person's device to access them from anywhere in the world. That is peace of mind and very handy for me.

If you would like to see what Computers and mobiles can really do, enrol in a computer class. Remember, you don't know what you don't know.



## Poems and Short Stories

By Rosie Dinh

### The Story of My Mind

My mind is a monkey . Do you believe it ? Yes, it is, because it jumps very quickly from here to there , everywhere.

On the way home after work while driving the car, suddenly I found myself at the driveway. I do not know how many traffics lights I crossed.

I never have questioned these things until later in life when I realized that the state of my mind is not stable. For example, I had a thought to go home, then what to cook, then what I have in the fridge, need to buy something in the supermarket, oh no! I need to see somebody or may be send a letter tonight , pay the gas and electricity bills, ring up my cousin, etc, etc. My mind gets out of my head without giving me notice. It drew my life in miserable deep thoughts about things which are not valuable for a short life. It made me busy all the time instead of sitting down and enjoying a cuppa tea.



As a result , looking back at the years that passed, I regret what I have done and what I have not done. I got injured physically and mentally! So, I made a decision: from now on, I will be a shepherdess, the job is to look after the sheep, to take them out

to the mountain and guide them back to the place I want them to be. I do pay attention to what people call MINDFULNESS.



All of these mean that I need to slow down. What to do ? What to think ? Where I am heading with precaution to avoid injuries to my body and my mind.

### Happiness

Late at night the moon light bright  
Breezing flies the scent of a rose  
Papamei\*

A trend of the eucalyptus branches  
flutter

I immersed myself in listening to my  
mind

With nature in conversation in  
silence

How please a long smoothness soul  
at ease

Awareness by the current perception  
is

Knowing that:

In and out all afternoon without aim

Life is like that lightly secret step  
forward

Month days follows by an "age  
caterpillar"

Fight for it , I am happy write a  
poem

\* A type of very fragrant red rose.



Thank you for reading.

## “Rangoon Heritage Style” Mutton/Lamb Patties/Puffs.

By Khin Zaw Aung

Makes 4-8

### Ingredients

Frozen Puff pastry sheets 2  
Egg 1, beaten  
Vegetable oil/ Butter 3 tbsp  
White onion/ salad onion, medium size (chopped) 1  
Minced Mutton/lamb/beef/chicken 150 grams  
Turmeric powder  
Minced ginger ½ tsp  
Minced garlic ½ tsp  
Salt ½ to 1tsp to taste  
Plain flour 1 to 2 tbsp  
Curry powder (preferred “Shwe Myint Hmo” Burmese brand,) Or any other Asian curry powder such as “Ayam” brand, “Hoyts mild curry powder”, “Keen’s curry powder” 1tsp to 1tbsp  
White pepper (optional) ¼ tsp

### **Procedure**

Marinate minced meat with ½ tsp of turmeric and ½ tsp of salt (for at least 30 minutes or overnight).

Preheat an oven to 200°C.

Place a heavy-duty pan/ nonstick pan on high heat and turn it down to medium heat and add 1 tbsp oil.

Add chopped white onions, minced garlic and minced ginger and sautéed till onion become just soft/a little translucent and set aside.

Heat 2 tbsp oil in the pan on medium heat, add ½ tsp of turmeric powder

and minced meat and stir fry till the meat is fully browned.

Add the sautéed onion mixture and mix well with the meat.

Add the curry powder, mixed well (add white pepper powder - optional) and add 1 to 2 tbsp of plain flour to bind and let it stand on a separate plate to cool.

Take one sheet of pastry and divide into 4 pieces with knife.

Placed portions of divided pastry sheet onto a baking paper lined on the baking tray.

Placed a heaped tablespoon of the filling to one side of the center of each pastry sheet. Fold the other side of the pastry sheet over the meat to meet with the edges, and shape either into a triangle shape or rectangular shape.

Sealed/pressed the edges of the pastry with fork and brushed egg wash all over the pastries.

Finally make a small cut on top of the pastry with the tip of a knife to allow steam to escape.

Bake for 20 minutes and served hot.

Tips: Can refrigerate the pastries for two days. Can reheated in a portable tabletop oven toaster at 100°C or defrost in microwave of 1-2 minutes before serving.





*Rangoon (now known as Yangon) is the capital of Burma (now known as Myanmar). "Rangoon Heritage Style Food and Recipes" are recipes of food from the early '50 to '70s, where simplicity was at its best era.*

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"Sharmie Bakery" style, "Rangoon Heritage Style Food and Recipes" by Khin Zaw Aung & Theingi Swe

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## Answers to Last Quiz

How did you go? Did you cheat and googled the answers?

If not, here they are:

1. Rasputin.
2. Wales.
3. William the Conqueror was crowned.
4. Carter
5. Rome
6. Tennessee
7. The Duke of Wellington
8. Hansom
9. Goldrush

If you didn't keep our previous issue and you want to look at the questions, you can find all previous issues of the newsletter in our website.

Remember that a lot of useful information is available in our website.

## How Is Your Geography?

For this issue we are having a geography quiz and to make it easier it will be multiple choice.

1. Which is the name of a many-headed monster or a Greek island? a) Hydra b) Zante c) Corfu d) Serpens
2. What is the capital city of Belarus? a) Prague b) Minsk c) Zagreb d) Sofia
3. Which of these is a cathedral city in the UK? a) Woburn b) Woking c) Worcester d) Worthing
4. Peeters is the most popular surname in which country? a) Canada b) Thailand c) Belgium d) England
5. Which of these is not a Balkan country? a) Kosovo b) Italy c) Greece d) Bulgaria
6. Apart from the one in Paris, in which European city will you find The Pantheon? a) Corfu b) Athens c) Rome d) Venice
7. What is the official name of the island of St Kitts? a) St Kathleen b) St Christopher c) St Elizabeth d) St Katherine

8. The Bothnian Sea forms part of which ocean? a) Southern b) Indian c) Atlantic d) Arctic
9. In which country will you find Death Valley? a) New Zealand b) USA c) Australia d) Canada

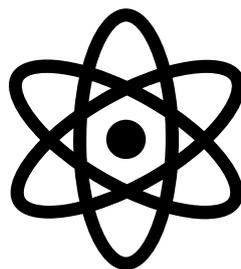
10. Which body of islands is a province of Ecuador? a) Faroe Islands b) Whitsunday Islands c) Shetland Islands d) Galapagos Islands

Answers in our next issue.

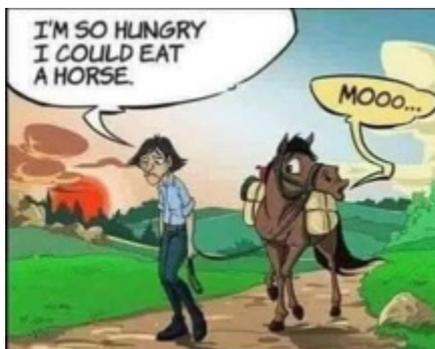
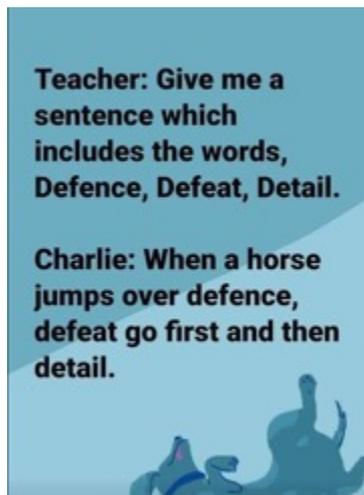


### **Important dates**

- |                     |  |
|---------------------|--|
| <b>April 19</b>     | - Term 2/2021 starts.                                |
| <b>April 21</b>     | - Annual General Meeting – Westvale Community Centre |
| <b>June 25</b>      | - Term 2/2021 ends                                   |
| <b>July 12</b>      | - Term 3/2021 starts                                 |
| <b>September 17</b> | - Term 3/2021 ends                                   |
| <b>October 4</b>    | - Term 4/2021 starts                                 |
| <b>November 26</b>  | - Term 4/2021 ends                                   |



## Funnies

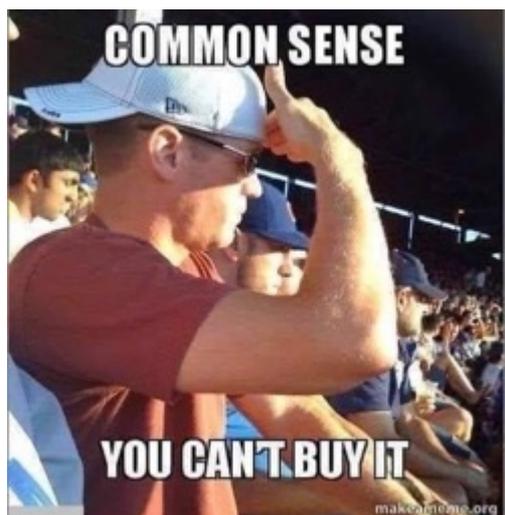


A guy wants a divorce. He tells the judge, "I just can't take it anymore. Every night she's out until way after midnight, just going from bar to bar."

Judge asks, "What's she doing?"

The guy answers, "Looking for me."

After 10 years a wife started to think their child looks kinda strange so she did a DNA test and found out the child is not theirs, she told her husband what she found out, the husband replied, u don't remember do you?? When we were leaving the hospital the baby pooped and u told me go and change him so I went inside got a clean one and left the dirty one there. The wife fainted... 🤔🤔🤔🤔🤔



Thanks to Helen O'Flaherty and Carol Barnes who sent us the jokes appearing in this issue.

## **Editor's note**

Slowly we are getting to some sort of normality and our intention is to get back to publishing one issue per term. Let us hope that the dreaded virus let us do exactly that.

Thanks to all members who sent contributions.

This newsletter is distributed by email and you can also find it in our website.

We welcome constructive criticism, suggestions and contributions for our next issues. Remember that you can send them at any time to [silviatomas@netspace.net.au](mailto:silviatomas@netspace.net.au).

I hope to see you all soon. All the best and take care.

