



**CASEY**  
UNIVERSITY OF THE THIRD AGE

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ISSUE 2

# Newsletter

JUNE 2017

## *President's Report*

Well! Our first revamped newsletter seems to have gone down well; from the comments we have received you enjoyed both the content and the format. All we need now is more input from you our members and of course from our tutors.

As we enter late autumn and begin our slide into winter we understand that many of you will disappear to warmer climes for a while, but don't worry we who are left behind will struggle on regardless. We hope you all enjoy yourselves.

On April 1st, Casey U3A joined with other groups to take part in a Community Day organised by the Friends of Wilsons Botanic Park, it was great to see that so many of our members were also members of other local groups. We hope that those members are telling the other groups about the good things that Casey U3A has to offer.

Our membership currently stands at 330, of which approximately 75 are brand new members. A lot of these new members have joined because our existing members have recommended us. Surveys have revealed that personal recommendations are the most effective way of gaining new members, so a big thank you to those of you who have recommended us. We have plenty of promotional brochures to be handed out, just ask a committee member for some and keep up the good work.

Those of you who are observant will have noticed that Casey U3A was mentioned in the City of Casey's "City News" recently. The article was all about our involvement in intergenerational activities through our Golden Time Playgroup. We were also included in another article (3 pages) on the same subject in the Community Care Association newsletter (Copy on our notice board), those people who do attend our playgroup are very appreciative of what we help provide.

Recently we have run two short courses (Food as Medicine and Preventing Dementia). These courses were MOOC's or Massive Open Online Courses. Both courses were well received and attended. As Course Coordinator I hope to be able to find a space in our program timetable to run more of these highly informative short courses. Anybody can join in these courses by

enrolling as individuals. Just Google Moocs or FutureLearn and that should take you to whole new world of learning, and it is completely free.

A date for your diaries: - June 24th – after a successful afternoon last year we are holding another Art, Craft and Music Afternoon in the Auditorium at Fiddlers Green, so make a note to come along to see what other members do, have a cuppa, a cake and a chat, you never know you might be inspired to try something new. It is never too late!

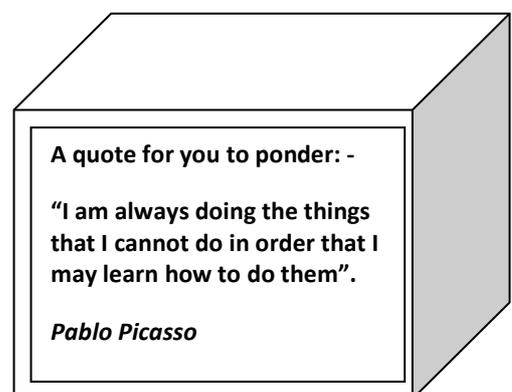
Another reminder: - Semester 1 will end on June 30th and Semester 2 will start on Tuesday August 1st. There is no need to renew your membership but you do need to let us know if you want to add or delete a course. Some courses will not carry over but some new ones will be added so keep an eye open for the new timetable.

And finally, another date for your diaries, don't go anywhere in October, The Victorian Seniors Festival and City of Casey's Ageing Positively Festival run concurrently for the whole month. The second week of October is the Free Travel Week. Casey U3A will run an Open Week with a Meet & Greet day on the Wednesday of the second week with a BBQ provided by Fiddlers Green and on the Friday we will run an extra Golden Time Playgroup. The Ageing Positively Festival kicks off on 2nd October with a Grand Opening at Lynbrook Community Centre. The guest speaker at this event will be the well known sports personality, Dawn Fraser. Casey U3A will have a display at this opening event and we will generally be helping out.

I look forward to seeing you supporting us at all of these events.

***Colin Whitney.***

President & Course Coordinator





### **WALKING GROUP**



Another photo of beautiful places we see on our Different walks. This photo is from our walk in Wilsons Park.

***Jean Farrell***



If you are like me, you intend to write your life story so your children and grandchildren will have some idea of the life you lived, but you never get around to it.

Well I was listening to an ABC program one day which described how some of the great authors, like Hemingway, managed to get so much writing done. They got up early in the morning, before everybody else, and just sat down and wrote without interruption. I thought that was a great idea, so for some months now, I have been getting up at 6 am and writing for an hour or more before I start the day's activities. As a result, I now have 106 pages of hand written script which I then typed into the computer and am now editing.

Rob Farrington followed suit and is now ahead of me in writing his very interesting life. Why don't you try something like this and ensure your descendents are aware of your life story.

***Peter Fleming.***



## COUNTRIES OF AFRICA

### *An Inspiring Guest Presentation on South Sudan*

On Tuesday 16th May, those of us who attended the session on South Sudan in the Countries of Africa course were fascinated and moved by the presentation of our guest speaker: Saturnino Onyala.

Saturnino, who was given time out from his job at the Migrant Information Centre in Box Hill to address us, began by giving a summary of the conflicts in the Sudan since limited home rule was granted by the British in 1956. When South Sudan gained its independence from the North in 2011 hopes were high that peace and prosperity would at long last be achieved in what is the richest

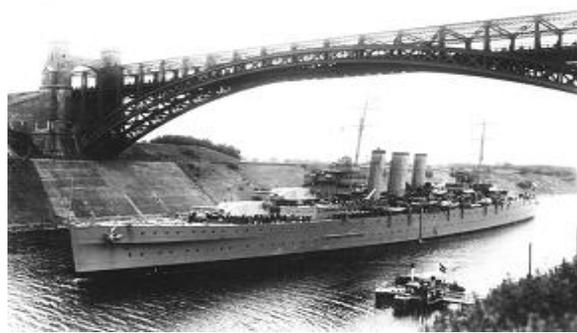
and most fertile part of the country but once again fighting broke out in 2013 between the newly elected government and the several Opposition groups vying for power.

The audience made a lively contribution to the session, bombarding Saturnino with questions and comments throughout his presentation. To these he responded with good humour giving us many insights into the culture of South Sudanese, their education system and marriage customs. He concluded by making us acutely aware of the challenges facing refugees in their efforts to settle in a new country, living, as it were, in two cultures.

Saturnino's account of his abrupt departure from his home with his wife and children, in the dead of night in 2000, his trials, and eventual escape from Khartoum in 2003, and his arrival in Australia later that year, was very affecting. One so easily talks of the perils of flight, the horrors of torture, the huge adjustments to a new life in a strange country; Saturnino gave these experiences a human face and made a lasting impression on his audience.

It is one thing to describe and have academic discussions about the countries of Africa but to hear the story of his country from an African who has lived it certainly adds an extra dimension to this course.

**Patricia Schroor.**



### **A MAGICAL DISCOVERY**

A young newly-wed (Mavis) together with her husband, were positioned towards the front of the M.V. Dorsetshire. A little girl of 11 (Pat), shared a cabin towards the rear of the ship with her parents -Two of the many families bound for Australia. That was way back in 1952. Many moons ago!

The 9000 tonne ship had originally been a Cargo vessel that was converted to a carrier for troupes during the war. When the war ended, the ship was given a new lease of life as a passenger vessel for migrants, carrying about 500 migrants and 200 crew.

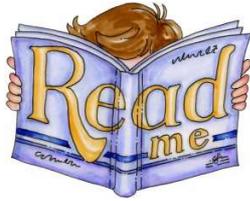
The voyage took all of six and a half weeks from Liverpool in England, to Melbourne in Australia. Leaving on the 29th January and arriving on 13th March 1952.

Pat recalls that her dad was a volunteer M.C. for the dances held on board while Mavis for her part enjoyed dancing with her husband. Neither of these ladies knew of each other.

About 58 years later (i.e. around 7 years ago), a U3A member at Qi-gong got talking to a newly found friend from the same Qi-gong class and reminisced about the good old days when families left England by the hundreds to come over to 'the promised land'. Further discussion revealed the beautiful fact that these two ladies unknown to each other at the time, had been on that same vessel making that same voyage to a new land. This discovery immediately created a bond between them.

It is now 65 years since that voyage took place and Time has closed their gap in age, for when we leave our youth behind us, friendship has no bounds. Mavis and Pat continue to attend Qi-gong classes each Monday and often share a cup of tea together in the cosy surrounds of Mavis' lounge at Fiddlers Green. They are keen participants of U3A and are extremely proud of their magical discovery. Friendship is something precious and I am glad to be able to bring you their happy story.

***Gillian Ford***



## **Book Lovers of Berwick**

We are going to start a second book club in Berwick U3A.

Yeah - I hear some saying!

If you are interested in joining please email me.

The group has to be limited to 10 as that's the number of books of the same title available from the library. So first in best dressed.

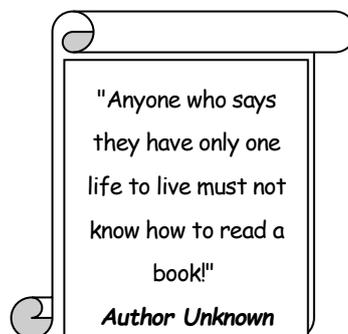
To express your interest please email Chris Trimnell [ctrinnell23@gmail.com](mailto:ctrinnell23@gmail.com)

Or phone 9702 1223 and leave a message with your name and contact details

Course will be on the first Friday of each month at 1.30pm - 3.30pm in the Craft Room at Fiddlers Green.

To enrol please call Membership Officer Steve Shutt on mob 0411597863 or through our online address ([casey.u3anet.org.au](http://casey.u3anet.org.au)) .

***Cheers – Chris***



## A TALE OF AN AGED STROLLER.



I suppose Toby noticed it first. He stopped one paw in the air, sniffed and having decided that it was no threat, promptly pee'ed on the front off-side wheel. We walked on but I remember thinking that someone had forgotten it and they would be back to collect it later.

The next day it was still there. It seemed to be stood square on to the bench seat as if it was on guard duty through some sense of responsibility, a common enough trait amongst folk of my generation. I saw that it was well past its best, the seat was faded and a bit ragged around the edges whilst the frame, although intact, was covered in rust spots. That's what happens when you get old; you lose your shine and get a bit wrinkly. The following day it was stood on the path itself seemingly defiant, as if to deny me progress or was it just asking someone to take notice of its plight. Either way Toby couldn't care less.

Over the following weeks I noticed that it kept appearing around the oval in different places. Sometimes out in the open and other times next to a tree or bush, as if it was sheltering from the sun or the rain. One time I saw it lying on its back right in the middle of the oval, "hmm, sunbaking" I thought. Another time it lay on its side as if taking a nap looking like one of the "homeless" in the city.

Then it dawned on me that although it had apparently been discarded and abandoned, it still had a purpose and was still being used. The mere fact that it was being moved meant that someone was enjoying what it still had to offer. Although I never saw them I imagined various children charging around, chasing each other or giving each other rides in it. It might not have been its original purpose but like many of us oldies it had found something else to do, a bit like joining U3A maybe?

The council's contract grass cutters turned up and moved it nearer to the children's play area, right next to the swings where it was sure to get more attention. And it did, for after only one day I noticed that it had gained a companion. Someone had left a kiddies' scooter leant against the stroller and the pair looked as if they had their arms around each other. Friendship – another U3A aim.

Shortly afterwards, this pair had gone missing. Had they been reclaimed? Had they gone to a council care facility otherwise known as a recycling centre or had they merely eloped to even more adventures? We will never know but we can dream. Toby is still not bothered!

I suppose that the message in this tale is that none of us are ever useless. We all have a purpose and a reason for being what we are or what we could be. All we have to do is to have a go and try.

*OXO*

## ***Golden Time Playgroup***

Golden Time Playgroup is fun for all. The children have all sorts of things to play with which helps with their well being and the development of the skills they will need to become well rounded adults. Sometimes their grandparents are not around as much as they would like to be, so this is why it is important for them to come along and meet the older generation.

It might seem like just playing but we can all learn through play. You are never too old to learn, young and old alike. The people from Fiddlers Green and our own U3A members absolutely love the interaction especially the stories and the songs. So why don't you come and join us. We have tea & cake too, which is always good.



***Jenny Whitney.***

## ***Semester 2 Computer Class Synopsis***

These Classes were offered in Semester 1 and are being re-offered in Semester 2. They are intended in the first instance for people who haven't previously completed one of my classes but if room allows then previous members are allowed to join on a first come first serve basis.



### ***Computer Management***

Students need the skills taught in the Basic Computer course. You will learn how to keep your computer running smoothly; maintenance tasks to perform; safe updates of software; backing up data; burning CD/DVD discs and file management. This course is for people who have Windows Vista operating system or later.

***Leader, Noel Barlow***

**6 week course starting Thursday 3<sup>rd</sup>  
August, 2017 Time: 10:00 – 11:30am  
Craft Room**

### ***Computers – Genealogy***

This course will show how to scan photos and / or documents for storing in a digital format. This will enable the use of online web sites like [Ancestry.com](http://Ancestry.com) or [Find My Past](http://Find My Past) to share information. This course would be in conjunction with the U3A Online course on Genealogy.

***Leader - Noel Barlow***

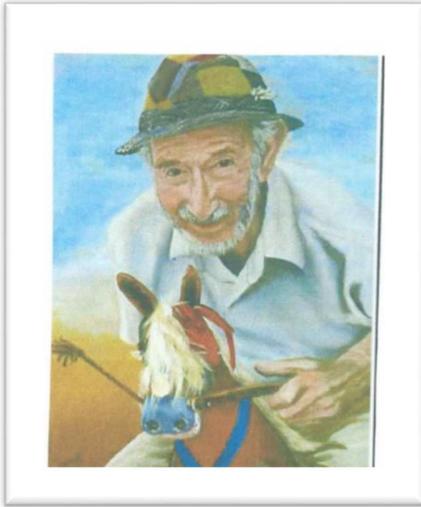
### ***Computers – Digitally Making Cards***

This course will teach the participants how to use software they most likely already have on their computer to make dynamic, creative cards for occasions as birthdays, weddings, or holidays. Also on offer will be how to use a scanner to get images from previous cards onto their new cards.

***Leader - Noel Barlow***

**6 week course starting Thursday 26<sup>th</sup>  
October, 2017 Time: 10:00 – 11:30am.  
Craft Room**





Each Wednesday morning the craft room at fiddlers green becomes full of enthusiastic Casey U3A artists.

But there is one amongst the class, Diane Shottle, who has been recognised by the Cardinia Art society.

The art show at Pakenham in 2016 ran a section called portrait of a local identify , Diane had just completed an oil painting of her father who lives in Lakeside Pakenham and Diane entered this into the 2016 art show.

Diane was approached by the president of the art show in Pakenham for permission to use the painting of her father for the promotion of the 2017 art show which was held in May. Diane has been attending Pat Stones oil painting class each Wednesday morning for

the past 10 to 12 years and has produced high quality works of seascapes landscapes birds' animals and portraits. Diane is humble and modest in acknowledging the quality of her art work.

However we all greatly admire and respect her talent which inspires us in our efforts and we eagerly watch each week as her paintings develop to the final stage of her signature.

***Kathleen Langley***  
***Member***

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The story above would have been a perfect opportunity for bringing attention to Casey u3a if we could have gotten it put into the local Berwick papers.

And talking about the Berwick Papers it has also been brought to our attention that the Berwick News in its

"what's on" column had an article about Cranbourne u3a. !!

We are therefore in need of a person who would like to take on the role of Media Coordinator. This would entail getting in touch with all local media and endeavoring to get some publicity for us.

Is there anyone within (or outside) our members and tutors who would like to take on this role.

If so please get in touch with our president Colin.

Email [caseyu3a@gmail.com](mailto:caseyu3a@gmail.com)

**Jean Farrell**  
**Editor**



### AND ON THE SUBJECT OF RECRUITING!!

Is there anyone amongst our Tutors and members who would like to take on the task of teaching French? Italian? Spanish? German? Or any other language? We have had a few requests for this type of class so if you know anyone who would enjoy teaching, please get in touch.

### ***A good reason to let as many people as we can know about Casey u3a***

Many of us have found u3a to be the beginning of a whole new interesting chapter in our lives. We meet new people who have joined classes to hear about subjects that interest them and many of us find new friends in this way, because we realise that we have a common interest. Then we think of some people we know and tell them about u3a because we understand that this could enrich their lives too. Our newsletter intends to be helpful in telling people about some of our own experiences, and every u3a group finds it very interesting to hear about other groups.

So if you are nervous about writing something for our u3a Newsletter, please think about the pleasure you can be offering to somebody who will read what you have written.

Maybe next newsletter will find your letter in print?

**Pat Stone**  
**Tutor**

After all we are all 'recycled teenagers'



**CASEY**

UNIVERSITY OF THE THIRD AGE

**ART & CRAFT SOCIAL AFTERNOON**

**On 24<sup>th</sup> JUNE 2017**

**AT 2.00 PM**

**At**

**FIDDLERS GREEN RETIREMENT VILLAGE  
AUDITORIUM.**

***EXAMPLES FROM OUR ART AND CRAFT COURSES WILL BE  
ON SHOW WITH MUSIC PROVIDED BY OUR KEYBOARD  
TUTOR AND MEMBERS.***

***ALL MEMBERS ARE WELCOME  
BRING YOUR FAMILY AND FRIENDS***

***REFRESHMENTS WILL BE PROVIDED***



## **BIG CHEEKS**

**Bet you don't know "Big cheeks"**

**A grandson of slaves** A boy was born in a poor neighborhood of New Orleans known as the "Back of Town." His father abandoned the family when the child was an infant. His mother became a prostitute and the boy and his sister had to live with their grandmother. Early in life he proved to be gifted for music and with three other kids he sang in the streets of New Orleans. His first gains were coins that were thrown to them.

A Jewish family named Karnofsky, who had emigrated from Lithuania to the USA, had pity on the 7-year-old boy and brought him into their home. Initially given 'work' in the house, they fed this hungry child. There he remained and slept in this Jewish family's home where, for the first time in his life, he was treated with kindness and tenderness. When he went to bed, Mrs. Karnovsky sang him a Russian lullaby that he would sing with her. Later, he learned to sing and play several Russian and Jewish songs. Over time, this boy became the adopted son of this family. The Karnofskys gave him money to buy his first musical instrument; as was the custom in the Jewish families. They sincerely admired his musical talent. Later, when he became a professional musician and composer, he used these Jewish melodies in compositions, such as St. James Infirmary and Go Down Moses.

The little black boy grew up and wrote a book about this Jewish family who had adopted him in 1907. In memory of this family and until the end of his life, he wore a Star of David and said that in this family, he had learned "how to live real life and determination."

You might recognize his name. This little boy was called: Louis "Satchmo" Armstrong.

Louis Armstrong proudly spoke fluent Yiddish! And "Satchmo" is Yiddish for "Big Cheeks"!!!

***Peter Fleming***



### **PHOTOGRAPHIC COMPETITION**

U3A Network Victoria is looking at updating its marketing material.

They are extending to all members of U3A the opportunity to take part in this competition. There will not be a prize as such, just the honour of their photo being used in state marketing and promotion of U3A.

The competition will be open from 1<sup>st</sup> June - 22<sup>nd</sup> September 2017.

Competition information and entry form is being sent with but separate to the newsletter.

## CASEY U3A. TUTORS 2017.

Title	Name	Phone	Mobile	Email	Class
Mr	Cyril Alderton	97695650		<a href="mailto:cyrilald@bigpond.net.au">cyrilald@bigpond.net.au</a>	Keyboard
Mr	Joseph Bailouni	97073133		<a href="mailto:Joseph.bailouni@lendlease.com">Joseph.bailouni@lendlease.com</a>	Digital Photography
Mr	Noel Barlow	97961294	0468358510	<a href="mailto:nhbarlow@tpg.com.au">nhbarlow@tpg.com.au</a>	Computing
Mrs	Dot Brooker	97074956	0409194789	<a href="mailto:ronbrooker@bigpond.com">ronbrooker@bigpond.com</a>	Patchwork
Mr	Marten Byl	59967488	0448042924	<a href="mailto:martenart@outlook.com">martenart@outlook.com</a>	Drawing & Watercolours
Mrs	Gloria Davidson	87869485	0484421881	<a href="mailto:Jdavidson@northnet.com.au">Jdavidson@northnet.com.au</a>	Mahjong
Mr	Tony Duncan	97689808	0448484433	<a href="mailto:jenton@eftel.net.au">jenton@eftel.net.au</a>	Spirituality
Dr	Peter Fleming	97698245	0418557808	<a href="mailto:pwfleming@vic.chariot.net.au">pwfleming@vic.chariot.net.au</a>	Current Affairs Coffee & Discussion x2 Games. Soapbox
Ms	Gillian Ford	87868449		<a href="mailto:gillford@internode.on.net">gillford@internode.on.net</a>	Qigong. Moving to Rhythm
Mrs	Maxine Gardner	59685153		<a href="mailto:maxineg2501@gmail.com">maxineg2501@gmail.com</a>	Qigong- Movement & Meditation. Arthritis exercise
Mr	Ian Good	97075160	0419151385	<a href="mailto:somercotes@internode.on.net">somercotes@internode.on.net</a>	English Literature
Mrs	<b>Audrey Hill</b>	97073139			Philosophical Discussion
Mr	Tom Hurle	97071854	0408529028	<a href="mailto:tjih2011@hotmail.com">tjih2011@hotmail.com</a>	Chess
Mrs	<b>Dos Lane</b>	97998501			Pyrographic Art
Mrs	Lynne MacDonald	97072296		<a href="mailto:lynnemac@internode.on.net">lynnemac@internode.on.net</a>	Book Club (1) Flicks, Fun & Friendship
Ms	<b>Raelene Nowell</b>	97052151	0407717611		Line Dancing
Mrs	Shirley Priclor	59909134	0416645789	<a href="mailto:sbpriclor@yahoo.com.au">sbpriclor@yahoo.com.au</a>	Basic Computers
Mr	Hubert Schroor	97075014	0432840756	<a href="mailto:huschroor@gmail.com">huschroor@gmail.com</a>	Counties of Africa
Mrs	<b>Pat Stone</b>	97072324	0439326487		Oil Painting
Mr	Clem Thompson	97073292	0407073291	<a href="mailto:clemthel@bigpond.net.au">clemthel@bigpond.net.au</a>	Models by Scale
Ms	Christine Trimnell	97021223	0408889569	<a href="mailto:Ctrimnell23@gmail.com">Ctrimnell23@gmail.com</a>	Book Club (2)
Mr	Milan Trnacek	97072418	0425774004	<a href="mailto:miltrn@optus.com.au">miltrn@optus.com.au</a>	Current Affairs
Ms	Linda Whalley	97040011	0429220266	<a href="mailto:sentimentalstamping@gmail.com">sentimentalstamping@gmail.com</a>	Making Cards
Mr	Colin Whitney	59960994	0437083536	<a href="mailto:cdwjmw@gmail.com">cdwjmw@gmail.com</a>	Australian History Walking Group
Mrs	Jenny Whitney	ditto	0457004304	<a href="mailto:jmw2405.jw@gmail.com">jmw2405.jw@gmail.com</a>	Walking Group
Mrs	Christina Yong	97005028		<a href="mailto:cyo99936@bigpond.net.au">cyo99936@bigpond.net.au</a>	Taiqi
Ms	Jan Whitaker	97059009		<a href="mailto:jwhit@janwhitaker.com">jwhit@janwhitaker.com</a>	Webmaster

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## *A touch of humor*



A police officer called the station on his radio. "I have an interesting case here. An old lady shot her husband for stepping on the floor she just mopped."  
"Have you arrested the woman?"  
"Not yet. The floor's still wet."

It is important to make breaks between individual exercises. I personally stick to breaks of about 3-4 years.

When a soldier came to the clinic where I work for an MRI, he was put into the machine by an attractive, young technician. Sometime later, when the examination was over, he was helped out of the machine by a far older woman. The soldier remarked, "How long was I in there for?"

**WRINKLES**  
something other people have....similar to my character lines.