



**CASEY**  
UNIVERSITY OF THE THIRD AGE

CASEY U3A INC  
180/57 Gloucester Avenue Berwick Vic. 3806  
ABN 58 503 638 181 Inc. Number 0024472D  
Phone: (03) 9769 9732  
email: casey u3a@gmail.com

ISSUE 3

Newsletter

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## *President's Report*

Here we are nearly mid-way through our second semester of 2017. How time flies when you are having fun! Classes are refilling with those members who have returned from holidays in the sun both overseas and interstate, myself included.

My wife and I have just returned from a trip to our old home town (Bournemouth). This was our first visit for five years and what we found only reinforced the decision we made to migrate to Australia. A bitterly divided country still struggling with the Brexit decision and everywhere the roadside trees and bushes were seriously overgrown, in autumn they are going to have trouble with the drains blocked with fallen leaves. We were certainly glad to arrive home in Melbourne.

We have added a second Book Club to our programme due to popular demand and the willingness of a new tutor to Casey U3A, Chris Trimnell. We have also applied to run some new classes at the new Selandra Rise Community Hub in Selandra Boulevard. Hopefully we will run two classes starting in late October and maybe a total of four classes starting next year in February. This is all part of our attempt to broaden our membership and to make ourselves more available to the local community. There are lots of elderly, lonely people in Casey and they would benefit from organizations such as Casey U3A.

As part of our attempts to make us more visible to the local community, the Publicity Sub Committee led by Peter Fleming has established a rapport with Casey Radio. One of our members, Pam Mamouney took part in a radio discussion which extolled the virtues of Casey U3A and U3A in general. Thanks Pam, a good job well done. Casey Radio (97.7FM) will also broadcast public service announcements to make sure that listeners don't forget who and where we are. Another of our members and committee member doing an excellent job is Ernie Bird. Ernie travels around other local seniors groups promoting Casey U3A and what we can offer. We have picked up a few members as a result of Ernie's efforts. Well done and thanks to Ernie.

You may have noticed a theme in the previous paragraph, a theme of willing people doing things to benefit all of our members. These volunteers (unpaid) are vital to our survival as a successful group. Without people willing to give their time freely, to serve on committees and generally do stuff, we will fall short of our aims. Our organisation is like the proverbial swan gliding serenely on the surface but paddling like fury underneath. Our AGM will be on October 20th and we need members to serve on the committee. More than just serving they need to be willing to pitch in and be busier than when they were working for a living.

Victorian Seniors Festival and the City of Casey's Ageing Positively Festival are virtually upon us. There are events across the whole of October across the State and also locally. We are holding an Open Week (9-13 October) with a Meet & Greet day on Wednesday 11th October (BBQ provided by Fiddlers Green). A special Golden Time Playgroup will take place in the Auditorium on Friday 13th October. Please encourage your friends to come along and join in and sample our offerings.

*Colin Whitney*

*President*



### **“The Miraculous Beam”**

On a recent trip to the UK my wife and I paid a visit to Christchurch Priory where we were married 42 years ago. The present building was commenced in 1059 and is mainly of Norman design with some Perpendicular tagged on later. However there has been a place of worship on this site probably since the 7th Century. Originally this township in the county of Dorset was called Twynham but after the “Beam” incident the name of the town was changed to Christchurch and here is why.....

The Chief Minister to King William II was Ranulf Flambard and he decided to build a Norman church to replace the Saxon building. He wanted to build the new church on St Catherine’s Hill two miles from the old church and outside of the town. The townspeople were upset about this since there was no water on top of the hill and that was where the priests would live.

Flambard insisted and stone was delivered to the new site by cart. The next morning when workmen arrived, the site was empty and the stone was found by the Saxon church. This happened a few times before Flambard relented having concluded that this was divine intervention.

When building commenced on the present site it was noticed that a mysterious carpenter worked on the site but was never present at mealtimes when the wages were paid.

One day a large beam cut for the roof was found to be too short and was lowered back to the ground. The embarrassed carpenters went home for the night. These beams were cut from trees in the New Forest and were costly and scarce.

When the carpenters arrived next morning they were astonished to find that the beam was back in the right position and had length to spare.

The mysterious carpenter was never seen again and it was assumed that he was Jesus the Carpenter who had come to help them in their work.

Until then the church had been known as the Church of the Holy Trinity to which the Parish Altar is still dedicated. After the “beam” incident the Church was renamed Christ’s Church of the burgh of Twynham. As the town grew it became more commonly known as Christchurch.

Incidentally the beam can still be seen sticking through a wall in its unshortened state.

**Footnote: - In 1100AD King William was shot and killed mysteriously while hunting in the New Forest. The finger was pointed at Sir Walter Tyrrell and he got a pub named after him. Some sort of poetic justice I suppose.**

**OXO**



## **“Between the Covers” Book club**

This is the name of the 2<sup>nd</sup> book club now operating in Casey U3A

### ***Why a 2<sup>nd</sup> book club you might ask?***

The first book club lead by Lynne MacDonald already had 10 people and others were on the waiting list so there was a need to start a 2<sup>nd</sup> group.

### ***How does a book club operate?***

Each book club is associated with Casey Cardinia libraries. All participants in a book club have to be registered users in the Casey Cardinia Library network. The library supplies 10 copies of a book and associated notes to assist with book discussions. This is a fantastic service provided by the library network. There are currently 47 book clubs operating across Casey/Cardinia! Books are allocated to groups and members have a month to read that title. The members of each book club then meet to discuss the book.

### ***Who chooses the books?***

In the next month or so each book club will be emailed a list of titles Casey Cardinia libraries have available for book clubs. Each club will then prioritize their top 20. There are no guarantees, but as only 10 -12 books are required in a year by each club, it is rare not to be allocated at least half of those requested. As “Between the Covers” only started this semester we have been allocated our titles but our group is looking forward to having some input into our reading list for 2018!

### ***Why the new book club wasn't simply called U3A Bookclub2?***

As there are already many book clubs operating under a U3A banner, Morna Ferguson, the Casey Cardinia Book club coordinator requested we select a totally different name to make it easier for library staff to ensure they give out the correct books to the correct book club. I put out a challenge to those registered in the new group to come up with a special name for our new club. Judith Templar suggested this fantastic name and the group happily adopted it!

***Where and when does “Between the Covers” meet?***

The group meets on the first Friday of each month in the Homestead Café at the Old Cheese Factory. There is no cost to meet here and we get to indulge ourselves with Devonshire tea/coffee, as well as discuss literature in a great environment

What a great way to finish a week! What are members looking for when they join a book club?

These are some of the responses the current members shared:

- to meet new people-
- to hear others points of views
- to be exposed to different books and authors
- to enjoy sharing opinions with others in the group
- to challenge oneself to read something one wouldn't normally pick up
- to simply enjoy discussing books
- to broaden one's knowledge
- to read at least one book a month
- to broaden one's friendship base
- to meet up with likeminded people who enjoy reading and sharing literature

I'm very happy to report our new book club has met twice now and we are already satisfying many of the members' reasons for joining. Oh, and the scones are pretty good too!

***Christine Trimnell***

***“Between the Covers” Book club coordinator***

***“Anyone who says they have only one life to live  
must not know how to read a book!”***

***-Anonymous***

***NOTE: A vacancy has arisen  
Apply to join if interested!***



**CASEY U3A INC**  
180/57 Gloucester Ave  
BERWICK VIC 3806  
Phone: (03) 9769 9732  
Email: caseyu3a@gmail.com  
Web: <http://casey.u3anet.org.au>  
ABN 58 503 638 181  
INC Number 0024472D

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**A REMINDER**

**TWENTY-SEVENTH ANNUAL GENERAL MEETING  
20 OCTOBER 2017 AT 2.00PM**

Dear Member,

Notice is hereby given that the Annual General Meeting of Casey U3A Inc will be held in the Auditorium, Fiddlers Green Village, 57 Gloucester Ave Berwick on Monday, 20 October 2017 at 2.00 pm. Please make every endeavour to attend.

Our Guest Speaker will be a representative from the Red Cross.

As refreshments will be provided after the meeting, please leave a phone message on 9769 9732 or email: caseyu3a@gmail.com to let us know that you will be attending.

*Max Bennett*  
Secretary



## MYOPIA

CHOICE recently published an article on myopia which revealed some startling facts about our eye health. These are particularly important with regard to children, of which many of us are responsible for a growing number.

Myopia is a condition of short sightedness due to excessive growth of the back of the eye during childhood, making it difficult for the lens to focus light on the retina. Glasses can solve that problem, but myopia often results in serious eye problems later in life, apart from the need to wear glasses or contact lenses.

### **How serious is the problem?**

In Australia, myopia has doubled since 1970 and about a third of school leavers have myopia. In Asia, up to 95% have myopia and 20% have high myopia, half of whom will have serious eye problems later in life.

### **Why is this happening?**

Is this because our children spend so much time staring at screens so close to their face? No. Although this causes other problems, it is not the main culprit.

The main problem is that nowadays our children do not spend enough time outdoors!

The proper development of the eyes of children requires the exposure to bright light.

The intensity of light is expressed in lux.

Minimum development is obtained from 10,000 lux.

Optimum from 40,000 lux.

A sunny day produces 100,000 lux.

Indoors produces 300 - 500 lux.

Even a cloudy day produces enough lux.

Sunglasses on a sunny day also produce enough lux. How much time do children require for healthy eyes? The recommendation is for 2 hours in excess of school time. In an experiment in China, 40 minutes per day extra outside time resulted in a 25% reduction in myopia.

A similar experiment in Taiwan found an extra 80 minutes per day produced a 50% reduction in myopia.

Can myopia be detected early? Yes. It is recommended that children should be tested at 3 years old, and then every 2 years, to detect myopia which can be treated if discovered early. Should screen time be limited? Still not sure, but excessive screen time can cause dryness because we do not blink so much and that creates problems. Use the 20, 20, 20 rule. Every 20 minutes, look into the distance for 20 seconds and blink rapidly for 20 seconds.

**Now will you tell your children and grandchildren?**

**NO ONE SHOULD LOOK DIRECTLY  
AT THE SUN AS IT CAN DAMAGE THE EYES.**

*Peter Fleming*



## **MOVING TO RHYTHM**

It was different – It was fun... And a good time was had by all. At the end of this short eight-week course, members remarked that they felt they had achieved more than they set out to do.

The plan was to choreograph 'moves' appropriate to our age group. The aim of the class was to create a sense of accomplishment and knowledge about moving to various rhythms as a 'team' or a 'group'. With this in mind, there was instruction on moving to the rhythm of Tahitian, Irish, Mexican and Spanish music. Memories were initially put to the test and in a few short weeks, confidence prevailed allowing brain effort to feel more relaxed.

We soaked up the spirit of the class by donning hats or garlands which-ever was the relevant item for the particular dance and as confidence grew, some members even sang along or hummed to the music while their feet, arms and bodies did what they were supposed to do.

It was a small group and I take this opportunity to thank those who participated, because each of you contributed to the fun of the moment, with your beautiful smiles and cheery dispositions. Well done everyone!

A special thank you to Carmen Mizi who agreed to come in and photograph our group. You did a wonderful job.

*Gillian Ford.*

## ***PATCHWORK COURSE***

*Some of the beautiful work produced by our patchwork members.*



These were on show along with a wide variety of displays at our recent social gathering, which was very successful with approx 75 in attendance.

Unfortunately there are no photos to include of the other great displays on show that day. This will be rectified at our next gathering.

***Jean Farrell***



## **WALKING GROUP**



Another pleasant morning with the walking group.

This photo is from our walk in Berwick Springs.

***Jean Farrell***



## **STILL HOPING TO GET A LANGUAGE TEACHER!!!**

We are still looking for someone who would like to take on the task of teaching:

French? Italian? Spanish? German?  
Or any other language?

As stated in our last newsletter we have had a few requests for this type of class so if you know anyone who would enjoy teaching, please get in touch.

## **BADGES**

**Any Members who do not have their badges yet, these are at Fiddlers Green awaiting collection.**

**Or Tutors may like to collect the badges pertaining to their class and pass them along.**

## **A BIT OF BERWICK HISTORY**

### **WILSON BOTANICAL PARK**



**The quarry 'pit'**



**Now a beautiful lake**

The basalt quarry at Berwick opened in 1859 when William Wilson gave contractors the right to remove stone. The quarry expanded after 1874, with the building of the Gippsland Railway line to Sale as it provided ballast for the line. Once the line was completed in 1877 William's son, William Jnr (1860-1936) saw an opportunity to carry on the quarry, so he leased the quarry from his father and quarried stone for road making railway lines and road building.

In 1978 the quarry closed and the owner, George Wilson (1918-2003) and his wife Fay, donated the 50 acre quarry site to the residents of Berwick for use as a public park. The park was to be named Wilson Park in memory of George's father, also called George (1867-1943) and his grandfather, James. Other land was purchased by the Council from the Andrews family who were descendents of William Jnr and his wife.

Work on the Park commenced in 1988, and the City of Berwick aimed to beautify the landscape, provide a place for relaxation and recreation and to create a botanic park with a collection of plants for botanic study. The final plan included an inner and outer trail loop one which focused on the lakes and the other on the magnificent views. After much work the one hundred acre (40 hectare) Park was officially opened on July 26th, 1992, by the Governor General Bill Hayden. Other features in the Park include a children's playground, a lookout tower, bird hide and Amphitheatre. There is an active Friends group, the Friends of Wilson Botanic Park, who support the Park in many ways - from staffing the visitors centre, fund raising, acting as tour guides, undertaking planting, watering, weeding and other plant handling activities.

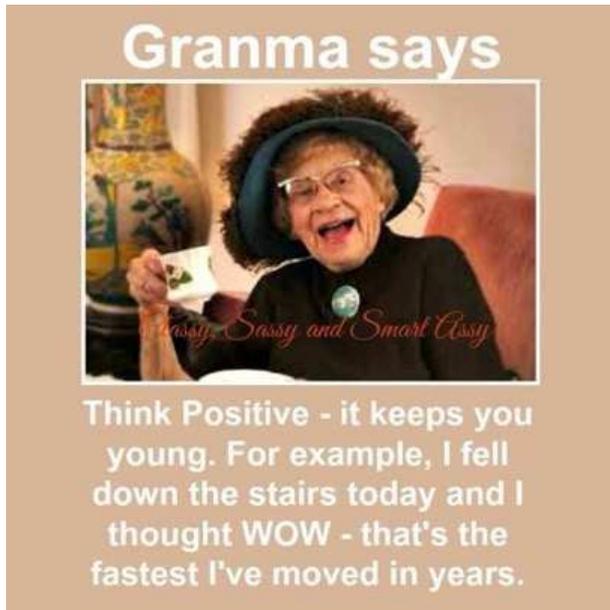
### CASEY U3A. TUTORS 2017.

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	Audrey Hill	97073139			Philosophical Discussion
Mr	Tom Hurle	97071854	0408529028	<a href="mailto:tjih2011@hotmail.com">tjih2011@hotmail.com</a>	Chess
Mrs	Dos Lane	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	Raelene Nowell	97052151	0407717611		Line Dancing
Mrs	Shirley Prictor	59909134	0416645789	<a href="mailto:sbprictor@yahoo.com.au">sbprictor@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	Pat Stone	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 Trimmell	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*



After hearing a sermon on Psalm 52:3-4 (lies and deceit), a man wrote the IRS, "I can't sleep knowing that I have cheated on my income tax. Enclosed is a check for \$150. If I still can't sleep, I'll send the rest."

I failed my driver's test today.

The instructor asked me "What do you do at a red light?"

I said "I usually check my emails and see what people are up to on Facebook."

***A recent study has found that woman who carry a little extra weight, live longer than the men who mention it.***

***Never take life too seriously. Nobody gets out alive anyway!***