

## PRESIDENT'S REPORT

Welcome to another busy, interesting and challenging year. We have a number of new courses on offer which brings ever increasing scope, but also poses challenges to find accommodation and resources, which our current Course Coordinator Del Stitz handles with her usual efficient manner.

Enrolments for 2019 ran smoothly in the main, and while there always be some members who do not get their first choices as classes fill rapidly, the system keeps getting more streamlined every year.

The Pink Room and the Purple Room will continue to enable us to provide facilities for our growing number of classes and activities.

With over 1200 members and 150 plus courses or activities Glen Eira U3A is a complex operation, 100% operated by volunteers, who act on the committee, as front of house reception and back office assistants, and give their time and expertise. Without their input we could not function. Our thanks and appreciation goes to each and every one. But there always comes a time when volunteers decide to retire.

One of our long time stalwarts, Marion Dunstan, who has been involved at Glen Eira U3A for over 18 years, has decided to take this step and retire from the position of organising reception desk volunteer rosters. She has done this with seamless efficiency and has been active in many other areas over the years. One of these was when she took over the Exercise to Music class at short notice when the tutor unexpectedly died.

Marion is one of those people who, when something needs to be done, steps up without hesitation. While she has stepped back from one formal involvement, I am sure that we will see her smiling face at U3A frequently in the future. We all say "thank you Marian" for your decades of active participation in many aspects of U3A.

You will have noticed our brand new floor coverings, which were installed in part with funds from the Federal Government, when we obtained funding with the assistance of our local Member of Parliament, Michael Danby, who is retiring at the next election.

**Garry Fabian**  
**President**



At the recent meeting for people offering to be volunteers, a presentation was made to Marian Dunstan for her untiring work over many years as the reception co-ordinator. Vice President Del Stitz thanked her for her most valuable contribution to Glen Eira U3A.

**Erica Windmiller**

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**Office Hours:** Monday to Thursday, 9.30 am to 3.00 pm:  
Friday, 9.30 am to 12.30 pm

### COMMITTEE, 2019

**President:** Garry Fabian  
**Vice President:** Del Stitz  
**Secretary:** Maggie Moulds  
**Treasurer:** Jo Brown  
**Committee Members:** Merv Barnett  
Phillip Coleman  
Jack Edelman  
Elizabeth Goldberg  
Norma Leipnik  
Ditta Libson  
Jenny Shewan  
Russell Stern  
Del Stitz

**Course Co-ordinator:**

**Receptionist**

**Co-ordinator:** Elizabeth Goldberg

**Garden Co-ordinator:** Monique Nugent

**Events Co-ordinator:** Jenny Shewan

**Newsletter Co-ordinator:** Heather Hudson

Email address: heathflo@inet.net.au

**Publicity Co-ordinator:** Bruce King

### Dates to Remember

**This U3A is closed on public holidays. We do not break for school term holidays. We have a two week break in early July.**

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**Labour Day:** Monday, 11th March

**Daylight saving ends:** Sunday, 7th April

**Easter:** Friday, 19th April to Monday, 22nd April

**Anzac Day:** Thursday, 25th April

**Mothers' Day:** Sunday, 12th May

**Queen's Birthday:** Monday, 10th June

**Term 1 ends:** Friday, 28th June



### Chicken Gun

A chicken gun is a large diameter compressed air cannon used to fire dead chickens at aircraft components in order to simulate high speed bird strikes during the aircraft's flight. Jet engines and aircraft windshields are particularly vulnerable to damage from such strikes, and are the most common target in such tests. Whole, dead, standard sized chickens as would be used for cooking are thought to accurately simulate a large live bird striking a plane in flight.

Wikipedia: unusual articles



Two more of our volunteers have retired from their roles at Glen Eira U3A.

## A LOVE OF THEIR LANGUAGE

After 12 years of tutoring the highly successful French Conversation class, Bella Barclay and Regina Sperling have retired. Bella, raised in war-torn France, and Regina, born in Belgium, arrived in Australia in the early fifties. With little formal education they worked, married and, after bringing up their children, all university graduates, they joined a private French conversation class. They then took up Israeli dancing at U3A where the French speaking pair were approached by a U3A 'spotter' looking to expand U3A's repertoire of subjects.

Bella and Regina jumped at the opportunity. A love of their language spurred them into action and the first U3A French conversation class was born. Initially the class comprised of fluent French speakers but, as time moved on and needs changed, members of U3A who had studied French at school and university were keen to join the class and the dynamics of their class changed.

Bella wanted a relaxed informal atmosphere: for the class to enjoy their time whilst improving their French, to have fun, to have a laugh, all whilst speaking French. Definitely no homework. The class became proficient at speaking on self-chosen subjects, reading and understanding text, word games, even a sing-song, always keeping in mind the end game—perfect pronunciation, correct grammar, increasing vocabulary, thus becoming totally engaged with this beautiful language.

*What did you most enjoy over the years, Bella?*

The way the class totally melded together, almost as one. The satisfaction that we all felt with our progress. And every week I left the class totally on a high, always looking forward to the next week.

## Yvonne Shelling, Roving Reporter

### Tree of Knowledge

The Tree of Knowledge is a heritage-listed tree in Oak Street, Barcaldine, Queensland. The town was the headquarters of the 1891 Australian shearers' strike and the 1892 reading of the Labour Party manifesto leading to the formation of the Australian Labour Party. It was a 200-year-old ghost gum. It was added to the Queensland Heritage Register on 21 October 1992.

*Wikipedia: Unusual articles*

## TUTOR PROFILE - Jill Williams

The wide and varied offerings of courses at Glen Eira U3A continue to expand, and Jill Williams the Textile Art Tutor adds another important option.

She fell in love with this subject while completing a Bachelor of Education Degree in Visual Arts at the University of Melbourne many years ago. She taught the subject at the Port Macquarie (NSW) U3A for four years, before relocating back to Melbourne in 2107 for family connections.



Monday mornings sees busy activities in the art room with sewing machines clicking away merrily. Simplistically, Textile Art is what it says, the creating of art using textiles. While this may sound straight forward, the challenge is to decide on which method to use. There are many techniques or processes which Jill teaches. These include transfer dyeing, painting on fabric, free motion sewing machining, and hand embroidery in a non traditional way, using a hot soldering iron to cut and seal the edges of man-made fabrics, machine embellishing or felting, heating and distorting the fabrics. Often one piece of work can incorporate many techniques.

The object of the course is to steer students towards the art side of using textiles, but what is created in class can often be turned into a useful article using craft techniques at home.

With her background as a high school teacher she is practised in passing on her knowledge of Textile Art to enthusiastic beginners of any age group.

But the Williams family's connections with Glen Eira U3A go further. Her husband, Harry Williams, runs the Monday morning course – *Interesting People* which involves many hours of preparation every week to make this a very interesting and enjoyable course.

If you are keen to learn more about Textile Art, pop in and admire the range of brilliant creations !!!

## Garry Fabian

What is the common term for someone who enjoys work and refuses to retire?  
Nuts!



## don't forget

There are some things we need to remind you about:

**Name Tags** - please remember to pick up your 2019 name tags from the reception desk. **These need to be worn at every class you attend.** They are important in case of any emergency and we need to contact your next of kin. They also indicate that you have paid 2019 fees! **Tutors:** Please remind your class members to wear their tags at each session.

**Absences**— you need to forward an apology for any absences either by marking in it the roll the previous week(s) or emailing or phoning in an apology to the reception desk. If you miss three weeks without an apology you may be struck from the class.

**Class attendance** - if you have been placed on the waiting list, only if you have paid your fees and have been notified that you may attend a class should you enter that class. There may be other people on the waiting list before you. **DO NOT GATECRASH!** *Tutors of classes cannot give you permission to join a class.* Also everyone needs to mark the roll as soon as they enter the class. **Tutors:** If you find that a class member has not indicated an apology for absence from three classes running please let the office volunteers know.

**Parking** - please display your 2019 yellow Parking Permit wherever you park in the parking area. You can park for as long as you want against our fence. Everywhere else is for 2 hours only. If you need to park longer in any other general area, please obtain a 3 hr parking permit from the reception desk. You have to sign for it, and when you return it, sign again. There are three parking lots against our fence that are **strictly reserved** for volunteers who work in the office or as a tutor and need to be at U3A for longer than three hours—please do not park in these areas unless you have a special permit.

**Your current email address or any other information** - please make sure, especially if you have made some recent changes, that your up to date information has been given to the office.

**Most importantly, please make sure that the telephone numbers, etc., for your emergency contact are current.**

**BBQ available** - if you want to hold a bbq at any time for a social get together on campus there is equipment available. Please ask at reception or the back office.

Thanks for your continued efforts.



### NEW CLASS

A new watercolour class for beginners and more advanced artists to be led by John van Loon will be held on:

Fridays, 1.30pm to 3 pm,  
commencing 15th March

## U3A BOOK DISCUSSION GROUP “A”

Tutor: Barbara Luebbers

For the 2018 final meeting, our group met on November 5th at the National Gallery of Victoria. We discussed a book by Marta Maretich titled “The Merchants of Light”. The subject relates to Tiepolo the well known Venetian painter and in particular his painting “The Banquet of Cleopatra”. Seating was obtained from the NGV and our lively discussion took place right in front of this large painting. This departure from our usual locale was judged a success and for 2019 we will consider the possibility of another external meeting.

**Joe Bentata**  
(See photos p.8)

Colorless green ideas sleep furiously.

This is a sentence composed by Noam Chomsky in his 1957 book 'Syntactic Structures' as an example of a sentence that is grammatically correct, but semantically nonsensical. Although the sentence is grammatically correct, no obvious understandable meaning can be derived from it, and thus it demonstrates the distinction between syntax and semantics.

Wikipedia: unusual articles

## WHAT MEDITATION CAN DO FOR YOU

The healing powers of Meditation are proven beyond belief. It is validated by MRI'S, and the evidence has been noted by countless professionals in the medical professions and written about tirelessly.

There are almost infinite ways to meditate. It enables calmness, mindfulness, insight, wisdom and realization. It assists in dealing with stress, anxiety, can help with pain and can greatly assist with improved focus, self esteem, sleep, compassion, peace, contentment, harmony and gives access to enlightening spiritual experiences, promoting love and compassion, resolving difficult situations with clarity and equanimity, overcoming greed, selfishness, negativity and worry, being more aware of intimacy and closeness. To name only some of the benefits.

Meditation contributes to a deep sense of well being.

A relaxed body contributes to a relaxed mind.

Meditation has been known to help one with energizing the mind, open the heart, to get rid of unhealthy habits, addictions, and preoccupations, to heal old wounds, to overcome sickness and pain, to experience a more rewarding inner life and many other issues.

Meditation really has the capacity to transform your life. It greatly assists with unhappiness and to resolve conflict. Through Meditation you learn to pay better attention to your feelings, thoughts, perceptions, body, health, energy and awareness.

**Tova Seelig, Tutor of Meditation A** - held at the Bowls Pavilion at Caulfield Park from Monday, 4th February, 2019 at 12.00 noon till 1.00 pm.

**Ruth Herschtal** is the tutor for **Meditation** - at the above venue, session on Monday, 4th February from 1.30pm. to 2.30pm.

## NEW HORIZONS NASA SPACE PROBE

You may have seen on the news on Tuesday, 1st January, and in The Age on following days, that after a 13 year journey, New Horizons, the NASA space probe, is exploring one of the most distant objects from Earth in the solar system, Ultima Thule, a lump of, presumably, rock and ice crystals, 6.5 billion kilometres from Earth. Ultima Thule was discovered only 4 years ago through the Hubble telescope. Since 1st January this year, New Horizons has been transmitting photos and other scientific data back to Earth. Ultima Thule is in what is called the Kuiper Belt, a collection of rocks and blocks of ice on the outer zone of the Solar System, which was discovered in the last 20 years. This belt is past Pluto which is 3 billion miles away.

You can find more complete information on the website NASA space probe New Horizons.

**Editor.**

## IGNORANCE AND BIGOTRY

On February 19th, Professor Andrew Markus of Monash University certainly contributed to the tradition of superb guest speakers at Perspectives. He spoke mainly about Islamophobia, but linked it to antisemitism, in that both were alarming examples of "a pattern of thought/mind cast/ a mirror image" of each type of bigotry that thinks "this is what they are ALL like". It is an intolerance of opinion and beliefs that are different; an attitude that "others" have supposed innate characteristics. At heart, bigotry deals with stereotypes.

A recent survey of some Australians revealed that 5% had negative attitudes towards Christians, the same percentage was suspicious of Buddhists, but 40% harboured negative thoughts towards Muslims. Professor Markus stressed that there was a small proportion of extremists in each community.

Islamophobia believes that Islam is a geopolitical force, a source of terror, rather than a religion. However, most victims of extremist Islam are Muslims. Islam is fractured, just like all religions.

The main thrust of the professor's talk was that bigots [whether antisemites or Islamophobes] take elements of a truth and generalise to all. Further, like other religious texts, there are many different readings of the Quran. Islam reflects a multiplicity of different beliefs: the Iranian form of Islam is different compared with the Egyptian, etc.

Social media was also held responsible for the rise of bigotry: it is much easier now to spread lies to create fear.

Most Muslims in Australia are Australian born [36.5%]. In a survey, only 12% of Australian Muslims said they are "very religious"; 51% went to the mosque only "occasionally".

In conclusion, Professor Markus reiterated that -

1. Islam is as diverse as any other group;
2. Those few right wing Australians who are Islamophobic are generally also antisemitic.

His presentation convinced all of us of the need for tolerance and reason.

**Margaret Y. Blight.**

*Why I like retirement!*

*How many days in a week?*

*6 Saturdays and 1 Sunday*

*Why don't retirees mind being called Seniors?*

*It comes with a 10% discount.*





### Age Deficiencies

It's about time the authorities did something about older drivers on our roads. For far too long older drivers have caused havoc as they hog the left lane, stick to the speed limits (even the road work limits!) and stop at stop signs, causing great inconvenience and often preventing others from doing whatever they like.

Another major concern is that by avoiding fines and demerit points, they are not doing their bit for the revenue of our state, and are therefore placing a further burden on younger drivers.

Until older drivers can prove that they are proficient at weaving in and out of traffic, driving while texting, tailgating, using drugs or doing burnouts, they must be banned from holding a licence.



### NOTICE TO ALL MEMBERS USING THE ART ROOM

In order to maintain a clean, neat and safe environment for all working in the Art Room we request that each of you bring a small towel, table cloth or similar fabric to cover and protect your personal working space when you are using the tables.

We also request that you wash and put away any equipment you use and make sure the sink is left clean. Please **DO NOT** pour paints or solvents down the sink.

There is a dustpan and broom in the storeroom that can be used to sweep up any materials that might inadvertently litter the floor. Should there be spills, a mop is available from the storeroom near the kitchen.

Should you need to move furniture for any reason, please make sure tables and easels are put back in place.

Tutors and volunteers spend many hours setting up and trying to maintain good working conditions for all users and we would appreciate everyone's co-operation and assistance in making sure that the room is welcoming to those using it after you.

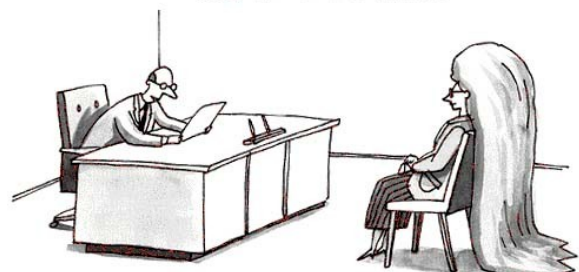
Wishing you all the joys of creating artwork and looking forward to seeing your masterpieces in our annual Art Show

Many thanks,

**Ancita Beale**  
**Art Tutor**



"IT SAYS HERE IN YOUR RESUME THAT YOU HAVE BIG HAIR."



## SRI LANKA BY BIKE

I knew very little about Sri Lanka but when friends from my cycling club offered a trip I figured this would be the closest I'd get to experiencing the flavour of this area of the world.

Sixteen of us, aged between 60 and 84 (!) set off on a very hot humid day on our bikes with a local cycling leader, a very fit and serious character who insisted on warm up exercises to start each day. A lovely patient young man looked after the slower riders at the back. A bus and lorry completed the entourage.

Sri Lanka is about the size of Tasmania with a population of around 20 million. It is predominantly Buddhist, with Hindus, Muslims and Christians. It is generally hot and humid or hot and dry. It also has lots of national parks, and high mountains where we experienced a heavy frost.

We cycled through the flat lowland before some tough climbing, passing lots of villagers where we were always greeted with smiles and hellos. Life is communal with people washing in the canals and lakes. Food is abundant with roadside stalls selling great piles fruit and vegetables.

Every day our bus driver would buy us delicious fruit along the way and we'd stop every 10 kilometres to top up our water bottles.

At lunch time our guide would find a tiny village cafe selling curry and rice. I was worried this would become hard to eat after a few days but it was really delicious. We would pile our plates from around 8 pots full of various vegetable, meat or fish dishes and rice. The variety and freshness surprised me. Lunch with a beer cost around \$7.00. Better than a pie with sauce!

The traffic didn't seem to follow normal driving rules but somehow we became accustomed to dodging round rusty old bikes carrying odd tools and produce back from the fields, overloaded tuk tuks, motor bikes, buses and trucks. There were no signs of stress from the road users except from us on occasions.

The road quality varied a lot and we definitely needed our mountain bike tyres. One road consisted largely of mud puddles bigger than my bathroom.

I found it to be a fascinating place to visit with an impressive ancient civilization and a colourful colonial past. To me the abundance of natural beauty, the wildlife and the chance to be really immersed in everyday life on a bike was what I enjoyed the most.

### Gay Crowther

See Gay's photos  
on the back page



## A VISIT TO SPAIN & PORTUGAL

Six wonderful weeks touring the ancient cities of Spain and Portugal was an "eye opener", and a totally diverse experience from what we are used to in Australia.

I don't have the column-space to tell you about all the wonderful palaces, castles, galleries, gardens and other exciting places we explored, so I will focus on only two of the most wondrous constructions imaginable.

The first is the 2000-year-old aqueduct in Segovia, **El Puente** (original Spanish name for this bridge) just a short bus ride north of Madrid. It is a stone structure spanning a distance of 813 metres which is the final part of the 16 km water channel from the Frio River in the mountains. It was built under the reign of the Roman Emperor Trajan (98-117 CE): now that was a long, long time ago. It is still in use. There is no cement or mortar holding the thousands of large granite blocks together. We were mesmerised by this architectural structure and couldn't possibly imagine how it was built.

The other wonder is Antonio Gaudi's **La Sagrada Familia Basilica** in Barcelona. Work commenced on this most amazing religious structure in 1882. The building may be completed by 2026. To say this Basilica is massive and the most beautiful religious structure is unquestionably true. The stained-glass windows, of which there are many, are shaded in the most vivid and artistic fashion. The external view of this structure is truly amazing, but when we entered the massive auditorium with its gigantic columns that seemed to almost reach the sky, we were transported into a fairyland of architectural and artistic beauty. **Only when you witness it do you believe it.**

### Merv Barnett

See Merv's photos on the back page





## Art Show, 2018



Lyn Young with her picture Best in Show



Laurie Andrew's picture Best Botanical Art Picture



Book Discussion Group A in the National Gallery of Victoria  
The Banquet of Cleopatra  
See p. 4



Merv Barnett's photos of Spain see page 7



La Sagrada Familia Basilica



Gay Crowther's trip to Sri Lanka see page 7

