

# New Horizons

**U3A** GLEN EIRA  
UNIVERSITY OF THE THIRD AGE

A0016826W ABN 54161309634

**ISSUE 130 - Q1:2022**

*Hello and welcome to a new, exciting year. It will be filled with fun, with friends (old & new) and wonderful activities to engage your senses and bring joy to your days - through all the seasons of the year!*

## PRESIDENTS REPORT by David Collier



### **Welcome everyone to the New Year.**

Your committee was hopeful that this year would be different to our previous two and the impact that dealing with the Covid pandemic had on our operations. Different it is, but still I would urge everyone to maintain their precautions against infection, even if you have caught the Omicron variant already. Please remember that the annual flu jabs we had, become so used to having - were a response to the original flu pandemic in 1918-19. Covid will be with us for a long time yet.

That said, thank you to our Secretary for her constant efforts to ensure our members are fully informed about the current state of control for Covid in this state. There are clearly risks in being too hasty to discard simple safety measures such as mask wearing and staying away from our gatherings, if you have concerns about your Covid health. The Committee and I urge you all to stay safe and be careful.

I have been asked to provide a brief background to myself.

First, I am old enough to be a member, thank you. The 'Peter Pan' gene is alive and well in me and perhaps explains my sense of humour as well.

Second, I have been a member since I offered to provide history sessions upon my retirement some years ago. I am by background an historian and have been deeply involved in all aspects of education (for my entire working life). Chairing the U3A pales into insignificance in comparison to establishing registered training

organisations and assessing and maintaining professional/academic standards. My first engagements with U3A were during the decade of the 1980's, when I was regularly contributing weekly session while working at Auckland University.

The U3A movement is a wonderful opportunity for all of us to keep our minds and bodies active. The community of the U3A both welcomes and challenges all of us to keep learning and to stay vibrant as we age.

One dear friend has told me that, as they turn 90, they will keep attending the U3A for as long as the body is willing. A perfect recognition of the part the U3A can play.

Which leads me finally to acknowledge the work of our volunteers who contribute their time and effort in ensuring the Glen Eira U3A operates as smoothly as it does. Without their time and patience, we could not run the extensive range of courses, no matter how willing the tutors are to bring their expertise and understandings to our members.

We are all members of this U3A. I would urge you to be kind and

supportive of our volunteer workers. They too are members. They deserve the greatest respect for the extra contribution they make to this beautiful place. If you feel you may be able to also volunteer to help keep our U3A running, please step forward.

Stay safe and well

David

## VOLUNTEERS NEEDED



- To help with gardening
- To do minor maintenance
- To remove old furniture and deliver to recycling centre

Please advise Del via Email:  
[secretary@gleneira.org.au](mailto:secretary@gleneira.org.au)

### Get Well Soon Notices:

- Ditta Libson has had some health issues to deal with. We send our loving energy for strength and positive good spirits.
- Martin Verhoeven had an operation. Sending best wishes to Martin for a speedy recovery.

**Tutors: A BIG THANK YOU** to all the tutors who have remained loyal to U3A during difficult Covid-19 times, disrupted classes & various lockdowns. We are all looking forward to easier times ahead. 😊

## HEATHER HUDSON

**Newsletter Coordinator for around 16 years**, Heather took on the role of editor back in 2005. Her niece designed the masthead (which remains today), based on a suggestion from the art class - of that time.

She tells us “she has learnt new skills since those early days and has really enjoyed producing New Horizons”.

Heather wants to thank all the willing contributors of articles, photos and jokes over the years.

“Now it is time for a new editor, perhaps a new style.....who knows”, she says. “I’m sure the newsletter will continue to inform you of important information and present you with many interesting articles”.

Great effort, well done Heather!

## LIFE LESSONS by Denis Wright

Denis Wright's blog, which has been visited by perhaps millions of people from around the world, is archived by the National Library of Australia.

1. Don't spend your life in a job you hate. Life is too short to live it only in the evening and at weekends.
2. If there's something bad happening in your life you genuinely have no control over, learn all you can about it and how to live with it. Beating your head against a brick wall is unproductive.
3. If you think you can change it, then go all out to do so. Try to understand its nature and work with it where you can.

4. There are no 'good' and 'bad' decisions. If you made what you think might have been a poor choice in life, learn from it, and you might make a better one next time. You don't know what's going to turn out good or bad in the long run, so regrets are a waste of time.

5. Don't agonise about the past, in the sense that you can't change it. Live in the slice of time that's the now. You can't live in the moment; it's too short. The slice is richer. It has a little of past, present and future.

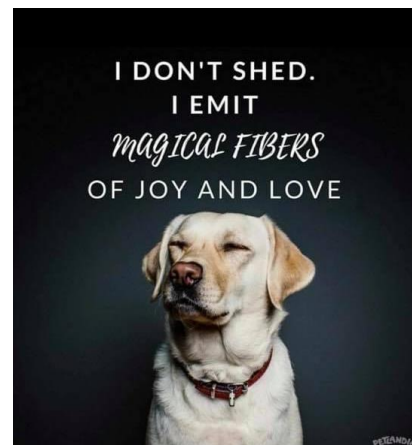
6. Apologise as soon as you can when you think you've hurt someone. Don't try to pretend you're perfect. Accept responsibility where it's due.

7. Keep your options open for as long as possible. Don't close them unnecessarily.

8. Try to keep your sense of humour if you can, though it's not always possible.

9. Carpe Diem ... Or, for a change, SEIZE the DAY!

10. Do not be afraid of death. "If you're not afraid of your own death (more than you need to be), then you need have little fear for anything life can hand out.





## MEET the 2022 Glen Eira - U3A COMMITTEE



David Collier - President



Del Stitz – Secretary



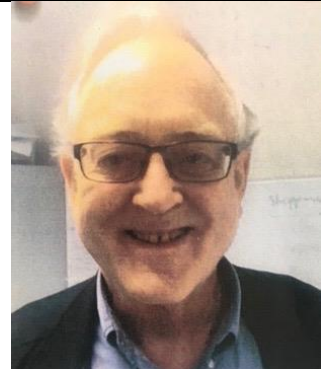
Gary Fabian



Russell Stern



Hilary Friedland



Martin Verhoeven



Wendy Chandler



Scott Gordon



Jo Brown - Treasurer



Chris Perera –  
Course Director



Kerry Finn – Newsletter  
Coordinator



Ditta Libson

## WEDNESDAY BIKE GROUP



**Several of the group members from 2021 continued to meet for rides on Wednesdays during the summer break, to keep the fun going.**

One ride was from EE Gunn Reserve in Ormond to Sandridge on one very windy day! East-South Easterly winds were forecast which helped us on our outward ride towards Port Melbourne (along the Bay Trail). We had coffee and chats at Caps cafe at the Sandridge Life Saving Club.

<https://www.sandridge.org.au/>



When it was time to make our return trip the winds intensified, so we took the inland trip into the city to take the Main Yarra and Gardiner's Creek trails where we were sheltered from the off shore wind gusts.

Some members took the option of catching the train at Flinders St Station. As happens with all our rides,

people branch off on the homeward trip to take shorter trips home.

Other destinations included: Brighton beach, Black Rock and parts of Gardiners Creek, Anniversary and Scotchman's Creek trails to Chadstone Shopping Centre.



**The highlight of ALL our rides is the café stop with socialising. What fun!**

*Note: Information in this article was supplied by Paul Shewan.*



**Best Dog Ever!!**



## VALE JOSIE COYLE



**JOSIE COYLE** passed away in January 2022.

Josie was one of the founding members of Glen Eira U3A, was on the committee for several years and contributed a great deal to the organisation - over many decades.

She was in charge of gardening early on, when U3A was in the former premises (the lawn bowls club). Later she organised many group bookings of matinee stage musical productions. Josie also contributed on the reception desk, volunteering for many years.

She attended classes in Italian, Ian Cathie's guest speaker programme, Biology, Trivia Luncheon, Travel Stories, Shakespeare Readings - and so on.

Josie was a spirited character and took part in the protest march (to the town hall), when GEU3A was threatened with eviction from its earlier premises.

She had a beloved rescue cat, Russell - acquired from the local council. Josie asked why the cat was called Russell. The council told her that it was quite wild, and named after Russell Crowe! (Famous for throwing a mobile phone at an American hotel employee - at the time).

Prior to Josie's time at U3A she was a travel agent over many years. She enjoyed travelling extensively overseas, including skiing in Switzerland.

She spent two years working in London in the 1950's and made some great friends there, who became lifelong buddies. Some of these friends attended her 90th birthday party (about 3 years ago).

Josie lived alone in Elsternwick and will be especially missed by her nieces. Her enthusiasm and hard work will also be sorely missed at U3A. RIP now Josie, love from us all.

**Note:** Information in this article was supplied by Margaret Blight, Margaret Bayly, Gloria Woods and Del Stitz (all current U3A members) and Carol Stals (former U3A member).

## DEFIBRILLATOR

**Note:** In a Medical Emergency at U3A notify reception and **call 000** for medical assistance.

A Defibrillator is a device that restores a normal heartbeat by sending an electric pulse or shock to the heart. They are used to prevent or correct an arrhythmia, a heartbeat that is uneven or that is too slow or too fast. A Defibrillator can also restore the heart's beating if the heart suddenly stops. We are so lucky to have a Defibrillator available onsite at our U3A Glen Eira office building.

More information is available on the website at <https://gleneirau3a.org.au/>

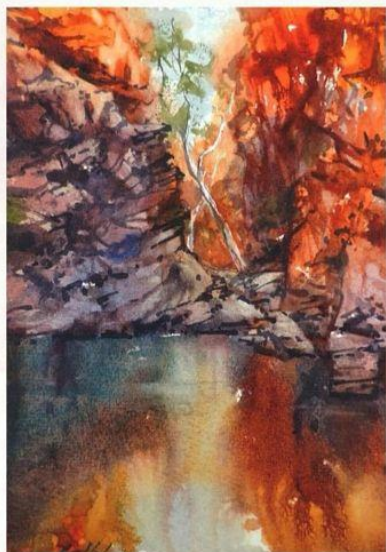
## Wednesday WANDERER ARTISTS – Exhibition

Wednesday Wanderers  
Present

# CONNECTIONS

Watercolour artists were inspired during lockdowns  
when Zoom sessions allowed friendship, laughter and paint  
to mix in a virtual environment.

Twenty-two watercolourists invite you to see the  
results.



**Exhibition:**  
**March 2nd- 13th**

**AGRA Galleries:**  
1 Inglesby Rd  
Camberwell 3124  
Ph: 9882 5859

**Gallery Hours:**  
**Wed - Fri 10 am - 4pm**  
**Sat and Sun 1 - 4 pm**

**WOW look at this  
amazing painting on  
the Connections  
Exhibition poster!**

There are some well established watercolour artists exhibiting, amongst the twenty two who will be showing their works in March – at AGRA Galleries, Camberwell.

Sylvia Barton tutored Judy Taitoko & Ancita Beale (longstanding members & watercolour artists), for many years. After Sylvia retired she ran the successful class as a self help session.

We will be lucky enough to see a couple of artworks in the exhibition by Ancita Beale and are really looking forward to that (especially if you are a student of Ancita here at Glen Eira U3A)!!

If you are a student of art or just an admirer of talented works, go along and enjoy the show, it will be truly wonderful.

## Introducing NEW VOLUNTEERS

**Three new volunteers** have started this term at the U3A, Glenhuntly Campus.

Meredith Pincus, Kerry Martin and Yidan Su are volunteering on a Monday and look forward to working with members and tutors.

The new volunteers bring an array of skills and experience, ranging from science research, health and education.

Yidan said since Covid-19 brought certain isolation, she saw volunteering as a way of connecting with the local community.

If you would also like to volunteer please contact Rachel on 9572-0571.



## Newsletters

**New Horizons is the quarterly newsletter** of the Glen Eira U3A Inc. It is published to inform and entertain members.

It contains messages from the President and perhaps other office personnel. Articles are about activities in the various classes, for example art, language, dancing or yoga groups. Photos of various groups and activities are included where available.

**Notices about up-coming events** like choir concerts, art shows, cup day frolics and other events may be included. This gives members the opportunity to join with others socially.

It is hoped that all members find the newsletter of interest.

**TUTORS and MEMBERS are always welcome to contribute to news, photos or other messages - you are more than welcome to do so. It can be a single class photo, a few sentences of news or full article with pictures. The choice is yours, and much appreciated.**

## Glen Eira – U3A Contact Details

**Office Hours:** Monday to Friday 9.30am – 3.00pm | **Phone:** 9572 0571

**Postal Address:** PO Box 286, Glenhuntly, Vic 3163

**Email:** enquiries@gleneirau3a.org.au | **Website:** <https://gleneirau3a.org.au/>