

### President's Thoughts

When you receive this Newsletter please take the time to read it - don't treat it as another item of junk mail.

Your Committee of 9 members meets on a regular basis – once every six weeks on average. Our membership continues to grow, due to the increased numbers of new courses and activities. Without the support of the Group Leaders courses and activities would not go ahead, so we acknowledge their untiring work and offer our thanks and support.

The recently held "meet and greet" was a great success and gave members the opportunity to meet members from all groups and together enjoy some afternoon tea. Please mark on your calendars the date of our AGM which is on the 9<sup>th</sup> August starting at 10.00 am to be held at the Sunbury Football Club. Come along, join us for the meeting and stay for light refreshments.

Mary Wicks - President

### Secretary's Notes

This will be first and last time that I will be bringing information to you through the Newsletter as Secretary. My three years comes to an end at our AGM and you will be welcoming a new Secretary. I would just like to take this time to say thank you to all our members for your support. It has been good getting to know most of you through emails and on a more personal basis.

Finally just to let you know that our 2018/19 \$35.00 Membership Fees are due at the end of June. I will be sending out a more official email reminder to you all soon. Remember if you want to put in a nomination to join the Committee you must be a paid up member of Sunbury U3A.

Thanks everyone, Marlene

### Who Ya Gonna Call ?

President – Mary, 9744-1518

Secretary – Marlene, 9744-4848

Activities Coordinator – Jill, 0413-004-546

### Still to come in Term 2

#### June

14th Morning Musical - Once starring Glen Hansard

21st Guest Speaker - George Peart & Friends

22nd Dining Out at Collective Restaurant in Gisborne

28th Outing to Colony Exhibitions at the NGV Ian Potter Centre at Federation Square

### Our Website

The Sunbury U3A website ([u3asunbury.org.au](http://u3asunbury.org.au)) is regularly updated and contains details of current outings, guest speakers and anything else that may be of interest to members. Current details show 103 unique visitors in the last week. The website is maintained by Trev Cann and Jo Pace.

### Group Happenings in Term 2

**Indigenous & Multicultural Studies** - this new course is a definite to commence in Term 3, scheduled for Monday mornings from 10-11:30am. If the time-slot doesn't work out, we may be able to negotiate an alternative time with our new Group Leader, Flora McCann. Let Jill know if you're interested.

**Beginners French Group** – Despite some illnesses amongst our class participants this term we've enjoyed learning how to order meals in a restaurant, buy vegies at the market, visit places on our next trip, reserve a hotel room, and share introductory conversations about ourselves and our families. We also have some sing-alongs & lots of fun and laughter! New members always welcomed!

**Cinema Group** – An enthusiastic group have gone to see a variety of movies including "Three Billboards" and "Murder on the Orient Express" followed by lunch afterwards in varying restaurants. We try to arrange a movie (art-house if possible) every 4-6 weeks.

**Philosophy Group** – During the last year, philosophy group discussions have concentrated on "Moral decision making" and how to approach everyday ethics. These fortnightly lectures have encouraged the group to develop more reasonable attitudes to making decisions ;and have exemplified "Areas of grey" and more than one "right" answer to a question ,depending upon perception. In general, they have been an encouragement to use our ageing brains. Topics to be discussed in the future could include.

Philosophy, Religion and the Meaning of life.  
Forgiving love.  
Mohammed.  
Marx, Darwin, Freud  
Existentialism.  
The Holocaust.  
The Mystery of the mind and the Soul.  
Free Will.  
God.

The "love of wisdom" attitude encouraged by the philosophy course opens one's mind to other opinions and possibilities. A better informed, more tolerant and reasonable person often results.

This reads a bit like preaching : I would encourage any possible participants to seek out members from the last philosophy group discussions for their opinions.

John Hall. Group discussion leader.

**German Conversation Group** – While our attendance numbers of late have somewhat fluctuated, what with sickness, family requirements, travel duties and funeral attendances, the group has been as active as ever with discussions on personal experiences, anecdotes, various happenings reported in the daily German News broadcast on SBS 1 as DEUTSCHE WELLE NACHRICHTEN, as well as some real serious translation work for those members who are not natural German speakers. Naturally, when we do have a full contingent present, then all activities, fun and laughter do get greatly multiplied.

I forgot to mention that we also participate in the singing of German folksongs from time to time, just to have a bit of variation.

Overall, the friendship and comradeship accompanied by laughter, good cheer and helpfulness has produced the great atmosphere and good will of our group so valued by each of us, but especially by me.

Joe Kloss.

**Morning Musicals** – 2018 started with Fiddler on the Roof followed by the stage version of Oklahoma starring Hugh Jackman. Reasonable attendances for both although room for many more. Watch out for some good shows during the rest of the year. We are promised that the sound quality in the Board Room will be improved during the next couple of months.

**Canasta Group** – Some of our new members are getting very good at canasta, but Elaine still seems to be the regular winner! Gay entertains us with news of the day, and we keep warm in cold old building 27 with the efficient little heater! We usually have from 3 to 8 present - even Irma forsook German to join us one day! It's a lot of fun. Never too late to learn another skill.

**The Ageing Brain Group** – There are about 25 intrepid members of U3A Sunbury, who have started on the Ageing Brain course. At this stage we have listened to 3 half hour lectures and have 9 to go. The course should be completed in approximately 4 months, as we have fortnightly lectures. The lecturer, Dr. Polk is passionate, erudite, famous in America. We are fortunate to have such a lecturer from whom to learn. The course is roughly divided into three parts.

The first part concentrates on Processing skill, Executive function, Episodic memory in the ageing brain. Also discussed are genetic influence, calorific restriction, free radical damage and oxidative stress, DNA damage. How these conditions influence Ageing in general.

The next part is devoted to the brain itself. The structure of the brain, The functions of the brain as it changes in ageing. Stroke, Alzheimer's, Parkinson's, mood and memory are all presented in this section.

The third part is devoted to strategies which have been demonstrated to help keep our minds and brain sharp and healthy as we age.

Hope to see you at the lectures  
John Hall. Group leader.

**Walking Group** – Don't forget there is also the Heart Foundation Walking Group in Sunbury which meets 3 times a week all levels welcome, Call Marian on 0417057438 or Liz 0428147903 for more details

**Watch:** "What Will Happen to Your Body If You Walk Every Day" on YouTube

<https://youtu.be/3Ka7B3hCg08>

**Outings & Dining Out Group** – Terms 1 & 2 have seen us out & about to the Koorie Heritage Museum, the Heavenly Queen Temple, around the Bellarine Peninsula, Werribee Zoo, & to the Old Treasury & Parliament House. In June we're looking to visit the NGV & July will take us to Fortuna Villa in Bendigo. In addition our dining out

group have tried out modern Thai-inspired cuisine in Gisborne, classic fare at Galli Winery, Chinese in Niddrie & recently a large contingent enjoyed the bistro at the local soccer club. On June 22 we'll be heading to Gisborne again before term 2 ends on the 29th.

**Cryptic Crosswords Group** – How wonderful and well done to many of the Cryptic Crossword gang who are now able to complete the Herald Sun Sunday cryptic crossword over their morning cuppa!! This clever bunch of U3A members were ready for a greater challenge in Term 2, so they stepped up a notch to the more complex cryptics designed by David Astle, whom some of you may know from his book 'Puzzled' and the fabulous old SBS show 'Letters and Numbers'. Term 3 will see the CC group go on to tackle double meanings, spoonerisms, rebuses, exotics and hybrid cryptic clues, which will certainly keep their minds active! You are most welcome to come along on the first and third Tuesday mornings and join in the fun and mental stimulation.

**Digital Learners Group** – Digital Learning was run as a trial during Term 2 to gauge our ability to help U3A members develop basic computer skills. It was a challenging task when we realised the broad range of questions, experience and problems that people had! Many of these issues could really only be helped through one to one assistance by someone with a level of expertise we didn't always have. It quickly became evident that general instruction was not going to meet the diversity of our participants' needs. So we have decided to leave Digital Learning for the time being while we consider other more suitable options. A very special thank you to Jill, Jo and Gordon who volunteered their time so generously every week to help the group.

**Mahjong Group** – Mahjong (western way) is played Tuesday afternoons 2pm – 4pm at Senior Citizens Hall. We have another 2 new members attending and learning the game at the moment.

D. Lee

**Guest Speakers Group** – Why not come along, have some fun and join us. Make new friends, with this being the possibly largest group of about 30 members. We meet every 1st and 3rd Thursday of every month, with some of us staying for lunch afterwards. Wide range of interesting speakers and we are always happy to get

recommendations from the group. Watch out for the members email to see who is coming next

Hope to see some of you soon.

**Book to DVD Group** – This group has restricted numbers because of getting the books from the Gisborne Library. It is a group that loves to read and to have some fun. Books can range from The Road which was grim, to All The Light We Can Not See which was magical. We meet once every 4-6 weeks for lunch and then discuss the book and see the DVD.

**Bridge Group** – Bridge is played on Mondays from 1pm to 4 pm. during school term at the Social and Football Club. The bridge game is played with enthusiasm of competition, friendship, and fun along with learning and improving our card play.

We can offer teaching the game. The mechanics are fairly easy to learn, but as most people have heard the game is harder to master. A bit like other card games where most of us play for fun, an elite few can play for large stakes. We are not in that elite few, we play for fun. The challenge of Bridge is to signal to your partner what cards you hold during the bidding process. The most important part of the game is to have fun and enjoy yourself.

We are keen to have new players, so you are welcome to join us. You are welcome to watch others play and decide whether it is for you. There is no obligation to go further.

Bridge is like a lot of other things. You don't have to be good at it to enjoy yourself. If you have an interest in learning the game and playing, you are welcome to come along to watch the game being played and have the moves explained. If you have played Euchre or 500, then you can easily pick up the basics of bridge. There is no betting involved, but a winner is announced after each day's play but no long-term records are kept.

Contact Maureen or Terry on 9740 3579 or the Course/ Activities Co-ordinator Jill Dyson

**French Conversation Group** – This is a group that practices French at the level of its' members. Each member contributes according to their experience.

The weekly sessions generally include a variety of activities which facilitates the practice of

reading , some grammar revision and extension, and a chance to practise speaking in French, according to the individual member's level.

We don't take ourselves too seriously, but we benefit from the opportunity to stretch ourselves mentally in a non-threatening atmosphere.

Anyone interested, but not sure whether the level is appropriate for them, is welcome to come along and try us out.

Jenny.

**Rainbow Dancing Group** - The U3A Rainbow dancers continue to meet each Thursday afternoon at Rainbow Court and enjoy the camaraderie and mental and physical exercise of dancing. Our numbers have grown over the past year which is very satisfying for us, but with more girls than boys which presents some problems.

We have added an early start session for beginners to some of our Thursdays to help new members learn the dance sequences that we do and hopefully get up to the point where they would be able to join in the local old time dance circuits if they feel inclined. However our ability to do this is limited by the small number of men that we have attending, -- so come on guys, it's great exercise and there are plenty of gorgeous gals out there waiting for dancing partners. See you soon at Rainbow Court.

Contact Margaret or Michael Allan on 9744 3228 or Activities Co-ordinator Jill.(number on page 1)

### Falls Prevention Tips

28.349523 grams of prevention is worth  
.453592 kilograms of cure

(old saying translated to the 21<sup>st</sup> century)

Things you can do to reduce your risk of falling include:

- Eating healthy and nutritious food (if you can afford it)
- Drinking enough fluids (whiskey does not count)
- Maintaining a healthy and active lifestyle, with regular exercise to prevent your muscles weakening and joints stiffening, e.g. Tai Chi
- Taking medication only as prescribed
- Wearing the right shoes – comfortable, firm fitting, flat shoes with a low wide heel, laces buckles or velcro fastenings and rubber soles that grip
- Wearing slippers that are good fitting
- Not walking in socks
- Making sure clothing is not too long (touching the floor), causing a trip hazard

- Hazard proofing your home to make it as safe as possible – removing slip or trip hazards like loose rugs or mats and repairing or replacing worn areas of carpets
- Wiping up spills immediately
- Making sure there is adequate lighting, especially at night
- Using your walking aid at all times
- Installing grab rails in the bathroom
- Keeping pathways clear and in good repair
- Marking the edge of steps so they are easier to see

### Where We Been ?



To the Werribee Open Range Zoo !

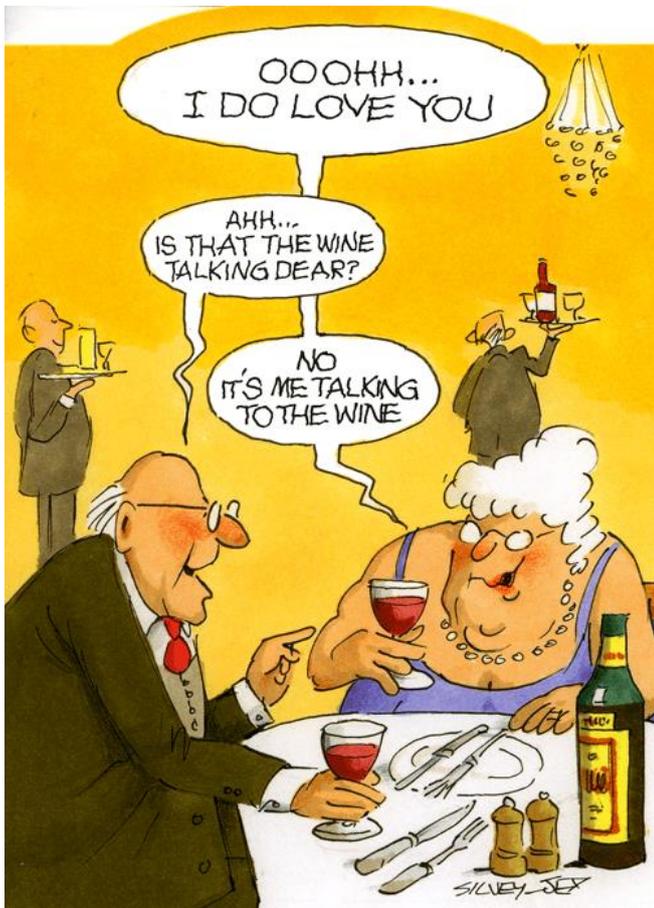


Dont'cha just feel like this around 3pm ?



Yo talkin' to me boy ?

On A Less Serious Note ...



**How to Make Friends outside Facebook**

I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I did the night before, what I will do later and with whom.

I give them photos of my family, my dog and me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day.

I also listen to their conversations, give them the "thumbs-up" and tell them I like them.

And it works just like Facebook! I already have four people following me: two police officers, a private investigator and a psychiatrist!



Nursing Home Life

**Funniest Jokes**

This morning on the way to work I wasn't really paying attention and I drove into the back of a car at some traffic lights.

The driver got out and it turned out he was a dwarf.

He said, "I'm not happy."

I said, "Well, which one are you then?"

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A man walks into a bar and orders a drink. Then he notices there are pieces of meat nailed to the ceiling of the bar so he asks the barman what they are for. The barman replies, "If you can jump up and pull one of them down you get free beer all night. If you fail, you have to pay the bar £100. Do you want to have a go?"

The man thinks about it for a minute before saying, "Nah, the steaks are too high!"

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My grandpa started walking five miles a day when he was 60.

Now he's 97 years old and we have no idea where the hell he is.

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