

NEWSLETTER SEPTEMBER 2022

President's column



This has turned out to be a bumper edition of our Newsletter, so not much space for my pontificating – thankfully, you'll say. Suffice for me to note that our offerings in semester 2 reflect both the varying interests of our growing membership and the increasing numbers of people, members and others, willing to present to us. The success of Bill, Gail and Meryl at the Volunteers Expo in August (see short note in this Newsletter) was hugely encouraging, in identifying possible new members, with new interests, and especially in identifying a potential new range of experts in totally new activities willing to contribute to our U3A in the future. This is very exciting for 2023 and beyond and means we can already begin planning our forward programme.

Finally, as Newsletter editor, I plan to look in depth at the format and content of the Newsletter over the coming summer, especially to make it more readable and accessible to those of you who read it only on hand-held devices – probably the majority. So, if you have any suggestions and preferences in this regard (including on the contents), please let me know.

What's on during the next two months

In September, tutorials begin with a presentation on Advance Care from Melissa Couch of SW Healthcare. Later in the month we will have the first two presentations by Peter Hankinson in his Japan series, which are a reprise of the talks he gave first some years ago and are fascinating. Otherwise, the small group activities and Philosophy Classes continue on their merry way.

Come October, in addition to the Philosophy classes and ongoing small group activities, we have some real treats in store. First tutorial will be the third of Peter Hankinson's Japan series. Then on the 18th, we have a special day out at Deakin University, with a talk by Ross Cayley of the Victorian Geological Survey, followed by lunch at the Brother Fox restaurant on campus, and ending with a guided tour of the Deakin native Australian garden. Not to be missed. Our final tutorial for the month will be by Blake Allan from Deakin Marine Science group. Some of you may remember the wonderful talk Blake gave us in 2021 on drones – this one will be on the Victorian Coastal Monitoring Project. Finally, starting this month will be our course on Science in the Home, with the first classes by Bill Gardner and John Sherwood.

Full details of times and locations for all these activities are in the September and October Calendars attached to this Newsletter and also on the website.

Coming Tutorial summaries

Standing Tall in Warrnambool. Ricky Leonard. 5 September. For those that are not aware of our program: Standing Tall in Warrnambool is a community-based mentoring program that was established in 2011 and has successfully supported hundreds of students navigating their way through their high school journey. Standing Tall is an early intervention, resilience-based program that recruits, screens and trains members of the community to become mentors for young people in a school setting. These mentors meet with their mentee during school hours for approximately 1 hour per week and the results of the program are staggering. I initially reached out to the U3A in April of 2022 when I became aware of your organisation. We were in discussions with the Warrnambool City Council in the hope of making the new library a home base for our program and they discussed your program and the fact that you will also be using the library as your home base. I thought that meeting up to learn about each other would be a good process to go through and the more I started to think about it, the more synergies I thought we had. We have a great mentor group currently and the demand for our program is growing faster than we can scale, if the U3A had members that were interested in mentoring then it would be a great result for us. We also know the personal satisfaction from making a difference in your community can be extremely rewarding and the profile that the U3A has in the community seems to be the exact type of people we look to attract to make a positive difference in a student's life. We may also have mentors that would be interested in the U3A and the best way to develop a relationship with other members of our community is to reach out and talk

Advance Care Planning. Mellissa Couch. 6 September. Advance care planning is the process of planning for your future health care. It relates to health care you would or would not like to receive if you were to become seriously ill or injured and are unable to communicate your preferences or make decisions. This often relates to the care you receive at the end of your life. Advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would receive and the outcomes you would consider acceptable. It helps to ensure your loved ones and doctors know what your health and personal preferences are and that these preferences are respected.



Japan in the Edo Period 1603-1868. Peter Hankinson

September 20 Japan Under the Shoguns

After 100 years of civil war in Japan, the Tokugawa Shoguns came to power and sustained 250 years of peace by cleverly neutralising internal and external opposition.

September 27 Edo – The Shogun's Capital

The city of Edo was sculpted by fire and water as it was transformed into the capital of Japan and the world's largest city.

October 4 Popular Culture

A highly literate and prosperous population led to a great flowering of popular culture in the Edo Period of Japan.

October 18 at Deakin University. Geological history of Victoria and geological linkages to other states. Ross Cayley

10.45 am to 12

1: first lecture will be a summary of the last 500 million years of western Victorian geology presented in lay terms, starting from the near-present day in the plainly visible modern landscape, and stepping back in time systematically with increasing uncertainty and increasing reliance on geoscience datasets that non-geologists won't be familiar with. Eg: Newer Volcanics volcanoes, modern landscape uplifts changing regional drainage patterns, past marine incursions over the land, legacies of Gondwana breakup, Permian Glaciation, magmatic events, Grampians Group deposition, Victoria's Early Palaeozoic bedrock and the former eastern Gondwana shoreline.

Lunch at Brother fox

1.15 to 2.15

2: Second lecture: The formation of Victoria's foundation bedrock – deep diving into the Proterozoic-Early Palaeozoic history of the State, links to South Australia, Tasmania and NSW, a review of Earth processes (the 'present being the key to the past', and a brief introduction to 'geodynamics' - the physics governing Earth behaviour), and the range of methods geologists use to gain an understanding of exactly what happened to build this part of our continent over 400 million years ago.

Followed by a tour of the campus garden.

Class – Science in the Home.

Three parts, six sessions, exploring the way science impacts on and is involved in everything we do in and around the home

Part 1. Soil science. Bill Gardner. 6 October

Soil: will explore some of the things that give soil its properties by a combination of presentations and hands on experiments (clay dispersion, the effects of additives such as gypsum or alum, and the effects of salinity, measuring pH). A short video explaining the mechanisms behind these properties will follow, leading into a discussion about what controls soil pH (the measure of acidity or alkalinity). This will lead into a consideration of local soils and why they behave as they do, and what implication this may have for plants growing in them. The process of coastal limestone formation will be discussed.

Part 2. Chemistry in the home. John Sherwood. 20 October

(a) The good oil on oils (and fats!). The major food groups include proteins, carbohydrates, vitamins, minerals, water and fats. The last of these groups is a major source of energy. We use fats in cooking (and love the taste!) and store fat in our bodies for future use and this has led to a variety of health issues with sometimes serious consequences. We will investigate the chemical differences between "fats" and "oils" and "good" and "bad" fats as well as the difference between butter and margarine, its synthetic copy.

Tutor Profiles

Ricky Leonard. Ricky Leonard currently works in a management role for an energy infrastructure business in Port Campbell and his wife Liz, is a local midwife at the Warrnambool base hospital. Along with their two daughters, they are passionate about making a positive impact on their local community through organisations such as Standing Tall. Ricky has been a mentor and committee member over the past few years and is extremely excited to take on the president role in 2022 to continue to build on the great work that his predecessors have made.

Melissa Couch. Advance Care Planning Officer and Palliative Clinical Nurse Consultant. Melissa provides ACP advice and education throughout the Southwest Region, to both clients and other healthcare providers for 5 years, with over 10 years' experience as a registered nurse.

Peter Hankinson. Our Secretary/Treasurer, Peter Hankinson and his wife, Noeleen, moved to Warrnambool from Ararat in late 2015 and joined U3A Warrnambool in autumn 2016. While in Ararat, they had both been active members of the Ararat U3A, attending various courses and activities, and also both giving presentations. Peter has a long-time interest in Japan, Japanese history and Japanese culture.

Ross Cayley is the Senior Geologist with the Geological Survey of Victoria, and hails from Hamilton originally. He is an excellent public speaker and is able to convey his subject matter in an entertaining and informative way. His talk will be presented in two 1-hour segments and will encompass the geological history of Victoria over the 500Ma and will also show how the State is linked into other major geological features in other states.

Bill Gardner. Bill Gardner has had a varied career studying Agriculture at Melbourne University, farming at Hay, NSW, moving onto a Ph D at Melbourne University, then a stint as a researcher with the Agriculture Department, followed by private consulting to farmers, back to farming and now retirement. Take note that he is quite comfortable with making stuff up where his knowledge runs out.

John Sherwood: John has held an Honorary Associate Professor position since his retirement from Deakin University in 2010. He has professional and personal interests in environmental science in its many forms. His particular research interests are in the chemical and earth sciences of Southwest Victoria

Blake Allan is an Associate Research Fellow and Chief Remote Pilot within the School of Life and Environmental Sciences at Deakin University. Blake's research focuses on emerging technologies, and how they can be integrated into the collection and analysis of environment variables. His current research specializes in the capture and processing of drone imagery, and he coordinates a Citizen Science program, training community members to fly drones to assess coastal change.

Keith Purdie. Dr Keith Purdie is a retired Anglican priest and registered psychologist. He has worked as a parish priest, and in a variety of industrial settings as counsellor, trainer, and applied researcher. Keith has a B.A (phil major), B.D. (Bachelor of Divinity); Grad Dip Psych; and PhD (in psychology, exploring the free will/determinism issue as it applies to psychology. Jointly supervised by a psychologist and a philosopher). Keith taught a philosophy class at U3A Emerald Victoria for 6 years.

Activity Reports

Tutorials. Peter Dexter

Our tutorial sessions in semester 2 got off with a bang (or should I say a crash?) with another great presentation by our guru on (almost) everything, John Sherwood. This one was on the 1903 earthquake in Warrnambool. At the end of his talk, it was no comfort to learn that we could have a repeat in the not-too-distant future.

The second for August was a real tour-de-force from Janet Blagg, who inspires us with her love of and knowledge about writing and literature. This time she cast her net over the *Medea* of Euripides, putting the play into its historical and social context and discussing the meaning and interpretation of the fable. This generated a very lively discussion and a desire to explore more of such plays which carry a story and a message.

Music Appreciation – ongoing. David Fallaw

Our musical appreciation group again enjoyed Barbara Phipps lovely home to hear the beautiful music of Schubert. The great depth of the 9th symphony, a delicate piano impromptu, the famous Trout quintet, the C major string quartet and finally a rousing Military March, all served to show the sheer genius and musical imagination of this composer who died at the tragically young age of twenty-nine.

Our September program will feature the wonderful music of Felix Mendelssohn, who also died too early at thirty-eight, but what a legacy he left us.

First Year Fine Music Appreciation. Peter Hankinson

A journey through the life and music of Franz Josef Haydn, with some side trips to the music of Boccherini and John Field, occupied our first session for this semester. Some of the humorous music of Haydn was especially enjoyed.

Film Appreciation. Peter Hankinson

Our film group were astounded by and thoroughly enjoyed our first offering for this semester. Everyone thought this different take on the Hamlet story, seeing the action through Ophelia's viewpoint, was brilliantly imagined and magnificently acted and stunningly filmed. Those of our group who play Mahjong were still enthusing about it days later.

Our September film will be another creative take on a Shakespeare play. The Macbeth story is transposed from being set in medieval Scotland to being set in feudal Japan under the direction of renowned Japanese director, Akira Kurosawa. This film is a cracker, and it all happens on Sunday 4 September at 2pm at the Hammond Centre.

Book Club. Barbara Phipps

The theme for August was "Family Relationships". June shared her meticulously researched family history of some 20,000 ancestors. We learned about the meaning of their surnames, their occupations and the poor fourteen-year-old boy convict kept on hulks and then transported to Port Arthur.



Merryl told the group about her book “Oh William”, author Elizabeth Strout. As Merryl remarked William turned out to be a wet lettuce so she regarded the title as being apt. Lucy, the heroine developed as a strong person.

Christine described the delight of “Our Souls at Night” by Kent Harum. Two elderly neighbours find comfort in sharing the same bed to the disgust of their children. We then discussed whether we would bow to the wishes of our children or pursue our own dreams.

Elizabeth’s book “Fishing for Strawberries” by local author Wendy Scarfe is set in Warrnambool and tells of the daughter of the lighthouse keeper who wants to become a painter. Elizabeth has written a booklet about Light House Keepers hence part of her attraction to the book.

Barbara’s book “Sarah Thornhill” by Kate Grenvill has two themes: family relations and the relationship with the indigenous peoples of Australia and New Zealand. Tragic stuff.

The theme for September is Adventure

Mahjong. Barbara Phipps

There are sufficient sets of tiles for sixteen people to play. With the assistance of a book which illustrates all possible hands to achieve Mahjong it is easy for new players to learn. Currently eight people have enrolled for the second semester so there is room for more to join us and become hooked. Learn about the thrill of drawing a cat or a rat, winds, dragons, bamboo, circles and characters. We play every Tuesday morning at 10am in the Hammond Centre.

Cryptics. Barbara Phipps

We welcomed two new members who commenced in August, so Elizabeth now has three groups depending on experience. Come along and do your best lateral thinking. We aspire to solving the puzzles set by D.A. (Don’t Attempt) which I understand the editor of this newsletter and his wife Robyn can complete.

We gather at 2pm on the second and fourth Mondays in the Hammond Centre.

Introduction to Philosophy. Keith Purdie

I am pleased to report that 17 people are enrolled for philosophy this semester. Our subject is one of the most interesting and contentious in philosophy today: Philosophy of Mind. Is the mind the brain? If so, how can a physical object produce conscious experience? Do we have souls? Is the mind a sort of complex computer? These and similar questions should keep us well exercised. This subject amounts to an inquiry into our nature as human beings The field is a large and complex one; our course is just an introduction to the major positions in the debate.

We look forward to plenty of stimulating discussion, fun and good company.

Chocolate is
God’s apology for
broccoli.

Social Interactions. Robyn Harlock

Although numbers have been small, the Brophy presentations have been both challenging and informative, promoting insightful question and answer sessions. Our last talk was delivered by Jessica Maloney, team leader of the D.A.R.E. (Drug and Alcohol Responding Early) program.

Jessica spoke about the early intervention services provided by Brophy and how they engage and work with young people and families to manage/break the cycle of substance abuse. Jessica explained the DARE model of care phases and the WILD Adventures that are organised to provide a safe and respectful meeting place for young people who are involved in substance abuse and/or come from families where there are issues with drugs/alcohol.

Our next presentation is scheduled for Monday 29th August. Geoff Wake, Manager Foyer Warrnambool, will speak about the safe accommodation the Foyer provides to young people where they can also learn healthy life skills, financial management, pursue education opportunities, and how to set, and hopefully attain, future goals.

The U3A Warrnambool website – an update. Bill Gardner, webmaster



We have responded to feedback and tried to simplify the web site. First: if you cannot navigate the online enrolment process, we have two alternatives, an email return system, and a physical (pencil and paper) day. If all else fails, turn up and hassle one of the committee or me. Second: to gain access to the members area the password is u3a. This will be changed annually. Third: you only need to use your username and personal password when you alter your profile (and enrolments) on-line. If you have forgotten your password, click on the link and it will reset to 12345.

Finally, I would urge you all to use the archive of past presentations, a much better way to spend an evening than the drivel doled out to us by the networks. In the future, we hope to be able to gain access to other U3A presentations round the state, a great resource.

U3A Warrnambool at the Volunteer Expo, Emmanuel College, 20 August



Bill Gardner, our vice-President, reports that it was a great day for U3A Warrnambool, strutting our stuff at the Volunteer Expo Day on Saturday. There were lots of enquiries from potential new members, and many people offering to hold new courses or present on various topics. It means that we are looking good for an expanded and diverse offering in 2023 which may include Tai Chi, Meditation, and sketching for beginners (Scribblers) amongst others.

A special thanks to Bill and to his co-conspirators, Meryl Tanner and Gail Lemmens, for doing this on our behalf.

Member Profiles

This month we are privileged to have a short biography of Janet Blagg, who gave us a fascinating class on book editing and publishing in 2021, and an enthralling and challenging tutorial on *Medea* only last month.

Janet Blagg

The sum of the threads ... or some of the threads

Born in London, England 1953 in the depths of winter, I was primed to enjoy best a cool climate. The flat I was born in was army accommodation, and my first 14 years were spent in army camps where my mechanic father (REME) was stationed, including in HK, Singapore and Malaya. In 1967 our family left Liverpool (and Beatlemania) on the *Fairstar* to emigrate to Perth, WA.

Following an arts degree at UWA (thanks to a Commonwealth scholarship), successive jobs pointed me in the direction of publishing and editing. At uni I worked on the student newspaper; in later jobs I learned to operate an offset printer, published weekly newsletters; taught people how to print in a community learning centre. The real entry into publishing came in 1984, as a consequence of doing a Dip Ed. After one term and two weeks I could face teaching no longer and was rescued by the offer of paste-up work for Pitmans (the shorthand people, who also published other books). I was lucky to be trained to edit there, and that was the start of the perfect career for me, a confirmed bibliophile. After a couple of inhouse jobs, I freelanced for many publishers, working at home. I still edit, and probably will for as long as I am able. I have loved working with language, and with writers: the process of engaging with them over their writing has been immensely fulfilling.

Another big love has been travel, especially involving big walks: crossing Tibet to walk around Annapurna; the French Camino. Between travels I have moved a lot too. My last move brought me here from northern Tasmania in the week before the first Covid lockdown. I expect to die in Windybool.

My third big love is the history of humanity, or human social evolution, which managed to get a look-in on my talk about Euripides' *Medea* in August. Now it feels like things are coming full circle: my third age, coming 'home' finally, and to immerse myself in the joy of learning more about life, the universe and everything. My current reading: the spine-tingling possibility that DNA is the dwelling place of human (and every other species') consciousness.



Member Contributions

We are delighted this month to have another of his magical musical adventure anecdotes from David Fallaw.

Orthodox Music Perfection – David Fallaw

During our recent sojourn in southern France, Kay and I took the opportunity of renting an apartment in the Marais district of Paris and decided to explore each of the twenty arrondissements of the city. On this particular day we picked the eighth, which takes in the district to the north of the Arc de Triomphe.

From Place Charles de Gaulle, we headed along Av Hoche and 'kick started' ourselves with a morning coffee. Arriving at the corner with Rue Faubourg, we turned left passed the famous Pleyel recital and entertainment hall, and then took a right for no particular reason into a side street called Rue Daru.



About halfway down this rather small lane, we stood outside this beautiful church called St Alexander Nevsky cathedral.

Built in 1861 for the increasing number of White Russian immigrants and established nobility, it is a neo-Byzantine masterpiece representing the first place of worship for Russians in France on behalf of the Orthodox Church. Not large by cathedral standards, it maintains this title by being the administrator for the archdiocese. Napoleon 3rd described it as strange, original, and very beautiful. Amongst its other claims to fame was the marriage of Picasso and Russian ballerina Olga Khokhlova.

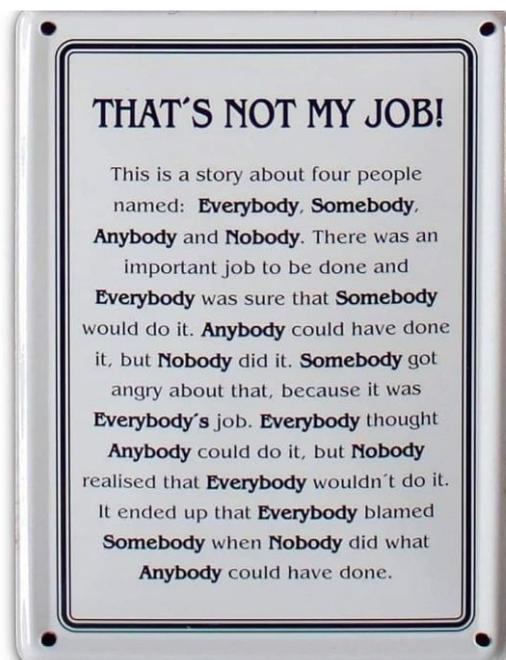
On entering we were both awestruck by the stunning interior of gilded and coloured mosaic tiles depicting biblical scenes forming a lofty dome and the walls interspersed with wonderful icons together with many gold fittings, while walking on a superb, tiled floor beneath majestic chandeliers — truly inspiring. However, the best was yet to come!

In one corner of the church, a christening service has just started and a small all-Russian male choir of about twenty was in attendance and sang responses, the psalm and an anthem as required for the Orthodox format. The sound was sublime with the combination of bass, baritone and tenor voices singing "a capella" in perfect harmony and balance. We were uplifted as it echoed around every niche of this magnificent cathedral creating an almost other-worldly experience.

After forty-five minutes, it was all over and on "returning to earth", we left feeling how lucky we had been in our timing. After further exploring the beautiful park Monceau, ambassadorial residences and stunning apartments, we walked back to our temporary home via Rue Faubourg St Honoré, stopping only at the Ritz Hotel for a look at grandeur and the most expensive cup of coffee we'd ever drunk. Altogether a memorable day!



Smile Corner



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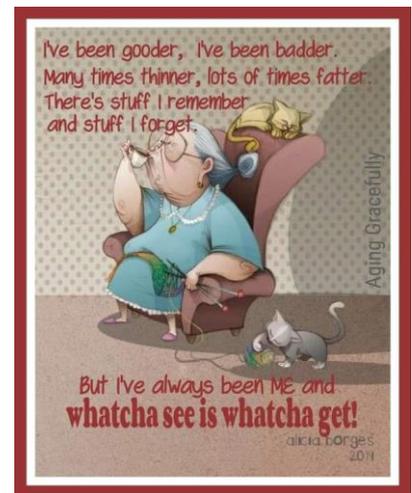
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September 2022

Calendarpedia
Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4 Film app. Hankinson. HH 14.00	5 Labor Standing Tall. Leonard. HH 10.30	6 Mahjong. HH. 10.00 Tutorial.1400 HH Adv. Care	7	8 Philo 3. Purdie. HH 14.00	9	10
11 Fine music ongoing. Hankinson. 240 L. 14.00	12 Cryptics. HH. 14.00	13 Mahjong. HH. 10.00	14	15 NDIS. Harlock. HH 10.30	16	17
18 Fine music. Fallaw. 240 L. 14.00	19	20 Mahjong. HH 10.00 Tutorial. Jap1 HH 14.00	21	22 Philo 4. Purdie. HH 14.00	23	24
25	26 Youth mental health. HH. 10.30	27 Mahjong. HH 10.00 Tutorial. Jap2 HH 14.00	28	29	30	1

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October 2022

Calendarpedia
Your source for calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2 Film appreciation. HH 1400.	3	4 Mahjong. HH. 10.00. Tut. 14.00 Jap 3	5	6 Science in home. Gard. HH 10.00	7	8
9 Fine music ongoing. 240 Lava 1400.	10 Columb Cryptics. HH 1400	11 Mahjong. HH. 10.00	12 Sus. Liv. Tour Rosebrook. 14.00.	13 Philo 5. Purdie. HH 14.00	14	15
16 Fine music. 240 Lava 1400	17	18 Mahjong. HH. 10.00. Deakin Session 1100	19	20 Science in home. Sher. HH 10.00	21	22
23	24 Cryptics. HH 1400	25 Mahjong. HH 10.00. Tut 1400 Coastal	26	27 Philo 6. Purdie. HH 14.00	28	29
30	31	1	2	3	4	5

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