

# NEWSLETTER FEBRUARY-MARCH 2023

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## Editorial

A New Year and a new Newsletter. I hope that you all had a wonderful Festive Season with family and friends, and, like me, are now looking forward to a bumper 2023 for our U3A. The major revision of the newsletter I had planned has not quite materialised. However, there are some changes as you see. Mainly, I have revised the font and layout substantially to hopefully make the newsletter more accessible and readable on hand-held devices. We are now using a more personalised logo, designed by Merran and Robyn, and are also including logos of those organizations and bodies which support us. And the newsletter will now appear bi-monthly.



Following our AGM last November, we have a new president, Bill Gardner, and his first message for the year follows. Otherwise, this issue

is focussed mainly on introducing you all to our 2023 semester 1 activities and their convenors. Of course, full details of all activities, and the timetables, are available on the website – although we will continue to publish truncated 2-monthly timetables in each newsletter. Otherwise, some of our newsletter items from 2022, such as member profiles and members contributions, will resume in later editions.

Finally, I remind you that our 2023 semester 1 launch/enrolments day will be on Monday 6 February, at 2 pm in room 1 of the Warrnambool Library. Be sure to come along, to meet the activity convenors, learn more of what is on offer this year, and enrol for the activities of your choice. Also, take the opportunity to meet other members, visit the library if you haven't already done so, and relax with the afternoon tea provided.

## A word from the President



I am honoured to have been elected to lead Warrnambool U3A in 2023 and hope to build on the firm foundation established by out-going president Peter Dexter (now secretary). Thanks also to the previous committee, who with the exception of Barb Phipps are continuing on, with the welcome addition of Gail Lemmens. A special thank you to Barb for her many years of work.

Our program for 2023 is detailed in this newsletter, however I would like to draw attention to two new additions. The first is an Arts Course, under the co-ordination of Merran Koren. This will open the world of the Arts to people like myself who have little experience with, or indeed knowledge of the subject but who would like to have a go in a non-critical, social and fun way. Merran intends to get it going with three sessions at her studio, and then it will be up to the group to decide how they want it to develop.

The second is an introduction to science course. This is led by Gail Lemmens and Merryl Tanner and is intended to explore the ideas that underpin science rather than present a whole lot of facts. It will have an emphasis on fun, participation, and socialising and has been developed by U3A Network Victoria. It has been trialled in other U3As and been

received well. You do not need any knowledge of science whatsoever...just a happy attitude.

I would also urge all current members to make an effort to introduce at least one of their acquaintances to what we do and get them involved. The more members we have, the more activities are likely to come into being.

Looking forward to meeting up at one or more activities during 2023.

Bill Gardner

## Tutorials

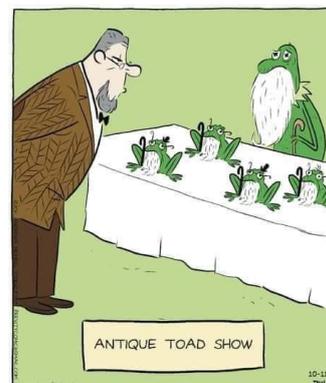
As well as Newsletter Editor, I (Peter Dexter) am Tutorial convenor. Following is a brief listing of our tutorials in February and March. All will take place in Room 1 of Warrnambool Library at 2 pm, except for the excursion. More details are in the calendar on the website and at the end of this newsletter. Email invitations to each tutorial, also containing the zoom link, will be sent out a few days in advance. You will be asked to respond to this by email, indicating if you intend to participate in person. This is necessary for the library to arrange seating for us. In addition, a small pamphlet on each tutorial will be sent to the library around 2 weeks in advance, for display there for potential walk-in participants.

7 February. **Mining Exploration. Bill Gardner**

28 February. **You're not what you wear: understanding fabrics and other polymers. John Sherwood**

14 March. **No tutorial. Instead, an excursion to the Spring Creek megafauna site. Bill Gardner**

28 March. **An Introduction to the History, Operations and Historical Collections of Flagstaff Hill by Activations Coordinator Kate Wake and Collections curator Justin Croft.**



## International Affairs with Gerry Engwerda

As for the one-off tutorials, I'm also convenor of this International Affairs series. Gerry's tutorials will all be zoomed in from Albury -Wodonga. You can watch them online or in a face-to-face group in a small room at the library. They begin at 10.30 on Mondays as listed below. Again, more details are available on the website and at the end of the newsletter. An email invitation will be sent out a few days in advance of each, with the zoom link. Those of you who have experienced Gerry's talks before will know that we're in for a treat.

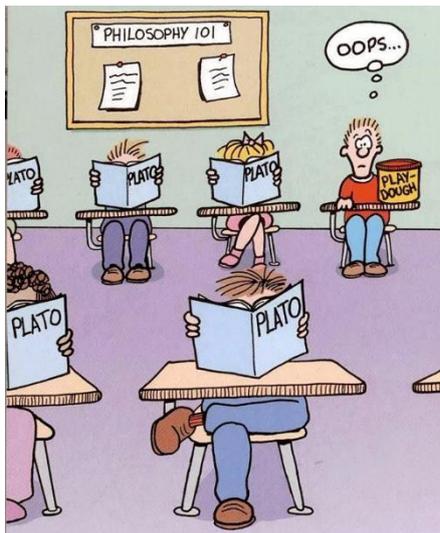
27 February. **The Story of Russia.**

20 March. **Iran – The Mullahs versus the rest.**

27 March. **The Little Ice Age.**



## Classes



**Philosophy with Keith Purdie.** My name is Keith Purdie, and I will be the class tutor. If you have any queries about the philosophy course, please email me on [drkeithp@bigpond.com](mailto:drkeithp@bigpond.com)

No prior knowledge of philosophy is required. All that's needed is an interest in the mystery and wonder of existence. For those coming to philosophy for the first time we will look at the following questions: What is philosophy? Where and when did philosophy begin?

What are the major questions that philosophy seeks to explore? For those returning to philosophy after last year we will be looking at philosophical ethics and the work of some recent women philosophers. The course begins on Thursday 16<sup>th</sup> of Feb from 2PM – 4PM in the Hammond Centre. A tea/coffee break will be had in the middle of each class. Notes will be emailed to members prior to each session and the classes themselves will include lectures, short videos and ample time for discussion.

**Mindfulness Meditation with Aneeta Snow:** I began my meditation and yoga journey over 30 years ago when it was considered a somewhat "hippy" practice. After I started working as a nurse in mental health, I completed post grad studies, and discovered that mindfulness is now a well-researched technique for managing life stresses and increasing peace and joy in one's life. I began to use it more in my personal life and with clients. Wanting to share these life changing practices, I completed my Teacher Training in Mindfulness Based Stress Reduction and began teaching.

**Computer maintenance/troubleshooting, Windows programs and online security with Robyn Harlock:**

My mind is like an internet browser. 17 tabs are open, 4 of them are frozen and i don't know where the music is coming from.

Hi, my name is Robyn Harlock and I am not a computer technician nor do I know everything. I do know enough about computers to be able to carry out preventative maintenance on hardware and software, how to improve online security, and can assist with learning about various applications such as Windows, Office, Excel and their features. We are running a short course at the Warrnambool Library to cover the above-mentioned subjects with the aim of providing people with the skills to maintain their Windows systems, maximize the use of their computers, programs and internet.

As yet, we haven't a definite start date for this course as the library, being recently opened, is still establishing its computer lab and equipment, however, we are hoping to commence in the first week in March.

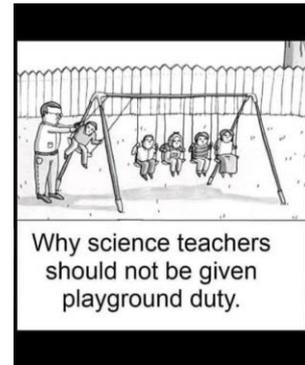
**Finding your Inner Artist with Merran**

**Koren:** Hi all, I'm Merran Koren convening the "Finding Your Inner Artist" 3-week course 15, 22 and 29 March. Gathering at the back of the FProject 224 Timor Street between 10.00 and 2.00 .... Bring your own lunch.... Tea and coffee provided. We hope to find new ways of seeing colour, shape and style by having fun with some different approaches. Wear old clothes, apron, hat and a smile. Following the first three sessions with Merran, the group can decide if they wish to continue, and what opportunities they wish to explore, for example gallery visits, pottery, modelling, virtual reality, metal casting and so on.



### **Curious about Science with Merryl Tanner and Gail Lemmens:**

Merryl and Gail will present *Curious about Science* – a programme for non-scientists, with emphasis on "having a go" – in the Library monthly on Tuesday afternoons in Semester 1, starting on 21<sup>st</sup> Feb, 1.30pm-3.30pm. The "*Curious about Science*" course is designed to promote hands on learning through participation in experiments followed by explanations of scientific theories and principles. The course aims to build a supportive, social and fun environment which is uniquely enhanced by participating in science experiments. This course fosters a curiosity about science and how it relates to our everyday lives and is for all U3A members regardless of their knowledge and skills in science. There are 5 sessions in the course, with more details on the website. Come along and join us for some scientific fun!



### **Small Group Activities**

**Mah-jong with David Quinless:** Hi all, my name is Dave, and I will be the convenor of the mah-jong sessions starting on 7th February 2023. We are a very friendly and relaxed group, and we would love some new members to join us. Apart from myself, it's all women and so the conversation is great. If you are male or female, please give it a try. No equipment is needed unless you already have a mah-jong set and want to bring it.

### **Fine Music Appreciation with David Fallaw: Barbara Phipp's Home Music Group.**

During this coming year, I'm wanting to bring in more participation by members of our group in terms of composers and their respective works to be played. Hopefully this in turn will bring about more active discussion and involvement. Looking forward to seeing our music lovers very soon.

### **First Time Music Appreciation with Peter Hankinson**

Join me, Peter Hankinson, the convenor of the sessions held on the Second Sunday of each month starting Feb 12, on our journey into the Romantic period of music, beginning with Beethoven and progressing to Schubert and Mendelssohn during the First Semester of 2023. Enjoy

listening to outstanding recordings of the composer's music with biographical notes provided.

### **Film Appreciation with Peter Hankinson.**

Hello to all film lovers. Come along and enjoy during the First Semester of 2023 a range of films either "Made in France" or "Set in France". Our first session will be on Sunday March 5 at the Hammond Centre at 2pm and will be the romantic comedy "2 Days in Paris".

### **Cryptic Crosswords with Diana Young.**

Hello everyone, I am Diana, the new convenor of the Cryptic Crosswords interest group. We meet the first and third Mondays of the month, starting on the 13<sup>th</sup> February. This year unfortunately we don't have a permanent tutor, thus the name interest group. However, we have members at all levels and will be providing notes and extensive copies of cryptic crosswords (with solutions), from beginners up. As a teaser, try this one: "Bright? Not when head's gone. (5)" Answer on the next page of the newsletter.

### **Live Music**

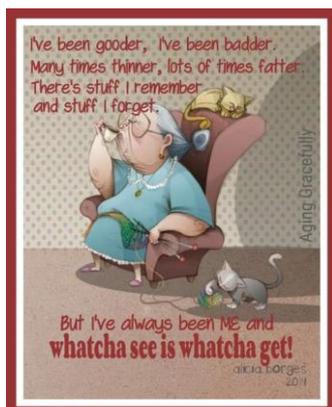
Our first live music offering for the year will again be by the wonderful and very talented pianist Anita Hoekstra. Anita and Friends will be staging a concert for us at her house on Friday 19 May. The concert will be for members only, with limited places available. Further details will be provided closer to the date. Peter Dexter, convenor.

### **Smile Corner**

**Last night in a restaurant I ordered a glass of wine with my meal and the waiter asked for some ID. I replied, "Do I look that young?" and the waiter said "No, I just wanted to see if you qualified for the Senior Citizen discount."**

[www.silversurfers.com](http://www.silversurfers.com)

## U3A Warrnambool Committee



President: Bill Gardner 0438 838 288

Vice-president: vacant

Secretary: Peter Dexter 0417 431 277

Treasurer: Peter Hankinson 0423 317 740

Members: Fay Armstrong 0401 952 789, Barrie Baker 0408 554 814, Robyn Harlock 0405 087 552, Gail Lemmens 0424 004 432.

Webmaster: Bill Gardner

[webmaster@u3awarrnambool.org.au](mailto:webmaster@u3awarrnambool.org.au)

Newsletter Editor: Peter Dexter [plsinoz@gmail.com](mailto:plsinoz@gmail.com)

### Other contacts

For general U3A matters: [president@u3awarrnambool.org.au](mailto:president@u3awarrnambool.org.au);

[secretary@u3awarrnambool.org.au](mailto:secretary@u3awarrnambool.org.au)

For matters regarding our web presence:

[webmaster@u3awarrnambool.org.au](mailto:webmaster@u3awarrnambool.org.au)

(Cryptic Crossword answer: unlit.)

U3A Warrnambool acknowledges with gratitude support from:



The February and March Calendars are on the following two pages.

6	FEB, MON	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> <li>● 4 – 4:45pm</li> </ul>	<b>2023 Launch</b> Warrnambool Library <b>Meditation</b> Warrnambool Library
7	FEB, TUE	<ul style="list-style-type: none"> <li>● 10am – 12pm</li> <li>● 2 – 4pm</li> </ul>	<b>Mahjong</b> Hammond Centre, Henna St, Warrnambool <b>Tutorial</b> Warrnambool Library, 8 Kepler St, Warrnambool VIC,
9	FEB, THU	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> </ul>	<b>Philosophy 1</b> Hammond Centre, Henna St
12	FEB, SUN	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> </ul>	<b>Music Appreciation 1</b> 240 Lava St
13	FEB, MON	<ul style="list-style-type: none"> <li>● 10am – 12pm</li> <li>● 4 – 4:45pm</li> </ul>	<b>Cryptics</b> Hammond Centre, Henna St, Warrnambool <b>Meditation</b> Warrnambool Library
14	FEB, TUE	<ul style="list-style-type: none"> <li>● 10am – 12pm</li> </ul>	<b>Mahjong</b> Hammond Centre, Henna St, Warrnambool
16	FEB, THU	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> </ul>	<b>Philosophy 2</b> Hammond Centre, Henna St
19	FEB, SUN	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> </ul>	<b>Music Appreciation 2</b> 240 Lava St
20	FEB, MON	<ul style="list-style-type: none"> <li>● 4 – 4:45pm</li> </ul>	<b>Meditation</b> Warrnambool Library
21	FEB, TUE	<ul style="list-style-type: none"> <li>● 10am – 12pm</li> <li>● 1:30 – 3:30pm</li> </ul>	<b>Mahjong</b> Hammond Centre, Henna St, Warrnambool <b>Science Course</b> Warrnambool Library
23	FEB, THU	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> </ul>	<b>Philosophy 1</b> Hammond Centre, Henna St
27	FEB, MON	<ul style="list-style-type: none"> <li>● 10am – 12pm</li> <li>● 10:30am – 12:30pm</li> <li>● 4 – 4:45pm</li> </ul>	<b>Cryptics</b> Hammond Centre, Henna St, Warrnambool <b>Gerry Enwerda</b> Warrnambool Library, Room 2 <b>Meditation</b> Warrnambool Library
28	FEB, TUE	<ul style="list-style-type: none"> <li>● 10am – 12pm</li> <li>● 2 – 4pm</li> </ul>	<b>Mahjong</b> Hammond Centre, Henna St, Warrnambool <b>Tutorial</b> Warrnambool Library, 8 Kepler St, Warrnambool VIC,
1	MAR, WED		
2	MAR, THU	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> </ul>	<b>Philosophy 2</b> Hammond Centre, Henna St
5	MAR, SUN	<ul style="list-style-type: none"> <li>● 2 – 4pm</li> </ul>	<b>Fim Appreciation</b> Hammon Centre, Henna St, Warrnambool
6	MAR, MON	<ul style="list-style-type: none"> <li>● 4 – 4:45pm</li> </ul>	<b>Meditation</b> Warrnambool Library

7	MAR, TUE	● 10am – 12pm	<b>Mahjong</b> Hammond Centre, Henna St, Warrnambool
8	MAR, WED	● 10am – 12pm	<b>Computers</b> Tech area, Warrnambool Library, 8 Kepler St, Warr
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15	MAR, WED	● 10am – 12pm ● 11am – 3pm	<b>Computers</b> Tech area, Warrnambool Library, 8 Kepler St, Warr <b>Arts Course</b> Merran's studio, behind the "F Project Gallery", 2
16	MAR, THU	● 2 – 4pm	<b>Philosophy 2</b> Hammond Centre, Henna St
19	MAR, SUN	● 2 – 4pm	<b>Music Appreciation 2</b> 240 Lava St
20	MAR, MON	● 10:30am – 12:30pm ● 4 – 4:45pm	<b>Gerry Enwerda</b> Warrnambool Library, Room 2 <b>Meditation</b> Warrnambool Library
21	MAR, TUE	● 10am – 12pm ● 1:30 – 3:30pm	<b>Mahjong</b> Hammond Centre, Henna St, Warrnambool <b>Science Course</b> Warrnambool Library
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29	MAR, WED	● 10am – 12pm ● 11am – 3pm	<b>Computers</b> Tech area, Warrnambool Library, 8 Kepler St, Warr <b>Arts Course</b> Merran's studio, behind the "F Project Gallery", 2
30	MAR, THU	● 2 – 4pm	<b>Philosophy 2</b> Hammond Centre, Henna St