

NEWSLETTER

U3A Knox Inc.
University of the Third Age
Active and Positive Aging

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January 2019

Issue: 1

TERM DATES 2019

Term 1 February 4 - March 29
Term 2 April 29 - June 21
Term 3 July 22 - September 13
Term 4 October 14 - December 6

DIARY DATES

Monday 4 Feb - U3A classes commence

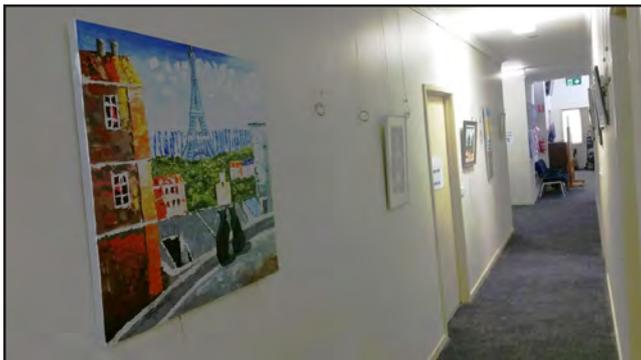
Copy deadline for Newsletter #2
is Fri 15 March



Craig Penny's painting of Venice. See article on page 5



Steve, Lawrie, Quentin and Santa - Tutors' lunch



The new picture hanging system at Parkhills



Tutors' Lunch - set to eat



Awards time at the Tutors' Lunch



Terrific Terrarium fun

PRESIDENT'S REPORT

The vacation program continues to increase in popularity, with over 120 activities on offer over the eight weeks. Although the hot weather has occasionally impacted attendances, it is anticipated that over 1200 members will attend the advertised programs. Many others have attended the ongoing activities of the Golf, Bridge and Advanced Cycling groups.

With the expansion of the vacation program, U3A Knox provided courses and activities in fifty weeks of 2018. My thanks to the tutors and leaders who contribute their time and energy to ensure U3A Knox members can engage with each other throughout the year.

Work has progressed on the installation of reverse cycle air conditioners at the Carrington Park Leisure Centre. Meeting rooms 1 and 2 each have an air conditioner and two air conditioners have been located at each end of the gymnasium. We hope we can test the effectiveness of these before the start of term. We understand that separate funding has been sought for the provision of air conditioning in the Activity Room.

The technology team has installed a DVD player, computer, printer and large screen at Carrington. The kit comes on a very mobile trolley which will allow it to be easily accessed anywhere at the site. My thanks to Bruce, Bill and David for facilitating the development of this invaluable learning resource.

During the course of the term break I have had occasion to talk to many potential members who telephoned or came to Parkhills in person. Several have been from outside of Knox and when asked about why they chose us they comment on the breadth of our program base and the reputation we have as a 'friendly' organization. I think the credit for this belongs to all members of our U3A and I hope that even with our anticipated growth we will continue to be supportive and positive towards each other.

At the December meeting of the U3A Committee we considered a recommendation of Teresa Schipano to extend the provision of hanging space for Art Works in the Hallway at Parkhills. This is now in place and already a number of new items have been hung. It is intended that works remain for a month and then be withdrawn and replaced by other works. It is the decision of the artist as to whether works are for sale.

Some time ago we had an expression of interest for programs in Walking Soccer and Walking Basketball.

Unfortunately we did not attract sufficient numbers to establish teams. There are now a number of nearby U3As seeking to establish teams for a U3A competition in Walking Football. I am reliably informed that the teams elsewhere are mixed with a majority of women, which reflects the gender profile of U3As. If anyone is interested in participating could you please put your names on the Expression of Interest list on the noticeboard in the foyer.

My thanks to all members who contributed to the Knox Christmas Appeal. All of the food and gifts have been distributed to families in need and I am sure your assistance is appreciated.

Steve Damm
President

MISSING BANNER.

Knox U3A recently purchased two display banners to replace the ageing banners we have had for years. Sadly, one of those seems to have vanished, although the case in which it is supposed to be stored remains in the store shed.

I would appreciate it if this banner could be returned to the office.

Such equipment is for the use of all members of U3A, but it would be nice if one would ask first.

John Ford
Marketing Committee

VOLUNTEERING AT U3A KNOX

Recently U3A Knox celebrated its 25th Anniversary. During that time our numbers have grown from an initial 27 people who attended a meeting to discuss the formation of the forerunner to our U3A to almost 1,400 and each week we are running almost 170 courses or activities.

All of this happens because members have volunteered their time and labour. We have no paid staff and no member receives financial benefit for working for us. To put it plainly, everyone works for free. This keeps our running costs to a minimum.

As we grow, our need for extra volunteers also grows. The more we do, the more volunteers we need to help manage our organisation.

Unfortunately, at times we do not have enough helpers.

(cont'd)

For instance, for 20 years we ran an Art & Craft Show, but in 2018 this couldn't happen as we didn't have enough volunteers to take on the organisation of this profitable event. In recent years this contributed over \$4,000 a year to our organisation, allowing us to purchase equipment and maintain our annual fees at a minimum.

Our Events Sub-Committee is in need of extra people to help out with organising and running special events, such as providing refreshments for visitors to our Quilt and Craft show, putting on a Fashion Parade each year, organising Film Nights and a Melbourne Cup Day function, all of which in the past have returned a profit for our U3A.

Last year we could have done with more housekeeping helpers. These are the folk who keep the kitchen stocked with tea, coffee and sugar as well as making sure that enough coffee mugs are washed and available for use at Parkhills.

For 2019 we could do with more helpers in the following roles:-

- Working Bees around Parkhills, including cleaning windows and light fittings to keep the place clean and tidy.
- Bunnings sausage sizzles. We need extra folk to help out for 2½ hours one Thursday each month. Last year we earned over \$7,500 this way. If we have a few more helping out, we won't need to rely on the same members each time.
- Housekeeping. As mentioned above, we are always in need of more men and women to help out with the housekeeping chores, during the winter months especially as illness and Northern Australian holidays reduce the numbers available to be rostered on.

If you can spare a few hours a few times a year, call at our office and let them know what you would prefer to do and what days you would be available. They will pass your details on to our Volunteer Coordinator.

Remember that each year members who have acted as volunteers in the previous 12 months have priority enrolment over members who haven't, meaning that you will have a better chance of being enrolled in a class that fills quickly.

For their support we thank:

 **Bendigo Bank**
Ferntree Gully, Rowville
and Scoresby

Ferntree Gully
 **TOYOTA**

DIAMOND WEDDING ANNIVERSARY FOR U3A COUPLE

On 17th January this year Maureen & Frank Cantwell celebrated 60 years of wedded bliss. Maureen and Frank met at school in Yarram and the childhood sweethearts were married seven years later.



Maureen has been a U3A Knox member for 15 years and for a number of those years was leader of a Book Discussion group which she still attends as a student. She is also an active member of the Ladies Golf group and the Water Colour Art class. Frank also plays golf with the Nine Hole Golf group and of late has been turning in some quite respectable scores.

Congratulations to such a great couple.

FROM THE VOLUNTEER COORDINATOR

I guess we are all looking forward to the start of the new term and, for some of us, new courses.

Thank you to those who submitted their volunteer forms indicating the duties they were prepared to undertake to contribute to the smooth running of our operations and premises. It was pleasing to see an increasing number of you renewing your membership and enrolling in classes online. However, this might have meant that you did not have the opportunity to submit your volunteer forms. It is not too late to do so, but the sooner the better, to enable rosters to be compiled.

(cont'd)

There are many areas where we need more volunteers, but not for Library duty or Newsletter processing. However, there is an ongoing need for more housekeeping volunteers. The more we have, the less frequently you will be called upon. We especially need more volunteers for Carrington; we will be asking members of those classes that are held there to perhaps organise amongst themselves to share these duties, which only involve making sure the kitchen is kept clean, the dishwasher is left empty, and refreshment stocks are sufficient.

Please remember to submit your slip to claim the hours you have worked, preferably at the end of each term, but more frequently if you wish or if you think you might lose track of it. There is a separate form for those who worked over the summer break.

The hours and functions shown on our UMAS database still reflect what was worked in 2018. I will be updating this over the next few weeks. I expect that it will show 2019 data by the end of Term 1, and it will be progressively updated after that.

Robyn McKay
Volunteer Coordinator



WE HAVE AN ART GALLERY!!

An invitation to members from all art classes at U3A Knox:

We now have an extended picture hanging system at Parkhills U3A for all artists to exhibit their artwork.

This came about when the Friday Oil Painting and Soft Pastel Class, (OPSPC), sold one of their group project paintings.

The class decided to donate the money towards an extended picture hanging system and put forward a proposal to the U3A Committee for support.

The OPSPC gained the committee's enthusiastic approval and funding. Supplies were purchased immediately and the additional picture hanging system was installed by Joe Infanti, Teresa Schipano and Daniel Waffler.

Another group painting project is now up for sale and displayed at Parkhills. If this compilation is sold, all monies will be donated for purchase of supplies for the benefit of all art classes at U3A Knox.

Teresa Schipano
Tutor

WELCOME TO NEW MEMBERS

Approved by Committee on 12 December

Jillian Ansett	David Beaumont
Julie Blewett	Helen Boyce
Peter Breen	Peter Brown
Helen Buckley	Ivan Burrows
Lynda Carroll	Charles Caruana
Margaret Chedgey	Fausta Cheung
Sodirri Canstanti	Geoff Cornish
Trevor Cross	Janet Dall
Jillian David	Kathy Dawson
Lyonel Draper	Caryn Drew
Helen Edwards	Janet Eisenegger
Andrew Field	Marianne Finke
Noeleen Fisher	Eril Ford
Dorothy Fraser	Ted Gale
Bronwyn Giles	Leanne Goodall
Tine Grimston	Maree Hahn
Lonni Holland	Lynette Holmes
Giselle Hoogenbosch	Gina Horn
Lynette Hosking	Suzanna Hui
Jenny Hyland	Vivien Ibbott
Gregory Jolley	Kelly Kam
Colleen Kidd	Anne Kilpatrick
Marie Kjer-Neilsen	Robert Lee
Hazel Lewis	Patricia Lim
Lyn McIntyre	Margaret Meier
Lynette Michael	David Morgan
Gail Morris,	Trevor Norton
Donald O'Gorman	Cheryl Padgett
Althea Pastoors	Ian Paterson
Pam Pereira	Shirley Pettitt
Shirlei Quah	Gwenda Ragland
Nutan Raja	Heather Richter
Douglas Richter	David Shanahan
Christine Shaw	Therese Shearer
Glenda Smith	Arthur Smith
Daniela Szlowski	Serge Tambourin
Dorothy The	Jenny Toogood
Trudy Tucker	Kathleen Unthank
Rodrigo Vargas	Angelika Wagner
Michael Warren	Lee Whitfort,
Irene Wilson	Michael Yap

BERTA SILBERER

Berta Silberer: water colourist, lyrist, polyglot, thinker. She is a woman we could all aspire to emulating. Her long journey started in Germany in 1923 with childhood and marriage, then settling in Australia and raising two daughters, mostly alone. So far, similar to many others. But...

In Europe in 1973, the sound of a group playing the lyre enchanted Berta so much that she asked for one to be sent to her. She taught herself to play, and until a few years ago played with a group. (The photo here shows her with her newer, larger lyre.) Now she plays for herself every day.



At a local exhibition, in her 65th year, she was captivated by the demonstration given by one of the artists, so she cheekily asked if he gave lessons. Yes. What do I need? He told her. She bought her materials and started the next day! Berta still paints regularly and has had exhibitions of her very beautiful work.

Sonia and I met her in French class, where she works hard at learning her third language (after German and English). We practice with her in her welcoming home decorated with many of her own paintings. It makes a change for her going from speaking to herself in French daily to speaking with other people. Admit it, you talk to yourself too. It helps!

Berta believes in learning something new every day. She studies and follows the philosophy of Rudolf Steiner, the philosopher and esotericist. Berta is one of the most vibrant women I know, slowed physically only by the passing of years. With her trademark smile, she told us that she takes every day as a challenge – to learn something new and to enjoy what life has given her.

Helen Cameron

FROM THE DATABASE MANAGER

If we have your email address, by now you should have received confirmation of the classes in which you have been enrolled. Those classes which had waiting lists at the end of the initial enrolment period have been displayed in the foyer at Parkhills, with those still ‘waiting’ shown in the order in which they will be accepted should vacancies arise.

If we don’t have your email address, you can assume that you are in the classes for which you applied, unless you are shown on a waiting list in the foyer. Of course, you can check at the office to confirm.

We ask that tutors (and/or class assistants) take special note at the beginning of the term to make sure that:

- members who are present are on the attendance list. If not, they can be added:
 - only if there is no waiting list – if not sure, check before promising them admittance
 - and the office is promptly notified, so that records can be kept up to date.
- members who are on the attendance list are present, or have submitted an apology (it may be that they are still not aware they are in the class).

Robyn McKay
Database Manager

ALTERNATIVE ACRYLIC ART

It was with great pleasure that we, as aspiring artists from the Alternative Acrylic Art group, welcomed well-known Melbourne artist Craig Penny to one of our sessions in December 2018.



Craig is best known for his tranquil and beguiling sea and landscape paintings. He demonstrated some of his techniques as he painted a scene from Venice (see a photo of his work in progress on page 1).

We also had the opportunity to paint the scene under Craig’s watchful eye. We all thoroughly enjoyed the experience and appreciated the opportunity to learn from such a talented and amicable artist. We’ll definitely be inviting Craig back in 2019.

Lyn Davies
Alternative Acrylic Art

COURSE COORDINATOR'S REPORT

We begin 2019 with a course list of almost 170 courses and activities. This is all attributable to our wonderful team of tutors and leaders who each year devote many hours of their time, for free. Last year this enabled our 1,400 members to pursue learning and various other activity programs to help us live up to our motto of "Active & Positive Aging".

Since our annual enrolment week in November, we have been fortunate to further increase our course list with the addition of two new French Beginners classes. One of these filled immediately with members on the waiting list for a new course listed in November, at the time of writing the second one still had a few vacancies.

New course not previously listed for Term One so far are:



FRENCH BEGINNERS

Wednesday afternoons 3:00 pm at Parkhills, Tutor: Peter Jeffery. See course details on our website as textbooks are required.



SELF DEFENCE FOR SENIORS

Friday mornings at 10:00 am Rooms 1 & 2 at Parkhills. Tutor: Jeff Copolov. Jeff will demonstrate all types of self defence, so if ever the occasion arises you can be prepared. It also encompasses some exercise, which for our level is not overly strenuous but will certainly aid you if the situation arises. Hopefully that will never happen.



GUIDED MEDITATION

Fridays 9:15 am Room 1 Carrington Park. Tutor: Steve Damm
See course details on our website.

To enrol in any of the above courses online visit our website <http://www.u3aknox.org.au> then select courses, on the new page. Login using your member number or email address and password. If you are unsure of your password, click on "Forgot Password" and it will be emailed to you. Once you are logged in, then select "View or Select Courses", tick the box immediately to the left of the course you wish to enrol in, then click on the "Confirm" button.

The U3A Office is not staffed at present and will open again at the start of Term One - Mon 4 February. You will be able to get enrolment assistance at the Office.

Lawrie Gaylard
Course Coordinator

GARDEN GROUP MAKE TERRARIUMS

During November the Garden group enjoyed making up terrariums. After a short presentation about terrariums by Simon and Allison from Bunnings (Ferntree Gully) the group set about making their own.



Creating Terrariums

Bunnings generously donated the plants, soil, charcoal & stones. All we had to bring was our small glass terrariums.

It was lots of fun and the finished products were proudly taken home by each of. We certainly would like to thank Bunnings for their generosity, time and instruction.

Pam Donner

PLEIN AIRE

Plein Aire classes were held on Fridays throughout January 2019. The venues were Kalorama Park, Doongalla, Jells Park, Nortons Park and one other.



The Plein Aire class in the park

The classes proved to be a success and were enjoyed by all as they produced their masterpieces.

It was a relaxing atmosphere with lots of natural subject material and some interested art admirers giving encouragement as they walked by.

Teresa Schipano
Tutor

ART AND CYCLING EXERCISE

2018 has been a great year for our art members with lots of different experiences that were enjoyed and accomplished.

The Archibald Exhibition in Geelong was one of several activities and it was during our train ride to Geelong that the Friday U3A Knox cycling group shared a train trip with us to the city.

One of our artists noticed a cyclist's face to be an interesting subject to paint.

And so it was arranged that both the Wednesday Drawing class and the Friday Oil Painting and Pastel classes would attempt the exercise of drawing or painting a life portrait of one of our own U3A members.



Gerhard and Teresa

The subject was Gerhard Brokner from the U3A cycling group, who was both humbled and very happy to participate in the exercise for the artists. He sat patiently and conversed with those who painted his likeness onto canvas or paper.

Gerhard was presented with a portrait of himself painted by Teresa Schipano as a gift for the generous giving of his time.

Teresa Schipano
Tutor

ART GROUP GROUP PROJECT

'Marina Bay, Hamilton Island' is the title of the Art group's latest group project.

The Friday Oil Painting and Soft Pastel class are hoping for yet another sale after the last project's success. The successful sale initiated the idea of the extended picture gallery system at U3A which is now installed and functional.

The artists who took part in this project are... Janette Garbuio, Christina Higgs, Joe Infanti, Cathy Liggett, Susan Miller, Teresa Schipano, Vivian Smedley, Elizabeth Terrell, Suzanne Wade and Daniel Waffler.

Teresa Schipano

www.u3aknox.org.au

U3A Knox Quilt & Craft Exhibition 2019

Saturday 13th April 2019
Sunday 14th April 2019



at Fairhills High School
Performing Arts Centre



The artists pose with their work

U3A MUSIC MUSTER AT THE GIRGARRE MOOSIC MUSTER

In January 2019, members of the U3A Music Muster travelled to the small town of Girgarre (located between Shepparton and Echuca) to participate in the Girgarre Moosic Muster. The Moosic Muster offers something for everyone from walk-ups where you perform on stage in front of an audience, workshops



L-R: Siggie Pastoors, Russell Orr, Linda Burgdorf, Annette Onions, Anita Orr, Barry Rusch, Pam Donner, Helmut Abt.

where you can learn to play a variety of musical instruments and concerts by invited guest artists on Friday and Saturday nights.

Friday morning the festivities began in earnest with a full day of music jams and walk-ups. Eight

U3A members performed as a band in a walk-up (see photograph). They performed two songs to an enthusiastic and appreciative audience in the beautiful Girgarre Memorial Hall. All eight then stepped out of their comfort zones and put their names down to experience being part of an “Out of a Hat Band”. They were randomly placed in bands which then performed on stage. Quite a daunting prospect, but handled very well by our U3A members. The performances were fantastic and well received by the enthusiastic audience.

Saturday was workshop day. As our U3A members were ukulele players, many chose to attend the ukulele workshops on offer. Some were invited to perform in the gala concert that night to show off what they’d learned in the workshops!

Sunday morning saw more walk-ups, Gospel singing (a festival highlight) and a farmers’ market. By Sunday afternoon things began to wind down, with many people packing up and returning home to catch up on much needed sleep. The Moosic Muster isn’t just about the music; it’s about

friendship and camaraderie. We all came away with wonderful memories of a wonderful weekend. Roll on 2020 so we can do it all again.

Brendan Canty

Congratulations Thank you for your service to U3A Knox



Service Award recipients at the 2018 Tutors’ Luncheon. L-R: Yvonne Foster, Elaine Lai, Pam Donner, Arthur Gray, Kath Brown, Quentin Ogle, Christine McDermott

For their support, we thank



Ferntree Gully, Rowville
and Scoresby

Ferntree Gully



***Proudly supported by Knox City
Council, through its Community
Development Fund.***

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www.knox.vic.gov.au

**Contributions to this newsletter are always welcome.
Tell us what your group or class is up to. Relevant
photos can be included, submitted either electronically,
or as a print that we can scan.**

**Submission deadline for the next edition of this
newsletter is mid-day on**

Friday March 15th

Leave contributions at the office, or email to:

newsletter@u3aknox.org.au

**We also wish to thank the following
for their strong and ongoing support.**

Department of Health & Human Services
(Aging & Aged Care Branch)

Adult and Community Further Education
(ACFE) via Learn Local

