

April 2010

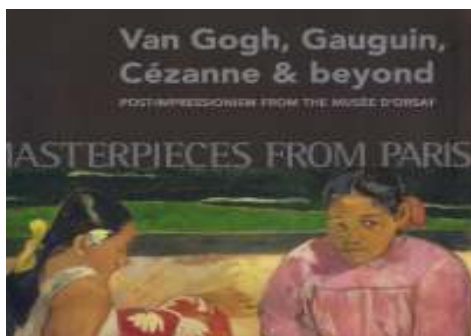
Issue No. 130

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Left: The Redux cyclists.

Our cycling groups have been busy. See reports on two different trips taken late last year and early this year on pages 4 & 5.



The Art Appreciation class visited Canberra to view the famous French paintings on display. Report of the trip is on page 7.

U3ASP has received a generous grant from the Bendigo Bank
See page 3 for details.

VICTORIAN SENIOR OF THE YEAR AWARDS

Do you know someone worthy of nomination? If so, nomination forms need to be submitted from MAY 17th until the closing date of JULY 25th.

There are several awards:

1. Premier's Award
2. Council for the Ageing—Senior Achiever.
3. "Go for your life"

Nomination forms will be available in the office late APRIL.

More Information @ www.seniors.vic.gov.au.

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UNIVERSITY OF THE THIRD AGE SOUTHERN PENINSULA Inc.

Reg. No. A0019318T

ABN 42 123 530 408

OFFICE: 359a Point Nepean Road, Dromana
(Open Tuesdays & Thursdays 9.30am—1pm)
POSTAL: P.O. Box 396, Dromana 3936

PHONE: (03) 5981.8777
EMAIL: u3asp@satlink.com.au
WEBSITE: <http://u3asp.org>

President:	Sue Weber	Course Coordinator:	Alan Hawkins
Vice President:	David Bamford	Social Coordinator:	Margaret Green
Secretary:	Winnie Stewart	Office Administrator:	Pam Blazsanyik
Treasurer:	Angela Milsom	Venues Officer:	Alan Hawkins
Newsletter Editor:	Val Leggett	Property Manager:	Tony Edwards
Committee:	Amy Hanly	I.P.President:	Walter Keating
Public Relations:	Marjorie Johnson	Public Officer:	George Conrad

From the Editor: As you will see from the office-bearers above, a replacement newsletter editor has been found. Our retiring Past President Val Leggett has accepted the post, and I couldn't think of anyone more competent for the job. Please support her as you did me—her email address is valdaleg@bigpond.net.au, or u3asp@satlink.com.au mark 'for newsletter'

Thank you to all the Tutors/Convenors who kept their class notes rolling in, please continue to send them to Val. I must also thank my wife, whose knowledge of Publisher was the only reason my first newsletters were ever completed.

The next deadline will be May 23rd—mark your calendars and delete my email address. I've enjoyed it thoroughly but it needs someone younger—and with a memory! Goodbye all—Jim.

TWENTIETH ANNUAL GENERAL MEETING.

The twentieth Annual General Meeting of U3A SP, held on Friday 26th March in the Dromana Community Hall, was attended by some seventy members, Martin Dixon MLA, Cr Graham Pittock representing the Mayor, Ruth Hawley President of U3A Network Victoria and representatives of other Peninsula U3As.

After the usual AGM opening business, retiring President Walter Keating gave a final report and , following reports from the Secretary & Treasurer, declared all positions vacant.

The incoming President, Sue Weber, introduced the new Vice-President, David Bamford and called newly elected office bearers and management committee members to the platform where she presented them with their badges of office.

After a bracket of songs by the U3A SP Choir, Guest Speaker, Ruth Hawley gave an interesting and informative address about the Victorian network, and the development and progress of U3A's in Victoria, of which there are now 91, comprising 24,000 members.

At the close of the meeting, members and guests took the opportunity to circulate and make new acquaintances or greet old friends while enjoying drinks and an excellent lunch.

New President, Sue Weber and the Committee of Management wish to express sincere thanks to Walter Keating and other retiring members of the former Executive, whilst looking forward to some exciting challenges in the year ahead.

TUTOR REQUIRED: The painting class urgently requires a tutor/instructor to assist the members to hone their skills. If you know anyone who could help please contact Wilma Weymouth

WELCOME TO NEW MEMBERS Bryan Baker, Christa Blackledge, Frank Bowden, Carol Boykett, Ann Brownlee, Murray Chisholm, Maxwell Cox, Wayne Cox, William Dalton, Elizabeth Diamond, Lorraine Dodd, Joan Edwards, Toni & Allan Fleer, John Fitton, Sandra Foster-Jones, Margaret Freeland, Mai & Ed Fryer, Bernadette & Ern Garro, Doreen Gillham, Max Good, Arthur & Margaret Gordon, Brenda Green, Deidre Greig, Michael Harrison, Sally Haw, Pauline Henry, Geoff Higgs, Margaret & Graeme Hindson, Tony Hodgson, Arthur House, Kaye Houston, Graham Hunt, Lorna Johns, George & Grace Kass, Beverley Kennedy, Anne Kruger, David Lloyd, Judy Lucy, Ray Marmion, Toni McGuinness, Meg Meaden, Penny Moore, John Morris, Bruce Morrow, Glenice Murphy, Maureen Murray, Mary Nelson, Margaret O'Riordan, Patricia Patterson, Nola Peters, Connie Ramsdell, Dennis & Carol Saunders, Evelyn Scott, Helen Schultze, Trevor Thomas, Madeleine Thomson, Bernadette Touhy, Bet Turner, Kip Turner, Alan Twining, Ramond Vidler, Fritz Woltsche,

A very big welcome to you all and I hope you enjoy your time with U3A.



**March/April 2010
Newsletter Report**

This is my last report to you all. By the time you receive this issue, U3A Southern Peninsula will have a new president. Much has happened in the 18 months that I have been in the chair.

Most notable was our 20 year celebrations, with all the activities put on by various groups during 2009 culminating in the 20 year celebration on September 11th at the Dromana Community Hall. Everyone who attended had a great time and this was only made possible by the hard work of all the groups who showed their wares and activities during the day.

2011 promises to be a great year. We are 21 years old and I am sure U3ASP will continue to grow and be a very strong U3A within the network. There are more than 83 U3A's in Victoria alone and the combined membership of them all is 22,000-plus members. This is a strong number that backs the network in their talks and negotiations with the various government departments in relation to funding and other needs. U3ASP has some 800 plus members, which makes us one of the top 5 U3A's in Victoria. We have been in this situation for many years and I think this shows that we are offering what a lot of our members want.

We are always looking for new classes. These require new tutors, so if you feel you would like

to get a class/activity going, or know someone who can help in this area, please contact us and tell us, so we can get something started.

To all the hardworking tutors/group leaders, a big thank you for all your hard work throughout the year. Without you, U3ASP would not operate and be successful. Please keep up the good work and I hope that there will be replacements coming along to help you in the future. To the retiring committee, thank you for all your hard work in the many areas you have covered. It has been a long but I think successful period and we have covered much. I will be sorry to leave such a great group.

Last but not least, a really, really big thank you to all the office volunteers who come in week after week to help out in the operations of our U3A. Also to the unsung catering team who ensure that at all functions where food is required, it is there and wonderfully presented. Thanks for all your hard work. You have not worked in vain, the wonderful comments that are received by us are a credit to your hard work and effort.

Sincerely, Walter Keating

THREE PRECIOUS THINGS

"I have three precious things which I hold fast and prize - the first is gentleness, the second is frugality, the third is humility, which keeps me from putting myself before others.

Be gentle and you can be bold

Be frugal and you can be liberal, putting yourself before others and you can become a leader among men.

Madame Chiang Kai Shek

BENDIGO BANK'S GENEROUS GRANT

U3A Southern Peninsula has received a generous grant from the Dromana branch of the Bendigo Bank. The grant offered is to ensure U3A promotes and demonstrates the many skills and benefits available to Senior Citizens on the Peninsula. The grant must be used within the 12 months and the Bank requires a report tabling results.

A survey compiled for the Shire last year showed clearly that the major portion of our members live in the Dromana, Rosebud area. Of course we have members residing in other suburbs but not a great many from the southern area of our Peninsula.

It is with this in mind that the Rye Civic Hall has been booked for **Saturday, October 16th** when another Information Day is planned. A steering committee has been formed and we now appeal to the various group leaders to "rally to the cause" once more.

We want the General Public to attend, hence a Saturday booking. People of all ages can learn just what U3A is about. After all, how many times have you been asked "What does U3A stand for"

We will be publicising this event through the local media, papers, radio and pamphlets. The Shire will allocate street signage in the vicinity of Rye and surrounds. Their web-site along with U3A's will advise the public of the activities to be viewed on the day - 10am - 4pm.

So please talk with your group leader and see how your group can participate in this year's **INFORMATION DAY - SATURDAY 16th OCTOBER.**

There are two hats in the cloak-room. One says to the other, 'You hang about here—I'll go on a head.'

CLASS NOTES

FENG SHUI CLASS:

I will be offering a workshop on Feng Shui and Health commencing on **Wednesday 12th May from 2-4pm**. The class will be in room 7.

Feng Shui is ancient knowledge based on the concept of the interdependence between man and environment. The idea of the workshop will be to share information and tips about simple effective ways to support our health through a little understanding of basic Feng Shui applied to the home.

I have been consulting in Feng Shui for 15 years, (after 20 years as a health professional) and recently moved to the peninsula. Please contact me if you wish to join us on 12th May at 2-4pm. Paula Polson

INDULGENT CYCLING!

The 'Redux' Cycling Group had an indulgent day on 17th March when they had a short ride and a long lunch. The ride from Queenscliff to Port Lonsdale followed a very pleasant ferry trip from Sorrento and stopped at Benito's Gourmet Foods for a very tasty lunch. Did you know that Benito Bonito was a pirate who was involved in robbing the Cathedral in Lima, Peru in 1820 of \$60,000,000 then, in one version, came to Australia and reportedly buried his treasure between Queenscliff and Port Lonsdale? He was captured and hanged, but the cabin boy accomplice escaped. Most accounts place the treasure in the Cocos Islands but a plaque beside the cycling track to Point Lonsdale suggests another possibility. No trace of the treasure was found by the Redux Group. (They're failures—Ed.)

"WHICH COMPUTER SHOULD I BUY?"

David Bamford

This is one of those FAQs (frequently asked questions) which are asked of me, and probably of the other computing tutors as well. Unfortunately, there is no single answer to this very open-ended question.

The first consideration is how you are going to acquire it. Many seniors get their first computer by 'inheriting' it from their children, who have just upgraded their computer. This is fine if the old computer is not too old. A computer which uses the Windows 98 operating system is beginning to groan a bit, but is quite satisfactory as a first computer. You will probably upgrade one this old fairly soon. A computer using the Windows XP operating system will be fine for quite a while yet.

If you are going to buy a new one, there are firstly several questions to answer.

Should it be a desktop or a laptop (also known as a notebook)? Do you have a desk where you want a computer to permanently live, or will you be using it on the dining table and putting it away after you have finished? A desktop computer is usually cheaper than a laptop. If it is the latter, then a notebook is the clear favourite. They are identical in performance. If it needs to be really portable, then look at the new Netbooks, which are smaller and cheaper than notebooks. The trade-off is that they don't have the performance of the notebooks, but it may still be quite adequate for your needs.

You will be bamboozled by a lot of acronyms and abbreviations which are well-known to computer enthusiasts, but not to you. I'll tell you now that any new computer which you will look at will do far more than you will ever require of it, so all these 'gee-whizz' expressions are for the geeks who understand them. The computer's main memory is located on the Hard Disk Drive (HDD), and will be a huge number of gigabytes. This is not because you need all these gigabytes, it is because the manufacturer is showing how smart he is, and how much more powerful his computer is compared to that of his main rival.

I won't get into the argument of rival brands because that is likely to get me into a lot of hot water if I tell you that one brand is a lemon and another is not. Most of the essential internal components are manufactured by other companies and bought in, so the internal workings are well understood by those who repair them. If you peruse the advertisements for computers for any length of time you will become acquainted with the various well-known brands. I do advocate that you do this for at least a month before lashing out and buying one.

An alternative to either inheritance or buying brand-new is a refurbished computer from an organisation called 'Green PC'. This is a subsidiary of 'Infoxchange', a community service company. These people provide refurbished ex-government and ex-corporate computers to genuine pensioners. Prices vary from \$99.00 for a fairly old desktop computer to \$700.00 for a recent laptop, with a wide range in between. You can phone Infoxchange on 9418 7400, and ask for Green PC, or go to their website at www.greenpc.com.au, and you can email them from there. They deliver their PCs for \$55.

What you will need with the computer is an Operating System such as Windows XP or Windows 7 (that's the latest one), and a suite of Applications. Applications are the software which do specific things. Typically, Microsoft's 'Word' is a word processor, and their 'Excel' is an accounting spreadsheet (although it will do much more than that). These are sold in a suite called 'Microsoft Office', which also contains a lot of other applications which you are unlikely to need. Without these applications there is very little that you can actually do with a computer. When you buy these it is absolutely essential to get the original disks which they came on, even if the shop staff offer to install the applications for you. If things go pear-shaped later on you will need these original disks.

A very useful alternative to 'Microsoft Office' is 'Open Office'. Microsoft Office has the singular disadvantage of being very expensive to buy, but 'Open Office' can be freely downloaded from the Internet. 'Open Office' has a word processor and spreadsheet which are compatible with the Microsoft versions, 'Word' and 'Excel'. In your Internet browser, look for the website www.openoffice.org. and follow the instructions.



U3A Recyclists Round The Bay 2009 by Jackie Hartnell

Day 1, Safety Beach to Beaumaris

Fourteen enthusiastic cyclists met at Rob and Val's ready to tackle yet another adventure riding round Port Philip Bay. Some rode as much as 25km to the starting point, and Max and Glenys dealt with the first puncture of the trip!

This was perhaps the hardest day – with many hills between Safety Beach and Frankston – but the weather was kind: no headwinds, not too much sun and no rain. This stretch was enlivened by morning coffee at the Sober Mule café in Mornington – especially when we discovered that Colin and Glenys had been tempted to continue to the Morning Star winery (but coffee'd at Lintons)! Lunch at the rotunda in Mordialloc was a welcome break – we with home-made sandwiches glanced enviously at the delicious salads Colin brought back for he and Aileen.

The ride from Mordialloc to Beaumaris is always a pleasure of friendliness. After showers, cups of tea, glasses of ale or wine, and wanders around the local area we enjoyed the motel's delicious menu, seasoned with much laughter. Four (who shall remain nameless) even tackled sticky date pudding or profiteroles; we others were envious of their indulgent honesty! A final walk as night fell aided digestion and stretched other muscles.

If you think this bike-riding is actually about enjoying ourselves, you'd be right!

Day 2, Beaumaris to Werribee South

Ange's generous breakfast energised us for day 2, and we were off by 7:45, though the weather hotted up and sun-block was essential. An easy ride to Port Melbourne for morning coffee and a bit of a sit before tackling the city's construction sites and diversions (thanks David, Julie and Val for great navigation). Docklands provided architectural interest before the bike trail took us to Williamstown to picnic under shady trees or try its eateries. After lunch our intrepid navigators led us through the parks and wetlands of Altona Meadows and Point Cook to the outskirts of Werribee – and were amused when a High School student on the Altona foreshore asked, 'How can I join your group?' The final 15km included the challenge of 10km of corrugated gravel roads and poor David dealt with his second puncture of the day – thoroughbred bike versus a tough hybrid model is my analysis! Werribee South Caravan Park was greeted with great joy at about 4:30pm.

The prospect of fish and chips or hamburgers from the local store kept us going but the power to the fryer had died and delicious ice-creams (and a hair comb for David who somehow forgot this essential piece of biking equipment) were little consolation. Not-very-good pizzas from Werribee had to do – though Colin and Aileen wisely chose take-away pasta. Some of us, myself included, had eyes bigger than stomachs and much pizza was refrigerated for next day's breakfast/lunch before ending the day with a walk to watch the sunset at the beach.

Day 3, Werribee South to Geelong

Aforementioned pizza or self-catered fruit and cereal gave us a good start to what we knew was going to be a hot day. Luckily the riding wasn't hard, and we took the freeway instead of an extra 9km and unmade roads. David had his third puncture on this stretch – enabling the sadists in the group to regale us with tales of people on the verge being killed by wheels flying of trucks speeding down the highway, and swerving cars! Luckily we all made it safely to the Little River exit, and country roads that offered little shade but took us to Lara for a cool down, morning coffee and the joy of air-conditioned Safeway for lunch-making ingredients. Rumour has it that Colin purchased an icy beer and drank it behind a tree to avoid sharing it with 13 other thirsty riders! We were soon on the outskirts of Geelong lunching at shady picnic tables overlooking Corio Bay. A hot ride through Geelong to Comfort Inn Bay City motel, and thirty minutes later the sensible ones were in the water on Eastern Beach. David remained remarkably cheerful despite having to find a bike shop instead and spend up big replacing a tyre as well as inner tubes.

Large amounts of raucous fun were enjoyed (along with the odd glass of alcohol) on the upper balcony, but sadly Val and Rob, the organizers and therefore ensconced in the downstairs room, missed it all. We split into a Thai dinner group and a Chinese dinner group and good food and high spirits were enjoyed at both venues.

Day 4, Geelong to Safety Beach

Rob was out at the crack of dawn buying breakfasts from the bakery, and we were on the way by 7:45; enjoying an overcast day. Through Eastern Geelong, its parklands and a few suburban streets, and then the Bellarine Trail all the way to Queenscliff. Should have been a breeze but unfortunately we misplaced Renato. His chain came off and he was at the back – mobile-phone-less and too soft-of-voice to alert Rob to his plight. We knew he wasn't with us but could do nothing – just hope he would remember their mobile phone number to call Ilse, and find a public phone or a sympathetic mobile phone owner. This was the third time in two months that Renato has been misplaced – should we be roped together like infants perhaps

We were concerned, but sure that he would eventually make contact, which he did – to everyone's relief – and was so far ahead of us he could probably have caught the 10am ferry! However there was no sign of him at the morning coffee stop in Drysdale where he agreed to meet us – and those of you who have lost someone will understand the vacillation between worry and anger! After refreshments David and Rob went off to check other places he might have waited while the rest of us rode to a pre-arranged spot to wait for them. And who should be riding along the trail from Queenscliff but an exhausted and concerned-looking Renato. Ilse wasn't sure whether to hug him or thump him but the hug won. He was a weary man – having assumed we were ahead of him he had ridden fast for another 15km before turning back. He stayed with the pack for the rest of the day!

We pushed the last 20km and made the 12noon ferry – even me, the tail-ender for much of the ride. Luckily it's an easy track and difficult to get lost. Colin and Aileen collected their much-loved poodle from Aileen's sister and we boarded the ferry, enjoyed our lunches, and indulged in Splice ice creams. By 12:50 we were riding on 'our' beautiful side of the Bay – people peeling off as we reached their destinations.

A total of about 260km (phew!) but all made easier by meticulous planning and navigating by Rob, Val, Julie, John and David. Thank you.

Marjorie Johnson our Publicity Officer talks to: Joan Peters.



Joan Peters was on the original steering committee that set up U3ASP in 1989, then on the first management committee, with the specific task of organizing office procedures. One year later she started her bird watching course which she has run ever since.

She first heard of U3A through the Hawthorn branch, one of the first two in Melbourne, and resolved then that she would eventually join such a group, so when she saw a call for expressions of interest to start a Southern Peninsula branch she responded eagerly. Apart from her bird watching courses, Joan has been an office volunteer over the twenty years of U3ASP, and during this time has also enrolled in thirteen courses, as diverse as Alternative Methods of Healing, Landscape Design, Peninsula Weather, and Religions - Ancient and Modern.

This range of interest is characteristic of Joan, a woman with a thirst for knowledge and boundless enthusiasm. She provides interesting insights into the early days of U3ASP, when the

luminaries of that time met and ran courses out of the Community Hall in Boneo Road.

Born in Cobram on the Victorian/NSW border, into a family of two girls and one boy, Joan went to school in Victoria and lived in New South Wales, and remembers often being picked up by the local bank manager in his horse and gig for the trip from home to school. For the latter part of her secondary education she was sent to boarding school in Melbourne. When ready to start work, first as a typist clerk in the Taxation Office, and later as a secretary elsewhere, she boarded at a Girls' Hostel in East Melbourne where the present Peter Mac Callum Cancer Centre stands.

Marriage and the birth of two daughters put an end to the secretarial work, by which time the former Barooga family had moved to Tyabb. Joan has now lived in Rosebud for thirty-two years, for the first five in a holiday house in which she and her husband spent three days a week before moving down here permanently.

As a trained soprano, she sang with the Oriana Madrigal Choir, which gave recitals at the Assembly Hall in Collins Street until the birth of her daughters, after which she sang with the local Glee Club. She has been a hostel voluntary office worker, and is a keen and active gardener and member of U3A's gardening group. Her other great love is reading - lots of fiction, but also philosophy and much more.

Her interest in birds, Joan says, dates from when she slept in a sleepout in the Cobram days and would lie awake listening to and looking at the birds outside. This led to joining the Bird Observers Club in Melbourne in 1976. These days she wonders whether her two grandsons and two great-grandsons would know what a sleepout is. Some of the places she has bird watched are the Kimberlies, Kakadu, the Tanami Track, Strzelecki Track and throughout the Victorian bush, but the Outback trips are the highlight, not only because of the birds, but because of the atmosphere. She is very interested in bird habitat, wants to know where particular birds are and learn more about them, but she is very concerned at the decrease in habitat and in the consequent fall in bird numbers, noticeably less for at least ten years. She cannot name her favourite bird because she says she has so many favourites, but one she loves in Victoria is the Rufous Fantail.

For many years Joan was asked by the Parks Service to take groups bird watching during their holiday program. She has also been a volunteer assessor for the 'Land for Wildlife' scheme, run by the Department of Conservation and Natural Resources (now the Department of Sustainability and Environment).

Joan's U3ASP bird watching group is open to a maximum of ten people, and they walk in places such as the Peninsula's National Parks, The Briars, in fact all over the Southern Peninsula. Bird watching is much more than just a pleasurable pastime; it contributes much knowledge through organized surveys and atlasing. [Marjorie Johnson Publicity Officer.](#)

NOTE: An autumn bird-watching course will commence on 23rd April if there is enough interest. Walks will be weekly for 5 weeks. .

BITS AND PIECES PAGE

U3A CLASSES AT THE VILLAGE GLEN

DISCUSSION GROUP:

This group meets as usual on the 1st and 3rd Wednesdays in the month at 10 am, in Anne's villa in the Village Glen.

For further information please contact Anne Hunt

HISTORY LUNCHESES:

The next History Lunch will take place on Thursday 13th May at 12.30 pm in the Craft Centre. Ian McCaskill is a retired Port Philip Bay Pilot Service Officer, and he will give us an illustrated talk on his duties. The title of his talk 'History of Port Philip Pilot Service'

On 10th June Tony Webster will speak to us. His career has been most interesting. The Title of his talk is "The end of European Empires in Asia 1945-1965"

In 1950's he served with Royal Marine Commandos in Egypt/North Africa/Malta.

From January 1955 to June 1968 was in Malaya/Singapore/Sarawak/Brunei/Sabah with commercial organizations.

He came to Australia in June 1968 with Cadbury after they had acquired McRobertson Confectionery.

People outside the Glen are welcome to join our History Lunches, on 2nd Thursday of each month. We have a buffet type lunch, and we ask participants to bring a plate of finger food to share.

NEW U3ASP COURSE AT THE VILLAGE GLEN

A Course sponsored by U3ASP and brought to us by tutor Ray McMahon. The title of the course is "Antarctica in the 20th century" and will be held in the Craft Centre at The Village Glen. It will be on a fortnightly basis, on the 1st and 3rd Thursday in the month, beginning on the 1st April, 2010. The course will consist of 6 lectures between 1.30p.m. and 3.30p.m. approximately. The course will finish on the 17th June 2010. People outside the Glen are welcome to come to these classes.

The topics for the class will be as follows:

My Story - Mawson Base 1963, with the Australian National

Research Expeditions.

Shackleton's Three Antarctic Expeditions.

The Last Polar Explorer - Sir George Wilkins of Mt. Bryan S.A.

Arctic and Antarctic - The exploits of John Rymill of Penola S.A.

The Antarctic Snow Dog - History of the Husky.

Antarctic Weather - Winds, Winds, Ocean Currents and Ice.

'If you're aristocratic,' said Nietzsche,
'It's thumbs up, you're OK, pleased to meet you,
If you're working-class bores.
It's thumbs down and up yours!
If you don't know your place, then I'll tell you.'

ART APPRECIATION CANBERRA TRIP

We owe a huge debt of gratitude to Betty Currie who organized a 4-day trip to Canberra recently, principally to visit the "Masterpieces from Paris" on loan from the Musee D'Orsay. As well as visiting this magnificent exhibition of Post-Impressionist paintings many of us were fortunate to be able to take advantage of some of the other interesting highlights on show in Canberra, eg:

"Love and War" at the War Memorial

The Portrait Gallery

The High Court

A cruise on Lake Burley Griffin

Old and New Parliament Houses

Before we reached Canberra we visited the National Art Glass Gallery at Wagga Wagga and were most impressed by the beautiful pieces on display.

All 39 participants enthusiastically agreed that, apart from the sheer pleasure of all the cultural aspects of our visit to Canberra, the fellowship and camaraderie which developed during the trip was immeasurable.

Our accommodation was excellent at both Wagga Wagga and University House, Canberra and we revelled in the bonhomie at our various meals.

Betty must be congratulated for her organizational skills and her ability to keep a large group happy and cohesive over four busy days. Our coach driver, Ron, was a treasure - charming and patient at all times and always willing to lend a helping hand. A big thank you to both.

From: Pat Donnelly

Winds of Change
by...Judi Mair (Creative Writing)
Write a list that forms your identity,
Your sense of being you.
Forgive yourself and others.
Who are some of the grateful people in your
life.
State the things you are good at.
Reflect on your day.
Start the day with gratitude.
Reflect on times when you were enabled to do
the seemingly impossible.
Remember the times when you were light-
hearted and pleased with the world.
Try to love the questions now.
Perhaps then you will gradually move along to
some distant day to change yourself.
To change the world and to know the need for it
-
This is important to me.

Disclaimer:

From time to time your Committee gives space in the Newsletter for a product or service which the Committee believes, in good faith, is worthy of being brought to the attention of members.

Please Note: Office hours are Tuesday and Thursday, from 9.30am, closing at 1pm sharp.

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