



# Third Age Times

Issue No. 133

September 2010

## We welcome your Contributions:

- Articles
- Interviews
- Poetry, Short Stories
- News of Courses and Events
- Letters to the editor
- Photographs
- Quotations
- Websites of Interest

## Deadline for inclusion in the next edition:

**23rd November 2010**

### Email:

[u3asp@satlink.com.au](mailto:u3asp@satlink.com.au)

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**Dates to Remember**  
Information Day  
16th October

## Countdown to our Information Day

**U3A Southern Peninsula on SATURDAY OCTOBER 16th**

**Rye Civic Hall 12 Napier Street, Rye**

**Turn to page 7 for your programme**

## Biodiversity on the Mornington Peninsula

Come and here more about this interesting topic from  
Gidga Walker at our Information Day

We live in a unique area on the Mornington Peninsula surrounded by two bays and Bass Strait, with a variety of soils, topography and rainfall. This has produced a wide array of habitats from Saltmarsh to Cool Temperate Rainforest and diverse Grassy Woodlands and Heathlands.

Biodiversity refers to the numbers of different beings in a particular area. Much of the biodiversity is concentrated in the top centimeter of the soil where millions of microscopic

organisms form the basis of the ecosystem.

The Nepean Peninsula differs from the Northern section. Its limestone soils are highly alkaline and the plants that live there are restricted in their distribution across the state. Mostly devoid of Gum Trees it once was dominated by Drooping Sheoak, Moonah, Wirilda and Grassy Bowls with Banksias.

Most of this has been cleared. In the past the clearing was for fuel for baker's ovens & lime kilns and for agriculture.

More recently residential development has created the biggest pressure on these ecosystems.

Much of the remnants of the original biodiversity of the Nepean Peninsula exist only as patches in people's backyards. By gaining an understanding of how the ecosystem works we are better able to help maintain its biodiversity, and if neighbours start working together this can then happen at a landscape scale.

*Gidga Walker*

## Important Note for Tutors

**If you haven't sent your "Continuing Course" form back to the U3A office, please do so as soon as possible.**

**Please consider using suggested new hours of 9.30am -11.30am, 12noon – 2pm and 2.30pm – 4.30pm. This will increase our room capacity by 50% and will be a really big help to tutors of new courses and U3A in general.**

**If you have any questions ring Alan Hawkins .**



## Reporting in—Sue Weber President 2010

Dear Members,  
Spring has arrived; be it with limited amounts of sunshine but we hardy souls are thankful for the chance to work our gardens and of course attend U3A courses. My report to you is unfortunately the last for some time. Just as last year I stepped in for Walter Keating after his heart operation, David Bamford has kindly taken over the reins while I look after my partner who is extremely ill.

Our new members' morning tea was a great success by all accounts with everyone enjoying the fine facilities of the reception room at the Mornington Peninsula Shire offices. Our hospitality group's scones scored well and it was gratifying that Mayor, David Gibb spoke so highly of the benefits offered by U3A.

For those of you who read the Network newsletter on line please note their recent change of email address.  
[www.u3anetvic.org.au](http://www.u3anetvic.org.au).

Winnie Stewart attended the recent Network meeting and reported that another 2 U3A's have commenced in country Victoria so our organization continues to expand.

I urge all of our members to support our "Information Day" (see enclosed flyer). Several of our groups will take part and this is a wonderful opportunity for the Community to see what U3A Southern Peninsula has to offer. We hope to attract new members particularly from Rye and beyond.

Our U3A will greatly miss Marjorie Johnson, our Publicity Officer who is shifting out of the area.

Marjorie has worked tirelessly to promote our organization and her profiles on several tutors not only appeared in our Newsletter but also made it to the Network newsletter. On behalf of the Committee and all U3A SP members, many thanks Marjorie and Best Wishes for the future.

*Sue Weber*

### Welcome to New Members

**A big welcome to the following new members of U3A Southern Peninsula.**

**We hope you enjoy the many classes on offer to you.**

Geoff Bartlett, Jane Birkett, Claire Chandler, Val Corva, Helen Couch, Pam Dekoff, Jan Dwipa, Jan Fay, Joy Keeble, Lois Kowalski, Pauline Magri, Ian McCaskill, Jenny McMullen, Peter Murray, Pamela Nichols-McCaskill, Kristina Thielking, Bev Thornhill and Dianne Wilson.

### State of the Nation and other ethical deliberations.

Thank You to Andrew Raff for sending us a very interesting report on his groups findings on Vegetation removal on properties with and without dwellings.

Unfortunately we do not have room for it in this issue but be assured it will provide some interesting reading in the November newsletter.

Andrew's class are held every second Friday 1pm to 3pm

Contact Andrew

## Fantastic Opportunity— Grand Tour of Central Europe in 2011



Our Czech U3A friends, who were guests of U3A Southern Peninsula in 2007, have organized a tour of Central Europe which, in brief:

- Starts in Prague (Czech Republic) on May 17th and finishes 21 days later on June 7th, 2011.
- The first week is spent in the beautiful city of Prague with plenty of entertainment and sight seeing. There will also be four optional memory training lessons for those who are interested.
- The stay in Prague will be followed by a road and rail journey visiting the towns and capital cities of Hungary (Budapest), Slovakia (Bratislava) and Austria (Vienna), returning to Prague on the second last day.

- Cost at today's exchange rate is approximately \$1900.00 per person. This covers almost all costs including accommodation, site admissions, entertainment (concerts, river cruises etc.) and land travel.
- Travel to and from Australia and health insurance is at your own expense.

This promises to be a fantastic tour for an unbelievable low cost, less than \$100 per day per person for just about everything!!!

Contact **Alan Cuthbert** for further details or email: [alan.cuthbert@bigpond.com](mailto:alan.cuthbert@bigpond.com).

Copies of the full itinerary of this Grand Tour can be obtained from Alan or the U3A office at Dromana.



### Important Information regarding Insurance.

U3A Network has asked us to remind all U3A members of our Insurance responsibilities and exclusions. Currently we are covered for Public Liability, Professional Liability, Directors & Officers Liability, Entity Fidelity, Medical Indemnity and Personal Accident. This cover applies to Management, Committee Members, Patrons, Incorporated Bodies, Directors, Officers, Employees and paid or unpaid Volunteers when on duty.

Cover does not apply to ordinary members of U3A. Their recourse should be through Medicare and/or Private Health cover. If it is necessary to call an ambulance, the patient is responsible for that cost. Health Care and Pensioner Concession card holders are entitled to free ambulance travel.

## Still Time to book for this course

### Qi~Shen~Gong

#### Tutor: Jananta Dwipa

Qi~Shen~Gong is a quietly energetic physical, mental and spiritual exercise practice.

By developing our ability to relax we become open and receptive to our bodies innate needs. By consciously connecting with the energy of the universe we may access the healing powers of nature that exist outside limitations of our conditional mind. Along with a simple and down to earth approach to exercise and health, we may enjoy the

practice of Qi~Shen~Gong. The meditative character of the exercise makes it possible for people of any age, ability and health level to practice fully and to reap the benefits of their efforts. Closely related to Qigong, which has been developed in China over centuries, Qi~Shen~Gong may also assist in the cure of many chronic diseases.

When: Tuesdays from 10am to 11.30am on 19th October and 2nd, 16th and 30th November.

Where: Room 8 OSOD.

Bookings: Jan Dwipa

## Astronomy Classes with Dr. Peter Norman

This course consists of 8 meetings each lasting one and half hours. They are held in the Tutor's home where discussions are assisted by using over-head projector, a slide projector, a computer, a video-player, reference books, posters, telescopes, armillary sphere, Celestial sphere and other aids. A small fee is charged for printed notes. A dynamic computer sky program and small text book are available for sale.

The lectures essentially retrace the history of astronomy beginning with astrology and the establishment of observational geo-centric astronomy by the early Greeks and Arabs. From this foundation modern helio-centric astronomy rapidly developed during the Renaissance culminating with the invention and use of telescopes. The visual telescopic observations were greatly improved by the invention of astro-photography during the 19<sup>th</sup> century. A number of cosmologies tried to account for the great variety of heavenly bodies that had been photographed. The current Big Bang cosmology is based on the measurements made of the expanding universe in the 1930s by very large telescopes. These results were

subsequently confirmed when radio-telescopes were invented. The rapid growth of nuclear physics during the 1940s then led to a coherent account of the synthesis of elements inside stars that accords with astronomical observations. The space-race of the 1960s and 70s has led to the current theories of the evolution of the solar system.

However, despite all our accumulated knowledge about white dwarfs, red giants, black holes, pulsars, super novae, comets, meteors, quasars and quarks we become increasingly aware of the enormous magnitude of human ignorance of the complexity of our magnificent universe. In order to keep abreast of recent developments some class members attend monthly lectures and telescope viewing nights provided by the Mornington Peninsula Astronomical Society.

***Dr. Peter Norman, Tutor***

## History Lunches at the Village Glen

**11th November: Bill Johnston**

Bill will speak on 'Technical Education in Victoria'. He taught in Primary Schools, Technical Schools and later Senior technical College at Warrnambool. He went on to become Regional Director of Technical Schools in the northern region of Victoria.

**9th December: Wes Barton**

Wes Barton's great grandfather arrived in Australia in 1840 and moved to Victoria in 1866 to take up land in East Gippsland. His family history study gives us an insight into development and early days of living conditions in Victoria.

*History Lunches are on the second Thursday of each month at 12.30pm in the Craft Centre at the Glen. We welcome new members from both in and outside the Village Glen. Please bring a plate of finger food to share. For further information please ring Edna Salisbury*

*'Words of Wisdom' Discussion Group meets 1st & 3rd Wednesday at 10am in upstairs lounge in the main building at the Village Glen. For Information ring Anne Hunt*

## Tutor Profile

## HAROLD PIDWELL



Harold has many academic qualifications, all of which served him in good stead during his earlier working life in the theological area in New Zealand, Germany, Switzerland, USA and Australia.

He was encouraged (inveigled he says) by his wife Ruth to join U3A Southern Peninsula in 2004, which at that time was setting up a Wine Appreciation Course and this appealed to him. However this group never got off the ground, so he looked at other activities. At the Bushwalkers Christmas lunch he met Judy Clark who strongly suggested that he join the golf group. He took up the offer and today is still involved in the game with the U3A Golf group. He said that his golf handicap has not gone down even though his involvement has gone up. A side benefit has been meeting with many people outside his norm that has led to new friendships for both Ruth & himself.

In 2006 he joined the Redux Cycling Group which has given him exercise and the opportunity to explore many parts of the Mornington Peninsula. The group endeavors to ride no more than 20 kms per outing on the many bike trails which abound throughout the area. The Redux group covered the Great Southern Rail Trail in 2010 that is in the Bairnsdale - Bruthern area. This was a fascinating

exploration of an area which not many members had seen before. Planning is under way for the next big ride in 2011 which is set to cover the Murray to Mountains trail around Bright to Wangaratta – eventually to be extended to Corowa. In 2008 Harold took on the leadership of the Redux Cycle Group and is still in that position.

In 2007 Harold joined the Classical Music Appreciation Group run by Lloyd Jones. This is the longest continuously operating group in U3A Southern Peninsula. Together with Ruth, this activity has given both a greater appreciation of classical music a love of which they both share. Additionally, they have made more friends on the Peninsula which has helped to cement their roots in the area.

Harold was born in 1937 in Wanganui and educated in New Zealand. He has two brothers & a sister. One brother sadly has passed away. Among his many fond memories of his birthplace, from where he has just returned after a family gathering, is sailing. He learnt to sail in Wanganui and enjoyed it in various places until 1990.

He completed his theological training in NZ then travelled to London, Switzerland, Germany, then back to NZ. He has lectured in NZ, Switzerland, USA and Australia. From NZ he moved to Melbourne in 1991 to become Dean of The Melbourne College of Divinity until retirement in 2001. Following this he was Executive Secretary Australia and New Zealand Association of Theological Schools and a Member, Higher Education Advisory Committee Victoria until 2008.

Reading his CV, which has 3 pages of

information and detail, shows that he kept his study up during this time, with a long list of academic qualifications to his credit.

Today he resides in Mornington, having previously lived in Blairgowrie until 2009. Married to Ruth, previously U3A Southern Peninsula President in 2005 – 2006, they have three daughters and nine grandchildren. The daughters, with their families, are scattered around the world.

Harold believes that U3A is a fantastic organisation that does a great deal of good for a wide range of third age people in Australia and the world. U3A Southern Peninsula with its large membership and many activities is a vital group and has much going for it. The dispersment of responsibilities is both good and bad. The localisation of responsibility allows each group to be autonomous yet be under the overall umbrella of the appropriate U3A. This can create many small groups which often do not connect with others. This is the downside. However the many friendships that are made, the support given and the social network developed, is a major positive factor. Harold believes that this is one area that Government bodies should consider in their assessment of costs paid out to many senior groups. U3A's contribution to the social capital of the area is not quantifiable. But it is at least as, and perhaps more, important than how many additional members or activities are added to its program.

**Harold Pidwell as interviewed  
by U3A SP Immediate Past  
President, Walter Keating**

**UNIVERSITY OF THE THIRD  
AGE, SOUTHERN PENINSULA**

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**Committee Members:**

President: Sue Weber

Vice President: David Bamford

Secretary: Winnie Stewart

Treasurer: Angela Milsom

Newsletter: Val Leggett

Public Relations: Marjorie Johnson

Courses/ Venues: Alan Hawkins

Social: Margaret Green

Office Admin: Pam Blazsanyik

Property: Tony Edwards

I.P.President: Walter Keating

Committee: Amy Hanly

Public Officer: George Conrad

## Happy Wanderers Walking

As coordinator of the “Happy Wanderers” walking group, it is always a challenge to provide interesting bush walks and stimulating activities for our U3A members.

Earlier this year, we combined a good walk with a history lesson when we visited an area of Point Nepean National Park recently opened to the public.

After leaving the visitor’s centre we had a round trip of about 8K, with visits to the old cemetery linked to early European settlement, the army barracks and the Quarantine Station, which was established in 1852.

The Quarantine Station was of particular interest, as it was used to protect the colony of Melbourne from ship borne diseases, although you couldn’t help feel some sadness after reading the names and ages of people who died there.

Overall, Point Nepean is beautifully maintained, with excellent walking tracks and I would highly recommend it to anyone interested in our early history. For those people not so mobile, there is a unique transporter operating from the visitor’s centre, with stops on the way.

Great place to visit!

*John Barratt*

My young grandson called the other day to wish me a Happy Birthday. He asked me how old I was and I told him, 62. My grandson was quiet for a moment, and then he asked, “Did you start at 1?”

A 6-year-old was asked where his grandmother lived. “Oh,” he said, “she lives at the airport, and when we want her, we just go and get her. Then, when we’re done having her visit, we take her back to the airport.”

## Take A Walk Down Memory Lane with these two new websites.

Were you born in the 1940's or before or perhaps in the 1950's and are wondering what others of your age are doing now? Two new websites have been launched recently that may be of interest to you

These websites offer a place to comment on a number of topics like family, holidays, health, cars or memories and to read the thoughts of others already posted. It is great to see what others are doing now or read some memories from the past.

There is no membership required, no cost involved as they are just fun easy to use websites developed to bring people together from all over Australia.

Come along and see what has been created for you at

[www.bornintheforties.com.au](http://www.bornintheforties.com.au)

or

[www.borninthefifties.com.au](http://www.borninthefifties.com.au)

## U3A INFORMATION DAY – SATURDAY 16<sup>th</sup> OCTOBER

Rye Civic Hall – 12 Napier St, Rye

### PROGRAMME – SPEAKERS & PERFORMANCES

10.am	Doors opened to Public Talk by Elaine Wallbridge, Police Senior Citizens Register <b>"What the Register offers senior citizens"</b>
11.am -12 noon	ROSEBUD SECONDARY COLLEGE – BRASS & FLUTE MUSICIANS
12.00	Ballroom Dancing Group
12.30	Talk by Lyn Hayward <b>"Free On-line Learning"</b> A Demonstration of free resources for seniors on the Internet
1.pm	Creative Writing Group readings (Humorous Fiction)
1.30	Robert Austin <b>An Aboriginal Cultural Talk</b>
2.pm	Talk by Graeme Hind, President Rye Fire Brigade <b>"Personal and Summer Fire Preparation"</b>
2.30	Scottish Dancing Group
3.pm	Slide presentation by Gidja Lee Walker <b>"Biodiversity on the Nepean Peninsula"</b> The Nepean Peninsula is unique and a home for many special plants and animals. By gaining an understanding of the diversity of the living world around us and the fragile interconnections within it we are better able to observe, appreciate and protect it.
3.30	Creative Writing Group readings (Humorous Fiction)
4.pm	Close

**ALSO DISPLAYS AND PRESENTATIONS ON 16 U3A COURSES OR ACTIVITIES**

**ALL DAY SAUSAGE SIZZLE**



Old Shire Office, 359a Pt. Nepean Road, Dromana 3936

Office Hours; 9.30am to 1 pm Tuesday and Thursday

Tel: 5981 8777 Website: [www.u3asp.org](http://www.u3asp.org)