

MARCH 2025



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Happy Anniversary U3A Waverley!

We all enjoy a birthday party – so the Committee thought it would be a great idea to celebrate U3A Waverley's 40th anniversary at the Annual General Meeting on 26 March. So, this year the AGM will be a little different to previous years.

In April 1985 U3A Waverley (then known as U3A Monash) offered its first classes. This makes Waverley the third oldest U3A in Australia after City of Melbourne and Hawthorn. Classes on offer then – Art Appreciation, British History, Computers, Creative Writing, Current Affairs, Current International Affairs, Literature, Eastern Philosophy, Practical Art and Public Speaking – reflect the times. Current Affairs and Creative Writing are still going strong!



Matt Fregon MP

This year the AGM will host two guest speakers. Mr Matt Fregon MP, Member for Ashwood, who will give the opening address, and Professor Allie Clemens from

Monash University who

will close the AGM.

Mr Fregon has a strong attachment to education, with many close family members being teachers now or in the past. As the local Member for Ashwood he is passionate about advocating for local community groups like U3A Waverley and their fantastic volunteers.

Monash University was very supportive of the fledgling U3A Monash before and after its establishment. Jack McDonnell then Director of the Centre for Continuing Education at Monash University, initiated the first meeting of a group of people who became the first Committee. The Centre was able to provide a small area for initial operations as well as some administrative support. Jack McDonnell gained permission from then Monash Vice Chancellor, Professor Ray Martin, to use the word 'Monash' in its title.

At a well attended public meeting on 12 February 1985 there was overwhelming support for the establishment of U3A Monash. At the meeting Professor Martin said "the embryonic organisation, while not an official offshoot of the university, would receive as much indirect support as possible, particularly from the Centre for Continuing Education and its Director, Jack McDonnell."

The Centre for Continuing Education made an area in Normanby House available for U3A Monash to hold its first classes and this area was later expanded.

However, in 1990 Monash University reclaimed Normanby House for its own operations. U3A Monash, now boasting nearly 700 members, began a period of shifting locations until finding a home at St. Stephens **PTO**



Professor Allie Clemens

Church in Mount Waverley – a move that initiated a change of name to U3A Waverley

U3A Waverley moved to its current location in 2011. In recognition of this early support from Monash University, Professor Clemens has been invited to give the closing address at the AGM. Professor Clemens has a background in teaching, development and planning adult education programs in community settings. She has an impressive list of publications and research projects in work integrated training and sustaining effective social partnerships that support learning and skills development.

The AGM is open to all U3A Waverley members. In addition to these two talks the agenda will include a report of the year's activities from the President, an update on our finances and election of Committee members for the next year, followed by a light lunch. As an anniversary event it also provides an opportunity for everyone to think about what has changed since those early days – and how U3A Waverley could evolve over the years to come. I look forward to seeing you there!



Jane Evans
President

Being Seniors



Talk to yourself. There are times you need expert advice.

'In Style' clothes are the clothes that still fit.

The biggest lie you tell yourself. "I don't need to write that down. I'll remember it."

It would be wonderful if we could put ourselves in the dryer for ten minutes, then we would come out wrinkle free and two sizes smaller.

Lately you've noticed people your age are so much older than you.

The U3A I know

*I joined our committee
when we came to the Hub
at the start of 2011.
But I had started volunteering
to help in the Office
a year or so before.
I have attended many courses
and befriended many members.*

*Like you I came to U3A
to keep my mind active and
to meet ever more people.*

*Helping in the Office
I answered many questions
and helped solve problems*

*My involvement, my experiences
have helped to keep us together
Volunteering to help
our U3A has been
so satisfying, so fulfilling!*

*There is always room here
for you too.*

*We need members
each year
to help on the Committee
to help in the Office.*

*Some of our volunteers
give of their time
using special skills they have.*

*Without volunteers
any U3A would die.
Our key volunteers are
our Committee,
keeping us functioning and
our Office Staff
keeping us informed
and up-to-date.*

*Some volunteer for a year
others stay for three*

*Our U3A has given
each of us so much.
Think about how
you can give something back.
In your retirement
this can give
special meaning in your life.*

*I know
because this is
what I have experienced
for over 14 years.*

Now can be your turn.

Kevin Delaney

Information Session on the Changes to My Aged Care

TUESDAY MARCH 18th 11.30 - 12.30.

Who is My Aged Care?

- Changes to My Aged Care in 2025: What's different and how it affects you
- Eligibility Criteria: How to access support through My Aged Care
- Impact on Existing and New Home Care Service Recipients
- Other Services Available for Seniors

Free session from Portia from Monash Council

Acceptance sheet at the office. If the demand is great, we will run another session.

Are you 55+ and having sleep problems?

Access an online insomnia
program for better sleep in a
Monash University led study.

Ethics approval: HREC #38104



PLEASE SCAN QR CODE FOR MORE INFO or go to:
basemindfulesleep.wixsite.com/mindmnc-study

Email mindmnc@monash.edu



A Mindful Way™

Sleep difficulties are highly prevalent in older adults, but often go untreated as they are considered a sign of normal ageing. Sleep difficulties are also linked to increased feelings of stress, anxiety, depression and issues with memory and concentration. These difficulties getting to sleep, staying asleep or waking early and being unable to return to sleep can be treated effectively even without medications. However, not many seek these alternative treatments due to barriers like time constraints, geographical access, long waitlists and limited availability.

Our study aims to investigate the feasibility of an online mindfulness-based intervention for insomnia for older adults with sleep difficulties compared to a control program. This will help to determine whether such interventions are a helpful way to overcome some of the barriers to accessing sleep treatments for older adults

Knobby Clarke

By Anne Cornish

At the 2024 end-of-year Waverley U3A function Knobby Clarke was recognised for the tutoring services he has been providing to U3A since 2010.



Knobby is the tutor of the Tuesday afternoon recorder group and the Monday afternoon *How To Read Music*. He has also been a tutor for the choir and gave occasional lectures to the Science and Technology class.

"When I came out to Australia I went to a meeting of the Recorder Guild and it was really daunting because they'd hand round pieces of music in five or six parts and that was it, off we go," he said.

"I went along to the local Waverley U3A [in 2010, after retiring] and I set up a recorder ensemble, but with the particular interest that you take anybody who can blow, because the Recorder Guild has never done enough to my mind, to help people to bridge the gap between *Three Blind Mice* which they learnt how to play at school, and more difficult pieces. There are plenty of ensembles where people are really really good and you can't get into them unless you are really really good. So I set up a recorder ensemble which I am still running with the precise intention that if somebody came along and would take the book, if they're prepared to do that then they will come and play with us.

"The music I play comes from the Renaissance period; Elizabethan music, because it's all out of copyright and it's all designed to be played by amateurs."

Knobby was a boy soprano in church, and has since sung with the Melbourne Chorale and the Tudor Choristers, but gave that up due to work commitments.

"I didn't really take that up again until I retired in 2010. I made model aircraft for a few years and I also picked up the recorder and said we really ought to do something."

He plays a tenor viol and various recorders, most often the bass recorder.

He has a Philips Philicordia organ which he bought to practice at home so he could play the organ at church.

"I brought it out to Australia, but haven't played it much in the last 20 years. I play all of these instruments badly. I don't play any brass instruments."

Knobby was born in Newport, Isle of Wight, in England and "as was customary in those days", was sent to boarding school at the age of seven.

"I was really interested in physics, not particularly mathematics, I was more of an engineer. I got an industrial scholarship from Bristol Siddeley Engines. I read physics at Oxford where I spent far too much time in the theatre, I enjoyed being a stage electrician, because I could work all night and still do the lab work in the afternoons," he said.

At Oxford Knobby joined a group who learnt to program the university's computer, and he and his roommate devised a system for the Oxford Union Society to capture votes and to run a Single Transferable Vote election.

After university he worked for Bristol Siddeley Engines, then joined ICL and wrote operating systems until 1970, when he moved to the architecture branch. In 1979 ICL were selling a new machine to the Motor Accident Commission of Victoria.

"That was a six-month secondment, so I brought the family out, we liked it, so we stayed," said Knobby.

"In 1982 I formed my own software house and that was going very nicely until 1990 when the overdraft was running on a 22 per cent interest rate and that would kill anybody. The company folded in 1990, I lost the house which I'd built and we started all over again. So for the rest of the time I worked as a consultant in databases. At one stage I counted up and I had learnt to write 17 different computer languages. The last one was Java in 1995 and I was fascinated because it had all sorts of things in common with Algol which I started with.

"Finally I worked for a startup company called Agentis who sent me to Paris from 2002 until 2005. When I came back, I got myself a job with Graeme Simson, who ran a very successful management company. I ended up working for the subsidiary of that until I retired."

In the late eighties he invested in a share in a yacht, and in 2000 he sailed in his first Sydney to Hobart yacht race. In 2002 he repeated the experience.

Knobby and Liz have three children, Helen in Sydney, and Charles and Philip in Melbourne. They have four grandchildren; two of them play the violin-cello and two of them have sung their school choirs.



Cleaning is just putting stuff in less obvious places and then wondering where you put them.

My dog accidentally ate a load of scrabble tiles so I took him to the vet - No word yet.

I'm writing a book about all the things I should be doing with my life. It's called my "Oughttobiography."

Some days you think there is no-one there for you, but do you know who is always there for you.

Laundry. - Laundry will always be there for you.



It's my first week working at the bicycle factory and they already made me a spokesperson.

I thought swimming with dolphins was expensive until I went swimming with sharks ... It cost me an arm and a leg.

The main function of your little toe is to make sure all the furniture in the house is in the right place.

It's pretty obvious that if I run in front of a car I will get tired, but if I run behind a car I will get exhausted.

My teachers told me I'd never amount to much because I procrastinate so much. I told them you just wait.

Every morning I get hit by the same bicycle ... It's a vicious cycle.

The word incorrectly is spelled incorrectly in every dictionary.

I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.

When I was a kid, we played spin the bottle with the girls, if they didn't want to kiss you, they would have to give you a dollar. By the time I was 12, I owned my own home.

Always trust a nudist ... They have nothing to hide.

BEING A PRIME MINISTER

Evelyn Peterson of the Creative Writing Class

In the little town of Bedlam, some 50 kilometers from Hubbub, in the state of Mayhem, there lived many and varied species. Some of these species had four legs, some of them had two. All of them could see, hear and speak. The seeing and hearing were indeed a blessing, but speaking was a problem for most if not all. That is where the difficulty commenced.

You see, everyone wanted to be heard, their opinions valued and agreed with. Obviously, that was impossible, and the fact that there was no leader precipitated the crisis they were now in. They decided they needed some form of government to try and bring order into the town, so applications were taken by those willing to stand.

The loudest contender was the cockatoo. He thought that by screeching his ear-splitting screech he would deafen his listeners into submission, and his verbosity often caused others to be confused as to what he was talking about. He also had a tendency to repeat what he had heard loudly, which was very embarrassing, and not conducive to keeping confidences. However, some of the braver inhabitants stood against him, mainly to teach him a lesson, but they watched him carefully as he had a very sharp beak, and he was not above ruffling feathers, or pulling them out of anyone who disagreed with him or came too close.

Then there was the kookaburra. He was a good looker, easy on the eye, sleek and well groomed with a happy disposition. He was a favourite with the ladies particularly. He didn't have an original thought, but just said what others wanted to hear, which made him a very popular contender. However, he was only popular with those who could only see the outside, see his good looks and happy personality. He had a tendency to laugh heartily at anything and everything, which made others laugh too, forgetting the topic under discussion. He really was quite a shallow person, but extremely likeable. As far as leadership qualities went, he was quite unsuitable, and the little town would deteriorate under his leadership, but would have fun in the process.



Black and white stood out in the crowd. Sleek and proud, he could warble and sing magnificently, and was a sight to behold, with his proud head held high and his throat vibrating in song. He was the magpie. He was shrewd and clever, but without any people skills. He would make a good leader, but would be ruthless if crossed, and was generally disliked. This was a bit unfair, because he genuinely wanted to help, and had lots of good ideas, but the people were influenced by his manner, and he was unpopular. However he was talented in seeing and collecting gold and silver, and was a great hoarder.

The lyrebird was a dainty, beautiful creature, much admired. He had a song of his own, but obviously felt it was inadequate, so he copied the songs of others, or the sounds he heard. He could be quite useful in a situation where accurate reporting is needed. As far as being a leader is concerned, he would never be a contender, although he would be a good 'yes' man for a leader who needed affirmation. The lyrebird would be very agreeable, but don't expect him to think on his own.

The eagle was known as the king of the birds, and rightly so, his magnificence obvious to all. But would he be a good leader? Unfortunately, he had aggressive tendencies, and people didn't warm to him, even if his policies were the best. He was a loner and preferred to live far away from others. He was a candidate to be feared, policies or not. However, although he was not a team player, it was important to include him and respect him as he had a lot to offer.

The duck was plain and ordinary but had a lot to say in a rather monotonous harsh voice. Some of his ideas *were* good, but his delivery was difficult to listen to. He might be a good worker behind the scenes, although he only seemed to favour those policies that involve water.

The battle lines were drawn between the turkey and the rooster, although the rooster had the advantage of a loud voice. He was able to restore order loudly and forcefully, and people didn't mind that, as his voice was not as irritating as the cockatoo. He was very confident, noisy and really quite handsome, whereas the turkey tended to mumble, which was irritating to those who want to hear his thoughts.

PTO



However, there was one member of the little town of Bedlam who sat and observed the entire goings on, listened to what was said, and formed his own opinions. He was very comfortable in himself, had many ideas, a lot of them excellent, but didn't push himself forward. He waits to be approached before he shares his thoughts. He is the owl. He despairs of many of the inhabitants of Bedlam, and wonders just where the town, or indeed the state, is headed, given the lack of intelligent leadership, financial planning, and a team of likeminded people to lead the way. He has a lot to offer, but will wait until asked. There are many other citizens of Bedlam, all despairing of a bright future, a leader and team who will turn things around, but who??

Among the animals there is the cat, who sleeps all day, except if there's a mouse nearby, the dog who will follow orders if sheep are to be rounded up, but really just wants to play, sheep who need guidance, cows who are just interested in chewing hay, just to name a few. The horses might help, but they are likely to bolt if something upsets them, so it looks as though it is up to the birds. How do we go about setting up a government? How do we form a team? A bright idea came from the magpie. "How about having a look at the people's government and see how they run things?"

"How can we do that? Any one of us would be seen if we went into parliament, and what would we say? People can't understand us, and we would be shooed out anyway." The owl came up with a suggestion. "What about sending two flies in? They won't be seen and will be able to sit on the wall and listen and observe everything." It was decided. Two flies were nominated and sent on their mission. Without any difficulty they flew into the prestigious room and watched as the members of parliament seated themselves. What a lot of pomp and ceremony they thought. Proceedings got under way, and the flies were amazed at how grown people behaved. There was a lot of yelling, fist shaking, and disagreement. One good idea was suggested, just to be howled down by the opposition, some being ejected from the room. Nothing was achieved, just a lot of ruffled feathers and high blood pressure, until all was adjourned until the next sitting. The flies flew back to report their findings.

"If that's how humans run parliament, we had better form our own," Owl said. "We need to be completely honest with each other, and have the courage to say what we think, without fear. We need humility, but above all we need love. This is the most important quality, love of each other and others in the wider world. We need to respect each other, listen with an open mind and heart to new ideas. We must never criticize, gossip, lie, steal, or cheat, and we must not be jealous of one another. All hostilities between us must cease, indeed everything harmful and wrong we must shun. We need to care for each other, help those in need, and empower everyone so that all will have sufficient, and we can live in harmony."

"It all sounds like Utopia, impossible to attain!" they whined. "No, it's not impossible to attain," replied Owl, "and the very first place is to start with you. Any change has to come from within, from inside, permanently. You cannot influence others to go where you have not gone yourself. We all need to change inside before we can make permanent change outside."

What a wise old bird. How right he is! "How do we change?" Owl asked and then answered. "By desiring with everything we have to be different, more caring, loving, and considerate. These attitudes will then ripple through our community. We need to find someone who is wiser, greater, stronger and with greater love than we have to teach us. The King over us all, who cares about us, will be able to help us if we listen to him. I know him and can asked him to help us." This idea was accepted, and everyone turned to the King for guidance.

Owl was unanimously elected Prime Minister. The magpie was treasurer, and the rooster the speaker. He was so happy to be able to restore order if necessary. He puffed his chest out proudly.

Yes, it's just a story. But the message is true. Permanent change has to come from within us before change can take place in our world. By nature we tend to lie, seek our own advancement, be deceitful, selfish, and the list continues. These attributes only breed dissention, and trouble. We need openness, honesty, courage and selfless love. We are all very different, we are not all owls, some of us are chickens, some of us are magpies or kookaburras, but we are all an important part of the team of humanity, as we seek to work towards change bringing peace, firstly within ourselves, then our families, communities, and eventually the world.



Annual General Meeting - 40th Anniversary

The Annual General Meeting for U3A Waverley, followed by a light lunch, will be held on Wednesday, 26 March between 11.00am and 2.00pm in the Multi Purpose Room. Please put this date in your diary!

The formal invitation to the meeting will be distributed to members on 11 March. Please look out for this and confirm your attendance with the Office or via email to secretary@u3awaverley.org.au as soon as you can and by no later than Monday, 24 March.

I look forward to seeing you there to celebrate our 40 years!

Jane S Evans

President

In the Creative Writing Class this week one of the subjects we were given was "Fragrant Memories". Here are some paragraphs taken from different class members' stories.

"I shall never forget it. What a wonderful homecoming it used to be after school stepping into the house to smell that beautiful fragrance of freshly baked bread. It was so welcoming and comforting. Every day my mother would bake a loaf plus a dozen puffy bread rolls. It was like magic, they were always perfect." ***Lorraine***

"Dinner concludes with tinned peaches and tinned carnation milk. Not a fantastic meal, as, at the weekend all stops will be pulled out for the New Year and there would be much cooking tomorrow of chicken soup and chopped liver; the aroma of onions cooking for the chopped liver would permeate through the house, the onions would be cooked in schmaltz; oozing chicken fat, a smell and flavour that is evoked for ever more. I cannot remake it like her, it never tastes as good." ***Gillian***

"When were little cherubs and caught a cold, at night my Mum would rub vicks vaporub onto our chests. The camphor odour helped to clear our airways and enable us to breathe better to get a good night's sleep. I was very ticklish, so there would be a giggling scene every time it was applied to my sensitive body. " ***Robyn***

"The fragrance of sweet peas always brings to mind the garden that we had when we lived in Taihape. Dad always had a great vegetable garden, but he always found time to plant sweet peas which covered a wire netting lattice that stretched half way across the backyard. On a summer's evening the whole garden was redolent with the sweet fragrance of the flowers. He always maintained he planted sweet peas for mum, but I suspect he enjoyed the fragrant bounty as much as anyone." ***Alan***

Please submit all Newsletter contributions to our new dedicated email address at least one week before the end of the month to guarantee timely publication.

Email: newslettereditor@u3awaverley.org.au