

OPEN HOUSE

Speakers: Christine Tuisku
and Kaye Brydson

'The difference between the Hunter Gatherer Diet and what we eat today... and why it matters?'

Christine Tuisku and Kaye Brydson are nutritionists who will talk about how the human diet has changed since the Paleolithic era and what aspects of modern diet and lifestyle are contributing to the surge in cardio-vascular disease, diabetes and cancer.

Learn what foods trigger the unhealthy metabolic processes in the body that lead to these diseases.

Also, membership renewal and enrolments for Term 1, 2011

Afternoon tea provided - all welcome

Wednesday 24th November 1-3pm
Hurstbridge Community Centre
MEL REF: 185 JB

TERMS DATES FOR 2011

Term 1: Mon 7th Feb – Fri 8th April
Term 2: Wed 27th April – Fri 1st July
Term 3: Mon 18th July – Fri 23rd Sept
Term 4: Mon 10th Oct – Fri 2nd Dec

Note: Enrolments taken at U3A office on Wednesday 2nd February from 10am – 2pm



SABI'S SAY

Not so long ago I participated in a group discussion on 'Ageing'. Initially some people were adamant that ageing had nothing to recommend it whatsoever - the aching bones, the waning strength, the failing eyesight, hearing difficulties, mercurial memory, fading looks sometimes to the point where we feel that we are invisible.

However, as we tossed our ideas around, we reached some encouraging conclusions and realised that with ageing there are also some definite benefits. While these were not necessarily relevant to all of us, some were certainly true of many. The benefits include the pleasures of grand-parenting; more leisure time and disposable income; being more confident, assertive and self-assured; and perhaps a measure of mellowness and wisdom.

Sure, there are fears to be faced and difficulties to meet, but we have the benefit of hindsight and we can look back on all our achievements and see how we have coped with adversity in our lives and know that we can draw on our knowledge and experience again.

It is well to heed the advice of an unknown writer: 'Do not fear getting older, many are denied the privilege', and to remember Jack Benny's dictum: 'Age is strictly a case of mind over matter. If you don't mind, it doesn't matter.'

What do you think? If you have any thoughts on ageing and related issues, write them down and let us know.

As this is the last newsletter for the year, I want to take this opportunity to wish you all a safe and joyful holiday season and again express my thanks to all the people who have helped in any way to keep Nillumbik U3A running as a lively forum for the exchange of ideas and friendships.

Best wishes,

Sabi

Magic of Christmas

*Oh how Christmas was magic when I was a kid
 When I look back now on the things we did
 Our Christmas Tree no perfect pine
 Just a capewood bush but that was fine
 The tinsel back then was thin and sparse
 But crepe paper was plentiful and
 within our grasp
 Not like the stuff you buy today
 but thick and colourful in great array
 We would cut it into strips so long
 And crimp the edges all along
 And smother the tree from top to toe
 Up and down the branches we would go
 Up and down and around the wood
 I swear a capewood bush never looked so good
 And Christmas dinner as I recall
 Was such a feast we just had a ball
 A chook carefully selected from the flock
 Was taken aside and given the chop
 It was plucked outside, feathers a fly'in
 Then bought in side and stuffed with thyme
 The Christmas pudding that had hung for a while
 On my Grandmothers verandah
 Was bought in, in style
 Made from fruit and suet it had coins to boot
 I disliked the pudding but loved the loot
 Now when I look at my grandchildren on
 Christmas Day
 When they see the tree in bright display
 And I wrestle with a defrosted chook
 And put the pudding on to cook
 And as families arrive we make haste to greet
 And we gather around the table to eat
 While it might not be like I remember so well
 I feel the magic of Christmas is alive and well.*



*Discovering the District visit to the studio of
 Ona Henderson and Syd Tunn at Bend of
 Islands in Kangaroo Ground*



Drawing class in progress

Grandparents Answering Machine

*Good morning At present we are not at home. Please leave
 your message after the beep.
 If you are one of our children, press 1 and then select from 1 to 5
 in order of "arrival"
 If you need us to stay with the children, press 2
 If you want to borrow the car, press 3
 If you want washing and ironing done, press 4
 If you want the grandchildren to sleep here tonight, press 5
 If you want the kids picked up from school, press 6
 If you want us to prepare and deliver a meal for Sunday, press 7
 If you want to come to eat here, press 8
 If you need money, press 9
 If you are going to invite us to dinner, or take us to the theatre,
 start talking ... we are listening!!!!!!!!!!!!!!"*

Like Reminiscing?

Then either of these web sites could be for you.

www.bornintheforties.com.au

www.borninthefifties.com.au

Born in the forties is a web site catering for people born before 1st Jan 1950. While born in the fifties is aimed at those born between 1st Jan. 1950 to the 31st Dec 1959

They both touch on "Old Times" and the changes that have taken place in society over the years. They offer people the opportunity to swap ideas on such topics as retirement, travel, hobbies music, as well as providing an avenue to reminisce down 'Memory Lane.'

An 'on line shop' is included, where items such as classic car stubby holders, aprons, party balloons and gift tea bags may be purchased.

Also you are invited to join their coffee shop where you can chat to other people. In this section there is such categories as 'wanted to buy', get together/reunions, 'information wanted', recipes and gardening tips.' The Shed' offers ideas on woodworking and there is a craft corner and a family history section. So there is something for everyone to enjoy.

You might also like to take a look at www.aboutmyage.com – another free Social Network for over 50's.

Visit to the Asylum Seeker Resource Centre

A group of us visited this centre in West Melbourne recently and we are now much better informed on issues relating to asylum seekers and refugees and it was inspiring to see the wonderful work that is being carried out mainly by volunteers at the centre.

This visit was part of our Be a Tourist in our Town activity which has taken us to several interesting places, attractions and events in the city. This activity will continue if participants are willing to plan visits that provide knowledge and interest in aspects of our city.

The Times are a Chang'in

In the late 1930's and 1940's times were very different in this area of Melbourne known as the Diamond Valley, where the lifestyle was still mostly rural with dairy farms, orchards and various other forms of horticulture. People were mostly hard working and when they did have free time they enjoyed group outings such as sports meetings, picnics and dances.

In Diamond Creek there was a Dramatic Society and lots of young people would take part in working up a concert night. This consisted of one super production of a play in which the areas' young "would be" actors spent a lot of there spare time. There was always "would be" singers and of course plenty of poetry. The children at the Wattle Glen School used to have elocution lessons from a local lady who was the prime mover in the Dramatic Society.

When the programme was deemed suitably ready for the public it would be well supported and enjoyed when performed at Diamond Creek, Hurstbridge, Pantom Hill and Kangaroo Ground Public Halls. These nights were greatly looked forward to and enjoyed to the extent that several people attended at more than one venue.

Joyce Atkinson

Exciting New Courses in 2011

Mick Woiwod, noted author and historian, is offering a series of lectures on THE PRE-HISTORY OF NILLUMBIK COUNTRY to be held at the historic Kangaroo Ground Primary School. Check details in course outline.

A **Classical Music Listening** group is also being planned and if there is sufficient interest we will hold a monthly **BOOK CLUB**.

Many classes are continuing and most still have places available. Please register your interest as soon as possible and ensure that you have enrolled prior to commencement of classes.

Theatre Works presents...

The Nightwatchman

Just in time for Christmas, Daniel Keene follows his Melbourne Theatre Company success with an elegant story of transition to retirement.

Bill has lived a life amongst the rambling beauty of the old family home. Now he's gone blind and his children Helen and Michael have returned for a few days to move him away. On the outside Bill is stoic, resigned to his fate, but inside he silently rages against the darkness. Drawn together in a garden full of echoes, the three discover tender memories of a shared past unwilling to release them. A moving, poetic ode to the human spirit and the memories that define us.

Season: 25th November to 12th December

Time: Wednesday to Saturday @ 8pm

Sat 4th & 11th @ 2pm, Sun 28th & 12th @ 2pm

Venue: Theatre Works, 14 Acland St, St Kilda

Prices: Full \$28, Conc: \$25.00; Matinee: \$15.00

Bookings: 9534 3388

www.theatreworks.org.au

Film Society News

The Film Society began screening in April 2009 and will conclude in the present format in November 2010. We have screened a variety of films to a small but dedicated audience.

Selecting and ordering films is time consuming and entails checking to see who holds copyright and distribution rights and how much films cost to hire from distributors. Hiring fees of \$120 or more excludes a lot of films, so apologies if your request has not been available.

The National Film and Sound Archive has been a wonderful resource, followed by ACMI and commercial distributors.

U3A can continue to use the former two sources for educational purposes. Note that ACMI has screenings on Sundays at \$5 for seniors, which, together with free train travel provides a low cost outing. Individual membership of ACMI is available. The choice of films is varied with no copyright fee for private use. Films are delivered by courier to a library of choice and must be returned for pick up the following week.

The Film Society could not have functioned without the unflagging efforts of a committed group who organized equipment, set up chairs, provided supper, etc. A big thank you to everyone who has worked to keep the monthly screenings running smoothly and to the members who continued to turn out in all weathers to enjoy a film, cuppa and chat.

Jill Holmes

Discovering The District

This group, which was led by Ron Gordon, met on the 20th October at Ellis Cottage, Diamond Creek. It was a cold but fine morning and by the time everybody arrived at 10am Ron had the fire burning in the barn and it was a great, cosy place to enjoy what was in store.

The speaker was Jim Conner from the Eltham Historical Society which from time to time works in with Nillumbik Historical Society. Jim is a former councilor and, living in Eltham, is very familiar with the subject matter which was "The Changing Face of Eltham". His talk and the wonderful set of photos he showed related particularly to what is known as 'the gate way to Eltham': mainly the section between the bridge over the Diamond Creek at Eltham South, traveling Northwards to Bridge St.

Some of the very interesting photos were of various occasions in the late 1800's, but also recent ones. Among those warranting special mention was one titled "Election Day" in the early 1900's, showing about 25 or more men lined up outside the Polling Booth, all in dark suits and hats. It was most obvious that this was before women got the vote! Another was taken outside the Polling Booth in the most recent election showing a line of young people dressed in blue jeans and coloured casual clothes.

Many thanks should go to Ron as leader of a very interesting morning. Also to his wife Margaret, who did the honours with morning tea.

With thanks to:



A bushfire recovery initiative
for producing our Newsletter
Enquiries: Suzi Kerr 0400 144 142

Thanks to Danielle Green's office for the photocopying
(State Member for Yan Yean)