



NEWSLETTER - TERM 1, 2023

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A MESSAGE FROM OUR PRESIDENT

Welcome one and all to U3A Deepdene Term One, 2023. I am writing this just as Week 1 has finished. People were certainly keeping Jenny Cash, Ilza Dulmanis and others working in our office very busy during the first week. I must note that we already have 200 more members than we did at the end of last year when numbers usually hit their annual peak. I trust you all enjoy and make the most of your membership of our organisation and try out a range of our many and varied offerings – both Full Year and Short Courses, the latter of which are usually once-off sessions.

A number of you also participated in the Jubilant January Holiday Program organised by Joan Taylor and assisted by Anne Kemp. I understand from those who joined various activities that the program was varied and fascinating (see page 15).



Last week our copy of *Boroondara Bulletin* arrived in our mailbox. I imagine many others received theirs too and noted the photograph and article about our Jenny Cash, who is the 2022 Boroondara Volunteer of the Year. As most of you know, Jenny works tirelessly (maybe not always so tireless!) in the administration role of our organisation. We have included in the following pages a copy of Jenny's acceptance speech. I believe you will find it worth the read!

Joan Taylor is the other amazing person who has given her all to U3A Deepdene. Joan has set an amazing standard with useful connections and brilliant ideas. This year we are inviting some of our members to gain some of Joan's knowledge and to work with her and two or three others to develop various sections of the program. We don't expect to clone Joan for the overall program, but we are hoping to break her knowledge into bits and to find 4 or 5 people who will meet once or twice a term to plan and organise a specific area each. Already we have a great team working on News and Views, another for the Wednesday Specials and another for Gardens, and no doubt some other areas. Joan Taylor is a wonderful mentor and will assist each team throughout this year when we hope each group will feel confident enough to organise their particular area. There are descriptions of each program area and lists of ideas for people to carry forward. Please call me (0409967177) or the office if you have a spark of interest!

I assume that some of you will be unaware of the support we receive from the City of Boroondara. We are very fortunate to have such supportive Council Officers working with us. They advise us of available grants and assist us to find people in the correct area of Council for any specific needs and are generally very encouraging of our program. The two people with whom we work mostly are Maree Guthrie and Lina Tallarida from the Active Ageing section of Liveable Communities.

I know you will find any number of articles in this Newsletter well worth some minutes of your time. Pam O'Brien, our editor, always welcomes articles describing people's views of various activities as well as other stories members may wish to share. A special thanks to Pam for looking after our Newsletter.

I want to remind everyone to read your emails frequently and to check out all dates, noting them in your calendars ... there is so much happening! Of particular note are the dates listed in this Newsletter and especially the U3A Deepdene Annual General Meeting which we plan to hold 'in person' at Balwyn Park Centre at 4.00 pm on Wednesday 17 May, 2023. Perhaps some of you are already contemplating a nomination for the Committee of Management. I assure you, all those members who are interested and willing to make the time will be welcome to put your names forward.

My best wishes to all members for an excellent year ahead, with new knowledge gained, physical skills developed and new friendships formed.

Susie White

JENNY CASH: BOROONDARA'S VOLUNTEER OF THE YEAR

We were thrilled to learn that Jenny Cash's amazing contribution to U3A Deepdene was recognised by the City of Boroondara when she received the award of Volunteer of the Year for 2022. Jenny was presented with a certificate in recognition of her contribution at a function at the Hawthorn Arts Centre on 1 December, and several of our members attended. Jenny's speech, given in acceptance of the award, follows:

The Mayor, Councillor Jane Addis; other Boroondara Councillors who are present; and those who are here as volunteers in a range of organisations within Boroondara or who appreciate the importance of volunteers to a healthy community.

Thank you for this opportunity – I am so very happy to be here this afternoon and to receive this award as a representative of the multitude of volunteers who make up the University of the Third Age in Deepdene and help it to thrive.

As an organisation, we are so grateful for the assistance we receive from Boroondara Council, enabling us to meet regularly to foster friendships, encouraging us to remain fit and healthy, stimulating our minds to engage with new ideas, and to keep up to date with current affairs – local, national and international, and providing opportunities to increase our social connectedness.

Perhaps not everyone here today is familiar with what the University of the Third Age looks like and what it does. The University of the Third Age (U3A) is an international movement which aims through education to stimulate mainly retired members of the community. There are more than 100 U3As in Victoria, with a membership of over 30,000. A distinguishing feature of U3As is that the organisation and the teaching is all undertaken by volunteers. There are no paid employees.

U3A Deepdene started in 2009 when the older members of a local church, recognising the amazing wealth of skills, interests and experience in the local area, decided that there was an opportunity within Boroondara to establish a new U3A.

With help from U3A Network, a public meeting was held in the Phyllis Hore Room at Kew Library, in November 2009. The meeting was attended by 75 people, all expressing a serious interest in this proposal. Sadie Stevens and Joan Taylor, from the local church involved, were asked to proceed with the idea.

By February 2010, a small program was in place and 28 members had formally joined. In 2022, U3A Deepdene had over 1000 members, confirming that there was a need for an organisation such as this, in Boroondara.

Today, we have a volunteer committee of 10 to 12 members, which meets monthly and covers all the governance, constitution and policy sides of our organisation. We have had several presidents over the years and each has



Above: Jenny accepts her award certificate; and below: gives her acceptance speech



brought a different approach – our first President was Sadie Stevens and our current president is Susie White. We have been fortunate indeed to have such great leadership.

We have a formal program which operates each weekday during school terms. Our program is in two distinct parts. The first part, our Full Year program, includes courses and classes which are held weekly, monthly or once a term throughout the year – particularly language, art, fitness, reading and music groups. The second part is what we call our Short Courses – these are one-off presentations covering a vast range of topics.

Our Full Year program has over 80 classes running for the whole year. These are all led by members who are volunteer tutors. Quite a few of these amazing members teach 2, 3 or 4 classes every week of each term.

Our Short Courses Program is published each term and offers over 90 new topics. A group of members, led by Joan Taylor, works tirelessly throughout the year to assemble these stimulating sessions. Many of the presenters in this program are members who are willing to share their enthusiasms, their skills, and their experience. Some of our presenters are university academics or authors who enjoy having an audience which they see as really interested in learning.

We believe our program enables our members to share knowledge and talents, gain skills and competencies, and continue our journey of lifelong learning.

In the context of this award, let me tell you a short story about our experience with COVID ...

On Friday 13 March 2020, as we were closing at the end of the week, several members, some of whom are medicos, called into the office and shared their concerns about COVID. One member as she left said, 'Have you ever used zoom?' I went home and said to my husband Tral, who has a strong background in IT, 'Have you ever used zoom?' He answered yes that he had. How lucky were we!!

Over that weekend our committee phoned and emailed one another and agreed that we needed to cancel all classes for the upcoming last two weeks of Term 1.

On the following Monday we started experimenting with zoom and (my memory is a bit hazy here) by the end of that week we had quite a few of our tutors experimenting with running classes on zoom. Over the vacation we ran daily 'how to' classes on using zoom, and by the time Term 2 started over 800 of our members were able to use zoom. Given our age range – 50-99, we felt that this was quite an extraordinary achievement!

With many hours of volunteer labour and massive support from our committee, tutors and members we ran our entire program on zoom for the full two years of the lockdown. Some days we had 20 zoom sessions running and most weeks we ran over 70 zoom sessions. Some groups were small with just 8 or 10 members, other times we had high profile presenters (local, national and international) and 300 members attending ... we believe we were the zoom leaders in our age demographic!

I had the good fortune of having sufficient technical skills at the start of the process to co-ordinate this effort. I also had the good fortune of having a husband with excellent technical skills and a strong commitment to what U3A Deepdene was doing. Our home became the zoom centre for U3A Deepdene. Our committee and our members were strongly committed to what we were doing. I had the wonderful experience of being at the centre of this exercise and hearing many members saying how what we were doing was 'keeping them alive'.

Sincere thanks to Boroondara Council for this award. As we move forward to another exciting year for U3A Deepdene, close to 900 of our members have already renewed their membership for next year and started to enrol in our fantastic program. I believe that what we are accomplishing, as a volunteer organisation, is making a real difference in the lives of thousands of people.

Jenny Cash



Left: Jenny with U3A Deepdene member Matthew ETTY-LEAL, Volunteer of the Year 2021; right: Jenny's family - sister Carolyn, husband Tral, Jenny, son Adam, daughter-in-law Kym, granddaughter Chloe



ALAN RAY LEADS TOURS OF CITY CHURCHES

Tour 1

What connection does a horse trough and bluestone kerb stones stamped with the broad arrow of Pentridge prison have to do with a visit to historic city churches on Eastern Hill? They were interesting side observations on a tour of the German-speaking Lutheran church [built 1874] and church hall [built 1860], St Peter's church [built 1848], and St Patrick's Cathedral [foundation laid 1858]. Fourteen members were fortunate to have good weather to explore Melbourne's history through ecclesiastical buildings.



So often when we travel overseas, we visit numerous cathedrals, but do we explore the minor basilica of St Patrick's and other heritage buildings at our doorstep? As well as observing flying buttresses and foliated capitals, we also learned about the daily breakfasts supplied to Melbourne's homeless at St Peter's and the role of welcoming recent European migrants in their own language, at the Lutheran church.

The morning finished with nine members enjoying lunch and a chat in a historic Tasma Terrace café.

Tour 2

A Coptic Orthodox church complete with icons, large stained-glass windows, elaborately carved woodwork, and columns in a modern city skyscraper! We were fortunate to visit this church of St Verena and St Bishoy in the Eporo Tower in Latrobe Street to learn about its history and liturgy. After our tour we were graciously entertained to afternoon tea and given a small icon as a memento of our visit.



The Welsh church opposite was a contrast in simplicity and is a treasure trove of Melbourne's history. The oldest free-standing home in Melbourne stands behind the church and is currently used by the church caretaker. The Queen Victoria Hospital had its 19th century origins in St David's Hall behind the church when the wife of the minister, who had qualified as a doctor overseas, opened the first clinic and dispensary for the destitute. We saw the original large ambulance doors, the treatment room and the doctor's office.

Alan Ray

ENJOYING OUR END-OF-YEAR BARBECUE



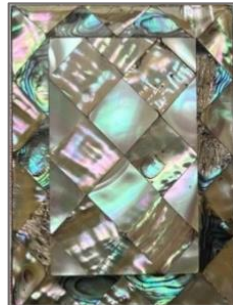
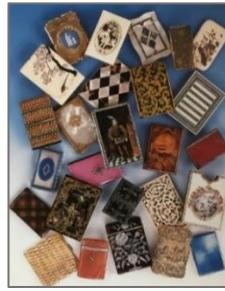
The views expressed by presenters in all our classes are their own views and not the official views of U3A Deepdene. Our aim is to encourage the exploration of ideas in a relatively free environment.

AN AMAZING COLLECTION OF VISITING CARD CASES

The custom of paying calls started in France in the late eighteenth century, and soon spread throughout the civilised world. Initially cards were carried loose in a pocket, but soon a range of little boxes to hold the cards was devised, and it is these cases that I collect. The standard case consists of a slim rectangular box some four inches long by two and a half inches wide. It is either hinged along one edge to open like a book - sometimes revealing a concertina of gilt-edged thin cardboard compartments - or has a hinged or pull-off top.

Cases were constructed in a large variety of materials, including tortoiseshell, sterling silver, papier mâché, leather, ivory carved into intricate designs or pierced to resemble lace, and mother of pearl. The pearl shell was first ground flat and then cut into strips, squares, or diamonds, then glued on to a thin wooden case. Sometimes each piece of shell was separately engraved, or a thicker piece was carved with a flower or other ornament. Provision was commonly made for applying the owner's initials, either in a cartouche or on a metal band affixed to the top of the case. From 1890 onwards small silver curved cases were made that gentlemen could slip into their waistcoat breast pockets.

With the expansion of the railway network the Victorians became great travellers, and card



cases were one of the souvenirs that they brought back from their journeys. Thus, one finds cases made from Killarney bog oak, various tartans printed on paper that was glued on to the deal body, or wooden cases that state in small letters that the wood came from Sir Walter Scott's estate, complete with a transfer print of his house. Cases, usually silver, were created for special events, such as the opening of the Great Exhibition at the Crystal Palace. Very heavily embossed cases featured Windsor or Warwick castle, or the Albert Memorial, and became known as 'castle-tops'; the silversmith Nathaniel Mills was the sought-after maker of these. Cases were often given as gifts, with the initials of the giver and the recipient and a date engraved into the metal.

My favourite cases are those where a thin sheet of silver, in the shape of a bird or a spray of flowers, is pressed into a dark tortoiseshell body.

Des Roman

From top:

- *The many different materials used in card case construction*
- *Tortoiseshell card case with mother of pearl inlays*
- *Mother of pearl and pau shell card case*
- *Silver gilt castle-top case showing Windsor Castle*
- *Tortoiseshell case with silver inlay*

ACKNOWLEDGEMENT OF COUNTRY

We respectfully acknowledge the Wurundjeri Woiwurrung People of the Kulin Nation, and their Elders past and present and future, who are the Traditional Owners of the land on which U3A Deepdene is located. We are honoured to recognise our connection to Wurundjeri Country, history, culture and spirituality through this location.

We also acknowledge the Traditional Owners of lands across Australia, their Elders, Ancestors, cultures and heritage.

ODE TO KATE BURRIDGE

On 24 November we enjoyed another of Kate Burridge's presentations 'What's happening to the English language?' We thought you would enjoy Hugh Bucknall's entertaining vote of thanks:

If I may, my soul mates
With no groans, nor debates
Provide our 'Thanks', all in verse
But! It could be worse
Yeah...Nuh! This is the thing
I could sing!

So, Kate
English, despite the ages
Has lots and lots of changes
Published in all types of pages
Performed on a vast array of stages
Some of which – enrages!
And, despite all these interchanges
Kate remains one of our greatest sages.

Now there's something I hafta-wanna do
(Knowing there is no taboo)
To offer our grateful thanks to you.

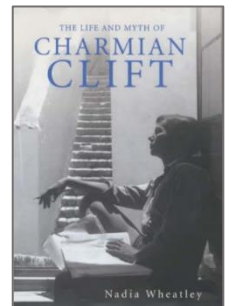


Our poet, Hugh Bucknall

NADIA WHEATLEY ON CHARMIAN CLIFT

I came to Charmian Clift in a roundabout way. Growing up in Melbourne my parents didn't read *The Herald*, so I was not aware of her column.

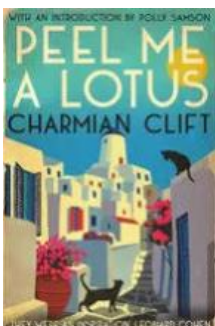
As an adult I came across *Searching for Charmian* by Suzanne Chick, the daughter whom nineteen year old Charmian gave up for adoption as was sadly the case for single mothers in the fifties and into the sixties. By the time Suzanne discovered who her birth mother was, Charmian had long since died by suicide. With this sad story in mind, I read Nadia's wonderful in-depth biography of Clift who was both beautiful and talented.



Wheatley was the partner of Clift's son Martin for seven years, so she had insight into the family that other biographers would not have had.

Nadia's zoom gave us an overview of Charmian's life particularly on the islands of Kalymnos and Hydra where she and her husband, George Johnston, lived with their young family and met with many future literati.

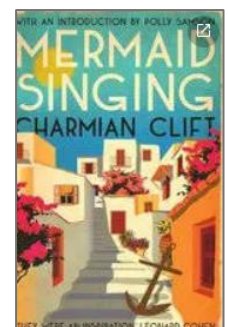
Wheatley has recently been to Kalymnos as the official guest for the launch of a Greek version of Clift's memoir *Mermaid Singing*.



It was a dysfunctional family life but the family Charmian wrote of in her column was an idealised version. She was overshadowed by the older, unwell George and like other talented women the family demands took much from her.

If you haven't read the biography I would highly recommend it.
Megan Peniston-Bird

Ed: Nadia has kindly sent us a link to a new website, honouring the centenary of Charmian Clift's birth: www.charmianclift.com.au



VISIT BY STEPHANIE ALEXANDER

Stephanie Alexander AO is one of Australia's great food educators. Her career in food has spanned many decades.

In late November, Stephanie entertained us at BPC with anecdotes and tales, and gave us a fascinating snapshot of her life in the culinary sphere. Her experiences travelling and eating in hundreds of restaurants and food-loving homes, and the thousands of associations with growers and home gardeners over many years, were a major influence on her career.



Stephanie's mother played a pivotal role in her pathway in life. Stephanie was the eldest of four children. Her mother read voraciously about other cultures and other people's experiences with food and was an enthusiastic and experimental cook. Her mother's attention to detail in the presentation of a meal was impressive - the flowers on the table, beautiful china, and hand embroidered placemats. With her mother as a role model, Stephanie grew up eager to share her table with others and show off her latest skill or recipe. Stephanie's parents welcomed migrants and refugees to their home. They often brought edible gifts and these exotic dishes became part of her mother's repertoire.

Initially Stephanie trained as a librarian. On completion of her studies she travelled to France and London, for what today would be considered a gap year. The respect and enthusiasm for food and shared meals she encountered in France, and the realisation that a shared meal - even the simplest - has a certain ceremony attached to it made an indelible impression on Stephanie. France as a country gave her an abiding love of a shared table and broadened her knowledge of French regional food.

Stephanie's first venture into hospitality was with her Jamaican husband. They had no money, no experience, and a 3- week-old daughter. The restaurant was very successful, but unfortunately the marriage did not withstand the stresses. Later, Stephanie gave cooking classes at home for friends. She remarried and searched for new premises to try again.

'Stephanie's', her famous restaurant, opened in 1976. Her second daughter was 2 years old. It remained a thriving business for 22 years. Over that period, Stephanie mentored many chefs, a number of whom became household names, such as Annie Smithers and Neil Perry, to name just two. She later opened the very successful 'Richmond Hill and Larder'. In the 1980s, food writing was just beginning in Australia. Stephanie wrote a column for *Home Beautiful* and later was part of the first edition of the colour supplement *Good Weekend*.

The Cook's Companion, which took four years to compile, became the bible on every kitchen shelf. Initially it was destined to be an A to Z of ingredients. It took four years to compile. Regarded as a kitchen classic, 1500 copies were sold in the first week. It is now into its 26th printing and has sold over 500,000 copies. What a legacy! This book gave Stephanie financial security and enabled her to start the Kitchen Garden Program in 2001. This program relies on both volunteers and trained educators and receives little government funding. The mission is to give the upcoming generations positive modelling and to encourage good food habits by teaching children in primary schools the pleasures associated with good food, and how it is grown, harvested and prepared. The students experience the delight of tasting food they have planted and nurtured to maturity.

In conclusion Stephanie shared her complete passion for giving pleasure to others through fine cooking and her delight in everything to do with handling, tasting and cooking with the finest produce.

We need no further convincing that there is no greater joy than sharing food around a table.

Thank you, Stephanie, from us all.
Lyn Anderson

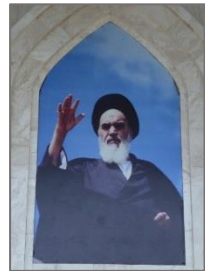


photography by Armelle Habib

IRAN WITH GERRY ENGWERDA

It's a pleasure to review Gerry Engwerda's engaging talk with the mass of data and lucid explanation we have come to expect from Gerry. In a sentence we learnt **WHY IRAN IS WHAT IT IS AND WHAT MIGHT HAPPEN NEXT?**

Historically Iran has had two great empires: the Achmaenid Empire founded by Cyrus the Great in 550 BC and the Safavid empire 1501 to 1736 AD. But in the 20th century a diminished country found itself at varying times the plaything of Ottoman Turkey, Russia, Britain and the US. In 1946 Russia tried unsuccessfully to seize the north-western province of Azerbaijan. In 1950 Shah Reza Pahlavi took control and aligned himself with the West to modernise his country. In 1953 his Prime Minister Mossadegh nationalised the hugely profitable Anglo-Iranian Oil Co which led to his overthrow by the CIA and MI5 – an exercise almost inconceivable by today's standards. Financed by oil wealth the Shah purchased military equipment and aircraft far beyond Iran's needs while his predominantly rural population remained at or below the poverty level.



In 1979 the Shah - perceived as obscenely rich and a stooge of the West - was overthrown by the people led by Ayatollah Khomeini who returned from exile in Paris. In the same year the Grand Mosque in Mecca, the heart of Islam, was attacked by a Saudi Arabian fundamentalist. Separately the Soviet army invaded Afghanistan. Gerry argues that these three events in 1979 set the scene for an anti-west jihad and the creation of a theocratic Shia state.

From 1979 Iran has had only two Supreme Leaders, Ayatollah Khomeini and Ayatollah Ali Khamenei. The latter is 84 and in poor health so what is likely to happen next? Gerry provided us with multiple organisation charts which show the Supreme Leader effectively has total control. He is Commander in Chief of the Armed Forces and Head of Security and the Judiciary. He also heads the Expediency Council with 34 members and the Guardian Council with 12 members. There is the Revolutionary Guard with up to 250,000 personnel and their role is to 'protect the integrity of the Islamic Republic' which covers just about everything including terrorism and intervention in Yemen, Iraq, Lebanon and Syria. Those in these organisations are all appointed and owe their jobs directly or indirectly to the Supreme Leader and are very likely to support him.

There is a parliament with 290 members but only those approved by the Guardian Council can stand. Presidents are elected for 4-year terms and cannot serve more than two. The Ayatollah effectively determines who can stand and probably who can win.

The recent riots started initially as a female revolt against wearing hijabs and the brutal repression that followed. It has broadened to countrywide protests against the regime, the morality police, authoritarianism, abuse of the law, poverty and perceived waste in foreign interventions and pursuit of a nuclear deterrent. The regime's usual tactic of doubling down with yet more repression may work but it's becoming difficult to see how. On the other hand, a U-turn on social policy towards women appears equally unlikely as does a halt to politico/military adventures in other countries.

A way forward on the international front is equally unclear. Five European nations led by Obama's US signed the Joint Comprehensive Plan of Action (JCOA) which offered some relief from sanctions in return for halting uranium enrichment. This could have led to rapprochement with the West, but Trump impetuously tore this up, putting normal relations with the West on the backburner. There are signs of military ties with Russia but anything more will not be favourable to Iranians in general who are well aware of what Russia is doing in Ukraine.

Gerry's very rewarding talk provided far more detail on the issues summarised above and concluded that with an ageing Ayatollah and at war within itself and internationally isolated, something has to happen from within but it's difficult to see how.

Frank Devlin

(Images are of the minarets of the Imam Mosque in Esfahan and Ayatollah Khomeini on the wall of his memorial mosque near Tehran)

BEWARE OF SCAMS!

Scams: Be alert, and perhaps a little alarmed?!

At the beginning of Term 1, Gerald Hughes gave a fascinating insight into the increasing problem of scams.

Twenty-five years ago, we couldn't have imagined the strange world we live in, where criminals can steal money from anywhere in the world, and police can't catch them. In 2022, the value of scams was \$4 billion, and is almost doubling, year on year. How is this happening?

Some of the more familiar recent scams have been the Optus hack, LinkT/E Tag, Medibank data breaches, and the 'Hi Mum' scam which netted close to \$7.2 million.

Gerald showed detailed slides with suggestions on what to look out for to avoid being scammed. He generously shared this information with each person on the zoom session, so that they could examine his suggestions in detail. Suggested websites and other reference material were also given.

In essence, the simple take home messages were: think, take your time, and trust nobody. If you have an unknown phone caller, don't answer 'yes', don't click on a link, never give personal details, don't accept 'Friend' requests from unknowns on Facebook, lock your letter box, and never allow remote access to your computer. The other detailed advice by Gerald, was much appreciated.

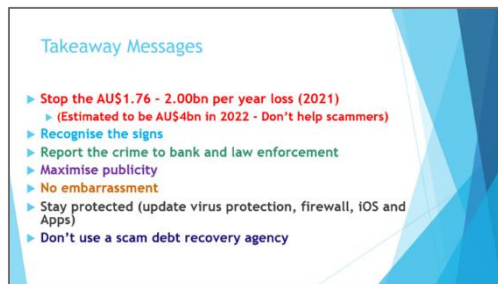
For those who were unable to attend this zoom session, it is hoped to have a scam session each term. Also, if you do not have one already, there is a fridge magnet called 'Scam Safe' which you can collect from the Balwyn office of U3A.

Participants on this zoom session were certainly alerted to scams, and came away feeling slightly alarmed, but more empowered.

Gerald concluded his presentation with a summary slide (right) showing 'Takeaway Messages':

Many thanks to Gerald Hughes for his informative session.

Wendy and Graham Ray



LUNCH FOR TUTORS

At a delicious lunch on 7 December, 51 volunteer tutors were recognised for their valuable contributions to U3A Deepdene for the last 5+ years. Recipients were surprised and delighted to be awarded these certificates. Some images:



KEVIN SHEEDY: LIFE AND INITIATIVES

At a Wednesday Special in Term 4, which included drinks and nibbles, our presenter was one of the most colourful characters in Australian sport - football legend Kevin Sheedy. He was the 2022 recipient of the Victoria Day Award for Community and Public Service. The award was to honour his tireless work in the community which has continued after a stellar 27-year playing and coaching career.



He described growing up in working class Prahran and being raised by his mother (his father died at a young age of motor neurone disease). The family had no car and there was no spare money. He worked on a paper round for the local newsagent, at the Prahran Market in a butcher's shop and as a lolly boy at football matches. He paid tribute to two women who were instrumental in getting him into the game: his first teacher at St. Joseph's Primary School, an Irish nun Sister Rupert, got him interested in playing team sport, and Veronica Nolan who coached the school football team and ignited his passion for football.

Kevin left school early to take up an apprenticeship as a plumber and played with Prahran in the VFL. He was called up for National Service, spending two years at Puckapunyal peeling spuds, conducting all sorts of experiments with explosives and coaching his unit's Australian Rules team.

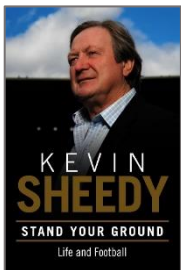
He then went on to play for Richmond and coach Essendon, racking up seven premierships and an VFL/AFL all-time games record as a player and coach. He felt a responsibility to spread the game to our under-represented Indigenous community, bringing players, like Michael Long, to Essendon. Their deeds and daring turned on the tap with Aboriginal players flooding into the game, making it more electrifying and truly Australian. Up to the 1970s there was only a handful of Indigenous players in the VFL. Now there are more than 100 men and women. That he had a part to play in making this happen is one of his proudest achievements.

He was a pioneer in creating blockbuster occasions like the Anzac Day match, the Dreamtime at the 'G, and the country game between Essendon and Geelong, letting regional people know that they had not been forgotten.

He thought it was important to spread Aussie rules to every part of Australia and became the foundation coach of Greater Western Sydney. He assisted in establishing state of the art training facilities, a new ground and built a club culture for future success.



His hopes for the potential were to extend the game further within Australia and even to take it overseas to markets like India and California. There is a need for increased funding for research into concussion injuries and he favours more controls over gambling advertising at sporting events.



During Covid he wrote two books adding to the seven he had already published. In particular, he mentioned *Women in Football: The Forgotten Heroes*, and *Stand Your Ground: Life and football*.

I think everybody who attended the presentation found Kevin to be an entertaining and inspiring speaker and we hope to have him back.

John Cavedon

Images: Top - Kevin with session host Michael Davies, middle with footy tragics Karin Watts and Kay Axzentieff, and bottom the published story of his life Stand your ground.



Do remember that contributions to the Newsletter are very welcome. There is no need to wait to be asked, just email a review, an article, or photos to Pam O'Brien at u3adeepdeneeditor@gmail.com

GARDENS IN LARA AND GEELONG

The sun shone brilliantly making a very pleasant bus trip to gardens in Lara and Geelong, a day that will be remembered for a long time. Our co-ordinators, Suzanne Collings and Helen Page, led us without fuss, and ensured everything ran very smoothly.



First stop was at the privately-owned Yarrabee Garden at Lara, where we also enjoyed morning tea and some of us bought plants for our own gardens. This garden, which covers five acres, is comparatively new, having been started in 1982 from a 'blank canvas' with the owners assisted by family to create three ponds, a waterfall and many garden beds lined with former telegraph poles or bluestone. The owners, like all of us, have often learned the hard way that some plants are not suited to the task intended, for example 2000 sugar gum seedlings were replaced with over 600 river she-oak trees to provide a better windbreak around the property. The property is constantly evolving and now contains fruit and vegetable gardens, potting sheds, and a range of plants for sale. Since 2010 a network of walking tracks has been created to allow visitors to wander through a diverse range of exotic and native garden beds.



The Geelong Botanic Gardens are on the hill overlooking Eastern Beach and in part date from the mid-19th century. The Gardens, and visitors like U3A Deepdene, are well-served by voluntary guides, some of whom took us around in smaller groups before we had lunch. The Gardens have some distinct areas such as the formal Heritage Gardens, the 21st Century gardens, a fernery, a rose garden, and plants from the Americas, Asia, and the Pacific Islands, as well as many native plants. They are the fourth-oldest botanical gardens in Australia, and the tranquillity and new vistas at every turn appear to be well-known to locals, but perhaps not as well-known to others such as ourselves. We certainly recommend a visit.



Marilyn Forde

McCLELLAND GALLERY

Wednesday 9 November was a glorious day - blue skies and warm - and 13 of us were lucky enough to carpool to visit the McClelland Sculpture Park and Gallery at Langwarrin. The McClelland story began in the 1930s when Harry McClelland, painter and bohème, purchased 8 hectares of bushland and built a studio for himself to paint and enjoy nature. After the death of Harry and his sister Annie May, Harry's studio and land became a place for arts and culture to be enjoyed by all, and in 1971 the McClelland Gallery was built. It has since evolved into the home of Australian sculpture with a collection of over 100 outdoor sculptures, 2600 artworks, quarterly exhibitions, dynamic education, Indigenous learning and public programs, and Harry's Café and Design Store.



Our guide was happy to tell us they are about to open a new exhibition featuring the works of five famous sculptors - Norma Redpath, Lenton Parr, Inge King, Vincas Jomantis and Telsutis Zikarias. The first works we saw were symbolic, representing birds or a wing moving using wind power and made of the light materials used in making planes. Some exhibits were made from very heavy and costly materials, such as bronze and lead, which would have been too expensive for the artists without generous philanthropic assistance from benefactors such as Dame Elisabeth Murdoch. We were awed by the multiple skills needed to create these works, but also the strength, aerodynamics and measurements used.

For visitors with mobility issues who would like to explore exhibits further into the park, a buggy can be provided with prior booking. Wheelchairs are also available on loan.



Thank you to Barbara Matthews and Christine Georgiou for organising the visit, and also to our volunteer drivers.

Jan Wilkinson Beard

SANDY CURNOW PRESENTS THE ABBOTSFORD CONVENT

Abbotsford Convent was once the largest charitable institution in the Southern Hemisphere. At its peak it housed over 1000 women and children. There was a commercial laundry, a piggery, vegetable and fruit growing and even a shoe making/mending business conducted there.



One can't look at the story of Abbotsford Convent without considering the society of the day. As Sandy said 'Prostitution was identified as the Great Social Evil of Victorian society; sexual infidelity was seen as a serious equivalent.' This is such an irony when one considers individuals and whole families were destroyed by factories and the Industrial Revolution, but that was the morality of the day. Women were particularly vulnerable in the new society.

In the centuries before, women contributed to the family farm, as well as raising children. There was some prestige in having a landholding and being seen to do well, and this also created a stable lifestyle where the family worked together and the women had some security. However, manufacturing changed a lot of this. The family no longer worked together. This meant the women to a degree lost any financial security and so between this and having no control over their fertility, life was indeed challenging.

The double standards of the time are well documented with certain women being seen as fragile and delicate whilst their men could be 'manly' and sow their wild oats, play the field and prey on younger women.

In the early years of Victoria under the pressure of the gold rush, women were similarly vulnerable; Melbourne went through a huge and rapid population expansion. In 1851 it had a population of 60,000 people; by 1855 it had grown to 125,000 and by 1860 was at 500,000. At times there were more than 350 'great' ships awaiting to berth in Melbourne. This was reported throughout the world: 'Melbourne was a boom city!'

Families and individuals migrated looking for a better life. Often the husbands would leave their wives and children in Melbourne while they went off to Ballarat and Clunes in search of gold - some never re-appeared, leaving the mothers destitute; in-service or prostitution became survival options. Single women came to Australia too, in search of husbands (presumably preferably ones who had been successful on the gold fields). Many of the women who had turned to prostitution - and sometimes alcoholism - had no alternative.

Among the many new arrivals were Irish immigrants, often fleeing the Great Potato Famine of 1848. Of the Roman Catholic faith these Irish women faced the common problems of all migrants in the booming colony.

As a result, the first Catholic Archbishop of Melbourne, James Gould, sought help. In 1863 four Irish nuns, from the Order of the Good Shepherd, aged between 25 and 37, who had been trained in France, arrived in Melbourne in June to establish a refuge for 'fallen women' who needed support and a refuge. Gould admitted that he had no money but offered the nuns the 'use of his carriage' while they looked for a suitable place. Within a few weeks they had found the Abbotsford homestead, which could be purchased for £3500. The public subscribed generously, but the homestead was in an appalling state with resident wallabies, vermin and other threats for these young women to manage.

Contrary to common belief the Convent was not a place for unwed mothers - it was a refuge for women who were impoverished and had little or no available support. The challenge was that these women often arrived emaciated and unwell, and it could take months of nurturing, feeding and support before they would be able to contribute to the workings of the home. Dormitory style sleeping accommodation, upkeep and food were provided, however workers were not paid.

For many the Convent provided care, shelter, education and support when at that time the Government was not set up to do this. However for many it was also a place of hardship and loneliness, which sadly is not unfamiliar for those in institutional care.

Over the course of a century the Convent expanded to take on a reformatory, an industrial school for disadvantaged children such as orphans, a primary and junior secondary school, and other groups of women who needed job training. Some of the women who sought shelter there never left; they worked as best they could and were always cared for.

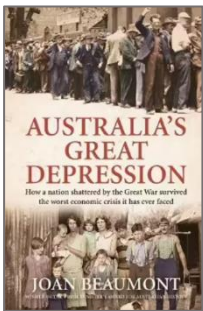


This was a very interesting presentation complete with photographs and maps of the site. Discussion followed from the audience regarding their knowledge of experiences at Abbotsford Convent. Its history is fascinating from a societal and local viewpoint. For further information check: abbotsfordconvent.com.au/about/history/.

Anne Kemp

AUSTRALIA'S GREAT DEPRESSION

Internationally renowned historian, Emeritus Professor Joan Beaumont, spoke with wisdom and passion about Australia during the Great Depression. She is the author of a number of award-winning books and her research and written oeuvre is extensive.



The Great Depression lasted a decade from 1929 and ended during World War II. It was a disaster because of its length and depth and the subsequent consequences on people's lives. It was the worst downturn in the history of the industrialised world.

Australia depended largely on the exports of wheat and wool, and when prices dropped, both State and Federal governments borrowed from London to fund infrastructure, such as roads and sewerage. But the money supply from Britain dried up and we faced insolvency. Britain patronised Australia for being unable to manage money and thought Australia should experience austerity and deflation in an endeavour to balance its budget. The urgent problem facing Australia was how to respond to insolvency and rising unemployment.

James Scullin was Prime Minister, but he was unlucky with his timing. The Wall Street crash came in the first week of his government in 1929. He faced the crisis of economic depression by attempting to manage a falling economy while implementing Labor reforms.

The impact of the Depression was variable. People with means weathered the situation better than the poor. The middle class suffered a lack of respectability. Your

job, where you lived, and your class were very important to people. By the mid-1930s the government knew it had to alleviate the problems of the unemployed. Sustenance (rations, not cash) was given and queues dominated the inner suburbs. Relief works such as manual work, landscaping of the Shrine, and roadworks provided some employment, but it never compensated people for a genuine full time job.

There was an expectation that the poor should be supported by churches, charities and voluntary organisations. The scale of this support was amazing. What local councils did was prodigious. 'Noblesse oblige' and guilt drove the wealthy to help the charities. Much of the drive behind fundraising was business – the primary driver was to keep the men in work. Manufacturing eventually recovered.

Personal resilience explains how individuals facing the same trauma reacted differently. Some suicided, some suffered depression, and some remained determined to lead a very full life. Society valued stoicism. Expectations of life were lower than today (no overt consumptionism). People accepted hardship, sacrifice, and suffering as part of life.

Australia had to wait for the global economy to recover before we came up for air. By 1932/33 agriculture and manufacturing began to recover. World War II brought Australia back to full employment.

Joan concluded by emphasizing how the study of history is so important in making society aware of the events in our past. We must learn from these experiences.

Lyn Anderson

ARE YOU INTERESTED IN A 'TINY HOUSE'?

'Tiny and alternative houses can help ease Australia's rental affordability crisis' was a presentation given by Heather Shearer, research fellow at Cities Research Institute, Griffith University, Gold Coast.

Australia has some of the most unaffordable real estate in the OECD, and our capital city rents have increased significantly over a short period. Anglicare research found that less than 0.1% of available rentals are affordable for anybody relying on government benefits for their day to day living. This situation is not confined to our cities with the recent phenomenon of marked rises in rental costs in country towns, particularly in so called 'lifestyle' regional towns. This has a serious flow-on effect for low paid essential workers required for those towns to function. So why is renting so expensive? There are economic factors such as negative gearing, capital gains tax etc, which influence property investors' decisions and governmental decisions including land use zoning, planning restrictions, availability of public transport and of course, NIMBYism. Employment tends to be concentrated in capital cities where there is a mismatch between demand and supply of affordable rental housing.

A 'tiny house' is generally defined as a dwelling with a floor area of less than 37m² (400 square feet in imperial measurement). Tiny houses come in a variety of types:

- permanents such as granny flats, beach shacks and holiday cabins. In Victoria, granny flats are classified as Dependent Person's Units and subject to specific rules. Only one dependent person may live in the dwelling at any time and the unit must be removed when the occupier leaves;
- semi-mobile and able to be relocated such as skid mounted or converted shipping containers which are craned into position;
- fully mobile units on wheels such as self-propelled converted vans or buses, or mounted on wheels which can be towed to other locations like caravans, gypsy wagons and 'trailer' houses.

Contemporary tiny house living is a relatively recent movement in Australia and very few people live in one. The motivation is presumed to be affordability and economic freedom, but this lifestyle choice is not easily achieved. With some exceptions, a permanent tiny house is considered an illegal structure by the relevant authorities in many jurisdictions under their planning schemes, local laws, building codes or other regulations. Habitable permanent structures are often required to be connected to a water supply and an approved drainage system and there are limited legal places for long-term parking of mobile homes.

Are mobile tiny houses affordable? New mobile home purchase may exceed \$100,000 and as they are considered to be a motor vehicle or caravan for finance and insurance purposes, they depreciate in value over time. Consequently, the purchaser would generally need to be a cash buyer. Relocating to another site may require a larger, more expensive vehicle than the family sedan, and trailer dimensions are restricted by road rules. So, a mobile tiny house is not an easy choice for someone with limited financial resources. A permanent tiny house can be financed through a mortgage and may increase in value in line with its land value.

For the tiny house movement to help solve the housing affordability crisis, major changes would be required to State and Local government regulations, particularly those affecting urban areas. If that were to occur, the tiny house movement could be adapted for temporary and emergency accommodation, medium term urban infill and privately owned small allotments. Governments should also encourage more 'Nightingale Housing Cooperative' style housing developments where owners share facilities including laundries, drying areas, roof gardens, with communal barbecues, and have an on-site car share scheme. Their model has lower unit purchase prices by eliminating the usual developer's margins, advertising, and real estate agents' costs as well as contracts which prevent short term property speculation. (See <https://www.nightingale.housing.org>)

The Australian Tiny Houses Association aims for the movement to grow and gain legitimacy so that tiny houses can be occupied long term on private property.

Graeme Watson



JUBILANT JANUARY

Many members enjoyed excursions, lunches, tours, and travel talks during January, organised by Joan Taylor and Anne Kemp. Following are reviews of visits to the Royal Exhibition Building Dome and the Capitol Theatre:



The Royal Exhibition building was constructed in 1879-80 for the international exhibition movement and its architecture style is Gothic. International exhibitions were events that attracted worldwide attention. They gave the host country and other participating countries the opportunity to showcase to the world their achievements in the marvels of technology, mechanics, farming, objects of art, construction, fashion and many other aspects.

Our tour lasted a little over an hour and our guide was very informative, with several quirky stories added to the repertoire, which brought it to life: tales of the opening, and dignitaries in their finest attending; and how there were few women present at official events.

The views from the dome are amazing! Carlton Gardens were resplendent and verdant and simply stunning. To be close to the beautiful architectural pillars and to see the gold leafing so close was sensational.

We learnt that during the Spanish flu pandemic, in February 1919, the Exhibition Great Hall was opened as a hospital to assist with the overflow from Melbourne's hospitals at the time. In six months approximately 4000 patients were tended to, with some 392 deaths. The hospital was decommissioned in August 1919 as the pandemic eased.

Our tour leader told us how in November 1949 the Exhibition Reception Centre for British Migrants opened in the grounds. Most of these newly arrived people usually stayed a few nights, however some were longer term. People were provided with 3 meals per day and morning and afternoon tea, a bed, and a hook for their coats. The huts weren't heated and were cold in winter and stifling hot in summer.

During the tour, many of our group spoke of having come to the Exhibition Buildings with a sense of trepidation because they sat there for university and higher education exams. Some of the group talked of how their mothers had spoken of being in their finery to attend glamorous balls in their youth.

On 1 July 2004, the Royal Exhibition Building and Carlton Gardens became both the first Victorian place and the first built heritage site in Australia to be added to the World Heritage List.

This tour was excellent, our guide was knowledgeable and compelling - and if you get the opportunity to visit, it is a very important piece of Melbourne's history, not to be missed.

The Capitol Theatre is an ornate art deco building, designed by Marion Mahony Griffin and Walter Burley Griffin, and opened in 1924. It is now owned by RMIT which has completed a major refurbishment at a cost of \$30m. It has an intricate geometric stalactite-encrusted ceiling which provides excellent acoustics. Of note is the foyer carpet, which is a replica of the original. Recently the theatre has reacquired the amazing original Wurlitzer theatre organ, which will be installed once sufficient funds have been raised to complete this work.

If you missed this excursion, it's well worth a visit. The Capitol Theatre still shows films; in fact, 'Casablanca' and other films were scheduled for the following weekend.

Following this very enjoyable tour most of the group enjoyed an elegant lunch at the famous Chloe's restaurant in Young and Jackson's hotel. Chloe's is very stylish with a strong sense of history, and of course in a stunning environment. It was an enjoyable day to meet up with friends during the holiday period.

Anne Kemp



Kenneth Park, guide, shares his extensive knowledge of the Capitol Theatre



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Weekly email/s are sent to all members with email addresses;
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See our website for details of courses.

DATES FOR YOUR CALENDAR:

Annual General Meeting: Wednesday 17 May, 4pm, Balwyn Park Centre

Mid-year drinks for all: Wednesday 14 June, 5.00 – 6.30pm, Balwyn Park Centre

Member tutors/leaders’ lunch: Friday 23 June, 12 noon - 2pm, Balwyn Park Centre

TERM DATES, 2023:

- Term 1 Monday 6 February to Friday 31 March
- Term 2 Wednesday 26 April to Friday 16 June
- Term 3 Monday 17 July to Friday 8 September
- Term 4 Monday 2 October to Friday 1 December

The Program Guide for Term 2 2023 will be distributed on 22/23 March.

Many thanks to all contributors to our Newsletter: writers, photographers, proofreaders and sponsors. Your support is greatly appreciated.

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