



NEWSLETTER – TERM 3, 2022

IN THIS ISSUE: Some words from our President pp 1, 2; Winter Vacation program (including Bendigo trip, Williamstown walk, and Mosque visit) pp 3, 4, 5; Walking groups p 6; Photography group visits Block Arcade p 7; Mid-Year Drinks p 8; East Melbourne Synagogue visit p 9; U3A Deepdene Knitters p 9; Football and life in Colonial Melbourne p 10; Trip to Ballarat p 11; Men's Book Group p 12; Palaces and Gardens of Potsdam pp 13, 14; Chinese 8 Brocades p 14; Recorder groups p 15.

SOME WORDS FROM OUR PRESIDENT

Welcome to Term 3 everyone. We have already had a significant number of programs and by the time you read this, many of you will have participated in a Wednesday Special provided by Dr Monique Ryan, new Federal member for Kooyong, who will respond to questions developed by U3A Deepdene members, and asked by a panel of our members. Our next Newsletter will no doubt include an article about this significant presentation. We hope to have a new date very soon for a presentation by Professor Raina MacIntyre, which was postponed from 27 July. Raina MacIntyre is Professor of Global Biosecurity at the Kirby Institute of the University of New South Wales, and is also a National Health and Medical Research Council (NHMRC) Principal Research Fellow. She leads a research program on the prevention and control of infectious diseases, including Covid-19.



Susie White

The Committee of Management discussed the format of the Term 2 Holiday Program and determined that it provided an excellent model for future holiday programs. The format was designed to provide opportunities for members to participate in longer activities which cannot be catered for in the regular program, and to enable organisers some time out from their usual volunteer organising roles. As usual, it would not be possible to hold a successful program without some timetabled morning tea catchup sessions with other members. I encourage you to check out the articles about some holiday program activities in the following pages of this Newsletter. I also invite all members to consider taking up the leadership of planning and managing future Holiday Programs. We promise to support and mentor any people who are willing to take up this role, which can be very satisfying.

Late in Term 2, the new Committee of Management joined in a Strategic Planning Workshop looking to the future of U3A Deepdene.

Initially, participants were all invited to talk about their involvement with and dream for U3A Deepdene and to note one issue/concern/area they would like to see addressed. The results of the small and large group discussions led to a series of issues which Committee members are now working on. These issues include:

1. Engaging younger people as members (60+ especially)

- 1.1 Are there ways we could market U3A Deepdene to younger groups? This could well include some work on developing ways to make retirement meaningful.
- 1.2 Run some sessions from 4.00 – 5.00 pm (as we do the 'Specials') or from 7.00 – 8.00 pm on Zoom.
- 1.3 Aim, in all promotional material, to differentiate U3A (and especially U3A Deepdene) from similar groups in libraries, Community Centres and other Senior Citizens Groups and Probus.

2. Maximising engagement of members

- 2.1 Encourage all session leaders to provide a break in a session – inviting participants to discuss a particular question or discuss what they have heard with those around them. (Perhaps a cup of tea could form part of this – when we get more enthusiastic tea and coffee helpers!!!).
- 2.2 Maintain barbeques and lunches in vacation times.
- 2.3 Encourage those who reach a certain standard in a class (such as recorder) to move onto the next level, and work to ensure new members of the higher groups are actively welcomed.

3. Encouraging Multicultural Diversity in our U3A

- 3.1 Actively build greater/stronger links with different community groups in Boroondara – eg Senior Chinese Groups.

4. What other options could we consider?

- 4.1 Consider employing specialist tutors, for example, to conduct new Bridge classes for beginners.
- 4.2 Provide specialist training for tutors eg providing an effective class where some participants have a degree of special needs.
- 4.3 Provide more courses like First Aid.
- 4.4 Provide a series of functions for members.
- 4.5 Hire staff to open and close and manage facilities.
- 4.6 Hold some functions to which current members invite a semi-retired guest to encourage their involvement with U3A Deepdene.

If any members have ideas which we could use to address one or all of these issues, I would be very pleased to receive them. An email to Jenny's address or a phone call asking me to call you would be really great!

During the last term and recent vacation, Ilza Dulmanis and her Hospitality Team provided two excellent occasions for members to meet and chat, and a third Luncheon for Tutors. It was great to hear the buzz at each occasion and we are planning to encourage people who have not participated in these events to join one or more in future. Some participants told me they are really pleased that they have already taken up the challenge I made in my welcome speech at these occasions. The challenge is to try one new activity or new session offered by U3A Deepdene over the next term! I look forward to meeting many new members over the coming weeks.

Susie White



Luncheon for Tutors, 8 July

2022 WINTER VACATION PROGRAM

Planning began in May when Joan Taylor prepared a draft Winter Vacation program that included several visits and outings that members could enjoy. Visits to Williamstown, Athenaeum library, Ian Potter Centre, State Library Victoria, Mosque at Truganina, Bendigo Art Gallery and the Melbourne Museum were planned.

As planning continued, I realised that not everyone can go out on visits, so a variety of activities near home and some zoom sessions were included. We were delighted that members were willing to present and manage some of the sessions, as more than 250 of us enrolled in the program.

Two morning coffee meetings at a local café were organised - we laughed, talked of places and people we had seen as well as some TV programs we had watched during Covid, some had discovered YouTube.

Two sessions of Scrabble were managed by Anne Smith and held at Balwyn Park Centre.

A book lovers' session was hosted by Kay Withell via zoom.

Zoom travel sessions were enjoyed by many. My thanks to:

- Susan Potter - 'Syria before the Civil war';
- Alison Rabinovici - 'Memory and absence: memorialisation in south-western Germany';
- Beth Perrigo - 'Visiting family in Kent'; and
- Terry O'Callaghan who entertained us as he led us on a trip through 'Back O' Bourke'.



BENDIGO TRIP

On Friday 1 July, eleven of us travelled by train to Bendigo. The conductor, whilst checking our tickets, cheerfully asked 'going to see Elvis?' - together with our fellow passengers we chorused 'yes'.

In Bendigo we were met by a bus, compliments of the Bendigo Art Gallery, offering us a lift to see 'Direct from Graceland', but some of us decided that the bus was too crowded, so instead we walked the short distance to the gallery.



Graceland

As we approached the gallery and were about to cross the road I was surprised to read the sign (right) at the front door - a sign similar to those often seen before Elvis's concerts. Luckily, we had prebooked our tickets. Timing was everything and we waited patiently for our allocated viewing session. As we sat on nearby benches we watched many people pass us by - so many retirees with memories of the 60s and 70s.



Upon finally entering the exhibition, we found it was crowded, so we broke off into smaller groups then moved patiently from display to display. There were so many things to see.

Many displays featured items from Elvis's life; perhaps the most striking were the costumes, incredibly colourful and decorative, a sample in the photos (right).

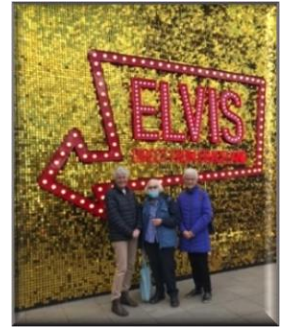


The video clips of his life and movies revived so many memories of our youth.

As we left, one last photo (right) - Jean Mapp, Lesley Tan and Bea Hardman in front of the glitzy, glittering sign outside the front entrance - a sign that glittered as brightly as had Elvis's life, but which had tragically ended at age 41.

We walked to the station ...

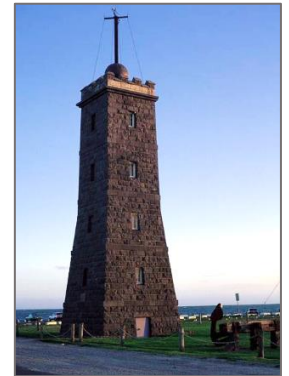
Ilza Dulmanis



WILLIAMSTOWN WALK

'What was the function of the Timeball Tower?' was Robert Pascoe's challenge to a group of U3A walkers standing at its base.*

Together with Chris McConville we were introduced to the ecology, history, development and people of the Port. The first builders of the Harbour were convicts housed in hulks -- who murdered their harsh overseer! The railway line originally ran onto the pier at Point Gellibrand, now demolished. We then moved to what was the Telegraph Hotel, now rebuilt as the Titanic Theatre Restaurant, complete with four funnels on the roof. Robert discussed with us the many roles that the pubs played, as places where sporting life could be organized, commercial deals struck, gossip exchanged, darts competitions held, and unsuspecting drinkers shanghai'd as crew.



Timeball Tower

Walking west along Nelson Place we passed the Alfred Graving Dock, with its many different unions and dubious labour practices. We then came to the Williamstown morgue, the first in the Colony, built in undressed bluestone. Opposite, facing the shoreline, was a row of shops, largely in original condition. Chris and Robert pointed out their varied architectural features, echoing their functions, and designed to impress visitors off the steamers with a sense of the prosperity of the town. Near the impressive Customs House, which backed onto the water, was the Wilkinson drinking fountain, which offered water to thirsty sailors before they reached the pubs. Further along was the prominent bluestone Holy Trinity Church of England, which we were able to enter. Again, Robert alerted us to the pertinent architectural features. In the rectory alongside, the writer Ada Cambridge penned her novel *Materfamilias*.



Nelson Place

Our final stop was the Williamstown Cenotaph. The preponderance of Anglo-Saxon names and the omission of any designations of rank reflected the attitudes of the local people in their support of the British Empire.

By pointing out the social, environmental, historical, and political aspects of the suburb, Chris and Robert added much depth to our walk, and we are most grateful to them. Thank you both. Also, thanks to Joan Taylor for making it all happen.

**The timeball was dropped at precisely 1pm each day, so that the ships' captains could adjust their chronometers, necessary for accurate navigation.*

Des Roman

MOSQUE VISIT

Peace, good neighbourliness and friendship were the main messages conveyed to about 20 members of U3A Deepdene on 12 July, when we visited the new Al-Taqwa Mosque in Truganina, a suburb southwest of Melbourne, near Werribee.



Joan Taylor's foresight had it all so well arranged, suggesting masks and warm clothes, train times, car pickups, plus lunch afterwards at a friendly kebab café (if desired), that it took any stress out of the day and we were able to really enjoy companionship of fellow U3A folk as well as the gracious hospitality of the mosque staff and Imams.

Removing our shoes and women covering heads, we entered a large, well-lit, dignified and carpeted space, simply decorated with some Arabic words and a rosette in the centre of the high ceiling. A mezzanine floor above, which was decorated in the same way as the lower floor, was a place for women and girls to worship. Only men and boys use the main hall.

The general gist of what we heard from three or four of their leaders intended goodwill to all. Catering for the growing number of followers of Islam, the mosque was built with Australian money only. No overseas funds were used. Over 2000 people attend weekly services. Prayers are said five times daily. The precise times change according to the sun's timetable which is displayed on the front wall of the worship centre. Alongside is an imposing seat, set high up three steps from which the presiding Imam can address the people. Services are mostly in English.

Facing Mecca, the birthplace of the prophet Mohammed, is part of the ritual, and the design of the carpet combined with the layout of the mosque assist worshippers to always turn towards this holy city.

The whole building is an imposing landmark. It has a fenced boundary and paved carpark with steps leading to a covered portico where shoes are removed and placed in numbered open lockers. We were ushered into the main worship centre where chairs had been placed for us to observe and listen. The Imams explained how the mosque was built, the origins and history of their religion, symbolic meanings of décor and features in the mosque.

Questions were encouraged and answered by honoured Imams. Special respect was shown to an older, blind Imam, who was able to 'recite' in beautiful tones some verses of the Quran. He is one of the learned leaders who knows the complete Quran. The way he sang recalled something of the Gregorian chant used by Christian monks in an earlier age, and we were enchanted. It takes many years to become so learned and the younger Imam who spoke first told us he had been studying for ten years and had many more to go.



Near the end of the formal talk, we were joined by three Muslim women, who also answered some questions. Then, moving to an alcove at the back of the auditorium, we enjoyed refreshments of homecooked pastries generously provided. Chai tea was made and bottles of water offered.

The talks were given with friendliness, gentle humour and a great willingness to help us know them to be people of goodwill, and good neighbours. They were especially pleased to learn of a group of older Australians who were interested in them. They went out of their way to make us feel comfortable and at ease in these surroundings. We were so impressed by their kindness, and we look forward to a visit to U3A Deepdene soon by one of the Imams.

We were all very grateful to Joan Taylor and the Mosque leaders for an excellent excursion.

Beth Light

WALKING GROUPS

Fitness, fellowship and fun! Walking Groups at U3A Deepdene are exactly that!!



There are seven weekly Walking Groups, each having different starting points, including Victoria Park Kew, Stradbroke Park Pavilion Kew, Boroondara Park Canterbury, White Avenue Kew and Deepdene Park (near Horrie Watson) Balwyn. The walks usually take the same routes, so that participants can get to their other U3A classes or appointments on time. The idea is to complete approximately 5kms in the hour from 9 until 10am. That might sound like a long walk, in a short time, but time passes easily when you are chatting with friendly folk. Starting times may differ in the hotter months, and that information will be in the weekly news sheet.

The U3A Walking Groups are held on Mondays, Wednesdays, Thursdays and Fridays but not on Tuesdays. Tuesdays are for Historic Walks, which occur fortnightly, are longer in time and go at a slower walking pace with an historic focus led by specialist historians.

Some members of the walking groups end up with a coffee and more chat at a local cafe. Also, most groups walk in the term and bank holidays, which are not officially U3A Walking Groups. There is more opportunity then, for longer and more varied walks. Those walks have included the Artists Trail in Ivanhoe, Darebin Parklands and beyond, and walking from Burwood to Canterbury along the Anniversary Trail. There are so many beautiful walks to discover in pockets of treed areas in Melbourne, and different cafes to sample.

Whilst walking on shared paths, one often hears, 'bike up', or 'bike back', as cyclists ring their bells to let us know that they are sharing the path with us, and a subtle reminder to stick to the left-hand side of the path or track. Yes, bells on bikes are mandatory, but it is a good idea to keep a look out! Occasionally, riders forget to let us know that they are coming and we seniors tend to jump in fright. Alert members can also be heard yelling, 'dog poo', another very necessary warning!

Groups vary in size with a maximum of 20 people and enrolments last for the full year. We are now back together after the past two hard Covid years. Even when we could only walk within a 5km radius, some people stoically walked, masked and distanced appropriately as per State Government guidelines.



It is truly wonderful to be back to 'normal' and to be free to get fitter with friendly people and to continue to have fun.

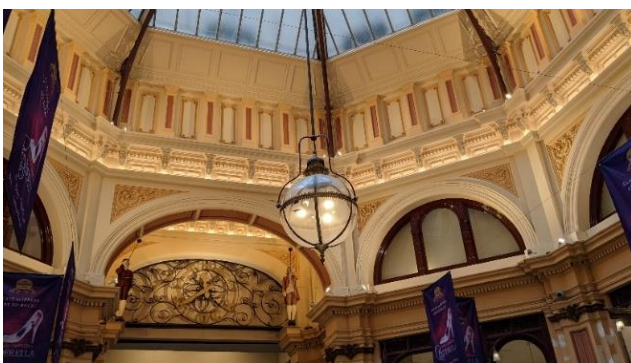
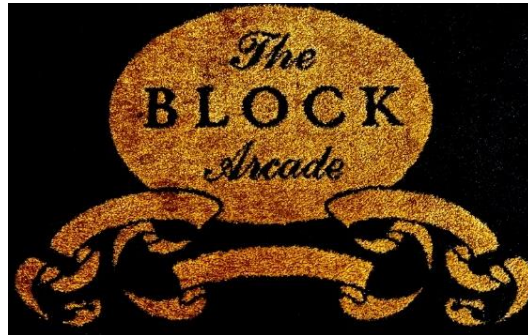
Wendy Stewart
Walking Co-ordinator

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.

PHOTOGRAPHY GROUP VISITS BLOCK ARCADE

We all thoroughly enjoyed the Block Arcade outing, exploring the historic shopping arcade that was constructed between 1891 and 1893. One of the most exciting things was when Angela discovered one of her exquisite creations in Vault, which is a shop with a collection of quality pre-loved designer garments. All proceeds from Vault go towards supporting the National Trust in conserving and protecting Victoria's natural, cultural, and built heritage.

Karin Watts



... and some of the lovely photographs - from top, left to right: Kay Axsentieff; Hugh Bucknall; Karin Watts; Angela's exquisite creation taken by Angela; Angela's delight by Hugh Bucknall; Peter Ogier; Peter again; Kay Axsentieff.

MID-YEAR DRINKS

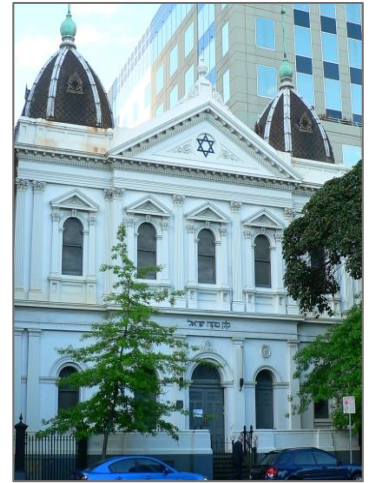


After three years we were so happy to get together in June for Mid-Year Drinks!

EAST MELBOURNE SYNAGOGUE VISIT

On a wet and blustery day a sizeable number of U3A members was warmly welcomed to the synagogue by the rabbi, Dovid Gutnick, and Ruth, the historian and office manager. Moments earlier a large group of schoolchildren had emerged into Albert Street.

The first Melbourne synagogue, or schule, was established in Little Lonsdale Street. Each congregation functions independently and is governed by a board of directors, which employs the rabbi. This arrangement sometimes leads to friction, with the rabbi and his supporters leaving to form a new schule. Such was the case in Melbourne in 1877, with the dissident group purchasing a block of land in Albert Street and erecting an imposing building (right). The essential features of the synagogue were pointed out to us. In the sanctuary, or Ark, which always faces towards Jerusalem, is a cabinet containing three large Torah scrolls, covered with a royal blue cloth. In the centre of the building is a raised platform from which the services are conducted. High up were shards of coloured glass set in clear glass to form a design, each window representing one of the twelve tribes of Israel. Around three sides is a balcony. Although this is an Orthodox congregation, women only occupy the balconies on the high holy days. Most participants now drive to the services, as the congregation consists mostly of members who live in the northern suburbs.



On a table in front of us Ruth had placed items used in services, such as a small Torah scroll and pointer, a trumpet fashioned from a ram's horn, and a Torah commentary. The Torah is in fact the first five books of the Old Testament, and is the basis of Jewish law, which is expanded by the writing of scholars. Education is highly valued by the Jewish community.

Rabbi Dovid's father and grandfather were also rabbis, and his two eldest boys assist in the services. He attended a yeshiva, or Jewish seminary, in Melbourne, followed by study in Canada and the United States, where he was ordained. He is also an Army chaplain, he sits on an interfaith council, and related several amusing stories about his interactions with other faiths, and also with his own parishioners. Ruth is a convert to Judaism, which is not easy, requiring at least two years of study and learning ancient Hebrew.

We then had a lively interactive discussion on a variety of topics: changing local demographics, how people embrace and define a Jewish identity, the size and makeup of the congregation, and attitudes to nonbelievers. All too soon we had to leave as another group of schoolchildren poured into the hall for their tour.

We are most thankful to Ruth and Rabbi Dovid for their welcome and their insights, and to Joan Taylor for organizing such an interesting visit.

Des Roman

U3A KNITTERS

The enthusiastic and able band of U3A Deepdene knitters has been at it again! This time they have knitted 168 squares which have been made up into seven lovely warm rugs for the residents at Servants Community Housing. They have been warmly received and are appreciated by the recipients. Thanks go to the knitters and to the group of willing volunteers who sew the squares together and crochet around the edge of the rugs.

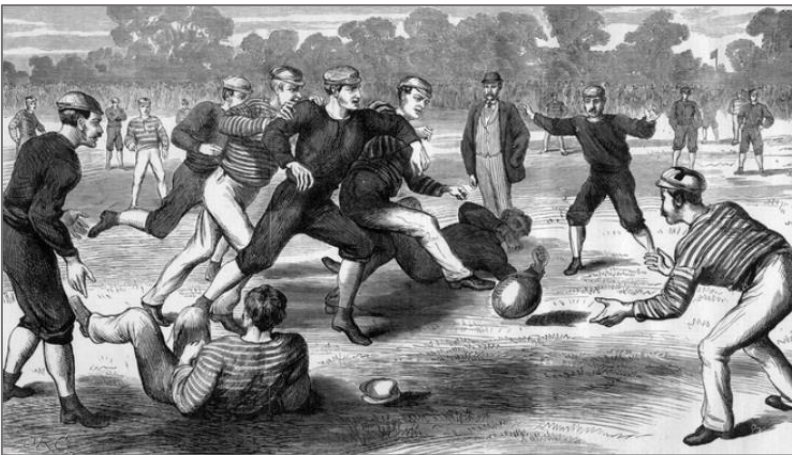
Suzanne Collings



FOOTBALL AND LIFE IN COLONIAL MELBOURNE

Despite the overcast skies and the chilly weather, a dedicated band of passionate VFL (sic) footy followers, many sporting their team scarves, huddled together at the Balwyn Sports Ground on 25 July to hear two illustrious historians of Aussie Rules – Rob Pascoe and Chris McConville – deliver their thoughts on the early history of the game.

The opening quarter saw a disciplined approach from Rob as he laid out his team's strategy – a consideration of the reasons why Aussie Rules took root in Melbourne. He suggested that the foresight of Lt Governor Charles LaTrobe in setting aside tracts of land for public space encircling the city centre was particularly significant. An effective public transport system and the presence of a young workforce, which could in turn make use of a Saturday afternoon with shops and factories shut, provided further stimulus.



The second quarter provided an elaboration of the opening stanza. Rob highlighted the physical distribution of the new clubs, often developing in the working class suburbs such as Collingwood and Fitzroy, their players frequently drawn from the factories - such as tanneries - in those areas. Sectarian influences were also prominent, with Essendon being notably a Protestant club, strongly anti-Catholic for more than half of its existence, while North Melbourne was a particularly Catholic club - even down to its Marian colours. The rigours of the 1890s depression served to enhance the

role of the football clubs as a means of identity as well as becoming an avenue for the expansion of Aussie Rules to Western Australia.

The second half saw a breakdown of the discipline of the coaches' game-plan which was to include some individual research (via phone and laptop) on some early players, a strategy designed to show fans how to explore the rich resources online for furthering knowledge of their teams. Play see-sawed from end to end as the fans conspired to subvert the coaches with their enthusiastic questioning. The significance of female support, recruiting, influence of migration, the qualities of successful clubs, the modification of rules, Melbourne vs Sydney, and many more issues left the onlookers - not to mention the speakers - somewhat breathless. All too soon the final siren rang - not soon enough for Essendon v Collingwood! - but there was plenty of opportunity for post-match conversations. The consensus was: 'We can't wait for a return game'!

Graham O'Rourke

Elder Abuse and Seniors Law

If you are concerned that someone you know is suffering Elder Abuse or you want to know about Seniors Law, the following free online resource provided by 'Justice Connect' may be a good starting point for assisting that person. It gives examples of the different types of Elder Abuse and provides clear advice in plain English about the steps you can take to prevent or remedy this situation.

<https://justiceconnect.org.au/our-services/seniors-law/>

TRIP TO BALLARAT

Twenty-three enthusiastic U3A Deepdene travellers enjoyed a lovely overnight trip to Ballarat in early June. Predictably it was cold but bright sunlight periodically cheered us, even after we escaped a downpour which cut short our visit to Lambley Nursery and Gardens at Ascot. David Glenn, the owner, conducted the tour, sharing his vision, successes and failures which have resulted in the magnificent gardens today. Starkly revealed in its winter bones, we could only imagine the colours of spring, summer and autumn when the perennials of this cool climate, relatively high-altitude garden will be performing again. In addition to the ornamentals a large formal vegetable garden was abundant with winter veg. which I can't imagine even the extended Glenn family getting through.



Vegetables at Lambley Nursery

Our travellers were undaunted by the small hiccup that the lakeside park at Creswick - which we had chosen months ago for our picnic - was under reconstruction and had become a quagmire. The workers took pity on us and let us use the yet to be bolted down tables and benches and lunch was eaten before the next shower. Typical of U3A members, everyone just got on with it and made it work. Thankfully our good-humoured driver was unconcerned by the mud we traipsed back into the coach.



Goats' cheese soufflé at Craigs

Staying at Craigs Royal Hotel was a highlight, with individually decorated rooms furnished with antiques and served by smart ensuite bathrooms. We enjoyed bubbly in the foyer before dinner. Craigs kindly arranged a long table in the atrium which made for a very happy meal. My choice of goats' cheese soufflé followed by parmesan and fine herb crusted pork cutlet was delicious and my neighbours' choices looked similarly appetising. With a nod to the Western District, our Riesling came from Bests at Great Western, as did the grapes for the Shiraz.

Four volunteer guides led us around the Botanic Gardens where decisions are being made about conserving and sometimes replacing aged European trees which have matured much more quickly under Australian conditions. The secrets of the Mechanics Institute were revealed by another volunteer guide and the steady footed were able to descend into the cellars which have been recently restored. The building includes lovely formal rooms, a theatre, library, and archives in the original Gold Exchange. Were we staying longer we could have included the evening theatre performance in our itinerary.

We travelled to and from Ballarat very comfortably on Vic Rail which with our Seniors' Tickets is a bargain. The youthful station attendants and conductors kept a kindly eye on us, perhaps in deference to their perception of our advanced years. A late platform change, and a tram hold up which delayed the arrival of some members, meant that I was unable to tick off all the names before we left – and our members occupied several carriages. The conductor oversaw my nervous movement between carriages at several stations, checking names, promising that he wouldn't let the train move before he saw I was safely aboard.



Archives at Mechanics Institute

Barbara Matthews and I appreciated the positive enthusiasm and good will of our participants. Barb is quite experienced having organised many Probus trips, but I am new to it and was a bit anxious that things would go well, which happily they did. We head to Bairnsdale in September with 30 participants.

Christine Georgiou

MEN'S BOOK GROUP

We are a wonderful group of U3A members who started to read a long time ago and our first book was probably John and Betty, but it may have been Blinky Bill, or more likely one of the Biggles classics written by Captain W. E. Johns. Records from our early days are a bit sketchy but never mind.

As a U3A Deepdene group, however, we do know that we first met on 31 May, 2018 to discuss *The Changi Brownlow* written by Roland Perry, an Australian author and historian. We meet once a term to discuss a book chosen by suggestions from our group of avid readers. Below is a list of all the books we have read to date which will show how widely read we all are.

A Brief History of Tea by Roy Moxham.

Exactly: How Precision Engineers Created the Modern World by Simon Winchester.

A Man Called Ove by Fredrik Backman.

Unmanned: Drones, Data and the Illusion of Perfect Warfare by William M Arkin.

The Boys in the Boat: Nine Americans and their Quest for Gold at the 1936 Berlin Olympics by Daniel James Brown.

Hillbilly Elegy – A Memoir of a Family and Culture in Crisis by J D Vance.

Dark Emu by Bruce Pascoe.

Poster Boy by Peter Drew.

Super Power by Ross Garnaut.

Hell Ship by Michael Veitch.

A Pirate of Exquisite Mind – The Life of William Dampier: Explorer, Naturalist and Buccaneer by Diana and Michael Preston.

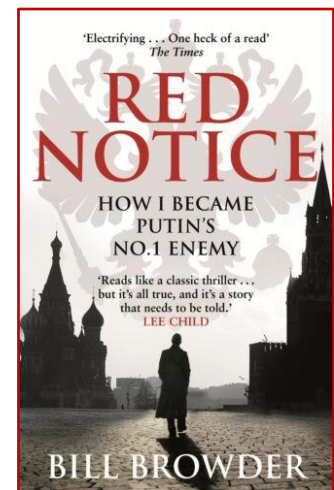
The Eastern Curlew by Harry Saddler.

The Boy Behind the Curtain by Tim Winton.

Farmers or Hunter-Gatherers by Dr Keryn Walshe and Professor Peter Sutton.

My Italian Bulldozer by Alexander McCall Smith.

Bitter Wash Road by Garry Disher.



How many of our books have you read? Our group was fortunate to have Michael Veitch join us for his wonderful *Hell Ship* book, which greatly added to our discussion. Ross Garnaut, Garry Disher, Keryn Walshe and Peter Sutton all gave terrific presentations to the wider U3A membership and we subsequently read their books. So, if you are male why not join us when we next meet on Thursday 25 August at Balwyn Park? We are reading *Red Notice: How I Became Putin's No 1 Enemy* by Bill Browder.

If you would like more information about the titles we have read you can of course 'do a Google' but you also might like to check out the wonderful Good Reads App or website at goodreads.com, where you can learn a lot more about books including what other readers have to say. It's also a great way to keep a record of what you have read.

John Kidman

Men's Book Group Convenor

PALACES AND GARDENS OF POTSDAM

In June at Balwyn Park, Sue Woolley delighted us with the wonderful presentation of the Palaces and Gardens of Potsdam, which she visited in 2019.

Potsdam is the capital and largest city of the German state of Brandenburg. It directly borders Berlin, and is part of the Berlin/Brandenburg metropolitan region, situated on the River Havel some 25 km southwest of Berlin's city centre.



New Palace

Potsdam was a residence of the Prussian kings and the German kaiser until 1918. Its planning embodied ideas of the Age of Enlightenment through careful balance of architecture and landscape, and it was intended as a 'picturesque pastoral dream' reflecting nature and reason. Widely known for palaces and lakes, landmarks include the parks and palaces of Sanssouci, Germany's largest world heritage site, the Orangery Palace, the New Palace, the Charlottenhof Palace, and the Cecilienhof Palace

which was the setting for the Potsdam Conference in 1945, when victorious allied leaders - Harry Truman, Winston Churchill and Joseph Stalin - met to decide the future of Germany and postwar Europe.

In the 17th century, Potsdam was chosen as the hunting residence of Frederick William I (1688 – 1740) and became the core of the Kingdom of Prussia. Frederick William I was the second Prussian king, who transformed his country from a second-rate power into the efficient and prosperous state that his son and his successor Frederick William II (Frederick the Great, 1744 – 1797) made into a major military power. The latter grew up in Charlottenberg Palace in Berlin and was king of Prussia from 1786-1797.

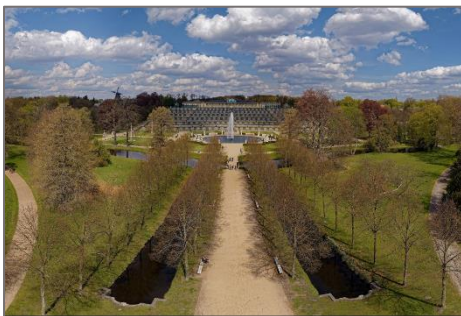
Potsdam became a centre of European immigration attracting people from France, Russia, the Netherlands and Bohemia, due to its religious freedom. In the 18th century Europe's population exploded and drove the Industrial Revolution. The peasants suffered, and with the risk of famine in Prussia, Frederick the Great introduced the potato (recently brought from South America by Spanish explorers). Easy to grow and requiring less water than grain, it was a vital new food source. By 1795 potatoes were accepted and the people survived the famine. Pilgrims scatter potatoes on Frederick's grave, Marie Antoinette wore potato flowers in her hair and Louis XVI put potato flowers in his buttonholes.



Charlottenhof Villa

Frederick the Great attracted the great thinkers of Europe to his court while establishing Prussia. A brilliant military campaigner, he created the foremost military power in Europe. An enlightened monarch, he enjoyed the company of the greatest minds in Europe and shared a close friendship with Voltaire. He favoured the French language, art and

music and built a French Rococco palace, Sanssouci ('without a care') near Berlin. His religious toleration widely affected the dominant intellectual currents of the age.



Sanssouci Palace

The naturalistic gardens were modelled on Versailles with over 500 hectares of parks and 150 buildings constructed between 1730 and 1916. The complex was designed by the top architects and landscape gardeners of the period, who worked with sculptors and painters.

Beginning at Sanssouci Palace and its terraced gardens, designed by Frederick the Great to grow grapes for wine, paths lead through different areas with hedge art, topiary, ponds, garden beds and flowering meadows. The small Charlottenhof Villa, built in neoclassical style, forms the centre of the grounds.

The Orangery Palace, the last and largest palace built by Frederick William IV, consists of Plant Halls, a central palace, sculptures, fountains, arcades, terraces, a Roman bathhouse and pergolas; also a beautiful park with lakes, a bridge and canals. It is a flowery fantasy of roses, flowers, fruit and vegetables. Royal vegetables were fenced and guarded.



Orangery Palace

Frederick the Great, known as the Philosopher King, had his private library connected by a passage to his room. It contained 7,000 volumes of books on Science, Rome and Greece. Voltaire's room was decorated with fruit, flowers and fauna. He stayed for two years and the pair continued to write to each other afterwards.

Frederick now rests under a simple stone slab alongside the graves of his beloved Italian greyhounds.

Jill Norgate

CHINESE 8 BROCADES

Joseph and Susie Wong introduced U3A Deepdene to this ancient form of exercise at the beginning of 2018. The aim of the classes is to promote health and improve balance and flexibility. This is done through correct posture plus breathing and movement. In 2020 Steven and Jade Huynh kindly took over leading the classes, which are extremely popular with our members, who enjoy and appreciate the gentle exercise and the friendships which have developed each Tuesday morning at Alston Halls.

The 8 Brocades are a set of qigong exercises which originated in China and have been practised throughout the world for thousands of years. Some benefits are improved energy, vitality, bone density, strength, flexibility, balance, and co-ordination, to name a few. Experimental evidence suggests that qigong may be an effective adjunct in the treatment of chronic pain, asthma, arthritis, diabetes, headaches, gastrointestinal disorders, as well as cancer and heart disease.



The exercises consist of bending, stretching, balance, flexibility, mindfulness - all performed slowly and carefully - while concentrating on breathing. The aim is to circulate our blood effectively through our organs; and Steven says that when 8 Brocades exercises are done properly everything inside our bodies works better.

Steven retired from his paid work in 2019, joined U3A Deepdene, and attended Joseph Wong's Tai Chi classes then moved into Joseph's Chinese 8 Brocades group. Joseph quickly recognized Steven's knowledge and interest in these exercises, as well as his ability to perform them properly, hence his recommendation to take over teaching the class. Jade assists in leading the exercises by performing them carefully, and helping class members who have queries about the correct positioning of their bodies. Steven has been doing Tai Chi exercises seriously since 2007 and in the last 15 years has noticed an improvement in his general health. Since his retirement he has appreciated the extra time he has to exercise daily. He is keen to share these gentle, relaxing exercises with our very fortunate members.

Susie White and Pam O'Brien

U3A DEEPDENE RECORDER GROUPS

Over the past 4 years, recorder playing has flourished at U3A Deepdene. In 2020, a new group of beginners met to learn how to play the recorder. To my knowledge, it had been many years since a new group had been formed at Deepdene and gaining entry to one of the existing ensembles without any prior experience was impossible. The descant recorder – yes it's the one which you have all heard tootling in the primary school classroom – was favoured. A very accessible instrument for beginners, an instrument which is easy to play but difficult to master. We made it to Week 7 and then Covid hit. A very responsive U3A committee made sure we were able to get back on track and the recorder classes were transferred to the Zoom classroom. This was a big change for us all; however, to my amazement, it was extremely successful in this 'learn to play the recorder' setting. Being part of the recorder group provided a life-line for so many of our players during lockdown, especially for those in our recorder community who were living alone. We enjoyed Zoom concerts together and members engaged in diligent practice on a regular basis.

The 2020 beginner group continued their excellent work into 2021 and another new group was formed at the beginning of that year. This year the two groups merged and after a very long wait, the Advanced Beginner Group has experienced the joy of group music-making.

A typical recorder ensemble calls for a mixed group of players who are able to play using both C and F fingering systems on a range of differently sized instruments (see picture below). As a result, this year we decided to start two new alto groups for students who were already experienced at playing the descant and wanted to learn F fingering. These members are nearing readiness to play in an ensemble.

The Deepdene Intermediate Recorder Ensemble boasts 18 players, including 4 bass recorders. In 2019, this ensemble gathered to perform for an intimate gathering of friends and family and then again at the Advent service held at Deepdene Uniting Church. Both events were such a wonderful success. Exciting plans for 2020 were made over the Christmas break after that and we returned to classes with great excitement and high expectations. Like the other recorder groups, playing and performing together became non-existent throughout the majority of 2020-21. Nonetheless, Zoom provided a stable environment for ensemble players to significantly develop their techniques and musicianship while they awaited a return to group music-making.



We now have more than 40 recorder players across five groups and we are all looking forward to our end of year concert and the opportunity to share our work with family, friends and the U3A community.

Yvonne Clarke: coordinator

Jacqui Harrison: tutor

Deepdene U3A Advanced Recorder Group, otherwise known as the 'Deepdene Dashers', named after the train that ran along this area many years ago, has been happily working on pieces ranging from Renaissance to contemporary music. Instruments played range from sopranino to great bass. We like to work towards performance and in doing so have played at Victorian Recorder Guild soirees each year when Covid allows us. Currently we are working towards a concert in October showcasing the Deepdene music groups.

Pam Jagger: coordinator

Barb Praetz: tutor

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.



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Weekly email/s are sent to all members with email addresses; watch for these updates.

See our website for details of courses.

TERM DATES:

Term 3 Monday 18 July to Friday 9 September

Term 4 Monday 3 October to Friday 2 December

The Program Guide for Term 4 2022 will be distributed in early September.

Many thanks to our generous contributors, photographers, and proofreaders for assistance in producing our Newsletter.

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Your contributions are most welcome; please email them to u3adeepdeneeditor@gmail.com

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