



## NEWSLETTER - TERM 2, 2023

### A MESSAGE FROM OUR PRESIDENT

Hello to all our members and any other friends who read our U3A Deepdene Newsletter. I am very happy as I write my message to members this time, as I am able to report to you all that close to 100 of our members assembled in the main room at Balwyn Park Centre (BPC) for our 13<sup>th</sup> Annual General Meeting. The meeting felt a very happy one – not least, I assume, because it is the first AGM which we could hold face to face for some years. Meeting in person, of course, provided an opportunity to share drinks and savouries after the formal parts of the evening. There was a real buzz which I trust will encourage all those who attended and many others to join our future social occasions! I wish to extend my congratulations and sincere thanks to the Hospitality team on behalf of all of us who have enjoyed the outcomes of their work so often.



*Susie White*

For those members who could not join us at the AGM, I encourage you to read our Annual Report. This report was intended to cover many of the changes, concerns, issues and joys of the past year. Hopefully, it provides a good sense of our U3A. Contact us if you would like us to send you another copy of this report.

During the AGM we farewelled five members from the Committee and welcomed another five. Those members who have left their U3A Deepdene Committee responsibilities behind are Christine Georgiou who was our President for a number of years before playing a role as a general Committee member; Carole Williams, former Vice President and Committee Member; and Barbara Mathews, who worked with Christine on visits and outings. Lesley Macleod resigned in January to take a role on the Committee of the new U3A Maribyrnong. Ilza Dulmanis, who has been our Secretary for the past five years, has also decided to focus her considerable skills and energy in other areas of our organisation. Ilza has been a most excellent secretary and has created a brilliant model for others to follow. I, personally, have valued Ilza's support and competence enormously.

I am now really happy to say that Helen Christie has agreed to take up the reins from Ilza. Vincent Giuca is our new Vice President and three other new people have agreed to join as General Committee Members. So, Patricia Lele, Michael Bond and Errol Muir have all agreed to join Jenny Cash, Joan Taylor, Lois Heycox and Doug Crocket as 'ordinary' members of the U3A Deepdene Committee of Management for the coming year. Each of the new Committee members introduced themselves to those of us at the AGM, and I for one was really impressed. I believe that we will have an exciting and innovative year to come.

As I write this report, other people are working quietly on loading our new U3A Deepdene website. We were introduced to the new website by Jenny Cash at the AGM. We trust it is easy for all to use and will be pleased to receive any constructive feedback on the new website. Many, many thanks to Tral and Jenny Cash who worked closely with the consultant who developed the site. I must also give, on behalf of all website users, an enormous thanks to our member Michel Beuchat who has for the past ten years helped to maintain the website which most members will have used.

In closing this brief story, I wish to thank Pam O'Brien for her work on the Newsletter. I know that Pam, Joan Taylor and Jenny Cash are all sharing their knowledge, skills and responsibilities with other members who are keen to maintain and even develop the quality, breadth and excellence of U3A Deepdene!

## COMMITTEE OF MANAGEMENT, 2023

We congratulate our 2023 Committee and thank them for their willingness to lead U3A Deepdene for the coming year. It is a vital role, involving lots of hard work, and is most appreciated by us all.

**President:** Susie White

**Vice-President:** Vince Giuca

**Secretary:** Helen Christie

**Treasurer:** Paula Grundy

**Ordinary members:** Mike Bond, Jenny Cash, Doug Crocket, Lois Heycox, Trish Lele, Errol Muir, Joan Taylor

### MEET OUR FIVE NEW MEMBERS:

#### Mike Bond



After growing up in rural WA, I completed a science degree at the University of WA, where I met my wife, Maria, also completing her B Sc. With a cadetship from the WA Agriculture Department, I studied veterinary science at the University of Queensland, because there was no veterinary school in WA. Each Christmas for four years, we drove home to Perth from Brisbane; air fares were too expensive.

After graduation I enjoyed ten years as a veterinary pathologist in Perth, with a fascinating 12-month interlude at a huge new livestock complex set up by the Shah near Shiraz, Iran, training technicians and establishing disease-control programs and a diagnostic lab. Despite the many challenges, we all relished the opportunity to live and work with 11 different nationalities.

Still with WA Agriculture, my next role was South-west Regional Manager, based in Bunbury. Besides the absorbing job, dealing with the wide-ranging, flourishing agricultural industries (including all the emerging wineries ...), this was a tranquil, stimulating place to raise our three children. After 8 years we returned to Perth, where I took up the position of Chief Veterinary Officer for WA.

Five years later, the children having left placid Perth for various exciting opportunities in Melbourne and the US, we moved to Canberra, where I was CEO of Animal Health Australia – a small, dynamic organisation with a broad membership of governments, industry organisations, veterinary schools etc, responsible for a wide range of national animal health and welfare initiatives.

After ten years at AHA, I was appointed Inspector General of Biosecurity, covering all aspects of disease prevention and border protection for animals, plants and native flora and fauna. This extensive assignment took me around Australia, and also to on-site investigations in the Netherlands, UK, Switzerland, Kenya and Thailand.

In the meantime, our children had each married Americans, and were settled in Boston and Los Angeles. So in retirement, while living for much of the time in the US, close to children and six grandchildren, Maria and I were introduced to U3A Deepdene by friends Peter and Kay Bailey. When Covid came along and we were locked-down in LA, it was wonderful to be able to join, and sometimes present, zoom sessions at U3A – a very welcome and comforting link back to Australia.

## Helen Christie

Growing up in the 1950s on a property in northern Victoria was far from dull. Chores included bottling fruit (who could forget the Fowlers Vacola kits?) and tidying up after brothers (really!). Reading was a passion in the absence of television, and I learnt piano, cello and sang in choirs.

Swimming in the main irrigation channel when the temperature hit 45c+ was bliss.

I observed community involvement with family and locals serving on committees. Trips to Melbourne and seaside holidays were valued. I came to Melbourne for my secondary school education; as a boarder I learnt to live with others and appreciate education. Clean shoes were paramount!



Mainframe computers were in their early stages and I began work in the operations area at TAA. It was a long drive to Airport West! Looking back, I was proud to be the first female employed in that section. It was interesting and rewarding work but when rotating shift work became arduous, I decided to explore other options. Superannuation was another growth industry and I began work at a super fund, commencing study at RMIT/Swinburne. With my advancing years class members asked if I was the teacher!

I've enjoyed hosting international students, renovating houses, travelling, and being a Border Collie owner.

Currently I have a well-used gym membership, I enjoy ballroom dancing, play cards and table tennis, and attend my local church.

My aim is to support the Committee while maintaining the high standards set by Ilza, outgoing Secretary. I look forward to getting to know more of our valued members.

## Vincent Giuca



Until the end of 2021, I taught various post-graduate units at Monash University as a sessional lecturer, including human resources management, negotiations, managing conflict and organisational behaviour.

Prior to this, I had a long and diverse career in many managerial and advisory roles with a strong focus on HRM/employee relations, organisational change and negotiations. These roles included Ministerial Adviser to two Industrial Relations Cabinet Ministers (during the Hawke Government), consultancy work with multinational consultancy firms (Price Waterhouse, SAP and Accenture), Human Resources Manager/Director (VicSuper and Tui Consulting), and owner/manager of an electronic security firm.

I have post-graduate business and management degrees (MA, University of Melbourne; MBA, University of Canberra; and a PhD, Monash University) encompassing HRM and related disciplines. I continue to have a strong interest in politics and other related social sciences reflecting earlier studies in these areas (BA, La Trobe University; and MLitt, University of New England).

I reside in Balwyn with my wife. These days I keep active by going on walks and bike riding, looking after my granddaughter in Melbourne and travelling to Sydney to catch up with my other two grandchildren and their parents. I enjoy reading and keeping an eye on current affairs and watching far too many TV programs.

I am looking forward very much to playing a more active role in U3A, including working together with fellow Committee members.

**Trish Lele**

I was born and have spent almost my entire life in Melbourne. I hold a BA, Dip Ed and M Educational Psychology from the University of Melbourne. When our three children were young, I worked as a part-time sessional teacher of adult students of English as a Second Language and had some amazing opportunities in course design and mentoring. As soon as I was able though, I sought employment as a secondary school counselling psychologist. It was a wonderful career.



After we retired, my husband and I took on the challenge of renovating a depleted farming property in central Victoria. We continued to live in Melbourne (we couldn't move away from the grandchildren!) but spent about four days each week on the farm - we got to know the Hume Highway very well - took courses, planted thousands of trees and shrubs, established new pastures, and bred up a herd of Black Angus cattle.

We sold the farm on 19 August 2017, as it happened, on the day of our fiftieth wedding anniversary. I am still actively involved in conservation and represent the Longwood Plains network at Landcare in both Euroa and Melbourne.

I enjoy words. I write stories and have earnestly tried to master the Spanish language, which I took up when I retired. Spanish, and a passion for travel, have taken my husband and me 'backpacking' through Spain, Mexico, and South America, as well as a couple of solo adventures in Argentina and Cuba. In addition, I love to cook, and volunteer in the kitchen at FareShare in Abbotsford and in the Boroondara Cooks program.

I joined U3A after the farm, as I was keen to remain actively engaged with ideas and had heard many good things about U3A Deepdene. I am so impressed with the breadth, depth, and quality of our program, and hope to continue to contribute as both a tutor and Committee member.

**Errol Muir**



I grew up in Western Australia, but have spent my working life in Canberra, Washington DC and Melbourne. I'm a life-long learner having completed degrees in science and economics, a Graduate Diploma of Management, a Master of Business and a PhD. I've worked in the trade and primary industries areas of the Federal Government, in public affairs, business services and human resources in the Rio Tinto group of companies, and have taught and established courses for RMIT and Monash universities.

My community experience has been in the environmental movement with Board membership of Conservation Volunteers Australia and as a Board member of the Victorian Adult and Community Further Education Board. I have a particular interest in the development of 'flipped learning' and e-learning courses. I continue to write e-learning courses for the APEC Study Centre at RMIT. At present, I'm also involved in the management of two apartment complexes.

My wife and I have travelled in North America, Europe and Asia and around Australia and we continue to enjoy learning about other people and places. I'm looking forward to participating in more of what the U3A has to offer, and to working with the Committee to continue its great work.



**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](mailto:u3adeepdeneeditor@gmail.com)**



## MUSICAL EXUBERANCE - JUDITH DURHAM



A treat was in store on a Wednesday in February: Beverley Sheehan was about to share her special memories of her younger sister Judith Durham, peppered with interesting insights into Judith's life and career. Having introduced Beverley, Janie Gibson operated a Powerpoint program prepared with Lois Heycock, featuring some of Judith's musical performances - a trip down memory lane listening to the healing power of that unmistakeable voice.

Beverley's own career had its roots in Melbourne's jazz scene. Heading to London in 1963, she spent time in various jazz venues, before returning to Melbourne where her career took off, singing with Smacka Fitzgibbon at La Brochette, Kew. With her own resident trio, Swing Shift, Beverley's career continued to develop, with her voice being described as 'exuberant, swinging, spellbinding, moving'.

The opening video was filmed in 1997 in a Sydney shopping centre where a slight figure, Judith Durham, in company with other members of the Seekers, was signing copies of their latest album. Oblivious of what was about to happen, she looked momentarily bemused, when the next-in-line placed a large, red-covered tome in front of her. Delighted surprise followed when comprehension registered. It was Mike Munro and ... 'This is Your Life'.

One night in 1961, sisters and good friends Judith and Beverley had been at a dance at Memphis Jazz Club in Malvern Town Hall, listening to the University Jazz Band, when Judith announced she was going to ask the band if she could sing with them. Beverley replied 'You wouldn't dare!' The very next week, Judith was performing on stage.

The Australian Jazz Convention ran from Boxing Day to New Year's Day at the Kew Town Hall and it was here in 1963 that Judith sang 'Jelly Bean Blues' with Frank Traynor's Jazz Preachers.

Beverley was working at Channel 9 when Athol Guy, who had an all-male 4-piece harmony group, walked in mentioning he was looking for a female singer to replace one of them. Beverley put forward Judith's name ('my sister's a pretty good singer') and, as life is full of coincidences, Athol unknowingly just happened to be working at the same advertising company as Judith. The rest, as they say, is history.

Judith's first song with the Seekers, 'This Train', was an impromptu performance involving clapping and harmonising at the Treble Clef Coffee Lounge, South Yarra. She became a regular in the band's weekly performances.

In 1964, the Seekers provided the entertainment on the ship 'Fairsky' as they headed over to 'Swinging London', initially for 10 weeks but with so many bookings they stayed much longer. Becoming the first Australian group to hit No 1 overseas with their song 'I'll Never Find Another You', Judith's future with the Seekers was assured.

Over the next few years, they had success with 'A World of Our Own', 'The Carnival is Over' and 'Morningtown Ride', which saw them competing with the Beatles and the Rolling Stones for No 1 spot on the charts.

Their biggest international hit was 'Georgy Girl', the title song for the movie of the same name. Written by Dusty Springfield's brother Tom and released in 1967, it was huge in the USA, and they became the first Australians to reach the No 1 spot.

The Seekers' performance at the Myer Music Bowl in 1967 broke attendance records for the southern hemisphere with 200,000 flocking to see them, about a tenth of Melbourne's population at the time.

Later, wanting to pursue a different direction with her career, Judith gave the band six months' notice, and in 1968 during their last performance at the Talk of the Town Athol Guy announced 'the carnival really is over'.



Judith received offers of work as a solo artist in London, and she met Ron Edgeworth, a musician and later her husband. She asked him to help with writing arrangements. Over the next two decades she worked around the world, singing all genres of music and recording with Ron.

In 1993, to the delight and excitement of fans around the world, the Seekers reunited to tour and record again. The following year, Judith sadly lost her husband to motor neurone disease.

Continuing to write and compose, Judith woke one morning with the words of 'Colours of my Life' in her head, (later to become the title of her biography). 'I am Australian', written by Bruce Woodley and Dobe Watkins, became a much-loved hit for Judith Durham and the Seekers. In Melbourne in 2006, Judith and the other Seekers received the Keys to the City.

Judith always championed the rights of Indigenous people. Feeling our national anthem was not inclusive enough she wrote new lyrics for 'Advance Australia Fair' in 2009 and sent them to John Howard, receiving the response 'not now'. Judith's lyrics were recorded by Kutcha Edwards.

Judith suffered from asthma and after contracting measles as a child she developed lung disease, but in 2009, despite her breathing problems, she performed *a capella* at the Melbourne Recital Centre. This concert included Beverley's favourite 'His Eye is on the Sparrow'.

Judith Durham and the Seekers' beautiful final recording 'Carry Me', written by Bruce Woodley a number of years ago but never released, was unveiled by Athol Guy at Judith's memorial service on 24 October last year.

Vale Judith Durham.

**Linda Marshman**

## ART IN PUBLIC PLACES

On Friday 17 February a small contingent of U3A members travelled to the Monash University campus at Clayton and were shown around the Public Art on display at the university. The tour was led by Charlotte Day, the director of the Monash University Museum of Art, who took us to many places that are usually not accessible to the public. There were a number of different works shown to the group, ranging from a series of holographic pictures on the banks of the Murrumbidgee River to a series of vertical spears that projected from the ceiling at the entrance of a library building. The group was also shown some of the recent additions to the campus buildings, including some very impressive internal spaces. We braved what proved to be a very hot day, but this was hardly noticed because of the very interesting and diverse work that was viewed.

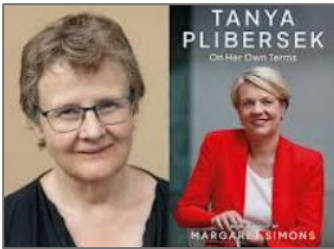
**Chris Heyward**



## TRISH LELE INTERVIEWS MARGARET SIMONS

Wednesday Special, 3 May, 2023

To my shame I have to admit I hadn't known who Margaret Simons was until I read her latest book, the biography *Tanya Plibersek: On Her Own Terms*. Being away from Australia for nearly 50 years meant that I hadn't been exposed to this remarkable journalist's work and her many achievements - a mind-boggling list including the Walkley and Quill Awards - so for me the Wednesday Special was a particularly rewarding discovery. I must add that Trish was a delightfully engaging interviewer whose insightful questions elicited Margaret Simons' very honest and comprehensive answers. Excellent questions from the audience also contributed to what everyone agreed was a very stimulating session.



One of the interview's themes was the work of a biographer of extant political figures - the investigative skills required and the constraints within which the biographer works, particularly when it comes to interviewing the subjects themselves while they are still active as politicians and very much in the public eye. The biographer has to make ethical decisions throughout her research for her book - which issues to bring to light, which to conceal for reasons of the need to respect privacy. Her research must be impeccable, relying on a variety of opinions from a pool of trusted contacts built up during her career as an investigative political journalist. She has to show objectivity regardless of her own political sympathies, and of key importance is the establishment of trust with her subject.

We were treated to personal impressions of both Tanya Plibersek and the subject of a previous biography, Penny Wong - their family backgrounds, their political interests within the Labor Party, their achievements, and the outcome of their chosen political attachments. I hadn't realised the extent to which Plibersek's political trajectory had been harmed by aligning herself with Bill Shorten despite her many ministerial achievements in education, housing, and above all, in the women's portfolio to prevent violence against women and children. Penny Wong, on the other hand, a long-time friend and political associate of Prime Minister Anthony Albanese, was 'rewarded' with the position of Foreign Minister. Other questions evinced Simons' first-hand knowledge of other Labor luminaries such as Albanese himself, and a historical familiarity with the workings of the Labor Party.

All in all, this was a standout session. Margaret Simons was an exceptionally accessible and interesting speaker, Trish a very skilled interviewer, and like everyone I spoke to afterwards, I'm so glad I was able to attend.

*Lilian Cohen*

## OSTEOPOROSIS - EMERITUS PROFESSOR JOHN WARK

On Tuesday 21 March, 71 members of U3A Deepdene listened intently to a comprehensive and detailed presentation by Emeritus Professor John Wark on a topic of great interest – Osteoporosis.

Osteoporosis is defined as a skeletal disorder characterised by compromised bone strength, which predisposes a person to an increased risk of fracture. Bone is not static. In the healthy bones of adults, small packets of bone are broken down and rebuilt all the time. This is called bone remodelling. In osteoporosis there is a net excess of bone breakdown.

Fractures are the main cause of ill health in osteoporosis. Approximately 50% of women and 30% of men around the age of 60 will suffer an osteoporotic fracture in the remainder of their lifetime. Overall fractures are 46% vertebral, 16% hip and 15% wrist. Hip fractures are the most serious fracture in men and women as they are a major cause of an individual losing their independent living and they cause significant mortality. Fracture risk increases with advancing age, due to declining skeletal strength and an increased risk of falling.



Previous fractures are strong predictors of future fractures. Whilst a prior fracture is a strong risk predictor of subsequent fracture, other risk factors are also important.

Determinants of fracture risk are:

- bone mineral density (can be genetic, but there is no single osteoporosis gene – over 100 genes contribute to bone density and strength)
- bone turnover rate
- microarchitecture and microdamage to bone
- geometry – the external size and shape of the bone affects strength
- mineralisation

John explained to the group how DEXA scans work - they do have limitations but they generally have good accuracy and precision. Unlike ordinary x-rays, DEXA scans can measure small reductions in bone density, enabling early detection of osteoporosis prior to a bone breakage. DEXA scans use a low dose of radiation, however they are not the whole story in the determination of risk of osteoporosis. A doctor will use a Fracture Risk Assessment Tool in addition to the DEXA scan information, which helps to identify possible risk factors, eg genetics (parental fractured hip), a person's age, smoking, excessive alcohol intake, diabetes Types 1 and 2, obesity, inflammatory diseases (e.g. rheumatoid arthritis and inflammatory bowel disease, cortisone medication, other types of arthritis, vitamin D status, nutrition, androgen and estrogen deficiency, etc).

Key strategies for fracture prevention include mitigating risk factors where possible, muscle strength exercising (the right kind), nutrition, falls prevention and pharmacotherapy. Any management strategy for fracture prevention should be individualised and be a collaboration between clinicians and patients.

Lifestyle measures to help prevent osteoporosis include:

- Diet – healthy eating, good calcium intake, and good Vitamin D intake
- No smoking
- Weight bearing, strengthening exercises and exercises that promote balance
- Falls prevention – environment modification, use of appropriate aids, lifestyle modification, medication review, vision correction and exercise programs.

Pharmacotherapy means drugs such as Alendronate, Risedronate, Raloxifene, Teriparatide, Zoledronic Acid, Denosumab and Romosozumab. These drugs should be considered for people with high fracture risk. There are side effects, but benefits should outweigh risk. Treatment decisions should be individualised.

Anyone experiencing a broken bone due to a minor or simple injury should be assessed for osteoporosis.

Some useful resources:

- *Health Bones Australia*
- *Osteoporosis Canada*
- *Too Fit to Fracture* - Giangregorio LM, McGill S, Wark JD *Osteoporosis International*, 2015 March.

**Jane Mitchell**

## THE STORY OF BETH'S TEDDIES



I started knitting teddies nearly 50 years ago, making them for Police and Ambulance. My current teddies go to the Asylum Seeker Resource Centre, Cottage by the Sea, Camcare, and Churches of Christ, among others. Over the years my teddies have been stuffed into cases of volunteers on Mercy Ships, orphanages in Thailand, Zambia, Fiji and others. I am grateful for family, friends, neighbours and members of U3A for their donations of

leftover yarn. An upholsterer kindly saves his offcuts for filling the teddies. They have a variety of textured yarn so are tactile. The teddies are choking hazard free and machine washable.

**Beth Perrigo**



## THE STONINGTON MANSION

Is it Stonnington or Stonington?

This interesting question was answered by our guest speaker Steven Stefanopoulous. Being an avid student of heritage artifacts and buildings plus a former mayor of Stonnington, he was an obvious choice to relate the details of the history of Stonington mansion in Malvern.

Aided with wonderful photos of the mansion of yesteryear to that of today, he told us of the building in 1890 authorised by John Wagner who owned the land. The house is Italian Renaissance in style and is a wonderful example of that era. With his wife and two children, he lived in the house from 1890 for 11 years. On his death it was sold to the Victorian government, which used it as a residence for the governors of Victoria. Seven governors, in all, lived in this splendid mansion.



One governor's wife described it as a 'runt of a House'!

When the governors departed it was used as a boarding school for St Margaret's Girls' School until 1938.

During the war years it was used for the rehabilitation of polio patients, and by the Red Cross for recuperating soldiers.

Following the war years the State government used the property as a teacher training facility, first as Toorak Teachers' College, then in 1995 it was given to Deakin University.

I trained as an Infant Teacher there starting in 1965. Before that both my brother and sister trained there (there are a lot of teachers in our family)! It was at Stonnington that I met the man in my life, we have now been together for 58 years! I have very happy memories of my time spent at Stonnington. We remember the mansion as a beautiful building with a grand staircase leading up past a beautiful stained glass window to the top floor. Beautiful parquet floors abound.

Our speaker, Steven, told of the sadness he and other councillors felt when the university sold Stonnington in 2006. The expansive gardens were demolished and it was subdivided, despite protests, for housing. The main house was bought first by an art collector, Rob Menzies, then in the last two years it was resold to an Asian buyer.

As to the mystery of the correct spelling of this magnificent building: it was inspired by a mansion that had been constructed in Kentucky, USA. The name of this building was Ston(e)ington. It was admired by John Wagner who commissioned his construction in Glenferrie Road, Malvern. So, he called his new house Stonington. When Malvern and Prahran amalgamated, the new council was called Stonnington (with a double 'n').

*Jean Mapp*

## AUTUMN SPLENDOUR IN MOUNT MACEDON AND WOODEND

A fully subscribed trip to Mount Macedon and Woodend provided a wonderful opportunity for U3A Deepdene members to visit two cool climate gardens not normally open to the public. Both were resplendent in autumn colours and the blowsy shagginess of flowers in late summer.

Our first visit was to a long-established garden at Mount Macedon. The property, a former guest house, was notable for the mature, exotic trees which populated the gardens closest to the house. With growing confidence, the Irish owner/gardener had bravely removed some less important trees and shrubs. These had become shapeless and overgrown and their removal had enabled light to return to the garden.

A recent storm felled an oak in the front garden, and while lamented, this had provided opportunities for the resilient and pragmatic gardener to introduce grevilleas where they would not previously have flourished. Elsewhere, under the protection of a splendid maple, the summer abundance of shade-loving hydrangeas was

eclipsed by their glorious transition into the muted blues, purples and deep reds of autumn. The lower reaches of the garden retained the original forest with a meandering path to a particularly attractive water hole.



Our second garden at Woodend was created entirely by the owners when they moved from the city to a relatively newly built home. While they began without a master plan, careful thought was evident as they turned new areas of paddock into gardens. A hint of an Oriental influence was evident in the garden close to the rear of the house where we sat on a broad terrace and enjoyed our lunches. Their gardening practice was informed by what they liked and which plants did well. Although not apparent to the uninitiated, it was pointed out that Woodend experienced a significantly colder climate than Mount Macedon and that this curtailed some of their choices.

The same storm which hit Mount Macedon destroyed the borrowed landscape previously enjoyed to the rear of the property, so metal screens had been introduced while restoration takes place. These gardeners also focussed on the possibilities which had emerged.

**Christine Georgiou**

## SINGING FOR PLEASURE

There is plenty of evidence that singing together improves our health and wellbeing, especially as we get older. Singing releases endorphins and oxytocin, relieving stress and tension, and improving longevity. Singing together is also great fun!

Each Monday, 50-60 U3A members enjoy a happy singalong at Alston Halls, under the enthusiastic tutelage of Trevor Henley, with the skilled assistance of pianist Stuart Shearman. This choir is a wonderful cooperative effort between the Deepdene and Box Hill U3As.



**Conductor Trevor Henley in action, mounted on his makeshift podium. The marked gender imbalance should be noted – with more gentlemen very welcome**



**Conductor Trevor in full flight, with Stuart Shearman accompanying on the piano**

Soon after U3A Box Hill was established in 1992, a choir was formed under the leadership of Leigh Wigglesworth and Les Harrison. In 2008 the choir was meeting at St Columba's Church, Balwyn, with Betty Carrington as both conductor and pianist. About 20 singers met each week, enjoying a repertoire of familiar, captivating music. Several times a year the group visited aged care homes, much to the delight of residents – who often joined in some of the old familiar songs. The choir also participated in the U3A anniversary celebrations, the annual Christmas luncheons, and other functions. The choir was led by a number of different people, including Margaret Henderson and pianist John Cleghorn, who retired when the pandemic made meeting together impossible.

In 2019, a group called *Singing for Pleasure* was established at U3A Deepdene under the leadership of Julie Lancashire, with Valerie Judges as the accompanist. Julie was also the conductor of the very successful choir at U3A Hawthorn. This Deepdene group, of about 20 members, continued singing very happily until COVID struck early in 2020. They tried to continue on zoom but soon agreed that this just didn't work.

In 2022, when COVID restrictions were lifted and groups could meet again, Julie Lancashire offered to lead the U3A Box Hill choir, for just 12 months, with Stuart Shearman as the accompanist. Members of U3A Deepdene's singing group were invited to join and a small number did.

Late in 2022, Trevor Henley, retired after 45 years at Camberwell Grammar School (where he was Director of Music), generously offered his services to U3A Deepdene to lead a singing group from the start of 2023. With this wonderful opportunity, the choir was revived, with Stuart Shearman returning as accompanist. In the current year, about 45 members of U3A Deepdene and 15 Box Hill members have joined this group, continuing the great U3A spirit of cooperation.

Trevor's limitless energy and unbounded enthusiasm (combined with some impressive musical talent!) makes for thoroughly enjoyable afternoons. He believes that communal music-making should not only be pleasant, but also stimulating and challenging. We are certainly very grateful for Trevor and Stuart's valuable contributions to U3A.

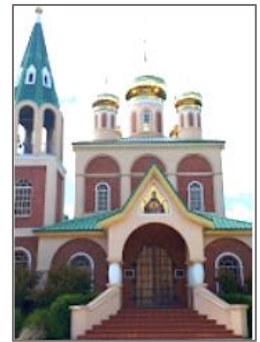
**Mike Bond**

## A SLICE OF CHRISTIAN ORTHODOXY IN BRUNSWICK EAST

On Thursday 20 April 2023, a group of about 30 U3A Deepdene members were fortunate enough to visit the Russian Orthodox Church in Brunswick East.

We were warmly greeted by Father Nicholas Karipoff who gave us a brief history of the orthodox religion and this particular denomination. He then explained to us the meanings and stories about the beautiful icons/pictures within the church which had been painted by his sister.

We learnt about some of the journeys made by people who were refugees from their homelands of Russia, Ukraine and Belarus during the 20<sup>th</sup> Century. These immigrants established the Russian Orthodox Church in Melbourne which was initially situated in Collingwood. The current building in Brunswick East with its shimmering, golden onion domes, was opened in 2006.



Father Nicholas emphasized that families attending the church come from diverse origins but that they live in peace here within one congregation. More than 50% of the current congregation is not of Russian origin but come from different backgrounds, including Ukrainian, Belarusian, Greek, Serbian, Anglo-Celtic, and Chinese origins. Father Nicholas made it clear that his congregation is part of Australian culture, and welcomes everyone.

We were privileged to experience a tour of the visual theology on display at the church. Every inch of the church's interior and the icon screen is covered with paintings illustrating scenes from the life of Christ.

When he was telling us the story of the miracle of Jesus turning water into wine at the Wedding of Cana, the priest retrieved from the holy inner part of the church two sumptuous red crowns which are worn by the bride and groom at wedding ceremonies.

Another large and interesting fresco is the one that the congregation would see as they exit the church. Father Nicholas called it 'The Church of All Nations' containing images of many people. Each person is of a different ethnicity (even Saint Patrick is featured). We were reminded that the church is not a closed club but is welcoming to all.

Even the architecture of the building had special meaning. The shape of the body or nave of the church is square and represents the physical world in which we live. Above the nave is a large rounded dome with a huge picture of Christ looking down on the world. This symbolizes that Christ comes down from heaven, with a meeting of heaven and earth.



This slice of Orthodoxy was an incredibly interesting and inspiring place to visit. We were privileged to have Father Nicholas Karipoff guiding us on this special tour and thank him for making us so welcome.

**Wendy and Graham Ray**

## NEW SCIENTIST - DISCUSSION WITH RICHARD REED

New Scientist is a generalist science magazine, originating in the UK and first published in the 1950s. The purpose of the publication seems to be to filter research being undertaken, and present it in a more lay fashion to the general public, from professionals wanting weekly news of papers published in all areas through to interested lay people.

Each time we meet, Richard has selected pieces from the magazine. An attendee will read the article to the group, then general discussion follows. Most articles end with something from a researcher who talks about a counter view, why the hypothesis may not be right, and what might counter the research.

Richard chooses these pieces carefully, and each time we cover many topics of science. The expertise of attendees encompasses many aspects of science. There is professional knowledge of clinical general medicine, medical specialties, research, physics, ethics, OT, and so on. Plus some who have totally unrelated professional backgrounds. And me, whose hobby is science, no professional experience of which to speak.

With all this expert knowledge in the room, it makes an excellent start to discussions on every topic: thoughtful dissection of what the article covers, and ideas it generates.

During the covid lockdowns, and with all the research focusing on the virus, we had many pieces looking into the pandemic, the virus itself, and its effects on the population - excellent stuff.

As we start to discuss some deeply intricate article on, say, particle physics, there may be a muffled groan, but once the comments start there is a general feeling of enlightenment, the realisation that some sliver of knowledge has been imparted and absorbed, and we are the better for that.

What would you want to find out more about?

- The weather
- Climate
- Immunology
- Brain development - and deterioration
- Environment
- Early humans
- Astronomy
- Physics
- Computing



You'll have something new each session.

So if you're interested in finding out about different topics, increasing what you know, expanding your interests, this session is a great idea.

I love Richard's sessions!

**Barbara Darvall**

**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.**



## AED - AUTOMATED ELECTRONIC DEFIBRILLATOR

Have you noticed the defibrillators on the walls of each of U3A Deepdene's locations?

At Balwyn Park Centre – beside the lift on the upper level;

At Alston Halls – to the right of the doorway into Room 1B from the Breezeway;

At Stradbroke Park – inside Room 1, to the left as you enter from the Cricket/Football oval (not the Athletics field);

At Horrie Watson Pavilion – inside, on the west wall, to the right of the doors into the kitchen.



- Sign at left is placed outside the buildings, indicating that an AED is nearby;
- Right is the AED beside the lift at Balwyn Park Centre.



***An information and demonstration will be held at Balwyn Park Centre on Tuesday 13 June (S48 in the Term 2 Program Guide). Up to 20 participants can join this class to learn how to apply an Automated External Defibrillator (AED) in a medical emergency. There are no costs to members associated with this training: U3A Deepdene has received a grant from Boroondara Council to pay the facilitator.***

## MANAGE YOUR IDENTITY

The steps we should take to manage our privacy and personal identity was the focus of the excellent zoom technology presentation, given by Helen Smith from U3A Nunawading to around 30 Deepdene U3A members on 3 May.

Helen is an excellent presenter with a very clear voice and very professional detailed slides. She kept our attention for a full 90 minutes as she stressed the need to manage the risks involved with digital identity: what happens if identity is stolen, and what actions to take.

If a 'bad guy' steals your identity and thus impersonates you, then a credit card, loan, driving licence, passport, mobile phone, bank account etc can all be obtained in your name. The problem is you can't know if and what data has been stolen, so check <https://haveibeenpwned.com/> by entering your email address and then click on 'notify me' for future notification of breaches.

Also contact ID Care, phone 1300 432 273, or go to <https://www.idcare.org/contact/get-help>

If your identity is breached, Helen said to:

- change your passwords as quickly as possible because stolen passwords are also sold on to various other 'bad guys' and thus become available to even more criminals
- check your bank transactions and credit rating and adjust privacy settings.

She stressed that good passwords should be:

- long – at least 12 characters
- different for every account; unpredictable 'specials'
- include capital letters and numbers in random order, as well as unpredictable 'specials' eg ~ @ # \* %
- made up of unrelated words; and
- avoid known phrases.

Helen talked about the need for a password manager and for 2FA (2 factor authentication), which makes it much harder to break into your accounts.

Non digital safeguards include shredding of documents or blocking out important details before discarding documents. Helen uses a Block Out roller stamp she bought on eBay.

Remember the name Helen Smith and if you see her name as a presenter be sure to enrol for her sessions. You will be glad you did.

**What data is important?**

- Username – usually an email address
  - Treat this as public knowledge
- Password
  - weak passwords, passwords used in more than one place
- Address
- Date of birth
- Place of birth
- Drivers licence, passport – key identity documents
- Credit card – BUT you can replace this easily and quickly

Potentially open up other sites to the criminals

Can be used to impersonate you

The next day, Jenny Cash emailed us a copy of the slides which Helen provided, so many thanks to both of them for that much appreciated follow up.

**Beryl Hume**

## VISIT TO PARLIAMENT HOUSE, APRIL 2023

What an opportunity to visit our State Parliament and learn a little about how it works. Having ascended to the heights up the concrete steps from Spring Street we had to inveigle our way through checkpoints staffed by the polite but firm security officers – not without giving up objects like water bottles.

Friendly staff in the foyer greeted us and then we stowed our bags and signed in. We were warmly welcomed by the local member for Kew, Jess Wilson. We had an informative tour of the two chambers – being allowed to sit in the seat of the Premier or other politicians, with commentary on how the political process runs, and some of the fascinating history, including royal visits. We also visited other areas including the old-fashioned library with fireplaces, Queen’s Hall, and the outdoor native garden looking out over the three spires of St Patrick’s cathedral backed by an azure sky.



We concluded with a sumptuous Devonshire tea - light fluffy scones thickly topped with jam and cream. We also had the chance to chat further with Jess Wilson who was very helpful in answering questions. I would recommend that everyone try to have a tour and learn how our State political process works.

**Ken Parker**

## SUZANNE WOOLLEY INTERVIEWS MICHAEL McCOY

Michael McCoy is a passionate and well-known garden designer, gardener, blogger, garden tour leader, television host and author.

During Term 1 Michael gave us a wonderful presentation about his television program ‘Dream Gardens’, shown on the ABC, and its spin-off, his beautiful recently published book, called *Dream Gardens: from small inner-city gardens to expansive rural properties*. The presentation was in the form of a question-and-answer session, with U3A member Suzanne Woolley very ably asking the questions.

First, Suzanne asked Michael how the TV series came about. This was quite a lengthy process. Michael was first approached by the ABC in 2015 to see if he would have a garden under construction between January and June 2016 that could form one of the episodes of a garden design TV show that was then in development. Michael was frank about his concerns for the viability of a show that planned to shoot ‘reveals’ in June, that being the least inspiring month for gardens in any of the cooler states of Australia.

Initially it was a challenge to find garden owners who were prepared to participate in the program (Australians being very reticent to discuss budgets, one of the requirements), together with gardens designed by a range of professional garden designers. Finally the ABC, together with Michael, was able to make a selection, based on the willingness of the garden owners and designers to be included, the construction schedule, the diversity and scale of the proposed gardens, their locations and the challenges they faced in their design, and of course their budgets. Suzanne asked about modifications made to the series as it developed – the major one being that Michael insisted on the designers being included in the programs in order to strengthen the show’s design credentials, where initially they were not. Michael thought he gained a lot from the series and enjoyed being exposed to the work of other designers. He could also see that there were benefits to the design outcome when the collaboration of the owner and designer became a team effort, the designer facilitating the ideas and dreams of the owner.

Suzanne then asked Michael how his book came about: the publisher, Hardie Grant, had approached him in early 2022 for a book to be based on the TV series. Michael was reluctant at first, again wanting to showcase general garden design principles learnt from the challenges of creating the different gardens which could be applicable to any garden. Michael’s main design principle of the book was to be about the design of space in the garden – its useability and the manipulation of space to create a ‘magical garden experience’.

Suzanne then asked Michael to talk about three gardens she had selected from his book: ‘Samantha’ in Portsea, designed by Fiona Brockhoff, ‘Aperture’ in Kyneton, designed by Kendall and Kate Monk, the son and daughter-in-law of the owners, and Philip Johnson’s ‘Australian Bush Billabong Garden’ in Camberwell.

‘Samantha’ was an example of a seaside garden where its harsh environment of poor soils and prevailing winds was able to provide a strong visual cue from which to capitalise in order to achieve its understated ‘seaside sense of place’. Existing melaleucas and tea-trees were pruned to sculptural shapes to imitate natural wind pruning, planting was low key in species selection with contrast limited to the restrained placement of free form and clipped form shrubs and ground covers, rather than planting of flamboyant colorful plants.



The challenge at ‘Aperture’ was to create usable garden spaces for the enjoyment of the owners, where the existing garden on the standard block of land had no existing character whatsoever and was heavily overlooked by an adjacent house on the back boundary, despite a line of ornamental pear trees. The challenge was addressed by creating a new garden where the bold design of pergolas, brick red walls (which reminded the owners of central Australia), rusty frameworks covered in creepers, and other design elements were used to great effect to form an interrelated series of garden zones for private seating and entertainment areas, vegetable and contemplative gardens, almost to the point of overcrowding. The key feature of the new garden was that these design elements, plus the clever use of dog-legged paths, openings in walls etc, were used to control sightlines, forming framed viewpoints that linked each zone visually, hence the garden’s name ‘Aperture’.



The third garden, the ‘Australian Bush Billabong Garden’ in Camberwell had a totally different emphasis altogether. This was to create a bush idyll in the heart of suburbia with a naturally filtered swimming pool as the main attraction. The design was a demonstration again of what can be achieved in the restricted space and poor soils of a suburban block. The swimming pool looked natural because of the placement of clever planting and rockwork. The planting itself was generally of Australian natives, sometimes using grafted species to suit the poorer soils, rather than the more exotic plants traditionally used by suburban Australian gardeners.



All three were totally different but demonstrated Michael’s love of creating a ‘magical garden experience’.

Michael’s TV presentation of these three gardens can still be seen on the ABC’s iView.

**Ros Savio**

## OUR WONDERFUL KNITTERS



Each year Suzanne Collings leads a group of U3A members in knitting rugs for a group in need of support. Pictured are the rugs made this year by 66 members who knitted a total of 264 squares to make 11 warm, cosy rugs for Ukrainian refugees. You may have seen them displayed at Balwyn Park Centre last week, near the first floor entrance.

The rugs are always gratefully received, and we thank the knitters for their expertise and the time they have spent in creating the rugs. Special thanks to Suzanne for organising this important activity.



### WE THANK OUR SPONSORS:

**ABN: 12 241 330 302**

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#### NOTICES:

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

See our website for details of courses.



#### DATES FOR YOUR CALENDAR:

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 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

Newsletter kindly printed by

**Jellis Craig**

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**248 Burwood Road, Hawthorn, 3122**

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**NEWSLETTER EDITOR:** Pam O'Brien assisted by Heili Mottram.