



NEWSLETTER - TERM 3, 2023



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A MESSAGE FROM OUR PRESIDENT

Hello all again. Term 3 is now well underway, and I am very excited to have met already a number of new members participating in your first U3A courses. We really do have a wonderful array of opportunities for physical, mental and social stimulation. I hope all members will try one new activity or program each term to stretch your thinking and create opportunities to meet new people.

Two key points in our statement of purpose are:

- To encourage all members to contribute their time and talents to assist with the running of the U3A and to volunteer as tutors or class leaders, and
- To operate as a learning co-operative to offer life-long learning opportunities and promote healthy ageing in a friendly and enjoyable environment.



A significant number of our members already fulfil these aims and more, and now I am really pleased to be able to report that Judy Still has agreed to take up the challenge of learning about Joan Taylor’s work and continuing as a successor in her role as Short Course Program Manager. Judy has also been co-opted onto the Committee. She has been a member for some years and has just commenced in this new role, overseeing, and supporting area managers in their preparation of the Term 4 program. Judy joined many of our current and new Short Course Coordinators in a workshop during the last vacation where they began by getting to know each other and sorting out areas/topics where they might duplicate and those in which they will work closely together.

In the Term 2 Newsletter, you were introduced to the new members of our Committee of Management, and in this edition you will meet Judy Still. Mike Bond, whom you met in the last edition, has unfortunately needed to resign from the Committee as he has been offered a (work) role which he was really pleased to accept.

Some of you may have noticed that U3A Deepdene now has an ongoing Liquor Licence which means that, unlike past years when we have been required to apply annually for a limited number of six occasions when we may serve alcohol, we are now able to serve alcohol at many more social events at Balwyn Park Centre, which may be organised more spontaneously than in the past.

I am thrilled to see our membership numbers steadily increasing as the year goes on. I encourage everyone to welcome any new members of your classes or activities.

In closing, I wish you all a happy and fulfilling Term 3. I know many are also spending some time in warmer climates. Stay safe, have fun, and feel free to tell those of us who have stayed at home about your travels.

Susie White

MEET JUDY STILL, NEW SHORT COURSE PROGRAM MANAGER

In May 2019, I returned to live in Melbourne after living and working in England for 14 years. I stayed with friends in Box Hill South on my return, so I joined U3A Deepdene.



In England, in addition to my work in Library software, I taught Australian History at various Adult/Continuing Education places around Reading, Berkshire – mainly to grandparents whose children had come to Australia in their gap year and settled here! The sessions I did in England were just brief overviews, so I decided to do some additional research and ‘flesh’ them out with more detail to be suitable for an Australian audience.

When COVID resulted in lockdowns in Melbourne, U3A Deepdene was such a wonderful resource. There were so many interesting courses every day that I was able to keep active both physically and mentally. In May 2020, I was offered a place in The Old Colonist (Rushall Park) Retirement Village in Fitzroy North and, after some deliberation, accepted.

So, although I now live over ‘the other side of town’, it is easy to get to Deepdene and I wanted to retain the friendships I made here.

Taking on the role Joan has done so brilliantly for 14 years is a bit daunting but I am looking forward to it and encouraged by the amazing people we have at Deepdene who do so much to ensure we have such an interesting, diverse program.

LUNCH FOR TUTORS AND CLASS LEADERS

To show our appreciation for the amazing contributions given by our tutors and class leaders, a lunch was held on Friday 23 June, beautifully organised by our Hospitality group. We thank tutors, leaders, and hospitality volunteers very much indeed!



PROF RAINA MacINTYRE - DARK WINTER

Prof Raina MacIntyre spoke to us on themes brought to the fore by the COVID pandemic. There is the reality of pandemics themselves, but she looked further into matters of biosecurity.

Epidemics may have natural or unnatural origins, but either must be dealt with in the same way - using public health measures. But epidemics arising from lab leaks or deliberate attacks are more within our control to prevent. Unnatural epidemics are common, but we do not hear much about them. People are aware of threats such as climate change, but not biological threats, which have become an existential threat due to quantum advances in biotechnology. Raina's book provides examples of cover-up when things go wrong.



The two main areas of these advances are genetic engineering and synthetic biology. Genetic manipulation can take many forms. The humanised mouse, developed to assist in the testing of drugs, now carries human tissues. The repeated passage of a virus through an animal may result in mutation which can enable viral transmission across genetic barriers.

Recent developments include human genome editing. Extinct viruses can be resurrected - smallpox has been replicated in Canada. 3D printing of DNA is now routine. Synthetic biology is also a problem. Open access publications of instructions for engineering viruses make the technology accessible.

Modern biological research has been managed in an environment of government regulation, lab security and publishing standards in reliable information. Standards may not always be enforced. Contagion means experiments done in one country may cause a pandemic that affects people in other countries, so global governance is needed.

Lower cost and increased access to technology has opened the way to much more unofficial activity along with a rise in DIY Biology labs worldwide. There are even small kits (the 'lab in a box') easily available, along with most of the equipment and technology required, including genetic code. If lab leaks can happen in top research labs, we must assume that a leak from a biohacker or an illicit lab will be more common, and harder to track; and it would be foolish not to expect terrorist cells to be moving into this area.

Biosecurity demands co-ordinated action between different groups, such as medical teams, police, government bodies, the military and the press. These groups have different purposes and may find it difficult in a crisis to work out what should be done, how, and by whom. A simple example Raina gave is: if there are limited stocks of masks, which of these groups should have first call on the available supplies? There is need to make each group aware of the resources and expertise of the others, to enable them to work together efficiently.

Raina believes that we are unprepared for a world full of engineered and synthetic pathogens, coming faster than we can design vaccines or drugs to counter them. Governments and experts commonly withhold information from ordinary people for fear of causing panic. She feels the greatest hope is that intelligence and enforcement agencies will step up and be prepared, but doubts that they have grasped the urgency and the scale of the problem. She feels it is imperative that we all understand the scope of both the benefits and the harm associated with biotechnology, and how it may affect the future for us all.

Raina had originally planned to write a novel, laying out her views. Instead, she was invited to write a non-fiction account. Published in 2022, it is titled *Dark Winter: an insider's guide to pandemics*. Here she explores her views at length.

Frances Clancy

GERRY ENGWERDA - WAGNER, PUTIN AND OTHER EVENTS



As in previous presentations, Gerry Engwerda's talk *The Wagner Rebellion and Putin's future* gave us a detailed, scholarly and very interesting view of events happening primarily in Russia, but commencing with a summary of 'what is in the news'.

Starting with the events of the NATO meeting in Vilnius, President Zelensky hoped that Ukraine would be admitted to NATO but this is not possible while there is war in Ukraine. Other items included a visit of the Indonesian President Widodo to Australia wanting to secure a deal on electric vehicles, as Indonesia has the world's largest nickel deposits and Australia is a significant lithium producer. In the US, both Biden and Trump are seen as too old or carry too much baggage for re-election to the Presidency, with the most popular potential candidates amongst the Democrats apparently waiting for 2028.

Regarding the Wagner rebellion of 24 June, the leader Yevgeny Prigozhin, when just 200 km from Moscow, decided to turn back in order to avoid 'shedding Russian blood'. It appears that Putin has let Prigozhin off scot-free. These two men had known each other for some time, since Putin took some of his foreign guests to dine at Prigozhin's upmarket restaurant on the Neva River in St. Petersburg. The Wagner troops have been around for some time, being active in Africa, Syria and elsewhere, but are presently in Belarus training. They have been recruited extensively from Russian prisons.

Engwerda thinks that Putin and Russia have numerous longer-term problems that have much to do with the nature of Russia's economy, their relationship with China and their changing demographics. He needs the Wagner troops on his side but can Putin hold on? Engwerda is of the opinion that Putin's grip on power has been severely weakened.

Thank you very much Gerry for all the research and diligence that has gone into this presentation; we do look forward to future talks.

Anne Miller

AUSTRALIA'S MIGRANTS

From Biruta Don: The Leveris family - Exodus from Lithuania to Australia

I want my parent's heart-breaking but heroic story to be shared with others. I also feel it is a good time to tell my family story given the war in Ukraine has forced so many refugees to flee from Russia's relentless attacks. In the 1940s, my parents fled Lithuania during the German retreat and the Russian invasion during World War 2 (WW2). They were fortunate to be able to settle in Australia where they prospered and lived safely unlike many who were killed or transported to Siberia.

Their story is not dissimilar to many who have fled war to be welcomed by Australia. However, some refugees were called 'wogs' and criticised for not speaking English and for not assimilating into the Australian way of life. The refugees helped the Australian economy since it was short of workers after WW2. Generally, Australians welcomed refugees from the Baltic states.

My father Antanas Leveris was born in 1915, during WW1, on a farm in Lithuania. In 1927, his father died so his mother and her four children took over running the family farm. During WW2, Lithuania was occupied by the Soviet Union (1940-1941), Nazi Germany (1941-1944), and the Soviet Union again from 1944. Finally, in 1991 Lithuania was liberated and returned to being a democratic country no longer under Russian rule.

In 1943, my mother Ona Grigaitis, aged almost 20, married Antanas who was almost 30. Soon after, fearing deportation to Siberia by the Russians, they fled Lithuania through Poland to Germany by horse and cart. They fled with millions of other refugees and Germans, making the journey extremely hazardous. Their son, also

named Antanas, was born during the journey but died due to the cold weather, constant bombings and lack of food. Fortunately, my parents met another refugee who spoke Polish and German so he could help them beg for food and other provisions.

Ona and Antanas survived this journey despite being separated for a few weeks while looking for food. They were reunited after crossing the bridge at Stettin (now Szczecin in Poland). Soon after this the bridge was bombed, thus stopping this escape route from Lithuania via Poland. They rode together on their remaining horse to Germany in August 1944 seeking asylum. This was just before the war ended but their ordeal continued for another five years in Displaced Persons Camps in Germany (Blomberg) and Italy (Naples).



1944: Antanas and Ona Leveris (rear seat) fleeing Lithuania by horse and cart

Their second son, Gediminas, was born in Germany in 1945 soon after WW2 ended. Another son, Pranas, was born in Germany in 1947. In 1948, Antanas migrated to Australia. He was required to work for the Australian Government for at least two years with minimal pay, living in a tent in the Gulpa Forest in NSW near the Victorian border. He and other Lithuanian men were recruited to cut down massive trees with manual saws for railway sleepers.

In 1948, Ona and her two boys were not permitted to leave Naples with Antanas since Pranas had caught measles just before the boat was due to sail to Australia. Pranas died in Naples in 1949, aged only two years, due to the lack of adequate medical facilities. Fortunately, my mother and brother were strong enough to survive in the hospital and then the overcrowded sea journey to Australia. They landed in the middle of the night and went by steam train from Sydney to Bathurst, where the temperature was minus 6 degrees. My father met them at Bathurst and drove them for eight hours in his truck to the Gulpa Forest to live in tents.

I was born in 1951 in Deniliquin and soon afterwards the family moved to St Marys, NSW, on the outskirts of Sydney. My twin brothers, Romauldas and Vytautas, were born in 1953. The Leveris family operated a firewood and fencing business for more than 50 years, and they also built numerous houses with their Lithuanian friends.

In 1965, after 15 years on a visa, my parents received their Certificates of Naturalization as Australian Citizens. In 1991, Antanas died suddenly in his sleep aged 76 years. Ona is still doing well in a good nursing home in Sydney and we look forward to her 100th birthday next year.



1964: Leveris family with spades, begin to build their holiday house at Copacabana Beach NSW

I was the first member of a Leveris or Grigaitis family to finish high school or attend university, since my ancestors had been farmers or manual workers. Despite being born in Australia, I did not learn English until I went to school, as I lived in a community on the outskirts of Sydney where most spoke Lithuanian. In 1974, after completing my studies at university, I worked as a town planner in Melbourne. After retiring in 2019, I was fortunate to join the U3A community where I enjoy learning from others, making friends and volunteering.

Biruta Don

We thank Biruta for sharing her family story with us. It would be very special if we could feature other stories of journeys to Australia by our families. If you have a story to share we would be pleased to publish it in our Newsletter; please send it to the editor: u3adeepdeneeditor@gmail.com

FRENCH CONVERSATION



Walk into a certain café on a Friday afternoon after 3pm and you will hear a curious babble of conversation coming from one particular area. Were you to be able to distinguish one conversation from amongst the several occurring at once, you might detect an unfamiliar intonation, a rather charming euphony—hmm, you might think, definitely not English then!

This is not a class as such, in that there is no formal teaching, and the mood aimed for is akin to a group of friends meeting for coffee/tea and casual chat, albeit in French. To maintain the convivial mood, we stay away from prickly subjects. In France of course, certain topics are deemed taboo - religion, money/wealth, work, politics, to name a few.

U3A Deepdene's French Conversation at a Local Café (FCLC) had its beginnings in Term 4 of 2019, when yours truly decided it was time to get serious about actually speaking 'la belle langue de Molière'. Bear with me while I digress ...

Even when one comes to French late in life, it is surprising how much can be learned from listening to French podcasts, studying French grammar books, watching French films and even singing (tragically true) along to French songs. Motivation is the key and suffice to say I was and still am besotted with this seductive language. More was needed however, so midway through 2018 enter U3A and Ian Adam's (he of indefatigable patience) French Intermediate class. Fast forward one year later ... a hiatus, in the form of a French immersion in a small town in Normandy: two weeks staying in a garden studio on my teacher's property and fumbling/stumbling my way through speaking nothing but French for four hours a day. Oh my - a baptism of fire!

Returning to Melbourne and Ian's class (and here in this story to the point of digression where I left you with 'yours truly decided to get serious') I was reluctant to lose what had been gained. Time to take another deep plunge. What U3A Deepdene was lacking (said some know-it-all) was a conversation group speaking impromptu French. Because that's the whole point of studying a language, is it not? I mean one wants to be able to speak the language without almost falling into a dead faint first! And why not meet in a café rather than a classroom? With encouragement and some useful suggestions from the marvellous Jenny Cash, a new course was born.

All was going well until the totally unexpected advent of COVID lockdowns, necessitating a change to our modus operandi, as was the case for many other courses. FCLC (perhaps more aptly FCZ – French Conversation on Zoom) was able to continue - with some fallout in membership - zoom not being everyone's cup of tea. When lockdowns were lifted, not everyone was ready to return to the café, so we became two, with FCZ continuing on zoom and FCLC recommencing back at the café, thanks to Alain Romary for stepping in to host the latter.

Some four years after FCLC's first meeting, we are still as chatty as ever, although we are now gathering at another café. Our members range in ability, informality is the order of the day, mistakes are a learning opportunity, encouragement is plentiful, and there is a real buzz about conversing together in this language that we love.

And for those of our members who like to have a little tippie with their French, we have even graduated to FCLP (French Conversation at a Local Pub) during term breaks - it's Happy Hour on Friday afternoons. Santé!

Linda Marshman

And now to wrap this up, a reflection from a member: 'At 4.00 o'clock on a Friday, we, like so many French people, enjoy the hospitality of a café, drink refreshing coffee and hot chocolate, involve ourselves in passionate conversation about diverse subjects including our lives and experiences, and thoughts about that beautiful country. Are we in Paris? Alas no! We are only in a Balwyn café. But for an hour and a half we can dream, be transformed into Francophiles as we struggle to master that romantic language. I forget Peter as I become *Pierre* thanks to the organization, dedication and encouragement of the U3A French team.'

Peter D

DELICIOUS CHOCOLATE MERINGUE BISCUITS

Did you enjoy a delicious meringue biscuit at a recent function at Balwyn Park Centre? Did you wish you could make such delights yourself? Well, now you can - the creator of these meringues, Corinne Jewitt, has generously agreed to share her recipe with us!

CHOCOLATE MERINGUE BISCUITS

3 egg whites
1 cup castor sugar
185g choc bits
2 tablespoons sifted cocoa powder
½ teaspoon vanilla essence

Beat egg whites until frothy. On high speed slowly add sugar, beating until stiff.

Fold in chocolate, cocoa and essence. Do not beat – mixture should have brown and white streaks through it. Drop small teaspoons of mixture on to trays lined with baking paper. Bake in a pre-heated slow oven (temp may vary according to oven – I do 115 degrees fan forced for about 30 minutes). Biscuits should be dry on the outside but still soft inside. Cool biscuits 5-10 minutes on tray before removing.



RAIDS ON DARWIN DURING WW2 - BARBARA EMERSON

The Japanese conducted a series of bombing raids on Darwin commencing on 19 February 1942 and ending more than a year later in November 1943. In total, there were 64 raids on Darwin, as well as many other bombings across Australia's northern coastline, including Port Hedland, Broome, Horn Island and Townsville. With the loss of over 230 lives on the first day, the raids were a momentous episode in Australia's history. Having already conquered almost all of our northern neighbours' territories, the Japanese were very determined in these attacks, causing widespread panic and fear among the Australian public.

On Thursday 8 June, Barbara Emerson gave a presentation on these events to a well-attended gathering at Balwyn Park Centre. She described and placed these Japanese raids into an historical context, starting with the founding and naming of Darwin that included such prominent figures at the time as John Lort Stokes and George Goyder. She discussed the construction of the overland telegraph line between Adelaide and Darwin in the early 1870s that was soon thereafter connected to the British telegraph cable system via Java, thus creating the first direct messaging system from Adelaide to London.

Her main focus was on the history of Darwin, its people and, importantly, the social context. She touched upon the *White Australia Policy* and some implications for non-Europeans, especially Chinese labourers and their families who outnumbered the 'white' population in Darwin by a factor of 7 to 1 prior to the Second World War.

She considered the unconscionable institutionalisation of part-Aboriginal children who were removed from their parents and forced to reside at the Kahlin Compound in Darwin.

Nevertheless, some military and operational details associated with the raids were provided. I was interested to learn of the Japanese tactics used in the main attacks on Darwin. The route taken by their planes was to enter Australian territory to the east of Darwin and then circle around to approach the city from a south-east direction, giving an initial impression to the locals that they were 'friendly' planes coming from the interior. In addition, this tactic also meant that Japanese pilots had better visibility of Darwin because they had the sun behind them as they approached their target.

Barbara summarised the bombing raids in just a few simple, yet powerful words: *tragedy, trauma and destruction*. Accessing archival photographs, she portrayed her story in a more personable way for her audience by linking individual lives to this *tragedy, trauma and destruction* they faced. The tragic story of the local post office was told and all its staff who were killed on the first day of the bombings. She showed us pictures of the extensive damage to Darwin's main city street and its principal wharf, the nurses' quarters, the RAAF headquarters, the Qantas/Guinea Airways hangar and buildings, as well as the Don Hotel, an important landmark. Crucially, Barbara's well researched presentation shed light on various individual back-stories and, in particular, that of her father, Bill Emerson, who at the time worked at the local branch of the Commonwealth Bank.

She also reflected on a multitude of consequences the raids had - from local considerations to those of a national and political nature. For instance, Barbara considered the treatment of women and children who had to be evacuated prior to the first raids. With the advance of Japan's military forces towards Australia, local Japanese families were ostracised and discriminated against in awful ways. Other implications for the raids and their aftermath included Commonwealth and Northern Territory relations, labour working conditions, shifting international alliances (in particular, the relation between Australia and the UK, and Australia and the USA), and defence policies and spending.

For my generation and my children's generation - for those who have not seen war close-up - these are seen mainly as past, appalling events. But, their real impact is *not felt* and may not seem real. If history teaches us anything, it teaches us that the historical trajectory is not always in a straight line. There is no predetermined path that history takes. Democratic systems of government do not continue to expand because they are considered morally superior to those of authoritarian regimes. Events that unfold happen because leaders and their followers allow them to be so. These are based on decisions made (or not made) and actions taken (or not taken). Barbara has given us a timely reminder that dreadful consequences can and do happen at the hands of foreign aggressors - take Ukraine today as an example. While we want to enjoy the life we have in Australia, it should never be taken for granted.

I look forward very much to more presentations that Barbara has to offer.

Vince Giuca



Government House Darwin, 2 January, 1911. Reception to celebrate the transfer of the Northern Territory from South Australian administration to Commonwealth administration.

Ref: Library&ArchivesNT 2023, **Government House, 2 Jan. 1911, Peter Spillett collection**, viewed 19 June, 2023<<https://territorystories.nt.gov.au/10070/750084>>



Chinese Houses in Cavenagh Street, Darwin, 1890

Ref: Library&ArchivesNT 2023, **Chinese Houses in Cavenagh Street, Darwin 1890, Peter Spillett collection**, viewed 19 June, 2023, <<https://territorystories.nt.gov.au/10070/741859>>

WHEN IS IT TIME TO STOP DRIVING?

(Summary of a presentation by Dr Amie Hayley, Centre for Human Psychopharmacology, Swinburne University of Technology)

Australia has some of the best road safety practices (and statistics) in the world – and we need to maintain this. Advancing age (in itself) is not a barrier to safe driving, but we must recognise that our driving ability does generally decrease as we get older – an unfortunate and unpalatable reality that must be faced.

Across Australia, 93% of people aged 50-64 are current and active drivers, and there are 533,000 drivers who are over 70 years. This is much higher than younger age groups, where car ownership is actually dropping. By 2030, drivers aged 65 and older are expected to make up 20% of the total driving population of Australia.

Since 2007, the number of road deaths of people aged 65-74 years has increased 2.3% each year – certainly not a desirable trend.

Research has identified the factors that older drivers themselves consider to be the biggest risks on the road – which are quite different from the concerns expressed by younger drivers. The most pressing concerns often raised by older drivers are changes to road rules and regulations, and the new ‘smart’ technology in modern vehicles. Another major worry is the aggressive behaviour of some other drivers, especially younger people.

Other concerns are related to navigating more complex, busy roadways, the need to accurately judge distances and speed, and also the risk of fatigue on longer trips. On the positive side, there is strong evidence that older drivers generally are aware of their limitations, and will adjust their driving accordingly. On average, older drivers will drive fewer kilometres each year, reducing the likelihood of accidents. However, sadly, there is still a marked increase in deaths per kilometre.

Driving is a surprisingly complex task, requiring some special skills.

Some of these ‘hidden’ skills that we need to drive are:

1. **Attention** – keeping focus and making sure we pay attention to every part of the road environment, while simultaneously coordinating all tasks within the vehicle. This is often made much more difficult when there are passengers (especially young grandchildren!) or other distractors, such as a mobile phone or GPS.
2. **Reaction time** – this refers to our ability to react to changes in our environment, both in terms of how quickly we can react, to making sure that we make the correct decision. This might involve quick signal changes or braking quickly in response to a vehicle in front.
3. **Executive function** – just a fancy term for thinking and planning. This might include being able to mentally map out the route, but is also critical for anticipating the behaviours of other road users, including bike-riders and pedestrians - and anticipating any corrective movements we might need to make in response to a surprise.
4. **Visual acuity** – This one refers to both our ability to physically see and scan our environment, but importantly, **HOW** we use that information – driving is a highly visual task, that can be affected by our age.

Many medical conditions that can affect us as we age can also have a direct or indirect effect on our ability to drive, based on the way that they affect the core skills needed to control a vehicle. They include sleep disorders,



How to keep driving safely

1. Plan driving during off peak periods
2. Carefully plan driving routes
3. Consider extra training/instruction
4. Try to drive only in daylight hours and avoid driving at sunset or sunrise
5. Choose a vehicle with the most up-to-date safety features that you can afford

diabetes and heart conditions. Related to this, there are many medicines, including pain-killers, tranquilisers, sedatives, and some cold and 'flu medications that will impair driving ability. If you are unsure about the risk, consult your doctor. In any case, you should always have an annual medical check-up.

At present, there is no standard way to test a person's fitness to drive. There are several approaches, ranging from in-person driving tests to 'cognitive screening tests' – just Google that, for a good explanation. Also, there are useful resources at:

- RACV – *The Years Ahead*
- METEC – Senior Safety Session
- Disabled Motorists Australia

Mike Bond

WINTER WANDERINGS

Many thanks to Anne Kemp for her leadership in organising a very enjoyable program during the mid-year break. We were offered a number of excursions as well as two Travel sessions on zoom – Frank Devlin's very special trip to beautiful Andalucia, and Peter Ogier's fascinating story about discovering his roots in Guernsey. Reviews of some outings follow:

1. AUSTRALIAN WOMEN'S WEEKLY EXHIBITION AT THE BENDIGO ART GALLERY

'When the Australian Women's Weekly sees genius, it goes after it' - George Warnecke, 1933 - Australian journalist and editor.

'It's a very trusted magazine. It's a friend. I think the Women's Weekly is a friend' - Ita Buttrose, 1975 - editor.

Most women would be more than familiar with the Weekly as it was a 'stalwart' in most homes during our lifetimes, firstly viewed as children via our mothers and grandmothers, and then as a regular in our own lives. There was something for everyone, one quoting it was her 'bible' for domestic life! From up-front stories to fashion, beauty, health and fitness, creative crafts, gardening, cooking, book and film reviews, puzzles, horoscopes and a plethora of related advertising etc. always showcasing women and their issues, skills and achievements; offering tips and advice to questions from readers! And, of course, the fabulous and extensive food articles and recipes accompanied by stunning photos.



So, with that in mind, on a crisp July Monday morning, 23 hardy U3A members (including several males) congregated in readiness for our V-Line trip to Bendigo. Fully rugged-up in readiness for even crisper Bendigo temperatures, we eagerly awaited the arrival of our 9.07am train, unfortunately delayed for 25 minutes due to a medical episode on the Bendigo inbound train.

Finally ensconced, in an almost full 2-carriage train, there was much chatter and laughter over the nearly two hour train trip, (Senior Myki \$2.30, best value in town, unless you are the unlucky ones who can't get a seat).

After a brisk 15-minute walk, we finally arrived at the Gallery, cloaked our heavy winter garments, well and truly ready for the free-entry exhibition.



The exhibition marks the 90th anniversary of *The Australian Women's Weekly* first issue in 1933, embracing some of the inspiring women who played a large part in its history; showcasing the changing eras of journalism, fashion and creativity which have inspired Australia's domestic arena.

Everyone perused the exhibition at their own leisure. Entering to a montage-wall of historic cover pages and becoming immersed in the wonderful world of fashion with larger-than-life blow-up cover shots of such notable Australian women as Maggie Beer, Miranda Tapsell, Crown Princess Mary of Denmark, Delta Goodrem, Isla Fisher, and Tina Arena, together with their respective exquisite gowns created by several of Australia's leading designers.

Many notables were highlighted: the Jenny Kee-designed knitted 'Koala' jumper famously embraced by Princess Diana; the *Busy Woman's Answer Book*; the use of illustrators in early days, as it was cheaper than printing photographs to accompany fiction stories; 'Women of Influence' whose talent behind the scenes helped the WW to not only thrive, but survive, during periods of profound social change and radical transformation in media and technology; the influence of the worldly French-speaking sister-in-law of Frank Packer, Mary Hordern, appointed in 1946 - all these marked a subtle shift in enhancing the prominence of sophistication in fashion post WW2. Also, Esme Fenton ran the magazine from 1950-72 when it had the highest circulation per capita of any women's magazine in the world (up to 800,000 copies per week); the acquisition of the trail-blazing war-correspondent Dorothy Drain who went onto become Editor-in-chief in 1972; The Weekly's Portrait Prize, established in 1955-59, and was the most valuable in Australia, rivalling the Archibald. The prize directly addressed gender '*nominating women and children as subjects to break away from the present tendency in portrait competitions to concentrate mainly on men*'; Ita Buttrose arguably the most celebrated and youngest editor at age 33; and the influence of Kerry Packer during her tenure. Other notables were Maggie Tabberer and Debra Hutton in more recent times.

And last, but definitely not least, is the famous ***Birthday Party Cookbook***, showcased on a wall of actual birthday party cake happy snaps. As luck would have it, I randomly found a photo of the first birthday party and cake of a child of a friend of my daughter - what an extraordinary coincidence amongst the many hundreds of small photos!! There was much chatter and exclamation as to how many our viewers had made, and how their daughters were now making them for their children, or in some cases, the grandmother making a repeat effort a generation later ... what an institution! The other surprise was how many of us still have the book and many others in the series, together with the original hardcover Australian WW Cookbook!!!



In 1983 frequency was reduced from weekly to monthly ... retaining 'Weekly' for obvious reasons!! Who knows where the magazine will go from here with the downturn in all magazines?

A very enjoyable lunch was had at the historic Shamrock Hotel in the heart of Bendigo, before returning on the homeward leg of a very memorable day out – a walk down memory lane!

Kay Axsentieff

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.

2. VISIT TO THE GREAT MINIATURE ART EXHIBITION AT COMO HOUSE

As part of the Vacation program, Winter Wanderings, a group of U3A Deepdene members visited Como House to view the Great Miniature Art Exhibition. We met in The Stables, the café at Como House, for a coffee and chat. As the exhibition and access to the gardens were free, we were able to wander in the Exhibition and gardens at our own pace and chat with friends.

It was the first sunny day for some time so was a perfect day for an outing. As the ground was wet, we decided to visit the art exhibition first so no mud would be trampled through the house.

The exhibition was astounding, as the art works were indeed so small, and the subjects were captured in minute detail. It is difficult to believe that artists could paint such small images. At the entry we were offered a magnifying glass to help us view the images. As there were not many, some of us used the photo app on our phones to zoom in on the paintings. To help us understand the sizes of the art works, in relation to real life, small pink chairs were placed next to a normal chair, and also on the grand piano.

There were over 750 miniature art works to view from 200 artists from 20 countries:



Lithuania, Colombia, Israel, Finland, and many others. The global response to the exhibition has impressed the organisers.

Artists were instructed to work on a fixed size of 25mm x 38mm (1inch x 1.5inches).



The artworks feature such mediums as watercolour, oil, acrylic, pastel, pencil, crayon and ink. Subjects varied from portraits, landscapes, seascapes, still life and wildlife. Most surprising was that each piece of art was framed in a handmade maple timber frame with mitred corners!

Included in the exhibition were 46 miniatures from the renowned *Twenty Melbourne Painters Society*. The Society was founded in 1918 by Max Meldrum as an objection to the Victorian Artists Society for not voting him President.

The Giant Miniature Art Exhibition was first held in 2021 as a complement to the National Trust's *Doll House: miniature worlds of wonder*, but now is planned to be held every two years.



On such a lovely sunny day it was very pleasant to walk within the garden and see the rejuvenated border. Paul Bangay, as Ambassador for Como House, has rejuvenated the perennial border of the garden. His design is befitting the scale and significance of such a garden as at Como House and his design comprised of over 900 plants. Paul had accessed the diary notes of the original gardener, William Sangster in 1892, to ensure that he maintained the varieties listed. I was pleased to see that the vegetable garden was being maintained too.

Lois Heycox

3. TOUR OF THE AUSTRALIAN JAZZ MUSEUM



JAZZ IT UP!!

Entertainment plus, thanks to Anne Kemp's organising, when we made a vacation excursion to the Australian Jazz Museum in Wantirna on 4 July.

Run by energetic volunteers, this museum is a major collector of Australia's jazz history with many enthusiasts working to preserve donated recordings, instruments, souvenirs and paraphernalia. Jam-packed files and cabinets are squeezed into the available space, through which we were led, single-file, along narrow passages and around corners full of amazing artefacts from Australia's jazz world.

The highlight came during lunch as five accomplished musicians played and improvised on saxophones, drums and guitars.

Refer to the AJM website at ajm.org.au for more pictorial information of their vast display.

Beth Light

THE 'SCAM MULE' SYSTEM



Many of our members have been unable to attend the various talks on scams, a growing social scourge. In my attempt to save many of you from a ghastly experience, I would like to tell you about a recent very nasty development, using the 'scam mule' system.

Although deeply embarrassing for Jenny (not Jenny Cash), we should all be grateful to her for publicizing this event in the hope of saving bank customers from becoming scam victims. This scam gives an example of how clever and convincing scammers can be. Jenny, a recently retired GP practice manager and her retired GP husband lost \$310,000 to a scammer.

Jenny **received a phone call from a caller** who said he was from the Commonwealth Bank and who told her there were suspicious transactions in her account. Jenny confirmed this and was thankful for being told. The caller told her to check her computer security by downloading TeamViewer for remote access. TeamViewer showed a false reassuring screen notice 'TeamViewer working securely' to reassure Jenny. The caller explained that he was dealing with live threats to her account, asked her to read out token codes the bank was sending to her phone and needed more time to do all this work.

When Jenny eventually became suspicious and called her bank, the call took ages waiting in a queue and then more time to clear security checks, all preventing rapid actions to intercept the illegal money transfers. She discovered she had given the caller 31 token codes, each code enabling him to transfer just under \$10,000 from her account. \$299,996 was successfully stolen.

A money mule is a person whose account is used to transfer illegally acquired funds through the banking system and out of the reach of law enforcement. Money mule accounts are created using stolen identities or set up legitimately by people who are recruited to transfer money and move it offshore. The mule is given instructions on where to send the money.

The authorities say that once the transactions are made and they are out of Australia, there is no jurisdiction over them. The banks are seeing the use of mule accounts in the majority of scam reports received.

As part of the anti-money laundering legislation, strict identification processes are in place to ensure people who apply for and open an account are who they say they are. Many banks limit international transactions to \$10,000.

The vital take-away messages. If a so-called 'bank employee' phones, be sure to validate their identity. Do not allow third-party remote access to control your computer and never reveal bank transaction codes, which are used as dual factor authentication to approve each new transaction. The Bank is not liable for these security breaches and losses.

Gerald Hughes

TIM ENTWISLE

What a privilege to have had Tim Entwisle share a potted version of his memoir, *Evergreen - the Botanical Life of a Plant Punk*, penned during COVID.

Tim began his university life studying Maths and Physics at the University of Melbourne, but in second year switched entirely to Botany. His subsequent passion for algae progressed into a PhD. He continues this interest today: he even has an alga named after him.



Tim was occasionally employed by Royal Botanic Gardens Victoria (RBGV) while a student, mounting herbarium specimens. Thus began his addiction to RBGV. When he returned to the Gardens on completion of his PhD, it was as a botanist and a Flora (plant encyclopaedia) writer. Tim was asked to edit a new Flora of Victoria ... a comprehensive guide to flowering plants, conifers and ferns in the State. Whilst a flora writer, he was encouraged to continue his research as an algal taxonomist. This thread of algal research is a constant throughout his entire career.

After several years, Tim went to Sydney as executive director of science, and then as director, of the RBG Sydney. More than a decade later, he took a senior role at Kew Gardens London, as director of Conservation, Living Collections and Estates. Two years later, the position of director of RBGV was advertised, and Victoria beckoned.

Tim is affable. The public embraces his strong personal presence in the media. He speaks regularly to community groups and plant enthusiasts. Radio, television and print are all part of his oeuvre, and he is the author of a number of books as well. A devotee of social media, he is considered to be one of Australia's most famous science communicators.

Tim's media profile has no doubt raised the standing of RBGV, here and overseas. Visitor numbers have doubled since 2014 and the gardens regularly win tourism awards. Part of Tim's 'professional development' involved visits to gardens all over the world, to work out what things worked and what didn't; or discovering planting designs that attracted patrons. The international reputation of our RBG is based on his experience and travel.

Protecting the State's botanical collection, hosting conferences on climate change and embracing future thinking means that Melbourne can take a leadership position in the realm of botanical gardens.

The drought, COVID and Climate Change all pose significant challenges for the organisation. Botanic Gardens need to plan for a changing climate if they are to survive and function as they do today.

All 3000 Botanic Gardens around the world are under threat. So, 500 countries have signed the Climate Change Alliance to commit to saving the plants and our planet. Tim is President of the International Association of BGs.

The Gardens is a huge 'business'. Financially the government contributes some money and philanthropy and business give a proportion. But the Gardens must generate its own income to complete the annual equation. Events such as Lightscape, theatrical and musical performances, and hospitality to name just a few, bring in the crowds and are necessary to balance the books.

Costs are escalating and maintenance is constant. Bold projects, whilst costing eye-watering sums, do generate tourism and revenue, and create jobs. Grand plans are in train for the next decade and beyond.

We all remember visiting the beloved Gardens as children. Decades later, we still gravitate to this place of wonderment and serenity.

Tim Entwisle can leave his role as director, knowing that these Gardens are one of the world's most beautiful. We applaud your stellar career, Tim, and will be keen to learn where your labour and scholarship leadeth.

Lyn Anderson

A VISIT TO THE FOX CAR COLLECTION



Amid Dockland's modern glitz stands a tough old brick warehouse. Originally a Victorian Colonial, then Federal Customs House built in the 1890s it was located (back then) adjacent to the wharves on the Yarra River. Depending upon which monarch was on the throne it has been known as King's (or Queen's) warehouse. For a time, it housed Treasury's note and stamp printing operations and was a major goods and distribution centre during WW2.

Since 1997 it has housed the amazing Lindsay Fox car collection. Lindsay Fox, founder of the Linfox trucking and logistics empire, built his collection over 50 years. He then donated the collection to a Trust to raise funds for charity and for the public to enjoy.

The vehicles on display are changed around regularly. Part of the collection is housed in a special hangar at Essendon Fields, whilst the rest of the collection is on display at Docklands. Restoration of the vehicles carried out at Essendon is of very high standard.

On 15 June an interested group from U3A Deepdene met at the old warehouse to view cars on display. Our helpful guide took us on a one-hour tour, pointing out interesting facts regarding each vehicle.

The cars we saw were strictly European – the odd one being a 1980's racing Commodore once driven at Bathurst by Peter Brock and Alan Moffat. Many of the cars are unique, or rare. The power, performance, and the price-tag on some of the exhibits was eye-watering. Are they cars or projectiles?

Some of the highlights:

- Interesting and rare Mercedes cars, including relatively recent super high-performance models led by a 2010 SLR McLaren, two gorgeous 1950s gull-wing door 300SLs, and a 1937 540K cabriolet – one of a small number made for the use of Nazi dignitaries. This one had right-hand drive and was purpose built for the German Ambassador to Britain. We were told that a similar car recently sold at auction for \$9,900,000.
- A collection of rare Ferraris, including an Enzo and an F40 – high performance super expensive vehicles.
- Exotic Porsches, including two early 356s, and several rare, racing, and high-performance models. The collection has absorbed around eleven Porsches formerly owned by Gregor Piech – a great-grandson of Ferdinand Porsche. Fox acquired this unique fleet, all finished in a distinctive shade of sapphire blue.

Amongst all these amazing cars, my favourite was relatively down-to-earth – a 1950s Austin-Healey 100S – a sports/racing version of the popular Austin Healey with a modified but very ordinary Austin A90 engine under the bonnet.

U3A members enjoyed a very interesting morning – the Fox collection is well worth a look.

Peter Anderson

MELBOURNE v COLLINGWOOD – THE DOMINANT YEARS

It was Monday 22 May, AFL mid-season, round 11. Collingwood remained on top of the ladder and Melbourne had slipped from second to fourth position. At Balwyn Park, in a meeting room - not out on the oval - a small group of 'true believers', yes, Melbourne and Collingwood supporters, met to hear Ken Mitchell speak about his book:

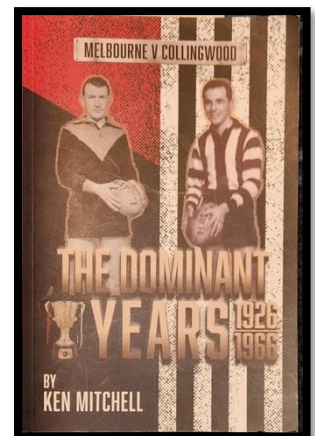
Melbourne v Collingwood – The Dominant Years – 1926 to 1966

Oh, those glorious years! Some U3A members were dressed in appropriate team colours – red and blue, black and white, and of course, the obligatory footie scarf. Others remained incognito. Despite conflicting loyalties, here at U3A Deepdene, a convivial spirit among footie fan enthusiasts prevailed.

Ken Mitchell had been a VFL boundary umpire for 13 years. He spoke about his book with statistics of those years and many anecdotes from his days on the field. Members were able to reflect on how Aussie Rules was a mirror of political and social developments in Australian society, the cancellation of matches during the two World Wars, the importance of football to families during the Depression, of the players' pay - £2/10/00 per match, yes two pounds 10 shillings.

And we members of U3A are of the generation which recognised so many names heard around the kitchen table, on the radio and in the early days of TV. For Melbourne fans they recalled Norm Smith, the Cordners, the young Ron Barassi and Brian Dixon. Syd and Gordon Coventry, Lou Richards, Thorold Merrett and Bob Rose were names on the Collingwood list. And, of course, there were the umpires such as Harry Beitzel.

A member spoke of a forefather playing for Melbourne as a young man, then off to World War I. Another showed Collingwood annual membership cards from the 1950s, each match attended snipped in the manner we remember from the tram conductors snipping our tram tickets.



Thank you, Ken, for an interesting afternoon of football history - 1926 to 1966 - when Collingwood and Melbourne dominated the Victorian football scene with 18 premierships and 11 runners up; and of course, we loyal fans now look to season 2023 and the future when Collingwood or Melbourne may enjoy a return to those glorious, dominant years.

Joan Anson – C'mon the Pies

A VISIT TO ST ANTHONY'S FRIARY CHURCH

On 31 May we enjoyed a visit to St Anthony' Capuchin Friary church in Power Street, Hawthorn. This church was built in the 1960s with the generous participation of the Italian community of Melbourne. It is beautifully decorated with exceptional mosaic tiles and carved marble, imported from Italy or produced here by Italian migrants. The interior of the church, with its extravagant use of gold leaf and modern stained glass windows, reflects the deep traditional faith of many early Italian migrants.



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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.

The Program Guide for Term 4 2023 will be distributed at the end of August.

TERM DATES, 2023:

Term 3 Monday 17 July to Friday 8 September
Term 4 Monday 2 October to Friday 1 December

TERM DATES TERM 1, 2024 (proposed):

Monday 5 February to Friday 22 March

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