U3A WALLAN INC.

*Newsletter – Issue 12 – September 2021*

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# BREAKING NEWS - Wed 22/9/21 @ 9.15 am – Did the Earth Move for You?

Go to page 24 for our members reports.

# Welcome Members

## *Message from the U3A Wallan Inc. President*

To all our members

Here we are already in the second half of September and still unable to completely open up to classes and outings as yet. This year our Christmas may have to take on a new theme. Unless the rules of isolation change before December, we will not be able to celebrate together.

Even our shopping will not be the same and gifts for family and friends may have to be off the internet or handmade crafts items we have produced throughout this period. Anyway, it's something to get us motivated in the coming weeks.

Wendy is now working on a September Newsletter and is glad to hear from you when you have any ideas or interesting articles to include. Special thanks to all that work on giving us our monthly Newsletter, it keeps us informed about coming events, news and sometimes a chance for a laugh.

A special Happy Birthday to all members who are celebrating this month. I have posted out our handmade cards to everyone. But if there is someone not on the list, please get in touch.

This time of year, our Card Group Ladies gather cards that we have made throughout the year, and we donate them to our local nursing homes. It has been a successful enterprise and our elderly Ladies really enjoy having something special to send to their families.

Hopefully we will all be back to classes soon, we will keep in touch and let you know of all our future plans or changes to the program.
Marleen

## *Message from the U3A Wallan Inc. Secretary*

Dear Members,

I hope you are all coping with the restrictions it isn't the way we want to live but look to the future, things can only get better once everyone is vaccinated.

To the members who have had birthdays while we have been unable to meet up, I hope you have all been able to enjoy your special day, my birthday is coming up in November can't believe it, where have all the years gone I'm sure we all think that.

You may remember in one of the newsletters I wrote a piece on the Yarrawonga Weir Bridge and that is owned by the Goulburn Valley Water Authority well on the 6th of October they are closing it. All the traffic will now have to use the bridge in the main street, this will make it hard for both sides of the border especially when big farm machinery use it to.

There was a proposal between the NSW and Victorian governments to replace the main street bridge, but they couldn't agree on the route, so they decided to do it up which cost $3.5 million just so it lasts a few more years typical of politicians.

Unfortunately, it is hard to meet inside the WNH with only ten people allowed in total in the building but hopefully things will change soon.

Hope you are interested in reading our newsletter we try to keep you up to date at what is going on.

Thinking of you all, keep your spirits up. Brenda

## *Message from the Social Secretary*

As soon as we can make COVID 19 safe bookings, with reference to outings, tea and talks, and live entertainment, we will inform all members of what is on offer. Stay Safe, Lesley

**Mission:**

*Our mission is to make the third age the fun age for Wallan & District residents through participation in Wallan Inc. U3A activities.*

## *Message Extract from the Mitchell Shire Community Development Coordinator*

Dear Members,

I have attached this notice from the council after today's [Sun19th Sept] announcement of our 7day lockdown from midnight tonight.

Take care everyone. Brenda - U3A Wallan Inc Secretary

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***Extract from Mitchell Shire Sunday 19th September 2021*** …You are receiving this email because you are a regular user of a Mitchell Shire Council community facility.

Today the Victorian State Government announced a lockdown for Mitchell Shire. Mitchell Shire will move to the same restrictions as metropolitan Melbourne. Please be advised that community facilities will be closed except for essential services from **11:59pm tonight**. The lockdown is expected to remain in place for 7 days.

**Please note that your group cannot return to the site after today until otherwise advised by Mitchell Shire Council.**

The Victorian Government releases updates of 'stay at home directions' and 'restricted activity directions' which dictate which activities are allowable.

You can monitor these directions at https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19 (Directions issued by Victoria's Chief Health Officer) or call the Victorian State Government COVID-19 hotline on 1800 675 398.

**What to do**

- For those groups who are lead users of sites, please advise if you have any safety or security concerns with the building
- Where possible please advise any activity participants of the closure

Thank you for your ongoing commitment to our community and please reach out if you require assistance and one of our team will respond to support you. For group members who require assistance please contact the Victorian Coronavirus Hotline on 1800 675 398 or see the attached flyer. Thank you and stay safe.

Kind regards,
Skye d'Avoine
**Acting Coordinator Community Development and Youth Services**

# *Birthdays Celebrations*

## Happy Birthday Wishes to our September Spring Babies:

**05th Carrie K**

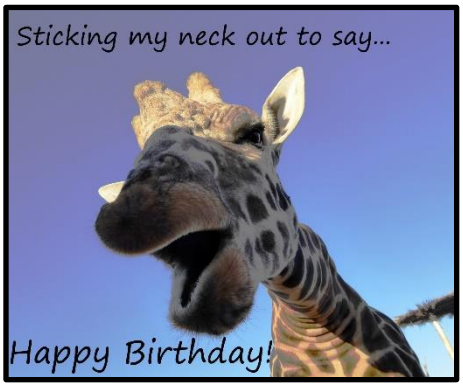
**14th Peter L**

**16th Lesley C**

**18th Nola M**

**26th Cliff B**

**27th Tatiana H**




## Happy Birthday Wishes to our October Wildflower Babies:

**01st Jessie Z & Brigette S**

**05th Max B**

**18th Dianne D**

Congratulations & Indulge In All Things Yummy & Nice!

## Tips for Beating the COVID_19 Isolation Blues

- Many of you are missing your grandchildren or other meaningful youngsters. A great tip is to send them a card, or better still a letter. They will love that. You could include a drawing, and or a photo and don't forget your pet.
- My granddaughter and I are emailing to each other a poem, Talisha sends a verse, and I must add to it and so on. This has caused much fun. We have done the same with a story this has proved hilarious.
- Marleen has cleaned out her pantry and I have done the same. I am just a bit ashamed of the late use by dates. And the wastage of food. Oh well onward and upward. Wendy B.

**Recommended Tips for Beating Covid Fatigue:**

- **Eat Well** – fuelling your body is key to staying energised. Eat regularly healthy meals and snack.
- Get your **Vitamin D** hit daily – 10 minutes a day is all you need; make it 30 mins a day during 'SunSmart' hours; for more information visit the 'SunSmart' webpage https://www.sunsmart.com.au/uv-radiation/uv-and-vitamin-d or download the Free SunSmart App
- **Write your life story** – start by noting down some memoirs, get your old photo albums out, and record some fun times, chronicle your travel memories, and remember you are the only one who can write it in the first person – Wendy will be more than happy to guide you through your life journey's writing when our activities return.
- **Keep up activities at home** – Boost those Endorphins (Feel Good Hormones) by doing some Tai Chi, Pilates, Gardening (Spring garden time), Cleaning (Arrggghhh), Stretching and Strength Training keep us strong and agile; but most of all keep moving. Our Pilates and Tai Chi leaders can't wait to resume our activities next term.
- **Meditation and Breathing** exercises daily help us to stay calm; to reflect, become self-aware and allow for inner peace and happiness to shine through. Look in the mirror and Smile or even Laugh at Yourself!
- **Keep your scheduled medical appointments** – Telehealth appointments can be booked to help you stay connected to your health specialists and E-Scripts can be sent via text message for you to get your medications filled.
- For our Facebook Users – **Join Mitchell Shire Leisure Service** home work out videos at https://m.facebook.com/MitchellShireLeisureServices/videos/314278166202426/
- **Contact with other members, family, and friends** – pick up the phone; stay connected with social media, learn to use Zoom or Messenger Video! The Government ***'BeConnected'*** safely free online courses on all thing technology; from how to access the internet to making video calls or setting up your device, call 1300 795 897 or go to https://beconnected.esafety.gov.au/ to get started.
- Try our **recipes** from our newsletters; there is pleasure in food!
- **Stay positive**, reach out for help, support each other, be kind, life is good!
- We would love to hear how you are beating the blues, Silly? – Constructive? – you could help any one of us email: *secretary@u3awallan.org.au*

A must read, visit the **DHHS website** for more information and resources for older people and seniors https://www.coronavirus.vic.gov.au/information-older-people-and-seniors-covid-19

**Check for Exposure Sites and follow the Tier 1, 2 and 3 Instructions to keep yourself and our community safe at** https://www.coronavirus.vic.gov.au/case-alerts-public-exposure-sites

# Good News Stories

Hello everyone,

Since the last Newsletter I have continued to turn my new house into my new home.

However, this experience took me back to 1972 when my husband and I built our first house.

What a difference nearly 50 years makes. Looking back, buying our modest twelve and a half square house was such a breeze compared to the hoops one has to jump through these days. Further, the construction didn't include any so-called extras we take for granted these days. We moved into our house which had no floor coverings, window coverings, insulation, or fly screens, but we thought we'd moved into a palace. These features are now standard inclusions.

Prior to construction, I met with colour, electrical and other experts to create the home I have now. At times this process was overwhelming, but the benefits outweigh any discomfort I felt.

In the past 3 months I have made some further additions. I now have a Hills Hoist positioned near my laundry and a garden shed to store my mower and other tools.

My garden is steadily being established with a few plants already showing promise.

I'm delighted with my decision to downsize and relocate even though at times it has been stressful.

If I can do it …. anyone can! Take care everyone, see you soon😀 Tina C

# Free Bulbs to Members

Jonquils, Erlicheers and Bluebells - Ring Secretary 0438 107 300 for details.

# Food For Thought Memes!

*Male interviewer:* We're looking for someone who can do the work of six men.
*Female interviewee:* That's a shame. I was looking for a full-time job. ~ cited on 21/9/21 at ME.ME~

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Have you ever noticed that all the instruments searching for intelligent life are pointing away from Earth? ~ Jason Parker~

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Do you ever get up in the morning, look in the mirror and think, "That can't be right"?
I thought getting old would take longer. ~unknown~

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Don't irritate old people. The older we get the less 'Life in prison' is a deterrent. ~unknown~

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"Maybe it's true that life begins at fifty but everything else starts to wear out, fall out or spread out." ~ Phyllis Diller~

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"By the time a man is wise enough to watch his step. He's too old to go anywhere." ~ Billy Crystal~
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# Old Timer Recipe

***Boiled Fruit Cake***

Put into saucepan:

- 1 cup of water and I teaspoon of Carb soda
- 125 grams Butter
- 1 Tablespoon of Golden syrup
- 500 grams mixed fruit

Let this mixture simmer on low for 15 minutes and then let it cool.

When mixture is cooled you add gradually:

- 1 cup plain and 1 cup Self raising Flour sifted
- 2 lightly beaten eggs
- 1 small tin of crushed pineapple (drained)

Line your cake tin with 2 layers of baking paper and fill with mixture.

**Preheat oven for 5mins at 160**

Then slow cook for approx. 1hour and 15mins.

Test your cake at one hour with cake prong, if it comes out clean and not wet your cake is cooked.

Marleen

## *Message from the Course Facilitator*

All your tutors/leaders are eager to conduct classes as soon as it is COVID 19 safe to do so. We are also missing the interaction and communication with members.

The term 4 timetable is printed below. As soon as we can activate the timetable in a COVID 19 safe way we will notify all members. Please continue to look for notifications of the enactment of the timetable.

In the meanwhile, look after each other. Communicate as much as possible. There is hope on the horizon.

Please stay safe and know that your tutors and leaders are all thinking about you and looking forward to seeing you all again. Wendy B and the Tutors and Leaders of U3A Wallan Inc.

# 2021 Term 4 – Classes & Activities Timetable

## *Pending Covid Restrictions & Community Facilities Guidelines*

***Refreshment Trolley not always** supplied - bring bottle of **water** due to COVID-19.

A mask to be carried at all times and to be **worn indoors and outdoors, maintain 1.5m social distancing and practice COVID_Safe hygiene and sanitation**. Subject to Change.

**All** activities to be held at **Wallan Neighbourhood House (WNH)** unless otherwise indicated.

**QR Code Sign in or sign the contact tracing sheet** at Wallan Neighbourhood House at the entrance

*New Classes and Activities will be published as they become available – **Register for new classes at U3A office***

| Class | Time | When | Location |
|---|---|---|---|
| **Book Club** | *To be Confirmed* | *To be Confirmed* | WNH |
| **Card Craft with Carole** | 10am – 12 noon | 1st & 3rd Friday of the Month | WNH |
| **Card Games Expressions of Interest Welcome** | 10.00 am – 12 noon | Tuesdays<br>Weekly - *To be Confirmed* | WNH |
| **Computer** | 11.00am – 12 noon | Wednesdays Fortnightly<br>*Except School Holidays* | WNH |
| **Dancing** | 1.00 – 3.00pm | Tuesdays<br>Weekly | WNH |
| **Fun Cooking Class** | 10am – 12 noon | 3rd Friday of the Month from | WNH |
| **Gardening** | 10.30 – 11.30am | Fridays Fortnightly | WNH |
| **Italian** | 10.00am – 11.30am | Thursdays<br>Weekly - *Except School Holidays* | WNH |
| **Luncheon Club** | To be announced | Last Fridays of each Month | Held at Venue<br>Carpool from WNH |
| **Mah-Jong** | 10.00 am – 12 noon | Tuesdays<br>Weekly | WNH |
| **Pilates** | 9.30 am – 10.30 am<br><br>1.30 pm – 2.30 pm | Mondays<br>Weekly<br>Thurs Weekly | WNH |
| **Tai Chi** | 9.30am – 10.30am | Wednesdays<br>Weekly | WNH |
| **Walking** | 9.30am | Fridays<br>Weekly | WNH meet top of stairs |
| **Write for Life** | 12.15pm – 2.15pm | Wednesdays Fortnightly<br>*Except School Holidays* | WNH |
| **Water Aerobics** | 1.00pm<br><br>9.30am | Mondays and/or<br><br>Fridays | HIDDEN VALLEY<br>Cost: Casual $12 or 10 classes for $90 |

***Tell me and I forget. Teach me and I remember. Involve me and I learn.***

*~Benjamin Franklin~*

# Tutors Messages

### A Message from your Tai Chi Tutor

Hi to all at Wallan U3A.

The good news I bring is that anyone can do Tai Chi anywhere anytime even if it is difficult for one to stand for long, even if only Mindfulness and being in the moment are cultivated these are powerful tools to bring about improved physical and mental wellbeing, in the presence of a like-minded group it has the tendency to remove one from the destructive mental condition of self-absorption which can bring on more pain and anxiety,

There is no strict requirement to remember the movements, you just follow along, no special tools, clothes, or equipment are required, just the vision to find a better way forward,

Hope to see you at our session soon.

Kindest Regards to all,

Stay Safe.

Gill & Helen.

### A Message from Theo Your Dancing Tutor

I hope that everyone is well. I cannot wait for us all to get back to dancing together.

Stay safe, Theo

### A Message from Andrea Your Computer Tutor

The 1:1 Information Communication and Technology (ICT) tutoring group will resumed after the term 3 school holidays, fortnightly from 11am – 12pm; pending COVID and Community Facility restrictions. New learners welcome, we certainly have some fun and laughs learning *"all things computers*".

Topics to be covered in term 4, but exhausted, are improving one's understanding APPLE & ANDROID devices, downloading Vaccination Certificate from MyGov accounts, QR Code scanning and installation of APP on mobile phones, being connected safely, file and photo saving and sharing, organising photo albums, emailling and attaching photos and documents, storage and backing up devices, APPs and usage, and most importantly to answer your "How to….." questions! Come along Wednesdays fortnightly (except school hols) and ask all your computer and device questions with one on one support from our team of computer learners. Andrea B.

## How to Download the Service Victoria QR Code

**Phones Guidelines:**

**IPhone**

- IPhone 5 or new
- Run IO11 or above operating system

**Android**

- A phone newer than 6 years old
- Android 0S6.0 or newer

**Download the Service Victoria App from**

Download on the App Store for Iphones

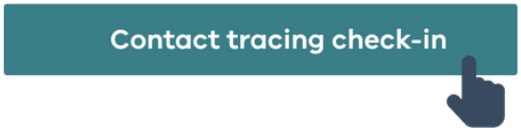
GET IT ON Google Play Google Play Store for Android Phones

**If you don't have a mobile phone to download the APP** – Always Check In – Ask your venue how to check in without a phone – either via pen and paper or on their business device.

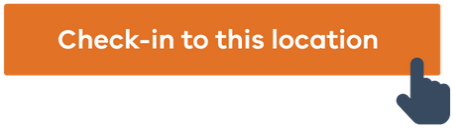
## How to use the APP

**Tip add the APP to your Homepage – Drag and Drop or Send to HomeScreen!**

1. Open the Service Vic App on your phone
2. Click on the 'Contact Tracing Check-In' button – See bottom of App Screen




3. Hold your phone camera towards the QR Code like you are taking a photo and wait a few seconds for the prompt
4. Enter your details (name, surname, phone number) and tap 'Check In - *to the location'*.




*Tip – after you have signed in once your phone will remember your details*

5. After check in look for the Green Tick and you are all done, ready to enjoy our outing.

**If you Don't have the Service Victoria APP, you can also use your Phone Camera**

1. Your phone must be an IPhone or Android running an operation system (OS) 6.0 or newer.
2. Open your phone camera and hold it up to the QR code and wait for the next steps.
3. After QR code is read – enter your details (name, surname and phone number) and tap ''Check In - *to the location'*.
4. Always look for the Green Tick to be sure you have 'Checked In'.

**More Information and Help Numbers**

***Who can I call if I need help?*** Business staff may be able to assist you in checking in if you need help. If you need further assistance, call the Department of Health COVID hotline – open 24 hours, 7 days. 1800 675 398

***Why do we need to check-in?*** Check-in means 'providing your name and phone number'.

This is to help with contact tracing if there's an outbreak. It helps keep Victoria safe and open.

If you're visiting places in Victoria, check in where you see the QR code.

If you can't check in using the QR code, ask the staff to check you in using their device or with a pen and paper as a last resort.

***How is my information used?*** We will only use or share your check-in details for contact tracing purposes. Your personal info can only be used by health authorities to help with an outbreak of COVID-19. If there's no outbreak at a venue you've been to, we'll delete your check-in details after 28 days. If we have provided your details to the Chief Health Officer, they can hold onto it for more than 28 days. Your details won't be used for marketing or other purposes.

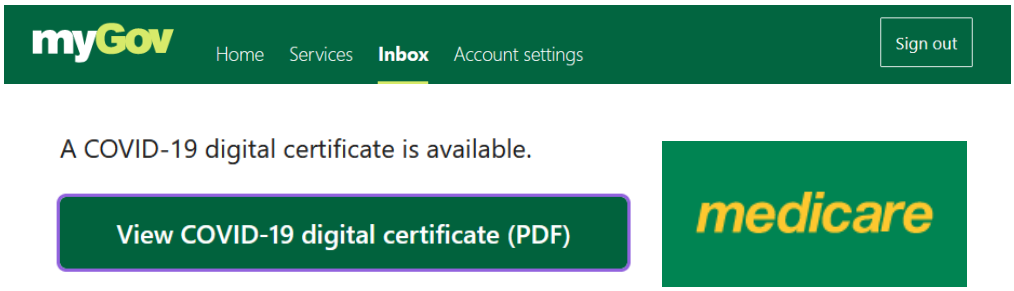
*Read more about how Victoria Government is protecting your privacy at:*
*https://service.vic.gov.au/check-in-privacy*

*Source: Service State Government https://service.vic.gov.au/check-in*

## How to Get your COVID_19 Vaccination Certificate

A COVID_19 digital vaccination certificate or your immunisation history statement can be used to show proof of your vaccination.

You can get this digital copy or download by creating **'MyGov'** account at https://my.gov.au and linking **'Medicare'** to your account or by using the 'Express Plus Medicare' Mobile Phone APP.




**Need More Help - Go to:** https://www.servicesaustralia.gov.au

**Proof of COVID_19 Vaccination**

https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/covid-19-vaccinations/how-get-proof#gettingproofonline

### If you can't get proof online

Ask your vaccination provider, who can print your immunisation history statement for you.

Call the Australian Immunisation Register and request your immunisation be sent by post, although it may take up to 14 days to arrive. 1800 653 809 Mon – Fri 8am – 5pm.

**Source:** Service Australia https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19/covid-19-vaccinations/how-get-proof#gettingproofonline

# Quiz Questions

1. What word starting with “I” denotes the current holder of a political office?
2. Actor Ben Kingsley won an Oscar for playing what historical figure in a 1982 film?
3. What name is given to the length of the outer boundary of a circle?
4. The Yellow Sea is a branch of which ocean?
5. Where the Thames flows through Oxford is known by what other name: River Osiris, River Isis, or River Anubis?
6. A famous painting by Leonardo da Vinci is titled Lady with an ……..?
7. What is the capital of South Korea?
8. What legendary golfer is nicknamed The Golden Bear?
9. Which actor played Lindy Chamberlain in the 1988 film Evil Angels?
10. Who wrote the famous 14th century work The Canterbury Tales?
11. How many stars were on the US flag during World War 2: 48, 49 or 50?
12. Creutzfeldt -Jacob disease affects which major human organ?
13. What 2 colours create the flag of Indonesia?
14. In which Australian state or territory is Mt Kosciusko?
15. What is the only US state beginning with the letter P?
16. Which Australian singer released the hit song Bedroom Eyes?
17. What is Australia’s highest award for gallantry?
18. What is the painting La Gioconda commonly known as?
19. Which deputy Nazi party leader was one of the last prisoners to be held in the Tower of London?
20. Which author penned the Hunchback of Notre Dame 1831 and the Toilers of the Sea 1866?
21. Oslo is the capital of which country?
22. What is a binturang… A mammal and member of the civet family or a type of Japanese food?
23. In which Australian state was the Welcome Stranger gold nugget weighing, in excess of 70 kgs, discovered in 1869?
24. In which war did Florence Nightingale become famous for her role as a nurse?
25. In the early 1980s, General Leopoldo Galtieri was the dictator of which country?

*Answers on page 28 – No Peeping!*

# Writer's Corner

**© A Tale from a Red Rattler commute to Melbourne**

By Wendy Welch Bennett

A train is full of stories as many as there are passengers travelling within it. Not every story is for the telling, however. If Maria's bookmark had not fallen from her bible and dropped at my feet one day, I may never have known the story of Maria.

'Excuse me, I believe this is yours!' I brought her back from some special biblical place to the reality of our Melbourne Red Rattler.

*Photo Credit: Wikimedia Commons accessed on 21/9/21 from https://commons.wikimedia.org/wiki/File:C3804.JPG*

Long, black lashes, which had hitherto veiled large, brown, Madonna eyes, lifted. I am momentarily stricken for my coarse interruption. The Mona Lisa smile rewards me.

'Thank you. My fifteen-year-old daughter, she gave me this. I would be so sorry to lose it.'

'Your daughter, does she look like you?' I wondered how a younger version of the mother would look.

'Tina, she takes after me a little. She is my first born, a Greek born to a humble village as myself. But she is educated. She can be somebody someday. Who would know that she was born in a field? Not for her rough hands like mine.'

'Born in a field?' I could not resist the question.

'Yes. It was harvest time. My village in Greece was poor. If I did not pick the grapes I could not contribute. I depended on the harvest. I kept my pregnancy hidden so that the vineyard owner would have no excuse not to hire me.'

'Did the baby come early?'

'No! The baby came at the right time.'

'But you still went into the fields that day?'

'Of course, I was strong. I have wide childbearing hips. I wore plenty of underskirts to be used for the birthing. I carried water in my basket and a little wine and what I would need when baby came. I had chosen a shady tree at the edge of the field. I knew what to do having assisted my mother many times with the birthing of my younger brothers and sisters.'

I surreptitiously glanced at her ring finger. 'Your husband where was he? Would he not be concerned about you?'

She shrugged her shoulders in a long sigh. I was afraid that I had overstepped the mark.

'What does a man know? What does he want to know! Her hands unclasped the bible, her arms spread expansively. Her eyes looked heavenwards. I managed. That is what a woman does. She manages!'

Maria folded her arms into her lap. Her face closed in contemplation. Then she shrugged and spoke quietly to me as if still coming to terms with her past.

'Besides my husband he was here in Australia.'

'You had no choice?'

'No. He said he would send for me when he was settled.'

'How long before he was settled?'

'Three years."

'So, you managed in the field on your own when the time of birthing came?'

'Yes. I picked until the bearing down. I slipped away to my chosen place behind the tree. I took off my undergarments, lifted my skirt and squatted. It was not easy for me, you understand. I was afraid for myself and for my baby. The pain was real, the suffering was real. On the other side of the stone wall were people I could call. But I could not interrupt the harvest and I was determined that I would do this thing by myself.'

We came to a station, people brushed past to reach the exit. Maria did not notice. Her mind's eye dwelt in an ancient field in faraway Greece. She was silent for a long while. I did not interrupt her reverie. Her hands automatically clutched her bible then she looked directly into my face.

'When I had washed my daughter and then held her to my breast, I vowed that she would not have to do what I had just done. Given birth like an animal in a field.'

'Were you missed from the field?'

'No. I settled my daughter and finished picking my row of grapes.'

'And after?' I prompted. 'What did you do when the vines were picked?'

'At sundown I took my baby home to my mother's house. She bade me rest and watched my daughter for me while I slept. When I had rested, I made my way to the end of the village, to my Mother-in-law's for supper. My daughter was clucked over and placed in my husband Dimitrios's old cradle. The next day I went to the vineyard as usual. I picked the grapes as always, just stopping in between times, to suckle and tidy the baby.

'What about the owner of the vineyard, did he mind about the baby?'

'He minded only if I slowed down the harvest. I made sure that I picked my rows in good time.'

We were nearing Princess Bridge our stop in the city. I thanked Maria for telling me some of her story.

'We will meet again, yes?' She looked at me expectantly.

'I will save you a place tomorrow,' I answered happily.

The next day I looked eagerly for Maria as the train pulled into the station, six stops down the line from mine. I spotted her erect frame, the square of her black headscarf, worn peasant style, over her thick dark hair. She was dressed in the serviceable dark clothes of yesterday. I waived to her eagerly. Her answering smile was broad with a flash of gleaming white teeth. Thus, our commuting friendship was born.

*Photo Credit: 1 of the 8 Cars of Rattler – Andrew Phelps accessed on 21/9/21 from https://www.flickr.com/photos/68785667@N04/51113311825/*

Our journeys did not always coincide. Maria worked at one of the large city hospitals. She worked longer hours than I did, in split rotating shifts. Her duties were varied but mainly menial. The work did not worry her. It was a means to an end. Always she had a goal in sight. I gradually learned about her goals.

'How did you meet your husband?' I asked one day.

'It was when I was fifteen years old. The young men would tease me and try to get my attention. I wanted none of that. I knew where it would lead, marriage and endless babies, work, and poverty. I ignored them all. My mother said I must choose a husband, or a marriage would have to be arranged. I told her that I wanted more from life. My mother, she was stubborn. 'It is the way. It is how it has always been for a woman,' she insisted.'

'When I heard about Giorgos, I knew what I should do. Giorgos had married a friend's elder sister. He had chosen her on his visit back from Australia. He had been away for two years and done well. When it was time for him to take a bride, he had returned to the village to select one. Giorgos had a younger brother who was also to try his luck in Australia when Giorgos returned there with his bride.

If Giorgos could marry a girl from the village, then I determined his brother should marry me as his girl of choice before they went. This time when the boys teased me, I looked to see if Dimitrios, Giorgos's brother was one of them. It did not take long. Dimitrios liked to follow his brother in all things. A marriage was arranged.

My mother made certain the Wedding took place before the ship sailed. What I had not counted on was being left behind.'

'So, Maria where did you live?'

'With my parents-in-law, Dimitrios sent money to them as Giorgos had done. The money was not enough. Dimitrios's parents were happy when I worked. They had other mouths to feed.'

'How old were you when you gave birth to your daughter in the vineyard?'

'Sixteen!'

'Did you have any more children?'

'Yes, I have one more daughter and two sons. My youngest, little Dimitrios is six years old.'

I wondered about her marriage. Why she needed to work so hard.

On one journey Maria confided to me that her husband beat her and sometimes hit the children. That he had other women. So that explained her look of stoical resignation. I looked at the worn leather-bound bible always clasped in her hand. She would refer to it from time to time. Sometimes our journeys would be spent in quiet companionship both reading our chosen reading material.

Maria interpreted my look. 'The Bible, it gives me courage,' she said.

'One day I will leave my husband. It will be when I am ready. I work hard I save plenty. He does not know how hard I work or how much I save. The children I feed them well. At the market I buy well. Good vegetables, good meat, the children are strong and healthy. I prepare the food before I go to work, the dinner it is ready for them when they come home from school. They eat, do their homework help me with the chores. We manage. My husband does not know I work an evening shift. He is with his women. The children they are good. They look after each other. It is our secret.'

'Do you have any fun?'

'Of course, I have the children. I have my dreams. I have my work and I have my faith!' This said while she fingered the heavy crucifix around her neck.

'Your dreams what are they?'

'One dream is to go to Jerusalem! I am saving up to take the children to Jerusalem.'

Easter came and went, and I had not seen Maria for a few weeks. A familiar voice interrupted my reading.

'Where have you been Maria?' I asked concerned.

'I took the children to Jerusalem!'

'How did you manage that, Maria?'

'Some of my savings paid for our special rate fares. We stayed with the Nuns in Jerusalem. I packed peanut butter and vegemite in our luggage. We bought fresh bread. We ate simply. It was enough.'

'Did Jerusalem meet your expectations?'

Maria looked away for a moment, when she turned to face me again her face was radiant.

'We walked in 'His' footsteps!' Visited places 'He' may have been. I was so happy.

'How about the children, did they enjoy the experience?'

'It was a wonderful time for the children. We saw so much. They learnt so much. We were so lucky.

'Your husband, what about your husband, what did he say?'

'Just before Easter, at breakfast, he asked me what the children and I were doing for Easter? I told him the truth. It is always better to tell the truth. 'We are going to Jerusalem!' I told him.

'Did he believe you?'

'No. He did not believe me. He laughed. Said I was going mad. He left the house laughing. He was laughing when he got into his car. Little Dimitrios was keeping watch while I hauled the suitcases down from their hiding place. My elder daughter signalled to the taxi I had ordered. The taxi was waiting just around the corner.

The taxi was nearly our downfall. Everything had gone so well. Just as I had planned. But I had not planned on the speed of the taxi. The driver was in a hurry to get us to the airport. We were close behind my husband, but he did not notice us.'

*Photo Credit: pxfuel. Jerusalem accessed 21/9/21 from https://www.pxfuel.com/en/free-photo-ognku*

'Did your husband ask you where you had been when you came back from Jerusalem?'

'No, he knew! I sent him a postcard from Jerusalem.'

Oh! Maria what next'

'I will buy a house for myself and the children!'

I did not see Maria again and worried about her. One day, at dusk across a supermarket car park, in a town where I do not normally shop, I heard Maria's familiar greeting.

'Maria what are you doing here?'

This is the suburb where I now live. I have my own house. I share it with my sister.' She pointed to a shapely silhouette unpacking shopping from a supermarket trolley into the boot of a car. 'One day my sister will also own her own house!' I did not doubt the possibility of Maria's statement for a moment.

Wistfully I drove away, it seemed the continuing story of Maria would now be closed to me. I smiled to myself; how lucky I was to have briefly known this incredible woman.

# Poetry Corner

## ©**Blue Bird Fly Free** by Pam Collings

I spy a little blue bird
Flitting through the trees,
He's small and quick and agile
He follows the evening breeze.

Come along little blue bird,
Won't you rest upon my hand,
Won't you let me scratch your pretty head,
Oh, so gently while you stand.

I promise I'll love you dearly,
And treat you with all care,
So please come down and talk to me,
Don't just sit up there and stare.
The blue bird does not answer me,
Instead, he flies away,
The little blue bird is not mine,
I cannot make him stay.

I watch as the little blue bird,
Darts from bush to tree,
And I know with all my heart,
He only wishes to be free.

So goodbye little blue bird,
Soon again we'll meet,
From now on I'll be looking up
Not looking at my feet.

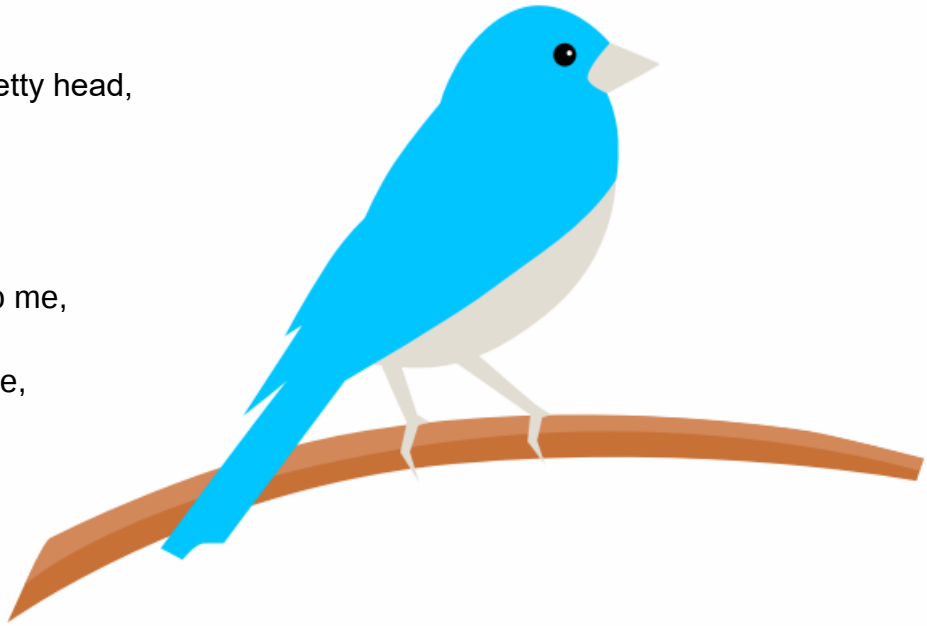


*Image Credit: Public Domain*

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*The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart. ~ Helen Keller ~*

## ©**Dust** by Pam Collings

It floats on the breeze
It hovers in the sunshine
It makes you sneeze
It lives.

It comes when you least
Want it
To settle on that painting
You've just finished.

Or delicately alight
Upon your polished
Tabletops
Moments after you've shined them.

Its colour is indeterminate
Or maybe it just changes
Because painting in dust colour
Doesn't seem to help.

If you paint grey
Then it comes up brown
If you paint brown
It comes out grey.

And let's not speak
About other colours.

But where does it come from?
What has it seen?
Who might it be?
Should we really clean it away?

What if it's Aunt Mable come to stay?
Or 2000 years down the track
What if it's Jesus Christ?

Would we go to hell?
For Mr Sheening our tabletop or TV
Wiping up JC with our cloth
And throwing it in the bin?

Perhaps not
But I think
From now on
I'll play it safe
And leave well enough
Alone.

When you visit
You might like to bring
Your hay fever medicine
And please don't wipe
Any hard surfaces
You never know
Who you might be disturbing?

Hope to see you soon!

***Members Please Note: -***
Both poems are extracts from 'Kaleidoscope' one of two book collections of Pam's poems. Pam will make these books available to us, for anybody who is interested, to purchase for Christmas.

# Our Website is LIVE!

The Committee is pleased to announce our the U3A Wallan Inc. Website is now live and can be visited at www.u3awallan.org.au

We hope the new website will raise awareness of our great community group and attract new members, leaders, classes, and activities and most of all volunteers!

## Photos / Articles / News Wanted for New Website - www.u3awallan.org.au

Members / Leaders please forward to secretary@u3awallan.org.au photos, articles, new on your classes/activities that you would like published on our new website photo galleries.

*NB: Photos are only published on committee approval and consent to publish rights*

# Join Our Facebook Group – U3A Wallan Inc

Members may choose to join the Wallan-Inc Unithirdage Facebook Private Group to stay in touch with U3A Wallan Inc news and events… Search on Facebook name "Wallan-Inc Unithirdage" and request to join our group……or if you want a friend request email secretary@u3awallan.org.au

# A Reminder of 'About Us' at U3A Wallan Inc

U3As are voluntary Seniors' Groups that provide educational, recreational, and social programs. Each U3A is organised by and for people who can best be described as being active in retirement or semi-retirement, the third age of our lives.

**U3A Wallan Inc** was established in 2013 for people in their third age. U3A Wallan Inc is community-based volunteer organisation open to anyone who is over the age of 45 and are retired or are semi-retired. No qualifications are required to join. **New members are always welcome so spread the Word!**

**University** in the original sense described as a community of learners, sharing knowledge; our classes are non-competitive, without marks or exams. We focus on enabling members to expand their knowledge in existing areas, and to explore new fields and activities.

**Third Age** refers to post-working age. U3A is for retirees or semi-retired persons who want to continue learning in an informal environment as well as share in social activities, thus making the third age the time of their life.

**Our Mission** is to make the third age the fun age for Wallan and district residents through participation in Wallan U3A activities.

**Our Aim** is to provide opportunities for seniors to learn, teach, share and to give mutual support to each other in a friendly and warm environment, regardless of ethnicity, religion, ability, or disability.

**Our Philosophy** is to engage the third age to continue to learn and share knowledge in a diverse community!

**A chance to learn, a chance to teach:** U3A Wallan Inc. offers opportunities not only to learn but to become a class tutor, leader, to share with others a lifetime worth of skills and knowledge.

**U3A Wallan Inc** are devoted to healthy and productive aging; providing affordable learning, physical activities and our classes cover a wide range of interest areas, from academic to physical and artistic activities. Our members enjoy both the intellectual engagement and the social aspect of our classes.

**U3A Wallan Inc** is operated by a Management Committee elected by the members at the Annual General Meeting each year. We are one, we are many. While operating independently with our own elected committee we are supported by U3A Network Victoria which provides organisational planning support as well as facilitating broader relationships between member U3A's and affiliates, peer organisations and Government.

Bring yourself up to date with this technical age at your own pace. Fulfill life-time ambitions, revive an interest, or try something new. Make new friendships. We so look forward to seeing our members together again, hopefully in the not-too-distant future!

# Word Find Fun

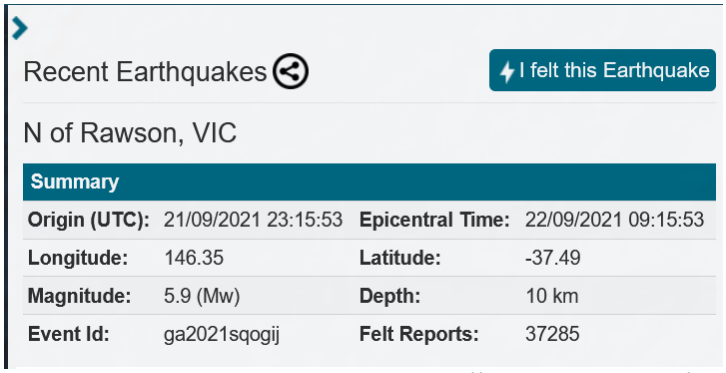
Source: The Word Search https://thewordsearch.com

# Did the Earth Move for You Today?

September 22nd, 2021, at 9.15 a.m.

Hi all! I guess that this is the first time for many people that we have experienced an earthquake. I was sitting on the couch playing with the dogs when all of a sudden, the couch started to bounce up down, the windows rattled, and the dogs were going nuts wondering what was happening like all of us.

I spoke to my daughter who lives in Coburg they had no power I said to her, 'Well you won't be able to work now.' I found out later that many suburbs have lost power.




*Source: Australia Govt Geoscience Australia - https://earthquakes.ga.gov.au/*

Listening to the radio a woman rang with her experience, she was in an MRI machine which started to shake, she said to herself well this is different I have never had this happen before. A technician raced in and said come on I must get you out of the machine, the building is shaking, she could laugh about it after the fact.

That's our most exciting news for 2 years
From Brenda N. Wallan.

I was in the lounge room when the dogs started to bark like crazy and run around erratically. My heart was starting to do strange things, I grabbed the TV I was afraid it would come off the table. The door rattled so much I thought it would fall in. I looked out of the window and the trees were still. Then I realised I was experiencing an earthquake!
From Sharon S. Wallan

A tram driver in Melbourne thought something had crashed into his tram. He looked around but could not see a cause. Then he felt the tremor and knew what it was.
From a tram driver in Melbourne

I was lying in my bed listening to Allee Moore on the radio, she was speaking to a caller who was very irate about the Demonstration in Melbourne yesterday. The caller, a lady, was explaining that she had been driving through the city to visit her very sick husband when she was waylaid by demonstrators who sat on and shook her car. Allee Moore interrupted and said, "Can you feel that?"
"Yes! I can feel it!" Then she plunged once more into her irate tale.

Allee interrupted again. "I am supposed to remain calm, but I am scared of Earthquakes. "Are you alright?"
"Yes I am alright but these protestors…….

As I am listening to this exchange my bed was shaking, the window was rattling, a crystal ornament on a pendulum was swaying violently.

My body, well they say our bodies are mainly 90% fluid, it became like a jelly.
My whole body wobbled as if I was some giant jelly or blancmange. My bed is on casters. I don't think that helped any.

My body is experiencing these strange jelly sensations and all the while the lady caller is getting across her irate story about the demonstrators.

Allee Moore who is obviously terrified but is holding it together in her Melbourne ABC Studio, interrupted once more to say we were experiencing a magnitude 6.1 earthquake; Listeners were texting in their experiences, and it seemed the whole of Victoria was experiencing what Allee Moore, and the irate caller and I were experiencing.

However, the caller got across her message. She was obviously more frightened about what happened to her in the demonstration then the experience of the earthquake.

Soon my phone ran hot, and my daughters were ringing to see if I was alright.

Maddy in Rushworth said the house shook so much that she was afraid it would come of its foundations. Her husband from his four-storey office in Shepparton said they had to evacuate the building.

Kay from Eltham said the bed Talisha was in, held together well, her husband and son Liam must have done a good job.

I rang my son in Kilmore. He informed me that he had woken up to the noise of people clambering on his roof. I said that noise wasn't people. He had just experienced an earthquake!

I hope I never go through that surreal experience again. The crystal pendant has stopped swaying.

From Wendy B. Clonbinane

At 9.15am, listening to ABC radio national from my warm bed, my little 8sq house, partly built on a concrete slab and stumps started to shake copiously for about 30 seconds, the window frames and glass panes were making a vibrating sound, the pied mudlark birds outside were squealing their high-pitched warning calls. I ignored the shake and grumbling sounds at first as I had been hearing loud creaks and cracks in the house frame for weeks now, thinking the wood must be drying out, hence, after about 20 seconds of copious shaking, I thought maybe best go outside, I think it's definitely an earthquake.

The neighbour's horses were bolting, and the pied mudlark birds continued to squeal their high-pitched warning calls, and me, now standing under the carport outside was thinking it was a little strange. I could hear the earth grumbling, but the earth didn't seem to be moving, only the carport and house. It stopped suddenly and back to normal I went, thinking, oh well, nature knows best as I was reminded of the natural forces outside of human control! 2nd Quake here for me since 2006 and my parents felt it in Templestowe, my boys felt it in Broadford and Werribee too. From Andrea B. Wandong

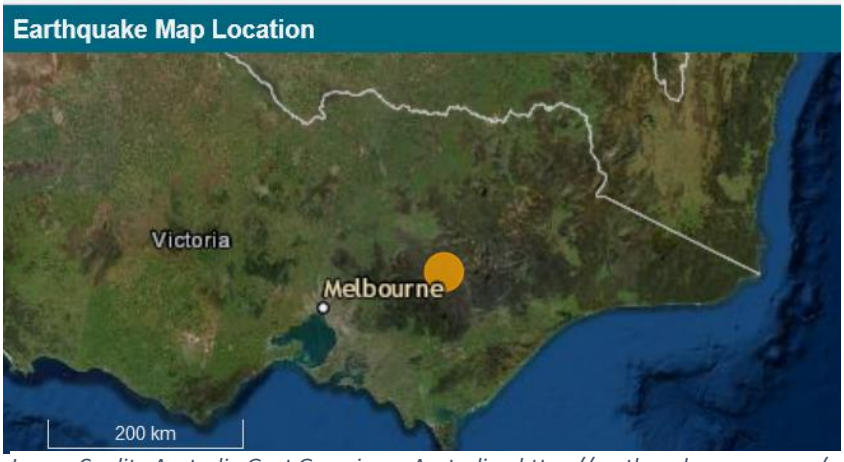


*Image Credit: Australia Govt Geoscience Australia - https://earthquakes.ga.gov.au/*

For more information on the many earthquakes that occur daily, go to https://earthquakes.ga.gov.au/ to submit your felt report and find out more on today's quake.

*Photo Credit: Andrea B - The Mighty Goulburn River – Sept 2021*

# Spring is in the air – enjoy the warmth and sunshine!

# Contact U3A Wallan Inc.

To find out more about our wonderful classes, activities, and leaders/tutors.


## Office Address

Wallan Neighbourhood House
42-47 Bentinck St
Wallan, Victoria, 3756

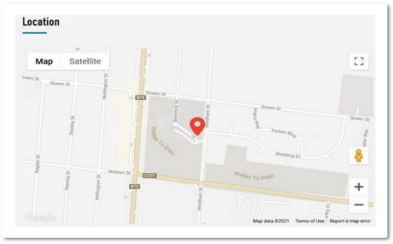
**Our usual office hours are:**

Generally Wednesdays 10am - 1pm

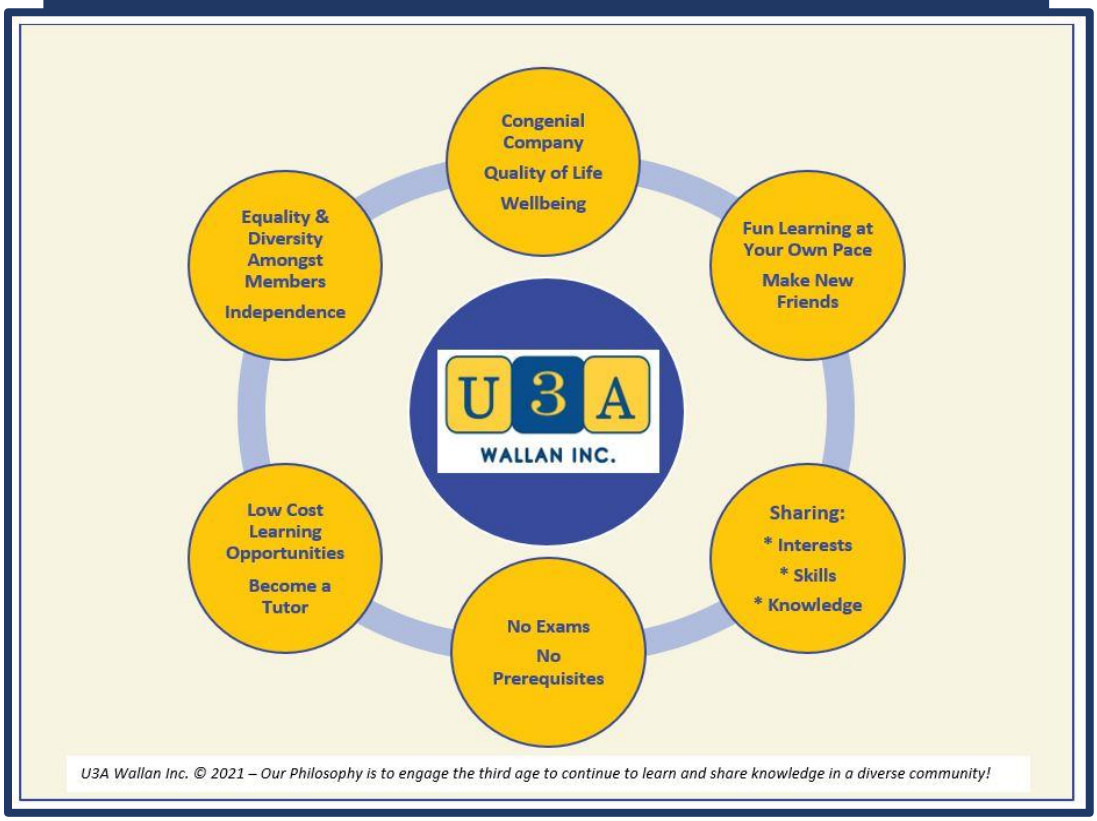
## Phone and Email

Phone: 0438 107 300

Email: secretary@u3awallan.org.au


"THE PERFECT SOLUTION TO MAINTAINING BRAIN ACTIVITY, SOCIAL INTERACTION AND FUN."



# Thank You and Feedback

We wish to thank all contributors to the newsletter

The U3A Wallan Inc. Newsletters can also be found on at www.u3awallan.org.au

*At U3A Wallan Inc. we value your feedback and contributions. Please do not hesitate in providing feedback on any of our content, features, articles, classes, stories, and format of the newsletter.*

*Email secretary@u3awallan.org.au*

*We welcome any new volunteers interested in supporting the operations & administration of this wonderful community incorporation.*

*Phone Brenda on 0438 107 300 to find out how you can help out – no obligations!*

*QR Code Sign In is required at WNH front entrance*

*Masks must be worn at all times, sanitise, hand wash, clean down surfaces and if unwell don't attend.*
*Tea and coffee cannot be provided.*

*Next General Committee Meeting Mon 4th October @ 1pm*
*All Welcome - depending on COVID Restrictions*

**Quiz Answers**

1. Incumbent. 2. Ghandi. 3.Circumference. 4. Pacific. 5. River Isis. 6. Ermine. 7. Seoul. 8. Jack Nicklaus. 9. Merryl Streep. 10. Geoffrey Chaucer. 11. 48. 12. Brain. 13. Red and White. 14.NSW. 15. Pennsylvania. 16. Kate Ceberano. 17. Victoria Cross. 18. Mona Lisa. 19. Rudolph Hess. 20. Victor Hugo. 21. Norway. 22. Mammal. 23.Victoria. 24. Crimean. 25. Argentina.