



NEW PRESIDENT AND SOME COMMITTEE CHANGES AT U3A DEEPPDENE

At the recent Annual General Meeting of U3A Deepdene, a few adjustments were made to the elected Management Committee. In this article, incoming President ROSLYN BERMAN tells us of the Committee changes. We also learn a little about the background of our new President.



It was an honour for me to be elected as the President of U3A Deepdene at our AGM on Thursday 21st March 2013. I am looking forward to working with the 2013 Management Committee, which is comprised of a perfect blend of experienced and new members.

Joan Taylor is continuing on the Committee as Curriculum Coordinator. Joan, together with Sadie Stevens, our foundation President who did not seek re-election at the recent AGM, was instrumental in setting up U3A Deepdene. (A profile of Sadie Stevens is to be found on page 2 of this Newsletter: EDITOR.) Joan was our Foundation Secretary, a position she has held for the past three years, combining it with other portfolios.

Suzanne Collings, our Treasurer, and David Rush were also members of that initial Committee, with Jenny Cash and Pam O'Brien joining it shortly after. At the 2013 AGM, they were all re-elected onto the Committee.

Gudrun Wilkinson, Janie Gibson, Paul Flanagan and Frances Lee are the new members of the Committee.

The University of the Third Age movement combines my passion for life-long learning and involvement in the local community.

I grew up in Sydney and graduated from Sydney University with a Bachelor of Pharmacy, before moving to Melbourne. In partnership with my husband Peter, also a pharmacist, we bought and operated two pharmacies in Glenroy. We enjoyed being part of that community and sharing in the lives of our customers and staff. Later, I completed a Master's Degree in Gerontology and was accredited and practised as, a Consultant Pharmacist in aged care.

We have lived in Boroondara since 1970, raising our family and being involved in their kindergarten and Scouting and Guiding activities.

I have many other interests. I enjoy my French lessons, having become realistic in my expectations; I play an adequate game of Bridge; I would love to travel more especially to exotic places; I also enjoy reading.

I am looking forward to meeting as many U3A members as I can, in the coming weeks.

IMPORTANT NOTE FOR THOSE NOT ON EMAIL

If you are not on U3A's email list, please keep an eye on the Not on Email display board at Alston Halls, Deepdene for relevant messages. When we send emails to members, we also will put a copy on the display board, for your information.

## SADIE STEVENS, OAM – FOUNDATION PRESIDENT OF U3A DEEPDENE INC.

*Sadie Stevens is a well-known face to virtually all U3A Deepdene members, but in this article **JOAN TAYLOR** tells us some things that we may not know about Sadie.*

At the recent AGM Sadie Stevens stepped down from the leadership of U3A Deepdene after an amazing three years as our Foundation President. We are extremely grateful for her wise leadership and gracious guidance over that period, and thank her most sincerely for her pivotal role in the extraordinary growth of our group.

In November 2009, Sadie chaired a meeting at Kew Library, called to determine the likely interest in forming a U3A in the Deepdene, Kew and Balwyn area. The meeting enthusiastically endorsed the proposal, and Sadie was elected as Chairperson of an Interim Committee to start up this new U3A. By March 2013, when she retired, U3A Deepdene had 585 members. This growth, in such a short time, is recognised, even at a state level, as being remarkable. Sadie can truly be proud of what has been achieved and of her outstanding contribution to this achievement.

Sadie brought to the position of President of U3A Deepdene an exemplary background in education and community development.

She worked for many years as an innovative early childhood educator within a large school, which catered for students from Prep to Year 12. In the 1980s, she was involved, at Board level and on a number of specific projects, in the leadership of Footscray Institute of Technology. Sadie was a member of the Implementation Steering Committee for a new university in the western suburbs of Melbourne – a university with a mission to engage socially and economically disadvantaged, albeit talented, students in tertiary education. On the subsequent establishment of the Victoria University of Technology, Sadie became a member of Council, including a period as its Deputy Chancellor.

For many years, Sadie was involved in a wide range of community activities, generally on the boards or as the chairperson; frequently in the start-up of new organisations. She was a founding member of the Quota Club of Essendon, Chairperson of the Child Care and Family Services division of the Western Region Council for Social Development, the founding Chairperson of Moonee Valley Regional Toy Library and a founding member of Essendon Community Centre. More recently she was the Chairperson of a program for disadvantaged youth, under the auspices of the Victoria University of Technology and a member of the Executive and the Board of Bodalla Aged Care Services.



It is not surprising that in 1986, Sadie's contribution to the community was recognised with the awarding of an Order of Australia Medal.

As the President of U3A Deepdene, Sadie participated actively in local, regional and state-wide committees, frequently attending two or three meetings a week. Her contributions in each of these areas, always gracious and wise, were much applauded and appreciated. She particularly engaged in the serious and successful exploration of alternative or additional venues for the continually growing U3A Deepdene.

Sadie ensured that the new organisation was well established and well governed. She led the group formulating a strategic plan for the organisation, and was active in its updating. Sadie prepared and presented many policy documents to guide the Management Committee. She also drafted reports for external bodies to ensure that U3A Deepdene contributed thoughtfully and in a timely manner to relevant broader issues. She was very attentive to legal and financial issues and has left the organisation in a very sound state.

It has been my delight and privilege to work with Sadie in these early days of U3A Deepdene. She has made a remarkable contribution. Sadie, we trust that you know how very much your work has been appreciated!

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A **PETER WILMOTH** interview with **Barry Humphries** in *THE WEEKLY REVIEW* of 1<sup>st</sup> May 2013, contains the following quote from Humphries:

“Deepdene is my favourite suburb in the world because it has a lovely name and it's small, only a few streets, and still has its original character, the silver birches in the lawns have all become gnarled. It's just got an atmosphere all its own. Not very many new things in Deepdene.”

## INTRODUCING U3A DEEPDENE'S 2013/14 MANAGEMENT COMMITTEE

### JENNY CASH

Occupation before retirement: Primary teacher.

Leisure time activities: Not many now - used to ski, and to navigate in national car rallies (before sat-navs) - when you had to read survey maps! Family and friends.

Other commitments: Maintaining the upstairs terrace garden at our son's newish restaurant in Richmond.

Country of origin: Australia (Melbourne).

### SUZANNE COLLINGS - Treasurer

Occupation before retirement: Secondary school teacher; accountant

Leisure time activities: Grandchildren; reading; gardening; travel; concerts; theatre; photography.

Other commitments: No time!!

Country of origin: Australia (Bacchus Marsh).

### PAUL FLANAGAN

Occupation before retirement: Dentist.

Leisure time activities: President of Balwyn Central Probus Club 1999/2010; currently Speakers' Coordinator, Committee member and Family History Convenor; President Heidelberg Probus Club 2009/10; interested in technical analysis of the stock market.

Other interests: My wife and I lived in England in the 60s & 70s and have travelled widely.

Country of origin: Australia (Queensland).

### JANIE GIBSON - Secretary

Occupation before retirement: Teacher-librarian at Xavier College, Senior Campus, for 12 years, and then at Trinity College, University of Melbourne, for four years.

Leisure time activities: Travel, concerts, choir, theatre (musicals, opera, ballet and drama) film, reading.

Other commitments: Grandchildren and friends.

Country of origin: Australia (Queensland.)

### FRANCES LEE

Occupation before retirement: Midwife

Leisure time activities: Walking, travelling, theatre and fine dining.

Other commitments: My family, particularly grandchildren, and my mother and my in-laws, all in their 90s (my in-laws have been married for 70 years!).

Country of origin: Hong Kong. Came to Australia in 1961.

### PAM O'BRIEN

Occupation before retirement: Administration in educational institutions, most recently seven years at Trinity College and five years at Ormond College managing enrolments and admissions.

Leisure time activities: Movies, concerts, ballet, reading, garden, walking, travel, family, genealogy, photography, U3A Deepdene.

Other commitments: Six gorgeous grandchildren.

Country of origin: Australia (Melbourne).

### DAVID RUSH

Occupation before retirement: Secondary school teacher (history and politics) at Melbourne High School.

Leisure time activities: Travel to obscure places; lots of committee meetings.

Other commitments: Elderly friends and extended family.

Country of origin: Australia (Melbourne).

### JOAN TAYLOR

Occupation before retirement: Secondary school teacher; director of a Community Education facility; curriculum consultant in Bangladesh.

Leisure time activities: Collecting 18<sup>th</sup> century English porcelain; travelling to unusual places to visit my husband (shortly off to Mongolia)!

Other commitments: Sharing the care of grandchildren; volunteer education adviser at the Asylum Seeker Resource Centre.

Country of origin: Australia (Melbourne).

### GUDRUN WILKINSON – Vice President

Occupation before retirement: Operations/Manufacturing Manager of a multinational for 25 years.

Leisure time activities: Golf, travel, reading, gardening, dinner parties (low key nowadays), the arts.

Other commitments: Five grandchildren, volunteer at Broughton Hall, caring for my son's Westie (my son dropped her over for a weekend stay, three years ago).

Country of origin: West Germany, to German mother & a Polish father (two worlds colliding). Now, I'm proud to be Australian.

A full biography of our President, Roz Berman, can be found on the front page.

## U3A OUTINGS, PART I – SO THIS IS CRANBOURNE

*Jenny Carty reports an a U3A Deepdene trip to Cranbourne’s Royal Botanic Gardens and the McClelland Gallery, on 6<sup>th</sup> March 2013.*



On a bright day in March a group of U3A Deepdene members took a bus trip to the Royal Botanic Gardens, Cranbourne. On arrival we had a very welcome cuppa before walking through the gates into a new area of the gardens, formally opened earlier this year.

We met our guides near the Ian Potter Lake and walked in the direction of the visitor centre at the other end of the gardens where we were to have lunch. Before starting on our walk, our guide explained that these gardens were established in 1970 as a satellite garden to the Royal Botanic Gardens, South Yarra, to showcase the beauty and diversity of Australian flora. The garden is set in native bushland and is a refuge for indigenous animals such as bandicoots and various birds.

The area covers 360 acres and is divided into several different gardens where the plants are pruned, fed and watered to show what they can look like at their best.

Our first stop was the Gondwana garden, where we walked past some displays that demonstrated how to use native plants in our own suburban gardens. Next on the agenda were the lily-pad bridge and the seaside garden. We stopped a bit further on, past a weird and wonderful garden where some huge Castlemaine slate boulders are used in the landscape to dramatic effect. Nearby is Gibson Hill providing an excellent view of the surrounding countryside. Everywhere, plant labels give the scientific name of the plant and, on a map of Australia, show the natural distribution of the plant. There are also notes on the growing conditions necessary, watering requirements and the estimated size of the mature plant.

From there we walked through to the arid garden where some of us were lucky enough to see a bandicoot run

across the path in front of us. By this time, the day was becoming hot and we could smell the scent of the trees and bushes. It was a perfect day to see the vibrant colours of the red sand garden against the brilliant blue sky. We were also very aware of the clever use of water in the landscape, with lakes and rivers and the beautiful rock-pool waterway, sited near the visitor centre.

After a delicious sandwich lunch and a rest in the shade, the bus took us to the McClelland Gallery in Frankston where those of us who still had some energy walked through the Sculpture and Survey Award entries, 35 in all. These are displayed in a delightful bushland setting.

On behalf of all those who came on the tour, I thank Suzanne Collings for her brilliant organisation, and the East Kew Branch of the Bendigo Community Bank for contributing to the cost of the bus.



Both photos: Suzanne Collings



### EDITOR (WHO AM I?)



Your new NEWSLETTER Editor, **ALBERT ISAACS**, is shown here in a photo by Claire Duband.

## U3A OUTINGS, PART II – CANBERRA: TEN SHADES OF GREY CHALLENGE

*MARGARET SHEPPARD was one of the participants on a recent U3A trip to Canberra. Below, she shares her thoughts of the trip with us.*



It couldn't have been easier or more enjoyable for the nine of us accompanying the organiser, Suzanne Collings, on the overnight trip to Canberra on 19<sup>th</sup>/20<sup>th</sup> February 2013. Our main objective was to view the fabulous Toulouse Lautrec Exhibition.

The early departure allowed us an entire afternoon in Canberra to pursue individual interests. For many, it meant a visit to the National Portrait Gallery, and a chance to see old favourites, and also the amazing Ralph Heimans portrait of the Queen in Westminster Abbey.

The proximity of the National Library drew some of us, whilst others used the buses to visit other sites, including visiting Parliament House.

The next day we had ample time to explore the beautifully maintained Toulouse Lautrec Exhibition, which artfully led us from the beginning to the end of the artist's tragically short life – through his change of subject matter and technique, as he matured, and his evocative portrayal of character and mood with a minimum of detail. This was a most enjoyable trip, with ample time for meals with congenial company. It was a ground-breaking excursion for U3A Deepdene!



Both photos: Suzanne Collings



## APPRECIATION OF U3A DEEPDENE'S FOUNDATION WEBMASTER: GEORGE GRANT

*In the following article, SADIE STEVENS pays tribute to a member who helped make U3A Deepdene the successful organisation that it is.*

When U3A Deepdene commenced in early 2010 we were delighted that one of our foundation members, **George Grant**, volunteered to set up and maintain our web site.

With input from the Management Committee regarding the format and content, George established our presence on the World Wide Web with a clear, easy to use format, which also included some light-hearted and informal features to encourage readers.

As our foundation webmaster, George had access to software that linked into a not-for-profit host set up, saving U3A Deepdene some thousands of dollars. Without George's special knowledge and contacts we would have waited another year before we were in a position to launch U3A Deepdene on the WWW.

Each term, George has posted our new program, giving members and non-members easy access to up-to-date information about our activities. This has been a major task, taking many hours of hard work.

George has regularly reported to the Management Committee on the number of hits, the country of origin and the topic of interest.

George has recently been elected to the position of Chairperson of Kew Rotary Club and so has requested that we identify a member who could take over this ongoing role. (We have been fortunate to locate such a member). *[More details in the next Newsletter – EDITOR.]*

We extend to George our sincerest thanks for the major task he has performed in the early years of our operation – providing us with skills and expertise – and ensuring that our communication with members and with the wider community, are always up-to-date.

We congratulate him on his recent appointment and wish him well in his new role.

## THE VISUAL ARTS PROGRAM AT U3A DEEPDENE



U3A Deepdene member, Vivienne Reed, is responsible for the development of our very exciting Visual Arts program. Viv, and her husband Richard Reed, have remarkable knowledge, experience and contacts within this area and they have been most generous in using these to enrich our program each term, since the middle of 2011.

Viv and Richard have each contributed personally to the program with sessions in diverse areas including: a New Zealand sculpture park; the work of a Japanese master potter; Australian tapestry; Henry Moore; Naïve Art; Rock Art of the Kimberley; a General Introduction to Understanding Cancers; and, later this term, the Influence of Japanese Woodblock Colour Prints on French Impressionist Landscapes.

For most terms, Viv has arranged visits to galleries, museums and gardens – many of them less well known and some not easily accessible without her contacts. Viv has also organised lectures by U3A Deepdene members with amazing knowledge and experience in the visual arts: Gillian Forwood, Kamoya Peterson, Jean Nicholls and Helen Page. We have also been treated to talks by outstanding visiting lecturers such as Sylvia Sagona, John Gregory, Terrence Lane, Amanda Dunsmore and Elizabeth Cross, and by published authors and talented artists like Gay Cuthbert, Dinah Whitaker, Rosemary Crumlin and Aileen Brown.

In addition to her management of the Visual Arts program, Viv has led two wonderful walks in the *Discovering Historical Melbourne* series: one looking at sculpture within the grounds of the University of Melbourne; the other at some wonderful architecture – both old and new – within the Studley Park area.

In Term 3, Richard will offer a short series to help prepare us for Opera Australia's presentation of the Wagner Ring Cycle in Melbourne in mid November and early December.

Our sincere thanks to Vivienne and Richard for the important contribution they are making to U3A Deepdene.

## WHAT AN INSPIRING TALK

*Talks on various health matters naturally form an important part of the Deepdene U3A schedule.*

*JANIE GIBSON tells of a recent talk.*

On Friday 19<sup>th</sup> April 2013, Dr Margo Honeyman of the Walter and Eliza Hall Institute, delivered a very enlightening talk on the need for us all to ensure we have sufficient Vitamin D!

She discussed the range of health issues, for all ages and for both sexes, that are associated with a lack of Vitamin D. Dr Honeyman explained that in older people, a deficit of this vitamin can contribute to hypertension, diabetes, muscle weakness and osteomalacia (bone weakness – often resulting in fractures and falls), obesity, cognitive impairment and some cancers.

In the young it has been associated with asthma, rickets (even in Australia) and schizophrenia, to name a few.

Those most at risk are high achievers, office workers, the obese, covered women and those with pigmented skin. Because many of us heed the “sunsmart” messages, there is a need to add balance so that we are all aware of how important Vitamin D is to our health. This is particularly true for children.

Dr Honeyman urged us to *spread the message* to friends and family, particularly to those with young children.

She recommended two relevant websites:

- ✓ Dr John Cannell's [www.vitamindcouncil.org](http://www.vitamindcouncil.org)
- ✓ Vitamin D Wiki [www.vitamindwiki.com](http://www.vitamindwiki.com).

There are also two relevant books:

- ✓ *Caleb's Crossing* by Geraldine Brooks
- ✓ *The Warmth of Other Suns* by Isabel Wilkerson.

All those present at Dr Honeyman's talk appreciated the timely reminders of the significance of Vitamin D.

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### KNEE PAIN SUFFERERS REQUIRED FOR STUDY

Painful knee arthritis occurs in 50% of those of 65 years or older and is ranked as the leading cause of disability among older adults in Australia. The University of Melbourne's Department of Physiotherapy is seeking sufferers of knee arthritis aged over 40 to complete a series of 10 online surveys, over 3 months, in order to investigate the causes of knee pain flare-ups in those with knee osteoarthritis. Participants must have had an x-ray with a diagnosis of arthritis in their knee. Volunteers will be reimbursed up to \$60 for their time. For more information please contact Ben Metcalf on (03) 8344 8127 or [b.metcalf@unimelb.edu.au](mailto:b.metcalf@unimelb.edu.au) or visit <http://www.chesm.unimelb.edu.au/volunteer/spark/spark.html>.

## SEDER (PASSOVER MEAL), U3A DEEPDENE, 24<sup>th</sup> MARCH 2013

After putting in much hard work over many months – hard work that ensured the success of U3A's Seder – **JOAN TAYLOR** also wrote the following review of a successful and enjoyable learning experience.



After much anticipation, on the evening of 24<sup>th</sup> March, 35 members of U3A Deepdene, led by one of our members Albert Isaacs, and accompanied by five other people from the congregation of the Leo Baeck Centre for Progressive Judaism in East Kew, participated in the first night Seder (Passover Meal), in the Alston Halls.

The evening was memorable in many respects. For a group of mainly non-Jews to have the opportunity to experience the Seder Meal as it was being celebrated by Jews, world-wide, and as it has been celebrated for about three thousand years, was amazing.

Before and after a fabulous five course meal (*no, no-one went away hungry!*), we all participated in reading from the Hagadah, the traditional order of service, which includes sections from the Hebrew Bible and that explains the context of the meal. We also participated in the form and rituals of the meal; we ate the special foods; and we drank sacramental kosher wine. Albert assisted us in our appreciation of the occasion with background and with anecdotes, referring frequently to special features of how his family celebrated the Seder meal, particularly in past

### CAPTIONS TO THE THREE JOHN KIDMAN PHOTOS:

**Top Left:** A view of some of the participants, with heads turned towards the head table and all listening attentively. Newly elected President Roz Berman, Albert Isaacs and Joan Taylor are seated in the centre of the top table.

**Top Right:** A typical table setting showing a basket of Matzah (unleavened bread), a menu and the Hagadah (Order of Service).

**Bottom Right:** Joan Anson and Joan Taylor pose for the camera, whilst setting the tables.



generations. He reminded us that an important purpose of the Seder is to teach Jewish children about the relevance in their history of the Exodus from Egypt.

We heard about the importance of family in the Jewish tradition and at the celebration of meals that accompany Jewish festivals. At our Seder meal we followed the tradition of hiding a special piece of Matzah (unleavened bread). It is normally children who leave the room whilst the Matzah is hidden, but a group of U3A members joined in the fun as "the children" and the hidden gift was found amidst much prompting and laughter. The finder, Margaret Gibson, was then given a small gift.

The meal was prepared and presented by mainly non-Jewish members who were participating in the evening – using traditional ingredients and recipes. The tables were carefully laid in accordance with the formality and rituals of the meal. Thanks go to all those who put in so much hard work and thus ensured that the evening was a successful learning experience and, just as importantly, a thoroughly enjoyable occasion. Special thanks go to Bruce Gibson who roasted the four turkey breasts on Webber barbeques in the playground outside, and to Sue Yang who led the team of 'washers up'.

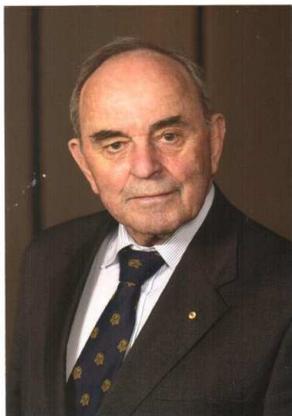
We were all enriched by the opportunity to share in this age-old Jewish tradition and to reflect on universal human aspects of religion, family and tradition. Our thanks go to Albert Isaacs and the members of the Leo Baeck Centre.



### NEWS AND VIEWS

A major feature of our programs that has been consistently well received has been the *News and Views* segments on Thursdays, between 12 noon and 1.30 pm.

*News and Views* was an initiative of Bert Stevens (photo below), a foundation member of U3A Deepdene. Bert used his amazing network of contacts in many spheres of public life, to invite speakers who have played, or who are still playing, an important role in the life of our community – academics, public servants, politicians, financiers, lawyers, media commentators, CEOs of not-for-profit organisations, medical researchers, religious leaders,



human rights activists, social commentators, and a former Supreme Court judge.

Somewhat facetiously, Bert says that he has now run out of friends and contacts who he can invite to contribute to our program. Therefore, the current Term 2 News and Views program will be his last.

Many thanks to Bert for establishing this very well received segment in our program and for setting such a high standard for us to follow.

As usual, Joan Taylor and her curriculum team have devised a marvellous and varied program for Term 2 at U3A Deepdene! Please have another look at the program – you may find some upcoming courses which interest you but for which you have not yet booked. Please contact the U3A office (see below) as there may still be some available places.

The curriculum team is currently working on our Term 3 program and you won't be surprised to learn that, as always, there are already many exciting things planned; things to suit all interests. However, program suggestions of any kind are welcomed and will be followed up.



**OFFICE HOURS**  
Monday & Wednesday  
10.00 am to 2.00 pm (term time)  
Friday 10.00 am to 12 noon (term time)  
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Term Dates 2013  
Term 2 – April 15 – June 14  
Term 3 – July 15 – Sept. 13  
Term 4 – Oct. 7 – Nov. 29



**NEWSLETTER EDITOR:**  
ALBERT ISAACS,  
c/o U3A Deepdene.

