



NEWSLETTER – TERM 2, 2025

A MESSAGE FROM OUR NEW PRESIDENT

Hello everyone - I became President of U3A Deepdene's Committee of Management at the 15th Annual General Meeting on 28 May, literally just a few days ago. On that occasion the focus was quite properly on Susie White stepping down as President and on the achievements of her time both as President and being on the Committee more generally since 2017.

About me, I can say I joined U3A in 2023 at the suggestion of my wife and her friend (a U3A Deepdene member) and was immediately attracted to the range of courses and to the knowledge and energy of the people presenting the sessions. I was also impressed by how the team of administrators and course coordinators tackled the complexities involved in running an organisation like a U3A. Before long I was assisting as a class monitor, making presentations to the Military History group and I joined the Committee of Management in 2024.



Philip Russell

I think we've got a great U3A. I look forward to continuing to work alongside the Committee of Management, and all the others who volunteer their time and energy for the benefit of our members, so we can continue to enjoy our courses and the people-focused interaction that makes U3A membership what it is.

See you around the U3A.

Philip Russell

COMMITTEE OF MANAGEMENT 2025

At the Annual General Meeting on 28 May, our 2025 Committee of Management was elected.

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

- President** Philip Russell
- Vice-President** To be appointed
- Secretary** Helen Christie
- Treasurer** Paula Grundy
- Ordinary members** Jenny Cash, Simon Harris, Lois Heycox, Leonie Kuhrt, Trish Lele, Fiona Malcolm, Trevor Rosen, Judy Still

A THANK YOU FROM OUR RETIRING PRESIDENT



Susie White

I want to say a very big thank you to all those members who were so complimentary as I stepped down from my role as President at the AGM on Wednesday. I really do value my membership and the friendships and links I have made through U3A Deepdene. As President and before that, Vice President, I have been fortunate to work with a competent, enthusiastic and supportive group of wonderful people as both Committee of Management and leaders in all our areas of work. I could not be handing over the role of President to a more competent person than Philip Russell and I wish Philip and his team an equally satisfying and happy time in 'managing' all aspects of U3A Deepdene.

I was really pleased to be able to celebrate the granting of Life Membership to Ilza Dulmanis and Kay and Ian Withell, all of whom have provided exceptional support to U3A Deepdene. It was especially gratifying that Joan Taylor OAM, our Program Manager for more than ten years, was able to join us for the AGM and to present the Life Membership certificates.

Helen Christie presented some beautiful flowers to me on behalf of everyone. It had a lovely message attached which I thought people might find interesting. It read:

....posyprose for you....

White Lisianthus for appreciation

Yellow Calendula for optimism and energy

Blue Delphinium for leadership and new opportunities

Little bud Chrysanthemums for happiness

Again, thank you all. I look forward to seeing you in some different programs and/or social events.

Susie White

A MESSAGE FROM OUR RETIRING PRESIDENT



Susie White

I am writing this note for our U3A Deepdene Newsletter before the AGM when I will retire as President. I have really valued my time in this role and enjoyed working with a range of different Committee members. All the current Committee members are standing for re-election and I know that they are all experienced and extremely competent in their roles. Although I am sad that I will no longer be part of that team, I know there are plenty of ways to continue involvement and to develop further connections and friendships through an organisation like ours. It has been very satisfying watching new members making first connections and then friendships as time goes on with participation in a range of our activities.

Early in the year, some of our Committee members noted with surprise the ratio of members as more than two-thirds female to less than one-third male. Much discussion followed with members expressing concern that many men find it difficult to develop new connections and friendships when they retire from a formal work role. A small sub committee was formed to explore opportunities to increase male membership with one of the main outcomes being the decision to hold a 'Bring a Man' social occasion when any member who came was required to bring a male non-member!! It was a very bright occasion and one which encouraged a number of new male members, whom I hope are making any number of useful links with others. Similarly, a review of the ratio of male to female photos on our website and flyers

is also being undertaken and where possible, addressed. I am sure many of our female members recognise these 'tactics' from their past work and life experience!

It is fascinating to note the development of our sessions/classes addressing Information Technology (IT) and increasingly Artificial Intelligence (AI). We are so fortunate to have a number of members who have a good grasp of these developing areas and all sessions are fully booked each term. I asked one of our members, Gerald Hughes, to write a brief article about the development of the technology areas. Gerald was a member of U3A in England before he and his wife came to Australia and joined U3A Deepdene. He has been involved in learning about and teaching others about working with IT in their lives for some years. My thanks to Gerald for both the article, which he had written within 24 hours, and for all the contributions he has made to U3A Deepdene.

Included in this Newsletter is a tribute to Keith Head, one of the founding members of our U3A, who died just recently. You will read what a wonderful contribution Keith made to our program and to the development of U3A Deepdene.

I close this piece with thanks to many people, most of whom I have noted in my Annual Report. However, a special expression of gratitude is to Jenny and Tral Cash for their willing assistance, especially as I have asked for an urgent response!

As you will note, Pam O'Brien has passed responsibility for editing this Newsletter to a new team whom we welcome warmly. The role of Newsletter Editor has been one of not only putting together articles provided by members, but actually requires early checking of class enrolments to then asking a person to prepare (and sometimes chase up) an article and where appropriate, photographs. Pam has been teaching a new team to edit the Newsletter. I believe each of us who has worked with Pam has admired her diligence, competence and really valued her gentle approach to keeping all on track! On behalf of all current and past members of U3A Deepdene, I extend sincere thanks to Pam.

My thanks to all members of U3A Deepdene for your support and commitment to our organisation.

Susie White

ACKNOWLEDGEMENT OF COUNTRY

We respectfully acknowledge the Wurundjeri Woiwurrung people of the Kulin Nation, and their elders past and present and future, who are the traditional owners of the land on which U3A Deepdene is located.

We are honoured to recognise our connection to Wurundjeri Country, history, culture and spirituality through this location.

We also acknowledge the traditional owners of lands across Australia, their elders, ancestors, cultures and heritage.

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If you are reading this newsletter as a ‘soft copy’ (on your computer/phone/iPad/device) you should/could/might be able to click on an article’s page number in the Table of Contents above and be taken straight to the article.

(If not, try downloading the newsletter first)

HEALTH AND SAFETY

We would like to reinforce the importance of the protocols we request for our safety.

Please remember to:

- Wear/bring your membership card with the reverse filled in to all face-to-face sessions.
- Carry your medical waiver form (with details included) to all physical exercise sessions.
- Take into account the weather and decide whether you will attend or not.
- Consider your own fitness regarding the activities in which you choose to participate.
- Carry water with you and wear a hat outdoors.

It has been suggested that we install the '**EmergencyPlus**' App on our mobile phones:

- It is very easy to do.
- Go to the App Store, tap the search engine, type in '**EmergencyPlusAustralia**' and download it.
- You can see your exact location (most important).
- It is just a tap of a button to alert 000 Emergency, SES, or Police immediately.

AED - AUTOMATED ELECTRONIC DEFIBRILLATORS

Each of U3A Deepdene's locations has a defibrillator on the walls in case of emergency. Open the package and a recorded voice immediately gives instructions for use.

Please note their positions:

- **Balwyn Park Centre** – beside the lift on the upper level
- **Alston Halls** – to the right of the doorway into Room 1B from the Breezeway
- **Stradbroke Park** – inside Room 1, to the left as you enter from the Cricket/Football oval (not the Athletics field)
- **Horrie Watson Pavilion** – inside, on the west wall, on the right of the doors into the kitchen.



Left is the sign outside the buildings indicating that an AED is nearby.

Right is the AED beside the lift at Balwyn Park Centre and at our other venues as listed above.



Members are reminded that U3A Deepdene has policies about Health and Safety, as well as Physical Programs. These can be found on our website.

LIFE MEMBERSHIP AWARDS

We warmly congratulate three of our members, who were honoured to be awarded Life Membership at the AGM. Susie White read the citations and Joan Taylor, herself a Life Member since 2023, presented the certificates to three very deserving members. Following are the citations:



Kay Withell, Ian Withell, Ilza Dulmanis

Kay Withell

‘As a long term active member of U3A Deepdene demonstrating steadfast dedication and exceptional service.

In recognition and appreciation of her roles as leader, tutor and coordinator - mainstay of the Literature component of our Program.

Kay initiated a number of our Book Groups and organised various Literature events, Author Talks and Discussion Groups.

In partnership with Ian Withell, Kay managed the weekly News and Views for six years.’

Ian Withell

‘In recognition and appreciation of steadfast dedication and exceptional service.

In partnership with Kay Withell, Ian coordinated and convened the weekly News and Views for six years.

Ian has contributed to leading classes and supporting tutors in any number of ways, not least of which by setting up equipment.

He has been a long term member of the Hospitality team, actively organising the purchase and service of beverages.’

Ilza Dulmanis

‘In recognition and appreciation of the wide range of roles she has undertaken as an active member of U3A Deepdene.

From 2017 to 2023, Ilza was the Secretary of the U3A Deepdene Committee of Management. During COVID, she organised and managed all aspects of two AGMs on Zoom. She has played a key leadership role with the Hospitality Committee for a wide range of lunches, morning and afternoon teas and a number of special events.

She organised and undertook management of the Wednesday Specials in their early development.

Ilza coordinates a weekly ‘Issues and Current Affairs’ session and undertakes the Office administration role every Wednesday.’

REMEMBERING KEITH HEAD

Keith and Alison Head were two of the foundation members of U3A Deepdene, which began in 2010 with just 26 members. Today we have over 1300.

Keith was born in November 1930, the third child of Roland and Elsie Head. His father died at a young age and his mother continued the business they had started in the 1930s – Head’s Newsagency Toorak. He started school at Christ Church Grammar, boarded at Ballarat Grammar and later at Scotch College. After school he went into accounting, working for A V Jennings, the Newport Abattoir, and Hanover Holdings, among others. He utilised skills that he had learned in many volunteer capacities over the years. Three of Keith’s lifetime passions – photography, swimming and skiing – developed in his teenage years and early adulthood and continued throughout his life. He was a classic life-long learner: an early adopter of technology, he needed to understand how things worked. Whether cameras, cars or computers, he always read the instructions first.



Keith Head

Keith took a severance package from Hanover in his early fifties. He then did a filmmaking course at Swinburne and threw himself into a variety of activities – filmmaking, the movie club, the photographic collectors’ society, Deepdene Uniting Church (then known as Frank Paton Memorial Church), the Kew swimming group and later U3A. In all these organisations Keith was a giver; he recognised the labour needed to make volunteering happen and participated actively in numerous committees. Keith and Alison were regular worshippers, and they were active participants in all church activities – the church council, discussion groups, concerts, picnics and meals together. Keith was treasurer of the church for many years, and in her eulogy Joan Taylor (a later treasurer of the church) remembers seeing the church accounts written in Keith’s beautiful handwriting.

Fifteen years ago the opportunity arose through a Community Development course undertaken by Sadie Stevens (our foundation president) and Joan Taylor (our foundation secretary and course co-ordinator), as part of their membership of Deepdene Uniting Church, to establish a branch of the University of the Third Age in Deepdene, using the excellent facilities the church provided for hosting such an enterprise. Keith and Alison strongly supported U3A from the early days until very recently, participating as tutors in a range of areas, Alison in History and Keith in Photography.

Keith continued as a regular and strong participant in the U3A program until a short time ago. He regularly joined online our News and Views sessions; and almost every week Keith asked a question – always something different from the other questions asked but always penetrating and thoughtful.

Photography was also one of Keith’s passions. The Travel group enjoyed many presentations by Keith where he had not only taken still photos and videos but had written a script for Alison’s voiceover, all set to beautiful music, which he chose. He loved sharing with us the travel adventures that he and Alison had enjoyed. Keith won many photography competitions, including the Boroondara Photography competition. He was a great collector of antique cameras and lenses, all of which he operated with extraordinary results.

Members of U3A Deepdene and the Deepdene Uniting Church - as well as Keith’s many other friends - will remember this remarkable man and appreciate a life well lived.

Pam O’Brien

With thanks to Lesley Head, Joan Taylor and Kay Axsentieff for their assistance in the development of this tribute to Keith. Photograph provided by the family.

ELIZABETH CHONG - 'MY HOUSE HAS TWO DOORS'

The first Wednesday Special for Term 2 was held on Wednesday 7 May. Around 120 members were treated to a wonderful presentation by U3A Deepdene's very own Elizabeth Chong.

Errol Muir introduced his friend and neighbour, Elizabeth, as a renowned chef and author who has helped shape the way Australians think about and enjoy Chinese cuisine. Elizabeth is the author of eight cookbooks covering the heritage of Chinese cooking and combining recipes with stories of the broader Australian Chinese experience. At 94, she tells us she is writing her last book – a memoir of her very colourful life.

Elizabeth's influence extends far beyond the kitchen. She's been a passionate advocate for cultural understanding and has shared her personal story on radio and television, one that reflects the broader journey of Chinese immigrants to Australia, fostering greater appreciation of Australia's multicultural tapestry.

Elizabeth said that everybody's house 'has two doors', but her doors are different. When she was growing up, behind one of her front doors she was the dutiful Chinese daughter, speaking only Chinese to her parents and elders, eating rice every day and living on Chinese meals: rice bowl, chicken soup, steamed ginger fish, chicken and mushrooms, and stir-fried vegetables.

Her other front door opened outwards into another world: she was an Australian girl, meeting her friends on the tram and gossiping about boys. At school Elizabeth learned about the kings and queens of England, she studied British history, sang English and Scottish songs, and she played a competitive game of basketball and baseball. But at the same time, she was developing a devotion to fish and chips, liquorice straps and Violet Crumbles – a true Aussie.

In 1853 Elizabeth's grandfather was sent to Australia from China as a 17-year-old, to work as a labourer in the goldfields, digging roads and clearing bush and eventually becoming a businessman. He was sending money back to his family in China and was meant to return there. But he fell in love with his adoptive country, married and had six children – the third born being Elizabeth's father, William Chen Wing Young. In 1942, it is believed William created and marketed the most widely used modern recipe for dim sims, 'Wing Lee', at his Melbourne food-processing operation.

Elizabeth was born in Guangdong Province, China, in 1931. Her mother had been expelled from Victoria under the White Australia Policy in the late 1920s, so the whole family returned to China. Years later her family came back to Australia and a young Elizabeth was free to roam the closed Queen Victoria Market on Sundays with her siblings.

She gave a colourful description of the first Western meal she ever had, when she was 14. The table was resplendent with foods Elizabeth had never seen before – a rabbit casserole, potatoes, carrots and Brussels sprouts, and scones with jam and cream. Elizabeth told us she has loved rabbit casserole ever since.



Elizabeth Chong with fellow U3A member Anabel Shears, who lived in Wahgunyah where Elizabeth's grandfather worked on the Victorian goldfields.

In the 1950s she joined the CWA and was asked to give a cooking demonstration to raise some much-needed funds. That was the beginning of 10 years or more of cooking demonstrations around Melbourne and Victoria, at schools, kindergartens and churches, then larger associations like Rotary; all aimed at fundraising.

She was later approached by one of the teachers at Belle Vue Primary School, where three of her children were attending. The teacher said, 'Elizabeth, 10 of us have got together and would love you to give us some cooking lessons. Real cooking lessons that we want to pay for.' Elizabeth thought it was an interesting and challenging concept, so she devised a six-week course and called it *Authentic Chinese Cooking – An Introduction*. The first class was on 27 May 1961, her 30th birthday. Looking back, she doesn't know how she did it, with four small children, the youngest just two months old. She never dreamt that her first class of 10 would grow to more than 35,000 students when she retired from teaching in 2018! She started teaching her classes in her home kitchen in City View Road, Balwyn North, and then expanded to a space above a shop in Glenferrie Road, Kooyong. It's wonderful to think that so much of what Elizabeth's career became started in our own backyard.

One student from these classes worked at the Hill of Content bookshop and encouraged Elizabeth to write a book. After much protest, *The First Happiness* was born, and became a best seller.

Another student worked at Channel 10. Soon Elizabeth was standing under bright lights and three moving cameras in a studio, with a lovely Annette Allison, who gave encouragement to a very nervous lady. That was *Good Morning, Melbourne*, which stayed on air for 5 years.

Elizabeth never imagined she would have a career in food. As a young woman she aspired to become a concert pianist or an opera singer. Her career in food did not merely translate into cooking, but into communication, public speaking, personal relations, television and radio, and writing. She believes we can all achieve much more than we think we can.

As the cooking school grew, Elizabeth knew she would need to broaden her skills beyond the home dishes she had inherited. She travelled to learn from other teachers in Hong Kong, Taiwan, Thailand and Singapore. She loved the combination of travel and food so much that she decided to add this to her cooking-school agenda. The first gastronomic tour to Hong Kong in 1975 was a fantastic success, so Elizabeth kept creating different tours, extending to China, Vietnam, Cambodia and Laos. Her final tour was in 2017, attracting 30 fellow travellers for a memorable tour of China.

Having written several books, Elizabeth was asked to write a glamorous coffee-table book about the heritage of Chinese cooking. This involved an enormous amount of research, as China's food has a history of over 5000 years. In 1994, *The Heritage of Chinese Cooking* won the Prix de la Mazille as International Cookbook of the Year - the most prestigious book award in France and the first time the award was won by a non-French writer. Back home, Elizabeth went on the book promotion circuit, including an appearance on *Good Morning Australia with Bert Newton*. The next thing she knew, she had a weekly segment on Bert's show, which was shown around Australia, catapulting Elizabeth into a public personality. This partnership went on for 14 years and Elizabeth remembers a very special relationship with Bert.

Elizabeth related some wonderful stories about some special students who attended her classes and how their participation changed their lives. She also talked about the influence of Chinese food and cooking on the Australian way of life – growing from when mothers would line up at the Chinese takeaway with their pots to take home food for Sunday-night dinner, to where we now have some of the most fantastic Asian restaurants in the world.

She has made it her personal mission to raise the profile of Chinese cuisine, and we all agreed that Elizabeth had been successful in her quest.

Michelle Trevorrow

BRING A MAN



On 5 March our Committee of Management hosted a special event at Balwyn Park to encourage more men to join our U3A. The Committee was concerned that many of those men who had recently retired found it challenging to adapt to the new lifestyle without the regular comradeship of workmates. A subcommittee comprising Trevor Rosen, Philip Russell and Susie White worked together to develop our first 'Bring a Man' event.

In order to join the occasion, all current members were invited to bring to the event a male friend or relative who was not a member. They all enjoyed a delicious afternoon tea while learning about the opportunities provided at U3A Deepdene and the wonderful range of courses and activities that we offer to anyone who is either retired or approaching retirement.

Our President, Susie White, introduced the event inviting Committee members Philip Russell and Trevor Rosen to speak about their enthusiasm for more male members to join and experience new links, friendships and learning as they have. Two other members, Richard Hume and John Kidman, also spoke. John was proud to present an outcome of his participation in an AI class with a poem which he has shared on page 20. This was received very enthusiastically.

We were delighted to welcome a number of guests to the occasion and are pleased to note that many of these have now been welcomed as new members.

Pam O'Brien and Susie White

LIVING WITH AGEING BONES AND JOINTS

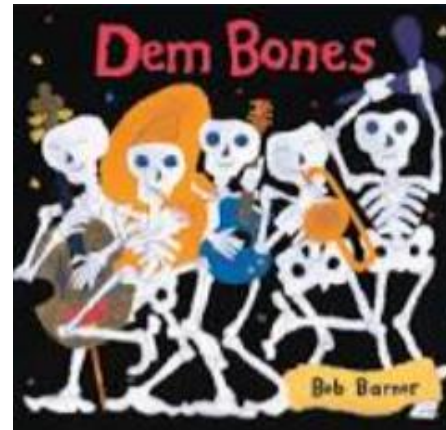
Welcome to our world! But there is good news,

Associate Professor Keith Lim is Director of Rheumatology at Western Health and also holds a position at the Melbourne University Clinical School of Medicine. He now has a practice in Mont Albert.

It was obvious from Professor Lim's talk that he has a few things going for him – he is extremely knowledgeable and experienced, interested in listening to patient stories which he views as the key to proper diagnosis, and he has a good sense of humour. In his practice, with a new client he normally spends a lot of time listening to the patient's story and then he examines the patient's joints to see how they move and how they feel. This usually gives him 90% of the information required to form a diagnosis. Imaging and/or blood tests are then used to see if they correlate with the symptoms and confirm his diagnosis.

In Australia, there is one rheumatologist for every five orthopaedic surgeons, and it was Professor Lim's view that this should be the reverse.

The presentation that followed provided information on the difference between mechanical arthritis (eg Osteoarthritis) and inflammatory arthritis (eg Rheumatoid Arthritis, Psoriatic Arthritis, Gout). Both types of arthritis result in joint pain and stiffness, but they have different causes and characteristics. For example, osteoarthritis (OA) is caused by a complicated process of wear and tear on the joints influenced by injury, ageing, obesity, or genetics, and happens when the cartilage (the cushion between bones) breaks down, leading eventually to bone-on-bone friction. A sign that you may have OA is pain that worsens with activity and improves with rest and stiffness; it can be felt in the mornings and is usually short-lived (30 minutes) but worsens with greater activity. OA most often affects the knees, hips and spine.



Rheumatoid Arthritis (RA) is inflammatory and is caused by an abnormal activation of the immune system that mistakenly attacks the joints, leading to inflammation, pain, and if left untreated may eventually cause joint damage. With RA, pain and stiffness are worse in the morning and can last a long time, and affected joints can be red, warm and swollen. Genetics, infections and metabolic issues can play a role in the development of RA. Similarly, another common form of inflammatory arthritis is Psoriatic Arthritis, related to the psoriasis family. If you suspect you have rheumatoid or psoriatic arthritis, you need to get a proper diagnosis early. Gout is one of the preventable conditions that is related to lifestyle. If you have gout, then reducing alcohol, weight and foods high in uric acid will be helpful. (Note to readers from the author of this document – I relied on ChatGPT for some details in the above two paragraphs due to my note-taking being fairly dreadful.)

Many questions were asked by the audience. Some questions from the audience and responses from Professor Lim were as follows:

What can we do to avoid Osteoarthritis?

When you have pain in your body, your body is telling you to slow down; take steps to get a diagnosis and avoid injury, eg if you have a bad knee, avoid impact. Strengthening of muscles around the joint helps. Gyms actually provide a 'one size does not fit all' approach. If you feel worse after certain exercises, don't continue with them until you find out what is causing the problem. Losing weight can help. Take for example your kneecap: four times your weight

goes through your kneecap when you are going downstairs, so even losing 1 kilo of weight is helpful to your knees. Don't give up on a knee – get the right advice. Surgery is only one option and no matter how much pain your knee is in or how bad the imaging of your knee looks, other options to surgery should be explored first.

How is RA treated?

These days, RA is completely treatable. There are four different types of anti-rheumatic drugs which are all extremely effective and although they will have side effects for some people, 70% of the time patients will have a good response and, if not, there are biologic drugs (albeit incredibly expensive, but these will be subsidised if one qualifies).

Can you have both OA and RA?

Yes. Rheumatologists need to work out which is causing what problems and reverse what can be reversed.

What is the role of steroids in OA management?

Steroids are a prelude to long-term management. Most commonly they are injected in the knee.

How common is not being able to sleep at night because of knee pain?

Very common.

What is the relationship between Polymyalgia Rheumatica (PMR) and RA?

PMR is just a symptom of something happening and unlikely to be a diagnosis in itself. It could be a symptom of a lot of things, one of which could be RA. It could be a temporary condition like a reactive event.

If you have RA are your children going to get it?

It is driven by genetics, but this doesn't mean that your children will necessarily get it.

Are there any foods you should avoid if you have OA?

Yes, foods that make you put on weight. What's good for the heart is usually good for the knees!

If you have knock knees or are bow-legged are you more likely to have knee problems down the track?

Yes.

Are bunions hereditary?

They can be, as you might inherit foot structures or biomechanics that may lead to them. They could also be caused by inappropriate footwear (tight or high heeled).

Is acupuncture helpful for OA?

It may be helpful for chronic back and neck pain. There is some evidence that supports this.

Is functional splitting and bracing good for OA?

Yes, absolutely; although don't wear splints and braces 24/7.

Instead of getting a knee replacement straight up, should you go to a rheumatologist first?

Yes. Our research shows with the multidisciplinary clinic that we run that after one year, only 10% of patients end up being referred for surgery, 60% remain to be managed conservatively and 30% were discharged.

One of the U3A participants, a former nurse, stated at the end of the session: 'That was the clearest lecture on rheumatology I have ever heard'. An enthusiastic round of applause supported this statement.

Jane Mitchell

VACATION PROGRAM - AWESOME APRIL 2025

Our vacation program for April was well received, with over 200 people participating in events, from our wonderful travel zooms on 7 and 14 April to the tour of the Moorabbin Air Museum and (from my perspective) the equally fascinating lunch venue 'Naked Racer' nearby, which was bursting with motorcycle memorabilia, not to mention a great range of appetising lunch options.



**Merric Boyd: Jug
with Apples, 1931**



St Kilda cemetery visit



Old Murrumbeena

Colin Smith's intriguing walk of Merric Boyd's 'Murrumbeena' was also an eye opener - don't forget to look out for Colin's upcoming presentation in July at Balwyn Park Centre. Colin has written several books on the Boyd family of artists and architects, and also on the Murrumbeena area.

Our lunch at Arundel winery in Keilor was very enjoyable as was the historic look at St Kilda Cemetery, where many famous people are buried, including Michael Gudinski, Albert Jacka (recipient of the Victoria Cross, later to become Mayor of the City of St Kilda).

The Ambleside Homestead in Ferntree Gully was also of significant historical interest in that area.

My thanks to Pam O'Brien for co-ordinating our willing generous Travel presenters, Kay Axsentieff for hosting our coffee and chat group, and Lois Heycox for co-ordinating the tour of the incredible needlework exhibition 'Prick!' at Storey Hall, followed by lunch at Mr Tulk. Our Travel presenters, Fiona Malcolm (New York) and Matt English (The Orkneys and the Isle of Skye) did an amazing job of recreating and sharing the excitement of their travels - thank you!

In planning events, we try to keep them varied to ensure as wide an appeal as possible. If you have any ideas or recommendations, please let us know so we can try to incorporate them ... and do keep an eye open for our next program, which is being finalised now.

With warm wishes

Anne Kemp

HUGH MACKAY ON CONNECTION IN A CHANGING WORLD



Hugh Mackay

Hugh Mackay's recent very well attended News & Views talk, inspired by his latest book, *The Way We Are*, was an engaging exploration of the human condition in modern Australia. With his characteristic warmth and wit, Mackay tackled some of the most pressing social challenges of our time, leaving attendees both reflective and inspired.

Mackay began by reminding us of a fundamental truth: humans are born to connect. Yet, paradoxically, we are lonelier than ever. He described loneliness as a modern epidemic - one exacerbated by technology and societal shifts.

While digital tools like Zoom can bridge physical gaps, Mackay emphasised that they are no substitute for face-to-face interactions with eye contact. 'Kindness', he noted, 'should be as natural as breathing', and attentive listening is one of the simplest yet most profound ways to show others we care.

The Baby Boomer generation also came under Mackay's thoughtful lens. He acknowledged the extraordinary ride Boomers have had - living through unprecedented prosperity and social change - but gently reminding the audience of their responsibility to foster intergenerational understanding and connection. His call to action was clear: it's time to hone our listening skills and rebuild communities from the ground up, starting with our own neighbourhoods.

Mackay's philosophy is rooted in interconnectedness. There is no magic wand to fix societal ills, but small, intentional acts of kindness and engagement can create meaningful change.

The lively Q&A session that followed revealed just how engaged the audience was with Mackay's ideas. One attendee questioned whether social media has become an obstacle to kindness - a concern Mackay acknowledged while advocating for balance in its use. Another asked if robots could alleviate loneliness; while Mackay conceded that technology might offer temporary solace, he stressed that nothing could replace human empathy.

Other questions delved into whether lonely individuals tend to self-isolate (they often do), whether age differences hinder social connection (not necessarily, if approached with mutual respect), and whether independent politicians demonstrate more civility.

The impact of COVID-19 on younger generations also surfaced, with Mackay expressing concern for what he termed 'Generation COVID'. He highlighted their resilience but urged older generations to offer support and understanding.

In typical Mackay fashion, the session ended on a hopeful note. While acknowledging the challenges we face - loneliness, division, and rapid societal change - he reminded us that we already possess the tools for connection: kindness, compassion, and a willingness to listen. As U3A members logged off from Zoom, many were undoubtedly inspired to take these lessons into their own lives - one conversation at a time.

Dan Rabinovici

THE RECENT EVOLUTION OF INFORMATION TECHNOLOGY

Technology has evolved remarkably over the decades, shaping the way we live, work, and communicate. By the late 1980s and early 1990s, computers became more user-friendly with operating systems like Microsoft Windows and Apple's macOS introducing innovations such as clickable icons. These developments, coupled with local area networks (LANs), allowed easier file sharing and printer usage, revolutionizing teamwork in offices.

The late 1990s ushered in the internet era, connecting homes and offices via dial-up modems. The internet opened a new world of possibilities, enabling people to send emails, visit websites, and shop online. IT professionals adapted, learning new skills such as website setup and troubleshooting. Despite the slow connections, the excitement of exploring the online world left an indelible mark on individuals and businesses alike.

The 2000s marked the dawn of mobile technology with devices like BlackBerry catering to professional needs and Apple's iPhone in 2007 transforming smartphones into everyday tools. Smartphones integrated messaging, internet browsing, and apps for entertainment and banking, changing the landscape of communication and productivity. The 'cloud' emerged as businesses shifted from physical servers to storing data online, simplifying operations and providing convenience.

As technology advanced, the 2010s brought challenges in cybersecurity. Hackers grew more sophisticated, prompting IT specialists to deploy tools like encryption and firewalls to protect sensitive information. Artificial Intelligence (AI) made its debut, enhancing data analysis and allowing machines to learn from experience. AI's capabilities accelerated business efficiency, but its implications raised ethical concerns about its future potential and whether it may become more knowledgeable than humankind.

The 2020s have been defined by rapid technological adaptation, driven in part by the COVID-19 pandemic. Virtual meeting platforms like Zoom and cloud-based services facilitated the shift to remote work in individual home-based offices, while AI-driven tools and digital currencies like Bitcoin gained prominence. IT professionals now focus on balancing user-friendliness with robust cybersecurity measures, ensuring that these technologies remain reliable, secure and trusted.

From floppy disks to virtual meeting platforms, technology has revolutionized our world in ways once unimaginable and challenging all, particularly retirees, to keep across an ever-increasing array of on-line support services. It continues to push boundaries, offering innovations that blend convenience, connectivity, and creativity. Whether you're reminiscing about dial-up modems or witnessing futuristic advancements, the journey of technological evolution is a testament to human ingenuity and the boundless possibilities of innovation.

Gerald Hughes, U3A Technology Tutor

PARLIAMENT HILL WALK

Seventeen members of the Historic Walks Group met on 4 March at Parliament House for a two-hour walk around parts of East Melbourne, ably led by Graham Ray. He delighted us with a condensed history of early Melbourne, researched by his wife, Wendy.

Just a few hundred meters from our grand Parliament House with its Greek temple portico, we visited an old coach house down a hidden cobblestone lane with a Gothic style outside toilet. We saw the beautiful iron lace of Tasma Terrace (often not appreciated); the historic German Lutheran church; the Fire Brigade Museum; the former Synagogue and Catholic college, all situated on this high point of Melbourne.

We heard about Federici's ghost at the splendidly ornate Princess Theatre, as well as the interesting fact that peppercorn trees were planted near public places to keep flies away!

Melbourne has statues of writers, war heroes and politicians. We learnt about a sculptor who had built a magnificent fountain in Pentridge after being convicted for horse stealing and assault.



The weather was perfect for our group to amble through this part of East Melbourne with its public gardens and leafy streets; and then we enjoyed a coffee and chat at a nearby cafe.

Words and photo: Jenny Kelso

ASTRONOMY

In Term 1, Bruno Zielke from the Astronomical Society of Victoria presented a well-attended talk on the aspects of astronomy that he has been passionate about for the last 25 years. Originally derived from the Greek, meaning naming of stars, today astronomy includes the study of how large the universe is, what it is made of, how stars are formed and their life cycle, the study of the solar system, its planets and the unique conditions that can lead to life emerging.

What is the universe made of?

Ordinary matter consists of the gas, dust, stars, comets, meteorites, planets (and us!). In a surprising late 20th century discovery, it was found that this represents only 5% of the matter in the universe. 27% is dark matter: a form of matter which does not interact with light so that it can't be seen by telescopes but has been detected by the effect it is having on galaxies. An even bigger shock was the discovery of dark energy - 68% of the universe (Australian astrophysicist, Brian Schmidt from ANU, was the joint Nobel Prize winner in 2011 for this discovery).



The Milky Way Galaxy

Scientists had assumed that the expansion of the universe caused by the Big Bang should be slowing down due to gravity. However, observations revealed that the universe was actually expanding at an accelerating rate. Both discoveries challenged the classical model and changed our understanding of the cosmos. Even today, the exact nature of dark matter and dark energy remains one of the biggest mysteries in science.

How large is the universe?

The observable universe is 93 billion light years in diameter, an impossibly large figure to imagine. However, the entire universe is estimated to be 250 times larger, but we just don't know for sure. Since it takes light time to travel, we can only see objects whose light has had enough time to reach us since the Big Bang, about 13.8 billion years ago. There may be much more of our universe we cannot see (and which we will never see if the universe continues to expand at an increasing rate). Bruno touched on the theoretical concept of the multiverse - our universe may just be one of many that exist simultaneously, all with very different laws of physics. We are fortunate to find ourselves in one that allows for the evolution of stars, planets and eventually life.

Our sun

The first stars 'lived hard, died young' - they were massive, short lived and unstable. They did not last long enough for earth-like planets to form around them, nor did they possess heavier elements necessary for life to evolve. Our sun is a third-generation star, formed from the remnants of previous stars that had reached the end of their life cycle. This status allowed the formation of a metal rich planetary system, with the right conditions for complex chemistry and ultimately life. Through the study of stars in our galaxy, we are able to predict the fate of our sun. It is presently in sedate middle age – about half way through its 10-billion-year life cycle. When it runs out of fuel it will eject its outer layer into space, leaving a dense hot core of a White Dwarf star, and will eventually cool and fade over trillions of years.

Our family

The sun's family of planets developed in a Goldilocks zone - a region around a star just right for liquid water to exist on the surface of a planet. Both Earth and Mars are in this zone. Primitive life forms were able to get started on Earth as it is protected from the harmful radiation from our sun by its magnetic field (present day Mars does not have a magnetic field). The presence of a moon contributed to Earth's stable conditions that allowed complex life to evolve. The most accepted theory on the formation of our natural satellite is that in the early chaotic solar system, a Mars sized protoplanet called Theia collided with a young Earth. The massive impact ejected a huge amount of debris into space which eventually coalesced under gravity to form a moon: an unlikely sequence of coincidences that saw life develop in one small corner of the cosmos.

We hope to have Bruno back in the second half of the year to discuss the cosmic remnants of the first three minutes of the Big Bang - remnants which we can now study and which give us a hint as to the answer to this age-old puzzle.

John Cavedon

JOHN GLOVER

Gillian Yung delivered a fascinating presentation on the story of John Glover (1767 - 1849), a pioneer of Australian Landscape Painting. He was possibly the most important landscape painter of the colonial period outside Europe, but few Australians have heard of him. As a child from rural Leicestershire, Glover always carried a sketchbook into the fields. He excelled at calligraphy and could write, read, and draw exceptionally well. He taught at schools in Derbyshire and Yorkshire and went on sketching tours. He also taught privately.

In 1804 he moved to London and attended classes given by some well-established artists, namely William Payne and John Warwick Smith. He attracted the attention of a wealthy and generous patron, the Countess of Harrington, who was a good friend of Joshua Reynolds.



Mount Wellington and Hobart from Kangaroo Point, 1834

John Glover was so successful he became a foundation member of the Society of Painters of Water Colours and eventually became its President. In 1812 he became a member of the Society of Painters of Oil and Water Colour. Artists John Constable and J M W Turner were considered his acquaintances but never his friends. They believed oil painting eclipsed water colour as a medium.

Glover painted in many European countries. He was awarded a medal for his painting 'Bay of Naples', which he completed in Paris.

Many tourists were attracted to a peaceful Europe after Napoleon surrendered in 1814. Meanwhile across England there was a growing interest in agrarian land in Van Diemen's Land (VDL). People had heard that the Governor there had made convicts available to landholders as a rural labour force. Three of Glover's sons purchased acreages in VDL using Glover's paintings as payment. Glover himself decided to sell his home and all his artwork and move there to be closer to his sons. The sea journey took five months. Upon arrival he bought 2560 acres ninety miles northeast of Hobart, at Mills Plains. He chose this site because of beautiful views of fertile valleys and rolling hills in all directions. His house was ready for occupancy in the first half of 1832. He named it 'Patterdale'; it was just south of Evandale. This is where he created his masterpieces.



Patterdale Farm, circa 1840

In 1834 he sent 68 paintings back to London where they were all sold. In 1847 he held his last exhibition in Launceston. Thereafter he ceased painting and became devoutly religious. His grave is in Deddington, Tasmania.

The Art Gallery of South Australia owns 'A View of the Artist's House and Gardens, Mills Plains'. Glover's paintings are also in the USA, the Tasmanian Art Gallery and Henry Jones Art Hotel in Hobart. Tom Roberts, who was a great admirer of Glover, named the plains and hills where Glover once lived as 'Glover Country'.

Patterdale and surrounds are now listed on the Tasmanian Heritage Register.

One of Australia's most prestigious Art prizes is named the Glover Prize. The John Glover Society was formed in Evandale. It keeps the winning paintings, and the artist receives \$80,000.

Thank you, Gillian, for this talk on the father of Australian Landscape Painting.

Lyn Anderson

MUSICAL EXUBERANCE: FIONA MALCOLM

'The 70s Rock from Donny Osmond to Kiss'

Fiona led us on an absolutely fabulous journey of music, singing, laughter and nostalgia as we re-lived our love of rock music in the 1970s. Fiona related her talk to her teenage years growing up in Sale and her experience of going to dances and listening to rock bands playing at the Sale Memorial Hall.

We were taken on a journey of some of the No 1 songs of the decade:

1970: we were reminded of Elvis' 'Suspicious Minds' and the Beatles' 'Let It Be'. The memories came flooding back as we watched a video clip of a very young, good-looking Johnny Farnham singing 'Raindrops Keep Falling On My Head'.

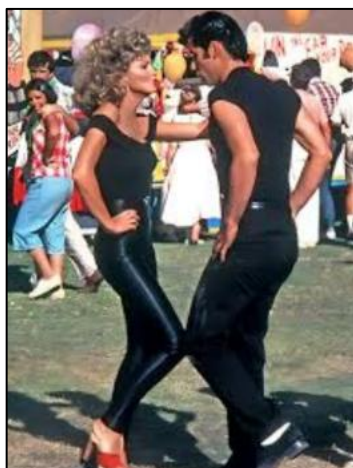
1971: was the year of Don McLean's 'American Pie', 'Imagine' by John Lennon, and closer to home 'Eagle Rock' by Daddy Cool.

1972: brought us Cat Stevens' 'Morning Has Broken' and 'Puppy Love' by Donny Osmond. While watching the video of him singing, Fiona confessed that Donny was a special favourite of hers.

1973: saw Helen Reddy's 'Delta Dawn' and Carly Simon's 'You're So Vain' reach No 1. As we watched Elton John sing 'Crocodile Rock' the line that says 'our feet just can't keep still' was very true for us.

1974: was the year of Abba's 'Waterloo', Stevie Wright's 'Evie', and Skyhooks' 'Living in the 70s'. The video of Skyhooks singing 'Balwyn Calling' was aptly chosen by Fiona.

1975: Queen's 'Bohemian Rhapsody', John Paul Young's 'Yesterday's Hero' and AC/DC's 'It's a Long Way to the Top' reached the top of the charts.



1976: Mark Holden, Sherbert and the Ted Mulry Gang's 'Jump in My Car'.

1977: Dr Hook sang 'Walk Right In', the Bee Gees 'Staying Alive' and we were treated to a beautiful video of Paul McCartney singing 'Mull of Kintyre' filmed in Scotland.

1978: John Travolta and Olivia Newton-John's hit 'Grease' and Dragon's 'April Sun in Cuba'.

1979: 'C'mon Aussie C'mon', 'Up There Cazaly' and another old favourite was the video of Kiss singing 'I was Made for Loving You'.

Fiona's enthusiasm was infectious and her sense of humour delightful. It was a highlight to see Fiona dancing along to the videos, remembering precisely all the dance moves. The costumes and hairstyles also brought back many happy memories.

Thank you, Fiona, for sharing your personal experiences and your love of music from the 70s with us. It was wonderful to enjoy reminiscing together about the music and fun we had at a very special time in our lives.

Pam McDill



In the Term 1 edition of our Newsletter, Errol Muir, co-ordinator of our Technology classes, explained (on page 18) that our courses are designed specifically to help us to build essential digital skills in a supportive and friendly environment. He mentioned that we offer a hands-on introduction to Chat GPT for those new to artificial intelligence, to help us to understand how AI can assist with learning, entertainment, and organisation. This term we have three sessions on AI, with the first of these having been run on 14 May.

Following an earlier class are poems written by members John Kidman and Nola Bartak - with assistance from Chat GPT. They demonstrate the fun we can have with our new skills.

POEM BY JOHN KIDMAN

At Deepdene U3A, I've found my place,
With friendly smiles and warm embrace.

A place to learn, a place to grow,
With knowledge shared in gentle flow.

History, music, or tales of old,
Each class a treasure, worth more than gold.

With friends beside me, day by day,
The hours just seem to drift away.

From walks in sunshine to art so fine,
This life of learning feels truly mine.

No tests, no pressure – just joy and grace,
At Deepdene U3A, I've found my space.

I'm happy, content, and ever keen,
A member proud of Deepdene's scene!

Pam O'Brien

THE DEEPDENE U3A BALLAD BY NOLA BARTAK

(In the voice of Jackie Lambie)

Well, listen up, folks, I've got somethin' to say,
About a top-notch crew I see every day.
They've got wisdom, they've got sass,
And let me tell ya — Deepdene U3A's first-class!
From the moment I walked through that old front
door,
I knew I'd found mates I was lookin' for.
No red tape, no nonsense, no political spin,
Just good old learning and a whole lotta grin!

(Chorus)

So raise your glass and give a cheer,
We're livin' our best damn golden years!
No one's slowin' — we're pickin' up steam,
Deepdene U3A, we're livin' the dream!

We've got history buffs and poets too,
Keen-eyed painters with a colorful view.
Gardening legends with dirt on their hands,
And tech wizards teachin' me how this stuff
stands!

We debate, we discuss, we challenge the mind,
No one's left out, we leave no one behind.
It's not just a club — it's family, mate,
And I tell ya what — it's bloody great!

(Chorus)

So raise your glass and give a cheer,
We're livin' our best damn golden years!
No one's slowin' — we're pickin' up steam,
Deepdene U3A, we're livin' the dream!

Now some reckon ageing means slowin' right
down,
But we're too busy paintin' the town.
With a laugh, a lesson, and a fair dinkum chat,
There's no better place — I'll drink to that!
So if you're sittin' there, thinkin' you're done,
Get off your bum and join in the fun!
Deepdene U3A — it's the place to be,
And let me tell ya, it's bloody grouse to be me!

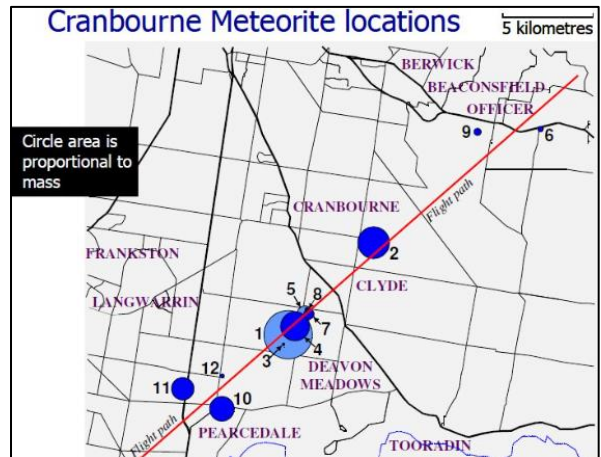
(Final Chorus - loud and proud!)

So raise your glass and give a cheer,
We're livin' our best damn golden years!
No one's slowin'—we're pickin' up steam
Deepdene U3A, we're livin' the dream!

THE CRANBOURNE METEORITE

As part of U3A's Science program, in April, author Sean Murphy gave a fascinating presentation about the origins and the Victorian colonial-era controversy surrounding the fragments of a meteorite, known as the 'Cranbourne meteorite'.

The evidence indicates that the meteorite approached Cranbourne at a low angle from the north-east and explosively broke up in the earth's atmosphere, with fragments strewn across a 20-kilometre corridor from Pakenham to Langwarrin. It was made up almost entirely of iron. Modern rust profiling of the fragments indicates that the meteorite fell to earth sometime between 700 and 1000 years ago.



The meteorite was likely part of the debris resulting from the formation of the early solar system some 4.5 billion years ago. Fast-forward to early Victorian colonial times, and fragments of the meteorite became



known to white settlers through the local Indigenous people. It's here that Sean took up the story of the rivalry between British scientific institutions in London and those in colonial Victoria for ownership of the largest fragment. The meteorite had come to the attention of the scientific community after other smaller fragments were displayed at the Melbourne International Exhibition of 1854. The Royal Society of Victoria had also sponsored its own scientific investigations into the meteorite in 1859. In 1862 the largest fragment was extracted and taken to the University of Melbourne, where it remained on display in the university quadrangle for the next three years.

Historical photographs in Sean's presentation showed the fragment to be about the size of a large suitcase. However, being comprised almost wholly of immensely dense iron, it weighed 3.5 tons and took a team of 16 bullocks to move.

Sean described how the fragment became the centre of a 'tug-of-war' between British and Victorian colonial scientists. Many in Melbourne's scientific community argued that the meteorite should remain in Melbourne. Their counterparts at the British Museum believed that the fragment, at that time the largest known iron meteorite fragment, was too important and should be transferred to London.

Sean also noted that the petitions and debates about the retention of the fragment involved many of the most prestigious scientific figures in colonial Victoria. These included meteorologist Georg von Neumayer, botanist Ferdinand von Mueller (of Royal Botanic Gardens Victoria fame), and President of the Royal Society of Victoria and head of the (then) National Museum of Victoria, Frederick McCoy. The landowner on whose property the fragment had been found also got involved.

Ultimately, Imperial pressure and loyalties prevailed, and the fragment was shipped to London in 1865. Sean's own photographs showed the fragment currently on display in the gift shop of the Natural History Museum in London.

Philip Russell

THE HUM IN THE WIRES

Dr Leigh Peterson, retired engineer, U3A Deepdene

Leigh is a U3A Deepdene member and holds qualifications from the University of Melbourne and Princeton University. His career has included roles at the Australian National University, SECV (State Electricity Commission of Victoria), and RMIT University. His expertise spans engineering research, industry applications, tertiary teaching, and senior university administration. He is particularly interested in technology's applications and its societal impact.

Leigh's presentation focused on the life and significant contributions of Charles Todd, who lived in Australia from 1855 to 1910. Todd's most renowned achievement was the construction of the telegraph line between 1870 and 1872. Other achievements of Charles Todd were also explored in the years of his life in Australia.

Born in London, Todd began his career at the Royal Observatory in Greenwich. The Greenwich Observatory was crucial for establishing accurate timekeeping and celestial navigation. Todd trained under Sir George Airy, one of the great English mathematicians, where he gained valuable experience. Todd later worked as an assistant astronomer at Cambridge University, where he became interested in the emerging field of electrical engineering, particularly telegraphy. Cambridge was involved in early telegraph systems, including one using multiple needles to point to letters.



*Charles Todd (in light suit) ...
Telegraph office, 1880s*

Todd was also involved in using telegraphy to determine the precise longitudinal difference between Greenwich and Cambridge by coordinating star transit measurements. He was also aware of the development of submarine cables and the emergence of the Morse code, invented by Samuel Morse and Alfred Vail. These discoveries revolutionised telegraphy by using dots and dashes, enabling faster communication over a single wire.

In Australia, the development of telegraphy began with private initiatives such as Samuel McGowan's, with a line between Melbourne and Ballarat in Victoria in 1853. The Victorian government eventually took control of telegraph services. In 1854, the South Australian government sought to establish its own telegraph network and, on the recommendation of Sir George Airy, appointed Charles Todd as Superintendent of Telegraphs, Government Meteorological Observer, and Government Astronomer in South Australia.

Arriving in South Australia in 1855, Todd faced the challenge of building a telegraph system from scratch. He collaborated with McGowan to establish a telegraph line between Adelaide and Melbourne, completed in 1858, which connected South Australia to the broader Australian telegraphy network. However, this single line was vulnerable and subject to tolls from the Victorian government. Todd advocated for a second, more direct line, but faced resistance from Victoria. He also played a crucial role in accurately determining the border between South Australia and Victoria by using a portable transit telescope and coordinating measurements. This resolved a long-standing border dispute. Todd was a strong proponent of linking Australia internationally via undersea cables.



The bullock cueing yards, Flinders Ranges

Todd also spearheaded the ambitious project of constructing the Overland Telegraph Line to connect South Australia with Darwin and thus to an international cable from Java. This massive undertaking faced immense logistical challenges, including the lack of roads, the need for bullock drays to transport materials over 3,200 kilometres, and a harsh environment. Telegraph stations were built along the route, spaced at intervals requiring messages to be relayed. Each station relied on voltaic cells for power and skilled operators to transmit and receive messages using Morse code. The

construction also led to conflict with Aboriginal people due to the impact made on their water sources and sacred sites, resulting in skirmishes.

Despite the difficulties, the Overland Telegraph Line was completed in 1872. The first official telegraph message travelled from Adelaide to Darwin in five and a half days, satisfying the contract with the British Australian Telegraph Company. Adelaide became a vital hub for international communication.

Todd received numerous honours for this achievement.

Beyond the telegraph, Todd also made significant contributions to meteorology, collecting weather data from the telegraph stations and sending via telegraphy, which helped identify atmospheric phenomena like the El Nino. This collected weather data remains valuable for climate research today. After Federation in 1901 and the introduction of new technologies, many of the original telegraph stations were abandoned. However, the Overland Telegraph Line stands as a testament to Todd's vision and determination, a remarkable feat of engineering in the Victorian era.



The telegraph cable comes to Darwin, 1871

Tim Hodgetts

As many of you will know, we often take photos of our members at various classes, outings, and social functions.

If you do not wish to be photographed, would you please let the photographer know, and step aside.

U3A Deepdene makes every effort to obtain the consent of members to their photographs appearing in this online Newsletter.

U3A DEEPDENE FILM GROUP

Our U3A film group is a social group for movie lovers.

I took over the position some 12 years ago and it was a new adventure for me to organise a film group. We meet on the third Monday of the month for morning movies followed by discussion over lunch at a local cafe.

Palace Cinema Balwyn seems to suit everyone's needs and time allotment works well for most. With the assistance of Jan Tuckwell, we have managed to keep this wonderful group going and have formed some strong friendships and enjoyed so many great films.

There are always a few movies that don't appeal, and I generally blame the time restraints rather than my choices! Selection is varied, including the film festivals and blockbusters. I choose three films, and you can choose to go to one of them or, if you have already seen them, you can see any other film being screened.

In past years we have tried other venues, but times and parking restrictions have been a problem. Parking around the Balwyn cinema is usually available, as most side streets don't have time restraints. Also, there is a 109 tram stop directly in front of the cinema. However, we are always happy to take suggestions of other venues.

If you enjoy movies, great chatter and meeting new friends, please feel free to enrol and come along.

Cheers – and see you at the movies.

Kathy Wilton

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.

U3A DEEPDENE INFORMATION AND SPONSOR DETAILS

OFFICE HOURS (during term time):

Mondays to Fridays: 9.00 to 12.00
T: 9817 7736; (AH) 0408 019 815
E: u3adeepdeneinc@gmail.com
W: www.u3adeepdene.org.au

Weekly email/s are sent to all members with email addresses; watch for these updates.
See our website for details of courses: www.u3adeepdene.org.au

The Program Guide for Term 3, 2025 will be distributed in the second-last week of Term 2.

TERM DATES 2025:

- Term 1** Monday 3 February to Friday 28 March
- Term 2** Monday 28 April to Friday 20 June
- Term 3** Monday 21 July to Friday 12 September
- Term 4** Monday 13 October to Friday 5 December

FUNCTIONS:

- Wednesday 4 June Mid-Year Celebration at 5.00 pm
- Wednesday 11 June Mid-Year Celebration at 5.00 pm
- Friday 27 June Mid-Year Tutors/Leaders' Lunch

HEARTY JULY VACATION PROGRAM:

Monday June 30 – Friday July 11

***Many thanks to all contributors to our Newsletter: writers, photographers, and proofreaders.
Your support is greatly appreciated.***

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NEWSLETTER EDITORS:

Bea Hardman, Heather Kelly, Pam O'Brien, Susie White and Megan Williamson
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