



NEWSLETTER – TERM 3, 2026

A MESSAGE FROM OUR PRESIDENT

Welcome everyone to your U3A Deepdene Term 3 newsletter.

Winter is still with us, and I hope you are all staying well amidst the various colds, viruses and flus that have been doing the rounds! I must say I am very much looking forward to the Spring.



Philip Russell

We are now over halfway through 2026 and I also hope you have been enjoying your U3A courses. This newsletter will give you some highlights of courses from around the wider U3A – so read on and maybe consider what other courses we offer might also interest you.

One big news item is that our own Jone Gaillard has received a U3A Victoria Tutor Recognition Award! Each year U3A Victoria seeks nominations from the numerous U3As around Victoria and recognises tutors at a ceremony at State Parliament House. The U3A Deepdene Committee of Management nominated Jone. Since 2018, she has presented over 30 history courses, delivered nearly 250 weekly sessions, and we are fortunate and proud to have her as a tutor. See the article on Jone and her award on page 19.

Renovation work continues at Alston Halls and has been impacting some of our courses, including Tai Chi and Active Movers. Please be careful around the works and thank you everyone for your patience while this work is completed.

Our Wednesday Special of the term showcased the wonderful work of the School of St Jude in Tanzania, East Africa. The school was founded in 2002 by Australian humanitarian Gemma Sisia, with one teacher and a handful of students, but today provides free education to 1800 students and employs 300 Tanzanian staff.

And don't forget to enrol in the Annual AFL Footy Trivia Quiz and Lunch, to be held on 10 September at the Balwyn Park Centre. It's pies and balloons and a lot of fun, and it doesn't matter a bit how well (or not) your team has gone this year. The winners of the U3A Footy Tipping will also be announced. Look for it under the News and Views tab.

Finally, and as always, I want to thank the members who volunteer their time and energy to lead and present our courses and who volunteer in administration and catering. Our U3A would not be the stimulating and social experience it is without your generous contribution.

Philip Russell

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.

IMPORTANT TECHNOLOGY NEWS!

Did you know that the newsletter's Table of Contents is now hyperlinked?

If you are reading this newsletter as a 'soft copy'
(on your computer/phone/tablet)
you are now able to *click* on an article's title or
page number in the Table of Contents and be taken straight to the article.

And not only that ...

The arrow at the bottom right-hand corner of each article is also hyperlinked!
If you click/press on it, you will be taken back to the top of the Table of Contents.

However ...

If you are reading a paper version (hard copy) these features will not work.

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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 free '**EmergencyPlus**' app on our mobile phones:

It is easy to do and it's **free!**

- **Download the App:** Available on both Android and iOS platforms, users can download the app from Google Play Store or Apple App Store.
- **Install and Open:** Once downloaded, install and open the app.
- **Allow Location Access:** The app requires location access to function correctly. Ensure you grant the necessary permissions.
- **Familiarise Yourself:** Explore the app's features and understand how to use it in an emergency situation.

You can see your exact location (most important).

It is just a tap of a button to alert 000 Emergency, SES, or Police immediately.

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

AED - AUTOMATED EXTERNAL 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



COMMITTEE OF MANAGEMENT 2026

At the Annual General Meeting on 28 May, our 2026 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

We might have met at a short course at the Balwyn Park Centre, or at a Wednesday Special or Members Social Event, where I sometimes make a speech and work with our hospitality teams behind the bar. I became president of U3A Deepdene's Committee of Management at the 2025 Annual General Meeting, following the retirement of Susie White, and came back for another stint as president at the 2026 AGM.

I joined U3A Deepdene after retiring from a legal career spent in different parts of the superannuation industry, and that started before super 'took off' in the 1990s. Outside of work I've been involved in local theatre (both in committees and on stage), multiple book clubs, reading history, international travel and helping to raise a family of three boys. Apart from U3A I volunteer at a local indigenous plant nursery. I also like just about anything to do with trains and railways, and to try my hand at writing fiction.



Philip Russell

Some may know that I'm originally a Sydneysider and worked for many years in Canberra before meeting my spouse (a Melburnian) and making Melbourne home in 1998. Having lived and worked in those other places, I can say with some conviction that I really prefer Melbourne (and AFL over Rugby League). Even after over 25 years there are so many places in and around Melbourne I haven't yet explored.

I think we've got a great U3A. As committee member and president, I've been keen to meet members as they engage in the many diverse subject areas in our program, and to learn what they do and how they do it. I think the breadth and quality of the program, and the enthusiasm of the organisers and presenters, are exceptional. I'm looking forward to working again with the committee to continue our U3A's great work.

Vice-President - Vacant



Secretary - Helen Christie



Helen Christie

I have enjoyed being the secretary of U3A Deepdene since May 2023, and being part of the 'team', which includes president, treasurer, enrolments, committee, course co-ordinators and volunteers, who make it possible to deliver the activities and programs to our many members (currently around 1500).

What does the secretary do? A simple answer would be 'whatever is required'.

The committee of management, currently 11 members, meets once a month. The annual general meeting is held in May. A formal agenda, activity reports and minute recording are required for audit and compliance purposes. Our designation has recently changed from a 'Not-for-profit organisation' to a 'Charity', which has changed our reporting requirements.

The secretary monitors email requests, identifies and reports new members to the committee, plus works with the treasurer and president to authorise account/expense claims. He/she ensures our insurance, liquor licence (so important for our social events), council licences and facility reservations are all up to date.

If there is a question I am not sure about, our previous secretary – Ilza Dulmanis – and Jenny Cash provide invaluable support. They are always helpful and knowledgeable.

We are very fortunate to have the Uniting Church in Australia (Deepdene) and Boroondara Council providing premises for our use. The council's very capable Active Ageing team supports and appreciates the services we provide.

I look forward to meeting you, perhaps chatting about your U3A experience and pouring you a drink at one of our social events.



Treasurer - Paula Grundy

I joined U3A Deepdene during lockdown in 2020 and, like for many others, it was a life saver for me. I was very impressed with the efficiency of the organisation and the variety of courses on offer. Having trained as a chartered accountant in the 1970s, my education at the University of Queensland was lacking in my favourite areas of interest – ancient history and art appreciation. For the past six years I have been able to fill the gaps in my knowledge by attending as many talks as I have time for.



Paula Grundy

I became treasurer in 2022 and have been very busy since, managing the finances, annual audits and the ever-changing requirements of the regulators. I am very lucky to have a very supportive committee, who are always available to help me find solutions to the many questions that arise, and willingly fill in for me when I travel overseas to see my eldest son.

In my life so far, I have travelled from Rockhampton, my birthplace, to Brisbane, Melbourne, then the US for 20 years, and back to Melbourne 26 years ago. I look forward to continuing to help with the future success of U3A Deepdene.



Ordinary Members

Jenny Cash



Jenny Cash

I was born in Burwood and grew up there and in East Ivanhoe, so have lived not far from Boroondara and the Yarra for most of my life. I trained as a primary teacher and then did the usual teaching spots in the country.

Married, two children, back to teaching at MLC, involved in launching the first primary class where each child had their own laptop – that was a challenge!

My husband Tral and I went to the UK with his IT work and lived there for ten years. We explored much of the UK and had plenty of long weekends in Europe.

I first encountered U3A when we were living in Surrey. Then at Leamington Spa I became more involved, leading walking groups – in the Cotswolds! At Marlow (on the Thames), the first activity I went to, I heard, 'Anyone met this bossy Australian woman?'. I joined the CoM, and ended up producing their newsletter, starting and running several groups.

When we came back to Melbourne one of my friends suggested I join U3A Deepdene. That was in 2010, and I joined another 53 inspiring members and we built U3A Deepdene to its present number of 1500+.

Currently I run the office four days a week, answer queries, and make sure our amazing program runs as smoothly as possible!



Leona Edwards



Leona Edwards

After many years running a medical clinic, I am now enjoying the opportunity to explore new chapters – at a more relaxed pace. U3A Deepdene's informative sessions and strong sense of community have quickly become part of my 'Chapter 1'. It's a privilege to serve on the committee, and I look forward to contributing.

My working life began in teaching, followed by studying for a Master's in Education Administration and a degree in Practice Management. These supported a 30-year career managing a busy CBD medical practice. It was a career full of variety and interest.

More recently, I took on an advisory role within a health network, finishing by mentoring a young practice manager. I valued sharing experiences, revisiting familiar challenges, and encouraging her to celebrate successes with her team.

Outside of work, I have a great love of the outdoors. My husband and I are keen snow skiers and, while our ski legs are still co-operating, we enjoy chasing good snow in Utah, New Zealand and Japan. Travel is another pleasure, with fond memories of European river cruises and the summer warmth of Mallorca.

I also have a strong interest in food and wine. Entertaining, wine groups and dining out with friends remain important parts of my life.

I'm very much looking forward to this next chapter and to sharing it with the wonderful U3A community.

Lois Heycox

I have lived in many places in Australia: I was born in northern NSW, then my family moved to Canberra to enjoy the new growth of the 1950s. Marriage took me to Wollongong in NSW and then to many other places, following my husband when he was employed by BHP: Whyalla, Townsville and then Melbourne. We really love Melbourne and have settled here now.

My interests are many and varied: quilting, bicycle racing such as the Tour de France and the Tour Down Under, travelling to admire art, architecture and gardens. I love many things Japanese and have visited Japan many times. After retiring, I discovered U3A Deepdene and have loved attending the talks on art, decorative arts, science, literature and architecture.

I joined the committee of management in 2018 and co-ordinate the Arts program: I set up the technology for the program and also for other presentations when needed. I assist people to prepare their presentations, for example Janie Gibson and Adrian Rossi in the Musical Exuberance sessions, and for Graham Pratt with his video presentation of the Kokoda Trail.

I also assist with the office administration when required and have a Responsible Serving of Alcohol (RSA) certificate to support the hospitality team.



Lois Heycox

Nancy Hillier



Nancy Hillier

I have returned to my hometown of Melbourne following retirement at the end of 2025. Through my 29-year career as an independent-school principal, I have headed up schools in South Australia, Queensland and for the past 15 years on the idyllic Northern Beaches of Sydney. This final part of my education journey was at Pittwater House school, a Kindergarten to Year 12 school that interestingly runs single-gender classes on a co-educational campus of over 1000 students. Education has been my life's work for 49 years – a humbling and joyful, yet immensely challenging position as society and government and litigation have become so complex.

I made sure that my friends were always key to return trips to Melbourne through the years and now I am relishing understanding the great delights of a carefree lifestyle. Already I have managed several trips, as travel has been key, always. I am a passionate sport and devoted Demons supporter. Will I ever watch the Demons at the G in a Grand Final?

And of course I am now loving my involvement at U3A Deepdene. Deepdene was recommended to me as 'the' U3A to join. Signing up for a range of year-long and one-off classes and excursions in these first six months has been a marvellous introduction to all Deepdene offers. Once upon a time I was the deputy headmistress at Fintona Girls' School, so I have a quiet chuckle that decades on I am sitting in class, looking across to the school.

Importantly, I look forward to supporting those who give so much for us all to benefit and grow.



Tim O'Leary



Tim O'Leary

I've lived in Surrey Hills since the mid-1970s, with a few periods away in regional Victoria, including Bendigo and Shepparton.

I originally came from a farm in the Otways and first headed to Melbourne to work in the soil laboratory at the old Country Roads Board in Kew. Most of my later working life has been spent in health services, across both service delivery and policy, with a large part of that time in the management of psychiatric services. I was also involved with the Eye and Ear Hospital, the Centre for Eye Research and the establishment and operation of Victoria's first medically supervised injecting room.

I've always been a keen reader and a great consumer of information. When I first got access to the internet in 1992, it felt like being permanently wired into a research library. These days, I'm more aware of misinformation and the amount of online slop, and I spend too much time pushing back against it. I'm an advocate of science-based medicine. I also enjoy reading crime fiction, especially Australian noir, and listening to music, both live and recorded.

I've always been active in local community life, including with the Surrey Hills Neighbourhood Centre. I joined U3A this year, and I'm looking forward to contributing through the committee and in whatever other ways I can.



Trevor Rosen

I've spent almost all my life living in what is now the City of Boroondara. After graduating in Law from Monash University in 1976, I spent a short time working as a solicitor in Melbourne, but soon went on to become a barrister at the Victorian Bar. As such I was self-employed and practised mainly in commercial litigation. I worked as a barrister for about 40 years and retired seven years ago. Although I enjoyed my professional career, I found the transition to retirement to be seamless, mainly because I had developed a lot of interests in outside work.



Trevor Rosen

I am a regular cyclist and a keen bushwalker. I have been a member of the executive committee of the Melbourne Walking Club for the last 13 years, during which I was president for nine years. I also enjoy reading, travel, politics and current affairs. My wife shares these interests and we've travelled widely, both in Australia and overseas. We're regular visitors to Switzerland, where our eldest daughter and her family live.

This is my fourth year as a member of U3A Deepdene, and I am very impressed with the incredible range of courses, events and activities it offers and the dedication of its tutors, organisers, helpers and the committee of management. U3A provides an ideal pathway for lifelong learning and social connection at the same time.

I joined the committee in 2024 and am currently one of the general committee members. As such I'm engaged with the broad range of issues that the committee considers at its monthly meetings.

I have a particular interest in anything to do with the law. I was one of the organisers of the 'Bring a Man' event in 2025, which was an attempt to address the gender imbalance in U3A.



Judy Still

Having worked as a librarian in public and special libraries in Melbourne, I joined 'the dark side' of library systems and software in 1995. This work led me to a job in the UK, which lasted 14 years and gave me the opportunity of not only travelling throughout Europe and North Africa, but also teaching Australian history in an equivalent to U3A in England. It was such fun – both the teaching and meeting people.

Back in Melbourne, I enjoy the breadth of events available – film festivals, concerts, galleries, libraries, food and restaurants, the public lectures given by institutions such as the University of Melbourne, and travel.

I have been a member of U3A Deepdene since I returned to Australia in 2019, when I retired. This year I enrolled in mahjong – it is satisfying to learn a new skill but also great fun. I enjoy presenting talks and the discussion generated from them. U3A Deepdene offers such a variety of events, talks and discussion groups. My role is co-ordinating the Program of Short Courses each term.



Judy Still



Beverley Walsh



Beverley Walsh

Originally from Sydney, I worked for the Commonwealth Bank while completing a Bachelor of Business (Accounting) at the University of Technology Sydney.

Forty years ago, I moved to Melbourne's eastern suburbs and worked in local government for ten years until made redundant ('Jeffed') in 1995. I then began a rewarding experience in aged care.

In early 2011, my husband and I relocated to our holiday home on the Bass Coast when I accepted the position of Chief Executive Officer of an aged-care organisation in Wonthaggi. During my time there, I oversaw the expansion and redevelopment of the facility. After retiring in late 2015, I spent several years working as a consultant.

We thoroughly enjoyed our 13 years living on the Bass Coast. From 2016 to 2024 I served on the Board of Koo Wee Rup Hospital and was treasurer of Bass Valley U3A.

Two years ago, we returned to Melbourne, where I joined U3A Deepdene. I now co-ordinate the Scrabble group and enjoy participating in exercise classes, a walking group and a book club.

When I'm not involved with U3A, you'll usually find me walking my two little dogs or curled up with a good book.



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
respectful and relatively free environment.

BURNLEY HISTORIC WALK

In early June, led by Alan and Jean Mapp, about 20 members set off in Burnley, on a trip back in time for those who grew up in Melbourne in the 50s and 60s.

Alan spent his childhood in Burnley, and he led us past many original single-fronted houses, some of which had been homes for the abattoir workers. Many streets now have multi-storey apartment blocks, as well as modern housing.

Starting at the corner of Burnley and Swan streets, Alan showed us where the cake and pastry shop established by his grandmother in the 1950s had been located. This shop served the local community for many years, and Alan had fond memories of helping out at the shop and enjoying the products.

Around the corner in Swan Street there had been a picture theatre, which provided entertainment for the local children with its Saturday-afternoon sessions.

We crossed Swan Street and continued south through the rail underpass towards the Yarra. Alan spoke about the former abattoir that was located close to the river, with much of the refuse being discharged into the river. Despite this, Alan and his friends enjoyed swimming there. Before the bridge was built, the Twickenham ferry carried people to and fro across the river. Other significant businesses located in the area were a malthouse and Loy's soft-drink factory.

There were regular illegal two-up games played in the laneways and Alan and his friends often found coins dropped when players hurriedly left to avoid the police checks.



Alan pointed out the former location of the Burnley Primary School, which he attended but which was demolished some time ago. He described a childhood of many freedoms no longer enjoyed by today's children. For example, students in Years 5–6 were free to leave school for the lunch hour, no parental permission required.

Alan passionately outlined a world of no supermarkets, some families with no car or TV, but a time of very happy memories. Having Alan's personal experiences and memories helped to make a very enjoyable morning walk.

Celia Dynon and Jenny Kelso



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U3A Deepdene does not endorse any of the products mentioned in this newsletter.

Articles are written to provide education and information.

VACATION PROGRAM REPORT WINTER 2026

Our vacation program was greatly anticipated and in total we had more than 180 participants. Here's a selection of what we enjoyed.

Our Travel presenters did an amazing job, starting with Philip Russell completing a fascinating presentation on his winter trip to Hokkaido and northern Japan, no doubt welcoming the thermal springs in Noboribetsu. Our second presenter, John Manton, shared his adventures in Scotland and England in his presentation 'The Tyne to the Clyde'. He reflected on the legacies left from the industrial age, with the availability of iron and coal in these areas leading to ship building and heavy industry. Now, with these industries long gone, we have some beautiful towns with Gothic cathedrals and wild-life sanctuaries. My thanks to both Philip and John, and of course the effervescent Pam O'Brien, who is always so welcoming and interested.

Celia Dynon did a wonderful job of hosting seven enthusiasts to see the John Percival exhibition at Heide Gallery in Bulleen, followed by a tasty lunch. Well done Celia – thank you for again hosting part of our program.

Our trip to the Old Treasury Building gave us an interesting insight into Melbourne back in the 1850s, when this stunning building was designed by a young, upcoming architect, J J Clarke, at the tender age of 19. He went on to design many famous buildings, such as The Mint and Government House. Built of bluestone from the Broadmeadows area, and sandstone from Bacchus Marsh, a caretaker and his wife and eight children once lived there, complete with their cow and chickens! Can you imagine how different that area would have been? We gained a really good idea of how Melbourne was cleared over time.



Visit to Old Treasury



and lunch afterwards

The Old Treasury is well worth a visit, it's free to wander on your own and their exhibitions change regularly. We enjoyed a 'Marvellous Melbourne 1960s' Review, featuring all that made the 60s such a memorable period of great music, the Vietnam War, protests, fabulous fashions and so much more. After this visit we meandered down to Collins Place for some refreshments and a chat.

Our Coffee and Chats were a little light on; however, with lots of laughter and stories to share, they were well worthwhile. My thanks to Kay Axsentieff for her assistance.

Our visit to the Medical History Museum in Bouverie Street, Carlton, was one of this vacation's highlights – it was fascinating, with an actual apothecary there and all the amazing substances kept securely under lock and key. There was a special focus on Indigenous healing, which curator Jackie Healy was clearly very passionate about. The antique display cases that house the exhibits are huge and had been disassembled to be stored, then renovated, with the bronze paint removed and replaced by gold leaf – they are stunning. Jackie was very enthusiastic about this great exhibition, and she shared so much knowledge. We'll repeat this visit in a forthcoming program.



Visit to the medical museum



Our trip to William Angliss Institute's restaurant again proved a special event. Twenty-six members enjoyed a wonderful lunch, which was presented beautifully – eye appeal and taste were sensational. There were paired wines to be enjoyed and all in all the responses were more than positive. See photos to whet your appetite.



Lunch at William Angliss

We finished the program at Dawson in Kew, where the staff are always welcoming, and the wonderful Italian food choices and ambience were greatly appreciated on a cold winter's day!

Please keep your ideas rolling in for future events. My thanks to everyone who assisted with hosting and all the administration that goes with this program, not to mention our bright-eyed participants!

Anne Kemp



SCIENCE OF SLEEP

On Tuesday 8 June our wonderful course coordinators introduced Dr Eleni Kavaliotis, PhD, a psychologist in private practice, and research fellow at the Sleep Cognition and Mood Laboratory at Monash University, to speak about the science of sleep. There were over 90 enrolments, indicating our collective interest in a better night's sleep.

Sleep is strongly linked to restoration and health. Within each 90-minute cycle there are two main phases: Non-Rapid Eye Movement (NREM) and Rapid Eye Movement (REM) in four stages:

- **NREM 1** – typically lasts a few minutes, transition from wakefulness to sleep
- **NREM 2** – a slightly deeper, light sleep consolidating memories, where heartrate and breathing slow: 45% of sleep is in this stage
- **NREM 3** – deep restorative sleep, vital for physical recovery, tissue repair and immune-system health; this stage occurs mostly in the first half of the night
- **REM** – the dreaming stage, processing personal life and emotional memories. Brain activity spikes, breathing quickens and eyes dart rapidly. Vital for cognitive function, learning and mood.

Four to six 90-minute cycles are recommended per night, and each cycle can change in composition. The first cycle tends to be the shortest and quickly moves to Stage 2 Later cycles have shorter restorative sleep, with typically more time for dreaming.

With sleep, diet and exercise being foundational to health, if we are not sleeping, we often want to eat, which causes us to gain weight and, if sleep deprived, we don't want to exercise, exacerbating that particular problem.

We need 6 to 10 hours of sleep per night, depending on the individual. It is important that the times of sleep remain consistent. Have a set bedtime and wake time. Although it is normal to wake briefly at night, it is important to sleep for 'big chunks of time' and return to sleep quickly. Those with seven hours sleep per night have a lower incidence of dementia.

Chronic health conditions are linked to sleeplessness. Studies show the following:

- The risk of dementia is doubled when less than five hours sleep per night is the norm.
- Disruption of circadian rhythms has been linked to increased risk of neurodegeneration.
- With inadequate sleep:
 - injuries are slower to heal, causing weakness and imbalance leading to falls
 - cancer survival is lower
 - 90% show signs of depression and anxiety.
- Not sleeping for 18 hours manifests body signs equivalent to 0.05% alcohol.
- Four in ten people have inadequate sleep.

Additionally, the cost of poor sleep in Australia in 2016–2017 was \$16.3 billion. Inadequate sleep is believed to be connected to higher incidence and risk of Alzheimer's Disease and Parkinson's Disease, fibrosis, cardiovascular disease, obesity, kidney disease, diabetes, irritable/inflammatory bowel syndrome, arthritis and infections.

Causes of insufficient sleep could be due to several factors, it's very rarely just one thing, and is usually the result of these things interacting with each other. These might include insomnia, waking and staying awake, sleep apnoea, waking too early, frequent toilet visits, pain, noise, caring duties, worries, medications, grief, less exercise and **FALLING ASLEEP ON THE COUCH.**

We can improve our deep, restorative sleep by:

- TAKING A NAP EARLIER IN THE DAY AND ONLY FOR 20 TO 30 MINUTES, so we don't fall asleep on the couch
- Avoiding alcohol, caffeine, tobacco before bedtime – caffeine can stay in the system for up to 10 hours
- Not eating/drinking too late
- Avoiding bright lights and blue-light technology at night, but opening blinds and curtains and being outside or by a window during the day
- Getting out of bed if you can't sleep – do something relaxing until sleepy again
- Only use the bed for sleeping and intimacy
- Keep a consistent rise time so sleep hunger builds by sleep time
- No noise, no pets, cool temperature in the bedroom
- Calming bedtime routine to wind down – music, journalling, reading, deep breathing
- Place paper and pen beside the bed in order to write thoughts, so not worried about forgetting important matters
- Have at least 30 minutes of daily exercise – not too close to bedtime
- Have adequate social engagement/hobbies
- Manage pain
- Be assessed for sleep disorders
- Track impacts of the night's sleep the next day
- SET UP AND MAINTAIN A SLEEP ROUTINE AND SCHEDULE.

An individual's circadian rhythm controls body functions over 24 hours. It is influenced mainly by light exposure. Daylight keeps us alert. Darkness promotes melatonin release and sleepiness. The hormone melatonin regulates the sleep/wake cycle. It assists in falling asleep faster and reduces the effects of jetlag. It also has wider health benefits, like reducing inflammation and pain and promoting healing. Reserves of the hormone dopamine are maintained and restored during sleep to provide alertness and motivation upon waking. Abnormal levels are closely tied to sleep issues, e.g. restless legs syndrome.

Although there is a natural change in structure, timing and quality of sleep as we age, it is not considered normal ageing to be constantly exhausted and feeling unable to function during the day, or regularly lying awake for hours distressed.

Dr Kavaliotis provided the following contacts for help to improve sleep:

Melinda.jackson@monash.edu and Eleni.kavaliotis@monash.edu at the Sleep, Cognition and Mood Laboratory

Sleep Health Foundation – www.sleephealthfoundation.org.au

This Way Up, a free online program

A Mindful Way to Healthy Sleep – a paid online program which provides cognitive behavioural therapy for insomnia and sleep apnoea, etc.

If you are snoring and wake sleepy, or worried about your continued sleeplessness, despite employing suggested strategies, please ask for a relevant referral from your GP.

There is a two-hour sleep-training workshop, delivered on-site, for aged care workers, developed in collaboration with Anglicare Australia.

Articles were also recommended for those caring for people living with dementia.

An invitation was given to anyone between 50 and 90 years of age to join a study exploring how eye-blink patterns can help measure sleepiness in older adults. If you are interested, contact can be made on 9905 1996 or at base.dementiasleep@monash.edu

We are grateful to Dr Kavaliotis for sharing this information, and more, with us.

Del Groves



MOUNT STROMLO: TELESCOPES, TREES AND TURMOIL

Alex Prygodicz from the Astronomical Society of Victoria shared with us the history of the telescopes on Mount Stromlo, using his extensive collection of photographs showing where and how they were used over time.

The Commonwealth Solar Observatory, established at Mount Stromlo in 1924, relied throughout the 1900s on telescopes previously installed elsewhere, often used primarily for navigation. These were still serviceable and, when no longer needed at sites such as Williamstown and the Melbourne Observatory, were repurposed and relocated here as opportunity arose.

Since 1911 there had already been a modest observatory at Mount Stromlo, with a small telescope donated by James Oddie, who had used it in Ballarat since the 1880s. The dome built to house the Oddie telescope was the first Commonwealth building constructed in the newly established ACT. Though not powerful enough for research, it was used for training and minor research for many decades.

The principal telescope in use for 50 years was the Great Melbourne Telescope, built by Grubb Telescope Company, Dublin. Originally installed at the Melbourne Observatory in 1869, it was at that time the largest fully steerable instrument in the world. It was designed for detailed observations of nebulae, star clusters and other deep-sky objects in the southern sky. Following decades of use at Melbourne Observatory, once sold it was relocated in 1945 to Mount Stromlo. It was subsequently upgraded in the late 1980s to find massive compact halo objects in the outskirts of our galaxy and continued in use till it was destroyed in 2003.

Other telescopes at the site included the Uppsala Schmidt Telescope, installed in 1956. It produced the first images ever recorded of the Sputnik satellite in 1957, and studied galaxies, asteroids and comets before being moved to Siding Springs in 1982. The Yale Columbia telescope, built for American research in the southern sky, had been installed in South Africa in 1925. Increasing light pollution there impeded its use and it was then donated to the ANU, commencing work at Mount Stromlo in 1956. It was used in investigating the distances and movements of southern stars by measuring their parallax (angular movement) over six-month intervals and also assisted in the planning of NASA's Voyager missions to the outer planets.

Mount Stromlo produced the first detailed map of the sun, assisted in measuring the size of the universe and mapping it in 3D, and was involved in the international search for planets around other stars, playing a major part in expanding our understanding of the cosmos.

In January 2003 a catastrophic firestorm in the ACT destroyed almost 70% of the ACT's pastures, pine plantations and parks. Four people died, over 490 were injured and more than 500 homes were destroyed or severely damaged. Mount Stromlo Observatory was burnt out. Intense fire, exacerbated by pine plantations round the site, destroyed nearly everything. The extreme heat melted parts of the telescopes, and most buildings were destroyed, as well as a nearly finished spectrograph for a major telescope at Mauna Kea, Hawaii.

The only telescope to survive the firestorm was the Farnham telescope, built in 1886, donated to the Commonwealth in 1907 and installed at Mount Stromlo in 1928. It was to examine change in the brightness of planets and was gathering evidence for changes in radiation emitted by the sun, but lacked sufficient

power for research in these fields. It was used for education and public outreach from 1930 and still continues in these roles.

Recent efforts have been focused on restoring the Great Melbourne Telescope, which had played a pivotal role in astronomical research, including studies of the Magellanic Clouds and subsequent searches for dark matter. While severely damaged, about 70% of its components were deemed possibly salvageable. Restoration began in 2013, led by Museums Victoria, the Astronomical Society of Victoria, and the Royal Botanic Gardens. This is now nearing completion, with the telescope being restored to its original mechanical condition, but with upgraded optics.

Melbourne Observatory is currently preparing for "*the return of the Great Melbourne Telescope to the GMT house at the observatory*" allowing the public to experience this telescope once more in its historical setting.

Frances Clancy



**Observatory Gate
(Royal Botanic Gardens Melbourne)**



South equatorial telescope



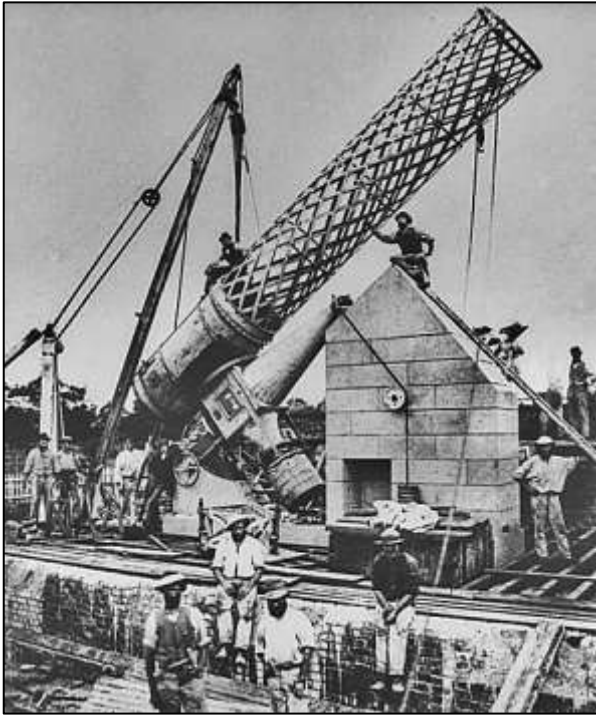
**Transit instrument
Melbourne observatory**



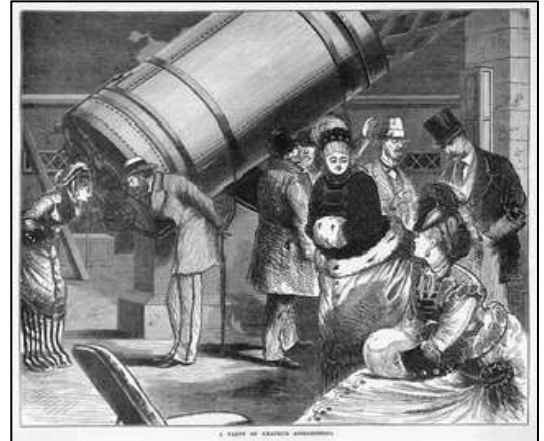
Assistant on the Astrograph Project (1905)



**The 4 in Dallmeyer photoheliograph at Melbourne Observatory
Courtesy Dr Barry Clark**



48-inch telescope ASV



Great Melbourne Telescope viewing



**Great Melbourne Telescope GMT at Scienceworks
credit Great Melb Telescope**



NORMAN CARTER FILMS: PADDOCKS TO SUBURBIA



Norman Carter Filmmaker
*Image reproduced with permission of Surrey Hills Historical Society
and the kind permission of Norman Carter's daughter, Nancy Wallace*

Sitting back to watch a technically advanced home movie shot locally in Surrey Hills between 1937 and 1951 was utter joy for the history buffs in the audience.

Sue Barnett led the session, bringing us Norman Carter's compilation film, 'From paddocks to suburbia'. As president and archivist of the Surrey Hills Historical Society, Sue's work in preserving local records and continually seeking any 'lost' pieces and striking on 'lucky' finds has made this a profound piece of work. Not only did Sue provide the background and context, but she also then introduced us to film historian Chris Long, who added his take on the hobby task he took up.

Chris and fellow project worker Mike Trickett went to work on Norman Carter's original 8mm films, which were digitised by Mike, and this compilation provides a rare and wonderful picture of middle-class suburbia in a Melbourne almost unrecognisable for us today. It gives us a glimpse of pre-war, wartime and early post-war life. And what we saw captures not only elements of the salvageable film, but the augmented elements Chris provided through maps, contemporary footage of the sites, and some oral history. Norman's daughters, Beth and Nancy, who are now in their 90s, provided precision on location and added a personal touch to the childhood adventures their father captured on film.

So, what did we see? Carter had purchased an 8mm movie camera in 1937 and began his recording of family events, picnics, barbecues 1930s style – eating off newspaper – and games of imagination, learning and socialisation, Christmas gifting in 1937, and what was taking place locally. Of course this was the pre-war era for many families; the bicycle was king. Family trips to Wattle Park (showing the earliest surviving footage of the park in 1938) and Bill Maughan's Wildlife Park in North Balwyn during the war years; working bees at Trinity Anglican Church in Union Road and his capture of the hell-defying Surrey Dive, not only as a competitive swim venue but today a Workplace Health and Safety nightmare, with scenes of high divers barely escaping the treacherous rock as they descended from on high.

The film captures trench digging and air-raid shelter construction in the grounds of Camberwell East Girls School in 1942 (which we now know as Canterbury Girls' Secondary College), with the girls preparing sustenance for the workers out of their domestic science room; and as Carter was an air-raid warden, we see air-raid precaution drill practice: smoke bombs, how to put on gas masks and how sandbags were used to smother fires around his home at 21 Everton Grove, Surrey Hills. There is the opening ceremony of Box Hill Technical School in 1943, and the Woodhouse Grove Chapel, built in 1856 and captured in this film in 1945. Some may remember the remains of the Bennett brothers' mud-brick home of 1850 on what became the Burwood drive-in theatre, then the earliest footage of Camberwell High School in 1947, and the opening of Maranoa Gardens in Kireep Road, Balwyn, in 1926. Interestingly Bennettswood is named after the Bennett brothers.

Born in 1899 and raised in Fitzroy as one of 11 children, Norman Carter had come to Surrey Hills with his family in 1918. Photography was not his profession, but thankfully for us, his engineering qualification and employment at the State Electricity Commission (SEC) as head of drafting, not only ensured work for him during the Depression, but exemption from wartime service. We can say with certainty that what he gave through his great hobby, has benefited us all. His meticulous eye for detail and historical significance (perhaps unrecognised at the time) remain as precious and important footage.

At a time when too much of the past continues to be bulldozed, and our memories of the 'good ol' days' are increasingly noted in social media posts, this insightful film jolted us all back to a time of simplicity, strong family values, and the centrality of respect for our family, community and country. If given the opportunity for a viewing, I heartily commend this film to you.

Sincerest thanks once more to Sue Barnett and Chris Long. And a call-out to anyone who may have family reels in a cupboard. Sue would love to see these and where possible to add them to her valuable collection of our past that she shares so willingly.

The Surrey Hills Historical Society email address is shhistory3127@gmail.com

Nancy Hillier



JONE GAILLARD - U3A VICTORIA TUTOR RECOGNITION AWARD 2026

During Term 2 all Victorian U3As were invited to nominate a tutor for a U3A Victoria Tutor Recognition Award 2026. After discussion, we decided to nominate Jone Gaillard.

In our submission we wrote:

Jone Gaillard has been a member and tutor in History at U3A Deepdene since 2018. She established a new format for History courses with each course covering a particular subject over a term, presented as a series of weekly sessions. Jone's course format permits a depth of research appreciated by members, and she also prepares a different beautiful PowerPoint presentation to support the content of each weekly session. Her courses have covered subjects in Ancient, Renaissance and Modern History around the world.

Courses began as face-to-face and when Covid lockdowns began in 2020 Jone innovated again by transferring to Zoom, where regular weekly attendances for her sessions were consistently between 50–80 members. Post Covid, Jone continued to deliver sessions by Zoom, which is well appreciated by members, especially those who may be in care or not always able to travel to attend an in-person session. Jone's weekly sessions have provided the opportunity for these members to connect and interact socially, and her courses have a faithful following with very many repeat enrolments.

Since 2018, Jone has presented over 30 History courses delivered as nearly 250 weekly sessions.

U3A Deepdene is fortunate and proud to have Jone as a Tutor.

During the first week of the vacation, we received the news that U3A Victoria has awarded Jone a U3A Victoria Tutor Recognition Award 2026.

The Awards ceremony was at Parliament House on 30 July.

Our President, Philip Russell, was there and took this photo of Jone with her son, Francesco Gaillard.



Jone with her son, Francesco Gaillard



Jenny Cash

ADENEY PRIVATE HOSPITAL

On a sunny Saturday morning, around 40 of our members were warmly welcomed by senior management of Adeney Private Hospital in Kew for a personalised tour of the facilities. The tour provided the opportunity for Adeney to 'showcase' its hospital and services.

U3A Deepdene doesn't endorse Adeney or any other organisation that might approach us, but the visit provided a good opportunity for members to view the premises, the services provided and ask questions.



We learned that the hospital offers high-quality surgical care in a purpose-built environment designed for safety and patient comfort. The facilities include four modern operating theatres and a dedicated endoscopy suite. Opened in March 2025, the hospital was a collaborative venture between a consortium of 42 specialist doctors and Medibank.

Our group split into two and headed off in different directions. Highlights were 'gowning up' for the operating theatre (coveralls, booties and hats). The theatre was more like a television production studio, with screens, lighting and other IT equipment. A theatre nurse carefully explained the equipment use, including the operating table, which revolved/raised in all directions, plus the use of surgical robotics.

At the completion of the tour, we gathered in the Upper Floor Wellness Centre for presentations by Mr Rohan Sheehy, orthopaedic surgeon (treatment of hip and knee osteoarthritis) and Mr Andrew Kokinos, physiotherapist (hip and knee management – practical updates for over 50s). Both sessions were extremely interesting and informative, with the opportunity to ask questions.

The morning finished with an excellent and generous finger-food lunch. The catering was provided by the hospital kitchen staff, who are all hotel-restaurant trained.

All in all, a very successful and well-attended tour.

Helen Christie and Trevor Rosen



SAFEGUARDING YOUR HEALTH TO ENJOY YOUR TRAVELS

In late July, Dr Mark Sweet gave us a very informative and enjoyable presentation on how to plan for overseas travel.

First a visit to your doctor is paramount to assess which vaccinations you could require. Necessary vaccinations may include tetanus, diphtheria, pertussis, influenza and, for those of us over 65 years of age, Covid, shingles, pneumococcal and RSV. It is important that these vaccinations are up to date.

There are other vaccines too, like hepatitis A, typhoid and yellow fever, but these depend on where and when travel takes place and on the individual's personal health conditions. Malaria is treated with tablets.

An important issue raised was the topic of rabies. Very few travellers are bitten by an animal while overseas, but if you are, you should immediately wash and disinfect the wound and call your travel insurance company to report and receive immediate medical assistance. There is a rabies vaccination, so speak with your doctor about where you will be travelling.

Just as important as planning your travel is acquiring travel insurance. Do your research to ensure international medical and emergency evacuation is covered. Accidents happen despite our best efforts.

First-aid kits should include diarrhoea, nausea and constipation medications, Band-Aids, hand sanitiser and any regular medications, with a travel letter detailing health conditions for those with complicated medical issues. Sunscreen is essential, as is a good DEET* insect repellent.

It is worth remembering to avoid diarrhoea illness: 'If you can't boil it or peel it – forget it'.

It was recommended that fitted travel socks be worn on any flight of four to five hours duration to prevent deep vein thrombosis (DVT). For jetlag you need to reset your body clock; trying to be out in the fresh air and light, and only sleeping at night will benefit you greatly.

A good travel resource is:

Travelling Well, by Dr Deb Mills

www.travellingwell.com.au

Digital version \$6.95

Hardback copy \$29.95

Travel Health Guide app \$4.99 (Available on both Android and iOS platforms. Users can download the app from Google Play Store or Apple App Store.)

Christine Sartori

* DEET is a chemical mixture used as an insect repellent. The name is an acronym built from its scientific ID — **N,N-Diethyl-meta-toluamide**, also called **diethyltoluamide** or **DEET** (Wikipedia)



THE ENIGMATIC ECHIDNA

SECRETS OF THE WORLD'S MOST CURIOUS CREATURE

Our speaker for this delightful session on echidnas was Danielle Clode, who received a BA at the University of Adelaide and her DPhil in Zoology at Oxford in 1993. Her writing career started in Museums Victoria, where she wrote essays on their research and collections. Her core interest is biology, and she has written numerous books for adults and children, focusing on wildlife and history. She has received several national and state awards for non-fiction.

Danielle's talk was lively, engaging and well-illustrated with slides. We all shared her fascination with echidnas, which are certainly not 'normal' animals.



Photographs courtesy of Philip Russell

They are unique in that they can be found throughout the Australian continent, regardless of climate, and live isolated lives. Researchers find it can take 300 hours to find one echidna.

Echidnas are classified as monotremes, along with the platypus, although they are not closely related. Both are distinguished from other mammals because they lay eggs. Monotremes are unique to Australia and New Guinea.

We were surprised to learn that echidnas can swim, using their snout as a snorkel! They can sense electromagnetic fields and have disproportionately large brains, but researchers are yet to resolve exactly what knowledge they store. Their back feet are 'backwards facing' and used for grooming. Another characteristic

is that in the reproductive process the males line up one behind the other, sometimes making cooing noises while waiting their turn to impress the female.

Where are we most likely to find one? In undisturbed areas – as they like to be left alone – but with a log or bush for shelter. They like ants, termites and other invertebrates in vast quantities, and clean water. They do not like cars, dingoes and foxes. They can live up to 50 years.

The meeting ended with all of us feeling a great personal rapport with echidnas, given our new-found knowledge. We are most grateful to Danielle for her fascinating and informative talk.

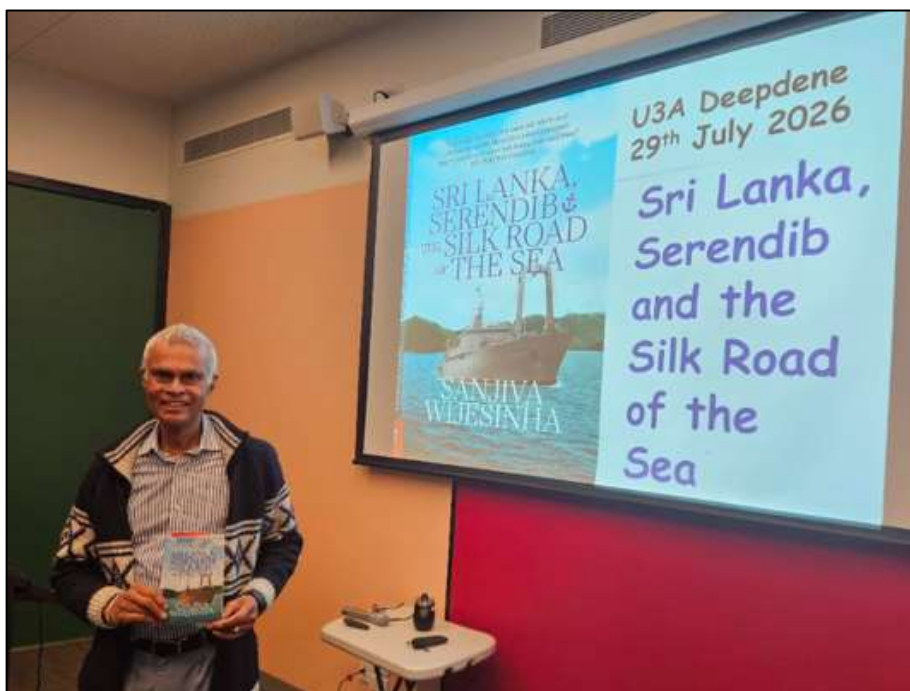
Frank Devlin



SRI LANKA, SERENDIB AND SILK ROAD OF THE SEA

On a wintry afternoon, a group of U3A members were transported to Sri Lanka.

Our speaker was Dr Sanjiva Wijesinha, a member of U3A Deepdene. Sanjiva took us on a fabulous journey along The Ancient Maritime Silk Road/Route, explaining as he went, the central role that Sri Lanka had as part of this route.



Sanjiva is very well qualified to take us on this journey. He described to us how, as an expert in the field of medical history, he was selected to be a member of the UNESCO Maritime Silk Route expedition in 1990. He was one of many interdisciplinary scholars from many countries who shared knowledge and ideas. The purpose of the expedition was to understand the extent of the scientific, technological and cultural exchanges that took place between East and West along the Silk Routes, especially in the medieval periods. Sanjiva gave us examples of how knowledge, ideas, religion, literature, culture, food, music, genes and diseases were disseminated as traders moved along these routes.

We learnt about the important role played by Sri Lanka as a dynamic hub linking East and West along the Maritime Silk Route. Sri Lanka was an important centre for trade, diplomacy, shipbuilding and cultural exchange over many centuries. Its harbours were important points of connection where seafarers could rest, repair, replenish and restore, as well as being receivers and transmitters of cargo, information and knowledge.

As a bonus, during question time Sanjiva expanded on the multicultural nature of Sri Lanka. We learnt about the imported genes of today's Sri Lankan people, with influences from diverse parts of the world; for example, Burghers from Europe, Sinhalese from North India, Tamils from South India and Moors from Arabian countries.

Just as the Maritime Silk Route enriched Sri Lanka and other countries, Sanjiva enriched our understanding of the influence of that route on diverse civilisations.

If you are interested in learning more, Sanjiva Wijesinha has written a book entitled, *Sri Lanka, Serendib and the Silk Road of the Sea*.

Wendy and Graham Ray



LUNCH FOR TUTORS

Our Committee of Management invited all tutors and class leaders from Terms 1 and 2 to lunch on 26 June, in appreciation of their dedicated contributions to our wonderful program in the first half of the year. The guests enjoyed a delicious meal, and we thank the members of the Committee of Management and the hospitality team for a very happy occasion.



FIVE FAVOURITE GARDENS

At the Gardens Course we were treated to the favourite gardens of five more members. And these choices demonstrated how varied gardens are and the ways we interact with them.

Chris Hepworth was first, sharing her experiences of rewarding gardening at Balwyn Community Garden, and not just for the vegetables! The community gardening experience is social and eye-opening, with gardeners of different ages and many backgrounds, who enjoy chatting and the reward of achieving tasks together at working bees. We really enjoyed Chris's watercolours of flowers and vegetables from the plots. She shared with us how colourful, resilient, undemanding but generous zinnias are, perfect companions sharing the same traits as many good friends.



Long necked gourd

Next, Pauline Cooper spoke about the world-famous Arts and Crafts garden 'Hidcote' which was gifted to the UK National Trust in 1947 by its owner and creator, Major Lawrence Johnston. After serving in the Boer War, Lawrence became interested in gardening and studied the design practices of the Arts and Crafts gardeners, including the very influential Gertrude Jekyll.



Hidcote Manor Garden

At Hidcote he showed a mastery of these Arts and Crafts design principles, creating formal garden rooms close to the house and increasing naturalistic plantings moving further away from the house. Each garden room is different, with outlooks to entice you into the next one, as Pauline's photos showed. Lawrence was also a great plant collector and breeder and is famous for his Hidcote lavender.

Jenny Kelso's favourite gardens were in country Victoria. The first garden was in Horsham, where an Eremophila specialist used raised beds to bring out the best in these beautiful floriferous WA natives and accompanying plants. The next was near Bendigo in Mandurang, a large garden bordered by National Park that had carpets of everlasting daisies: a testament to what is possible, even in an area with rocky, dry soil. (The owner grows natives for sale.) Last, a new garden that is open to the public: the Chelsea Australian Garden in the Dandenong Ranges Botanic Garden at Olinda. Based on the winning entry to the Chelsea Flower Show, this lush garden showcases natives, including those that are not easy to grow or source.



Chelsea Australian Garden at Olinda

Pam O'Brien's favourite gardens were botanic gardens in the Victorian goldfields. First in two towns that supported the gold seekers: Kyneton, with its connections to local daffodil breeders, and Malmsbury, where Pam's grandfather was born. Then those in two of the wealthier towns, where much gold was found: Castlemaine, with its larger gardens with a formal lake, many specimen trees, avenues, lawns and a rose garden; and Ballarat, which is even more ornate. Its conservatory has five displays a year. Pam invited us to ponder why these towns chose to spend on the establishment and upkeep of these gardens, but also to note that all are still being enjoyed by both visitors and locals today.



Begonias at Ballarat



The double rows of summer and winter poles of the analemmatic sundial.

Del Groves introduced us to Port Sunlight in England, one of the best examples of industrial welfarism with its enlightened approach to civic planning. Port Sunlight was established as a town to house the workers for William Lever's Sunlight Soap factory, and all the architect-designed houses had accompanying gardens. The front gardens, along with the public gardens, are now managed by the Port Sunlight Village Trust.

They were part of the vision for a healthy, flourishing environment; a path wasn't just a path, it was flanked by an exceptional and diverse array of botanicals (parkland). And in the centre of the town there was one of the longest rose gardens in the UK, an art gallery, a boat pond, other public gardens and an intriguing analemmatic sundial* surrounded by gorgeous annuals. The tradition has continued, with the addition of nature reserves including the 70-acre River Park and Wetlands where the docks had been and Newferry Butterfly Park on the site of former railway infrastructure. "Another very enjoyable Gardens session! We are all grateful to Suzanne Collings for organising, and to the speakers for sharing their pictures and thoughts about these very different, but very rewarding gardens.

Janet Russell

**Analemmatic sundials are a type of horizontal sundial that has a vertical gnomon and hour markers positioned in an elliptical pattern. (Wikipedia)*



QUIZ FOR YOU

Now that you have read this wonderful newsletter, with coffee cup in one hand, here is a little quiz. The page numbers for the answers are printed in **bold**.

Unfortunately, there is not a prize of a return trip for two to Antarctica for 10 correct answers!

1.	Which committee member likes trains?	Page 5
2.	Which committee member was born in Rockhampton?	Page 6
3.	Where were coins from two-up games found?	Page 10
4.	Where is the Medical History Museum?	Page 11
5.	What is REM?	Page 13
6.	When was the Commonwealth Solar Observatory founded?	Page 15
7.	When did Norman Carter come to Surrey Hills?	Page 19
8.	What travel vaccines should over 65's have?	Page 20
9.	Who wrote a book about Sri Lanka?	Page 22
10.	Which gardens did Jenny Kelso describe?	Page 24

With thanks to Alan Ray



2026 DATES

U3A Deepdene Term Dates 2026

	U3A Deepdene	Schools
Term 1	Monday 2 February to Friday 27 March	Wednesday 28 January to Thursday 2 April
Term 2	Monday 27 April to Friday 19 June	Monday 20 April to Friday 26 June
Term 3	Monday 20 July to Friday 11 September	Monday 13 July to Friday 18 September
Term 4	Monday 12 October to Friday 4 December	Monday 5 October to Friday 18 December

Public Holidays 2026

Monday 26 January	Australia Day
Monday 9 March	Labour Day
Friday 3 April	Good Friday
Sunday 5 April	Easter Sunday
Monday 6 April	Easter Monday
Saturday 25 April	Anzac Day
Monday 8 June	King's Birthday
Friday 25 September	Friday before the AFL Grand Final
Tuesday 3 November	Cup Day

Source: business.vic.gov.au



U3A DEEPDENE INFORMATION AND SPONSOR DETAILS

OFFICE HOURS (during term time):

Mondays to Fridays: 9 am to 12 noon

T: 9817 7736 (BH) 0408 019 815 (AH)

E: u3adeepdeneinc@gmail.com

W: www.u3adeepdene.org.au

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

See our website for details of courses: www.u3adeepdene.org.au

Program guide for Term 4 2026 will be available at the beginning of September.

Enrolments for Term 4 2026 start on Monday 7 September.

FUNCTIONS:

2 Dec End of Year Celebration

11 Dec Tutors' lunch

VACATION PROGRAM: Sparkling Springtime

This will be held between Monday 28 September and Friday 9 October and is currently being arranged.

Please watch for emails giving details.

THANK YOU:

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

PHOTOGRAPHERS:

Leona Edwards, Anne Kemp, Jenny Kelso, Pam O'Brien, Graham Ray, and Philip Russell, supplied by the contributor or presenter, or in the public domain.

NEWSLETTER EDITING TEAM:

Bea Hardman, Heather Kelly, Susie White and Megan Williamson.

We would like to acknowledge with appreciation the assistance and guidance Pam O'Brien continues to give to help us to produce this edition.



WE THANK OUR SPONSORS:



We thank Jellis Craig for their support in printing our newsletter

