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President: Garry Kinnane **Honorary Secretary:** Greg Duggan
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NEWSLETTER: Term 4, 2018

Editor: Graeme Allen

AN APPEAL FOR NEWSLETTER COPY Do you have any special things to share about your class (special activities, guest speakers, special achievements of members etc.), or anything else of interest to share with members? . Send any copy for our newsletter to Graeme Allen at guballen@bigpond.com, or through the office or at the U3A Geelong email address.

Deadline for Newsletter 1, 2019: End of Week 2 Term 1, 2019:



NEWSFLASH U3A Geelong now on Facebook.



FOR YOUR DIARY

Last day of Term 4 2018: 7th December
First day of Term 1 2019 : 29th January



FROM THE PRESIDENT'S PEN Garry Kinnane

We'll all be hoping for some **warmer weather** now that Spring is upon us. And we'll be welcoming back those, like me, who abandoned their classes and sought to get away from the winter to spend **part of Term 3 in northern climes**. I know we're chicken-hearted traitors, but we're gonna claim we always come back refreshed and eager to go, and everyone benefits from our regenerated bodies and minds! Anyway, that's our story, and we're sticking to it.

May I take the liberty of telling you about **our trip to the Kimberley** region, which my wife Jo and I did in August/September. We went with fellow U3A Geelong members David and Wendy Galloway, signing up with a tour group called Discovery One, who run a small cruise boat out of Broome. With only 21 of us on board, plus a knowledgeable and obliging crew of six, we enjoyed a social intimacy and developing friendship unlike any other kind of cruise I've come across. Our daily adventures took us to some of the most remote, challenging and utterly beautiful areas of the Kimberley coastline, with its hundreds of inlets, rivers, creeks and islands.

For two weeks we lived onboard, making two or three excursions a day in our small tenders. We explored pristine beaches, climbed up steep rock faces to swim in freshwater pools, saw many crocodiles, sharks, beautiful birds of prey, aboriginal rock art and the most amazing natural sculptures caused by sea action on ancient sandstone cliffs. The Kimberley is a huge and fascinating region, not least because you have the constant sense that few people have ever seen the areas you are looking at, let alone set foot on them, in thousands of years. And you get a renewed appreciation of how enormous Australia is.

On the top sun deck or the covered dining deck, in 28 degrees warmth every day, we chatted to each other over healthy and scrumptious meals about our families, our previous trips, our working lives; not all of us were retired, some were young enough to still be working. Everybody ended up good friends by the time we'd gone half way through the cruise. It was all delightfully relaxing but also full of daily demands that kept us all up to the mark.

So I can thoroughly recommend Discovery One as a wonderful way to get away from the Victorian winter, and give yourself just that extra bit of physical challenge that you need in your ageing years - you know the mantra: "Use it or lose it", and I am talking here about those creaky old knees, or feet, or fingers, or muscles, not to mention the brain. Whatever it takes, get it moving!

Looking forward to **Open Day** on the 26th October, followed by Enrolments on 29th (preferential) and 12th November (Open enrolments); we should have a good range of courses on offer for 2019.

And don't forget the **Melbourne Cup Lunch** at Cobbin Farm – details on our website and in this publication. Come along, eat, drink, be merry, and win the sweep!

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ENROLMENTS FOR NEXT YEAR: It's that time of the year again. Here's the good oil on the procedure, for those who forget or who haven't been through the process before.

- **October 29 Preferential Re-enrolment** for classes in which you were enrolled in 2018 begins. Re-enrolment may be online, or by phone to the office or calling into the office. Payment of the \$60 fee must be made no later than November 20 to secure your position in the class – you will lose your preferential status if you have not paid by the end of November 11.
- **November 12 Open enrolments begin** for new members, members wishing to start a new class or anyone who has not paid up for a preferential class.. In a number of classes you will be placed on the waitlist until you have contacted the tutor to gain admission.
- **Payments of Enrolment Fee** of \$60 which entitles you to enroll in any number of subjects may be made online by credit card (PayPal), by mail (cheque) or in person at the U3A Geelong office (cheque or cash). Payments must be made before the first class of 2018 otherwise you will not be accepted into the class in which you enrolled.

- **Synopses** will be available at the Open Day on Friday 26th October from 10.00am to 12.15 when most prospective tutors will be available for you to speak with.



THANKS From Lyn O'Brien

Thanks to all those people who dipped into their pockets and bought toiletries for the homeless. Thanks also to the many who provided warm, pre-loved clothing to help them cope with the past winter. The appeal based at Cobbin Farm office stops now, so please hold on to donations until term 2 next year or just take them to the nearest op shop, where they support many worthy causes. Thanks again for your enthusiastic and generous support.



NEW COURSES/GUEST SPEAKERS/SPECIAL PRESENTATIONS



New Course: Intermediate Level Cryptic Crosswords

When? Tuesdays 1-3 pm

Where? Cobbin Farm in the Utility Room (Old Flat).

Leaders?: Peter Andjelkovic and Brian Davies

Details? Intermediate level means not too easy, not too hard. Just as goldilocks would want. Degree of difficulty will be adjusted to suit students' needs. Working out cryptic crossword puzzles is an enjoyable and convenient way of exercising our little grey cells, whether alone or in company. No surprise then, that the popularity of Katrina Henshall's class has grown to the extent that a supplementary class is now being offered. This new group is intended for crossword solvers who feel that they are "clueless" no longer, yet still want some guidance and encouragement. Discussion topics and class puzzles will be tailored accordingly. The main objective is to help members find the publications and setters that provide them with puzzles which are both challenging and satisfying.

For more information, please contact the U3A office on 03 5244 5114.



Guest Speaker: Jackie Lucacz

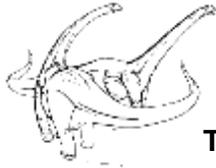
When? Friday October 19 at 11:15 am – 12:30 pm

Where? Cobbin Farm Chapel

Topic? Transition Streets: Caring for the Environment

Jackie Lucacz from a group called Transition Streets will talk to us about this new initiative taking off in Geelong which is helping people connect with their neighbours by discussing and sharing ideas about practical ways in reducing emissions & waste, re-localising food sources, options for transport, importance of water, and reducing energy bills, all of which result in safer, more resilient and enriched communities. Jackie writes, 'We are excited by this initiative as we believe there is real strength in people coming together to build communities and develop creative responses to the environmental challenges we face. There are now hundreds of Transition groups around the globe. We hope that through Transition Streets locals will develop

relationships within their immediate neighbourhood that will help them explore and respond to some of the significant environmental challenges before us. Whilst we face an uncertain future, we also have the opportunity to think about the type of community we want to live in.



Special Presentation: Speaker – Alan Denham

When? Friday November 9 at 11.15 am – 12.30 pm

Where? Cobbin Farm Chapel

Topic? Discovering the Natural Wonders of W.A



Alan Denham has tutored to our Paleoanthropology class. In this presentation he will talk about the physical features, including the geology, of the Western Australian coast. The talk will be well illustrated with slides, and geological specimens will be available for inspection and discussion.



NEW COURSE IN 2019

Beginners' Mandolin – U3A Geelong is offering a new Beginners Mandolin class starting 1st term 2019. This beginners class will be run by some members of the Intermediate Mandolin Group and we warmly welcome any new players into

the new class.

No previous music experience is necessary. There will be a limited number of mandolins for loan available to try out on or if you already own one please bring it along.

After completing the Beginners Class, there will be opportunities available for anyone interested to join the intermediate group. The Intermediate Mandolin Group also welcomes more experienced mandolin players to join us where we enjoy playing together and also being invited to play outside of class. Our invitations have included playing at community organisations.

Please contact Gavin Parker (0428 478 980 or 03 52 419 251) or Nancy Jagger (03 52 434 885) for further information. Details in the Synopsis.



FUN AND FELLOWSHIP

U3A MELBOURNE CUP LUNCHEON, 6TH NOVEMBER 2018

12.30-4.00pm

Ladies pop on you hats and your gladrags!
Gents dust down your suits and polish your shoes!
The Melbourne Cup Luncheon is on!



Join us for some fine food and drinks, try your luck and enter the sweep, watch the Cup and enjoy an afternoon full of fun and entertainment.

Fashions on the Field - Men and Women
Best Hat
Lucky door prizes.

All food and drinks included for a sit down buffet meal.
Cost \$10.00 per head, pay on the day
BOOKINGS ARE ESSENTIAL (online or via the office) and will CLOSE 31st October



NEWS FROM THE CLASSES



Australian Literature Book Group *Pauline Cross Retires*

Pauline Cross has retired from her role as tutor of the Australian Literature book group, which she established about 10 years ago. She has seen many bookies come & go, read & forgotten many a book and led lots of lively discussions, usually adorned with stories from her varied & interesting life. We are delighted that she will remain a book group member, relax and enjoy the experience, having handed over the tutor role into Margaret Harrigan's efficient hands. Her love of literature, new ideas, a good story and a great discussion means we value her greatly.

Hilary Robinson on behalf of the Australian Literature book group.

Craft and Free Form Yarnbombing Do you know Top 10 Health Benefits of knitting

- Stimulates cognitive function
- Creates a sense of purpose
- Relieves stress
- Improves memory
- Builds good habits
- Strengthens upper limbs
- Provides a practical way to take a digital detox
- Gives you a sense of control/"me" time
- Builds interpersonal relationships

So if you'd like to get healthier, consider joining U3A Geelong's Monday Craft Group (10.00 am till noon) or Free Form Yarnbombing (Thursday 1.15 till 3.15 pm)



SPECIAL ARTICLE: GEELONG U3A DOG HANDLING SKILLS CELEBRATES SALUTOGENESIS ! By Robyn Youl (U3A Geelong Dog Handling Skills Class)

A Salutogenic approach to life focuses on factors that support health and wellbeing. Medical Sociologist Aaron Antonovsky coined the term in 1968. His life was spent

studying humans. Many of his findings are applicable to finding effective coping strategies for dogs. His second book *Unraveling the Mystery of Health 1987* describes his way of seeing life. Two important ideas stand out for both humans and dogs:

1. Both species are constantly interacting with their environment
2. Chaos and change are a normal state of life

Antonovsky saw life as constantly changing. In the 1990's he published an article about the six **C's**: Four of those make constant demands on human lives: **Complexity, Conflict, Chaos, Coercion**. For an individual, the challenge is to manage these four **C's** and find human strategies and resources for coping with changes in everyday life. The role of canine guardians is to positively motivate their dogs to find appropriate canine behaviours and resources to enable them to live happily in the human world. Not coping for both species may elicit cringing fearfully from it or reacting angrily to it.

As handlers teach dogs coping skills, human behavior changes too. Canine guardians learn to interact with the world through the eyes of another species – the dog. In 1909, Biologist Jakob von Uexkull introduced the concept of *umwelt*. Different animals in the same system pick up different environmental signals. On Sunday, while the human is seeing, the dog on the lead is sniffing, the hordes of mosquitoes are sucking blood! On Sunday three different species, a dog, a human and a mosquito react to the same environment. Three *umwelts* are being simultaneously experienced by the human – self, dog and mosquito.

Did you know:

- Male & female mosquitoes feed on plant nectar. Only females suck blood. So male and female mosquitoes have different *umwelts*.
- Dogs have 220 million scent receptors in their noses. Humans have 5 million. Dogs and humans live in different olfactory worlds.
- Only humans can think about objects, principles and ideas that are not physically present. Humans are capable of abstract thinking.
- Humans have a lowered larynx, which enables them to make a wider variety of sounds than other animals. Humans also have a brain structure that enables them to communicate by speaking and writing.
- Humans are the only species capable thinking about the *umwelts* of self and others.

Antonovsky's fifth **C** is **Coherence**. There are three conditions to live life as fully as possible, **Comprehensibility**: Humans must be able to make *sense* of the world in which they live. Make sense of their life story and current circumstances. Dogs need to be taught to make sense of human society. They need to be rewarded when they offer appropriate behaviors.

Manageability: Both species need to be warm, dry, clean, rested and nourished.

Meaningfulness: Both species need a life that is interesting, satisfying and worthwhile.

Members of U3A Dog Handling Skills class strive to create a world that is more **Comprehensible, Manageable and Meaningful** for both species.

Dogs become the conduits for humans find to new depths and fun in exploring Antonovsky's fifth **C – Coherence** – a sense of inner trust.

The sixth **C** is **Civility**. Antonovsky discusses humanity in terms of respect towards other people. *The key lies in a society who cares about each other*¹. U3A Dog Handling Skills cultivates interspecies respect. The emphasis is on dogs and handlers with different

¹ Mittelmark MB Sagy S et. al editors. The Handbook of Salutogenesis (Internet) 2017,

e umwelts of participants of both species.

strengths and abilities. The emphasis is NOT about humans and canines with flaws and shortcomings.

Each dog and each human inhabits a separate **umwelt**. Each individual has experienced a separate life story. U3A Dog Handling Skills Class merges the world of the handler and the dog together through respectful understanding and mutual trust. U3A Dog Handling Skills class encourages a handler to explore and respect the **umwelt** of that special dog. U3A Dog Handling Skills tutors are specialists in interspecies communication. They respect each dog and handler's umwelt, perceptions and life stories.

All members of U3A Dog Handling Skills respect this.

U3A Dog Handling Skills Class Celebrates Interspecies Salutogenesis!!!!

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THOUGHT FOR THE DAY: Two views of education, with some similarities – you might take a moment to think about the implications of these ideas.

B.F.Skinner (*New Scientist* 1964)

"Education is what survives when what has been learnt has been forgotten".

Oscar Wilde *The Critic as Artist*

time "Education is an admirable thing, but it is as well to remember from time to time that nothing that is worth knowing can be taught."

See you next year. Have a great Christmastide and be resolute in making all of your new year's resolutions achievable.

Graeme Allen (Editor)



Returning in 2019 - Geelong Botanic Gardens, a local treasure

The Course offers a comprehensive exploration of our beautiful Botanic Gardens which are the fourth oldest in Australia. Since 1854 they have been developed to include rare and endangered exotic and indigenous plants and the Gardens offer a peaceful place for learning and reflection in our busy city.

The classes are taught by several of our experienced Guides at the Meeting Room at the rear of the Gardens. Each session includes a walk focusing on the aspect explored in each class and morning tea is provided

- 4.2 Orientation session: Overview of Course
- 11.2 21st C Garden and Wadawurrung people
- 18.2 Water Management and the Fernery.
- 25.2 Basic Botany and Classification of Plants
- 4.3 Around the World in 60 Minutes.
- 18.3 Our GBG Heritage Trees
- 25.3 Eastern Park Arboretum and Carriageways.



*If you possess a skill or expertise that you would like to share:
consider volunteering to become a Tutor or lead a class*

*If you would like to help in the running of U3A Geelong and are comfortable using
a computer: then consider becoming an administration volunteer*