Newsletter

December 2021

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David Lee

President's update

As another challenging year draws to a close, we can be pleased that despite the difficulties, our organisation has thrived.

The increased levels of vaccination in the community has allowed the return of many face-to-face activities which has added to the sense of pleasure and renewal.

Due to the efforts of many our membership has grown to over 350, including 60 new members. I want to thank our tutors and group leaders who contribute many hours of voluntary work to keep classes running. Our Newsletter team have continued to produce a series of lively and engaging newsletters - they are a real celebration of our community. I especially want to acknowledge Lyn Watson who, as program coordinator, has managed the ever-changing availability of venues and kept tutors up to date, while also facilitating a fascinating series of Forums.

Five honorary life memberships were awarded at the AGM: to Crina Virgona, Chris Friday, Judy Lawson, Lyn Watson and Viv Blanksby. Each has made a significant contribution to our U3A. It was wonderful to hear that Lyn Watson has also been recognised by the City of Yarra with a Community Spirit Award. Congratulations Lyn!

Without the active support of the City of Yarra, its Neighbourhood Houses, Libraries and venues, our U3A would not be able to run, and I gratefully acknowledge their ongoing collaboration and support.

A highlight of the year was the online webinar, Active and Healthy Ageing in the City of Yarra, organised by our Healthy Ageing group. See Ageing Well in Yarra_on page 9. It was an extremely successful event, thanks to the many hours of planning and preparation by this group.

I want to acknowledge the support of Committee members. Their contributions have been enormous: Andy Hansen, Jan Tinetti, Lyn Watson, Frank Moore, Sue Kurt, and Denyse Stranzen. Ex-officio members, Viv Blanksby and Mary Walker also continued to provide ongoing support. *Cont.*

President's update cont.

This year we farewell two members: Andy Hansen, whose wise counsel I have appreciated, and Denyse Stranzen, Treasurer for the last five years who ensured that our finances have been in steady, capable hands.

At our November meeting the Committee welcomed four new members: Peter Moore, our new Deputy President; Christine Harrison, who shares responsibility for the program with Lyn Watson, as well as the role of Privacy Officer; Lynn Maru, who will coordinate distribution of promotional material; and Margaret Gibson. We now have a full complement of nine.

Finally, I hope everyone has a safe and happy Christmas, and looking forward to catching up next year!

David Lee

Program and Forums update

Last year's report started with 'What a year this has been!' and it still seems so apt. We have dealt with uncertainty again and I commend everyone for their patience, resilience and good humour coping with all the unknowns.

Of 43 courses scheduled three were new, four were in abeyance, while 22 continued online. Fourteen met as restrictions allowed, and a further three used a combination of face-to-face and Zoom.

The Forums, a mainstay of our program, continued online throughout the year: seventeen Forums had attendances ranging from 20 to 40. Their popularity with members and the promotion by Yarra Libraries has made this series a comfortable way to stay connected. The online format has worked well. Special thanks to Yarra Council venue staff for being flexible and adaptable with our everchanging bookings.

For 2022 we are offering 35 ongoing courses, with three courses not continuing - Cantiamo, Cycling 2 Pumped Up and Feldenkrais. Sadly, after many years at the helm, Luisa Havyatt is retiring from Cantiamo. I'm hopeful that someone may take up the challenge to continue this group.

New courses on offer are: Australian History in Brief, two new Memoir Writing Groups, Planning for a Safer Older Age and two levels of Israeli Folk Dance.

Short courses in Semester 1 include Poetry Reading, Seasonal Walks of the Royal Botanic Gardens, Travelling with Criminals - A Round the World Ticket, and a new book group: Three Novels. These will be a delight.

Finally, I'm making a big effort to share the Program tasks and fortunately have helpers on hand.

Keep a lookout for any changes, new courses and Forums in the Bulletin.

Lyn Watson

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initiative to

Zoom and

Lyn Watson receives the Community Spirit Award

Recently the City of Yarra announced their Annual Community Awards.

We are delighted that Lyn Watson received the Annual Award in the category of 'Community Spirit'. Congratulations to Lyn for her ongoing voluntary service to U3A Yarra City and the Yarra community. Following is an extract of the submission to council:

For many years Lyndsey Watson in her role as U3A Program Coordinator, has taken the initiative, planned and implemented weekly forums for members at the Collingwood library. These face-to-face forums provided ongoing learning, intellectual stimulation and social connections. The forums cover a diverse range of topics and interest to the membership and attract up to 50 members per session. With the lockdown, Lyn liaised and advertised with Yarra Libraries to extend the sessions to non-members and Yarra citizens, friends and neighbours.

During the first COVID lockdown she took the initiative to upskill members and tutors in Zoom and assisted tutors in delivering presentations using PowerPoint. This continued for the remaining and subsequent semesters. Amazingly the changeover was almost seamless.

We send Lyn our congratulations and best wishes for a well-deserved award.

Susannah Dax

Monthly Music goes hybrid

The innovative
Orchestra of the
Age of
Enlightenment
was an
appropriate
focus.

Nina and Andy Hansen hosted a hybrid Music group program in November. Eight of us enjoyed Nina's program selections 'live' via YouTube on their



television. Seven others tuned in on Zoom. The innovative *Orchestra of the Age of Enlightenment* was an appropriate focus. The choice of program, their technological knowhow and the splendid supper made it a memorable evening.

Nina and Andy will now be able to advise other U3A groups on how to develop a hybrid program. Some of us are also keen to try our hand at baking their Basque cheesecake. https://www.youtube.com/watch?v=19RJKnh9hbU

Barbara Selvay

It's Cryptic!

Grocer Barry Moog whipped Scottish hero? (3,3,9) What the hell's that about? Well – 'whipped' means it's an anagram and Grocer Barry Moog looks the likely candidate. The rest of the clue says it's a Scottish hero. So, we're talking about Rob Roy MacGregor – right?

Cleaners dragged politician out of dumpsters (7) *Uh?* Easy one, that. Drag out (remove) politician (MP) from dumpsters and you get 'dusters', a type of cleaner – OK?

Loud appeal to the umpire brings uproar (6) That's a nice one. I get it. A 'loud appeal' could be an Out! cry - and an outcry is also an uproar - Yes!

Throughout the vagaries of 2021, six or seven loyal students turned up weekly, often on Zoom, sometimes around a table tennis table, to learn the mysteries of Cryptic Crosswords. We came in rather green, but under the expert guidance of our tutor, Anne Molloy, we're all getting smarter (that's our opinion, anyway).

Anne has enlightened us about such conventions as:

 the word is usually a version of the first or last word in the clue

- anagrams can be indicated by any word that implies creating change or mayhem – doctor, hurt, distress, play, fix, upset, brew, disaster and many, many more... One of our number, Maria, has been creating a book of them
- the word 'return' appearing anywhere, means something is being spelt backwards
- capital letters mean nothing and can be ignored
- a politician is an MP
- a specialist is normally an ENT (Ear, Nose and Throat) specialist
- a model is the letter T (for T-model Ford)
- a ship is SS (of course)
- know your roman numerals I, V, X, D, C, M etc.

That's just a sample of the tricks we've learned, and it's been a great way to keep the mind active under lockdown. Anne sends the crosswords a few days in advance and we come to the session with as much of the puzzle finished as we can. There are a lot of laughs about the clues and our answers, and we learn at least one new word each time.

Thanks, Anne, for the stimulation and everyone else for your cheery company. It's been a very positive interlude every week.

Viv Blanksby



Writing memoir

My first-born son was nearly a year old when my Mum died. My head was full of her stories – funny stories with some rage, too. Joining the U3A Yarra City Memoir Writing for Women group gave me a framework for writing and rewriting her stories and more. Some stories simply tumbled out. Others had been scribbled years earlier and they continue to be edited.

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An unspoken principle in our group is our 'appreciative and constructive' approach. When we comment about each other's writing, we are not editors, putting a red line through one another's writing. Rather, we might suggest ways to be clearer, more (or less) descriptive, for example.

While we write about personal issues or circumstances - these topics are not discussed further in the group. Whatever is written in the group, or brought to the group, stays within the group. The group is not a therapy group, or a social support group. It's a writing group.

One member of the group and I discovered we had a significant political difference on an issue of importance to both of us. Things became a bit 'sticky' with each other. But neither of us sought to gather support for our particular point of view in the group. We returned to our focus - our writing. This experience helped me be less polemical and my writing improved. It's not a discussion group, it's a writing group.



Early on, one of the group was very enthusiastic about editing. This was a revelation to me - I'd always seen editing as tedious and uncomfortable. It was something I had put off. I too now relish editing. I find it to be creative and satisfying. It frees up the first draft, too!

Valuable insights have come from comments by colleagues. They have never been vicious or destructive. Rather, they have been kind, thoughtful, constructive and creative. They enable improvement. They encourage further effort. We've avoided a competitive environment.

I'd not experienced 'timed writing' before. I am always surprised what emerges. What I write may be triggered by the person leading the group, but sometimes, just random things come hurtling out. Surprising, at times, quite surprising. I don't go along to the group with a topic in mind. During the last session, the leader on that day suggested we write about a special event. I had been preparing for a visit from my niece with her nearly-walking eight-month-old. I found myself writing about my eldest child's first steps.

The first time I led the group, I didn't have a clue what topic to choose. I felt I knew so little about writing and I didn't know what the group had already explored. Someone said, 'It doesn't matter what topic you choose, even if someone else covered that topic, you'll come at it with your unique perspective'. This sums up the essence of our memoir writing group.

Jen Martin

Israeli folk dance

Shula: I joined the Israeli Dancing group this year with fairly low expectations. I had lived on a kibbutz in Israel for a short time in the early '70s and had a go at Israeli dancing there. That was 48 years ago.

Under Jonno's fantastic, patient teaching, we now have nine or so wonderful dances under our belts.

We meet every Monday morning at Mark Street Hall and we learn the dances and we chat in the breaks; we hear beautiful Israeli folk music although we can't always understand the words, but the melodies are great and take me back to a time 48 years ago. Jonno Morris is a wonderful teacher, very patient and very organised at the same time, keeping us on the straight and narrow, going over and over the dances until we know them. People are friendly and easy going. I really enjoy meeting up with them every week.

Eva: Israeli Dancing has been wonderfully curative coming out of lockdown. First we danced in the Darling Gardens for a few weeks, and now we are back in Mark Street Hall, where we more or less belong. Under Jonno's fantastic, patient teaching, we now have nine or so wonderful dances under our belts. Sometimes it takes a while for us to get on top of the more complicated dances (Haleluya, anyone?), but we all seem to get there in the end. The satisfaction and the feeling of all 12 or 15 of us dancing together is wonderful.

As a way of accustoming our unfit bodies to moving and jumping (only occasionally), Israeli dancing is second to none. It's physically taxing at first, but you fairly soon find yourself lasting the hour and a half quite comfortably. The dance moves are, on the whole not difficult (though it took me a while to get on top of 'yemenite, then pivot'), and the satisfaction of mastering the sequences is very rewarding.

Jonno is offering a beginners' as well as a continuing dance class next year, so there'll be something for everyone.







Arrivederci Cantiamo

After 15 years Luisa Havyatt is stepping down as tutor of the long standing and super happy vocalisers of the U3A Yarra City Cantiamo Group.

The inaugural session was held on 15 March 2006 with 10 members, nine female and one male. Over the years the group continued to thrive and grew to 30 members.

The weekly sessions were full of Italian song.

According to Luisa she loved every year and every group. The great joy for her was always the delight of loyal long-term members and although, sadly, four members had passed away by 2020, after 15 years she still had several original members. Most members joined because of an interest in Italian: it was either their heritage, a language they had learned or a place to which they had travelled. They rejoiced in all things Italian. Singing Neapolitan songs in the dialect of their origin in Princes Hill was a marvel!

Two particular highlights for Luisa were when the group was invited to sing at The Edge, Fed Square for the Seniors Festivals in 2015 and 2018. She has precious photos and videos of these events for our collective recollections.

Another happy highlight was when John Portelli of Enoteca Silena invited the group to sing for the famous Italian chef Gabriele Ferron of Ferron risotto rice. He gave each of the members packets of rice and they celebrated with prosecco. For years the group had gone to Enoteca for coffee after singing.

Luisa says 'I have absolutely no regrets. All my music training was singing by ear. I am an experienced teacher, but not of music. The group gave me a new way of using my teaching skills and experience and a reason to collect the songs of an oral tradition and find ways to sing them with those who loved to sing and to share my heritage'.

Many close friendships developed within the group, shared birthday and Christmas celebrations in the Neighbourhood House were enjoyed and on a couple of occasions members travelled to Italy together.

Luisa had spent 10 years with La Voce Della Luna, the Italian Women's Choir in Melbourne before starting Cantiamo.

She is now moving on to dance classes twice weekly.

Arrivederci Cantiamo, con amore e cuore

Susannah Dax





2021 Christmas message

The Newsletter Committee (Lyn, Susannah, Helen, Tina, Madeleine and Christina) wish all U3A Yarra City members a happy end of year break. We hope you enjoy some well earned freedoms with families, friends and new borns. And we look forward to seeing some members in face-to-face classes in 2022.

Photography: our story so far

The Photography group started at the beginning of Term three 2021. I set out a program alternating visits to different locations with viewing images the following week on Zoom.

Water, Triangles, Facades, Reflections, and even our Living Rooms, were some of the themes explored. What happened next went along the lines of 'You don't make plans, COVID makes plans for you'. Yep, we had Lockdowns five and six to contend with, no more outings for us. We immediately switched to working individually on different themes and Zoom meetings once per fortnight. Water, Triangles, Facades, Reflections, and even our Living Rooms, were some of the themes explored. Sometimes we thought we would not find anything interesting, but our approaches were diverse, and we came up with some great and interesting images. Photography is a lot about seeing and seeking the detail, the unusual, less obvious, the colour and above all the light.

Our Zoom sessions are good fun. We are a small enthusiastic group, so time constraints are not of the essence. Our discussions often included arts topics and what is happening in fine arts locally. We all had some initial problems with sharing our photos on Zoom.

Our group could be described as a 'mixed ability class'. It means that anybody can fit in, and we have much to learn from each other. We all have different cameras and different computers and tablets. I learned to say, 'Well, this is how it happens on my Olympus'. As far as the editing of photos goes, we cover the wide spectrum from the use of sophisticated software to 'none at all'.

It has been a challenging start, but also a lot of fun and pleasure. I look forward to continuing in 2022. We will go out on locations, and in place of Zoom we will meet in the Community Room of the Collingwood Library. I hope some of you will consider this course when you are planning your 2022 U3A activities - you will be most welcome!

Helena Rosman



Luna Park - Josephine



Mary's dogs

Ageing Well in Yarra

The highlight of the year for the Ageing Well Group was the Webinar on Active and Healthy Ageing held in Seniors Week on October 5th. Dr Sandro Demaio (CEO VicHealth) was the keynote speaker and four U3A Yarra City members provided comments on Councils forward plans.

It was such a challenge to run this event on-line however the range of speakers and pace of the event kept everyone engaged...

Due to COVID restrictions we were unable to proceed with our plan for Connecting Community Groups to promote Healthy Ageing at the Fitzroy Town Hall; instead, Cory Greenwood from Yarra Libraries assisted us in running an online Webinar. This was a first for U3A and was a great learning experience.

In all 62 people attended the Webinar including over 30 U3A members, and various community organisations, council representatives and U3A organisations. Glen Wall Vice-President of the U3A Network, Councillor Amanda Stone, Chairperson of the Active Ageing Advisory Committee (AAAC) and Adrian Murphy, Cheryle Gray and Lauren Brooker from the Aged Care and Disability area were also in attendance.

After the event Adrian Murphy responded:

On behalf of Cheryle, Lauren and myself, congratulations on running the Active and Healthy Ageing webinar on Tuesday. Could you pass on our thanks to the organising committee – we know this has been an on-going project via U3A and it is really building up a head of steam. We look forward to continuing the collaboration.

It was such a challenge to run this event on-line however the range of speakers and pace of the event kept everyone engaged – from the local to international insights. It was also great to have Lauren Brooker as part of the panel and contributing to discussions.

We look forward to follow-up discussions (and lunch!) as we work together to deliver on an age friendly city. U3A Yarra City received a grant from the City of Yarra for catering for the original event. This is rescheduled to March 29th 2022 at the Collingwood Town Hall and will be supported by the City of Yarra including their Aged Care and Disability Group, and Community Arts Officer, Olivia Allen. Watch out for further details early next year.

Helen Nankervis

On the road again

I arrived in Melbourne in 2019, having spent the previous 20 years in India. I drove our old saloon car most days in Delhi and, although there was congestion on the roads, a huge variety of vehicles, pedestrians, dogs and the occasional cow, it was mainly slow and entirely familiar.

Two years down the track, with a Victorian driving licence but no car, I began to feel that my driving skills might atrophy over time, the longer they were not used in earnest. Though anxious to get back behind the wheel, I was nervous about driving in Melbourne, a city I only knew from a limited pedestrian perspective. Lockdown accentuated this since I was almost never in a car and public transport didn't offer the same experience.

Over time, I was aware of various 'share cars' parked temptingly in dedicated bays not far from my building but assumed they would be well over my budget. Obviously, being in lockdown, it was the ideal time to be on the now traffic-free roads, so I did a little research and discovered that pensioners could benefit from a reasonable hourly rate, no membership fee and fuel was free. That clinched it and I signed up.

A week later, armed with my smart card, I let myself into a small hatchback called Juno, and found the ignition key as promised in the pocket of the door. I'd had no experience with automatic transmission, and gingerly set about putting it into Drive, released the handbrake, indicated, looked in the mirror at a mercifully empty road and pulled out. I could feel my heart thumping and my breathing accelerated but, actually, I was hugely excited!

Ten minutes later, I was sweating, I had slowed to go over a speed breaker and, manual driver that I am, put two feet down on the pedals with the obvious result. Luckily, the driver behind wasn't too close and, with great forbearance, didn't shame me by using the horn. My progress afterwards was careful, one leg tucked right back. I did a circuit through Richmond, East Melbourne and back down to a Cremorne service station. The car had to have at least a quarter of a tank of fuel on its return. In Delhi, all fuel pumps are manned, the driver grandly giving instructions from inside the vehicle, so I was out of practice. I located the correct bowser, put a few litres in without a hitch and went inside to pay, using the company's fuel card. Which needed a pin number! I was completely flustered. The kind guy at the till gently suggested I might have received a company text that day with the pin. He was right and there were no other customers to witness my ineptness.

All I had to do then was return the car to its

'pod', company speak for parking bay. Easier said than done. My reverse parallel parking was always ok so, foolishly, I had no qualms.
Nightmare! Backwards and forwards I went, opening the door to see where the lines were, glancing despairingly at



the reversing screen, but craning my neck anyway because I couldn't trust it.

Since then, I have had other modest outings, my parking is less nerve-racking and, with the end of lockdown, the elusive wider world now beckons!

Christine Mishra

...bear witness

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Women, Arts and Activism

It is with great pleasure that I share with fellow members of U3A Yarra City, 10 stories which I curated for the 2021 Victorian Senior Festival, under the overarching title: 'Women, Arts, and Activism'.

The 10 stories by-and-about immigrant women published as podcasts, are significant not least because they bear witness to the memory of people who with gritty courage, resilience and adventurous spirit, had abandoned all that they have known in their country of birth, in search of a better new life in Australia. These are testimonials which do not appear in the annals of Australian History. And which, if not for the Victorian Senior Festival, stories by: Chinese-Taiwanese, French-Canadian, Greek-Cypriot, Indian-Malaysian, Italian, Maltese, Nigerian, and Sri Lankan authors, would remain unread and unheard. These potted biographies, reveal fragments of historical relevance which has impacted the women's life. We also get an insight about their (mostly good, but not always) experiences of life in Australia; and therefore, their narrative augments Australia's national story.

Link to episode 5 https://www.seniorsonline.vic.gov.au/2021-Victorian-Seniors-Festival-Reimagined/articles/Women-Arts-and-Activism-Episode-5

Lella Cariddi OAM



Episode 5 Dure Dara, and Dianne Lacroix

Our new website

Members have worked hard to deliver an improved website for U3A Yarra City. This new U3A standard template ensures that we have a modern less cluttered look and feel which is easier to maintain and update. Tuesday Forums are listed under the Latest News tab. In addition, the Gallery contains photos of our groups and activities. Please send in your photos or contributions to the website committee – Sue Kurt, David Lee and Mary Walker by email to u3ayarracity@gmail.com with Website in the subject line.

Tuesday Forums are listed under the Latest News tab.



Profile – Crina Virgona

Crina was recently awarded an Honorary Life Membership from U3A Yarra City. We asked her to tell us a little about her time at U3A.

I joined U3A in the early days, hence my identification number is 26. I had been chatting to one of our wonderful pioneering members, Nancy O'Toole, who lured me in with stories of adventures of the mind and a family of likeminded fellow travellers. And it has been a terrific adventure.

Where did it start? Was it the writing course with Helen Heritage or mosaics with Anne and Horst Willers? Both were new territory for me. I had never before identified myself as a writer, but I loved playing with words and discovering what I really thought by pinning ideas down on paper. I remember feeling naked and exposed in those early classes when we had to respond to a stimulus and write spontaneously, but Helen was so encouraging. 'I think there is a story or two in you', she would say, so I endeavoured to plumb the depths of my experience to find those stories.

Tragically, Helen died from a sudden heart attack. I remember the day we gathered at a local hotel for the end-of-course luncheon. Helen had died the night before. I had the task of telling the others the terrible news. As we grieved, most of us agreed that we wanted to continue. I agreed to convene the group, but we decided to share the leadership. We took it in turns to develop a theme and find some readings as a stimulus for our writing exercise. Over the years we developed a modus vivendi and have gone from strength to strength. Together with a wonderful group of courageous women, we probe our imagination and our history to discover things about ourselves we would never have known without this fabulous opportunity. Along the way we have become much better writers.

And then there was Mosaics. I remember a U3A Christmas party that I attended. There were Mosaics on display - beautifully crafted designs with lustrous colours. I was enchanted.

Most of this work was that of Anne Willers. Anne is a true artist. Her craftsmanship is so refined and her artistry is sublime. Anne and Horst Willers were very generous with their skills. They had been professionals in the commercial world of specialist tile art, but they



were keen to invite others into the fold.
Once again, years later, I am still doing it. There is always plenty to learn, but the other learners are keen to help and to share their resources. Dear Bruce, our current instructor, bends over backwards

to solve our problems, particularly the technical ones.

I am not sure about the order of things, but the Italian connection came early in the piece too. Cantiamo, our Italian choir, sang its way into our hearts under the inspiration and beautiful vocals of Luisa Havyatt. Together we brought Naples to Carlton with more enthusiasm than art. We celebrated a decade of singing with Tutor Luisa some years back, and what a joy it has been.

Our Italian language group nudged its way onto the U3A program in the early days too. There were a few earlier iterations before it became a conversation group as apart from a language class. I became the convenor of this group as well. We don't have a teacher but it works well for those of us who prefer a more informal approach.

We owe such a debt to the hard-working administration that makes all this possible. To me, their work is the hardest. It is unrelenting and rarely acknowledged so let me say a huge thank you on behalf of all of us who enjoy the bounty of your work. You are doing such a great job.

Crina Virgona

Photo gallery



Lorikeet - Helena



Table tennis - Liz



Pumped up riders refuelling



Spanish with Philip



Table tennis - John



Street art - Bill Murray in Caddyshack

Diary dates

2021-2022

1 Nov: Membership renewal opens

29 Nov: Course enrolments open

14 Dec: Christmas quiz @10.30, Zoom invite

17 Dec: Office closes

17 Jan: Office reopens

See the website and The Bulletin for updates

Semester Dates 2022

31 Jan: Semester 1 starts

9 - 25 Apr: School holidays & Easter

25 June: Semester 1 ends



Committee 2022

President: David Lee

Deputy President: Peter Moore (Clifton Hill)

Secretary: Jan Tinetti

Treasurer and Communications: Sue Kurt Program Coordinator: Lyn Watson (Forums)

Privacy Officer & Program (Venues): Christine

Harrison

Tutor Liaison/Database Support & Mail Chimp:

Frank Moore

Distribution of promotional materials, program:

Lynn Maru

General Committee: Margaret Gibson

Other positions

Membership Officer: Viv Blanksby

Office Manager: Mary Walker

PayPal, myU3A support group liaison: Andy

Hansen

Newsletter: Tina Hocking, Lyn Morgan,

Susannah Dax

Connect with U3A Yarra City

FaceBook: Send photos and articles to our email address <u>u3ay</u>arracity@gmail.com

with Facebook in the Subject line or go directly via Facebook.

Web: www.u3ayarracity.org.au

On Yer Bike: https://onyerbike-u3a.org.au

News & Events Bulletin: Latest news communication via email

Newsletter: Published March, June and November.

Email <u>u3ayarracity@gmail.com</u> with Newsletter in the Subject line, or post to:

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