CASEY U3A INC
180/57 Gloucester Avenue Berwick Vic. 3806
ABN 58 503 638 181 Inc. Number A0024472D
Phone: 0493 280 458
email: caseyu3a@gmail.com
web: https://u3acasey.org.au/

NEWSLETTER – OCTOBER 2026

PRESIDENT'S CORNER

Faye Stilo

Welcome to October's Ageing Positively Month, I hope you have all enjoyed something new and interesting that has been offered throughout the City of Casey and certainly Victoria during this month. Our participation at the Old Cheese Factory on a lovely sunny Wednesday was well attended and helped by U3A members who participated to showcase many of the classes we conduct on a weekly basis. Our free Music Afternoon was enjoyed by Members and non-members alike.

A BIG thank you to Chris Trimnell who was the organiser and overseer of these functions.
As our membership has now tipped over 800 our committee members are currently reviewing and preparing processes and procedures ready for 2027 classes. Many hours of volunteer work in the pipeline. Please action your one-off Registration to use the Member Portal before 2027's enrolment day.

****

COURSE COORDINATOR'S REPORT

Fiona Tonizzo – Course Coordinator

Term 4 is already here and before we know it, we will be thinking about which courses we want to be involved with in 2027! I'm already in the process of working with our current tutors to confirm class details for the new year, but want to make sure all U3A Casey members know they can also put forward class ideas. If you do have an idea for a new class, please provide the following information:

- Your name:
- The class name (if known at this stage):
- A class description for us to use in the classes list:
- A preferred day and time:
- A preferred location (at least 2 options if they are community venues, please)

In addition, there may be current classes that are looking for a new tutor. I will email a list of these later in October for your consideration.

****

WELDING CLASS
Allan Milne – Attendee

The inaugural U3A welding class commenced a few months ago with three raw participants with minimal knowledge. Tutor / Instructor Billy had set up his garage with booths and supplied all the necessary gear including welders. He showed us around his garden with sculptures and other items that he makes. He also makes items for other people on request.

A lifetime welder, he gave us a safety briefing before setting us loose trying to lay straight lines on small pieces of steel plate. The sound of slag being chipped off to reveal the pitted result underneath echoed through the garage. After a few weeks we had more or less mastered this before moving on to actually joining pieces together, again not an easy task. We arrived one day to see that Billy had prepared metal for us to actually make something. This was a fairy in a garden, which had each of us doing our best getting the parts lined up. Each week we made other items including a man on a bench, roses on a heart and some scrap art figures.

We always had a short break where we heard tales of Billy's early days in the Clyde shipyards in Scotland through to the present. On the last day we were shown MIG welding before having a practice ourselves.

This was a great course to do and each of us is vastly more confident in basic welding. Billy is hugely knowledgeable in all aspects of his craft and extremely patient with us beginners. If you want to learn a new skill, put your name down for a future course, as places are limited.

****

LUMINESCENCE

Carol Ely, Personal Writing

He moves like a shadow through the house. A sudden spike of memory causes a quick smack of his paw, not malicious just begging for attention or maybe reassurance.

He disappears. Dark spaces in the wardrobe surrounded by familiar smells. Under the bed, often joined by another, when feeling threatened. Any unfamiliar voice or footstep causes flight.

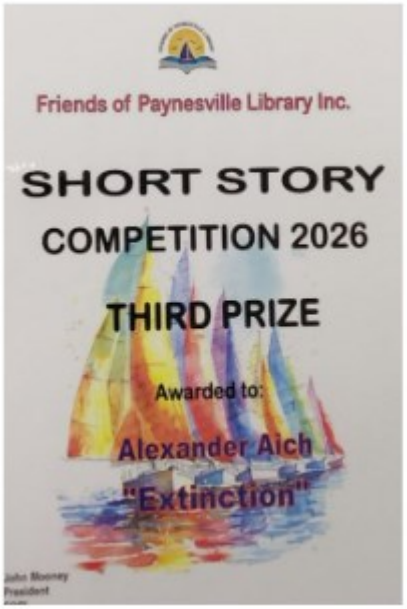
He knows when I am pressed for time needing to leave and he chooses to play hide and seek. I count them before I leave for my peace of mind not theirs. He's very inventive blending with dark corners in quiet rooms. He turns head and his eyes catch the light. The black cat is a master of disguise.

****

WINNER OF SHORT STORY COMPETITION

Huge congratulations to Sandy Aich of the Personal Writing class who challenged himself and submitted a story to the Paynesville Library Short Story Competition.

Sandy's story, Extinction, won third prize.
Winning stories can be accessed via the following link (Sandy's story begins on page 22)
https://www.friendsofpaynesvillelibrary.com/images/storycompetition/2026/results2.pdf



****

DEMENTIA & MEMORY LOSS
Peter Cahill

I attended a very good talk on Dementia and Memory Loss, sponsored by Casey Council and this is a very useful checklist.

****

PATCHWORK & QUILTING
Kate McEwen - Tutor

I teach patchwork and quilting on a Thursday afternoon at my home. I am very proud of my students! They are enthusiastically making patchwork Christmas table runners at the moment and they are looking very good. Another student is just finishing a baby quilt for her grand-daughter.

The pictures i have included are of Joy who came to my class because she has friends who are doing some beautiful quilts and she was unsure if she could do it.
The first picture is of Joy with her first ever quilt block. We were all very impressed. The second picture is of Joy's finished cushion cover. She wanted to start with something small. We are now working on another cushion cover in a different design.

****

BROTHERHOOD OF ST LAURENCE – ONLINE BOOKSTORE

Jan Whitaker

Looking for a Home for Your Book Collection? The Brotherhood of St Laurence runs an online bookstore. They need books to sell, too. Since many of us are downsizing or have libraries we don't want to send to the tip, this is one way to give those books another life and contribute to the BSL as well.
Information for Donations, with two drop off locations in Pakenham and Noble Park being closest:
https://www.brotherhoodbooks.org.au/donate

Across the top of the page is a Categories tab that will show you the range of books on offer. The only things they do NOT accept are encyclopedias, textbooks, library books, magazines and books of poor physical condition (dirty, missing or ripped pages or covers).

****

A ROTTON DAY…GETTING OLD

Shelley Booth

Everything hurts – what doesn't hurt, doesn't work
The gleam in your eye is the sun glinting off your bifocals
You feel like the morning after, but haven't been anywhere
Your little black book only contains names ending with M.D.
You get winded playing cards
Your children have retired and your grandchildren are starting to look middle-aged
A dripping tap causes an uncontrollable urge
You know all the answers but nobody asks the questions
You look forward to dull evenings
You need glasses to find your glasses
You turn down the light for economy, instead of romance
Your knees buckle but your belt won't
Your back goes out more often than you do
You put your bra on back to front and it fits better
Your house is too big and your medicine chest is not big enough
You sink your teeth into a steak, and they stay there
Your birthday cake collapses under the weight of the candles
Your twin sister forgot your birthday
The bird singing outside your window is a vulture

****

WALK & TALK TUESDAYS
Shelley Booth

We walk and talk and become friends. So, when someone (Ken Cox) was celebrating a birthday recently, some of the group - plus some extras- took ourselves off to the Berwick Inn and had lunch and a bit of a celebration. A good time was had by all - and no guilt as we had already walked before lunch! Happy Birthday Ken.

****

BALLROOM DANCING GROUP
Robbert & Susan Labberton

The Ballroom Dancing Group has covered a lot of territory since June 2025. Numbers attending ebb and flow. This is primarily due to attendees having a try out to see if it appeals to them.
We need men of all shapes and sizes to attend. You will be welcomed by ladies, willing and able to greet you with open arms, and a warm smile.

The state-of-the-art dance floor makes it a joy to learn, practice and enjoy the pleasure of dancing. There is nothing more conducive to friendship than inclusive vibes, sound of laughter and music that makes you want to move and gravitate to each other. As the saying goes “nothing ventured, nothing gained”. Come and join all the happy dancing feet every Wednesday 1 pm to 3 pm during term.

****

THE LITERATURE CIRCLE – SEMESTER ONE

Peter Cahill - Tutor

During Semester One, the members of The Literature Circle engaged in many varied and worthwhile discussions on a variety of texts. These included the works of Shakespeare ('Macbeth'), Dickens ('Great Expectations') and Ian McEwan ('Atonement') as well as several poems, most notably those of T.S. Eliot. Further books we read explored the life of Truganini, one of the last surviving aborigines in Tasmania, and 'This is Happiness', a story about life in Ireland during simpler times. A further text was 'A Room of One's Own' by Virginia Woolf, a feminist tract which was well ahead of its times.

Each of these wonderful books raised many issues for our group: love, the role of family, war, vengeance, ambition, reconciliation, the role of women, and Australia's indigenous history, amongst other important themes. Our group discussions are always lively, respectful and totally engaging. Each group member has a deep love of reading and a real desire to 'dig deep' with each text.

The Literature Circle has space for two more members. We meet each Tuesday at 10.00 a.m. in the Craft Room at Fiddlers Green Retirement Village, Berwick. Feel free to drop in and check us out. You will receive a very warm welcome, as our group, as well as being 'mad on books', is both friendly and welcoming.

****

FLORA AND FAUNA GROUP

Moni Lee

Our group previously met at Brentwood Community Centre but following a chance conversation with Kim, the manager of The Old Cheese Factory Community Garden in Berwick, we are now fortunate to meet there. Kim offered our group free use of the facilities and information sessions for which we are extremely grateful.

Our 1st meeting in August, with 14 members present, was about seeds and propagation methods with hands on plant cuttings. Drizzly weather restricted our time outdoors, but the garden beds were inspiring.

During our September meeting, a burst of warmer weather allowed us to spend time outdoors discussing different garden beds, soil improvement and also viewing plantings in the huge greenhouse. At the close of the session, we all left with a variety of planted seeds using the homemade compost soil.

Kim provides such relaxed sessions with interesting information and techniques. where we can also be involved & enjoy a cuppa. Our next session on October 21st will highlight companion planting including preparation of the donation garden bed to assist disadvantaged citizens. Gardening within a group can provide such joy. Thank you to all U3A members

****

TRAIN HOPPING THE SENIOR'S WAY – JULY

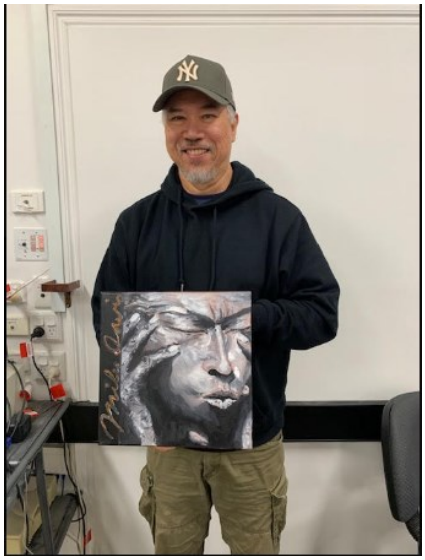
Joan Gaudion

What a different train hopping activity! We were not in a train....it was held in the evening. We supplied our own food; enjoyed getting to know one another games, and tried to understand some riddles. A terrific fun-loving group, and an amazing array of delicious food. What an evening and I wish to send out a very big thank you to so many people who joined in the cleanup and assisted me before and during the event. Keep well and smiling till our next trip.

****

OIL PAINTING

Diane Shottle – Tutor



Jack joined our oil painting class this year. He is an experienced painter and the work he produces is amazing. He managed to produce his paintings in a very short time. Thank you, Jack, for inspiring our class with your lovely work

****

LETS PLAY 500

Annette Spencer

This year the group Let's Play 500! has continued to enjoy each other's company every week – even through school breaks. We have a total of 18 members and average between 12 -17 attendees per session. Consequently, the number of Participants at each table varies a lot and we now easily participate in three, four, or five-handed games. While it is possible to play six-handed games, it has not been chosen as a preferred option to date.

The primary house rule is "Everyone whether winners, losers or spoilers, must all have fun." It's a rule that remains unbroken. Which is just as well, as our current U3A President, Secretary and other committee members, are regular attendees.

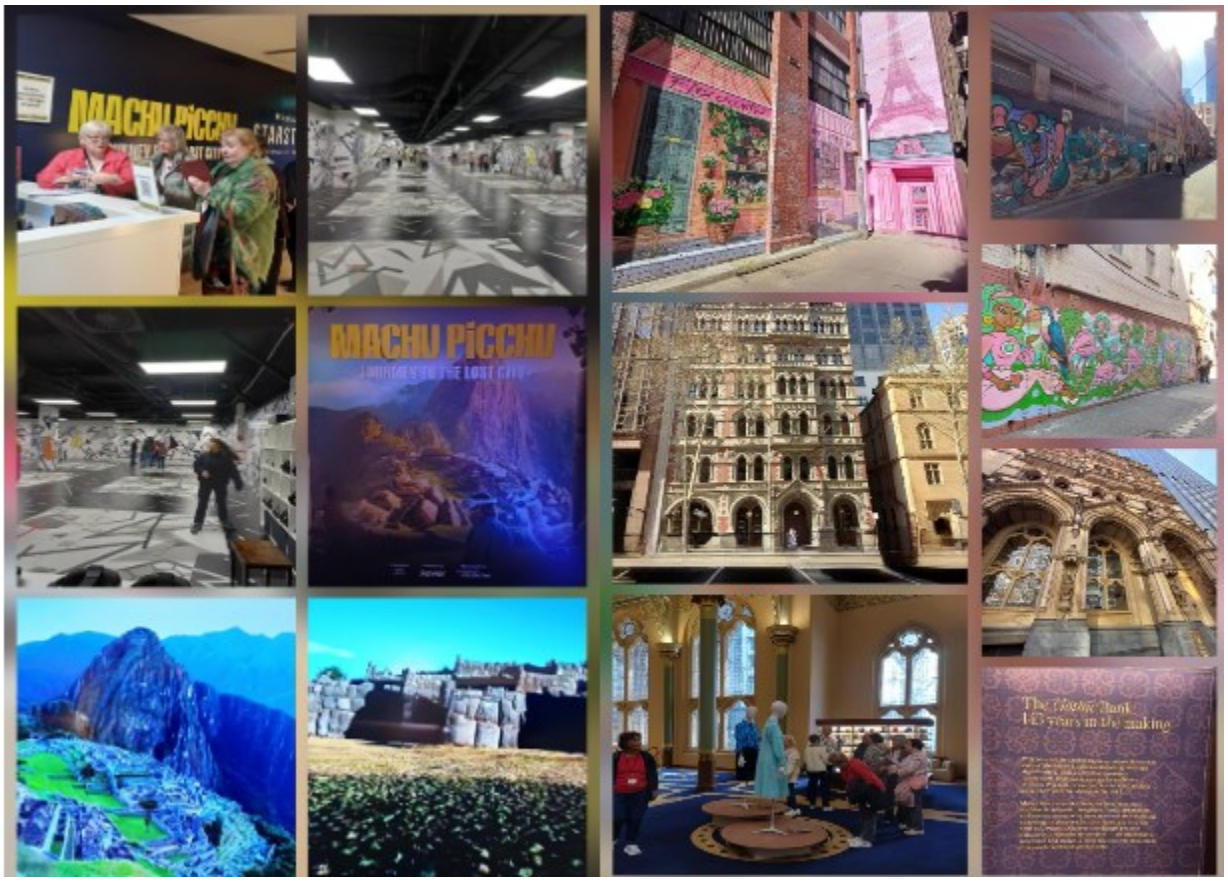
Let's Play 500! meets on Wednesdays at my home. During term breaks another member often hosts the group at her home if I'm not around.

****

TRAIN HOPPING THE SENIORS WAY SEPTEMBER 2026 - MELBOURNE

Joan Gaudion

Most of us were on platform one and we were picking up the rest as they embarked at various stops on our way to Parliament Station having changed trains at Malvern Station. As a group we are becoming more accustomed to the many adjustments when travelling on our new updated rail system and the great support we have from each other. It was an up and down walk to Fever where we were to start our journey into the Machu Picchu Experience. Wow, with the 3D goggles we were transported to various parts of Machu Picchu and gained historical and mythical information. By the time we finished my knees were like jelly as we flew over the edges of cliffs into the sky peering down into great depths at times, a real feeling. Lunch was enjoyed at the Elephant and Wheelbarrow. After lunch different groups visited the Gothic Bank Museum, Melbourne's famous Street Art and felt the vibe of our busy city. Travelling from the State Library Station it was a no change of station straight to Berwick. What a day but what a fantastic group; so much fun!



I

Are you using the new Member Wizard Portal yet?

The new portal is the only way you can now lodge absences for your classes so your tutors can plan for each session.

It is also the only way to add new classes (including at the beginning of next year).

If you are having trouble logging in, there are instructions on the U3A Casey website https://u3acasey.org.au/ and the office is open to support you on Monday and Wednesday afternoons from 1pm until 3pm during school terms.

****

Sponsored by:

Summerset
RETIREMENT LIVING
WITH AGED CARE

98 Mannavue Boulevard, Cranbourne North.

****

EDITOR: Barbara Erskine

NOTE: ***The next Newsletter will go out mid-December.***
U3A Members as well as Tutors are encouraged to send in an article, if you feel it may be of interest to fellow U3A Casey members.
barbara.h.erskine@gmail.com