

(Reg. No. A0035750D)
Box U3A, 42 Capital Avenue
Glen Waverley 3150

Enquiries: Secretary: 9803 8592 10am-2pm weekdays
Email: postmaster@u3ahighvale.com.au
Website: <http://www.u3ahighvale.com.au>

TERM 3 – 15th July – 21st September 2019

LOOK OUT FOR THE MANY INVITATIONS TO SENIORS
in this Newsletter



President's Message

Hello everyone !

Here we are starting Winter and halfway through the year. It seems ages since I wrote to you so I hope that your U3A experiences during Terms 1 and 2 have been enjoyable.

On May 15, I attended the U3A Network Victoria Presidents' Briefing, in the city. This is always a good day, a chance to meet presidents from other clubs, chat about their classes and activities, and hear about what the Network committee is doing.

Our U3A choir was thrilled to be invited to take part in the Anzac Day service at Highvale Village. The choir sang with the village members who were present and, following afternoon tea, led a sing-a-long of old time favourites. The choir is learning some new songs and hopes to have the opportunity to entertain other people soon. We are

delighted that we have had sixteen singers at some practices recently but we would love to see more men. So if you would like to join us, you would be most welcome on Fridays at 3.30pm.

The Art Appreciation group has had three trips this year, and we have been very lucky to be allowed to use the village bus. May's trip was to Geelong where we went to see the Sidney Nolan "Ned Kelly" paintings. They were very interesting. As we weren't booked in until 1pm, we had time for lunch and to look at their permanent collection and another exhibition that was on at the same time as the Sidney Nolan exhibition.

The Walking and Exploring group enjoyed a day at Warrandyte recently. It was a sunny day and we enjoyed walking along the path beside the river. We stopped several times to admire the scenery and watched the ducks and dogs. After the walk, the group had lunch at Cafe Warrandyte.

Don Baird is leading the Music Appreciation group. The class meets on the 2nd and 4th Tuesdays of the month (not weekly). Please put the dates, in your diary.

We have two line dancing classes running at Capital Reserve Pavilion. One class is for beginners and the other for more advanced students. Check out the Timetable on page 8.

The physical exercise classes including Zumba Gold, Qi Gong, Yoga and Tai Chi are still very popular, as generally experienced in many U3As.

I have been putting information about speakers at the Monash Art Gallery, on the U3A board. Please feel free to attend if the topic interests you.

We have been thinking about our end of year function. We have approached a speaker so I hope to be able to tell you something about the speaker and give you a date, in the not too distant future. This function will take place late in November, before our classes finish for the year.

When this newsletter is produced, we will email copies to members who have email addresses and give hard copies to members who don't. There will always be three or four copies in the tray under the U3A board by the front door of the Community Centre. Please let us know if the tray is empty or you don't have access to computers as we will make sure that you get a copy of the newsletter.

Continue to enjoy your classes.

Yours in lifelong learning,

Jan Clear

President and Course Co-ordinator

MYU3A: Slowly Slowly Catchy Monkey



The Story So Far

It is about six months since MYU3A was implemented in U3A Highvale and it is starting to be a household word.

But questions are still

being asked about the system which could be answered by yourself, if and when you become more familiar with MYU3A. So here are a few useful tips that should help you answer some of the common queries.

Q: Is there a vacancy in the class?

A: The easiest way to check this is to visit the U3A Highvale website. Select the *Course/Activity* menu item, then search the class you want to join. Courses are grouped by day or category. For example, if you are interested in the arts, click *Arts/Craft*. This will display classes like:

- Art Appreciation
- Art Workshop
- Ballet & Dance; etc.

If there is a vacancy, the class is tagged “**Open**”. If the class is full, it is tagged “**Wait List**”. You can enrol in the latter, if you wish to be waitlisted.

Q: Do I need to re-enrol for the next term?

A: Class enrolment normally takes place when you register as a member of U3A Highvale and pay your annual membership fee. Your initial enrolment in class(es) for the new year holds for Terms 1 - 4. Hence there is no need to re-enrol each term, unless you wish to join a new class.

An exception is the computer courses. Members who join a particular day's computer class pay their annual U3A membership fee plus a course fee per term. In this case, computer class members have to re-enrol each term and pay their course term fee.

All other members wanting to join an additional class (with vacancies), can just visit the U3A Highvale website and select *Member Services > Member Login*. When you click *Member Login*, you are asked to enter your membership number and password. Once logged in, the *Membership Status* page displays. Click “**Classes 2019**”. Instructions are provided at the bottom of the *Class Status* page on how to select class(es).

Q: I shall be absent for a short period, who should I inform?

A: It is simple courtesy to inform your tutor directly or pass on your apology through a class member. In addition, MYU3A enables you to record your apology. Visit the U3A Highvale website and select *Member Services > Member Login*. When you click *Member Login*, you are asked to enter your membership number and

password. On successful login the *Membership Status* page displays. The text at the bottom reads: "If you will be absent from class, put in an apology." Enter the absence from and to dates and click "**Apologise**". This shows the classes you are enrolled in with the absent days ticked. Follow the given instructions and click "**Commit**".

In cases of prolonged absence, a member's name will be removed from the relevant class roll.

Q: I no longer want to continue a course. What should I do?

A: You can withdraw from a class via MYU3A. Select *Member Services* on the U3A Highvale website and login as a member with your ID and password. Click "**Classes 2019**". Instructions are given at the bottom of the *Class Status* page on how to withdraw from one or more of your class(es).

If you do not have online access, drop a note in the U3A box, to the Secretary. State your name, ID number and the class(es) from which you wish to withdraw.

Q: Can my friend join?

A: Yes, provided your friend is 50+. Ask your friend to visit the U3A Highvale website and select *Join Us*. This presents a *Welcome to your Online Application* page with instructions on how to become a member of U3A Highvale.

If your friend prefers not to apply online, tell your friend to download a *Registration Form* from the U3A Highvale website, and apply for membership with payment, using the printed form. Or you can give your friend the Membership Application form available on pages 7-8 of this newsletter. Your friend can join as a full member or an associate member. The latter applies to those with full membership at another U3A.

In Conclusion

Like any system, MYU3A is only as good as the data it holds. If the database is not up-to-date with information about member registrations, class enrolments and class withdrawals, it cannot reflect accurate class numbers and generate correct statistics and class rolls.

Please help us to help you.

Siew Kennedy,
Secretary

Mahjong Group



Mahjong is a tile-based game developed in China during the Qing dynasty and has spread throughout the world

since the 20th century. It is commonly played by four players. Skills required are tactics, observation, memory and adaptive strategies - things we all have at our age - and, of course, luck to maximise the chance of winning.

Mahjong class on Wednesday morning has exploded with lots more clicking of the tiles now that the second group has started playing the Chinese way. So it's lovely to hear more clicking or "tweeting of the birds" which is the official description of calling the shuffling of the tiles.

As the original group plays the English rules and our new recruits the Chinese way, we have all avenues covered. All the tiles are beautiful, with great graphics, and are easy to read.

We have sufficient sets and places for more people, and can get you started on your 14 tiles which may result in the winning hand when you can shout, "Mahjong!". So don't hesitate to join us for some fun and social interaction.

Look forward to seeing you.

Jenny D'Acre

Current Affairs Group

The Group meets every Friday at 2 pm. We have been running since U3A Highvale began (approx 35 years). Group size has waxed and waned over these years. Unfortunately this year we are a very small number, even though we had an important election to discuss.

Topics discussed included:

- The election and the influence of the press.
- The funding of Education.
- Taxation in Australia as compared to overseas.
- Aged Care and its funding.

- Donald Trump and the state of play in America.
- The significance of Australia Day and its implication for Indigenous people.
- The significance of Mother's Day.
- Anxiety and Depression amongst primary school-aged children.
- The School start age and pre-school readiness.
- The learning of languages, music and maths, and the implications for aging well!

These are examples only of some of our discussions.

We really need some more people to come and lend their knowledge and different points of view. We are considerate listeners and would appreciate some new faces.

Sue Bebarfald

Computer Class Groups

Students attending the Monday Computer Class have been presented with a range of topics, helping them to better understand the world of computing, whilst also having time "doing their own thing". By learning something new each week students are now better able "join the dots" in their knowledge bank and extrapolate to self education in their own favourite topics. This should provide students with a higher level of confidence in using computer-based devices, be that a computer, tablet or mobile phone.

Topics covered so far included computer terms, understanding various types of files and how to manipulate them, internet browsers and how to use them, password management/access/security, and detecting and avoiding (hopefully) scams.

In addition, a local shared facility enables sharing of information by all students, no matter which class they are in.

As always, if you have any topics you would like covered, please let your tutor know. They will endeavour to at least shine a light on them whilst also giving you assistance with your own projects. In the meantime, class notes on the above are available on the upgraded server in the computer room at U3A Highvale.

David Jewell

Expressions of Interest

Interested in a short course on Wills and Probate or a Karaoke class?

There may be an opportunity to conduct the latter on the 1st and 3rd Tuesdays of the month at 2pm in the Dining Room of the Community Centre. This is subject to the availability of appropriate software and hardware needed to run the class and the degree of interest shown by members.

If you have an interest in any of the suggested courses, write a note to The Secretary. Either send it to postmaster@u3ahighvale.com.au or drop it in the U3A Box at the Highvale Retirement Village.

U3A Network Victoria

U3A Network Victorian President, Susan Webster, appeared on ABC Melbourne's Saturday morning talkback last December and on Radio National's show with Trevor Chappell last January. The latter has a national audience of 300,000 to 500,000 with an average age of (Melbourne) listeners of 56 years old. Feedback received was that she was terrific.

AO for U3A Sunbury President

This year Mary Wicks, President of U3A Sunbury, was made an officer of the Order of Australia for her service to several Sunbury groups over many years.

Mary was quoted as saying she never did it for recognition but because there was an obvious need and "you just get out and do it". She encourages everyone to do likewise.

Focus Group Participants Wanted For Hearing & Listening

The University of Melbourne requires participants to assist in the development of a smartphone app to track real-world hearing and listening experiences.

Only adults with hearing impairments are eligible.

The focus group will involve one 1½ hour session, facilitated by a research audiologist. Participants will receive \$50 as a thank you and to cover personal time and travel costs.

If interested, please contact *Associate Professor Karyn Galvin* for more information via:

- Telephone: 03 9035 5323; OR
- Email: kgalvin@unimelb.edu.au

Seniors Morning Tea at Parliament

This is the Winter Seniors Morning Tea at the Parliament buildings – a good opportunity to experience the government atmosphere. It is valid during July 2019.

Monday - Friday (non sitting days)

10am – 11.30am

(Note that Parliament is closed on weekends & public holidays)

Menu covers toasted sandwiches, quiches, carrot/sultana cakes, scones and cream complete with coffee/tea. Entry fee \$25 per person WITH Seniors Card; otherwise \$35.

Bookings can be made via

- Phone: 03 9651 8941 or 03 9651 8944; OR
- Email: infocatering@parliament.vic.gov.au

80+ Year Olds Required for Research

A Monash University research dietitian is working on an Eastern Health Research Foundation project to study the food and nutrition needs of 80+ years old. They are seeking both males and females aged 80+ years to take part in the research project.

This project aims to better understand the food energy requirements of older people and the development of updated and new national and international nutrition guidelines that meet the distinct needs of contemporary older populations. This can benefit their health and wellbeing and the promotion of quality of life into old age, in particular, as people are living longer in Australia.

This is a half-day research (approx 8am-12noon) and will be conducted at Monash University in Notting Hill. Participants will be asked to complete some questionnaires, have a DXA scan to measure fat and muscle; drink a special water and then provide urine and saliva samples to determine how much energy the body used. Morning snack and light lunch will be provided.

They can provide free taxi vouchers to and from their centre for participants. The dates that volunteers attend are flexible.

Please contact: *Kay Nguo* via

- Email address: kay.nguo@monash.edu; OR
- Phone: 0412 128 259 (mobile)

GEMs for Enquiring Minds

Takeout from GEMs:

[NOTE: Ctrl + click the links on your computer.]

- [VR can improve quality of life for people with dementia](#). Virtual Reality (VR) technology could vastly improve the quality of life for people with dementia by helping to recall past memories, reduce aggression and improve interactions with caregivers, new research has discovered.
- [Regular crosswords and number puzzles linked to sharper brain in later life](#). Older adults who regularly take part in word and number puzzles have sharper brains, according to the largest online study to date.
- [Exercise may improve memory in heart failure patients](#). Two-thirds of patients with heart failure have cognitive problems, according to new research. Heart failure patients who walked further in a six-minute test, which shows better fitness, were significantly less likely to have cognitive impairment. The results suggest that fitter patients have healthier brain function.
- [Coffee: How many cups are too much to drink a day?](#) While the pros and cons of drinking coffee have been debated for decades, new research from the University of South Australia reveals that drinking six or more coffees a day can be detrimental to your health, increasing your risk of heart disease by up to 22 per cent.

- [How Music Promotes Health](#). Music is an art, entertainment, pleasure, and medicine for the body and soul. Playing music is one of the few activities that involve using the whole brain. Music has surprising benefits not only for learning language, improving memory and focusing attention, but also for physical coordination and development.

Trivia: July - September

JULY

- Birthstone: Ruby
- Flower: Water Lily or Larkspur

July is the seventh month of the year in the Julian and Gregorian Calendars and one of seven months with 31 days. It was named by the Roman Senate in honour of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

AUGUST

- Birthstone: Peridot
- Flower: Glaiolus

August was named in honour of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July. They took that extra day from February. August was previously named Sextilis in Latin, it was the sixth month of the Roman calendar.

SEPTEMBER

- Birthstone: Sapphire
- Flower: Morning Glory

According to the Georgian calendar, September is the ninth month. But, on the Roman calendar, it was the seventh month. September has had 29 days, and 31 days; but, since the time of the emperor Augustus, it has had only 30 days.

Interesting that more people are born in September than any other month!

U3A Signpost

U3A Signpost is an international newsletter published on the first day of every month for U3A members and kindred groups anywhere in the world.

The June 2019 issue is now available from:
<http://www.worldu3a.org/signpost/index.htm>

Of interest is a report from Dr Anna Grabowska – Gdansk, which estimated that up to 45% of adults in the European Union without a basic digital literacy are already excluded, discriminated against, or not adapted to the labour market. That is why the European Commission regards the development of digital literacy as playing a key role in adult education. This important Strategic Partnership for Digitally Excluded has been developed, whose ultimate goal is any kind of action that includes people at risk of exclusion, due to advanced age and/or deficits in education.

Australian Journal of Adult Learning

An interesting contribution is a paper exploring ways in which fairy tales can be used as means of enhancing literacy and affective learning skills with a focus on adult literacy learners in further education by Karly Kole. Her article can be purchased from:

<https://www.ajal.net.au/downloads/ajal-volume-58-number-3-november-2018/>

[NOTE: Ctrl + click the links on your computer.]

Housekeeping – A Postscript

House rules of the Highvale Retirement Village were mentioned in our last newsletter. We'd like to add one more to the list; please respect all rules:

- Water splashed onto bathroom vanity should be wiped clean and dry before vacating the bathroom.

Dates for your calendar

Term 3: 15 Jul – 21 Sep
 Term 4: 7 Oct – 30 Nov

No classes on

- Term 3, 2019
 Mon, 10 Jun – Queens Birthday
- Term 4, 2019
 Tue, 5 Nov – Melbourne Cup

Entries marked * must be supplied

*** Application Type** New Member Renewal

Title *** Sex** M F **Member ID**

*** Given Name** Only enter a badge name if you want to be addressed by other than your Given Name. Do not enter your family name.

*** Family Name** **Badge Name**

*** Address**

*** City/Suburb**

*** Post Code** **State** VIC *** Year of Birth** (for U3A statistics report)

*** Phone Numbers**

*** Email** (enter No if no email)

*** Are you a current member of other U3As?** No Yes **If Yes, which U3A?**

Occupation (prior to retirement)

Skills **Interests**

In the event of illness, please notify:

Name **Phone**

Name **Phone**

Are there any medical issues?

Would you like to receive the Newsletter? No Yes

*** How did you find out about U3A?**

What is your country of origin? **Language at home (if not English)**

Would you like to volunteer? (tick preferred positions) On Call Committee Leader Tutor

Availability

Fees (tick as required) Full Member \$50 Annual Fee (Terms 1-4) Associate Member \$20 Annual Fee
 Full Member \$25 Half-Yr Fee (Terms 3-4) Computer Course \$20 Additional Fee per term

Payment Total Amount Paid \$ _____ cash cheque EFT Date ____/____/____

I hereby apply to become a member. I will comply with the association's rules Signed: _____

***** Please turn overleaf to select your courses >>>>>**

RETURN COMPLETED FORM WITH CASH / CHEQUE PAYMENT OR PROOF OF BANK TRANSFER

Enclose in envelope marked Enrolments, U3A Highvale — Either deposit at: U3A Box in Highvale Village, or Mail form & cheque to: U3A Highvale Inc. U3A Box, 42 Capital Avenue, Glen Waverley, VIC 3150.

Note for EFT: Account Name: U3A Highvale Inc. BSB: 193 879 Account No: 483211581

TIMETABLE – U3A HIGHVALE
TERM 3 – 15th JULY to 21st SEPTEMBER 2019

Mark to select course(s). Your class enrolment will be confirmed after your payment is processed.
 Members will be placed on waiting list if class is full.

ONGOING COURSES	Start	Time	Leader	Freq	Room
MONDAY					
<input type="checkbox"/> Qi Gong FULL	Jul 15	10.00-11.00	Claire Linden	Weekly	CL
<input type="checkbox"/> Computer Class A **	Jul 15	1.00-3.00	David Jewell	Weekly	CPR
<input type="checkbox"/> Let's Do?	Jul 22	10.00am	Self-help	4 th Mon	TBA
TUESDAY					
<input type="checkbox"/> Computer Class B **	Jul 16	10.00-12.00	Ron Berry	Weekly	CPR
<input type="checkbox"/> Let's play snooker	Jul 16	9.00-11.00	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Music Appreciation FULL	Jul 23	2.00-3.00	Don Baird	2 nd , 4 th Tues	DR
<input type="checkbox"/> Walking & Exploring FULL	Aug 13	10.00 am	Jan Clear	2 nd Tues	TBA
WEDNESDAY					
<input type="checkbox"/> Computer Class C **	Jul 17	10.00-12.00	Dan Hauw	Weekly	CPR
<input type="checkbox"/> Ballet & Dance Appreciation	Jul 17	3.00-4.30	Sue Bebarfald	Fortnightly	ML
<input type="checkbox"/> Zumba Gold FULL	Jul 17	1.15-2.15	Maya Hirai	Weekly	DR
<input type="checkbox"/> Tai Chi	Jul 17	9.30-11.00	Elva Parker	Weekly	CL
<input type="checkbox"/> Chinese Mandarin (Begin) FULL	Jul 17	9.30-11.00	Claudia Ng	Weekly	Craft
<input type="checkbox"/> Mah Jong	Jul 17	10.00-12.00	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Chinese Mah Jong	Jul 17	11.00-1.00	Kristine See	Weekly	DR
<input type="checkbox"/> Art Workshop	Jul 17	1.30-3.30	Self-help	Weekly	Craft
THURSDAY					
<input type="checkbox"/> Art Appreciation FULL	Jul 18	10.00-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA
<input type="checkbox"/> Book Group 1	Jul 25	2.00-3.00	Bobbie Rooks	4 th Thur	CL
<input type="checkbox"/> Book Group 2 FULL	Jul 25	10.00-11.00	Jan Clear	4 th Thur	DR
<input type="checkbox"/> French	Jul 18	2.00-3.00	Marianne Puccinelli & Arlette Ulrich	Weekly	Craft
FRIDAY					
<input type="checkbox"/> Chinese Mandarin (Intermediate) FULL	Jul 19	9.45-11.15	June Wang	Weekly	Craft
<input type="checkbox"/> Life skills for health & happiness	Jul 19	10.30-11.30	John Keogh	Fortnightly	ML
<input type="checkbox"/> Line Dancing (Improver) FULL	Jul 19	9.15-10.25	Doris Teh	Weekly	Pav
<input type="checkbox"/> Line Dancing (Beginners) FULL	Jul 19	10.30-11.30	Ewah Lee	Weekly	Pav
<input type="checkbox"/> Yoga FULL	Jul 19	11.30-12.30	Yvonne Woon	Weekly	CL
<input type="checkbox"/> Current Affairs	Jul 19	2.00-3.00	Self-help	Weekly	DR
<input type="checkbox"/> Music - Singing	Jul 19	3.30-4.30	Joan Foulcher	Weekly	ML
SATURDAY					
<input type="checkbox"/> Tai Chi (practice)	Jul 20	9.45-11.00	Leh Soh	Weekly	CL

CL – Community Centre lounge

CPR – Community Centre computer room

Craft – Community Centre craft room

DR – Community Centre dining room

ML – Manor lounge – enter Gate 3

Pav – Capital Reserve Pavilion

- **NOTE:** For the most-up-to-date status of courses, always check them online in the U3A Highvale website.
- **Life Skills for Health and Happiness, Ballet & Dance Appreciation, and Music – Singing** are held in the Manor lounge at Highvale – enter from Gate 3.
- **** Fees of \$20 per term** apply to all Computer Classes.
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**