

TERM 1 – JANUARY 29TH to MARCH 29TH, 2018

THERE'S A LOT HAPPENING AT U3A HIGHVALE. PLEASE NOTE THESE!

- 1. RE-ENROLMENT DAY** for Term 1, 2018 will take place in the Community Centre on Wednesday, 22nd November between 11am and 1pm. An Application Form is on page 7 of this newsletter and can be filled in beforehand so that a receipt/label can be issued straight away. If you can't come at that time, just fill in your details, add cash or cheque and post in the U3A box at the front of the Centre. Your receipt/label will be inserted in the class folder for you when classes start next January.
- 2. FEE INCREASE.** Please note that Fees will increase to \$50 per annum for as many courses as you wish to join. Half-year fees will now be \$25. Associate member will be \$20.



- 3. END-OF-YEAR SPECIAL EVENT on Wednesday, 29th November.** The presentation on seashells by Museum Victoria will **now start at 2.30pm** in the Community Centre lounge area, followed by a Christmas afternoon tea in the dining room. We know this will be a most enjoyable occasion, so please join fellow members to celebrate another successful year. Put your name on the catering list in your class folder or in the U3A corner.

4. TERM 1, 2018 SHORT COURSES.

Our program of short courses has proved to be very popular with members. We have two for term 1.

- **Mindfulness Meditation** with Laura Celná will be on Mondays from 10.30-11.30 am for six weeks from 12th February to 26th March, 2018.
- **Mind Fit** with Smrity Bagga, an Occupational Therapist – a 6-week program of 90-minute sessions to stretch your thinking powers - will be held on Tuesdays from 10.30am-12pm, 13th February to 20th March.

- 5. NEW VENUE** For some time we have been considering the need to hold some classes in a venue with more space. After consultation with Monash Council, the Committee has decided to move Line Dancing and Yoga classes to the recently rebuilt pavilion at Capital Reserve, just past the roundabout at the Westlands Road/Capital Avenue roundabout. It is a short walk from the village and offers good facilities with more space for both classes and much more parking. If this first venture is successful, it will give us the opportunity to offer U3A members more classes at more times.

President's Message

I hope you have enjoyed your U3A activities and classes during this year. As well as the classes that have run for four terms, we have had special events and short courses.

2017 will finish with a visit from Museum Victoria's Outreach Department. This should be a very interesting presentation about seashells, followed by a special Christmas afternoon tea.

If you are reading the current PALS magazine, you will find U3A Highvale listed under regular groups. We decided that we wouldn't advertise a special event this time.

Unfortunately we have had to raise our fees for 2018. You can still attend as many classes as you like when you have paid your yearly fee. We are also hiring the Capital Reserve Pavilion for some physical activities, including Yoga and Line Dancing. This will give us more room for other classes and activities in the village. Line Dancing will have more room to perform their dances. It is an exciting time and although we don't like change, it means that we can offer you, our members, more courses.

As we approach the end of the year, it is a good time to thank the village management and office staff, other workers and village residents for their continued support. They are always available when we need help for various tasks such as setting up furniture and photocopying.

We also must thank our tutors, who give up a lot of time every week in preparation and presentation of their classes, and without whom we could not function. And we should never forget that they are volunteers.

Don't forget Enrolment Day on Wednesday, 22nd November from 11am to 1pm. If you can't attend at that time, you can put your money and enrolment form in the U3A box.

Enjoy your last few weeks of classes and the festive season with your family and friends. We look forward to seeing you again in 2018.

Yours in lifelong learning.

Jan Clear

President

DATES TO REMEMBER

NOVEMBER	22	Re-enrolment Day 11-1pm
	29	End-of-Year Event 2.30pm
DECEMBER	2	Last day of Term 4
	4	Tutors Afternoon Tea 2pm
JANUARY	29	Tutors Breakfast 8.30am
2018	29	TERM 1 BEGINS

Term Dates, 2018

Term 1 Monday, 29th Jan – Thurs, 29th March

Term 2 Monday, 16th Apr - Sat, 30th June

Term 3 Monday, 16th Jul - Sat, 22nd Sept

Term 4 Monday, 8th Oct - Sat, 1st Dec.

HOLIDAY in Term 1 – Labour Day, 12th March.

U3A Highvale AGM

Wednesday, 7th March, 2018

Please consider joining our Committee

STATISTICS FOR 2017

U3A Highvale has:

163 Members:

23% men, 77% women

46% village residents, 54% outside village

23 Tutors

27 courses

= 1,175 hours of class time

volunteered by tutors + preparation



The Capital Reserve Sports Pavilion

The central portion of the Council-owned sports pavilion is a bright, spacious meeting room. (Sports teams and their visitors have storage and changing rooms at the right-hand end of the pavilion.) The Council is keen to see this valuable community facility used during the day by other Monash interest groups.

It is on Capital Avenue, a short walk from the village. Car entry is further down Capital Avenue, with an entry road to the spacious car park on the right.

Class Reports 2017

ART APPRECIATION

The Art Appreciation Group has 25 members as at October this year. We have an average of 12 members attend 'In house' each month, an average of 14 travelled each month to exhibitions, using the Highvale Village bus. This year we have visited – February: David Hockney NGV international, St. Kilda Road; May – Van Gogh at NGV International; July – Aardman (Wallace & Grommit) ACMI, Federation Square; August – Twenty Melbourne Painters Society 99th Exhibition, Caulfield; September, Hokusai, Japanese wood block artist 1760-1849; Dior Fashion House Exhibition and NGV International Collection (members choice of all 3 or any combination); October – 'reFraming Nature', Domain House, Royal Botanic Gardens. November we will travel to Geelong to view the Archibald Prize finalists exhibition.

Each time we use the bus to travel to Melbourne we need to obtain a parking permit from the Melbourne City Council. We have been generously assisted by Tina Spencer with this task. Eileen Urlichs has been a wonderful help with bookings for the bus. We are very lucky to have competent and safe drivers, Graeme and Mark, to get us to and from venues safely and without fuss. I wish to thank all the residents and staff of Highvale Village for the availability of the bus and the support of the residents and staff for the Highvale U3A, especially the Art Appreciation Group. Your time and generosity is much appreciated.

I am very grateful to Pat, Siew and Jan for their help and support for the Art Appreciation Group during an eventful year for me personally.

Mary Nolan

BALLET AND DANCE APPRECIATION

It has been a privilege to share my passion for ballet and dance with the enthusiastic people who come each fortnight at 3pm in the Manor. Thanks go to Sandra for helping me 'get connected', closing curtains and seeing us comfortable. We have explored the history of famous buildings, companies, dancers, choreographers, costume and prop designers, and composers of the music. We have seen new ballets, which were years in the making, i.e. Alice's Adventures in Wonderland. We have viewed the famous Nederlands Dans Company, and our own Bangarra Dance Company. We have been to class with the Royal Ballet, and watched the San Francisco Ballet working to

bring Nijinsky to life. We have seen people working out how to arrange the stage so that the dancers and the audience can understand the performance. We have been to the Royal Ballet's gym and recovery centre and seen the schools in different countries where students train from an early age. We have learned how companies are funded, and how famous choreographers can, these days, move from one company to another to bring new works to life.

'Ballet embodies all that is beautiful about the human experience, it tells stories without uttering a word.'
(David Mcallister, Artistic Director of the Australian Ballet).

Sue Bebarfald

COMPUTER CLASSES (Michael Coop, Dan Hauw and John Keogh)

Gone are the days of teaching set topics and skills to each of our groups. Our clients have a variety of hardware with corresponding operating systems and applications. With this approach we are able to maintain the numbers attending each class and many stay on beyond a term or year in order to raise their confidence levels and abilities to master the

applications they use regularly. As a result our tutors have to be prepared for wide-ranging issues with software and hardware and internet connections. The latter is currently being heightened by the many issues being experienced with the rollout of the NBN. Even our computer room is struggling with increasingly slower speeds while we await the NBN.

LIFE SKILLS FOR HEALTH & HAPPINESS (John Keogh)

Think of social media, the NBN, post-truth and 'fake news' and it is easy to understand why we seniors can feel we are being left behind. Our group discussions during our recent sessions have considered these relevant topics: curiosity, social media, scepticism, trust, and money. Recalling the evidence for neuroplasticity, our brain's ability to grow, change, rewire, repair and heal itself continually, as an exercise

we undertook the task of gaining a basic understanding of Bitcoin, one of the controversial alternatives to traditional currencies. Our aim is to learn how we can improve our brain's frontal lobe function by performing challenging thinking and problem-solving exercises. With an average attendance of 10-12 members, we are able to draw on a range of experiences and ideas and stay tuned in to the fast-paced 21st century world.

DIGITAL PHOTOGRAPHY (John Keogh)



There is a bewildering variety of cameras on the market and it is rare for two members of our class to have the same camera. Just mastering a basic range of features on a simple point-and-shoot compact camera is a daunting task that takes lots of practice. Fortunately the AUTO feature enables good photos to be taken in most situations. Class members have been down in recent terms, but this has the advantage of investigating the features of each camera in the class and how to navigate their menus.

Photo by John Keogh of Wyvern Burke of the Snooker Group.

LET'S DO

The 'Let's Do' group meets on the 4th Monday of the month, in school terms. We have eight members. The members decide what we will do, for example 'Let's do coffee', 'Let's do lunch'. As well as taking part in special activities, members have met new people and have enjoyed getting to know them.

We have had a wide variety of activities including coffee at a local coffee shop, movies at Pinewood Theatre, a games morning, a visit to the State Library, lunch at the Hopetoun Tea Rooms in the Block Arcade and a discussion morning. Highlights were seeing the movie 'Hidden Figures' and having lunch at the Hopetoun Tea Rooms.

'Hidden Figures' is a fascinating movie which tells the story of three brilliant African-American women who

serve as the brains behind the launch of the astronaut John Glenn into orbit. We were amazed at how clever these ladies were and the calculations that they worked out!

The Hopetoun Tea Rooms in the city had been closed for renovations last year and earlier this year. We were delighted to find that we were able to get seats and as it was nearly lunchtime, we decided to have lunch which we all enjoyed. After lunch we walked around the Block Arcade and found a little store with many types of Beechworth honey. We couldn't believe that there were so many varieties of honey.

We would like you to join us next year as we go on more 'Let's Do' adventures around Waverley and further afield.
Jan Clear

MAH JONG

Mah Jong continued through 2017 which gave us all the most enjoyable two hours each Wednesday morning.

We now have twelve regular players but room for more, so please don't hesitate to join our group if you would like to rattle the tiles with us.

We discussed scoring at the beginning of the year, but have opted for documenting the weekly winners, which gives us a term winner. When we win a hand, we cannot play that hand again, so that encourages us to step out of our comfort zone and play harder games. It creates a bit more interest and fun.

Thanks to all for coming each week and I look forward to 2018.
Jenny D'Acre



Photo by John Keogh of Mahjong players (l to r) Pat Chambers, Sue Baberfeld and Margaret Waugh.

MUSIC APPRECIATION



How can we pin down the magic of music? Nature provides a symphony of sounds, and from earliest times there were animal horns, shells, reeds, skins and wood to make our own music. Perhaps poets can help us. Shakespeare wrote 'If music be the food of love, play on...' and 'The man that hath no music in himself, nor is not moved with concord of sweet sounds, is fit for treason .. his spirit is dull as night and his affections dark ... let no such man be trusted.' Shelley, Wordsworth, Tennyson, Byron – they all used the magical qualities of music to explain emotions and joy. I relate to a little-known verse by Robert J. Burdette, a US clergyman who wrote 'Yet though I'm full of music, as choirs of singing birds, I cannot sing the old songs – I do not know the words.'

Our U3A Music Appreciation group has nearly 40 members who come along when they can and are always very welcome. Perhaps we don't all like the same music, but as we explore new approaches, we expand our understanding and find that sometimes we actually enjoy something new.

Don Baird and I cover classical music; composers and instruments; middle-of-the-road (the music of our dancing days); national music; jazz; musical theatre; and once a month we share our own favourites which results in a program of enjoyable variety and surprise. Come and join us in 2018 on Tuesday afternoons at 2pm. Kate Borchers.

WALKING AND EXPLORING

The Walking and Exploring group has enjoyed a variety of walking excursions this year. We meet on the 2nd Tuesday in school terms. We have fourteen members and most of them attend each time. Generally we walk for two hours and then have lunch.

This year we have done some local walks and some city walks. Local walks have included The Glen, Central Reserve and the aquatic centre and Mulgrave reserve and Monash Art Gallery. City walks have included the

Melbourne Town Hall tour, city lanes and arcades, Southbank and the State Library and NGV with Ancient Egypt groups from Manningham and Nunawading. Highlights have been our city walks. We are so lucky to have such a beautiful capital city with so many gardens and attractions.

If you would like to join us next year, we would love to see you. Jan Clear

Changes to classes next year

YOGA will now be held on Friday mornings in the Sports Pavilion, Capital Reserve from 11.15-12.15.

TAI CHI on Wednesday mornings will accept beginners in Term 1.

LINE DANCING will be in the Sports Pavilion at the usual time of 2-3pm on Fridays.

LANGUAGE CLASSES will accept beginners in Term 1. Claudia Ng (CHINESE MANDARIN – beginners - Wednesday am) says hers will be a conversation class using a textbook and workbook entitled 'Ni Hao - Introductory level'. Many of the Mandarin students attend both classes.

Our talented language teachers juggle classes with varying abilities, but Term 1 is for raw beginners so that teachers can quickly cater for more advanced students as well.

CURRENT AFFAIRS will now become a self-help group.

SITUATION VACANT

NEWSLETTER EDITOR

(typing & organising printing)

Having passed milestone 81, with arthritically-stiffened fingers and macular-degenerating eyes, your current Editor hopes that someone with a merciful nature, plus adequate writing and computer skills will step forward to carry out this vital voluntary role for our U3A.

Excellent support is available from our own computer gurus, Course Coordinator, Secretary and members who are prepared to provide material.

Phone Kate on 9886-4900 to talk it over.

TIMETABLE
U3A HIGHVALE
TERM 1 – JANUARY 29TH TO MARCH 29TH, 2018

ONGOING COURSES

MONDAY	Start	Time	Leader	Freq.	Room
Feldenkrais	Jan 29	10.00-11.30	Kylie Sparkman	Weekly	DR
Computer Class A	Jan 29	1.00-3.00	John Keogh	Weekly	CPR
Let's Do?	Feb 26	10.00am	Self-help	4 th Mon	TBA
TUESDAY					
Computer Class B	Jan 30	10.00-12.00	John Keogh	Weekly	CPR
Let's play snooker	Jan 30	9.00-11.00	Fred Kreltzhaim	Weekly	CL
Music Appreciation	Jan 30	2.00-3.00	Kate Borchers & Don Baird	Weekly	DR
Walking & Exploring	Feb 13	10.00 am	Jan Clear	2 nd Tues	
WEDNESDAY					
Computer Class C	Jan 31	10.00-11.30	John Keogh	Weekly	CPR
Ballet & Dance Appreciation	Jan 31	3.00-4.30	Sue Bebarfald	Fortnightly	ML
Tai Chi	Jan 31	9.30-11.00	Elva Parker	Weekly	CL
Chinese Mandarin (Beg)	Jan 31	9.30-11.00	Claudia Ng	Weekly	Craft
Mah Jong	Jan 31	10.00-12.00	Jenny D'Acree	Weekly	DR
Art Workshop	Jan 31	1.30-3.30	Self Help	Weekly	Craft
THURSDAY					
Art Appreciation	Feb 15	2.00-3.30	Mary Nolan	3 rd Thur	TBA
Book Group 1	Feb 22	2.00-3.00	Bobbie Rooks	4 th Thur	CL
Book Group 2	Feb 22	10.00-11.00	Jan Clear	4 th Thur	CL
French	Feb 1	2.00-3.00	Marianne Puccinelli and Arlette Ulrich	Weekly	Craft
FRIDAY					
Chinese Mandarin (Adv)	Feb 2	9.45-11.15	YanJun Wang	Weekly	Craft
Digital Photography	Feb 9	10.00-11.30	John Keogh	Fortnightly	CPR
Life skills for health & happiness	Feb 2	10.00-11.00	John Keogh	Fortnightly	ML
Yoga	Feb 2	11.15-12.15	Yvonne Woon	Weekly	Pav
Line Dancing	Feb 2	2.00-3.00	Harry Robertson	Weekly	Pav
Current Affairs	Feb 2	2.00-3.00	Self Help	Weekly	DR
Music- Singing	Feb 2	3.30-4.30	Joan Foulcher	Weekly	ML
SATURDAY					
Tai Chi (practice)	Feb 3	9.30-11.00	Leh Soh	Weekly	CL
SHORT COURSES:					
MONDAY					
Mindfulness Meditation (6wks)	Feb 12	10.30-11.30	Laura Celna	Weekly	Craft
TUESDAY					
Mind Fit (6 week course)	Feb 13	10.30-12.00	Smrity Bagga	Weekly	Craft

CL - Community Centre lounge area

DR - Community Centre Dining Room

CPR - Community Centre computer room

ML - Manor lounge – enter Gate 3

Craft - Community Centre craft room

WHL – Wheelers Hill Library

Pav - Sports Pavilion, Capital Reserve, Capital Avenue

- **Life Skills for Health and Happiness, Ballet & Dance Appreciation, and Music – Singing** are held in the Manor lounge at Highvale – enter from Gate 3.
- **Russian course** – each participant arranges suitable times for meeting with the tutor (Nataliya) to learn the aspect of Russian language or culture that is of interest.
- **If a class is full, your name will be placed on a waiting list.**

OUR 2017-2018 COMMITTEE

• PRESIDENT & COURSE COORDINATOR	Jan Clear	WEBMASTER	John Keogh
• VICE-PRESIDENT	John Borchers	NEWSLETTER	Kate Borchers
• SECRETARY/TREASURER	Siew Kennedy	MEMBERS:	
• ASSISTANT SECRETARY	Sue Krogh	Jenny D’Acre	
		Kathy Swart	

PRIVACY POLICY; Names and addresses are collected by U3A Highvale for the distribution of newsletters, timetables and confirmation of enrolment letters. It is also a statutory requirement for our Membership Register. Phone numbers are collected for contact purposes (e.g. cancellation of class). These lists are not made available to anyone outside the organisation.

RULES OF THE CONSTITUTION: A copy of the U3A Highvale Constitution is available for viewing in the Computer Room

PURPOSES OF U3A HIGHVALE INC. are:

- (1) To provide an organisation in which a program of learning and experiential courses are conducted for the benefit of members in keeping with the general concepts of the U3A movement
- (2) To provide an environment in which members of the Third Age generation are encouraged to further their self-development through a process of sharing knowledge, ideas and skills.
- (3) To actively promote and enhance the concepts of the U3A movement as widely as possible.
- (4) To establish links and relationships with other U3A organisations with the view towards mutual benefit and co-operation.

The University of the Third Age depends on volunteers. We welcome tutors with a skill or passion to share; class assistants to monitor the Class Roll folders; helpers to keep the kitchen tidy and other small tasks that need doing from time to time. A note to the Secretary advising of your desire to help can be placed in the U3A Box at the front of the Centre.

WORKAROUNDS THAT SHOULD WORK

workaround. *Gerund (verb noun) Definition: ‘A set of steps to compensate for or avoid dealing with a systemic problem in order to find a way of overcoming it.’ (Urban Dictionary). This is a recent word accepted into English and American dictionaries. It originated in the computer world.*

As U3A Highvale does not have its own office with face-to-face contact with members, it has been necessary to introduce other means of communication. Website links, voicemail, roll books, noticeboard, document trays and roving laptops for key committee members have been successful workarounds.

The only attempt that has not worked so far, is to use the class roll books as communication tools. So, the cooperation of members is sought to improve the situation.

Each class has a roll book (clipboard folder) for recording attendance. Periodically, notices, member receipts/name tags, and leaflets are inserted into roll book pockets in order to convey timely information.

This workaround for communicating with members should work provided the inserts are READ. However, they are too often ignored.

Suggested workaround:

1. Each class needs someone in charge of the roll book. (Class leaders shouldn't be expected to find time to check the contents of class rolls.)
2. It is still the responsibility of each class member as they sign the roll to check its contents.
3. When a notice requests that members register an expression of interest, it is crucial that we get a response.
4. Membership receipts, newsletters for members without email and living out of the village, other notices and reminders are delivered in this way. It is the member's responsibility to collect these.

We ask for cooperation. Keep in mind that roll books also serve as a means of communication. They constitute an integral part of the U3A Highvale administrative framework.

Siew Kennedy, Secretary/Treasurer