

**TERM 2 – 16<sup>th</sup> APRIL to 30<sup>th</sup> JUNE, 2018**

**THERE'S A LOT HAPPENING AT U3A HIGHVALE. So be on the lookout!**

## U3A Highvale AGM

**Notice is hereby given that the Annual General Meeting  
of U3A Highvale Inc. will be held**

**on Wednesday, 7<sup>th</sup> March, 2018 at 11.00am**

**at the Highvale Village Community Centre**

**All members of U3A Highvale Inc. are invited to attend**

**Agenda items and Nomination Forms for election of office bearers will be available at the U3A  
Highvale notice board counter and on our website**

**Please consider joining our Committee**

### OUR CURRENT 2017-2018 COMMITTEE

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

### Daylight Saving Time Ends 1<sup>st</sup> April, 2018

On Sunday, 1<sup>st</sup> April 2018, official clocks are turned back 1 hour in the middle of the night, from 3am to 2am. But you can turn back your clocks one hour before you go to bed. It's a lot easier! Sunrise and sunset will therefore be 1 hour earlier on 1<sup>st</sup> April than the day before.

# President's Message

Hello everyone !

Welcome back to U3A for a new year and a new term. We hope that you will enjoy your classes and activities.

Most of our classes have started and are going well. Our 6-week short courses began on 12th February and 13th February and we are looking forward to *Mindfulness Meditation* and *Mind Fit*. We welcome a new tutor, Smrity Bagga, who is taking the *Mind Fit* class and Laura Celna who taught *Mindfulness Meditation* last year.

Since we wrote to you last year, we have had a busy time at U3A. Our enrolment day was quite successful and many people took the opportunity to enrol on that day. We have had more enrolments since Christmas and we are still getting enquiries from people who want to join a class.

The Melbourne Museum Outreach Department representative was our guest speaker for our end of year function. (See report elsewhere in this newsletter.) The talk was excellent and was followed by a special afternoon tea. It was a good way to finish a successful year.

On the 29th January, we had a breakfast for our tutors. Many tutors do not know one another so they met together, had breakfast and we had a short time when tutors could introduce themselves. Classes started that week too.

Classes have been held at the Capital Reserve Pavilion for two weeks now - Line Dancing and Yoga. The tutors and students are pleased with the venue especially Harry and the *Line Dancing* class. They can't believe that they have so much space.

We have had a few timetable changes, so remember to check the U3A notice board which is updated every week.

Our Annual General Meeting will be held on Wednesday 7 March at 11am in the Community Centre. Please come along, hear reports about 2017 and meet your committee for 2018.

Continue to enjoy your classes.

Yours in lifelong learning,

*Jan Clear*

President

## Term Dates, 2018

**Term 1 ends Thurs., 29<sup>th</sup> March**

**Term 2 Mon., 16<sup>th</sup> Apr - Sat., 30<sup>th</sup> June**

**Term 3 Mon., 16<sup>th</sup> Jul - Sat., 22<sup>nd</sup> Sept**

**Term 4 Mon., 8<sup>th</sup> Oct - Sat., 1<sup>st</sup> Dec.**

## Coming Holidays

**Term 1 - Labour Day, Mon., 12<sup>th</sup> Mar.**

**Term 2 - Anzac Day, Wed., 25<sup>th</sup> Apr.**

**Queen's Birthday, Mon., 11<sup>th</sup> Jun.**

**NOTE: NO CLASSES on these holidays**

## Snapshot of Population of U3A Highvale

As at 20<sup>th</sup> Feb., 2018, there were

164 members, 34 male & 130 female

48 village residents, 116 non-residents

24 tutors

At end 2017, there were

180 members, 40 male & 140 female

58 village residents, 122 non-residents

23 tutors

## NEWSLETTER EDITOR

### POSITION NOW FILLED

Thank you to Kate Borchers who had been the prime producer of our newsletter. She has now handed over the role to two U3A Highvale members, Linus Chang and Dan Hauw. Yes, the task needs 2 people which only goes to show the sterling job Kate had done in the past.

The new editors would welcome news, articles or notices from tutors and members via mail or email ([postmaster@u3ahighvale.com.au](mailto:postmaster@u3ahighvale.com.au)).

## Change to Line Dancing Class

On Friday 23<sup>rd</sup> Feb., 2018, we met with Doris Teh from U3A Knox. She has a pleasant personality and I'm sure she will be a very good Line Dancing tutor. Harry Robertson, who started the class in 2017, has decided to take a step back from being the main tutor as his health may prevent him from coming every week. We thank Harry for the work he has done to get the Line Dancing class started.

If you know anyone who is considering this class, please encourage them to come along to the **2.00 - 3.00pm classes on Fridays**. Jan Clear.

## Presentation on *Shells*

Wednesday November 29, 2017, 2.30pm



Abalone shells

We were privileged to have Amy Briese from Museum Victoria give us an interesting and knowledgeable talk on *Shells*. She came with a varied collection of shells, and regaled us with facts and stories about many of them.

*“Did we know that cowrie shells were used as currency?”*

*“Or that people used the Trumpet Triton to spread news to the community?”*

*“And that the Bailer Shell can hold as much as 2.5 litres of water?”*



L-R: Trumpet Triton & Bailer Shell

While Amy talked, her assistant Chris passed the various shells around so we could both listen and touch the specimens.

We admired the rose-hue of the conch shells.

We saw the rare and beautiful Nautilus, which has buoyancy chambers to adjust to the heights and depths of its sea travel.

We learnt that the poison of the cone shell is more potent than snake venom.



Carved cowrie shell, brooch & cone shells



Nautilus shells



Conch Shells

The talk also made us aware of present efforts to protect the sea-creatures that create and live in these shells. Because man has been fascinated with collecting and owning seashells, this has led to over-harvesting of some rare species. For example, we enjoy abalone as a gourmet delicacy, we admire and wear pearl jewellery and use mother-of-pearl for home decor. It is heartening to hear that in Australia these are now cultivated under controlled environments. This allows the wild ones to live undisturbed, have longer lifespans, and re-populate the depleted seas.

One sea-creature will certainly appreciate our efforts: the hermit crab, which lives in abandoned shells. Amy related what happens when hermit crabs find a large, newly-abandoned shell. They line up by it, and the largest crab leaves its old shell to occupy the new one. The next largest crab then moves into the shell just vacated and so on, rather like musical chairs!

Despite the hot afternoon, we had a very good turnout of sixty people, both members and village residents. The talk was enjoyed by all, and we finished with a generous spread of afternoon tea and chat.

I read an old poem by Edith Nesbit titled *Sea-shells*:  
*I gathered shells upon the sand,  
Each shell a little perfect thing,  
So frail, yet potent to withstand  
The mountain-waves' wild buffeting.*

Certainly there is more than meets the eye when we behold a shell.

By Jay Tan

## 2018 AUSTRALIA DAY AWARDS

Congratulations to Network President Elsie Mutton on her receipt of the Order of Australia Medal in the Australia Day Honours List. Elsie's award is for her contribution to education in Victoria. She is well known within her local municipality of Whitehorse for her community activities, and has been a guiding force at U3A Nunawading for 21 years, serving as president for four years and as Course co-ordinator for many, many years.

Also receiving an OAM award in January is U3A Port Phillip life member Barbara Spalding, who joined her U3A on retirement in 2005 and has served in many positions, in particular managing the office functions. Her OAM award was made for service in the areas of welfare and education.

Michael Mace from Glen Eira U3A was awarded an OAM for his service to community theatre. Michael is the volunteer Tutor for the Play-reading Group with Glen Eira U3A, among a long list of other contributions he has made to his community.

Many other awards have been made this season and our Committee would be pleased to pass on to Network Victoria any such news about our Highvale members.

## NEWS FROM U3A SIGNPOST – THE INTERNATIONAL NEWSLETTER

*Signpost* reported in its February 2018 edition that a recent Caregiving Summit organised by Age Without Borders in association with the Pass It On Network was a six-day 'virtual conference' online. By midweek thousands of visitors were watching simultaneously from 60 countries. Experts from 17 countries gave sessions on art, music, poetry, nutrition, exercise, active ageing, finance, self care for family caregivers, new innovations in technology, advocacy and more. The Age Without Borders website features a session with 85-year-old Jan Hively, who spoke on her six dimensions of wellness as we age:

- Physical wellness – through some form of exercise
- Mental wellness – brain games, playing bridge, debating
- Social wellness – meeting people, interacting with friends and family
- Emotional wellness – do not try to escape difficulties, solve them. Laughter!

- Intellectual wellness – vocational, meaningful work – paid or unpaid
- Spiritual wellness – religious activities, contemplating the universe and the passage of life from birth to death.

Jan's advice to Third-Agers ... **'We are all teachers and learners all our lives.'**

Browse [Age Without Borders](#) and click on the *Caregiving Summit* for many interesting items.

## GEMS FOR ENQUIRING MINDS

### 1. Short-term exercise equals big-time brain boost

Even a one-time, brief burst of exercise can improve focus, problem-solving, researchers at Western University in London, Canada, have found.

"I always tell my students before they write a test or an exam or go into an interview - or do anything that is cognitively demanding -- they should get some exercise first," Prof. Matthew Heath said. "Our study shows the brain's networks like it. They perform better."

[More Info. [Short-term exercise equals big-time brain boost](#)]

### 2. Exercise changes gut microbial composition independent of diet

Two studies -- one in mice and the other in human subjects -- offer the first definitive evidence that exercise alone can change the composition of microbes in the gut. The studies were designed to isolate exercise-induced changes from other factors -- such as diet or antibiotic use -- that might alter the intestinal microbiota.

"The bottom line is that there are clear differences in how the microbiome of somebody who is obese versus somebody who is lean responds to exercise," Jeffrey Woods, a University of Illinois professor of kinesiology said. "We have more work to do to determine why that is."

[More Info. [Exercise changes gut microbial composition independent of diet, team reports](#)]

**TIMETABLE**  
**U3A HIGHVALE**  
**TERM 2 – 16<sup>th</sup> APRIL to 30<sup>th</sup> June, 2018**

**ONGOING COURSES**

MONDAY	Start	Time	Leader	Freq.	Room
Computer Class A	Apr 16	1.00-3.00	John Keogh	Weekly	CPR
Let's Do .....?	Apr 23	10.00am	Self-help	4 <sup>th</sup> Mon	TBA
<b>TUESDAY</b>					
Computer Class B	Apr 17	10.00-12.00	John Keogh	Weekly	CPR
Let's play snooker	Apr 17	9.00-11.00	Fred Kreltshheim	Weekly	CL
Music Appreciation	Apr 17	2.00-3.00	Kate Borchers & Don Baird	Weekly	DR
Walking & Exploring	May 15	10.00 am	Jan Clear	2 <sup>nd</sup> Tues	
<b>WEDNESDAY</b>					
Computer Class C	Apr 18	10.00-12.00	John Keogh	Weekly	CPR
Ballet & Dance Appreciation	Apr 18	3.00-4.30	Sue Bebarfald	Fortnightly	ML
Feldenkrais (FULL)	Apr 18	1.45-2.45	Kylie Sparkman	Weekly	DR
Tai Chi (FULL)	Apr 18	9.30-11.00	Elva Parker	Weekly	CL
Chinese Mandarin (Beg) (FULL)	Apr 18	9.30-11.00	Claudia Ng	Weekly	Craft
Mah Jong	Apr 18	10.00-12.00	Jenny D'Acre	Weekly	DR
Art Workshop (FULL)	Apr 18	1.30-3.30	Self Help	Weekly	Craft
<b>THURSDAY</b>					
Art Appreciation	Apr 19	2.00-3.30	Mary Nolan	3 <sup>rd</sup> Thur	TBA
Book Group 1	Apr 26	2.00-3.00	Bobbie Rooks	4 <sup>th</sup> Thur	CL
Book Group 2	Apr 26	10.00-11.00	Jan Clear	4 <sup>th</sup> Thur	CL
French (FULL)	Apr 19	2.00-3.00	Marianne Puccinelli and Arlette Ulrich	Weekly	Craft
<b>FRIDAY</b>					
Chinese Mandarin (Adv) (FULL)	Apr 20	9.45-11.15	June Wang	Weekly	Craft
Digital Photography	Apr 27	10.00-11.30	John Keogh	Fortnightly	CPR
Life skills for health & happiness	Apr 20	10.00-11.00	John Keogh	Fortnightly	ML
Yoga	Apr 20	11.30-12.30	Yvonne Woon	Weekly	Pav
Line Dancing	Apr 20	2.00-3.00	Doris Teh	Weekly	Pav
Current Affairs	Apr 20	2.00-3.00	Self Help	Weekly	DR
Music - Singing	Apr 20	3.30-4.30	Joan Foulcher	Weekly	ML
<b>SATURDAY</b>					
Tai Chi (practice)	Apr 21	9.30-11.00	Leh Soh	Weekly	CL

**CL** – Community Centre lounge area

**CPR** - Community Centre computer room

**Craft** – Community Centre craft room

**Pav** – Sports Pavilion, Capital Reserve, Capital Avenue

**DR** – Community Centre Dining Room

**ML** – Manor lounge – enter from Gate 3

**WHL** – Wheelers Hill Library

- **Life Skills for Health and Happiness, Ballet & Dance Appreciation, and Music – Singing** are held in the Manor lounge at Highvale Village– enter from Gate 3.
- **If a class is full, your name will be placed on a waiting list.**

**RUSSIAN LANGUAGE CLASSES: There are no classes scheduled. Interested students should contact Jan Clear.**

**To join another class for Term 2, you MUST REGISTER to be placed on the Class Roll. There is no extra charge for members who have paid their annual fee - except for Computer Classes, of course. Please fill out this form, address it to the Secretary, and place in the U3A postbox in front of the community centre.**

Your name:.....

Current class/es:.....

<b>Course Enrolment</b>	Mark <input type="checkbox"/> to select course(s). New members will be on waiting list for full course(s). <input type="checkbox"/>				
	Computer Class A	Mon	1–3pm	See timetable for term start date	<input type="checkbox"/>
	Computer Class B	Tues	10am–12pm	See timetable for term start date	<input type="checkbox"/>
	Computer Class C	Wed	10am–12pm	See timetable for term start date	<input type="checkbox"/>
<b>Ongoing courses</b>		<input type="checkbox"/>		<input type="checkbox"/>	
Art Appreciation	3rd Thurs	<input type="checkbox"/>	Let's Do ...?	4 <sup>th</sup> Mon	<input type="checkbox"/>
Art Workshop <b>FULL</b>	Wed	<input type="checkbox"/>	Let's Play Snooker	Tues	<input type="checkbox"/>
Ballet & Dance Appreciation	Alt. Wed	<input type="checkbox"/>	Life Skills for health & happiness	Alt. Fri	<input type="checkbox"/>
Book Group [am]	4th Thurs	<input type="checkbox"/>	Line Dancing	Fri	<input type="checkbox"/>
Book Group [pm]	4th Thurs	<input type="checkbox"/>	Mah Jong	Wed	<input type="checkbox"/>
Chinese Mandarin Adv <b>FULL</b>	Fri	<input type="checkbox"/>	Music Appreciation	Tues	<input type="checkbox"/>
Chinese Mandarin Beg <b>FULL</b>	Wed	<input type="checkbox"/>	Music –Singing	Fri	<input type="checkbox"/>
Current Affairs	Fri	<input type="checkbox"/>	Tai Chi <b>FULL</b>	Wed	<input type="checkbox"/>
Digital Photography	Alt. Fri	<input type="checkbox"/>	Tai Chi (practice)	Sat	<input type="checkbox"/>
Feldenkrais <b>FULL</b>	Wed	<input type="checkbox"/>	Walking & Exploring	2nd Tues	<input type="checkbox"/>
French <b>FULL</b>	Thurs	<input type="checkbox"/>	Yoga	Fri	<input type="checkbox"/>

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.**