

NEWSLETTER

PROGRAM FOR

JANUARY TO JUNE 2014

U3A Member Registration & Enrolment Day for 2014

U3A Healesville & District Member Registration & Enrolment Day for 2014 will be held on **Tuesday 26th November 2013, 10am – 1.00pm** at the Healesville Senior Citizens Hall, cnr. River & Green Streets

Late enrolment day: Thursday 30th January 2014, 10 am -1pm, same venue

YOUR U3A

A few words from the President...



U3A ADMINISTRATION OFFICE

We continue to rent the small office at the Senior Citizens as it most convenient for our administration. The task of reasonably priced accommodation for classes continues to be a concern. All of our office administration, Committee meetings, AGM, mail, membership and insurance to mention but a few are generously and expertly handled by Don McDonald, our U3A Secretary. His services are numerable and U3A is extremely grateful.

U3A COMMITTEE

U3A's new Treasurer is Julian Higgs who is very welcome and has done an enormous effort in joining the U3A executive. He has joined the committee with enthusiasm and new ideas and he is most welcome.

The current committee comprises 11 people who do their very best to serve U3A members and the Healesville & District communities. These are voluntary positions and as such require a commitment to serve the community. U3A is very grateful for the service these people provide. We can however always do with more committee members so if you would like to enjoy the company of this fine group, please don't hesitate to ask.

MEMBERSHIP

Membership numbers for 2013 have been steady with some growth from computer training courses and the introduction of courses in Yarra Glen.

COMMUNITY & COUNCIL SUPPORT

We continue to be supported by the generosity of various groups in the community and we are grateful to Yarra Ranges Council representatives who have encouraged and supported our initiatives throughout the region.

YARRA GLEN CLASSES

We would like to continue the growth of the classes at Yarra Glen, however we need more class leaders to step up to make this an ongoing program. Yarra Glen was supported by Yarra Ranges Council via a grant to assist the initial set up. This service to the Yarra Glen community will grow if more tutors are willing to offer a class. If you can assist please don't hesitate to contact me and we will get you started.

COMBINED U3As PROGRAM

This member program was launched at the 2011 Registration Day and was intended to promote U3As in the Outer Eastern Region. I am pleased to report that it does just that and we will continue to support the initiative. The fee for U3A members to participate is still \$10.00 per year. It is important to note when booking a class position at other U3As in the region that you register with the nominated U3A contact person as this will ensure you are recognised as an associate member.



U3A NEEDS TUTORS AND NEW CLASSES

The Outer Eastern Region is keen to hear from people who would like to run a class. We need more class leaders & tutors to be part of the U3A pool of class leaders who can offer a greater variety of classes throughout the region. If you would like to sign up your new class please come and talk to us.

U3As OF THE OUTER EASTERN REGION

U3A Healesville is part of a group of U3As that are now considered by U3A Network Victoria as a region. As such we now belong to this 'Outer Eastern Region' of U3As and report as a region to U3A Network Victoria. This is an important step forward for our group of U3As as it strengthens our position and also puts us on the U3A map.

HEALESVILLE 150 YEAR CELEBRATIONS, 2014

U3A has applied to Yarra Ranges Council for a grant to support a musical event for the Healesville 150 year celebrations. If successful the performance will consist of three well known choirs from the region to celebrate the 150 year birthday in song.

Enjoy your U3A in 2014

Terry Green

This and that by Val James

Well, here we are again- almost at the end of another year. It has been quite busy and we have done a lot of things, however October was particularly busy. We had Seniors Week and also the U3A International Conference held at the Melbourne Town Hall.

For Seniors Week our line dancing team braved the cold wind to show a large crowd of our prowess on Sunday October 6th – a lot of fun.

Terry Green and I attended the Conference representing Healesville U3A and we met some interesting people from around the world. I did some networking and interest was shown in my Laughter Workshop, so much so, that I am probably going to give a Workshop in Singapore in August 2014, on my way back from my UK vacation as I will have a four day stay there.

In respect of local radio, during my chat at Voice of Yarra Valley on 4th November, a lot of interest was shown in our various activities.

Line Dancing and the Choir have both given demonstrations and concerts over the last year and it is great that the wider community sees what U3A offers.

Finally, a big thankyou to all of you who attended our recent AGM – it was very successful and we all enjoyed the pictorial display of old photographs of Healesville and the talk by the Historical Society.

Looking forward to another fun year in 2014.

A message from your Editor ... Joan Barlow

To alleviate the work load of our President, Terry Green, I am in the process of taking over his role as Editor of our Newsletter. All of us thank him for the work he has done in this capacity over the years.

This particular edition of the Newsletter is essentially produced to list our program for the coming year. However, I welcome your input for future Newsletters so please contact me if you want something to be included. My email address is jbarlow44@hotmail.com

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SENIORS WEEK 2013

The Outer Eastern Region of U3As who are responsible for U3A activities in the Shire of Yarra Ranges, with assistance from the Yarra Ranges Council, organised a community 'Musical Feast Concert' at the Memo in Healesville on Sunday 27th October.

40 *Yarra Valley Singers* who are based in Lilydale performed a program of a variety of songs, ranging from excerpts from Handel's *Messiah* to a medley from *Les Miserables*. The Variety of the music and audience participation resulted in a very enjoyable afternoon. Doug Fudge, a local Healesvillian and our U3A guitar tutor, performed two Australian songs, while Edwin Chow demonstrated the versatility of the bassoon.

The choir was led by Musical Director Belinda Gillam, while Edwin and Emily Chow accompanied the singing on the piano.



As mentioned by Val, our Line Dancing Group performed in the city on October 6th.

THANK YOU!

Founding Healesville U3A members Nan and Adrian Francis have retired from our Committee and we thank them very much for their many years of service on the Committee ... their support for our U3A has been invaluable.

A number of class leaders are also leaving us at the end of the year. Junie Baker and Sue Donohoue took over the leadership of Yoga and Spanish respectively after the original leaders were unable to continue. The participants in their classes have loved their input and are sad to see them go. This year Dale Morgan offered the wonderfully named 'UFOs & other objects', but unfortunately is unable to continue and her class members are also sad to see her go. All of the membership thank them for their wonderful contributions to our U3A.

Healesville & District U3A Class Timetable, 2014

If you are unable to enrol in a class on November 26th contact the Class Leader

<u>Class / Day</u>	<u>Time</u>	<u>Venue</u>
<u>MONDAY</u>		
Art Group - Skill Sharing (<i>weekly</i>)	9:30–12:30	Badger Ck Old School
Philosophers Lunch (<i>last Monday of the month</i>)	12:00 – 1:30pm	Healesville Hub
Scrabble (<i>weekly</i>)	2.00 – 4.00pm	Private address
<u>TUESDAY</u>		
Canasta (<i>weekly</i>)	2.00 – 4.00 pm	Private address
Choir (<i>weekly</i>)	3.30 – 4.30 pm	Golden Wattle
Digital Literacy for Seniors (<i>weekly</i>)	10:00-12:00	Living & Learning
French Conversation (<i>fortnightly</i>)	10.00-11.30am	H'ville RSL
Guitar for beginners (<i>weekly</i>)	1 – 2:00pm	Lions Club Hall
Photography (<i>weekly</i>)	3:30 – 4:30pm	Golden Wattle
<u>WEDNESDAY</u>		
Essential Oils (<i>weekly</i>)	10-11.30 am	H"ville Hub
Exercise Program to Music (<i>weekly</i>)	1:30 – 3:00pm	Lions Club Hall
German Conversation (<i>fortnightly</i>)	10:00-11.30am	Private address
Writing Your Own Life Story	10 – 12 noon	
<u>THURSDAY</u>		
Armchair Discovery Group (<i>last Thurs of month</i>)	1.30 – 3pm	Senior Cits Hall
Bicycle Riding Group (<i>fortnightly around 9:30am start</i>)	Check with Keith for details	
Fun with Art (<i>weekly</i>)	10:00 to 12 noon	Rivendell
Line Dancing (<i>weekly</i>)	10.30 – 12:00 noon	Senior Cits. Hall
Yoga (<i>weekly</i>)	2.00 – 3.30 pm	H'ville RSL
<u>FRIDAY</u>		
Day Travel Group (<i>1st Friday of month to discuss outing</i>)	10.00 am	
Laughter Workshop (<i>weekly</i>)	11:00 – 11.30am	Queens Park
Ultimate Purpose of Life	1.30 – 3.00 pm	H'ville Hub

YARRA GLEN CLASSES – see page 5

TERM DATES: Term 1: Monday 3rd February- Friday 4th April
 Term 2: Monday 22nd April- Friday 27th June
 Term 3: Monday 14th July- Friday 19th September
 Term 4: Monday 6th October – Friday 12th December

BRIEF COURSE DESCRIPTIONS, in alphabetical order

ARMCHAIR DISCOVERY/TRAVEL GROUP

Each month one person will bring along a collection of slides, digital photos or even old movies to show of places travelled or even interesting photos with a theme. The hour long session will finish with a “cuppa and bickie”. Leader: Heather Higgs, 5962 3772; contact her so she can book you in as a presenter.

ART GROUP- SKILL SHARING

For the enthusiast who would like to learn and share techniques. This group consists of people who like to get together and practise those skills which they have mostly acquired elsewhere. We bring a love of art in all its forms, and by sharing our skills, develop them without formal teaching, thus providing an opportunity for self directed growth with informed input from others of like mind, which may be applied or not, at our own discretion. At the moment, our group consists of artists who like to use oils, acrylics, water colours, ink and/or pastels, so there are no restrictions on preferred media. Enthusiasm is a pre-requisite. Sometimes there is music. We have been known to chat a bit, and occasionally go out to lunch. We appreciate differences. Leader: Liz Moore, 5964 6434

BICYCLE RIDING GROUP

The aim of this group is to bring people together to enjoy cycling and also to improve fitness as part of a healthy lifestyle. The group needs a minimum of 3 people to make it worthwhile. The group will concentrate on the 1st and 4th terms – the shorter days and wintry weather in the middle of the year are not conducive to pleasant cycling.

Leader: Keith Wade, 5962 1882

CANASTA

Chris needs at least 3 more people to join this group of card-loving group.

Leader: Christine McLeod

CHOIR

If you love singing (especially in parts), join the group for one hour a week in a relaxed and friendly atmosphere. The choir is always keen to recruit new members.

Leader: Nan Francis, 5962 6371

DAY TRAVEL GROUP

Join Margaret and the group on the 1st Friday of the month to discuss the next outing. The Group travels by public transport and have a wonderful time often exploring new places.

Leader: Margaret Farthing, 5962 6969

DIGITAL LITERACY FOR SENIORS

Explore social media platforms including Skype, Facebook, Pininterest, Blogging and social support sites. Genealogy and photography applications etc. This **free** course at the Healesville Living & Learning centre is available to U3A members but you **MUST** wear your U3A badge. Enrolments are now open at HLLC for this 9 week course, so be quick! Ring the Centre on 5962 5982. Check its program for other computer courses which cost a concession rate for U3A members of \$130 (plus \$5.50 HLLC membership)

Leader: Nigel Dobson, 5962 5982

ESSENTIAL OILS, “Give your medicine cabinet a makeover”

Essential Oils have been used for their medicinal and therapeutic benefits for thousands of years throughout the world. Modern trends towards more holistic Approaches to self-care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Learn how you have the potential to address health issues with a less expensive, safer, and more effective natural health care alternative. Learn how to use essential oils to replace everything in your medicine cabinet.

Leader: Annie Stolzenhain, 0412 518 178

EXERCISE TO MUSIC

Move it or lose it! Gwendoline will certainly keep you moving while at the same time you will have lots of fun. Tai-chi is added for an all round experience.

Leader: Gwendoline Shields, 5962 6926

FRENCH CONVERSATION

The aim of this course is to get together and talk French and so it is assumed that participants have some knowledge of the language.

Contact person: Bernice Egglestone, 5962 4754

FUN WITH ART

Explore various painting and drawing techniques and if you would like to unearth the artist in you, there will be qualified instruction. You will be made very welcome.

Leader: Aileen Stintent, 5962 6890

GERMAN CONVERSATION

This group has knowledge of the German language and we get together to speak German and so enhance our skills.

Leader: Ursula Heinsen, 5962 3096

GUITAR FOR BEGINNERS

I have had a loving relationship with playing the guitar for over 50 years teaching both adults and children and have sung & played in restaurants as a solo artist as well as playing in rock bands and acoustic folk bands. I can play acoustic folk, electric blues and classical guitar. I can guarantee that learners will come away from their first lesson able to play at least one song – thereafter progress depends in direct proportion to enthusiasm and time spent.

Leader: Doug Fudge, 5962 6274

LAUGHTER WORKSHOP

What can I say about this! Except that I know it's good for your health as well as being lots of fun.

Leader: Val James, 5962 2237

LINE DANCING

This class attracts about 25 plus regular dancers who just love the experience. It's great exercise for body and mind and with the lively company of other fun loving people it's a great hit. Come along and give it a go!

Leader: Cheryl Barwick, 9730 1171

PHILOSOPHERS' LUNCH

If you love a lively and thought-provoking discussion then this monthly get-together is for you. We'll use the major ideas from past and contemporary philosophers to prompt our discussions, then finish with a simple lunch of finger food to which we've each contributed.

Leader: Joan Barlow, 5962 5083

PHOTOGRAPHY

Join Adrian and learn how to get the best results with your camera.

Leader: Adrian Francis, 5962 6371

SCRABBLE

Exercise those brain cells. Christine will make sure this is a fun time. She has an enthusiastic group of players and class size will determine availability. Please check with the class leader to join the class.

Leader: Christine McLeod, 0419 571374

ULTIMATE PURPOSE OF LIFE

In this course Hans-Juergen proposes a controversial thesis, a new approach can explain the history of the human race in the light of a common denominator and the pursuit of humanity's ultimate purpose in life... Humanity's place in "a grand order of design" becomes clearer once this approach is embraced. Unlike the animals, whose fate is to perish with the planet, he believes that humanity's destiny awaits us in the stars.

Leader: Hans-Juergen Strichow; 9752 2634

WRITING YOUR OWN LIFE STORY

Record your own story: the return of this course enables you to laugh, reminisce and write, or use other mediums to preserve your memories for posterity.

Leader: Di Anderson, 5962 3242

YOGA

This is a very friendly class where the class is led gently and thoughtfully through exercises and stretches.

Leader: Lesley Rolton, 5964 3283

U3A CLASSES AT THE YARRA GLEN MEMORIAL HALL**BOOK GROUP**

This friendly group meets monthly to discuss a book which members have received during the previous month. We read a wide range of books over the year and our discussions are always interesting.

Leader: Joan Barlow, 5962 5083 3rd Monday of the month 10-11.30 am

EXERCISE PRGAM TO MUSIC

This class enjoys the exercises and the weights, and finishes with tai-chi and meditation. The class is very popular and great fun.

Leader: Gwendoline Shields, 5962 6926 Tuesday, fortnightly 1-2pm

CLASS ATTENDANCE - U3A MEMBER RESPONSIBILITY - 2014

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MEMBERSHIP BADGES Members are expected to wear their membership badges when they attend a class. This assists with identification and allows new class members to learn others' names. It also shows the leader that the attendee has current membership. There are also insurance implications.

TOTAL FIRE BAN DAYS In the event of a **total fire ban** day some leaders may not be able to take their class as they may have to make other plans for that day. In this case it is important for students to contact the leader prior to attending a class. Some classes may choose to have a standing arrangement for such days.

CLASS PHONE TREE Class members are encouraged to develop a 'phone tree' which shares the load of notifying class members in the case a class has to be cancelled.

UNABLE TO ATTEND A CLASS If for any reason you are unable to attend a class please notify your leader as the leader may decide to cancel the class on that day if numbers are very few.

ATTENDANCE SHEETS AND CLASS ENROLMENT Members should make sure they are listed on the relevant class list(s) as this is important for insurance. Members please do not attend a class for which you are **NOT enrolled**.

U3A TUTORS AND U3A / VMIA INSURANCE Leaders & tutors please ensure your student attendance sheet is up to date as **U3A VMIA Insurance requires accurate details of student attendance**. Please advise the U3A office of any additions or changes. U3A volunteers are covered by U3A Network / Victorian Government VMIA insurance cover. This is not a substitute for member personal insurance.

MEDICAL / HEALTH INSURANCE AND AMBULANCE COVER (if applicable) Members are encouraged to make sure their medical health care insurance and ambulance subscriptions are current when undertaking classes. You are responsible for your own health care and safety.

SUGGESTED ARRANGEMENT FOR CLASS PHOTOCOPYING Some groups require regular photocopying. Where this occurs U3A leaders are encouraged to suggest to students / members that the cost of printing should be shared equally by the class members. Remember: it is also possible for the class to have photocopying done at the U3A office (conditional that the office is notified and reasonable use applies).

U3A Office contact details

The office is in the Senior Citizens' Hall on the corner of Green and Rivers Streets, Healesville and is attended on most Wednesday afternoons between 1.30 pm and 4 pm.

Phone: 5962 1990 (answer machine if unattended)

Mail address: PO Box 1017, Healesville 3777

Email: healesville.u3a@bigpond.com

Membership details

U3A membership fee is \$40.00 per calendar year for an individual and \$70.00 for a couple. Membership entitles members to participate in any or all available courses. 2014 membership renewal, course information and enrolment will be available at the Registration Day on Tuesday 26th November.

If you are unable to attend on this day, registration forms are available from the Office. Send the completed form and fee to the Office and your membership badge will be forwarded to you. To enrol in any class just ring the class leader – see course descriptions on pages 7-10 for names and contact numbers

If you are a current member of an U3A outside of the Yarra Ranges you can join as an associate member for a fee of \$20.

As a registered Healesville U3A member you are entitled to attend classes in all participating U3As in the "*Combined U3as of the Outer Eastern region*" for an additional \$10.00. There are 5 U3As in this scheme: Healesville, Lilydale, Mount Dandenong, Sherbrooke and Yarra Junction.

U3A HEALESVILLE & DISTRICT COMMITTEE MEMBERS

President: Terry Green

Vice-President: (*vacant*)

Secretary: Don Macdonald

Membership: (*Don Macdonald*)

Treasurer: Julian Higgs

Class Coordinator: Heather Higgs

Resources: Gerry Maile

Publicity: (*Terry Green*)

Newsletter editor & assist. class coordinator: Joan Barlow

Special events/ Promotion: Gwendoline Shields

Newsletter journalist/ Promotion: Val James

Committee members: Dorothy Carter, Margaret Farthing