



HEALESVILLE
UNIVERSITY OF THE THIRD AGE

Healesville & District U3A Inc. ABN: 73370385591

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NEWSLETTER

JULY TO DECEMBER 2014



OUR WEB-SITE IS UP

An exciting development for our U3A is our own web-site.

It was developed by Jasmin Higgs and we thank her for her work. We are really pleased by its appearance and utility, and we hope it makes it easier for you to check courses, up -and -coming events, even to consult current and previous Newsletters.

The address is <http://healesvilleu3a.org.au>

**U3A Member Registration & Enrolment Day for
2015
THURSDAY, November 27th 2014**

10.00 am – 1.00pm

Senior Citizens Hall, cnr Green & River Sts.

AGM, Thursday 23rd October

Put this date in your diary. We have a very interesting speaker from Victoria Police Forensic Service. More details will be sent to you nearer the date.

Also please consider being on our Committee as we always need more people to volunteer their time to help run our U3A. Terry Green has been our President for 6 years and would like to retire from this position, so please consider helping out.



Variety Show

Put this date in your diary: Friday 14th November

A Variety Show will be presented by the Healesvillian Thespians (U3A members) starting at 1 pm in the Yarra Glen Memorial Hall. There will be sketches, skits, funny jokes, short plays, songs, monologues, guitar playing and singing and a host of other items for you to enjoy.

The show will run for approx. 2 hours and will be followed by a Devonshire Tea.

The afternoon is **FREE** for all members, but you **MUST** book, as seating is limited.

Those of you coming from Healesville may wish to car pool.



Do you have hairdressing or make-up skills? Are you an Audio/Tech. Head? We would like the assistance of those of you who may have these skills, or those involved in props or any other back-stage skills.

Contacts: the office 5962 1990;

Dorothy Carter 5962 1869

Gwendoline Shields 5962 6926

Val James 5962 2237 (after 15th August)

This and that by Val James

Currently our classes appear to be going well, but note that Bike Riding is not running in Term 3 due to the weather nor is Exercise to Music due to Gwendoline's holiday.

On Monday 14th June I had a stint on the local Voice of the Yarra Valley, meeting with "Jonno" for the first time. I talked about our community and all of our courses. It was so very enjoyable and hopefully I spread the message of what a marvellous organisation the U3A is.

I also talked about our new course, which is the Theatre Group (see the notice opposite). It should be fun, so please support us.

I look forward to seeing you at our Registration and Enrolment Day for 2015- remember that it is Thursday 27th November, and keep enjoying your courses!

SENIORS WEEK AND OTHER PERFORMANCES

- Our U3A choir is rehearsing a selection of music to join with approximately 500 other Victorian voices in a concert at the Melbourne Town Hall on **Monday October 6th**. I hope many of you will make the effort to come along and support us. We all had great fun the last time we were involved. See you there. *Val*
- Keep **Thursday October 2nd** free for a concert at The Memo – more details later.
- **Sunday, October 26th, 2-4 pm.** The **2014 CHORAL CONCERT** to celebrate 150 years of Healesville Township, with music from the Yarra Valley Singers and the Diamond Valley Singers. Sponsored by the Outer Eastern Regional U3As and supported by the Yarra Ranges Council. At the Memo. **FREE TO THE PUBLIC**
- **Thursday October 31st, 1.30pm.** The Orchestra of Hawthorn U3A, conductor Willem van der Vis will perform at the Memo

A profile of Heather Higgs, our Class Co-ordinator



By Val James

Heather Higgs, our Class Co-ordinator, agreed to be interviewed by me and I found her to be very interesting. She has three daughters, two married with children and one is engaged. She also has five grandkids. Heather has been married for 20 years to our marvellous Julian Higgs (our Treasurer) and she has two step-children.

Heather has lived in Healesville for seven years and is currently in her third year as Co-ordinator, and really loves the job.

Gardening is a big hobby and she loves her veggie garden and she and her husband are self-sustaining in respect of their produce. She enjoys supporting her family in this regard.

Another keen interest is playing tennis with the Healesville Tennis Club. Apart from the above roles, our intrepid Heather loves riding her bike.

She further enjoys travelling within Australia and likes to go up North with the family campervan in the winter months (*though some of you will have spied that her photo shows her in Paris ... a bit further afield this year! – ed.*)

She is a great cook, a great seamstress and her grandkids get the benefit of all this.

According to Heather, moving to Healesville was a great decision for them both: the proximity to the city and family and the lovely welcoming country community.

A few words from our President ...

By Terry Green

Membership continued at the beginning of 2014 with growth coming from the Yarra Glen classes and our popular classes at Healesville in full swing. U3As across Victoria are now at around 107 locations with some 33,000 members. Senior people in Victoria have come to value the U3A objective of 'Life Long Learning'.

U3As of the region met with Yarra Ranges Council senior people back in May to further our relationship and inform Council of our regional activities. This was considered to be a very useful meeting.

Outer Eastern Regional U3As will sponsor the 2014 Choral Concert to celebrate 150 years of Healesville Township with a bigger than ever line up of performers and song on Sunday 26th October at the Memo (Healesville Memorial Hall).

I attended a recent meeting of U3A Presidents and thought you might like to read about some of what U3A Network's aims are for the future:

- 2015 U3A in Australia will celebrate 30 years anniversary;
- U3A grants requests were \$100k over what was expected, more Government assistance will not be easy to obtain;
- U3A growth is running at 10% per year, and in 5 years membership is expected to be 50,000;
- To cope with this expected increase in membership, U3A will need more money;
- The two biggest issues for U3A regions are accommodation and tutors;
- The U3A Network E Bulletin/Newsletter is now published – contact the Office if you'd like a copy.

This was an informative meeting with lots of emphasis on technology for the future. In amongst the initiatives for the current members there is preparation for the future to look to common systems and developing more professionalism throughout U3A.

Healesville & District U3A Class Timetable

TERMS 3 & 4, 2014

Class / Day	Time	Venue
<u>MONDAY</u>		
Art Group - Skill Sharing (weekly)	9:30–12:30	Badger Ck Old School
Book Club (3 rd Monday of month)	10.00-11.30 am	Yarra Glen Mem Hall
Philosophers Lunch (last Monday of the month)	12:00 – 1:30pm	Healesville Hub
Scrabble (weekly)	2.00 – 4.00pm	Private address
<u>TUESDAY</u>		
Canasta (weekly)	2.00 – 4.00 pm	Private address
Choir (weekly)	3.00 - 4.00 pm	Golden Wattle
Essential Oils	1.00 – 2.30 pm	H'ville Library
Exercise to Music (Term 4 only)	1.00 – 3.00 pm	Yarra Glen M Hall
French Conversation (fortnightly)	10.00-11.45am	H'ville RSL
Guitar (fortnightly)	1 – 2:00pm	Lions Club Hall
Traditional Scrabble (fortnightly)	10.00- noon	Yarra Glen M Hall
Ukulele for beginners (fortnightly)	1 - 2.00pm	Lions Club Hall
<u>WEDNESDAY</u>		
Exercise Program to Music (Term 4 only)	1:30 – 3:00pm	H'ville Scout Hall
German Conversation (fortnightly)	10:00-11.30am	Private address
<u>THURSDAY</u>		
Bicycle Riding Group (fortnightly, Term 4 only)	Check with Keith for details	
Fun with Art (weekly)	1.00 – 3.00 pm	Badger Ck Old School
Line Dancing (weekly)	10.30 – noon	Senior Cits. Hall
Yoga (weekly)	2.00 – 3.30 pm	Memo Hall meet Hall

FRIDAY

Day Travel Group (1st Friday of month to discuss outing) 10.00 am Café Charmain,
Black Spur Nursery

Laughter Workshop (weekly) 11:00 – 11.30am Queens Park

A NEW CLASS FOR TERMS 3 & 4



UKULELE

With Doug Fudge



LEARN COMPUTER SKILLS AT 'GOLDEN WATTLE'

FREE sessions available for U3A members – ring Louise on 5962 2588 for details

TERM DATES for the remainder of 2014Term 3: Monday 14th July- Friday 19th SeptemberTerm 4: Monday 6th October – Friday 12th December**BRIEF COURSE DESCRIPTIONS, in alphabetical order****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 provide an opportunity for self directed growth with informed input from others of like mind. 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. 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, HEALESVILLE & YARRA GLEN

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

BOOK GROUP AT YARRA GLEN

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**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 at Café Charmain at the Black Spur Nursery 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

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 AT HEALESVILLE AND YARRA GLEN

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

NOTE: These classes will not run in TERM 3.**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 Stinten, 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 – Intermediate

For those who have some experience, but who want to increase their skills.

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

NOTE: There are no meetings in August or September.

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

TRADITIONAL SCRABBLE AT YARRA GLEN

Without the use of help lists, have fun using the letters to make words, hopefully with the use of triples!

The first session for Term 3 is on July 15th.

Leader: Dorothy Carter, 5962 1869



UKULELE FOR BEGINNERS

There seems to be some enthusiasm for starting a class devoted to learning the ukulele. If you feel the need to play music, the ukulele has several points in its favour: it is cheap to buy and easy to learn and I guarantee you will come away from lesson one with a song to play.

Leader: Doug Fudge, but register with Joan Barlow, 5962 5083.

YOGA

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

Leader: Lesley Rolton, 5964 3283

Contributions Page

We have many talented people within our membership, so if you would like to submit something for inclusion in our Newsletter, be it a photo, art work, poem, book review or some other writing, please send it to me- Joan Barlow at jlbarlow44@hotmail.com

Potholes

Submitted by Dorothy Carter

Life is often described as a journey, with references made to a road less travelled, fast tracking, being stuck in a rut, among the many cliches employed to refer to fellow travellers. Maybe there is a parallel to be drawn here.

Some lives equate with country lanes. They gently wind along, with high hedges restricting their outlook, never venturing to explore life on the other side; lanes that never change over the years except for the hedgerows thickening, cutting out light but providing peace and tranquillity.

Freeways are homes of the fast tracking entrepreneurs and show business crowd, who drive at high speed in their flashy cars, endangering other drivers, ducking and diving, overtaking friends and colleagues in order to arrive first, only to find that life's real values were ignored in the lay-bys.

Some of us are lucky to travel the open road with unrestricted views, able to stop and stare, take turnoffs that enrich our ride, and enjoy a smooth journey, making numerous friends and acquaintances along the way.

Many are destined to bump along an unmade road with potholes containing unhappiness, ill health and loneliness, with little relief from the shuddering, soul destroying trip.

Do we chose our own road, can we make a detour, drive through the hedge, stop and fill the potholes with hope as we pass, or are we destined to follow the map provided at the outset of life's journey?

USA NETWORK STORY WRITING COMPETITION, Closing Date 25th July

Download the form: u3avictoria.com.au/story-writing-competition or contact our office.

Healesville in the early 1900s

By A.H. E. Bennett

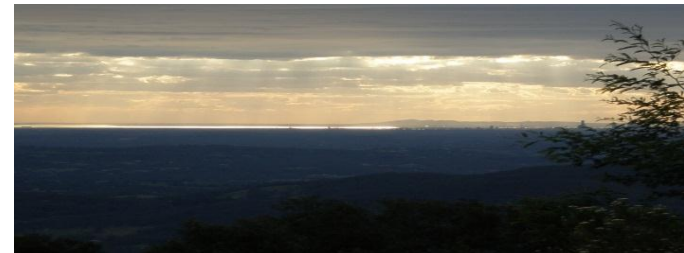
Shortly after the death of my Mother, my Father sent me, I having bronchitis and on the doctor's advice, to Healesville. It was then a smallish town with some fine boarding houses (the term Guest house came later), that sent their four wheeled buggies to meet the train. Of these houses the most noticeable was Lindt's Hermitage on the Black Spur.

Between the railway station and the Watts river was a hop-field with its forest of tall poles. The Coranderk Aboriginal Reserve was on the Badger Creek a mile or two east.

The English chemist, Mr Soppet, was a keen fly fisherman, the Watts river being noted for its blackfish, and all the streams had trout. At the little footbridge over the Graceburn just past the town I once watched a fine rainbow trout, motionless with its head upstream waiting for any insect such as grasshoppers disturbed by people passing.

The Hill just behind the town was covered with bracken fern. On it lay several huge logs of trees that had been felled years before. Mr Soppet's son Bob, whom I got to know well, used to walk along the logs and if he saw a fern frond move he would fire his gun at the base and often obtain a rabbit.

At first I could not walk far but soon I was able to do the four miles to the famous Condon's Gully at the foot of Mt Monda... the gully was completely destroyed by the great fires of 1939.



The silver bay from Mt Toolebewong

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. 2015 membership renewal, course information and enrolment will be available at the Registration Day on Thursday 27th 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: *(vacant)*

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