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Healesville & District U3A Inc.

ABN: 73370385591

## NEWSLETTER

### JULY to DECEMBER 2015



**2015 Committee members with Cr Fiona McAllister (and daughter)**

*Back: Don Macdonald, Val James, Dorothy Carter, Joan Barlow, Gwendoline Shields*

*Front: Julian Higgs, Fiona McAllister with a future member*

*Inset: Heather Higgs (photographer) Absent: Margaret Farthing*

## **ANNUAL GENERAL MEETING**

**2pm THURSDAY 22<sup>nd</sup> OCTOBER 2015, Senior  
Citizens Hall**

Put this date in your diary and come along to hear an interesting speaker and vote on important U3A matters. You will be sent more details closer to the date.

Please consider nominating for the Committee; all members are volunteers and our organisation wouldn't exist if people weren't willing to be committee members and leaders of our classes/groups.

### **ADVANCE NOTICE:**

**U3A Member Registration & Enrolment Day**

**for 2016**

**THURSDAY 26<sup>th</sup> NOVEMBER 2015**

**1 – 4pm**

**Senior Citizens Hall, cnr Green & Rivers Sts**

We have a number of exciting new courses for 2016 so make sure you check the details outlined in our next Newsletter, out in November

## **DON'T FORGET: USE OUR WEBSITE FOR UP-TO-DATE INFORMATION**

at [www.healesvilleu3a.org.au](http://www.healesvilleu3a.org.au)

**Details of courses, maps of class locations, and much more is on our site. For those of you receiving this Newsletter by post, check the website for the colour version! Don't forget: you can access the internet for free at the local library.**

*A few words from Julian Higgs, our President:*



Our thanks to Joan Barlow for putting this excellent newsletter together. I really enjoy working with Joan and the rest of the committee and do encourage you all to consider joining the committee at the AGM. Yes you will get something to do but it can be fun. The year is going well with an excellent class list and, even more importantly, good numbers of people attending most if not all classes and activities. It is also especially pleasing to see a number of classes continuing to run even though the class leader is away on holidays or otherwise unable to lead the class. Other class members have stepped in to keep the classes running. Line Dancing, Exercise to Music and Meditation spring to mind.

### *And now a brief profile of Julian, by Val James*

Our current President Julian is married to Heather, our class co-ordinator, and is a man of many talents, as I discovered during our interview.

Julian was born near Colac, at a small place called Irrewillipe East, and his ancestors came to this country in the 1850s. His father was a primary school teacher and due to this, he and his elder brother and sister moved around quite a bit.

His occupation was that of a Chemical Engineer, however he has had many interesting roles in a managerial way, and started life as a Design Engineer, designing chemical processing equipment. He has travelled all over Australia and accessed technology from a number of overseas companies which he would visit from time to time.

According to Julian he had a bit of a 'mid-life crisis' in the early 1980s and with his then partner went bush to a spot in Victoria and grew kiwi fruit amongst other endeavours. He then went back to engineering and moved to Tasmania, LaTrobe for three years, exploring this great state. Eventually he came back to Melbourne, parted company and started afresh, met and married Heather (1993) and is a very happy chappie.

Julian has a daughter and son from his first relationship who join with Heather's three daughters and grandchildren.

His hobbies include bush walking, camping, bike riding, gardening and is travelling to Nepal in October/November to trek with a party of like-minded friends. Julian, please keep safe from any further earthquakes.

Julian and Heather moved from the suburbs to Healesville in late 2006 knowing nothing about the town, but they have been very pleasantly surprised, enjoying a great lifestyle, and fitting in very well. He says he loves his everyday life, the grandkids, family etc. commenting that he and Heather love to travel and try to escape some of the winter each year.

## **CLASS CO-ORDINATOR'S REPORT FOR 2015**

*by Heather Higgs*

We have 26 classes running during 2015 with seven of these being new: History Of Healesville, Armchair Travel, Photography, Advanced Italian, Opera Appreciation, Meditation and Garden Lovers Group.

History of Healesville ran for 8 weeks during 1<sup>st</sup> term and was led by Bryn Jones. Terry Green coordinates Armchair Travel and Photography once a month at the Golden Wattle. Fulvia Inserra is taking a weekly advanced Italian class. Our Meditation class led by Marion Wasley, held at Comely Bank, is held weekly. Opera Appreciation is held at the RSL once a month. The Garden Lovers Group meets monthly and visits a member's garden, followed by morning tea. All these are enthusiastically attended.

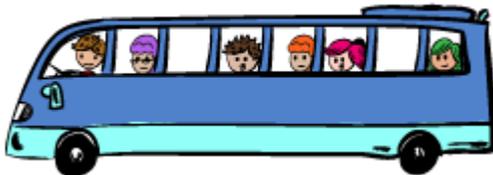
Our well established classes continue on. All of this year we have been without our Line Dancing teacher Cheryl Barwick, who is recovering from knee surgery. Our more senior (in experience) line dancers, Lyn Quaiffe and Marie Tyerrell stepped up and have led the group without missing a beat (or a step). A big thank you to these women and it shows what wonderful spirit there is within the group- however we wish Cheryl a speedy recovery.

The leaders of both our Exercise to Music and Meditation are going to be away during the middle of the year. However these classes are going to continue and will be self-run by the class members. This shows just how popular and enjoyable the classes are.

I would like to thank our dedicated Tutors who donate their time and energy to lead their classes. Some travel from as far as Kilsyth, Seville or Yarra Glen. The cost of hiring our venues is our biggest U3A expense and all our venues provide them as cheaply as they can and I thank them very much for that.

Lastly, I think U3A is a wonderful organisation, providing like-minded people the opportunity to connect, allowing new friendships to form.

## **A NEW EVENT FROM JULY**



### **BUS TOUR TO CHARITY SHOPS**

Are you a collector of books, bric a brac, glass and china ware, kitchen paraphernalia, jewellery, toys or pre-loved clothing?

If so, why not join us on a free bus trip to various charity shops to dig out bargains. The shopping is followed by lunch.

Numbers are limited to 10, so ring Dorothy for further information, 5962 1869.

The first outing will be on **Tuesday July 28<sup>th</sup>** and will leave the RSL at **9.30 am**.

### **TERM DATES for the remainder of 2015**

**Term 3**                    **Monday July 13<sup>th</sup> – Friday September 18th**

**Term 4**                    **Monday October 5<sup>th</sup> – Friday December 11th**

## **REPORTS OF SOME OUR NEW 2015 CLASSES**

### **Garden Lovers' Group**

**Heather Higgs**

This group has 20 members. We meet once a month and so far have visited 3 of the members' gardens and then we have some morning tea. All the gardens have been very different and everyone just loves to see what other people do in their gardens. Although I am the leader I am not sure how it will evolve, whether we visit tourist gardens or whether we simply keep visiting each other's gardens. Already some people have been bringing cuttings or plants for someone who they have been talking to at the previous meeting. Someone brought some vegetable seeds they had collected for people to help themselves. Others went home to try a nutritious brew made from weeds steeped in water. These people just love gardening and they all go home with a smile on their face.

### **History of Healesville**

**Bryn Jones**

I found my first experience of offering a class at U3A to be enjoyable and interesting. The group comprised a mixture of long term Healesville residents (4 of 40+ residence) and relative newcomers (5-10 years). This enables me to meld the personal knowledge of some about events of the past four decades with the eagerness of the others to learn more about those events. The interest, knowledge, intelligence and experience of the members provided plenty of searching questions to keep me on my toes. I was rather surprised at the very limited knowledge of the group about the early years of Healesville considering the wealth of material made available locally as part of the 150<sup>th</sup> anniversary celebrations. But of course that limited knowledge and interest in learning more would have been the motivation for enrolment in the first place! From the comments I received during the final session, the members were happy with the approach both as far as content and presentation were concerned.

**Italian Class****Fulvia Inserra**

In foreign languages, Italian is one of the most taken and teaching it keeps me on my toes. I do my best in engaging with the students, pleasantly and in various ways such as practical conversation, dictation, video and some songs. My best advice to the class is to relax and retain as much as possible, without stress or competition. In my view learning needs to be enjoyable at any age. And now – “in bocca al lupo!” Let’s take the challenge.

**Meditation****Marion Wasley**

In our meditation group we practise concentrating on the breath in order to still our minds so that we can tap into the peace within. Learning to do nothing is not easy, but the group has progressed well throughout the first half of the year and we have all benefited enormously. The participants leave with a feeling of calm and contentment and the attendance record shows that they are keen to keep coming back.

The little chapel at Comely Bank is the perfect venue for supporting us to find that peace, tucked away from the hustle and bustle, surrounded by nature.

*And from one of our other groups:*

**Cycling Group****Keith Wade**

The cycling group was in recession for the first term this year due to the unavailability of the leader. However, we’ve been in full swing in the second term with a ride from Woori Yallock to Warburton and return along the Warburton trail and the second ride from Liverpool Road to Burwood Highway and return along the Dandenong Creek trail. We schedule rides on Thursdays once a fortnight during term times, always at a relaxed pace and a stop for coffee along the way. We’ve only had 4-5 riders so far this year, so we’d love to have more.

## COME TO OUR VARIETY SHOW!

Hi folks. Our Thespian group of “jolly players” are again putting on a show for all of you and your friends too.

This is going to be on **Saturday November 21<sup>st</sup> at the Healesville High School, commencing at 2pm.** Tickets will be on sale from approximately September, for \$5 only. Tea, coffee and biscuits will be available after the show. Please make a note in your diary.

We would like you to support us as it is going to be a very good show with: sketches, monologues, comedy routines, ‘sing along bits’, Doug Fudge with guitar and hilarity, and perhaps some of his ukulele class. “Stars from far and wide will be there” – you never know who you will see.

We are looking for backstage and cast members, and we particularly need a Costume Co-ordinator or “Wardrobe Mistress” as it is called.

*Val James*



*Scenes from last year's show*

## Auditions

For all interested members, auditions for the show will be held on **Thursday 9<sup>th</sup> July at 2pm** at the Senior Citizens Hall.

## Healesville & District U3A Class Timetable

### Terms 3 and 4, 2015

<u>DAY</u>	<u>TIME</u>	<u>VENUE</u>
<b><u>MONDAY</u></b>		
Armchair Travel ( <i>2<sup>nd</sup> Mon. of month</i> )	1.30-2.30pm	Golden Wattle
Book Club ( <i>3<sup>rd</sup> Mon. of month</i> )	10-11.30am	Yarra Glen
Philosophers Lunch ( <i>last Mon. of month</i> )	noon- 1.30pm	The Hub
Photography ( <i>2<sup>nd</sup> Mon. of month</i> )	3-4pm	Golden Wattle
Scrabble	2-4pm	Private home
<b><u>TUESDAY</u></b>		
Choir ( <i>NOT Term 3</i> )	3-4pm	Golden Wattle
French Conversation ( <i>fort.</i> )	10-11.30am	RSL
Guitar ( <i>fortnightly</i> )	1-2pm	RSL
Ukulele ( <i>fortnightly</i> )	1-2pm	RSL
Yoga	2-3.30pm	Memo Hall
<b><u>WEDNESDAY</u></b>		
Exercise Class	1.30-3pm	Lions Hall
German	10-11.30am	Private home
Meditation	9.15-10.15am	Comely Bank
<b><u>THURSDAY</u></b>		
Art Group	1-3pm	Lions Club
Cycling Group ( <i>fortnightly</i> )	9.30am	River St

<b>Line Dancing</b>	10.30-noon	Senior Citz
<b>Scrabble</b>	10 am – noon	Library
<b>Theatre Group (Variety Show)</b>	Terms 3 & 4	Senior Citz

## **FRIDAY**

**Day Travel Group** (*1<sup>st</sup> Fri. of month to discuss outing*)

10 am

Black Spur N

**Garden Lovers** (*2<sup>nd</sup> Fri. of month*)

private home

**Italian (advanced)**

11- 12 noon

RSL

**Laughter Workshop**

11– 11.30am

Queens Park

**Opera Appreciation** (*3<sup>d</sup> Fri. of month*) 1-3pm

RSL



*Members of the Gardening Group*

A number of our U3A members sing with the Yarra Valley Singers. Join them for

### **A SUMMER AFTERNOON OF SONG**

Sunday July 26<sup>th</sup>, 2pm at Burrinja Theatre, Upwey.

Enquiries: Joan on 5962 5083 and leave a message.

## OUR COURSES AND CONTACT DETAILS

*I haven't repeated the descriptions of the courses we offer as they are all described in the previous Newsletter and descriptions are available on our website.*

- **ARMCHAIR TRAVEL** . Leader: Terry Green, 5962 5351
- **ART GROUP** Leader: Aileen Stinten, 5962 6890
- **BOOK GROUP AT YARRA GLEN** Leader: Joan Barlow, 5962 5083
- **BUS TOUR TO CHARITY SHOPS** Leader: Dorothy Carter, 5962 1869
- **CHOIR** Leader: Nan Francis, 5962 6371 *No meetings in Term 3.*
- **CYCLING GROUP, HEALESVILLE & YARRA GLEN** Leader: Keith Wade, 5962 1882
- **DAY TRAVEL GROUP** Leader: Margaret Farthing, 5962 6969
- **EXERCISE TO MUSIC** Leader: Gwendoline Shields, 5962 6926 **NOTE: This class WILL run in Term 3, contact Dianne Kaufman 5962 1872**
- **FRENCH CONVERSATION** Leader: Suzette Nassl, 5962 5635
- **GARDEN LOVERS GROUP** Contact: Heather Higgs, 5962 3772
- **GERMAN CONVERSATION** Leader: Ursula Heinsen, 5962 3096
- **GUITAR for BEGINNERS** Leader: Doug Fudge, 5962 6274
- **ITALIAN (advanced)** Leader: Fulvia Inserra, 0475 708 559
- **LAUGHTER WORKSHOP** Leader: Val James, 5962 2237
- **LINE DANCING** Leader: Cheryl Barwick, 9730 1171
- **MEDITATION** Leader: Marion Wasley, 5962 3570, but self-led in Term 3, contact Fay Hemenstall 5962 4283
- **OPERA APPRECIATION** Leader: Gerald Brinson, 9737 9657
- **PHILOSOPHERS LUNCH** Leader: Martin Morgan, 5962 1427
- **PHOTOGRAPHY** Leader: Terry Green, 5962 5351
- **SCRABBLE** Contact: June Slater, 5962 2005
- **SCRABBLE IN THE LIBRARY** Leader: Dorothy Carter, 5962 1869
- **UKULELE** Leader: Doug Fudge, 5962 6274
- **VARIETY SHOW** Contact: Dorothy Carter, 5962 1869
- **YOGA** Leader: Lesley Rolton, 5964 3283, recommencing on 1<sup>st</sup> September

## POEMS FROM OUR MEMBERS

### DUST

Dust if you must but wouldn't it be better to paint a picture or write a letter

Bake a cake or plant a seed

Ponder the difference between want and need.

Dust if you must but there's not much time, with rivers to swim and mountains to climb.

Music to hear and books to read, friends to cherish and life to lead.

Dust if you must but the world's out there with the sun in your eyes and the wind in your hair.

A flutter of snow, a shower of rain. This day will not come around again.

Dust if you must but bear in mind, old age will come and it's not that kind.

And when you go as go you must. You yourself will turn to dust.

*Gwendoline Shields*

### HUGS



It's wondrous what a hug can do, A hug can cheer you when you're blue

A hug can say I love you so, or Gee, I hate to see you go.

A hug can soothe a small child's pain and bring a rainbow after rain.

A hug! There's no doubt about it, we scarcely could survive without it.

A hug delights and warms and charms, it must be why god gave us arms.

Hugs are great for fathers and mothers. Sweet for sisters, swell for brothers.  
 And chances are some favourite aunt loves them more than potted plants.  
 Kittens crave them. Puppies love them. Heads of state are not above them.  
 A hug can break the language barrier and make the dullest day seem merrier.  
 No need to fret about the store of them. The more you give, the more there are of  
 them,  
 So stretch those arms without delay and give someone a hug today.

*Gwendoline Shields*

*Di Anderson, in her Write Your Own Story class, had class members writing Haiku. These are poems of 3 lines with a distinct form: 5 syllables, 7 syllables, 5 syllables. We enjoyed the challenge and here are a couple that were written by class participants:*

### **GARDENING**

Birds a-chattering  
 The snake's sinuous shape glides.  
 No more gardening!

### **VIEW FROM A WINDOW**

In winter the mist  
 White, hiding tall towers lifts,  
 Now, a silver bay.

*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 [jbarlow44@hotmail.com](mailto:jbarlow44@hotmail.com)*



## **GREAT NEWS FOR EXISTING AND POTENTIAL**

### **LEADERS/TUTORS -**

#### **U3A ONLINE BRANCH MEMBERSHIP**

The Committee is considering becoming an Organisation Member of U3A Online. This would entitle us to purchase site licences for any course we want to run within U3A Healesville (\$20 a course). Once U3A Healesville joins as an Organisation Member then we can enrol in a course and download the course notes and print/photocopy as many copies that are needed for a face to face class.

We therefore need class leaders/facilitators who are willing to run classes, using the supplied material.

The range of courses available this way is very broad, under various themes: world affairs and history; nature; writing and creativity; science; and lifestyle. Individual course titles are too numerous to list here, but if anyone is interested please contact the Office and we can give you more details, or better still, check out their website, [www.u3aonline.org.au/home](http://www.u3aonline.org.au/home)

This is a wonderful opportunity for those of you who may be willing to lead a class but would like the support of having prepared notes to follow. If you decide to offer such a class, please contact Heather Higgs on 5962 3772 or Joan Barlow on 5962 5083.



*Val publicising U3A at the February Healesville market*

## MEMBERSHIP DETAILS

U3A membership is \$50.00 for an individual per calendar year, \$80.00 for a couple. Pro-rata rates apply. Membership entitles members to participate in any or all available courses. **2016** membership renewal, course information and enrolment will be available at the Registration Day on **Thursday 26<sup>th</sup> November 2015 (see p.2)**

If you are unable to attend on that day membership forms are available at the Office or from the website. Send the completed form and fee to the Office and your membership badge will then be forwarded to you. To enrol, just ring the class leader (details on p. 12), or Class Co-ordinator, Heather Higgs 5962 3772.

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 & District 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 seven U3As in the scheme: Healesville, Yarra Ranges, Mt Dandenong, Sherbrooke, Upper Yarra, Emerald and Walmsley Village.

### U3A Healesville & District Committee Members

President: Julian Higgs

Secretary: Don Macdonald

Vice-President: Dorothy Carter

Treasurer: Julian Higgs

Class Co-ordinator: Heather Higgs

Newsletter editor & web admin: Joan Barlow

Special events/Promotion: Gwendoline Shields      Newsletter journalist/Promotion: Val James

Committee members: Margaret Farthing

### U3A Office Contact Details

The **office** is in the Senior Citizens' Hall, cnr Green and River Streets, and is attended most Wednesday afternoons between 1.30pm and 4.00pm.

**Phone:** 5962 1990 (please leave a message if unattended);

**Mail:** PO Box 1017, Healesville 3777;

**Email:** healesville.u3a@bigpond.com