



U3A Healesville Inc.

ABN: 73370385591

# **NOVEMBER NEWSLETTER**

**including the**

## **2016 PROGRAM**



## **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 the following pages.

**DON'T FORGET TO CHECK OUR  
WEBSITE FOR CURRENT OFFERINGS**

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.

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

*By Heather Higgs*

At this time of year (October/November) I am at my busiest, organising the classes for the following year. I need to have them ready for our Registration Day at the end of November. It is wonderful to have our regular classes such as Line Dancing, Exercise to Music, Art Class, Laughter Group and others. However I am always looking for something new that is interesting, that creates enthusiasm and perhaps is challenging to our members. If somebody mentions someone who may be a prospective class leader, I always make a note and follow it up if I think it may work.

After finding and deciding on new classes, I then have to set about finding a suitable day, time and venue. There is a lot of juggling so that I don't have similar classes that might attract the same person, on at the same time. The timing also has to suit the leader of course.

This year 2015 we had five new classes- Italian, Opera Appreciation, Meditation, Garden Lovers Club and History of Healesville. All of these were successful and continued for the whole year, with the exception of History of Healesville which was a 8 week course.

Some of our classes are so successful, such as Line Dancing and Meditation, that they self- run when the leaders are away for extended periods of time through sickness or on a long holiday. Well done and thank you to those people who step up to keep these classes going, showing great U3A spirit.

I would like to thank our Class Leaders for taking time out of their busy lives to run a class. You are an integral part of the organisation.

Finally, I wish you all a happy and safe Christmas and look forward to an exciting U3A Healesville in 2016.

**A BRIEF PROFILE OF GWENDOLINE SHIELDS, RECENTLY  
RETIRED U3A COMMITTEE MEMBER AND CURRENT  
EXRCISE TO MUSIC LEADER**

by

*Val James*



*Gwendoline with her family, 2015*

Gwendoline is very well known in our U3a and has been a member since the very beginning of the Healesville U3a. We began our membership together and we also joined the Committee together the following year. Though Gwendoline has now resigned she has been on the committee well over eight years.

Our Gwendoline has a very special birthday coming up in the first few days of November this year and is hoping to take things a little bit easier.

As a ten pound 'POM', along with her husband and four children she arrived in Freemantle by Ship in 1968. Currently she is widowed, and divorced and now has eleven grandchildren.

As a lot of us know, running the Exercise to Music class with its 29 members every Wednesday is a major part of her week and is something she will continue to do. She also attends the U3a Choir,

concerts and volunteers for EACH, which is a Day Care Centre for elderly people who cannot get about.

Gwendoline loves living with her little dog Ben and enjoys reading and dancing. She is currently rehearsing for the Revue (see below).

Last year she flew to the UK for her youngest son's Wedding and even went on their honeymoon.

She has the greatest sense of humour and hundreds of jokes.



**U3A Healesville Theatre Group**

Presents

**A VARIETY REVUE**

**When:** Saturday 21<sup>st</sup> November at 2pm.

**Where:** Healesville High School,  
Camerons Rd, Healesville 3777

**Cost:** \$5. Tickets available at the door

Bob Deacon, one of our members and who is performing in our Variety Revue, wrote the following poem, which was then re-written as a song and performed by the U3A Healesville choir. Unfortunately I have been only to reproduce part of the song.



*This painting of the Yarra Valley was painted on site by Bob.*

### **MY YARRA VALLEY HOME**

I love my country home	I love to travel wide
Of mountains and fresh air	The places I have been
Of open friendly people	But open space and gum trees
With so much of life to share	My Yarra Valley's best I've seen

#### *CHORUS:*

Sunshine in the valley  
 With friends we are out to play  
 And our local food and wine  
 All help to make a perfect day



## **NEW CLASSES FOR 2016**

**See the alphabetical list on pages 10-16 for details**

**ASTROLOGY, NUMEROLOGY & TAROT**

**BUSHWALKING**

**EQUIP4LIFE**

**HOW TO IMPROVE AT SCRABBLE**

**INTRODUCTION TO BUDDHISM**

**LAWN BOWLS FOR BEGINNERS**

**PUBLIC SPEAKING**

**RELAXATION**

**SPIRITUALITY**

## **TERM DATES 2016**

<b>Term 1</b>	Monday Feb 1st – Thursday March 24th
<b>Term 2</b>	Monday April 11 <sup>th</sup> – Friday June 24th
<b>Term 3</b>	Monday July 11 <sup>th</sup> – Friday September 16th
<b>Term 4</b>	Monday October 3rd – Friday December 16th

## Healesville & District U3A Class Timetable

### 2016

<b><u>DAY</u></b>	<b><u>TIME</u></b>	<b><u>VENUE</u></b>
<b><u>MONDAY</u></b>		
Armchair Travel ( <i>2<sup>nd</sup> Mon. of month</i> )	1.30-2.30pm	Golden Wattle
History of Healesville ( <i>Term 1 only</i> )	2- 3pm	The Hub
Intro to Buddhism ( <i>1<sup>st</sup> Mon. of month</i> )	10-12 noon	HLLC
Photography( <i>2<sup>nd</sup> Mon. of month</i> )	3-4pm	Golden Wattle
Relaxation ( <i>Term 1 only, 3 classes</i> )	10-11am	Comely Bank
Scrabble	2-4pm	Private home
Spirituality ( <i>4<sup>th</sup> Mon of month</i> )	11-12 noon	to be advised
<b><u>TUESDAY</u></b>		
Art & Craft Group	10-12 noon	Lions Club
Creative writing	2-4pm	to be advised
Choir	3-4pm	Golden Wattle
French Conversation ( <i>fort.</i> )	10-11.30am	RSL
German	10-11.30am	private home
Guitar ( <i>fortnightly</i> )	1-2pm	RSL
Italian ( <i>weekly</i> )	11.30-12.30	RSL
Ukulele ( <i>fortnightly</i> )	1-2pm	RSL



**WEDNESDAY**

<b>Exercise Class</b>	1.30-3pm	Lions Hall
<b>Garden Lovers Group</b> (2 <sup>nd</sup> Wed of month)	10-12 noon	Private home
<b>Meditation</b>	9.15-10.15am	Comely Bank

**THURSDAY**

<b>Bike Riding Group</b> (fortnightly)	9.30am	River St
<b>Equip4life</b> (Term 1 only)	1.30-3pm	Senior Citz
<b>Line Dancing</b>	10.30-noon	Senior Citz
<b>Scrabble in the library</b>	10-12 noon	Library

**FRIDAY**

<b>Book Group</b> (3 <sup>rd</sup> Mon. of month)	10-11.30am	Yarra Glen
<b>Bushwalking</b> (1 <sup>st</sup> Fri of month)	9am	to be advised
<b>Day Travel Group</b> (1 <sup>st</sup> Fri. of mth)	10am	Black Spur Nursery
<b>Laughter Club</b>	11– 11.30am	Queens Park
<b>Public Speaking</b> (fortnightly)	10-12 noon	Hub



*Relaxing with a coffee after Laughter Club*

## **BRIEF COURSE DESCRIPTIONS, in alphabetical order**

### **ARMCHAIR TRAVEL**

This is a photographic adventure into the many exciting places around this great country of Australia. It will bring you places that are captured on camera, either movie or still photography. This is a fun class for anyone interested in travel captured in photographic experiences, and shared with others. Leader: Terry Green, 5962 5351

### **ART & CRAFT GROUP**

Explore various painting and drawing techniques and if you would like to unearth the artist within, there will be qualified instruction. Leader: Bernie Schnull, 0490 496 510

### **ASTROLOGY, NUMEROLOGY & TAROT**

Terry Green will lead this class studying one of these topics each month. Astrology- history and relevance in this age of science. The class would also consider interpretation of their birth charts, examining various interpreting features of the charts.

Numerology- some understanding on how numbers were used to interpret various aspects of life.

Tarot- this method of examining how Tarot is used as a tool to analyse various influences on a situation or a person's life, potential outcomes and indicators.

**Monthly.** Expressions of interest to Leader, Terry Green, 5962 5351

## **BICYCLE RIDING GROUP**

The aim of this group is to bring people together to enjoy cycling and also to improve fitness as a part of a healthy lifestyle. The group needs a minimum of 3 people to make it worthwhile. The group will concentrate on the 1<sup>st</sup> and 4<sup>th</sup> 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

## **BUSHWALKING GROUP**

Wendy will co-ordinate a bushwalking group. Walkers would probably need to be confident to walk at least 10km on bush tracks. Leader: Wendy Veitch, 5962 6274

## **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

## **CREATIVE WRITING**

Helen has been attending Creative Writing classes for over ten years and would like to see a similar class happen in Healesville. This class would be enhanced with wise quotes, poetry, prose, political essays and letters from the past and from those within the group to facilitate healing and happiness. **Monthly. Starts Feb. 16.** Leader: Helen Collins, 0448 841 392

## **DAY TRAVEL GROUP**

Join Margaret and the group on the 1<sup>st</sup> Friday of the month at the Black Spur Nursery café to discuss the next outing. The Group travels by public transport and has a wonderful time often exploring new places. Leader: Margaret Farthing, 5962 6969

## **EQUIP4LIFE**

This is a FREE government funded health program. The program consists of 5 classes, once a fortnight, for 1.5 hours each class and the program will be tutored by experienced Accredited Exercise Physiologists and Accredited Practising Dietitians.

The program covers such topics as: How to lose weight effectively, the best type of exercise to help you reach your health goals, the benefits of strength training, how to get fitter and stronger, how to cook delicious healthy recipes and much more. **TERM 1 ONLY.** Contact: Heather Higgs, 5962 3772

## **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. Leader: Suzette Nassl, 5962 5635

## **GARDEN LOVERS CLUB**

This is for people who like gardening, who like looking at gardens, talking plants either edible or non-edible. You do not need to know a lot of technical information to join this group. It is purely for GARDEN LOVERS. Perhaps we could visit each other's garden, share ideas, take home some cuttings and perhaps have a cuppa and a piece of cake at the home you have just visited. Other suggestions: we could visit a local garden or park or one further afield. Contact: Heather Higgs, 5962 3772

## **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**

For those who want to learn this wonderful instrument for the first time or for those who have minimal skills. Leader: Doug Fudge, 5962 6274

## **HISTORY OF HEALESVILLE**

This 8 week course will look at the development of Healesville from 1860 to the present day. For example in weeks 1 & 2 we will look at New Chum; Coranderrk; beginning of tourism; arrival of the railway and the boom and depression of the 1880s-90s. This course is open to flexibility, according to people's interests. **TERM 1 ONLY (8 weeks)**. Leader: Bryn Jones, 5962 4697

## **HOW TO IMPROVE AT SCRABBLE**

Having fun with Scrabble can be a carefree relaxed social time with friends or family or a fiercely competitive contest. Whatever our preference or level of skills there is usually someone happy to give us a game. If anyone would like to improve their game I am happy to run a one off class or ongoing classes. There are a lot of techniques and easily learned tricks that can increase our

enjoyment of the game. I get a real buzz out of helping others to improve their game so I look forward to being able to help. Contact: Mal Eden, 5962 2278

## **INTRODUCTION TO BUDDHISM**

This class is an opportunity to explore the philosophy and general approach of Buddhism to contemporary daily life. We will discuss the way Buddhists perceive the world, the four main teachings of the Buddha, the Buddhist view of the self, the relationship between this self and the various ways in which it responds to the world, the Buddhist path and the final goal. Leader: Nigel Dobson, 0437 656 605

## **ITALIAN (advanced)**

Learn Italian with an experienced teacher. Leader: Fulvia Inserra, 0475 708 559

## **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 2233

## **LAWN BOWLS FOR BEGINNERS**

In conjunction with the Healesville Bowling Club there will be lessons in Lawn Bowls. All you need are very flat shoes or bare feet!! Come and have some fun and try a new activity. **2 WEEKS ONLY, Term 1** Contact: Graham Wood, 0419 007 827

## **LINE DANCING**

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

## **MEDITATION**

A small group of like-minded people gather together for an hour with a view to stilling the mind in order to generate peace, health, happiness and mindfulness. Chairs will be available, or bring your own cushions and mats if you prefer to sit on the floor. Leader: Marion Wasley, 5962 3570

## **PHOTOGRAPHY**

This class will be of interest to people who are excited about photography and who would like to share their photographic experience in a group of like-minded photographers. The class members would expect to share their skills while learning new photographic skills, approaches, images. The potential for photographic excursions and assignments could be arranged.

Equipment/material required: We will work with DSL (digital single lens) cameras. Leader: Terry Green, 5962 5351

## **PUBLIC SPEAKING**

Nola Sharp, the leader, is a distinguished member of Toastmasters. Each participant will play an active role in each session, and learn life skills that will enhance their confidence, improve effective communication, and learn how to write and present a memorable speech. Topics include' controlling your fear; organising your speech; impromptu speaking; creating an introduction and much more. **TERMS 1 & 2 ONLY.** Leader: Nola Sharp, 5964 4993

## **RELAXATION**

Relax and de-stress. Experience deep relaxation and learn how to do it yourself as you manage and let go of stress. There will be 3 classes running for 1 hour with professional therapist David Townsend. You will cover several stress management methods and relaxation for mental and physical health. **TERM 1 ONLY. Start Feb. 8** Leader: David Townsend, 0417 314 283

## **SCRABBLE**

Exercise those brain cells! This is an enthusiastic group of players and new members are most welcome. Contact: June Slater, 5962 2005

## **SCRABBLE: HOW TO IMPROVE YOUR GAME (see under H)**

## **SCRABBLE IN THE LIBRARY**

Without the use of help lists, have fun using the letters to make words, hopefully with the use of triples! Leader: Dorothy Carter, 5962 1869

## **SPIRITUALITY**

Fulvia Inserra will take this class and would like to discuss with people whose understanding of life goes beyond the physical boundaries of the five senses. The focus of the class is to share personal experiences based on your intuitional faculty and see where it takes you. Participants can be assured of a relaxed and non-judgemental environment. Fulvia has been a spiritualist for more than twenty years and has a profound knowledge of the subject. Leader: Fulvia Inserra, 5962 4560

## **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. For beginners. Leader: Doug Fudge, 5962 6274



**HINT:** The bus from Eildon leaves Healesville, Green St at 9.30am weekdays, and travels to Southern Cross. Return: leaves SC at 20 to 4pm. Use your Myki card on the bus for lunch with friends or a film in the city.



**A COW OF A LIFE by R M (Bob) Deacon**

As the dark sky lightened from the east,  
The day gradually came to life,  
Slowly, we all began to move  
Eyes and brains adjusting to the increasing light

Wisps of steam rose, and hung above the dams,  
As we wandered towards the laneway,  
Streams, of early sunlight  
Stretched across the brightening landscape  
The crisp fresh air was cool and clean,  
Gently we jostled and pushed our way,  
As we trudged towards the yard,  
Yesterday, today, the same routine day after day

Routine controlled our daily lives,  
We plodded through the messy mud,  
And then waited, in turn to give our milk  
On the clean concrete of the yard

Filling the air within the dairy,  
The unmistakable smell of cattle,  
And as we traded our milk for a feed  
The machines hissed, sucked and rattled

With our udders sucked dry of milk,  
And a belly full of hay,  
The long walk to the day paddock,  
Until the next milking, later in the day

The rest of the day is filled  
Grazing on the fresh green grass  
Routine milking in the afternoon  
The same old routine brings it on much too soon

The calf, I have every year,  
Is taken, soon after birth,  
Then I am milked for the rest of the year,  
There must be more than this, to my total worth

My life seems to be in a great big rut,  
To climb out, there must be a way,  
Yet, life is not all that bad,  
Just the boring routine, day after day

**BUT** I dream of doing what I want  
I dream of being free  
to be able to raise, and feed my calf,  
to escape the daily routine and .....just be me

*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 [jibarlow44@hotmail.com](mailto:jibarlow44@hotmail.com)*

## **CLASS ATTENDANCE - U3A MEMBER RESPONSIBILITY - 2016**

**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.

## **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. 12-16), 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 five U3As in the scheme: Healesville, Lilydale, Mount Dandenong, Sherbrooke and Yarra Junction.

### **U3A Healesville & District Committee Members**

President: Julian Higgs                      Secretary: Don Macdonald

Vice-President: Dorothy Carter

Treasurer: Julian Higgs                      Class Co-ordinator: Heather Higgs

Newsletter journalist/Promotion: Val James

Committee members: Margaret Farthing, Jennifer Adams

### **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](mailto:healesville.u3a@bigpond.com)

Newsletter editor & web admin: Joan Barlow