



Healesville & District U3A Inc.

ABN: 73370385591

## **NEWSLETTER**

**JULY to DECEMBER 2016**



February 09 near Healesville : a diptych painting (oil on canvas) by Jane Fitzherbert, one of our members.

## OUR 10<sup>th</sup> ANNIVERSARY LUNCH



At our first U3A meeting for 2016 Julian Higgs our President and Treasurer informed us that it was 10 years since our Healesville U3A was started and suggested the occasion should be acknowledged.

I offered to form a committee and organise a celebration. With a committee of 5 enthusiastic volunteers we began to make plans for our lunch, which our Treasurer assured us that we could afford to do, and to charge our current members a minimum fee to attend.

Our lunch at the Senior Citizens Hall, was held on Thursday 2<sup>nd</sup> June 2016. The hall looked splendid, decorated with blue and yellow balloons and our two U3A banners proudly hanging from the rafters. The tables were beautiful decorated with rustic hessian table runners and jars tied with colourful ribbon and full of native and exotic flowers. We served a delicious spit roast with all the trimmings and a choice of 3 desserts plus a cake to celebrate the occasion. There was a choice of red or white wine on the tables as well as jugs of water with pieces of lime and lemon floating on top.

Doug Fudge played his guitar and sang 3 songs, which included Wendy Veitch and Joan Barlow as “back singers” for a song he wrote especially for the occasion. Some of Doug’s Ukulele group

accompanied him in his final song, "Always Look on the Bright Side" which got everyone singing along.

We invited some past committee members, representatives of other U3A's in the Shire and also Fiona McAllister our Council Representative. Fiona and Ian Tinney (our first President), made a speech and Ian and Luisa Williams, who was instrumental in starting our club, cut the Celebratory Cake.



During the whole lunch photos over the past 10 years was shown on a Power Point presentation. Thank you to Terry Green and Julian Higgs who put this together.

Julian helped with the preparations, and also was very efficient as MC. He kept the lunch moving along smoothly.

Thank you to my committee, Val James, Val Patch, Jenn Adams, Glenice Liston and Roger Pape. They were wonderful, with everyone doing their share happily and enthusiastically. Thank you also to Colleen Hudson, Heather Dunne and Beth Schilling who helped with the setting up and cleaning up and also thank you to Lyn Quaife who helped clean up.



*Organising Committee: Glenice, Val, Roger, Heather, Val and Jenn*

In summary our 10 Year Anniversary Lunch was a huge success and I'm sure made all those who attended feel proud to belong to our wonderful organisation.

*Heather Higgs*



## **THE U3A SONG by Doug Fudge**



*Doug singing the song, accompanied by Bob, Roger and Di*

When I retired I was assured  
That in six months time I would find myself bored  
So I decided it would be nice  
To give my brain a little exercise  
You'll never get bored or so they say  
If you sign up and join U3A

Kicked off by Ian Tinney and of course SueTonge  
Then Terry Green just happened along  
And Don McDonald and the Higgs duo  
With a newsletter written by Joan Barlow  
They all play a part in it you have to say  
In starting up and steering U3A

You can look at people's gardens and enjoy a line dance  
And learn to speak French for when you go to France

Visit ancient Rome and never wear a toga  
Ride your bike or practice Yoga  
Try local history and you never know  
You may end up in a variety show

You can become a member of the ukulele rabble  
Speak German or Italian or play a game of scrabble  
Sing in a choir or take a photograph  
Or meditate or enjoy a laugh  
But the book club you would have to say  
Would never admit to reading fifty shades of grey

If you exercise your brain it can be exciting  
It might develop skills like-well-song writing  
It'll help cure arthritis and it never fails  
It staves off dementia and ingrowing toe nails  
You could try bushwalking and keep yourself fit  
And you won't have to rely on your Fitbit

So if life seems ready to pass you by  
And you're not yet ready for your brain cells to die  
And you're bored with crosswords and hate sudoku  
Why not invest your time with something new  
Don't delay- act today  
Come down and join up with U3A

## **ANNUAL GENERAL MEETING**

**2pm THURSDAY 20<sup>th</sup> OCTOBER 2016, Senior  
Citizens Hall**

Come along to hear an interesting speaker and vote on important U3A matters. 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.

**U3A Member Registration & Enrolment Day  
for 2017**

**THURSDAY 24<sup>th</sup> NOVEMBER 2016**

**1 – 4pm**

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

We have a number of exciting new courses for 2017 so make sure you check the details outlined in our November Newsletter

## OUR VARIETY SHOW IS ON AGAIN

**Saturday 19<sup>th</sup> November**



*The finale of the 2015 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 19th at the Healesville High School, commencing at 2pm**. Tickets will be on sale from approximately September, for only \$5. 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.

## *A profile of Bob Deacon, choir member and performer in our Variety Show*

*by Val James*

Bob Deacon has been a U3a member for many years and he and his wife, Anne are involved in several activities.

Every time our small choir participate in a concert, generally Bob and Anne are there. Bob often also recites several great monologues during the concert too.

He is very active in our Theatrical Group and this year has a few parts in the November Show which will be held at The Healesville High School Theatre.

In relation to his life, this has been very interesting and productive, and he is known to be a terrific family man. He and Anne have brought up four children and there are quite a few grandchildren too. Bob is a very popular person in the U3a and is always ready to give a helping hand when needed.

In his earlier years he was a Scout, a Sportsman and did his National Service and with his love of the land became a Farmer. Apart from being a remarkable Poet he is also an excellent Artist.

Now in his retirement, he and Anne continue to have many adventures and tour numerous parts of Australia, sometimes for months at a time, in the cooler months and also travel overseas.

### **TERM DATES for the remainder of 2016**

**Term 3            Monday July 11<sup>th</sup> – Friday September 16<sup>th</sup>**

**Term 4            Monday October 3<sup>rd</sup> – Friday December 16<sup>th</sup>**

## **CLASS REPORTS for this year**

Some of the following reports have been written by the Class leader, however many are written by a class participant. Many thanks to all those people.

### **Armchair Travel Program for Aged Care Centres in the Region** *Leader: Terry Green*

Although this Armchair Travel program is no longer promoted as a course or class it seems the Life style coordinators of the aged care facilities have somehow heard this could be a good thing for the aged people who most likely will not be able to visit many of the Australian location that are presented in this program.

When I retired as President from U3A Healesville and other Regional duties I had considered running the Armchair series of travels as a class for U3A. Initially there was an interest however we could not get sufficient numbers to regularly attend.

Golden Wattle, Healesville is regularly attended by a group of aged folks. Wendy Barry who runs the facility encourages people who attend the centre to try the Armchair presentation, with the result that Armchair is presented to these people once a month. Some U3A members, disappointed at the loss of Armchair as a program, have attended the Golden Wattle program, and so Armchair Travel continues in a new way.

Wendy Schulz from AdventCare in Warburton who also knew of the program invited me to run the presentations for the people there, and this too has been happening once a month.

I am just waiting on paper work to go through so I can commence Armchair at Aurrum Age Care Healesville.

Some of you will recall back in the early days of U3A Sue Malta ran a program through U3A Healesville for Age Care people. This program was called "Count Us In" and this program offered various classes for aged care people homes. Well you could say Armchair is an off shoot of this type of program.

What sort of presentations does Armchair offer the aged Care people? Well every time I travel the trusty camera records lots of photos these are assembled / Edited into a Microsoft PowerPoint presentation and we Armchair Travel to every corner of Australia. *by Terry Green - U3A enthusiast*

### **Book Group at Yarra Glen**

***Leader: Joan Barlow***

"Are all families as dysfunctional as this one?", "What a journey, from New York to Alaska...", "I've never read a book about the Melbourne crime scene before- a real revelation". These are just some of the reactions to the books we have read this year, all of which have led to fascinating discussions. One of the advantages of belonging to the Book Club is that we are introduced to books that we may never otherwise read: some we love, some we are not so keen on, but we always have a great time.

### **Bushwalking Group**

***Leader: Wendy Veitch***

When Wendy Veitch said she would like to start up a bushwalking group the President in me said Fantastic! I had often thought that this was a gap in our program. And the bushwalker in me said Fantastic! I love to go bushwalking and I'll join. So now we have been on a number of walks and it has been a great success. Wendy clearly has friends in high places as on every occasion the weather has been perfect. Even on top of Lake Mountain in May we had the most glorious day. I had wondered if we would just be doing walks in the

Healesville area but no. Wendy has taken us much further afield on varied and interesting walks. To Silvan Dam, a loop around Pound Bend on the Yarra at Warrandyte, the old aqueduct trail from Mt Evelyn, around the walking and ski trails of Lake Mountain and around the Hamer Arboretum and Olinda Creek area at Olinda. Fabulous walks, typically around 10 km in length, in fabulous country with like-minded people. Around 12 to 15 people on each walk makes for lots of walking and talking with always a break for a morning snack and lunch in some lovely spot. So thanks Wendy for making this happen. I have no doubt that we all look forward to lots more of these walks.  
*by Julian Higgs*

### **Choir**

***Leader: Nan Francis***

Nan has been conducting our choir since the beginning of U3A in Healesville. We meet every Wednesday afternoon at Golden Wattle for about one hour. We have two male singers (need more) and about eight female singers. We perform our concerts at times throughout the year. It is a very friendly group and we have a lot of fun singing. Rita is our accompanist, and she is terrific. We are a small group but enjoy our singing.  
*by Val James*

### **Day Travel Group**

***Leader: Margaret Farthing***

The group has had interesting and varied outings this year. For those of us that are new to the group, it has been especially good as we have visited places we perhaps would not have gone to alone. These include the Spirit of ANZAC exhibition, the Old Melbourne Jail, a ride on the ferry and then fish and chips at Williamstown and a visit to Ripponlea to see the dresses from the Dressmaker movie. We are learning our way around the public transport system and have become experts at using the Myki card while enjoying good company on the journey.  
*by Deryl Moloney*

**Exercise to Music****Leader: Gwendoline Shields**

A more friendly group you couldn't hope to meet, cheerful and so light on their feet as Gwendoline tries to keep us fit and vital.

Marching and skipping along to lively music and song and laughter when we get it wrong.

A stop for water then exercises with weights, can you see our muscles inflate?

Tai chi routines with Gwen to slow the pace then sit with eyes closed to dream of our special place.

Chairs encircle our Leader while she reads her latest jokes then the two hours are up and she says "That's all folks" *by Dorothy Carter*

**Garden Lovers' Group****Leader: Heather Higgs**

Why do I enjoy the second Wednesday of the month (?) –because I am a member of the U3A Garden Lovers' club. To my surprise we have visited many amazing gardens, some are extensive covering many acres, some are more modest often hidden behind units but universally all loved and cherished.

We have visited a garden regenerated after a bushfire-we have seen how useful guinea pigs are in keeping a lawn in check-we have seen a demonstration of pruning roses and lavender-we have tasted weeds (yuck!) we have visited a garden with a great variety of cacti- we have learned how to cope with unwanted visitors (Australian fauna) and swapped cuttings.

It is noticeable that our gardeners have expended time, money and skills in their domains with amazing results.

If you have an interest in a garden of any size come and join us –the coffee is good also!!

*by Wendy Veitch*

## **Introduction to Buddhism**

***Leader: Nigel Dobson***

Although we may still be a long way from enlightenment, teacher Nigel, Chozang-La, has already opened our minds to many aspects of Tibetan Buddhism, which we knew little about. In fact most of us knew little of Buddhism at all.

Nigel attended a three year retreat in America and has committed himself to the Buddhist life, while being married and excelling in other fields.

Warm and approachable, Nigel fields our varied questions in good humoured style. We have an average of 12 at the classes and during the term we have really warmed to the subject and have enjoyed exploring glimpses of the many varied paths to enlightenment – or 'waking up'. Lots of laughter is sandwiched between rewarding discussion.

Some concepts are challenging, others simple. We have touched on the 6 Realms of existence, the Noble 8-fold path, 12 Sources of suffering, and the 4 Immeasurables.

The last encourages us to wish only the best for all others. We are practising that!

*by Judy Macdonald*

**Laughter Group*****Leader: Val James***

Research says that, 'Laughter Is The Best Medicine!' This is certainly true for the 11 a. m. Friday U 3 A Group, which meets in the covered B.B.Q. area near the outdoor pool in Queen's Park. This friendly, light-hearted, ready for fun group, is led brilliantly by Val James, with jokes, fun action activities, verbal games and ditties; all where you are at liberty to add your own ideas, your own unique sense of humour, or silliness! It is a group where you can forget your troubles and have a good laugh, followed by a cuppa at the bakery for those that want to partake.

*by Janet King***Line Dancing*****Leader: Cheryl Barwick***

For the Warby Girls Line dancing is one of the events of the week.... one of us asked once what is more important line dancing ,the company or the lunch. I don't think we could really separate them but the line dancing is definitely the most challenging.

We all gather with our friends from Healsville and surrounds, and there's a few of us now, at the Senior Citz in Healesville with Cheryl our leader always at the ready out the front with the music.

40 ladies and a couple of blokes ages from 55 to 90 all enthusiastic with variable ability. We dance with "Dolly", sway to "Black Coffee", step up to "Pepito" and do the "GI Blues " in "Smokey Places". There is the occasional jostle for a "SPOT" ... some of us can be a bit precious and the call for can we do that again!! But with the expert assistance of our patient and talented leader Cheryl calling the steps and keeping us in order we keep going and get it right.

On reflexion although the dancing is wonderful, great for our minds and bodies the highlight for me at least is the new friends we've made ..the chats and laughs during and between dances. We even made it on to film this term so we are one and all STARS!!! *by Jacque Frost*

**Meditation*****Leader: Marion Wasley***

Our meditation group is a small and friendly group of likeminded people who like to be in touch with their inner self and practice mindfulness in the serene setting of Comley Bank (the most perfect venue). A truly peaceful group who enjoy discussion after meditating and share the warm and profound energy produced by the group each week. Our members have often commented that they consider their time at meditation an important part of their week, hence the regular attendance.

*by Faye Hemenstall***Public Speaking*****Leader: Nola Sharp***

The idea of this course is excellent. The classes were run similarly to a Toastmasters meeting which help participants develop both their skills and confidence in any form of speaking to an audience. The private room at the Hub was adapted well to this course - chairs and tables were arranged in a way for participation by everyone and a lectern supplied. The room also gave privacy for the class to operate smoothly.

Each class was a new experience with participants asked to give their own prepared speech at each class. Everyone was also encouraged to join in on the impromptu sessions. This "hands on" structure was excellent for giving class members real practice and help in developing skills.

The two leaders (Nola and Anne) went to great lengths to make the atmosphere of the classes friendly and relaxing. This was essential in such a class where novice speakers could be very nervous about speaking in front of others. Feedback for every participant was totally encouraging, and it was noticeable that all who attended improves both their skill and confidence with the feedback they received. This course was an excellent example of what U3A should be involved in. It gave the participants new skills and improved confidence not only in public speaking but expressing themselves in general

It was unfortunate that the class did not attract larger numbers. My thanks for this course - I enjoyed it as entertainment as well as learning, and I was looking forward to every lesson. *by Keith*

**Scrabble*****Leaders: June Slater, Dorothy Carter***

There are two classes of Scrabble, Monday afternoon at a private house and Thursday morning at the Healesville Library.

June Slater runs the Monday afternoon session and up to three games run together. Great fun, refreshments and the little grey cells are working full time. Dorothy Carter runs the Thursday session and I understand this is going well too. *by Val James*

**Ukulele*****Leader: Doug Fudge***

After several unsuccessful attempts over my life time at playing a musical instrument I was drawn once again to Hans Music Store in Croydon, I could not help but notice the amount of space given up to the Ukulele. They were there in all shapes and sizes , ranging in price from \$29 up to \$1000.

Ten minutes later I was the owner of one such instrument ( from the \$29 end of the scale ). My return home was met with the usual comments , like what's going to happen with the guitars, drums, harmonica, Kazoo, not to mention the Ocarina, maybe we should have a garage sale.

Ok so how do we go about learning to play this thing ?

By the following evening I was belting out a couple of 3 chord songs and Twinkle ,Twinkle Little Star (this should impress the grandkids ).

Searching online for lessons, I could not believe my eyes when I discovered that **U3A in Healesville** was advertising Ukulele and Guitar lessons. A quick call to the advertised number and

I had my first contact with the amazing Mr Fudge. How lucky are we in Healesville to have such a talented man willing to share his time and his knowledge with a bunch of beginners.

My first lesson with Doug inspired me to try even harder with this beautiful little instrument. We now have a wonderful group of people learning the Uke and it is all due to the tireless efforts ( not to mention endless patience ) of Doug.

Ukulele Class alternates every second Tuesday with guitar classes also under the expert guidance of Doug Fudge. *by Bob Willis*

## 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: Bernie Schnull, 0490 496 510
- **ASTROLOGY** Leader: Terry Green, 5962 5351
- **BOOK GROUP AT YARRA GLEN** Leader: Joan Barlow, 5962 5083
- **CHOIR** Leader: Nan Francis, 5962 6371 *No meetings in Term 3.*
- **BUSHWALKING GROUP** Leader: Wendy Veitch, 5962 6274
- **BIKE RIDING 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
- **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
- **INTRODUCTION TO BUDDHISM** Leader: Nigel Dobson, 0437 656 605
- **LAUGHTER WORKSHOP** Leader: Val James, 5962 2237
- **LINE DANCING** Leader: Cheryl Barwick, 9730 1171
- **MEDITATION** Leader: Marion Wasley, 5962 3570
- **ROMAN HISTORY** Leader: Martin Dix, 0412 002 234
- **SCRABBLE** Contact: June Slater, 5962 2005
- **SCRABBLE IN THE LIBRARY** Leader: Dorothy Carter, 5962 1869
- **SPIRITUALITY** Leader: Fulvia Inserra 5962 4560
- **UKULELE** Leader: Doug Fudge, 5962 6274
- **VARIETY SHOW** Contact: Dorothy Carter, 5962 1869

## Class Timetable, Terms 2 & 3 2016

<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
Astrology ( <i>3<sup>rd</sup> Mon. of month</i> )	9-12 noon	Golden Wattle
Intro to Buddhism ( <i>1<sup>st</sup> Mon. of month</i> )	10-12 noon	Maroondah Ret.Village
Photography( <i>2<sup>nd</sup> Mon. of month</i> )	3-4pm	Golden Wattle
Scrabble	2-4pm	Private home
Spirituality( <i>3<sup>rd</sup> Mon. of month</i> )	11-12 noon	Maroondah Ret.Village
<b><u>TUESDAY</u></b>		
Art & Craft Group	10-12 noon	Lions Club
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
Roman History( <i>weekly</i> )	11.45-12.45	RSL
Ukulele ( <i>fortnightly</i> )	1-2pm	RSL
<b><u>WEDNESDAY</u></b>		
Exercise Class	1.30-3pm	Lions Hall
Garden Lovers Group( <i>2<sup>nd</sup> Wed of month</i> )	10-12 noon	Private home
Meditation	9.15-10.15am	Comely Bank
<b><u>THURSDAY</u></b>		
Bike Riding Group( <i>fortnightly</i> )	9.30am	River St
Line Dancing	10.30-noon	Senior Citz
Scrabble in the Library	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

**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. **2017** membership renewal, course information and enrolment will be available at the Registration Day on **Thursday 24<sup>th</sup> November 2016 (see p.7)**

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. 18), 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.

**U3A Healesville & District Committee Members**

President: Julian Higgs

Secretary: Don Macdonald

Vice-President: Dorothy Carter

Treasurer: Julian Higgs

Class Co-ordinator: Heather Higgs

Newsletter/web admin: Joan Barlow

Committee members: Jenn Adams, Jeni Conquest, Gianna Esposito, Val James, 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

**Mail:** PO Box 1017, Healesville 3777 **Email:** healesville.u3a@bigpond