



HEALESVILLE
UNIVERSITY OF THE THIRD AGE

Welcome to U3A Healesville's August newsletter

From the President

The year continues to be one of growth and energy. New courses have added to the variety of options available, our partnership with other U3As in the Outer Eastern Region is developing through a new joint Facebook page and the Committee continues to receive positive feedback from members. 20 of our Hit the Road members are embarking on a two week adventure to Broken Hill in September and I wish them well. This has taken a great deal of organisation from Anne Catchpole and David Buchanan and we look forward to hearing their stories when they return. One of the most delightful aspects of our U3A is to hear new members comment on how welcome they have been made to feel. Our membership is approaching 300 (at time of writing we have 297 members) which is a wonderful reflection of the work done by Course Leaders and the Committee.

Finally, I want to thank Wendy Veitch and Carol Taylor for the work they do putting together this monthly Newsletter. Along with our website it is our main means of communication. Our AGM is coming up on 14 September in the Senior Citizens Hall and I look forward to a strong attendance.

Dates for your diary

AGM – Thursday 14 September

This year's AGM will be on Thursday 14 September from 10 am, at the Senior Citizens Centre, with morning tea provided. The speaker will be April Paterson, Age Friendly Community Officer, Yarra Ranges Shire. All are welcome to attend.

Radio broadcast – Wednesday 20 September

Allan Collier of Yarra Valley FM will interview John Pascoe and Bill Woods of U3A Healesville on Wednesday 20 September. The theme will be 'U3A Healesville in the local community'. As well as talking about our theatre performance and the addition of pickleball to our classes, John and Bill will talk about our public presence through ukulele and choir performances, music in the park and membership of Healesville and District Service Providers Committee.

Term dates

Third term will end on Friday 15 September. Fourth term will commence on Monday 2 October.

Course updates

Pickleball

Monday 17th July saw the start of a new sporting activity for U3A Healesville, 'Pickleball'. After many months of research, sourcing a suitable indoor venue, getting expressions of interest from members and purchasing the necessary equipment, we had our first Pickleball session. Ten members helped set up the two nets on one of the indoor basketball courts at the Healesville High School. We were given instructions on a few of the most important rules

and then got to play for just over an hour. Everyone, of all abilities and experience, was able to have a go, get moving, work on improving their hand-eye coordination and have some great fun at the same time.



It was a very promising start to our Pickleball journey. Feel free to come and have a look or join in yourself, on Mondays from 3:15pm to about 4:50pm, at the Healesville High School Basketball Stadium (in the building directly behind the Jack Horte Swimming Pool).



Garden Lovers

The Garden Lovers group saw the restart of their popular outing to the brussels sprouts farm in Coldstream on Wednesday 19 July. The last one was in 2019. Amongst other things, the group 'toured' the vast array of vegetable plots and was able to purchase a wide range of vegetables – including cauliflower, broccoli and, of course, brussels sprouts. There was also a tasting of a delicious brussels sprout soup, plus scones with cream and jam.

Gymnastics

U3A Gymnastics is growing in popularity. It is held in the community space at Healesville High School on Monday afternoons from 1:30-2:30. Dru Troon, who has taught gymnastics to young people over a long time, helps U3A members to test their balance, flexibility and strength on a range of gym equipment.



Dru and Linda on the beam

Updates

New fence

Thanks to the Shire of Yarra Ranges, the new fence has almost been completed – all that is missing is a gate to connect to the main entrance of the Courthouse. It is certainly a big improvement, especially with its new coat of paint.



Grant success

U3A Healesville recently applied for two grants. One, courtesy of the Regional Community Led Regional Recovery Committee, enabled us to buy a range of equipment for the ukulele group, including music stands and music books, as well as purchase a television monitor and trolley for the tap-dancing class. Following this, the ukulele group was invited to perform in front of the Valley Community Recovery Committee (Helping Communities Rebound Grant), which had approved the application. Present at the performance were Sue and Peter Broman, Christine Dimmock, Robyn James, Joy Harte, Bob Earl, Anna Knappe, Kathy Kidston, Shirley Allott, Vicki Paris, Brian Luckhurst (plus tamborine) and

Pauline Lucas. The performance was part of the acquittal process. They 'ticked all the boxes' and received loud applause and cheering!

We are still waiting to hear whether our second grant application, to enable equipment purchase for pickleball, has been successful. If it is successful we will be able to purchase more equipment to allow six games to be run concurrently.

Committee positions

At the upcoming AGM, all committee positions will automatically fall vacant. Information on the process of applying for committee positions will be sent out soon as part of the documentation prior to the AGM.

In addition, a new role of Information Officer is being introduced by the committee. The role might easily suit someone with a communication and/or marketing background. A position description will also be available soon.

Of interest

My Aged Care forum

The Elder Rights Advocacy and Healesville Living and Learning Centre are holding an Aged Care Forum on Wednesday 16 August from 11 am to 1 pm at the Darren Honey Centre. Lunch will be provided. Topics to be covered will include Home Care packages and My Aged Care and how the packages can be used. The forum will also explore the issue of elder abuse. To book a place contact: 03 59 625 982 or email reception@hllc.org.au

The Stroke Foundation

Casey Levy, the community advocacy and events coordinator at the Stroke Foundation has provided U3A Healesville with information on her role re providing the latest Stroke Foundation information to survivors of stroke, their families, friends, and communities. The intention is ensure as many Australians as possible understand the risks of stroke and what to do in the event of anyone having a stroke.

For more information contact the Stroke Foundation on 1800 787 653 or 03 96701000, or email strokeline@strokefoundation.org.au