

(Reg. No. A0035750D)  
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## TERM 4 – 7<sup>th</sup> October – 1<sup>st</sup> December, 2019

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### 2019 End- of- year Function for U3A Highvale

will be held on Tuesday, 26<sup>th</sup> November 2019 at 2pm, at the Highvale Village Community Centre. Guest speaker is Jane Harvey. The function will conclude with afternoon tea. All members of U3A Highvale Inc. are invited.

Membership renewal and enrolment day for 2020 courses is Wednesday, 27<sup>th</sup> November, 2019 at the Highvale Village Community Centre from 11am-1pm. You may also register online via MyU3A. Please note that class enrolment will not be activated until payment is made and processed.

### October is Seniors Month

Lookout for activities near you.

#### Sunday 6 October – Seniors Festival Celebration Day - Federation Square, Melbourne

U3A Network will highlight U3As across the state with:

- Information on every U3A
- 40 metres of adjoining U3A marquees full of life and activity
- Performances at **Deakin Edge** and **Riverside Terrace**
- Volunteers from U3As big and small, near and far staffing the U3A information table on Celebration Day and at the **Town Hall Hub** October 6 – October 11

#### 7 – 13 October – Seniors Festival free travel period

Free travel is available during Seniors Festival for Seniors Card holders on all metropolitan and regional public transport.

### Spring Lunch at Parliament

Spring is here, hang up those winter woollies and book for a two or three course lunch in Strangers Corridor at Parliament of Victoria. Spring Lunch special available from Monday 16<sup>th</sup> September through to Friday 11<sup>th</sup> October 2019. Available Monday to Friday... **BOOKINGS REQUIRED.**

Please phone 03 9651 8944 or Email: [infocatering@parliament.vic.gov.au](mailto:infocatering@parliament.vic.gov.au)

## ***President's Message***

Hello everyone !

Here we are in the last month of Winter and beginning to look forward to Spring. It seems ages since I wrote to you so I hope that your U3A experiences during Terms 1 and 2 and the first half of Term 3 have been enjoyable.

Our Eastern Metropolitan Region, (EMR) has organised a seminar for tutors on the afternoon of Monday 23rd September, at Nunawading U3A (school holidays). Our tutors have been invited so we are hoping that U3A Highvale will have a good representation. The speaker for that session will be Graham Blackley who owns the company Alba Creative Learning. Tutors will discover how to deliver a dynamic and engaging program and identify how to use communication techniques to create maximum impact and inspire understanding. Our committee members will be attending the morning session and discussing the future of regional meetings.

Our U3A choir is learning some new songs and hopes to have the opportunity to entertain another group of people soon. We are delighted that we have had sixteen singers at some practices recently. We would love to see some more men so if you would like to join us you would be most welcome, Fridays at 3.30pm.

Our end of year function will be held on Tuesday 26 November at 2pm. The speaker will be Jane Harvey. She is a world renowned dog expert, author and judge. Jane has judged at dog shows in ten countries and has produced many DVDs and videos. I'm sure that she will have some interesting stories to tell us so mark this date in your diary. We will also have afternoon tea to celebrate another eventful year at U3A Highvale. There is an article about Jane on page 5 of in this Newsletter.

The Art Appreciation group has had two interesting excursions, since I wrote last time. In June, they travelled to Castlemaine for an exhibition in the gallery there. This exhibition showed entries in the Len Fox painting awards. The group also had lunch before going to the gallery. Last week the group went to "Twenty Melbourne Painters" in the Glen Eira gallery at Caulfield town hall. As there are no cafes close to the exhibition, the group had a light lunch in the Community Centre dining room before leaving for the exhibition. This was a good idea as there isn't always time to chat when we visit galleries as members have lunches in different places and view the exhibitions in small groups.

We have had two tutors helping us out in the French class and Advanced Mandarin class this term. I have spoken to some students and they have enjoyed the lessons. Hopefully the tutors have enjoyed working with the students too. I would like to thank Georges and David for helping us out.

We have two line dancing classes running at Capital Reserve Pavilion. One class is for beginners and the other class is for more advanced students. The physical exercise classes including Zumba Gold, Qigong, Yoga and Tai Chi are still very popular. There will be a time change for Zumba Gold next term so please check the timetable carefully.

We have vacancies in our Snooker group, Current Affairs and Music Appreciation. Let us know if you are interested in joining these groups. Just put a note in the U3A box.

It would be great to run some short courses, next term. If you could do it yourself or you have some suggestions, please let us know.

When this newsletter is produced, we will email copies to members who have email addresses and give hard copies to members who don't have email addresses. There will always be three or four copies in the tray under the U3A board. Please let us know if the tray is empty and you don't have access to computers and we will make sure that you get a copy of the newsletter.

Continue to enjoy your classes.

Yours in lifelong learning,  
*Jan Clear (President and Course Co-ordinator)*

# Familiarity Breeds Content

Yes you read it right -- content NOT contempt.

A recent article (Technology blog Software) in The Guardian stated:

*"Research by Kyle B Murray and Gerald Häubl shows that familiarity breeds ease of use, and that people think that whatever they're familiar with is the best. The result is "cognitive lock-in".*

*In tests using a web search, most of the people assigned the harder option came to prefer it to the easier one.*

*Familiarity has a huge benefit in that people no longer have to think about something to get it done."*

**Members** of U3A Highvale are becoming more familiar with MyU3A and how it benefits them. Above all you should know that **if your name is not pre-printed in the class roll for the term, you have not officially enrolled or paid up in time.** Your cooperation in rectifying this situation in future is appreciated.

Those who are a little more tech savvy already tap into some of the features available to fully paid-up members via members login.

On logging in as a member with your ID and password, you see *Membership Status 2019*.

At the bottom of the page action buttons display:

Click:

**Update Profile**  
**Change Membership**  
**Classes 2019**

To:

update your own details  
switch type (not mid-year)  
select classes to join (provided they are open for enrolment), or withdraw from classes  
record apologies online, after entering the dates of absence and then clicking **Commit** on the Apologise page

**Tutors**, however, may as yet not be as familiar with MyU3A. Its potential in assisting tutors to manage their classes is just waiting to be unleashed. On accessing the Tutor Portal with you ID and password, you see a list of the class(es) for which you are responsible.

Choose the relevant Class and click **Select** to display the *Class Profile*. At the bottom of the page you have the following action buttons.

Click:

**Students**

**Tutor Info**

**Mark Day**

**Attendance Report**

**Summary**

To:

adjust students in your class;  
e.g. accept waitlisted members via **List Waitlist**  
display private list of emergency & student contact details  
record student attendances at your class  
print a roll for marking attendances (this is normally prepared for you at the start of each Term)  
view summary of forward apologies & withdrawals

The **Emailer** function is not contained within the Tutor Portal. It can only be accessed via the Admin Portal. Emailer enables you to send an email to the whole class, using the most up-to-date list of addresses stored in the My U3A database. But it has limitations:

- File attachments cannot be used
- Text formatting is not supported
- Content is limited to approximately 500 words.

If you want to use the Emailer, send an email the Secretary at [postmaster@u3ahighvale.com.au](mailto:postmaster@u3ahighvale.com.au). You will receive a PDF with the relevant URL hyperlink.

Keep the PDF secure on your computer or device and retrieve it as required. When you want to send an email to your class, click the hyperlink to access the Admin Portal and enter just your password. This page displays with the Emailer option.

Click:

To:

**Member Register**

locate member by name, address. This is a special purpose MyU3A App which meets the minimal requirements of the *Associations Incorporation Reform Act 2012*

**Venues**

view venue profiles, control and planning (not normally used by Tutors)

**Timetables**

display timetables according to venue name

**Courses & Classes**

check on comprehensive information about courses and classes

**Calendar**

display the start and end dates of terms and holidays for current year

**Emailer**

send an email to your class (see dialog below)



Labels/Buttons:

Action:

**Subject**

Enter subject heading for email

**Email Text**

Enter text of message

**Send to:**

Enter your class code

**Class**

Click **Class** button to send. Wait for MyU3A to process the email. On completion you get a list of all members with emails and list of those without emails who will need to be informed by other means.

**All Tutors**

(For use by Admin & Coordinator)

**The Next Stage.** As members and tutors become au fait with how MyU3A works and what the system can do for them, U3A Highvale would have reached another stage in its development and growth.

Without doubt, we are making progress. To quote Mark Twain: "The secret of getting ahead is getting started."

*Siew Kennedy*  
*Secretary/Treasurer*

## Ode to U3A

I am a U3A person  
I like it very much  
With matters intellectual  
It keeps us in touch.

The saying "A healthy mind  
In a healthy body"  
Of the Ancient Greeks begotten  
Has not been forgotten.

The atmosphere is friendly  
And we treat each other gently  
Friendships are made each day  
We all enjoy our classes come what may.

Our U3A is a happy place  
And presents a cheerful face  
All those concerned are willing volunteers  
So let us give them all three cheers  
Cheers! Cheers! Cheers!

- by **Savvas Athan**

*Class Leader, U3A Nunawading*

## Class Notes

### Qigong

The Monday morning Qigong class is progressing well.

Qigong is a gentle form of exercise which has been practised in China for thousands of years. It has some aspects similar to its well know cousin, Tai Chi.

The practice of Qigong combines movement, breathing, intention and concentration, to improve health and well being.

Some of the Qigong forms (groups of movements), we practise in class include, Eight Pieces of Brocade, Shibashi, and Swimming Dragon.

These lovely ancient exercises are effective in developing a state of relaxation.

- by Claire Linden (Tutor)

## Life Skills for Health & Happiness

You may have watched the TV series *“Old People’s Home for four year olds”* on ABC TV on Tuesdays at 8.30pm. It shows the reality of extreme loneliness experienced by many older men and women when they are left to themselves. The severity of this problem has been recognised in the UK by the appointment of a Minister for Loneliness. The program is timely for our Life Skills class because we have been discussing this issue for the past few classes. Loneliness, as with all the topics we cover, is very relevant for us, because many of us may well find ourselves, or may know of somebody who is in such a situation. The process we follow when we gather for our one hour session in the comfort of The Manor lounge involves the input of some information interspersed with discussion, questions and, most importantly, the sharing of personal experience. All of us have a wealth of experiences that have been gathered over our lifetime and reflecting on them and sharing them with the group is a most valuable resource. The process we follow is well expressed in the aims of similar groups that started up in the U.S. a few years ago and named [Aristotle’s Café](#). In simple terms the process followed is:

1. Listen respectfully to the person sharing,
2. Clarify the nature of the experience or the opinion,
3. Do not scoff at an opinion but politely disagree,
4. Reflect critically on all the experiences shared,
5. Aim to find the most satisfactory solution, or simply better understanding.

It is about conversation, not argument.

I would like to finish with a question: **There are 15 women enrolled in the class – Why no men?**

- by John Keogh (Tutor)

## Introducing our end of year guest speaker – Jane Harvey

The guest speaker for our end of year function in November will be **Jane Harvey**.

Jane’s interest in dogs began when she was ten and was given a wire fox terrier for a present. As well as feeding and walking the dog, she had to learn how to groom it. Once she had mastered the skill, she earned pocket money by grooming dogs for neighbours.

Her interest in dog shows started at this early age and as well as attending dog shows, she has judged dogs in all parts of Australia and overseas in countries including England, Scotland and Finland.

Jane has published more than 277 articles and research papers in authoritative dog publications, magazines and newspapers.

Jane has dedicated her life to the advancement of pure dog breeds. As well as being a judge, author, speaker and breeder, she is recognised as a terrier specialist. She is best known for breeding 73 champion Rangeaire Aerdales (terriers) in line across ten generations.

Jane has her own web site “Jane’s Dogs”. It is very informative and worth reading.

We look forward to meeting Jane and hearing what she has to say in November.

- Jan Clear



U3A Highvale Term 4: 7 Oct –1 Dec

Victoria Seniors week: 6 Oct – 13 Oct

Melbourne Cup Day: Tuesday 5 Nov - no classes

U3A Highvale end-of-year function: 26 Nov, 2pm

U3A Highvale enrolment day: 27 Nov, 11am – 1pm





## Lifelong Learning

**‘Lifelong learning’** simply refers to the continuation of learning as one gets older. There is scientific evidence that our brains remain malleable even as we get older. Learning is a great way to stay active. Whether to find meaningful employment or for a satisfying retirement, there are benefits for an enriched life of self-fulfilment. You can read about the benefits and tips for lifelong learning in the Australian Seniors web link:

<https://www.seniors.com.au/home-contents-insurance/discover/lifelong-learning-for-seniors>

*As at May 2019, there were 108 U3As in Victoria with a total of more than 39,000 members. Total membership grew by 2.9 per cent in the year.*

See what other U3As are doing –

1. U3A Network Victoria

<https://www.u3avictoria.com.au/>

Here is a link to the August 2019 eBulletin from U3A Network Victoria:

<https://mailchi.mp/6b3092fd576c/xwjifdov6s-404663>

2. U3A Alliance Australia

<http://www.u3aaa.org/>

3. WorldU3A Signpost (global)

<https://worldu3a.org/signpost/>

## Learning Online

[www.u3aonline.org.au](http://www.u3aonline.org.au)

If you are interested in learning in the comfort of your home, there is [U3A Online](http://www.u3aonline.org.au) - a virtual University of the Third Age. In its 20th year of operation, U3A online continues to offer new courses “to stimulate the mind and expand our knowledge and appreciation of our world... and beyond!” Existing courses are constantly monitored and updated.

In the Spring edition of its bulletin, the Editor is calling for course suggestions and your stories since retirement – “a glimpse into retirement-as-you-know-it”.



Here are a few interesting articles from the August issue of GEM. You can also find back issues on the U3A online website.

### Older adults: Daunted by a new task? Learn 3 instead

According to new research by the University of California – Riverside, learning several new things at once increases cognitive abilities in older adults. After just one and half months learning multiple tasks in a new study, participants increased their cognitive abilities to levels similar to those of middle-aged adults, 30 years younger. Control group members, who did not take classes, showed no change in their performance.

### Meal timing strategies appear to lower appetite, improve fat burning

According to a report published in the journal Obesity, researchers at Louisiana State University's Pennington Biomedical Research Center and the Department of Nutrition Sciences at the University of Alabama in Birmingham have discovered that meal timing strategies such as intermittent fasting or eating earlier in the daytime appear to help people lose weight by lowering appetite rather than burning more calories. The study is the first to show how meal timing affects 24-hour energy metabolism when food intake and meal frequency are matched.

People may find meal timing strategies helpful for losing weight or to maintain their weight since “these strategies naturally appear to curb appetite, which may help people eat less.”

### Healthy lifestyle may offset genetic risk of dementia

A study led by the University of Exeter -- was simultaneously published in *JAMA* and presented at the Alzheimer's Association International Conference 2019 in Los Angeles. The research found that in people with a high genetic risk, the risk of dementia was 32 per cent lower if they had followed a healthy lifestyle, compared to those who had an unhealthy lifestyle.

## 2019 New Full Member/Associate Member Application & Membership Renewal Form

Entries marked \* must be supplied

\* Application Type ☐ New Member ☐ Renewal

Title  \* Sex ☐ M ☐ F Member ID

\* Given Name  Only enter a badge name if you want to be addressed by other than your Given Name. Do not enter your family name.

\* Family Name  Badge Name

\* Address

\* City/Suburb

\* Post Code  State  VIC \* Year of Birth  (for U3A statistics report)

\* Phone Numbers

\* Email  (enter No if no email)

\* Are you a current member of other U3As? ☐ No ☐ Yes If Yes, which U3A?

Occupation (prior to retirement)

Skills  Interests

In the event of illness, please notify:

Name  Phone

Name  Phone

Are there any medical issues?

Would you like to receive the Newsletter? ☐ No ☐ Yes

\* How did you find out about U3A?

What is your country of origin?  Language at home (if not English)

Would you like to volunteer? (tick preferred positions) ☐ On Call ☐ Committee ☐ Leader ☐ Tutor

Availability

Fees (tick as required) ☐ Full Member \$50 Annual Fee (Terms 1-4) ☐ Associate Member \$20 Annual Fee  
☐ Full Member \$25 Half-Yr Fee (Terms 3-4) ☐ Computer Course \$20 Additional Fee per term

Payment Total Amount Paid \$\_\_\_\_\_ ☐ cash ☐ cheque ☐ EFT Date \_\_\_\_/\_\_\_\_/\_\_\_\_

I hereby apply to become a member. I will comply with the association's rules Signed: \_\_\_\_\_

\*\*\* Please turn overleaf to select your courses >>>>>

RETURN COMPLETED FORM IN ENVELOPE WITH CASH / CHEQUE PAYMENT OR PROOF OF BANK TRANSFER

Either mail to U3A Highvale Inc. U3A Box, 42 Capital Ave, Glen Waverley, VIC 3150, or deposit in U3A Box.

Note for EFT: Account Name: U3A Highvale Inc. BSB: 193 879 Account No: 483211581

# TIMETABLE – U3A HIGHVALE

## TERM 4 – OCTOBER 7<sup>th</sup> to DECEMBER 1<sup>st</sup>, 2019

Mark ☒ to select course(s). Your class enrolment will be confirmed after your payment is processed.  
Members will be placed on waiting list if class is full.

ONGOING COURSES	Start	Time	Leader	Freq	Room
<b>MONDAY</b>					
<input type="checkbox"/> Qi Gong	Oct 7	10.00-11.00	Claire Linden	Weekly	CL
<input type="checkbox"/> Let's Do?	Oct 28	10.00am	Self-help	4 <sup>th</sup> Mon	TBA
<input type="checkbox"/> Computer Class A **	Oct 7	1.00-3.00	David Jewell	Weekly	CPR
<b>TUESDAY</b>					
<input type="checkbox"/> Let's play snooker	Oct 8	9.00-11.00	Fred Kreltzheim	Weekly	CL
<input type="checkbox"/> Computer Class B ** <b>FULL</b>	Oct 8	10.00-12.00	Ron Berry	Weekly	CPR
<input type="checkbox"/> Walking & Exploring	Oct 8	10.00 am	Jan Clear	2 <sup>nd</sup> Tues	TBA
<input type="checkbox"/> Music Appreciation	Oct 8	2.00-3.00	Don Baird	2 <sup>nd</sup> , 4 <sup>th</sup> Tues	DR
<b>WEDNESDAY</b>					
<input type="checkbox"/> Tai Chi	Oct 9	9.30-11.00	Elva Parker	Weekly	CL
<input type="checkbox"/> Chinese Mandarin (Begin) <b>FULL</b>	Oct 9	9.30-11.00	Claudia Ng	Weekly	Craft
<input type="checkbox"/> Computer Class C **	Oct 9	10.00-12.00	Dan Hauw	Weekly	CPR
<input type="checkbox"/> Mah Jong	Oct 9	10.00-12.00	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Chinese Mah Jong	Oct 9	10.00-12.30	Kristine See	Weekly	DR
<input type="checkbox"/> Zumba Gold	Oct 9	1.00-2.00	Maya Hirai	Weekly	DR
<input type="checkbox"/> Art Workshop	Oct 9	1.30-3.30	Self-help	Weekly	Craft
<input type="checkbox"/> Ballet & Dance Appreciation	Oct 9	3.00-4.30	Sue Bebarfald	Fortnightly	ML
<b>THURSDAY</b>					
<input type="checkbox"/> Art Appreciation <b>FULL</b>	Oct 17	10.00-3.30	Pat Tinsley & Siew Kennedy	3 <sup>rd</sup> Thur	TBA
<input type="checkbox"/> Book Group 2 <b>FULL</b>	Oct 24	10.00-11.00	Jan Clear	4 <sup>th</sup> Thur	DR
<input type="checkbox"/> Book Group 1	Oct 24	2.00-3.00	Bobbie Rooks	4 <sup>th</sup> Thur	CL
<input type="checkbox"/> French	Oct 10	2.00-3.00	Marianne Puccinelli & Arlette Ulrich	Weekly	Craft
<b>FRIDAY</b>					
<input type="checkbox"/> Chinese Mandarin (Intermediate) <b>FULL</b>	Oct 11	9.45-11.15	June Wang	Weekly	Craft
<input type="checkbox"/> Line Dancing (Improver)	Oct 11	9.15-10.25	Doris Teh	Weekly	Pav
<input type="checkbox"/> Line Dancing (Beginners) <b>FULL</b>	Oct 11	10.30-11.30	Ewah Lee	Weekly	Pav
<input type="checkbox"/> Life skills for health & happiness	Oct 11	10.30-11.30	John Keogh	Fortnightly	ML
<input type="checkbox"/> Yoga <b>FULL</b>	Oct 11	11.30-12.30	Yvonne Woon	Weekly	CL
<input type="checkbox"/> Current Affairs	Oct 11	2.00-3.00	Self-help	Weekly	DR
<input type="checkbox"/> Music - Singing	Oct 11	3.30-4.30	Joan Foulcher	Weekly	ML
<b>SATURDAY</b>					
<input type="checkbox"/> Tai Chi (practice)	Oct 12	9.45-11.00	Leh Soh	Weekly	CL

**CL** – Community Centre lounge

**CPR** – Community Centre computer room

**Craft** – Community Centre craft room

**DR** – Community Centre dining room

**ML** – Manor lounge – enter Gate 3

**Pav** – Capital Reserve Pavilion

- **NOTE:** For the most-up-to-date status of courses, always check them online in the U3A Highvale website.
- **Life Skills for Health and Happiness, Ballet & Dance Appreciation, and Music – Singing** are held in the Manor lounge at Highvale – enter from Gate 3.
- **\*\* Fees of \$20 per term** apply to all Computer Classes.
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**