

(Reg. No. A0035750D)  
Box U3A, 42 Capital Avenue  
Glen Waverley 3150

Enquiries: Secretary: 9803 8592 10am-2pm weekdays  
Email: [postmaster@u3ahighvale.com.au](mailto:postmaster@u3ahighvale.com.au)  
Website: <http://www.u3ahighvale.com.au>

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## TERM 2 – 14<sup>th</sup> April – 27<sup>th</sup> June 2020

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### **U3A Highvale CLOSED for the Rest of Term 1 2020**

**(From 12<sup>th</sup> to 28<sup>th</sup> March 2020)**

#### **to assist in the containment of novel coronavirus COVID-19**

This message was sent via email to members who have registered email, on 11<sup>th</sup> March 2020.

"Lendlease and Village Management have requested the cancellation of all U3A Highvale classes and events with effect from 12<sup>th</sup> March 2020, until further notice. Please note that this includes the following activities:

- All Term 1 classes on site
- Line dancing classes held at the Capital Reserve Pavilion
- Committee meeting scheduled for 16<sup>th</sup> March
- Art Appreciation gallery visit planned for 19<sup>th</sup> March.

You will be kept informed about developments before Term 2 commences.

If you have any queries/responses, please send an email to [postmaster@u3ahighvale.com.au](mailto:postmaster@u3ahighvale.com.au)

Thank you for your understanding.

From U3A Highvale Administration"

### **Results of the Elections at AGM 4<sup>th</sup> March 2020:**

President (vacant) – please see Jan Clear's "President's Farewell Message" on next page  
Vice-President (vacant)  
Secretary (Siew Kennedy)  
Treasurer (Siew Kennedy)  
Committee Members (Sue Bebarfald, Jan Clear, Jenny D'Acre, Noel Heather, Sue Krogh,  
Hooi Ng, Rose Randell)

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

**Hello Everyone !**

**I hope that you have enjoyed your activities and classes, during term 1. I can't believe that we are almost at the end of this term. Our classes have all started and students are getting to know each other and their tutors. Many of our classes are full. Others have waiting lists. Please do remember that if your name has been placed on a waiting list, you will be informed when there are vacancies in that class.**

**Since we wrote to you in November last year, we have had a busy time at U3A. Our enrolment day was quite successful and many people took the opportunity to enrol on that day. We have had more enrolments since Christmas and we are still getting enquiries from people who want to join classes. We have 186 members currently, which is great.**

**Our end of year function went very well. Jane Harvey was an excellent speaker. Even if members of the audience were not "dog lovers" Jane made the talk interesting, telling us something about her early years and her experiences as a judge. We invited our tutors to the presentation and we gave them thank you gifts before we all enjoyed a delicious afternoon tea.**

**On 28th January, we had a breakfast for our tutors. Many tutors did not know one another so having given them sometime to have a chat, we invited them to introduce themselves. Their little speeches were excellent and it was a pleasure to listen to them. Classes started that week too.**

**We have two classes running at the Capital Avenue Reserve Pavilion. They are both Line Dancing classes — a Beginners class and an Improver group. The area seemed adequate when we first started at the pavilion but we would like a larger hall now. We have tried to find one but have not been successful. We continue to look.**

**Sometimes there are timetable changes so remember to check the U3A board which is updated every week.**

**In the past year, we have been represented at fifteen meetings. If committee members are unable to attend these meetings, we may approach other members to attend some meetings. It is an interesting experience to meet members from other U3As.**

**This is the last President's letter that I will be writing for the newsletter as I stood down from the position at our Annual General Meeting that was held on Wednesday 4<sup>th</sup> March. This was not an easy decision but family commitments make it impossible for me to continue in this position.**

**Continue to enjoy your classes.**

**Yours in lifelong learning,**

***Jan Clear***

**Course Coordinator**



### **2020**

**Good Friday 10<sup>th</sup> April**

**Easter Saturday 11<sup>th</sup> April**

**Easter Monday 13<sup>th</sup> April**

**Anzac Day 25<sup>th</sup> April**

**Queen's Birthday 8<sup>th</sup> June**

**Term 3 starts 13<sup>th</sup> July**

## Old Habits Die Hard

During 2019, a series of articles on MyU3A were published in our newsletters. They were designed to get members accustomed to the newly introduced online system for membership registration and enrolment.

Most crinkles have been ironed out, but a few remain because **old habits die hard**. Three of these come to mind.

① **Assuming** that the printed Timetable on the reverse side of the Application Form is always up-to-date.

This is erroneous. Being an online system, MyU3A is dynamic and cannot be consistently mirrored in a static form. For this reason, most U3As have abandoned the use of printed application forms.

However, given that printed forms are still being used at U3A Highvale, it is advisable to check the latest class status online to confirm whether a class is OPEN or has a WAIT LIST. That way, you know if you will be accepted or placed on the Wait List.

② **Joining** a class (especially when it is FULL or has a WAIT LIST) by simply walking into an on-going class and asking to enrol or writing your name into the pre-printed class roll.

Such conduct is non-cooperative and does NOT constitute official enrolment. In fact, it is akin to queue jumping, as there may be members already on the Wait List. Tutors are best placed to discourage this type of non-compliance and help to reinforce the rules.

When members take "you can join any class" to mean they can barge into a class on a whim, they ignore the proviso that there MUST be a vacancy before admission is possible.

You need to be recorded in the MyU3A database as having requested to join a class, to be properly enrolled. For computer courses where a term fee applies, your fee must be paid before you are accepted into a class. If a class is OPEN, you will be notified of acceptance via the system email. If a class is FULL, you will be placed on a Wait List.

Members are expected to show mutual respect for U3A Highvale practices. It is disappointing that some members consistently bend the rules — this goes against the spirit of goodwill.

③ **Withdrawing** from a class through non-attendance and failure to give notice.

While you are free to withdraw at any time, the best practice is to inform your tutor and request to be struck off the class roll.

Alternatively you could simply cross out your name in the class list and initial the deletion.

Another way is to send an email to U3A Highvale Administration at: [postmaster@u3ahighvale.com.au](mailto:postmaster@u3ahighvale.com.au).

When a new roll is prepared for next term, your class selection(s) will be adjusted in MyU3A and the system would then print out a correct roll for each class.

Please note that if you are absent from a class for a month or more with no apology, your name will be struck off the roll.

**A Fresh Start.** Any system is easily broken if users ignore protocols. So this is an appeal for your help to improve the way MyU3A works for all members. Perhaps, where applicable, your New Year's resolution could be to quit old habits of yesteryear.

Leo Tolstoy said "*Once we're thrown off our habitual paths, we think all is lost, but it's only here that the new and the good begins.*"

*Siew Kennedy,*  
Secretary/Treasurer

## \*\*\* Class Reports \*\*\*

## Computer Classes

The much awaited NBN connection anticipated by end of 2019 did not eventuate. The NBN has the potential to improve our data speed and certainly provide the Computer classes with larger data transaction budget.

## Book Group 2 (Morning)

In 2019 we read 9 books and enjoyed nine hours of discussion about each book. In my opinion “only” most were good and a few were great and one was rubbish. This one was well published and awaited for by readers of this well known author Liane Moriarty but it was a strange book and even though the general opinion if I remember correctly was similar to mine, we talked about it a lot which often happens when a book is not so loved and sometimes as I drive home I think perhaps I was a bit harsh about the book and its topic. This is one of the reasons we all enjoy our book club as different points of view are so good. Some others we read were:

- The Hare with the Amber eyes. By Edmund De Waal
- My Brilliant Friend. By Elena Ferrante
- The Husbands Secret. By Liane Moriarty
- The Madonna of the Mountains. By Elise Valmorbida
- The Arsonist. By Chloe Hooper
- Wimmera. By Mark Brandi
- The Milkman. By Anna Burns.

Our books are chosen by the staff at the Monash Library and so it is always a surprise to see what we will get for the next month.

Thanks to Jan Clear who picks up and returns each bag of books and here we go for another year of reading and chatter.

*Jenny D’Acre*

## Walking & Exploring Group

The Walking and Exploring group meets on the 2<sup>nd</sup> Tuesday of each month (in school terms). We met on the 10<sup>th</sup> February at the Village and walked along Highbury Road to Gyton Avenue and then along Gyton Avenue to Willow Avenue where we had lunch at the 1809 cafe and talked about our program for 2020. Our suggestions for walks included Cranbourne Botanical Gardens, Jells Park (to Cumberland View retirement village) and around the lake, Albert Park lake, Ringwood Lake, Lysterfield Lake, the city arcades and the library, Gardiners Creek from Deakin University, the Outer Circle railway

towards Hartwell Station and Melbourne University.

Our March excursion will be to Cranbourne Botanical Gardens so we are looking forward to that as many of us saw the gardens when they were first opened and haven’t been back since.

We enjoy our time together and we have learnt about many places in Melbourne and the Eastern suburbs.

*Jan Clear*

## Let’s Do

The “Let’s Do” class meets on the 4th Monday of each month ( in school terms). We met on the 24<sup>th</sup> February at the 1809 cafe in Willow Ave, Glen Waverley. After enjoying lunch, we talked about activities that we could organise for the rest of the year. Our suggestions included the movies and lunch at Pinewood, the antique bazaar in Aristoc Road, lunch at a restaurant, the house of books in Mitcham, Wattle Park, Jells Park, Ringwood Lake and the Peridot Theatre.

Our March activity will be the movies and lunch at Pinewood. We will look at the theatre’s program nearer the time and choose a movie that most members of the group would like to see.

We enjoy visiting many different venues and having lunch together.

*Jan Clear*

## Miscellaneous Items

### U3A Online 21 Years Old in 2020

U3A Online is the world-first virtual University of the Third Age, delivering online learning via the Internet.

This is an individual, independent and autonomous U3A. U3A Online offers many other useful resources for older people, especially those who are geographically, physically or socially isolated.

On 17<sup>th</sup> and 18<sup>th</sup> February, the Committee of Management met in Melbourne for the annual face-to-face meeting which included the review of its Strategic Plan (done this year), reminding members of the responsibilities of a Board, as well as reviewing its budget and financial statements.

A new U3A Online brochure will be available soon which will have a tear-off membership form to make it easier for people to join up.

[March 2020 Newsletter.pdf](#)

## U3A Network Victoria News

### Coronavirus Disease (COVID-19) Advice

There is a lot of news and comment happening across the globe about the current COVID-19 virus. Network's recommendation is that U3As look to the Victorian Department of Health and Human Services (DHHS) for guidance. Their current advice, as at 4 March, is as follows:

*"At the present time there is no evidence of transmission in the community in Victoria so you should continue to go about your business. You don't need to take actions like limiting your movement in the community or staying at home."*

This link to DHHS's website's virus advice page <https://www.dhhs.vic.gov.au/information-public-novel-coronavirus> has more information:

- What is coronavirus
- Who is most at risk
- Symptoms of coronavirus
- Prepare for the possibility of transmission of the infection
- Ways to reduce your risk of coronavirus

[info@u3avictoria.com.au](mailto:info@u3avictoria.com.au) | (03) 9670 3659.

Please note that there have been further updates in the press and elsewhere since 4<sup>th</sup> March 2020.

## Participate in Study by Monash University on Seniors' Lives, Relationships & Well-Being

Dr Nikos Thomacos, a Senior Lecturer at Melbourne's Monash University, and his colleague Jason Yeung are inviting participants to

a study on the lives, relationships, and well-being of people aged 50 and over.

Participants will complete a number of online surveys in English and must live in Australia. The surveys cover your sources and use of support; your relationships with others; your life; and, some questions about you; for example, your age, gender, etc. The surveys should take approximately 20 - 25 minutes to complete.

All responses will remain anonymous. You will not be required to provide any information that would allow you to be identified. The Monash University Human Research Ethics Committee has reviewed and approved this research study.

This link will take you to the study:

[https://monash.azure.qualtrics.com/jfe/form/SV\\_3fsQa9La7vN8p37](https://monash.azure.qualtrics.com/jfe/form/SV_3fsQa9La7vN8p37)

If you have any questions or need clarification on the study, please contact Dr Thomacos on:

Phone: 03-9904-4873

Email: [nikos.thomacos@monash.edu](mailto:nikos.thomacos@monash.edu).

## Participate in Study by Deakin University on Seniors' Healthy Gut Healthy Mind

Gulsun Suleiman, Research Assistant at Burwood Deakin University, is inviting participants to take part in a *Healthy Gut Healthy Mind* research study from brain ageing. Participants should be healthy and aged between 50-80 years and people with Parkinson's disease aged 50-80 years.

The study will look for links between your gut health, memory and neuroplasticity (ie. your ability to learn new skills and how your brain changes as a result). It will also look at whether gut bacteria differences between younger people and healthy older people, and people with Parkinson's disease influence memory.

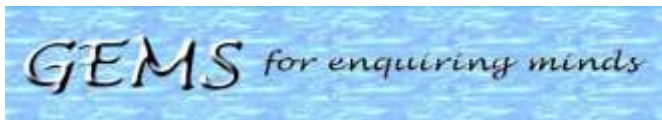
The study involves coming into Deakin University in Burwood for a **single 2.5 hour study visit**.

Address:

Deakin University

221 Burwood Highway, BURWOOD VIC 3125

Enquiries: 03-9246 8702



Here are some interesting articles from the March 2020 issue of GEMS. You can also find back issues on the U3A online website.

## **Human rights for older people – An exercise in futility ?**

The complex web of institutional, socioeconomic and ideological perspectives means that committing to a single definition that works for all involved parties is very tricky. The United Nations (UN) has been meeting annually on this work-in-progress to define the rights of older persons since 2010.

The first big declaration was the Universal Declaration of Human Rights. Created by a fledgling United Nations (1945), the declaration drafted in 1949 affirmed a person's right to life, freedom, free speech and privacy as well as security, health, and education. More than 70 years later, the declaration has become the foundation of international human rights law and 16 other human rights conventions.

The next evolution was the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), adopted by the United Nations in 1979. Gender based discrimination was already prohibited, but CEDAW spoke in detail against the discrimination women were facing.

In 1924, the League of Nations adopted the five-point Geneva declaration of the Rights of the Child. In 1959, the UN General Assembly expanded this into the Declaration of the Rights of the Child. With the updated declaration, the tone changed from protection to recognition of rights – rights in education, health care, shelter and good nutrition. Then 20 years later, the Polish government formed a group to enhance the updated declaration. In 1989, the document evolved into the Convention on the Rights of the Child.

UN General Assembly adopted the Convention on the Rights of Persons with Disabilities in 2006. One-third of the people in the working group were persons with disabilities and because of this, the project took just three years to finish.

While there is not yet a declaration or convention directly addressing the rights of older persons, some progress has been made in that direction. It

has designated the 2019 International Day of Older Person as "Journey to Age Equality." Being old is part of the life course and we all have the [right](#) to security, health and individual development no matter what stage in life we are at.

Source:

<https://www.ageknowble.com/2019/12/20/human-rights-for-older-persons-an-exercise-in-futility/>

## **How private is your email ?**

In a survey conducted by *Avast*, out of 13,000 respondents in the United States, 20 percent of men and 25 percent of women admitted to snooping on their partner's smartphone. Some were just nosy, but another common reason for doing so was fear that their partner was cheating.

Parents often check the email or text messages of their children. Some believe that it's their duty and right to monitor their offspring's correspondence and acquaintances. Others succumb to temptation inadvertently, when a child leaves a phone or computer open with incriminating evidence right there on the screen.

**If you are concerned about someone snooping in your email or text messages, here's some advice:**

- Guard your email password carefully and never leave an email program open when you step away from your desk.
- Use a PIN or passcode to protect your computer and/or smartphone from being accessed by others.
- Turn on "Two-Factor Authentication" to protect yourself, even if your password is guessed, stolen or compromised in a data breach.

Source:

[https://askbobrankin.com/how\\_private\\_is\\_your\\_email.html?awt\\_a=6HSL&awt\\_l=56VnD&awt\\_m=IfB1e4un0OP6SL](https://askbobrankin.com/how_private_is_your_email.html?awt_a=6HSL&awt_l=56VnD&awt_m=IfB1e4un0OP6SL)

We would like to thank Hon. Shaun Leane MP,  
Member for Eastern Metropolitan Region,  
for printing this newsletter.

## 2020 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 ☐ Associate Member \$30 Annual Fee  
☐ 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 WITH CASH / CHEQUE PAYMENT OR PROOF OF BANK TRANSFER

Enclose in envelope marked Enrolments, U3A Highvale — Either deposit at: U3A Box in Highvale Village,  
or Mail form & cheque to: U3A Highvale Inc. U3A Box, 42 Capital Avenue, Glen Waverley, VIC 3150.

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

# TIMETABLE – U3A HIGHVALE

## TERM 2 – APRIL 14<sup>th</sup> to JUNE 27<sup>th</sup>, 2020

Email: postmaster@u3ahighvale.com.au

Tel: 03 9803 8592

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 <b>FULL</b>	Feb 3	10.00-11.00	Claire Linden	Weekly	CL
<input type="checkbox"/> Let's Do?	Feb 24	10.00am	Self-help	4 <sup>th</sup> Mon	TBA
<input type="checkbox"/> Chinese Mandarin (Intro) <b>FULL</b>	Feb 3	11.15-12.15	David Jiang	Weekly	Craft
<input type="checkbox"/> Computer Class A **	Feb 3	1.00-3.00	David Jewell	Weekly	CPR
<b>TUESDAY</b>					
<input type="checkbox"/> Let's play snooker	Jan 28	9.00-11.00	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Computer Class B **	Jan 28	10.00-12.00	Ron Berry	Weekly	CPR
<input type="checkbox"/> Walking & Exploring	Feb 11	10.00am	Jan Clear	2 <sup>nd</sup> Tues	TBA
<input type="checkbox"/> Music Appreciation	Jan 28	2.00-3.00	Don Baird	2 <sup>nd</sup> 4 <sup>th</sup> Tues	DR
<b>WEDNESDAY</b>					
<input type="checkbox"/> Tai Chi	Jan 29	9.30-11.00	Elva Parker	Weekly	CL
<input type="checkbox"/> Chinese Mandarin (Begin) <b>###</b>	Jan 29	9.30-11.00	Claudia Ng	Weekly	ML
<input type="checkbox"/> Computer Class C **	Jan 29	10.00-12.00	Dan Hauw	Weekly	CPR
<input type="checkbox"/> Mah Jong	Jan 29	10.00-12.00	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Chinese Mah Jong	Jan 29	10.00-12.30	Kristine See	Weekly	DR
<input type="checkbox"/> Zumba Gold <b>FULL</b>	Jan 29	1.00-2.00	Maya Hirai	Weekly	DR
<input type="checkbox"/> Art Workshop	Jan 29	1.30-3.30	Self-help	Weekly	Craft
<input type="checkbox"/> Ballet & Dance Appreciation	Jan 29	2.30-4.00	Sue Bebarfald	Fortnightly	ML
<b>THURSDAY</b>					
<input type="checkbox"/> Art Appreciation <b>FULL</b>	Feb 20	10.00-3.30	Pat Tinsley & Siew Kennedy	3 <sup>rd</sup> Thur	TBA
<input type="checkbox"/> Book Group 2	Feb 27	10.00-11.00	Jan Clear	4 <sup>th</sup> Thur	DR
<input type="checkbox"/> Book Group 1	Feb 27	2.00-3.00	Bobbie Rooks	4 <sup>th</sup> Thur	CL
<input type="checkbox"/> French	Jan 30	2.00-3.00	Marianne Puccinelli & Arlette Ulrich	Weekly	Craft
<b>FRIDAY</b>					
<input type="checkbox"/> Chinese Mandarin (Intermediate)	Jan 31	9.45-11.15	June Wang	Weekly	Craft
<input type="checkbox"/> Line Dancing (Improver) <b>FULL</b>	Jan 31	9.15-10.25	Doris Teh	Weekly	Pav
<input type="checkbox"/> Line Dancing (Beginners) <b>FULL</b>	Jan 31	10.30-11.30	Ewah Lee	Weekly	Pav
<input type="checkbox"/> Life skills for health & happiness	Jan 31	10.30-11.30	John Keogh	Fortnightly	ML
<input type="checkbox"/> Flow Yoga <b>FULL</b>	Jan 31	11.30-12.30	Yvonne Woon	Weekly	CL
<input type="checkbox"/> Current Affairs	Jan 31	2.00-3.00	Self-help	Weekly	DR
<input type="checkbox"/> Music - Singing	Jan 31	3.30-4.30	Joan Foulcher	Weekly	ML
<b>SATURDAY</b>					
<input type="checkbox"/> Tai Chi (practice)	Jan 31	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.
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**
- **\*\* Fees of \$20 per term** apply to all Computer Classes.
- **###** Enrolment limited to those who attended last year's class. NOT open to new members.