



THE UNIVERSITY OF THE THIRD AGE

**HIGHVALE**

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Box U3A, 42 Capital Ave, Glen Waverley 3150

# Newsletter

## Autumn Issue 2021

Email: [enquiries@u3ahighvale.com.au](mailto:enquiries@u3ahighvale.com.au)

Website: <https://www.u3ahighvale.com.au>

### COVID-19 VICTORIA UPDATE

**Resumption of in-person classes under a COVIDSafe Plan.**

Although many classes have been conducted successfully via Zoom in the months leading up to the new 2021 year, and despite snap lockdowns in Victoria since then, U3A Highvale resumed in-person classes from 18 Feb 2021. Members attending classes at the Village, including The Manor and Capital Reserve Pavilion are required to complete a health declaration form, have temperature checked and hand sanitised. At The Manor, class attendees are also required to wear a coloured wristband to indicate the person has been screened, for the duration of the class. Although wearing of face mask is not mandatory indoors, it is preferred if social distancing is not possible, unless there are legal reasons not to wear them.

### Where to find more information on COVID-19

The Victorian Department of Health is the most reliable source of advice on Coronavirus restrictions and the best way to reduce risk of infection. Information on the most recent measures in place can be obtained on the following link: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

### The AGM was held via Zoom on 3 March 2021

**The new Committee of Management includes:**

**President - Jan Clear**

**Vice President - Vacant**

**Secretary - Siew Kennedy**

**Treasurer - Siew Kennedy**

**Asst. Treasurer - Hooi Ng**

**Course Coordinator - Jan Clear**

**Committee Members - Marie Bellamy**

**Mary Nolan**

**June Wang**

### Seniors Free Travel Week 21 – 28 March 2021

Victorian Seniors and Carer Card holders can explore Melbourne and regional Victoria with free travel from **Sunday 21 March to Sunday 28 March 2021** on all public transport in Victoria. Travellers must carry their Myki and Seniors Cards. For details, visit <https://www.ptv.vic.gov.au/news-and-events>

## Message from the President, U3A Network Victoria (An Extract)

*Dear Member U3As,*

*I am delighted to welcome you to a new education year for the U3A movement. We all worked hard in 2020, fighting the impacts of the pandemic on our members and our activities. And I know we are already working hard in 2021 to bring back a post-COVID normal environment.*

### **The New Normal**

*As the dust from the pandemic in 2020 is settling, Network sees that the greatest impact on our 2021 membership and enrolments is the social distancing regulations, which have reduced the number allowed inside any venue. All U3As want to safeguard our members' health, and we all want to comply with government regulations, but the social distancing impact is huge.*

*I know from many conversations that U3A members want face-to-face interaction. And we know that U3As are devising a number of countermeasures to support their members' desires - duplicate classes, extended opening hours at the usual venue, small group meetings in homes, outdoor classes or activities, plus online. Blended classes with both face-to-face and online participants are another option which some U3As are exploring. Network is devising support for those U3As who want to extend their online offering into a hybrid experience. ....*

### **Face-to-face and Online**

*..... I think the U3A drive to online offerings has a slightly different focus this year. We know that with the revival of face-to-face, this is the preference of our members. Online offerings will be less of a lifeline and more of an extension or enrichment of offerings, as well as a recruitment tool. Network continues to offer and organise support for Zoom, and we will work with U3As on offering Statewide Course access and collaboration. ....*

*..... I look forward to seeing all our U3As during the year, either face-to-face or online. Whether you want a chat, have an idea, or need a bit of help or support, do contact us at Network - our website and newsletter contain all our contact numbers and email addresses.*

*Have a wonderful 2021.*



Susan Webster  
President  
U3A Network Victoria

# U3A Highvale Annual Report 2020 (presented at AGM)

## Introduction

2020 was a washout -- a period of time we would all like to forget. But of course we can't. The highs and lows of COVID-19 are imprinted in our minds and changed forever the way we live.

Nevertheless, U3A Highvale survived the disruption and this 2020 Annual Report is testament to the fact. It covers: a summary of highlights, our accomplishments for the year, financial brief, call for action and acknowledgements.

## Summary of Highlights

The interruption to U3A activities came about three weeks after the Art Appreciation group enjoyed a Beethoven 9 and Circa performance at the Arts Centre and eight days after our AGM on 4 March 2020. When Victoria went into lockdown due to the pandemic, all in-person U3A classes and activities were suspended for the rest of the year.

During this state of hibernation your committee continued their monthly meetings on Zoom. Some committee members were involved with several initiatives taken by U3A Network Victoria. The numerous projects took advantage of the 'quiet' lockdown to advance U3A-related interests. Among them were:

- Scheduled Network Council meetings and Eastern Metro Regional meetings.
- Workshops on Zoom and Zoom for tutors.
- Data Privacy workshops.
- Marketing for U3As and Facebook training.
- Workshops on Planning for 2021.
- MyU3A user group session.
- Training in the use of the Network website template.

Also during lockdown, the Governor of Victoria, Her Excellency the Honourable Linda Dessau AC, and her husband, Mr Anthony Howard, hosted a virtual reception for U3A Network Victoria. This was to mark the International Day of Older Persons on

1<sup>st</sup> October. Other 2020 highlights for U3A Highvale included:

- Participation in a Positive Ageing Lifestyle (PALS) forum organised by Monash Council.
- Our End-of-Year function on Zoom. The event courtesy of Hooi Ng, committee member, (who put it all together), was successful and enjoyed by all who joined in the Zoom meeting.

## Our Accomplishments

We made best use of the break from routine face-to-face classes to focus on a few administrative matters that needed desperate attention. I worked with David Jewell (computer tutor) to redesign the U3A Highvale website. David did all the heavy lifting and revamped our website in no time. Other accomplishments followed.

- Continuous maintenance of the redesigned website.
- Executive and ordinary members of the committee switched over to role-based email addresses via Webmail. Doing away with personal email addresses facilitates succession planning for the association.
- The quarterly newsletter continued to be published during the pandemic with the help of Dan Hauw and Linus Chang.
- In addition, communication with U3A members was sustained through periodic emails to members from tutors/leaders/facilitators and the committee.
- Zoom classes were conducted by adventurous tutors. Online courses such as Computing, Chinese Mandarin (Beginners) and (Intermediate), French, Yoga and Zumba Gold were received enthusiastically by class members.
- A Special General Meeting on Zoom was conducted to deliberate on the rollover of 2020 membership to 2021 and was well attended.
- Production of critical documents required by government departments like Office of the Victorian Information Commissioner (OVIC) and Department of Health and

Human Services (DHHS) was undertaken. The following publications were completed:

- Privacy Impact Assessment (PIA).
- Security Risk Assessment.
- Data Breach Response Plan.
- COVIDSafe Plan.

### Financial Brief

The Treasurer's Report will be delivered separately. Save to say that the association is in a healthy financial position to be able to consider membership rollover.

### Call for Action

- The Committee of Management survived 2020 with six members. The positions of the President and Vice President remained vacant for the year. The two positions of Secretary and Treasurer were rolled into one and filled by an Executive member of the committee.
- The association is in desperate need of more committee members and volunteers. That is why nominations are called for. If you have special skills that may assist in committee work, please offer your services through the nomination process.

### Acknowledgements

There are some specific people who have given much to U3A Highvale and we acknowledge them with thanks and gratitude.

- A big thank you to the Village team - Lauren, Eileen, Samantha, Kaye (from the Manor) and the maintenance team, particularly Mark and Dave. Staff in the Village are always friendly and helpful. It is without doubt that Eileen is a great asset to U3A Highvale. She is very approachable and always ready to assist visitors on their arrival at the Community Centre.
- We wouldn't have a U3A without our devoted tutors/leaders/facilitators. They volunteer their time and experience to organise interesting courses for their class members. So thank you to all tutors/leaders/facilitators. We are sad to lose tutors Claire Linden (Qi Gong), and David Jiang (Chinese - Introduction).

Both classes were very popular with members. We wish them well.

- Thank you too to our committee members who worked hard especially during lockdown to keep the engine running. Jan Clear (Course Coordinator), Sue Krogh (Assistant Secretary), Jenny D'Acre, Hooi Ng and Sue Bebarfald. Unfortunately Jenny D'Acre, Sue Krogh and Sue Bebarfald are standing down in 2021. Their direct input shall be missed but I am sure they will continue to contribute to the association as U3A members.
- Dan Hauw and Linus Chang our newsletter compilers deserve our thanks for always producing each term newsletter on time within tight deadlines.
- Last but not least, a thank you to David Jewell who has served voluntarily as our technical adviser. His IT expertise has been invaluable in redeveloping our website, dealing with Internet matters and NBN-related issues.

### Conclusion

This report for 2020 reflects a year unlike none other which we have experienced. But we survived it and as the saying goes "we are all in this together". U3A members have been cooperative and understanding. Long may you demonstrate your willingness to contribute, share, volunteer and inspire a zest for lifelong learning. Thank you.

*Siew Kennedy*  
Secretary

### Autumn Membership Drive

Our Term 2 Timetable is on the last page of this newsletter. If you know of family members and friends who may benefit from any of the courses, encourage them to become members of U3A Highvale and enrol in a class.

Printed application forms are available near the U3A notice board in the Village Community Centre. Alternatively you could download a PDF enrolment form from our website at:

<https://u3ahighvale.com.au/courses-activities/>

## End-of-Year Function 2020

Our End-of-Year function was held on Friday, 27 November, at 2pm. Once again it was on Zoom. We asked members to let us know if they were attending and then we sent them the link. We were delighted that about fifty members attended.

Committee members worked hard in the weeks, prior to the event, to work out the program and obtain prizes which included two \$50 vouchers from IGA at Kerrie Road, Christmas cakes and an assortment of cosmetics. As members responded to say that they were attending, their names were recorded and placed in a hat, for the lucky draws. These draws took place, during the afternoon. Special invitations were emailed out and members were encouraged to invite friends, bring a floral display and wear fancy dress costume.

We made Hooi the Host as she had done so much of the organising. She was happy to do that.

The first demonstration was cooking and the demonstrator was Susanna Markus. She showed us how to make Roasted Pork Buns. She went through the procedure and had samples to show us at the end. Susanna was happy to answer questions. We were disappointed that we were on Zoom and couldn't sample the buns.

Our second demonstrator was Lai Fong who showed us Ikebana. It was very interesting as I didn't know how to do Ikebana, until that afternoon. Lai was also happy to answer questions. Mary Nolan judged the floral displays that people bought. I was surprised how many people took the time to make a floral arrangement. Mary chose three winners. They were invited to go to Lai's house and take part in a floral demonstration. They were delighted.

It was a very happy occasion and we were certainly very pleased that so many U3A members (and their friends ) wanted to join us and enjoyed themselves. It was a good way to finish a difficult year. As we couldn't give the tutors their gift vouchers, we delivered the gifts to tutors, in December.

*Jan Clear*  
Course Coordinator

## Bowled Over by Rollover

When we held our Special General Meeting (SGM) on 4 December 2020, it was to decide on whether to roll over 2020 members to 2021 and the annual fee to be paid by new members in 2021.

The result was that 100% of members voted in favour of both resolutions.



### Has Rollover Happened?

The rollover of members was implemented at the end of December 2020.

It involved a great deal of work by the MyU3A Technical Support Team to undertake program coding of the software. Following a few teething problems, the system came good and was able to generate reliable attendance sheets.

### How Does it Affect You?

The rollover function involved two main issues:

- Last year's paid-up members retain their status for 2021
- All the classes that a member has enrolled in 2020 were automatically transferred to 2021.

It was a great bonus to U3A Highvale members. Your association agreed to NO fees in 2021 for existing members and \$50 for new members. Other U3As are offering low fees or even same fees:

### What Do You Need to Do?

Although members have been informed about the implications of rollover, there are still some doubts out there as to what members need to do. So here are the key points again:

- If you paid your fees in 2020, your membership has been automatically renewed for this year, so no payment is required for 2021.
- If as a paid-up member in 2020 you joined one or more classes, your class enrolments have been automatically renewed for 2021.
- If you are satisfied with the classes you attended in 2020, and wish to continue in them, no action is required.
- However, if you wish to withdraw from a class due to a change in schedule etc. then log into MyU3A with you ID and password to delete the class. Please also make an effort to inform your tutor.
- On the other hand if you want to enrol in more classes, you may do so in MyU3A, provided there are vacancies.

DO NOT simply walk into a class and think that you could enrol on the spot. The more popular classes have Wait Lists which are recorded in the MyU3A database. By not following the procedure to enrol online, you are in essence jumping the queue.

It is important that the database correctly reflects class numbers. This will help your tutors to manage Wait Lists and ensure they are up to date on class members -- a critical factor in times of social distancing and COVIDSafe practices. Once again we ask that you help us to help you.

*Siew Kennedy*  
Treasurer

## The NBN Saga

18 months after NBN is available in an area, Telstra have the option to disconnect all telephone services using their copper wire based (old) telephone lines. That 18 months for the area including Highvale Village has expired and Telstra has informed Westnet, our phone and ADSL data service provider and subsequently us, that our services are to be discontinued on the 15th March. Some 3 months ago this set the Committee into motion to get NBN connected into the Computer Room, not just for future computer use when life gets back to normal but also to continue to provide U3A Highvale with a telephone service so people can get in touch with us.

Research was conducted between various NBN providers as to which would suit our needs but also at a cost effective price, and a provider was chosen. As with so many things these days, application for services is done online and putting in the address 42-60 Capital Ave Glen Waverley brings up some 150 choices, these being all of the residential units, offices, Manor Lodge and other locations. The next several weeks was spent in discussion with Highvale Management and various Service Providers as to the "LocationID" of our computer room, with no-one being able to provide the ID. Eventually one service provider let slip that each locationID (information that only service providers have) also records its GPS co-ordinates and through Google Maps, a bit of trial and error and conversation, we were able to discover that the actual location of our existing service is "Room 52".

Unfortunately by this time NBN informed Service Providers that they had insufficient infrastructure to provide for any new services due to delays in the manufacture of a certain chip needed in their equipment. As of the 7th March it looks like we will be losing our copper based phone and ADSL with no replacement being available by NBN for some time. NBN have placed this situation in the hands of a "Customer Resolution Specialist" who is yet to inform us of any resolution. Our current Service Provider has offered to move our existing phone number across to NBN in order to keep our current phone number but that would mean losing our phone service immediately and without any possibility of redirecting the number to a mobile phone as redirection is done within the NBN infrastructure.

We are still investigating other options such as moving the phone service to Telstra who may then be able to internally transfer calls from the old phone system to a mobile service, or in a worse-case scenario advertising to all of a change of phone number for U3A Highvale and that being someone's home or mobile number. Not a good resolution especially as we will again have to advertise any new NBN based phone number when we are finally connected up. As the saga unfolded and Telstra finally reconnected our line, the landline will be retained until an NBN installation is facilitated.

*David Jewell*  
Tutor

## Ballet and Dance Appreciation Class Report

Classes began on Wednesday February 3<sup>rd</sup> 2021 in the Manor Lounge.

They are held every fortnight thereafter, excepting school holidays. As far as possible, each session is limited to 2 hours.

Sessions will cover:

- a) History of dance as entertainment.
- b) Why people like to watch and participate in dance.
- c) Different manifestations of dance as entertainment.
- d) Many ballet and dance companies over the year, responding to the interests of the viewers in the class.

I will be using DVDs from U3A's collection and my own collection, to enjoy and learn about ballet and dance.

During the COVID-19 lockdown and the holidays, I have been watching the live streams from the Royal Ballet in Covent Garden London. Some of which have been brilliant and some disappointing.

*Sue Bebarfald,*

Tutor

## Line Dancing on Zoom Class Report

We have for a long time been unable to reduce the Wait Lists for in-person Line Dancing classes both for Beginners and at the Improver level. Then the offer of an online Line Dancing class Zoomed in.

This evening class for Absolute to Upper Beginners was arranged by Hooi Ng (committee member). This online class is conducted weekly on Thursdays 7.45-8.45pm. After you enrol, you will be sent a link to join the Zoom class.

Tutor Matt Coleman has spent most of 2020 teaching Line Dancing via Zoom. The class caters to all categories of dancers. Where possible, the dances taught are based on Ballroom and Latin dances, such as Jive, Foxtrot, Waltz, Tango and Samba. But some general Country dances will be included.

The 1st half hour covers easier dances for beginners, moving to upper beginners in the 2nd half hour. At the first session held on 11 February, members chose to stay the full hour and enjoyed it very much. Here is a comment from a novice dancer:

*"I enjoyed the Line Dancing and thought Matt is a great instructor. I don't think I had trouble following the earlier dance steps till I got to the brushing and turning points when I got a bit lost. After watching the videos online and practising, I am okay but still cannot follow the Tango steps. However I will persevere with it. It is really nice to watch the dances. Good music too."*

If you have always wanted to try Line Dancing but didn't know where to start, here is your chance to give it a go.

*Siew Kennedy*

Class Member

## GEMS for Enquiring Minds

Here are a few gems for those who enjoy a bit of intellectual adventure:

### o How to be happier in 2021

*"If you want to make a New Year's resolution that really makes you happy, think about the ways in which you can contribute to the world..."*

### o Friends are most valued in cultures where they may be needed most

*"Friendships are one of the untapped resources people can draw on to pursue a happier and healthier life...and they cost nothing."*

### o Choir singing can improve cognitive functioning among the elderly

*"The study shows that those who participate in choir singing have better verbal and cognitive flexibility".*

### o Coffee lovers, rejoice! Drinking more coffee associated with decreased heart failure risk

*...although, "... caffeine is a stimulant and consuming too much may be problematic -- causing jitteriness and sleep problems."*

## TIMETABLE – U3A HIGHVALE

### TERM 2 – APRIL 19<sup>th</sup> to JUNE 25<sup>th</sup>, 2021

Email: [enquiries@u3ahighvale.com.au](mailto:enquiries@u3ahighvale.com.au)

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- **NOTE:** This printed version of the timetable is **subject to change at short notice**. For the most-up-to-date status of courses, always check them online in MyU3A on the U3A Highvale website.
- In-person and online classes on offer subject to vacancies. Online classes are tagged **Zoom/Online**.
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**
- **\*\* Term fees have been waived** for all Computer Classes until further notice.
- **###** Enrolment limited to those who attended last year's class. NOT open to new members.
- Life Skills, Ballet & Dance Appreciation and Singing are held in the Manor lounge at Highvale – enter from Gate 3.

COURSES	Start	Time	Leader	Freq	Venue
<b>MONDAY</b>					
<input type="checkbox"/> Let's Do?	Ap 26	10.00	Self-help	4 <sup>th</sup> Mon	TBA
<input type="checkbox"/> Computer Class A <b>** Zoom</b>	Ap 19	12.00-2.00	David Jewell	Weekly	<b>Online</b>
<input type="checkbox"/> Computer Class B <b>** Zoom</b>	Ap 19	12.00-2.00	Ron Berry	Weekly	<b>Online</b>
<input type="checkbox"/> Computer Class C <b>** Zoom</b>	Ap 19	12.00-2.00	Dan Hauw	Weekly	<b>Online</b>
<b>TUESDAY</b>					
<input type="checkbox"/> Let's play snooker	Ap 20	9.00-11.00	Fred Kreltshheim	Weekly	CL
<input type="checkbox"/> Walking & Exploring	My 11	10.00	Jan Clear	2 <sup>nd</sup> Tues	TBA
<input type="checkbox"/> Art Workshop	Ap 20	1.30-3.30	Shrima De Zoysa	Weekly	Craft
<input type="checkbox"/> Music Appreciation	Ap 27	2.00-3.00	Don Baird	2 <sup>nd</sup> , 4 <sup>th</sup> Tues	DR
<b>WEDNESDAY</b>					
<input type="checkbox"/> Tai Chi <b>FULL</b>	Ap 21	10.00-11.00	Elva Parker & Leh Soh	Weekly	CL
<input type="checkbox"/> Chinese Mandarin (Intermediate 1) <b>### CLOSED</b>	Ap 21	9.30-11.00	Claudia Ng	Weekly	ML
<input type="checkbox"/> Mah Jong	Ap 21	10.00-12.00	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Chinese Mah Jong / Gin Rummy	Ap 21	9.30-12.00	Kristine See	Weekly	DR
<input type="checkbox"/> Zumba Gold <b>FULL</b>	Ap 21	1.00-2.00	Maya Hirai	Weekly	CL
<input type="checkbox"/> Ballet & Dance Appreciation	Ap 21	2.30-4.00	Sue Bebarfald	Fortnightly	ML
<b>THURSDAY</b>					
<input type="checkbox"/> Art Appreciation <b>FULL</b>	My 20	10.00-3.30	Pat Tinsley & Siew Kennedy	3 <sup>rd</sup> Thur	TBA
<input type="checkbox"/> Book Group (AM)	Ap 22	10.00-11.00	Jan Clear	4 <sup>th</sup> Thur	DR
<input type="checkbox"/> Chinese Mandarin (Beginners) <b>FULL</b>	Ap 22	10.30-11.30	Edmund Menghua Li	Weekly	Craft
<input type="checkbox"/> Book Group (PM)	Ap 22	2.00-3.00	Bobbie Rooks	4 <sup>th</sup> Thur	CL
<input type="checkbox"/> French <b>Zoom</b>	Ap 22	2.00-3.00	Marianne Puccinelli & Arlette Ulrich	Weekly	<b>Online</b>
<input type="checkbox"/> Line Dancing (Absolute Beginners) <b>Zoom</b>	Ap 22	7.45-8.45pm	Matthew Coleman	Weekly	<b>Online</b>
<b>FRIDAY</b>					
<input type="checkbox"/> Line Dancing (Improver) <b>CLOSED</b>	Ap 23	9.00-10.15	Doris Teh	Weekly	Pav
<input type="checkbox"/> Line Dancing (Beginners) <b>CLOSED</b>	Ap 23	10.30-11.45	Ewah Lee	Weekly	Pav
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) <b>FULL Zoom</b>	Ap 23	9.30-11.00	June Wang	Weekly	<b>Online</b>
<input type="checkbox"/> Life Skills	Ap 23	10.30-11.30	John Keogh	Fortnightly	ML
<input type="checkbox"/> Flow Yoga	Ap 23	11.30-12.30	Yvonne Woon	Weekly	CL
<input type="checkbox"/> Current Affairs	Ap 23	2.00-3.00	Self-help	Weekly	DR
<input type="checkbox"/> Music - Singing	Ap 23	3.30-4.30	Joan Foulcher	Weekly	ML

#### KEY to VENUES

**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