



THE UNIVERSITY OF THE THIRD AGE

**HIGHVALE**

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# Newsletter

## Winter Issue 2021

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

### COVID-19 VICTORIA UPDATE

Victoria has our fourth lockdown. Hopefully restrictions will be lifted by the time you read this newsletter. Consult the [dhhs.vic.gov.au](https://www.dhhs.vic.gov.au) site listed in text box below.

In-person classes have been temporarily halted but video conference classes continue. Please remember to use the QR code facility and/or sign-in the register as directed when visiting external establishments.

Important developments at the time of printing of newsletter:

- A purpose-built quarantine facility is anticipated to be built in Victoria following Federal and State Governments' agreement.
- Vaccination certificates for travel will be introduced in Europe soon and Australia could follow.

### 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>

### An update on the Committee of Management

We have a new committee member! Kerry Turner who is a Village resident has just joined the committee. She will be an invaluable addition due to her proximity to residents and the ability to provide good feedback from Village U3A members – see her news report in this newsletter.

The Committee of Management now consists of:

Jan Clear (President/Course Coordinator)

Siew Kennedy (Secretary/Treasurer)

Marie Bellamy

Mary Nolan

Hooi Ng (Asst Treasurer)

Kerry Turner

June Wang

Committee Members

## Message from the President, U3A Highvale

As I am writing this letter, we are beginning Winter and we are in the middle of our latest lockdown. I hope that you are keeping well and managing to complete some tasks that you left unfinished, at the end of the last lockdown.

On 3 March, U3A Highvale held its AGM on Zoom. During that meeting I was elected President. We have a small but active committee - Siew, Marie, Mary, Hooi, Kerry and June. Kerry, a Highvale resident joined us in May. We are pleased to have a resident, on the committee, especially as all other committee members live outside the village.

Term 2 began on the 19 April, and until the present lockdown, all classes have been running in the Community Centre, the Manor lounge and the Capital Reserve pavilion. Some members have been reluctant to return to in-person classes so numbers have been down a bit. If you are one of these people, you are most welcome to return to your classes at any time, after the lockdown. Some classes - Computer, French, Intermediate Mandarin 1 (during the lockdown) and Intermediate Mandarin 2 have continued to meet on Zoom. We are looking at the possibility of having these classes as Hybrid classes (in-person and Zoom) in Term 3.

We have welcomed some new members, during terms 1 and 2. If you are one of these new members, we hope that you are enjoying your classes and getting to know other members.

Since being elected I have attended several Network meetings on Zoom. These have been the Presidents' Briefing, the Eastern Metropolitan Region meeting and the March Network meeting. As I had an appointment, Siew Kennedy attended the Marketers' Meeting which was held at the end of March.

Highlights of the Presidents' Briefing included presentations by the Presidents of Albury Wodonga, Myrtleford and District and Nunawading U3As and meeting in breakout rooms with other representatives to discuss topics including learnings from COVID 2020/2021, Marketing U3A and needs and ideas.

There are four Network meeting in June - Network meeting, Eastern Metropolitan Region meeting, Course coordinators' forum and Marketers meeting.

The Art Appreciation group has enjoyed two trips - one to the National Gallery of Victoria for the Triennial Exhibition and the other to the Museum of Modern Art at Tarrawarra. Both of these exhibitions were interesting. Artists amaze me with their creativity!!! There are reports from other classes in this newsletter.

The committee members are always happy to receive your feedback and ideas. If you have suggestions for new courses or short courses, please let us know.

*Yours in lifelong learning,*

*Jan Clear*

(President and Course Coordinator)

# Privacy and Security

During lockdown in 2020, U3A Network Victoria conducted a few workshops related to the Privacy Impact Assessment (PIA) project. This project, driven by the Office of the Victorian Information Commissioner (OVIC) is aimed at Victorian public sector (VPS) organisations covered by the Privacy and Data Protection Act 2014 (PDP Act). U3As fall within this category.

Each U3A was encouraged to conduct a PIA to assess its compliance with Information Privacy Principles contained in the PDP Act.



## What is Data Privacy/Security?

**Data privacy** is about proper data collection of personal information, usage, training, retention, deletion and preservation of personal identity.

Information on members held by U3A Highvale in the MyU3A system and in application forms is considered Personal information. This includes a person's name, gender, address, year of birth and contact details.

**Data security** is the means by which personal information is secured from unauthorised access and data corruption. It involves technology, control techniques, physical and logical accesses.

In this respect, U3A Highvale can only have adequate security in place for the network, hardware and software that it maintains and the hardcopy files stored in the computer room.

## Where are the Weak Points?

U3A Network Victoria has identified five key risks that U3As should aim to mitigate. The first four items listed here relate to privacy and the last item concerns security:

- Over-collection of data.
- Sharing of data without member consent.
- Re-identification of members who have been de-identified.
- Indefinite retention of data by 3rd parties.

- Loss or misuse of data due to lack of security.

## How are Risks Mitigated?

U3A Highvale does not collect sensitive information such as political opinions, religious beliefs, sexual preferences, trade union membership, etc. Health information is provided on a voluntary basis to be used only in cases of emergency. This helps to avoid over exposure and so conforms to the way in which an association can collect, store and use an individual's personal data.

Data about members is safeguarded by password protection and nightly backups. Secure private enterprise-grade server computers in a central location are used for storage with the latest 'Cloud' technology. Members' application forms are locked in a filing cabinet and will be disposed of in a secure way, as required.

## Who is Responsible for Privacy/Security?

**The Committee of Management** has responsibility for documenting and maintaining policies and procedures on data privacy and security and providing the necessary training to volunteers as necessary.

**Tutors and facilitators**, while able to access members' contact details for class management, should ensure that the information is not used for other purposes or forwarded to any other organisations without members' consent. That is why the MyU3A Emailer is an attractive feature. It does not require the download of membership data and for bulk emails, addresses are invisible to a group as a whole. If Emailer is not used, blind carbon copy (bcc) is recommended.

**Members** should ensure they safeguard their passwords and each other's personal information. Sharing of email addresses and phone numbers is not allowed, except when a member's permission is granted.

The security of computer equipment owned by individual members remains the responsibility of each member. Downloading of personal information to local storage devices is discouraged, as member information may be lost or misused.

*Siew Kennedy*  
(Secretary/Treasurer)



## **"VILLAGE NEWS"**

The Highvale Village has celebrated Anzac Day with a service in the Community Centre. It was on Saturday 24th May at 2pm, a very moving ceremony and attended by some of the U3A choir and members. It is a yearly event held at the Community Centre and afternoon tea was served afterwards.

On the afternoon of Sunday 16th May, the Village celebrated with a high tea in the Community Centre. This was also a fund raiser for the Cancer Council Biggest Morning Tea.

On Saturday 29th May, Eileen our office manager, celebrated 40 years service with Lend Lease. As you know, Eileen is always willing to assist our residents, visitors, U3A members and colleagues where she can - always with a smile too! Congratulations Eileen on such a fantastic milestone.

The Village celebrated the opening of the Highvale Hub on Friday May 7th. The Hub serves as a kiosk from 10am to 12 pm, Monday to Friday selling essentials that you may have just run out of - tea, coffee, sugar, etc.

Manned by Residents, it provides a social outlet where people can get a quality coffee or hot chocolate from a machine that is available all day, have a yarn and meet new friends. The other function of the Hub is the bar serving a range of wines, beers and soft drinks. Very popular at our Saturday night BBQ and regular Social Club lunches. It opened in style and was well attended by over 50 Residents. Entertainment was from a singing troupe that got everyone in the mood for a good old singalong. Next time you are in the Centre, pop over and check out the Highvale Hub, in the dining room area.

*Kerry Turner*  
(Committee Member)

## **FRIDAY LINE DANCING CLASS Report**

After a prolonged absence in 2020, the prospect of meeting up for an in-person class was greeted with great expectation and anticipation. The simple joy of being able to say hello, share a smile and a joke with fellow students is not going to be taken for granted after a year of absence.

Friday morning classes have been a highlight of the week. This has allowed us to appreciate the simpler things in life and to live life fully. What a joy

it is to be able to dance to lovely music that takes your heart away. Doris, our teacher, challenges us as well as helping us to remember our dance steps that were learnt a year ago. Slowly but surely we are able to regain our dancing feet and rhythm. To date we have been able to learn a few new dances this year. Sadly there are still a few old dances that continue to escape us. We have tested Doris's kind patience to re-teach us again and again.

On a closing note, the class remains to be happy, cheerful and fun. Never being too serious and everyone willing to give it a go. Here is to our happy feet dancing to our heart songs for the rest of this year. Thank you Doris for your wonderful teaching and warm friendship.

*Marloney Ng*  
(Student)

## **ART WORKSHOP Report**

I was very happy to get this opportunity to share my art skills and creative ideas, in this instance, in the Community craft room, at Highvale Retirement village.

The Art Workshop is running very well and we have been working together for a few months. The workshops are on Tuesday afternoon from 1.30-3.00pm, approximately (in school terms).

I would like to encourage all of you, who are out there and have wanted to dabble with paint and paper, to come along and explore your hidden talents. Give it a go, as we say!!!

I am sure that an afternoon well spent in Art, will be very rewarding, especially in these present, uncertain times.

*Sríma de Zoysa*  
(Tutor)

## **LIFESKILLS FOR HEALTH AND HAPPINESS Report**

We feel privileged to be able to meet in the comfort of the lounge room in The Manor for our fortnightly classes. This enables Powerpoint presentations to be displayed on the large TV set to give the group background information for informed discussion and reflection on their own lived experiences.

Topics we have discussed this year included –

1. **Living under lockdown** conditions.  
Opportunity for slowing down and a bit of self-care, taking time to relax, read, listen to music, take time to exercise and reflect.
2. **Sustainable living** in the Australia of today.  
Discussion of this topic led to a consideration of an economics model that matches the needs of the 21<sup>st</sup> century. It was labelled “doughnut economics” by one of its chief proponents, Kate Raworth. This model balances between essential human needs and planetary boundaries. As Noel Towell said in an article in The Age on April 21: *“Imagine Melbourne as a place where everybody had enough to live a ‘good life’ – but nobody had too much – a city that could thrive without damaging the planet or exploiting its people.”*
3. The **importance of storytelling**.
  - Healing power for mental and emotional health.
  - Connecting with others and bringing people together.
  - Stories help people remember. Facts are forgettable.
  - Stories of faultless achievements are boring, but we remember stories that tell of error and failure.

At the conclusion of each session, each member of the group is given the text contained in the Powerpoint presentation so they can take it with them to digest and reflect on the topics discussed.

I am grateful to the group for their regular attendance, the support they give to one another by their respectful listening and sharing of personal stories.

Congratulations to John Borchers for becoming the first man to join the group for some years.

*John Keogh*  
(Tutor)

## ONLINE PRANAYANA YOGA Report

During the 2020 lockdown, our online class practising yoga, with our tutor Krishan, was an ideal opportunity to help us keep fit. It was also a pleasure to keep in touch with other U3A classmates. How nice it was to see familiar faces again in the middle of an experience none of us had ever known before.

Our lesson runs from six o'clock to seven o'clock on a Wednesday evening, this being the best time for Krishan who is at present in England. We meet

via Google Meet and it is very easy to access, no super duper technical brain is required! At present, due to the time difference between the two countries, we meet at five o'clock to six o'clock.

We also, by mutual agreement between us, practise at the same time on Tuesdays. So now we have an opportunity to keep fit two nights a week in the comfort of our own homes.

Don't be put off with the idea that we stand on our heads and twist into weird shapes! Krishan's lessons are with poses and exercises which are easily achievable and we all agree at the end of the lesson that we certainly feel better and more relaxed.

Our lessons include good relaxation time and also breathing (Pranayana) exercises. Krishan places great importance on our breathing, as it is as important as the poses and stretches.

In spite of the limitations of online as opposed to in-person, the poses are easily remembered so can be followed, even if there are a few technical problems encountered from time to time. So if anyone feels they would like to join us, even to just give it a try, you would be very welcome.

*Marie Bellamy*  
(Student)

### Please Note:

Krishan Pathak who tutors the Wednesday Online Yoga (Pranayana) course has offered an additional class. This course teaches yoga breathing exercises and techniques via Google Meet. You will need a yoga mat.

The Tuesday class started on 18 May and will be held weekly at AEST 5.00pm. As Krishan resides in London, the timing could vary depending on Daylight Savings Time.

Following your enrolment in the class, you will be sent a link to Google Meet.

## MANDARIN INTERMEDIATE 1 Report

On behalf of all class participants, thanks to Claudia for volunteering her time to tutor the consistently attended Mandarin Intermediate 1 2021 class at U3A Highvale. Throughout 2020, the COVID19 pandemic did not stop us from continuing to learn more Mandarin through the use of the enabling ZOOM conferencing software.

However, class participants eagerly returned to onsite class at the Manor Lounge Highvale, with the appropriate precautions. In 2021, so far we have progressed our Mandarin learning through Ni

## MANDARIN INTERMEDIATE 2 Report

Hao Book 3. Tutor Claudia guides an enjoyable and engaging learning experience both on ZOOM and in person at an appropriate pace. Claudia's use of the Ni Hao 3 textbook and workbook gives a framework for learning in the class. Interspersed with active discussions of participant-provided Mandarin sentences help to reinforce the recognition and pronunciation of the Chinese characters. (Although I am deficient on this aspect, I have to thank Claudia and other participants for being so patient with me on this. I am "jian wang" (forgetful) like Lin Ming Han).

So far we have learnt some new Chinese words and expressions (e.g. ma ma hu hu), some new radicals relevant to school life studies and about the classroom from the textbook. We should proceed to the leisure life, about ourselves and transport chapters. We also get to do some homework, active speaking and listening practice from the Ni Hao 3-included resources. We have quite a diverse group in the class, all different ages, backgrounds and from various continents. Most have progressed through the Ni Hao 1 and Ni Hao 2 text and resources from previous classes.

The class is friendly and relaxed and we all support one another. I have enjoyed the company and fellowship of the class.

Learning Mandarin of this level at our age definitely gives the brain neurons a workout. I hope to be able to read a Chinese newspaper and converse with my neighbour from China in the future. The class also lets us get out and connect and physically engage with other people. It's very easy when you retire to sit at home to watch TV, YouTube or Netflix movies. But I doubt we would be happy to live like that all the time.

I am sure all of the class participants look forward to actively participate in the next class. All anticipate the end-of-term breakup where we will have a feast at a local Chinese restaurant and order from the Chinese menu in Mandarin (with prompting from Claudia and others!).

Thanks again to Highvale management staff, U3A volunteers involved and class participants for enabling this class.

"Teachers open the door but you must walk through it yourself" – Chinese proverb.

*Edmund Chin*  
(Student)



For this newsletter, the class agreed to pen expressions of personal challenges in tackling a "foreign" language and what we have each gained in persevering with our Mandarin journey.

**Anna:** This is my 7th year learning Chinese Mandarin at U3A Highvale. Learning Mandarin from scratch is hard work. For the past 5 years our class has been under June Wang, our well qualified and patient teacher. June guides us who mostly have English speaking upbringing to reach this stage of our learning curve.

**Elaine:** In the continuing & challenging atmosphere of Covid-19, June has again facilitated the Mandarin Intermediate 2 class in Term 2 on Zoom with a gentle and reassuring approach to encourage my progress. What has especially resonated with me is her ability to engage my attention through various & interesting strategies.

**Wean:** I am consciously struggling trying to catch up with the rest of the class but with the constant encouragement from our patient teacher, June Wang, the challenge is worthwhile pursuing. Now I have settled down to a steady plod and look forward to learning the language.

**Kim:** Online Zoom classes continued in 2021 with the introduction of the higher level Chinese Book, Ni Hao 4, which brought challenges to many students. Classroom studies, sharing and interactions under the tutorship of June Wang aroused great interests among her students where some took the opportunity to continue studies without disruptions, through the online classes, even while away from home or undertaking family duties.

**Shirley:** This year we welcome Jenny to our Mandarin Intermediate 2 class. Jenny is friendly and fits in very quickly into our group. As our lessons are mainly based on shared learning (with the teacher's guidance), we appreciate her input/contributions in our class activities.

**Jenny:** Intermediate Mandarin class is an interesting course - learning a different language and the Chinese culture too. We learn together and from each other to grasp this difficult language but we have fun amongst a group of supportive friends and Tutor June Wang's patience and encouragement. It is a structured course so we can see how we have progressed through the year.

**Yeun:** I am glad to be in the U3A Mandarin Intermediate 2 Zoom class, a very interactive class

with very helpful and supportive people. We are fortunate to have a capable, patient and understanding tutor. We also have a fantastic class rep, one who can solve our IT/computer problems.

**Dan:** I was determined to master what should have been my native language which, being not born in China and also being English schooled, turns out to be a steep mountain to climb. So I take solace from June's determined approach to make our learning fun and enjoyable, especially in the U3A environment where we are all seniors. Thank you, June.

**June (tutor):** Thanks to the U3A Highvale committee and members of my class who have been very supportive and encouraging, especially during the Covid-19 pandemic. We have continued online learning as well as sharing and journeying together. The experience for me is so valuable and rewarding.

*Dan Hauw*  
(Student)

## WALKING AND EXPLORING GROUP Report

On Tuesday 11th May, members of the U3A Walking and Exploring group met at the Miniature Railway site on the corner of Elgar Road and Bulleen Road in Mont Albert North, ready to commence our monthly Walking and Exploring.



In the  
photos  
were:  
Hooi,  
Robyn,  
Violet,  
Jan &  
Marloney



It was a cold, foggy morning in Glen Waverley and we were unsure about setting out for the walk.

When we returned to the car park, at the end of our walk we were glad that we had made the effort as it didn't rain, during the morning. The Mont Albert North walk is 5.5 kms long and the track is beside the freeway and the creek and meets up with Doncaster Road near the Park and Ride station.

We set off through the park adjacent to the Miniature Railway, admiring the children's playground and the lush greenery along both sides of the path. The path led onto the Koonung Creek Linear Trail. It was an interesting track with a variety of views, either side. Sometimes we were walking beside bush on the left and the creek, on the right. At other times, it was bush on the left and the Eastern freeway, on the right.



Railway Station for Miniature  
Railway

At Doncaster Road, we turned left and walked along the footpath to Winfield Road where we turned left again. We were amazed at the large new homes that are being built in Winfield Road and one of our members said that the houses that had been knocked down were not that old. At Clifton Street, another left turn took us back into the park where we had a short conversation with the men doing park renovations.

As we headed back to the car park, we detoured and crossed the creek, walking along a well constructed bridge. The reeds, in the creek, were very thick but the varieties of bird life were quite easy to identify as we studied the information board.

When we reached the car park, we headed in different directions to shop and/ or have lunch. We look forward to our next walk on Tuesday 8th June. We welcome new walkers so please leave a message, in the U3A letterbox if you want to join us, so we can let you know our destination. (Our June walk will be cancelled if we are still in lockdown.)

*Jan Clear*

## COMPUTER CLASS Report

Our Computer Class has become a useful forum for students to have a 2-way flow of information between students and tutors where students can have their specific questions and difficulties answered and where new topics of general interest are presented by tutors. With Covid-19 restrictions, preventing in-person classes, one-on-one attention has become somewhat of a challenge. However, Zoom teleconferencing has "breakout" room capability where small groups with similar interest can gather apart from other groups to discuss common topics of concern.

To enhance rapid understanding, our tutor Ron has set up a reference library of "what is" and "how to" documents on a wide range of technology and lifestyle topics contributed by various tutors. E.g. **"Gmail Tutorial for Beginners"**, **"Email Filters"**, **"Bill Paying Online"**, **"Shopping Online"**, **"Photo Managers"** and **"iPhone Photography"**. Students can refer to these documents to improve their skills. One important note is that these are living documents and will change with the passage of time and technology/knowledge advancements. The library access is:

<http://student.u3ahighvale.com.au:8080>

The U3A Highvale computer room is now connected to the NBN, so although we are not at Highvale to use the connection from within, everyone is able to use it to connect to the Computer Class server to access the documents library mentioned above. Another advantage of the new NBN connection is that the U3A Highvale Secretary can remotely access messages left on the telephone in that room.

We conclude our report with a collection of student expressions on the personal benefit in acquiring their new technology skills.

### Isabelle

I have been going for some time now. Due to Covid-19 restrictions, it has to be by Zoom, but that is not a problem. Can only encourage others to give it a go. You could not find a more helpful and patient group of tutors.

### Lucy

I want to learn something new and the computer achieves this. It helps me to exercise my brain as well as save papers. The computer is very useful to me because I can quickly communicate with my brothers, sisters and friends.

### Anna

Computer technologies enabled U3A Highvale members to carry out most of our activities during the pandemic lockdowns by using Zoom. Using the technologies we have learned enables us to keep in touch with families and friends in any location. We have also learned how to safely use online banking and online shopping. Learning computer skills is really very difficult but useful for a senior like me. I have to give special thanks to Ron, David and Dan, our 3 dedicated computer tutors for encouraging me never to give up learning.

### Jenny

The tutors of this class - Ron, David and Dan - should be given awards for their patience and dedication with us. Because we are in our Senior years and learning modern technology, we constantly forget what we have been taught and stumble in progressing. But they have never given up on us, instead constantly encouraging us. Thank you to each of the tutors for your commitment, hard work and sharing your knowledge to teach us. Much appreciated.

### Ann

Our U3A Computer Class on Zoom (as it has needed to be this year) has allowed us to widen our knowledge in using whatever devices we happen to have. These range from PCs, iMacs, laptops, iPads, Android phones and iPhones - and we are all learning so much from 3 experienced tutors who have lots of patience with us. That is greatly appreciated. My computer skills would be very limited without the benefit of these classes.

### Elaine

As my realisation that computer skills are now an important and essential requisite of modern living, I've been spurred on to upskill in this area, even though my progress via Zoom has been at snail pace. But I've been encouraged to persist under the knowledgeable & encouraging tutelage of the tutors David, Ron & Dan, whose availability to explain & answer questions extends beyond class time and which has been much appreciated. And then to practise & practise!!

*Dan Haun*  
(Tutor)



## What's New?

### Karaoke Anyone?

Invitation to EOI (Expression of Interest)



Some members have suggested starting a Karaoke group. At this stage the Committee is trying to gauge if this is an activity that would attract other U3A Highvale members.

The decision to establish such a class would depend on the number of responses. We would love to hear from you.

If you wish to express your interest in joining Karaoke sessions, please send an email to: [enquiries@u3ahighvale.com.au](mailto:enquiries@u3ahighvale.com.au) indicating a suitable day and time.

### Seniors Festival Reimagined 2021 - Keepin' On

What is happening this year? The Seniors Festival will be conducted online, on radio and have live events in 2021. Online and radio events run from 21<sup>st</sup> June to 31<sup>st</sup> October. Live events will be available across Victoria from 1<sup>st</sup> to 31<sup>st</sup> October.

An eight-day period of free public transport for Victorian Seniors Card holders is from 3<sup>rd</sup> to 10<sup>th</sup> October.

Celebration Day at Federation Square is back, and will be held on 3<sup>rd</sup> October.

<https://www.melbournepoint.com.au/events/victorian-seniors-festival/>

## GEMS for Enquiring Minds

This month's GEMs issue covers a wide range of life aspects, from physical, emotional and spiritual health to quality of life and technical. If you read only the first and last paragraphs of each research report you'll normally get the key take-away message. Here is the link for the June issue:

<https://us6.campaign-archive.com/?u=6695a4cd2b9c9567045967f40&id=f46ce9c0a6>

and back issues are available from:

<https://www.u3aonline.org.au/content/gems>

Here are three interesting topics in the June issue.

#### o Adults more generous around children

Eight experiments by the Bath and Cardiff Universities UK concluded that adults are more compassionate and are up to twice as likely to donate to charity when children are present. Link: <https://www.sciencedaily.com/releases/2021/05/210504191559.htm>

#### o Eating more fruit and vegetables linked to less stress

Eating a diet rich in fruit and vegetables is associated with less stress, concluded an Edith Cowan University research. It revealed people who ate at least 470 grams of fruit and vegetables daily had 10 per cent lower stress levels than those who consumed less than 230 grams. Link: <https://www.sciencedaily.com/releases/2021/05/210513100030.htm>

#### o Misinterpreting food date labels but eat them anyway

Misunderstanding food date labeling is common and education is needed to improve consumer understanding, according to a new study in the *Journal of Nutrition Education and Behavior*, published by Elsevier in May 2021.

Labels such as "Best Use By" are largely not understood. Consumers believe they are boring, self-explanatory, or common sense despite misunderstanding the labels. As these labels play an important role in helping consumers make informed decisions about food, and ultimately prevent unsafe consumption and waste of food, more communication campaigns need to capture people's attention. Link:

<https://www.sciencedaily.com/releases/2021/05/210506105438.htm>



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

# TIMETABLE – U3A HIGHVALE

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

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Updated on: 22 May 2021

- **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 Kreltszheim	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	1.30-3.30pm	Shrima de Zoysa	Weekly	Craft
<input type="checkbox"/> Music Appreciation	Ap 27	2.00-3.00pm	Don Baird	2 <sup>nd</sup> , 4 <sup>th</sup> Tues	DR
<input type="checkbox"/> Yoga Pranayana <b>GoogleMeet</b>	My 18	5.00-6.00pm	Krishan Pathak	Weekly	<b>Online</b>
<b>WEDNESDAY</b>					
<input type="checkbox"/> Chinese Mandarin (Intermediate 1) <b>### CLOSED</b>	Ap 21	9.30-11.00	Claudia Ng	Weekly	ML
<input type="checkbox"/> Chinese Mah Jong / Gin Rummy	Ap 21	9.30-12.00	Kristine See	Weekly	DR
<input type="checkbox"/> Tai Chi	Ap 21	10.00-11.00	Elva Parker & Leh Soh	Weekly	CL
<input type="checkbox"/> Mah Jong	Ap 21	10.00-12.00	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Zumba Gold	Ap 21	1.00-2.00pm	Maya Hirai	Weekly	CL
<input type="checkbox"/> Ballet & Dance Appreciation	Ap 21	2.30-4.00pm	Sue Bebarfald	Fortnightly	ML
<input type="checkbox"/> Yoga Pranayana <b>GoogleMeet</b>	Ap 21	5.00-6.00pm	Krishan Pathak	Weekly	<b>Online</b>
<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)	Ap 22	10.30-11.30	Edmund Menghua Li	Weekly	Craft
<input type="checkbox"/> Book Group (PM)	Ap 22	2.00-3.00pm	Bobbie Rooks	4 <sup>th</sup> Thur	CL
<input type="checkbox"/> French <b>Zoom</b>	Ap 22	2.00-3.00pm	Marianne Puccinelli	Weekly	<b>Online</b>
<input type="checkbox"/> Line Dancing (Absol/Uprr 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>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	2.00-3.00pm	Self-help	Weekly	DR
<input type="checkbox"/> Music - Singing	Ap 23	3.30-4.30pm	Joan Foulcher	Weekly	ML

### KEY to VENUES

**CL** – Community Centre lounge

**DR** – Community Centre dining room

**CPR** – Community Centre computer room

**ML** – Manor lounge – enter Gate 3

**Craft** – Community Centre craft room

**Pav** – Capital Reserve Pavilion