



THE UNIVERSITY OF THE THIRD AGE

HIGHVALE

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Box U3A, 42 Capital Ave, Glen Waverley 3150

# Newsletter

Spring Issue 2021

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

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

## COVID-19 VICTORIA UPDATE

The return to in-person classes will require putting in place hand sanitising, mask wearing and QR code check-in procedures. While many U3A members look forward to returning to physical premises, there are some who prefer Zoom classes due to their ease of access and time efficiency. In due course, we will be hearing from appropriate authorities about what the future holds.

As vaccination rollout gathers pace there is now a race to get 70 per cent of Victorians to have at least one dose of the COVID vaccine. Meanwhile lockdown restrictions will remain, Easing of restrictions will be possible when more people are vaccinated. Victorians are urged to book their vaccination appointments by visiting <https://portal.cvms.vic.gov.au> or by phoning the Coronavirus hotline on **1800 675 398**. As COVID-19 situation is constantly changing, public health measures are updated regularly. The **Victorian Department of Health** provides the most recent information at: <https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

## An invitation to join our Online Courses

All members are encouraged to explore our online courses such as Computer, French, Line Dancing, Yoga and Zumba Gold. These are ideal replacements for in-person classes, in view of current Victorian COVID-19 restrictions and the uncertain timeline when these would be lifted. If you wish to enrol in classes conducted currently via Zoom and Google Meet, send an email to [enquiries@u3ahighvale.com.au](mailto:enquiries@u3ahighvale.com.au) with your personal details and any special request. For example, you may need help in using computer or mobile devices, as well as confidence in computing skills and online programs. Our computer tutors will be happy to assist you with online access information and assistance as required.

## Dates for your Diary

Your Committee is planning to hold a function for the end-of-year. While the nature of this function is yet to be determined due to the uncertainties of COVID-19 restrictions, the date is likely to be either **25<sup>th</sup> or 26<sup>th</sup> of November 2021**.

2022 membership application/renewal will be in two stages. Existing members can renew their membership with payments from **17<sup>th</sup> to 27<sup>th</sup> November**. After payments are processed, paid-up members may enrol online in classes via myU3A from **1<sup>st</sup> December 2021**. For members without computer access, details will be provided as soon as the availability of Village premises becomes clearer. As for new members, class enrolment will open from **2<sup>nd</sup> December 2021**.

## Message from the President

Hello everyone !

When I wrote to you at the end of Term 2, we certainly weren't thinking that we would still be having lockdowns. I hope that you and members of your family are keeping well. Hopefully we will see some lifting of restrictions soon. A friend wrote to me last week and told me that we had experienced two hundred days of lockdown. It seems hard to believe. I wrote back and said that I had many unfinished projects. I wonder how your lockdown projects are progressing. When we eventually meet "in person" maybe we can compare notes.

As I write this, I am watching some events at the Paralympics, in Tokyo. How amazing are these athletes!!!! As well as watching the events, I have enjoyed hearing the athletes' stories and watching many different sports including swimming, wheelchair basketball and rowing.

Last week, Siew Kennedy and I represented U3A Highvale at Monash Council's PALS (Positive Ageing Lifestyle Program) meeting. There were representatives from many organisations that provide activities and events for Seniors in our community. At this meeting we were told that the Seniors' Festival in Monash has been cancelled. Some events will be held online, during October this year, but others will be held in 2022.

Your committee members continue to work hard and meet regularly (on Zoom). Last week, a member of Network, Helen, spoke to us about her involvement in U3A and Network. We enjoyed meeting her "on screen" and having the opportunity to ask questions about Network, its committees and personnel. Siew has written an article about U3A Network Victoria and this is also printed in this newsletter.

We are beginning to think about 2022 and the end of the year. We want to have an end-of-year celebration although it may be on Zoom, as it was last year. We hope to be able to give you more information, in the next few weeks. We are thinking about a couple of new courses. I will outline details of one of these, elsewhere in this newsletter.

The Art Appreciation group was lucky enough to be able to go on the July trip, just before the sixth lockdown. The exhibition entitled "She-Oak and Sunshine: Australian Impressionism" was held at the Ian Potter Gallery in Federation Square. It was a very large exhibition and included the work of many female artists whom I didn't know. We had hoped to go to the "Twenty Melbourne Painters Exhibition" in the Glen Eira Gallery in Caulfield but this was cancelled. We hope that we may be able to attend the "French Impressionism Exhibition" at the National Gallery of Victoria, in September.

Our Eastern Metropolitan Region (EMR) has organised a seminar for committee members on Monday 20th September, at the start of the school holidays. This was to be held at U3A Nunawading but I think that Zoom is more likely. The main topic will be "Membership" and will include discussion about attracting new and younger members, retaining members, and encouraging members to volunteer. It should be very interesting and relevant to all U3A's at this time.

I also attended the Marketers' Meeting and Course Coordinators' Forum during Term 3. Both of these meetings were held on Zoom. At the Marketers meeting there were speakers talking about advertising on radio, TV and You Tube. These speakers were very interesting and gave us some

helpful information. The Course Coordinators' Forum concentrated on courses and tutors and we heard speakers from Mornington, Beechworth, Moreland and Dandenong. The representatives talked about ongoing courses and short courses that had been successful.

If you are interested in any of our "in-person" courses, please let us know and we will add you to our lists. Put a note in the U3A box.

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 some 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 take care and stay well.

Yours in lifelong learning,  
**Jan Clear** (President and Course Coordinator)

## Report from Course Coordinator

I feel very honoured to be your course coordinator and be able to meet so many of our members "in person" and on Zoom.

During these lockdowns, when we are unable to have "in-person" classes, I have enjoyed meeting participants of our Zoom classes- Computer, our two Intermediate Mandarin classes, French, Yoga and Zumba Gold. I haven't attended our second Yoga class which is broadcast from England or our online Line Dancing. The members of all these classes have enjoyed meeting together online and have made good progress. Unfortunately some members have had to drop out because they don't have Zoom or computers. Hopefully those people will join in again when we have "in-person" classes again. If you would like to join one of the Zoom classes, please let me know.

Some of our tutors haven't felt comfortable using Zoom. We look forward to welcoming these tutors and their class members when the village facilities are open again.

As I mentioned in my President's report, we are beginning to look at new courses which we could introduce in 2022. One of the courses that we are looking at is "Understanding Friendship in Later Years". This course has been run a couple of times by U3A Moreland and feedback has been

positive. I first heard about this course at a Course Coordinators' Forum. Siew and I attended a two session workshop during August. We are looking at running the course in Term 1 of next year. I have included a copy of the course overview in this report. The course can run on Zoom or "in-person" and will run for four weeks. I was interested in the course, from the first time that I heard about it and I feel that it is very relevant, particularly in these difficult times, when people are struggling because they can't see their friends or attend the activities that they enjoy. I hope that you will consider attending this short course in Term 1 next year. There will be opportunities to share your life experiences (if you wish to do so) and hear about the experiences of others and learn about research prepared by scholars.

Here is a copy of a course overview prepared by U3A Moreland.

### *COURSE OVERVIEW*

*Friendship is a vital but often unexamined part of our lives. As we move through life stages, friends are often associated with schooldays, employment, family activities, neighbourhood links and more. However, having fewer friends can sometimes creep up on us when these elements change, as we*

age, or when we retire. This can lead to loneliness and affect our health and wellbeing. This course looks closely at our current friendship networks and at the skills, beliefs, and opportunities to help expand these.

I hope to have more information about courses to share with you, when we produce our Term 4 newsletter. Take care and stay well, **Jan Clear**

## A new online course

### Interested in Health Qigong?

In an attempt to overcome lockdown blues, U3A Highvale is introducing a new online course -- Health Qigong on Zoom. The course aimed at health improvement, focuses on mind body exercise (MBE) and is hosted by a Singapore-based club daily at 10.55am AEST, Mondays to Saturdays. There are two 40min sessions each day -- attend all or as many as you choose. Although classes are in Mandarin, that shouldn't be a deterrent -- you just need to follow the instructor's hands and body movements.



U3A Highvale is trialling it and is yet to list it in myU3A. Instead, the course will be facilitated by Hooi Ng (a committee member) via WhatsApp, through which Zoom links and updates are communicated.

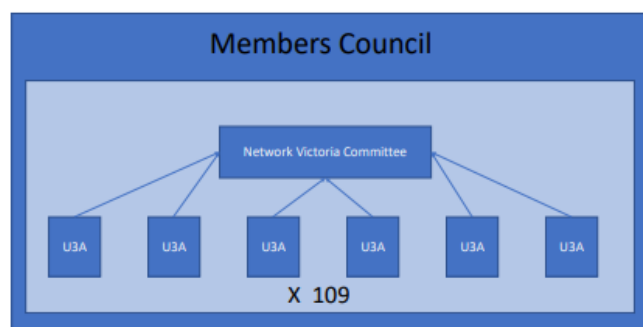
When you join the course, you implicitly agree to be part of the Qigong WhatsApp group.

If you wish to enrol, send an email with your mobile number to: [enquiries@u3ahighvale.com.au](mailto:enquiries@u3ahighvale.com.au) and you will be contacted with details. Why not give it a go right now?

## Peak Body

U3A Network Victoria refers to itself as a **Peak Body**. I was unclear what the term means, but soon found in Wikipedia that it is an Australian term for an advocacy group or trade association, an association of industries or groups with allied interests.

Peak bodies or organisations are generally established for the purposes of developing standards and processes, or to act on behalf of all members when lobbying government or promoting the interests of the members. They are widely accepted as the legitimate "voice" or representative of a profession or industry.



### Purpose of U3A Network Victoria

As an Incorporated Association, U3A Network Victoria (referred in this article as Network) aims to:

- Strengthen and facilitate the work of the U3A volunteer movement in the State of Victoria.
- Coordinate U3A activities state-wide, develop policies, provide education and training, represent the U3A movement to external interests and government.



- Promote and assist the establishment of new U3As, act as mentor and advisor to member U3As and nurture the growth of membership of existing U3As in Victoria.

### Benefits to U3A Highvale

Each year like other U3As, U3A Highvale pays a capitation fee to be a member of the Network. The amount is based on the membership of an U3A and calculated at \$2.00 per member. In return, each U3A benefits from the services and support provided by Network:

- Insurance cover through VMIA
- Copyright coverage
- Resources such as handbooks, policy templates, marketing templates, promotional videos, training for course coordinators, tutors and leaders
- Website template and technology-related support

### Future of U3A Network Victoria

The strength of the Network lies in its strategy to advance the development of, advocate for and represent the interests of, the U3A sector in Victoria. Network also advocates for social policy reform to strengthen the services for active seniors in the community.

At the start of the 2020 lockdown in Victoria, Network first ensured that U3As were equipped with the Zoom software and wherewithal to use it. It then organised training sessions and numerous Zoom meetings to keep U3As busy with educational programmes, forums and workshops.

In the immediate future, Network has plans to:

1. Foster the development and sustainability of U3As.
2. Provide opportunities for U3As to share and learn.
3. Advocate on behalf of U3As to government and other potential sponsors and supporters
4. Improve the capability of U3A Network Victoria.

In a way, COVID-19 has guaranteed the future of the Network. It enables regional U3As to easily join meetings normally held in

Melbourne CBD and so connect up frequently with metropolitan U3As in a productive manner.

I'd like to borrow an ecological term called the **umbrella effect** which means "the protection extended by the presence of a flagship species to other species in the same habitat". U3A Highvale like other members of the Network, will continue to enjoy the spirit of the worldwide U3A movement as preserved and promoted by U3A Network Victoria.

*Siew Kennedy*

Secretary/Treasurer

**Read more about  
U3A Network Victoria**

U3A Network Victoria

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

## GEMS for Enquiring Minds

Here are a few gems for those who enjoy a bit of intellectual adventure. Click on the link at the end of each article for the full report.

### ***That song is stuck in your head, but it's helping you to remember***

Have you ever experienced a song or a piece of music stuck in your head playing over and over again? This phenomenon, known as "earworms" is considered by most people as a passing nuisance beyond their control. Research from University of California - Davis Department of Psychology, and Center for Mind and Brain found that earworms are a naturally occurring memory process. The songs that get stuck in your head help that process of strengthening memories as they first form and help preserve recent experiences in long-term memory.

o [That song is stuck in your head, but it's helping you to remember](#)

### ***More than just walking: A new role for core brain region***

For decades, the mesencephalic locomotor region in the brain is thought to merely regulate locomotion. In addition to confirming this finding, researchers from the University of Basel were able to characterize distinct populations of neurons that are involved in regulating postural changes and body extension movements which are likely to be essential for initiating locomotion.

The researchers concluded that the region is involved in much more than walking, as it contains distinct populations of neurons that control different body movements. These findings suggest they could help to improve certain therapies for Parkinson's disease.

o [More than just walking: A new role for core brain region](#)

### ***Vocal music boosts the recovery of language functions after stroke***

A study conducted at the University of Helsinki and the Turku University Hospital Neurocenter compared the effect of listening to vocal music, instrumental music and audiobooks on the structural and functional recovery of the language network of patients who had suffered an acute stroke. Based on the findings, listening to vocal music improved the recovery of the structural connectivity of the language network in the left frontal lobe compared to listening to audiobooks. These structural changes correlated with the recovery of language skills.



These results suggest that listening to vocal music could be a simple and cost-efficient boost to rehabilitation of patients with mild

speech disorders, promoting recovery and brain health after a stroke.

o [Vocal music boosts the recovery of language functions after stroke](#)

### ***Switching from a diet rich in sugar and fat to a balanced one may reduce skin and joint inflammation***

In a study published in the Journal of Investigative Dermatology, researchers from University of California – Davis Health showed that mice fed a diet rich in sugar and fat for 10 weeks developed skin and joint inflammations which improved following a switch to a balanced diet.



This study suggests that diet rich in sugar and fat leads to disruption in the gut's microbial culture and contributes to inflammatory skin diseases such as psoriasis. Switching to a more balanced diet restores the gut's health and suppresses inflammation.

o [Switching from Western diet to a balanced diet may reduce skin, joint inflammation](#)

***You can find more reports like these on the U3A online website:***

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

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

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     Computer Course \$20 per term (temporarily waived)

**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 FORM with CHEQUE PAYABLE to U3A HIGHVALE or BANK TRANSFER PROOF**  
Enclose in envelope marked Enrolments, U3A Highvale – Either deposit at: U3A Box in Highvale Village,  
or Mail completed 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 4 – OCTOBER 4<sup>th</sup> to DECEMBER 3<sup>rd</sup>, 2021

Tel: 03 9803 8592

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

Updated on: 30 August 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 are subject to vacancies. **Online** classes are tagged **Google Meet or Zoom**.

- **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"/> Computer Class A <b>** Zoom</b>	Oct 4	12.00-2.00	David Jewell	Weekly	<b>Online</b>
<input type="checkbox"/> Computer Class B <b>** Zoom</b>	Oct 4	12.00-2.00	Ron Berry	Weekly	<b>Online</b>
<input type="checkbox"/> Computer Class C <b>** Zoom</b>	Oct 4	12.00-2.00	Dan Hauw	Weekly	<b>Online</b>
<b>TUESDAY</b>					
<input type="checkbox"/> Let's play snooker	Oct 5	9.00-11.00	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Walking & Exploring	Oct 12	10.00	Jan Clear	2 <sup>nd</sup> Tues	TBA
<input type="checkbox"/> Art Workshop	Oct 5	1.30-3.30pm	Shrima de Zoysa	Weekly	Craft
<input type="checkbox"/> Music Appreciation	Oct 12	2.00-3.00pm	Don Baird	2 <sup>nd</sup> , 4 <sup>th</sup> Tues	DR
<input type="checkbox"/> Yoga Pranayana <b>Google Meet</b>	Oct 5	5.00-6.00pm	Krishan Pathak	Weekly	<b>Online</b>
<b>WEDNESDAY</b>					
<input type="checkbox"/> Chinese Mandarin (Intermediate 1) <b>Zoom</b> <b>### CLOSED</b>	Oct 6	9.30-11.00	Claudia Ng	Weekly	<b>Online</b>
<input type="checkbox"/> Chinese Mah Jong / Gin Rummy	Oct 6	9.30-12.00	Kristine See	Weekly	DR
<input type="checkbox"/> Tai Chi	Oct 6	10.00-11.00	Elva Parker & Leh Soh	Weekly	CL
<input type="checkbox"/> Mah Jong	Oct 6	10.00-12.00	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Zumba Gold <b>Zoom</b>	Oct 6	1.00-2.00pm	Maya Hirai	Weekly	<b>Online</b>
<input type="checkbox"/> Ballet & Dance Appreciation	Oct 6	2.30-4.00pm	Sue Bebarfald	Fortnightly	ML
<input type="checkbox"/> Yoga Pranayana <b>Google Meet</b>	Oct 6	5.00-6.00pm	Krishan Pathak	Weekly	<b>Online</b>
<b>THURSDAY</b>					
<input type="checkbox"/> Art Appreciation <b>FULL</b>	Oct 21	10.00-3.30	Pat Tinsley & Siew Kennedy	3 <sup>rd</sup> Thur	TBA
<input type="checkbox"/> Book Group (AM)	Oct 28	10.00-11.00	Jan Clear	4 <sup>th</sup> Thur	DR
<input type="checkbox"/> Chinese Mandarin (Beginners)	Oct 7	10.30-11.30	Edmund Menghua Li	Weekly	Craft
<input type="checkbox"/> Book Group (PM)	Oct 28	2.00-3.00pm	Bobbie Rooks	4 <sup>th</sup> Thur	CL
<input type="checkbox"/> French <b>Zoom</b>	Oct 7	2.00-3.00pm	Marianne Puccinelli	Weekly	<b>Online</b>
<input type="checkbox"/> Line Dancing (Absolute/Uppr Beginners) <b>Zoom</b>	Oct 7	7.45-8.45pm	Matthew Coleman	Weekly	<b>Online</b>
<b>FRIDAY</b>					
<input type="checkbox"/> Line Dancing (Improver) <b>CLOSED</b>	Oct 8	9.00-10.15	Doris Teh	Weekly	Pav
<input type="checkbox"/> Line Dancing (Beginners) <b>CLOSED</b>	Oct 8	10.30-11.45	Ewah Lee	Weekly	Pav
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) <b>Zoom</b>	Oct 8	9.30-11.00	June Wang	Weekly	<b>Online</b>
<input type="checkbox"/> Life Skills	Oct 8	10.30-11.30	John Keogh	Fortnightly	ML
<input type="checkbox"/> Flow Yoga <b>Zoom</b>	Oct 8	11.30-12.30	Yvonne Woon	Weekly	<b>Online</b>
<input type="checkbox"/> Current Affairs	Oct 8	2.00-3.00pm	Self-help	Weekly	DR
<input type="checkbox"/> Music - Singing	Oct 8	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