



THE UNIVERSITY OF THE THIRD AGE

HIGHVALE

Telephone: (03) 9803 8592

Box U3A, 42 Capital Ave, Glen Waverley 3150

Newsletter

Winter Issue 2022

Email: enquiries@u3ahighvale.com.au

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

IN THIS ISSUE

1. Our 2022 Committee
A Special Mention
COVID-19 Victoria
2. Highlights of Term 2
3. Feature Article
4. Class News:
Art Appreciation
Computer Class
5. Class News:
Computer Class
Line Dancing (Improver)
Mandarin Intermediate 2
6. Class News:
Mandarin Intermediate 2
Pranayama Yoga
Singing Group
Walking and Exploring
7. Of Interest:
Australian Ballet -
Kunstkamer
The Best Things in Life
Are Free
7. GEMS
8. Timetable Term 3

QUOTABLE QUOTE

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young."
— Henry Ford

Our 2022 Committee

President: *Vacant*

Vice President: *Vacant*

Secretary & Treasurer: Siew Kennedy

Course Coordinator: *Vacant*

Committee Members: Marie Bellamy, Hooi Ng, Pat Tinsley and June Wang.

A Special Mention

Thank you to Siew Kennedy and the U3A Highvale Committee for their extended role to cover for the vacant President and Class Coordinator positions. Each Committee Member now acts as the Support Coordinator specifically for one or more class(es). Tutors/facilitators have been informed of their Support Coordinators with whom they can liaise on class matters.

There surely must be U3A members who could ably fill these positions. Opportunity to come forward and make your mark. Proposals to enquiries@u3ahighvale.com.au.

COVID-19 Victoria

Please practise these COVIDSafe principles:

- Carry a face mask when leaving home. Face masks are required for everyone aged 8 and above in some locations, including on public transport and in sensitive settings such as hospitals and care facilities. See [When to wear a face mask](#) for more information.
- Wearing a face mask is strongly recommend if you:
 - have any COVID-19 symptoms
 - are with people who may be vulnerable to COVID-19
 - are in a space where you cannot physically distance.

If you suspect you have or are tested positive to COVID-19, or you are or have been told you are a contact, a check list is available on the following internet site (in English and other languages):

<https://www.coronavirus.vic.gov.au/checklist-contacts>.

Useful also is this 24/7 Coronavirus Hotline: [1800 675 398](tel:1800675398).

Highlights of Term 2



Term 2 started well but with a small hiccup on 5 May when Village premises were out of bounds for a week due to several COVID-19 cases.

We were fortunate to welcome Lily Lam as a new tutor. She is fluent in Mandarin and French. She now conducts the Mandarin Beginners class on Zoom and is standing in for Marianne's French class while the latter is on holiday.

One new course was introduced: *Understanding Chinese Values through Modern Chinese History*. A record number of members enrolled. Most members found Lily's presentation and personal accounts interesting. The Singing Group led by Joan Foulcher was revived after being in hibernation for two years due to the pandemic. Class members were pleased for the opportunity to exercise their vocal chords once more.

A *Member-get-Member* campaign was launched in May 2022. The take-up has been slow. So far, Jessie Keh, Ewah Lee (tutor) and Hooi Ng (committee member) are in the rewards list, one reward per new member introduced.

U3A Highvale members were invited to join the Q+A studio audience in the LIVE Melbourne broadcast, with free transport provided to the CBD. Those who attended said it was an enjoyable opportunity.

Ron Berry and David Jewell worked hard at setting up new computers for the Computer Room in time to recommence in-person classes. Three PCs and one Apple MacOS were purchased (courtesy of a grant). As a result, we donated three spare PCs to the Village for use by residents. More information available in Computer Class News.

Pat Tinsley organized an afternoon tea and a Wings of Hope presentation for the Village residents on 15 June. She kindly extended the invitation to U3A Highvale members.



U3A Highvale continue to be involved with Monash PALS activities when time and resources permit. An Inclusive Community Grant Zoom session and PALS Forum took place. The forum provides updates on Council Hall, Monash Community Grants Program and information about the latest programs and training sessions. Our failure to participate in the last activity was due to illness.



As U3A Highvale delegate to U3A Network Victoria, I attended the President's Briefing, Advocacy Workshop and Network Council Meeting. I also participated in one workshop Training in Canva (an online graphics design tool).



We continue to scope new courses for U3A Highvale. In the pipeline for Term 3 is a Tai Chi Beginners class and a Gardening Interest Group. These can only go ahead if there is sufficient interest. If you are keen to join, send an email to enquiries@u3ahighvale.conm.au.

At the invitation of Zoe Love (Community Engagement Manager at the Manor), we intend to collaborate with her to promote U3A activities.

Your feedback as members is most welcome. Suggestion Slips are placed at our notice board—simply fill one in and drop it in the U3A mailbox. Alternatively, email us.

Siew Kennedy – Secretary

Feature Article

V is for Volunteering

National Volunteer Week (NVW), Australia's largest annual celebration of volunteering was held this year from 16 - 22 May. The theme chosen for 2022 was "BETTER TOGETHER" – based on the premise that volunteering brings people together; builds communities and creates a better society for everyone.

So true for U3As worldwide and for U3A Highvale where volunteers are the lifeblood of the association. They encompass tutors, leaders, facilitators, executive and ordinary committee members, occasional helpers etc. and they all deserve our sincere thanks.

Origins

Originally the term volunteering was closely related to military service rather than community service. The emphasis has also shifted from "calling to service" to individual choices in volunteering for unpaid work.

U3A branches are entirely run by dedicated volunteers. Their programmes are very successful around the world. Unique to the U3A movement and volunteering is the ability to share where there is no distinction between class leaders and class members. A volunteer leader of one class may well be a 'student' in another.



Reasons and Benefits

There are various reasons why people choose to volunteer. It gives them the opportunity to give something back to an organisation that has impacted their lives; develop new experiences; use their professional skills and knowledge to help others and above all to make a difference.

How volunteers benefit and what they gain differ with individuals. Some acquire a sense of purpose, new skills and knowledge and get to

stay active. Many find that volunteering is fun but can be challenging at times.

Overall, there is recognition that volunteering increases the capacity for problem solving and improves brain functioning.

The Future

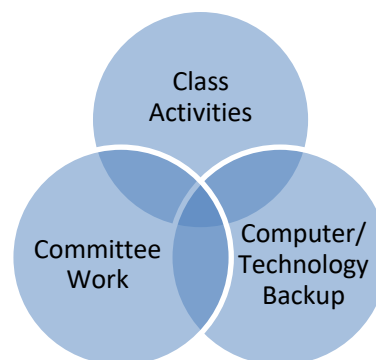
In the post-COVID-19 period, there has been a decrease in the participation of volunteers.

At a local level, this decrease is reflected in U3A Highvale, where there are now fewer tutors and committee members. Reasons such as health and relocation have contributed to the situation. Even in retirement, most members are time poor and have grand-parenting commitments that take priority over community services.

At a national level, Australia's largest volunteering survey is being conducted by Volunteering Australia. The findings of this research will form the development of the National Strategy for Volunteering aimed at improving the future of volunteering.

An Appeal

Your U3A committee has compensated for recent shortcomings by working smarter. But we do need more volunteers to go that extra mile, sustain and strengthen our foundation in three main areas of support: Class activities | Committee work | Computer/technology backup.



Maybe your pre-retirement work experience fits into one of these categories? If so, let us know via an email to: enquiries@u3ahighvale.com.au or drop a note in the U3A mailbox. This appeal is unashamedly extended to all. Here's hoping the volunteering spirit is very much alive!

Siew Kennedy – Secretary/Treasurer





Class News

Art Appreciation

February saw a small group travel to Geelong to view the 100 chosen portraits from the **100 years of the Archibald Prize**. It is always a delight to visit this beautiful regional gallery established in 1896.

In March we were able to view up close, life sized and never before seen images of **Michelangelo's Sistine Chapel**. These images were much easier to view than the neck stretching ones in Rome and a lot closer to home.



In May we travelled to Langwarrin to wander around the McClelland Sculpture Park and Gallery to view **"a thousand different angles"** featuring the legacy of Inge King and Norma Redpath, two central figures of Australian modernist sculpture. Titled after Inge King's observation that 'sculpture is drawing from a thousand different angles', the exhibition featured dynamic pieces both inside and out in the natural bush surrounds.

We visited **"The Picasso Century"**, a collection of over 80 of his works and 100 of his contemporaries, exclusively developed for the NGV by the Centre Pompidou and the Musée national Picasso-Paris. We are indeed fortunate that NGV is able to bring us such world class events.

We are certainly lucky to have the Highvale village bus to transport us to these venues and express our thanks to Mark for his willingness to transport us.

Pat Tinsley – Facilitator



Computer Class

Earlier this year, we succeeded in obtaining a Federal Government grant under the "Stronger Communities Program" aimed at community organisations and local governments for small capital projects that deliver social benefits for local communities.

Our Committee allocated this grant to the pressing need to upgrade our computers in anticipation of increased student interest. We subsequently purchased an Apple MacOS desktop computer and three Windows 11 PCs. These computers replaced some of the older PCs which were donated to Highvale Village with Village Manager Lauren Simpson's appreciation. We can now cater to a sizeable student number with Apple computers and also to the Windows users who have the latest Windows 11 computers. In addition, current and prospective students will be able to experience various operating systems to assist in making decisions for their future computer investments.

Dan Haww, David Jewell, Ron Berry
– Tutors

Computer Class Members' Experience

1. Computer classes are interesting and informative. They are now conducted with some students on Zoom and a small number in person, in the Village Computer room. This is working very well and we look forward to many more lessons being conducted, in this way. For the time being, we are only permitted to have three students plus one tutor in the room at any one time due to COVID restrictions.

Sometimes the tutors have ideas of topics that they want to cover, during the lesson but at other times, students suggest topics for that lesson. We always come away from the class, having learnt something new. The computer class is held every Monday from 12-2pm.

Jan Clear – Class Member

2. I used to be one of those seniors who hated making use of computers but I have the foresight that in future I will need computer knowledge to make life easier. Initially I was only keen to learn emails and accessing YouTube sites but, during the COVID lockdown, it was a Godsend because I can participate on Zoom teleconferences for U3A and other meetings in the comfort and safety of my home. It also helps save paper and space to keep files, photos, etc. Nowadays I

am lost and lonely without my computer. I recommend everyone, especially seniors, to not hesitate to start learning from our three helpful computer tutors at U3A Highvale.

Anna Lim – Class Member

3. I learnt a lot from the recent “breakout room” session for its one-on-one connectivity. Have now gained more confidence since our in-person session at Highvale the previous week to assist my steep learning curve. So I look forward to class every Monday.

Susan Choo – Class Member

4. The highlight of our class this term was for some participants being able to return to Highvale Village each week. After two years it was lovely to meet in-person again. Also getting to see & use the new computers purchased & installed for us by our tutors. We now hope to see more classmates join us for the rest of the year - whether using a PC or Mac computer, iPad or smart phone. There are experts helping all of us.

Ann Price – Class Member

Line Dancing (Improver)

A Short Story

(This incorporates all the dance titles (*in Italics*) that Improver Line Dancing Class Members practised this year.)

I was holidaying in Jerusalema, when I heard a car horn Toot Toot me. It was Senorita LaLaLa with her Sweet Sweet Smile in her Skinny Genes waving to me and smiling brightly. I Close My Eyes briefly as I did not believe it was her in person, she was my Home Coming Queen from high school many years back.

For a moment my heart did a Flip Flop as I remembered our last time together. The old memories, the Magic Moments came Flying High rushing back to me.

I remembered her smile was Lights on the Hill and her laughter was Music to My Eyes. I was in love, bright eyes and Peppy Toe then as young people do without a care in the world.

It was a magical World for Two and my heart was Burning Inside with young love and I asked her to Cover Me Up with Love and Love Me Forever. We made grand plans to run away to Neon Vegas Lights to be together, but in reality it was a Ticket to the Blues.

Slowly but surely, we realised that life is not just about love but responsibilities and commitments.

We could see Bonaparte's Retreat written all over this relationship. On that last night when I asked her to Lay Here with Me, the loving feeling was brittle like Crystal Touch and it was Champagne No Ice.

Fate was not with us, with a Heart of an Angel, she realised that we needed to go on our separate ways on Lovers Road. At another time and another place If I Know you were hurting, I Come to You and I would have said Love Me Love Me. Sadly that was not to be.

She asked how I was, I replied that I am now a Father and Daughter, I was taking my young daughter to see Jersey Boys the musical as she was mad keen on Bootscoot Boogie.

I said Thank You to her and wished her well as we all had One Less Day to worry about our past memories. I gave a Black Feather to remember our wonderful time together.

Marloney Ng – Class Member

Mandarin Intermediate 2

We are making good progress in all the four language skills, i.e. reading, writing, listening & speaking. Ni Hao Bk 4 is challenging but tutor (in Mandarin lao shi, 老师) June has made it easier for us by not rushing through the text. She gives us immense amount of opportunities to read and discuss the topic in class, thereby integrating the three language learning skills of reading, listening & speaking effectively. As for writing exercises, June selects the pages from the workbook for us to do as homework which works out very well. Learning is an enjoyable experience for me as the class environment is friendly, non-threatening and full of fun. It's fun when we are able to laugh and joke at our own mistakes.

Many thanks to June for her patience and commitment to her work.

Shirley Reid – Class Member

Learning Mandarin has been a personal journey and self-commitment for me. As a Chinese, Mandarin classes encourages my interest not only in learning the 5000 year old language but also to learn about its ancient culture, tradition and history, linked inexorably with its origin and development. In this way, I have been able to increase personal knowledge of my heritage and a sense of my unique identity.

My interest in Mandarin culture serves as a jumping board which encourages me to learn the nitty-gritty of grasping the challenging written form of calligraphy but also the semantics and syntax. But then, Mandarin also requires the ability to learn to read, listen and speak. All these skills

require immense self commitment AND time - a huge task to undertake indeed.

June Wang, our tutor, amply & regularly provides an encouraging, supportive and patient atmosphere conducive to my improvement in my weekly classes, albeit at a very slow improvement progress.

Elaine Hauw – Class Member

Pranayama Yoga

Our Yoga class started at Highvale Village with instructor Krishan Pathak more than two years ago. Class continued online via Google Meet during lockdown and a core of about eight members regularly attended each week. We are very grateful to Krishan who, despite travelling to India or UK to be with his family, continues to conduct classes across different continents, even during term holidays.

After a traditional greeting of “Namaste”, the sessions typically begin with a routine of gentle relaxation and stretching poses (asanas) either standing, like the half waist wheel (Ardha katichakrasana), sitting down, like the refreshing child pose (Balasana) or lying down, like the cobra pose (Bhujangasana). This is followed by defined breathing practices (pranayama).

By the time we get to the “Relaxation pose”, lying on our backs we would be so relaxed that teacher Krishan has to keep reminding us to “relax but don’t go to sleep” - before we start snoring! Just as well the classes are online and we are “muted”!

Breathing exercises include techniques like alternating nostril breathing (Anulom Vilom), shining forehead (Kapalbhati), humming bee (Bhramari) etc., which elevate our “life force energy” (prana) and provide health benefits. Practicing Pranayama yoga have been found to decrease stress, improve sleep quality, increase mindfulness, reduce high blood pressure etc. If you have been thinking about joining the Pranayama Yoga class, now is the time to enrol so you too can enjoy these benefits.

Linus Chang – Class Member

Singing Group

What a wonderful world music is! When I was about 5 years of age, I found a nice, rather elderly lady, who lived about 5 minutes’ walk from my house. She loved music, had a cupboard full of music-related items and would teach me to play the piano on Saturday mornings for half an hour from 8.30 to 9am for a moderate amount on

condition that she would let my parents know when I should go on to something higher. We both loved music and lessons got longer and longer.

When I was about 14, she suggested I audition to go to the Conservatorium High School (one of only two in the world then). Luckily I was accepted and went on to finish my high schooling and then to mix and work with teachers, students and visiting musicians of all ages and countries, gaining training and qualifications. For me, this was teaching and lecturing mainly to secondary and higher level students, arranging music for choirs and various instrumental groups. Migrant children who had sung in European choirs were a delight as is teaching current migrants our traditional songs like *Waltzing Matilda* and learning some of theirs.

My advice is to learn as much as you can about and from music. It is such a wide subject, there is always something that will suit your special interests and activities and it will make you a much richer person.

Joan Foulcher – Tutor

Walking And Exploring

U3A’s Walking and Exploring group meets on the second Tuesday, in every month, during school terms.

Our walk for May explored part of Blackburn South. We met on the corner of Holland Street and Burwood Highway on 10 May. The group walked down Holland Street to Holland Gully. We turned left there and walked towards Eley Road. There is a Community Centre and a tennis court in Eley Road and we were surprised to see what a busy little centre it was.

After crossing Eley Road, we walked through Eley Park and along Fulton Road to Wurrinjiri Walk which runs through the southern ends of Orchard Grove Reserve and Mirrabooka Reserve and finishes back at Holland Road. There were many beautiful trees and the areas were green and well cared for. We walked back up Holland Road to the shopping centre in Burwood Highway where we enjoyed a coffee and a snack.

We have planned our walks for June and August. In June we will be walking from Shepherd Road to Jells Park. We have asked “Friends of Scotchman’s Creek” to lead a walk through the Scotchman’s Creek area and we plan to do this in August. We are lucky to live in an area where we have so many well kept parks and gardens that we can walk through and explore.

Jan Clear – Facilitator



Of Interest

Australian Ballet – Kunstkamer

At last we are able to enjoy our love of theatre once again. My interest is the ballet and had the privilege of seeing a performance by the Australian Ballet of Kunstkamer.

This contemporary ballet has never been performed outside of the Netherlands and the Australian Ballet has been given the honour to show this brilliant ballet to us. The Australian Ballet performance was excellent. It is something very special. Those who are ballet enthusiasts shouldn't miss it.

Elva Parker – Tai Chi Tutor

The Best Things in Life Are Free

I have recently returned from a short stay in the lovely riverside town of Echuca. Quite cold at night but I was still able to explore the town during the day.

Walks along the Murray River with the paddle boats on the river are always very enjoyable and were particularly so when accompanied by two family dogs. The massive gum trees along the banks and the old historic Port of Echuca are always a pleasure to visit.

The town was a lot quieter than previous visits in the summer time but still provided a good break. The Campaspe River, which runs through the town also provides lovely walks and bushland.

On returning home I caught up with responding to my many new emails.

I have a friend called Jenny who retired from Melbourne to a retirement village in Bendigo. She had written a catch up email to me and I sent a reply and let her know I had just returned from Echuca, which is of course not so far from Bendigo. Jenny sent an email back to tell me that she had spent Thursday morning in Echuca with her Bendigo U3A Walking Group enjoying their trip around the town and river.

This was just the one morning when I had gone on a trip to Deniliquin, about a one-hour drive from Echuca. A pleasant town which I enjoyed looking around and doing a river walk along the Edwards River, very peaceful and quiet.

So I was disappointed I had not met up with Jenny, but I thought how good our U3A organisation is. We have our own Walking Group

at U3A Highvale which takes the group members on enjoyable walks around our own local suburbs.

For a small annual fee, such a lot is on offer for us all at U3A. All we have to do is take advantage of the many interesting activities available to us. Not forgetting of course a big thank you to all the tutors who contribute by giving their valuable time, energy and enthusiasm. It is much appreciated by all.

Marie Bellamy – Committee Member



GEMS

GEMS is a free monthly email newsletter sent by U3A Online. You can access archived issues using the link:

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

You can read the full article by clicking on the title while holding down the Ctrl key on your keyboard.

Possible Impact of Music Empathy

Can people who understand the emotions of others better interpret emotions conveyed through music?

Research results from the Southern Methodist University and the University of Oregon suggests the abilities are linked. Music can convey meaning and emotion and also elicit emotional responses.

<https://www.sciencedaily.com/releases/2022/05/2022051102807.htm>



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

U3A HIGHVALE TIMETABLE

TERM 3 – 11th July to 16th September 2022

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 12 June 2022

- **NOTE: Members must be fully vaccinated for entry to the Retirement Village and the Uniting Church Hall. Masks are recommended indoors when social distancing is not possible.**
- This printed version of the timetable is **subject to change at short notice**. For the most up-to-date status of courses, always check the online version at the U3A Highvale website: <https://u3ahighvale.com.au/>
- **If a member is not enrolled in a class, his/her name will not be printed in the class roll.**
- In-person classes are subject to vacancies. **Online** classes are tagged **Google Meet or Zoom**.
- For classes held in the Manor lounge at the Village – please enter from Gate 3.

COURSES	Start	Time	Leader/Facilitator	Freq	Venue
MONDAY					
<input type="checkbox"/> Health Qigong Zoom	Jul 11	10.55-12.30	Hooi Ng	Daily	Online
<input type="checkbox"/> Computer Class A Zoom	Jul 11	12-2pm	David Jewell	Weekly	Online
<input type="checkbox"/> Computer Class B	Jul 11	12-2pm	Ron Berry	Weekly	CPR
<input type="checkbox"/> Computer Class C Zoom	Jul 11	12-2pm	Dan Hauw	Weekly	Online
TUESDAY					
<input type="checkbox"/> Let's play snooker	Jul 12	9-11am	Fred Kreltszheim	Weekly	CL
<input type="checkbox"/> Walking & Exploring	Jul 12	10am	Jan Clear	2 nd Tues	TBA
<input type="checkbox"/> Health Qigong Zoom	Jul 12	10.55-12.30	Hooi Ng	Daily	Online
<input type="checkbox"/> Art Workshop	Jul 12	1.30-3.30pm	Shrima de Zoysa	Weekly	Craft
<input type="checkbox"/> Music Appreciation	Jul 12	2-3pm	Don Baird	2 nd , 4 th Tues	DR
<input type="checkbox"/> Yoga Pranayama Google Meet	Jul 12	1-2pm	Krishan Pathak	Weekly	Online
WEDNESDAY					
<input type="checkbox"/> Chinese Mandarin (Intermed 1)	Jul 13	9.30-11am	Claudia Ng	Weekly	Craft
<input type="checkbox"/> Mahjong (Chinese) / Gin Rummy	Jul 13	9.30-12	Kristine See	Weekly	DR
■ Tai Chi [Full]	Jul 13	10-11am	Elva Parker & Leh Soh	Weekly	CL
<input type="checkbox"/> Mahjong (Western)	Jul 13	10am-12pm	Jenny D'Acre	Weekly	DR
<input type="checkbox"/> Health Qigong Zoom	Jul 13	10.55-12.30	Hooi Ng	Daily	Online
<input type="checkbox"/> Yoga Pranayama Google Meet	Jul 13	1-2pm	Krishan Pathak	Weekly	Online
THURSDAY					
■ Art Appreciation [Full]	Jul 21	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA
<input type="checkbox"/> Book Group [Full]	Jul 28	10-11am	Jan Clear	4 th Thur	CL
<input type="checkbox"/> Chinese Mandarin (Begin) Zoom	Jul 28	10-11am	Lily Lam	Weekly	Online
<input type="checkbox"/> Health Qigong Zoom	Jul 14	10.55-12.30	Hooi Ng	Daily	Online
<input type="checkbox"/> French Zoom	Jul 14	2-3pm	Marianne Puccinelli	Weekly	Online
FRIDAY					
<input type="checkbox"/> Line Dancing (Improver)	Jul 15	9-10.15am	Doris Teh	Weekly	UCH
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) Zoom	Jul 15	10.30-11.45	June Wang	Weekly	Online
<input type="checkbox"/> Line Dancing (Upper Beginners)	Jul 15	10.30-11.45	Ewah Lee	Weekly	UCH
<input type="checkbox"/> Life Skills	Jul 22	10.30-11.30	John Keogh	1 st Fortnight	ML
<input type="checkbox"/> Health Qigong Zoom	Jul 15	10.55-12.30	Hooi Ng	Daily	Online
<input type="checkbox"/> Karaoke	Jul 15	1.30-3.30pm	Kristine See	Weekly	ML
<input type="checkbox"/> Current Affairs	Jul 15	2-3pm	Self-help	Weekly	DR
<input type="checkbox"/> Singing Group	Jul 15	3.30-4.30pm	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 via Gate 3

UCH – Uniting Church Hall