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QUOTABLE QUOTE

"Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it."

— Albert Einstein

Summer is here, so is COVID-19

With the fourth wave of COVID-19 emerging in eastern Australia, health authorities have issued fresh warnings and calls for people to get their booster vaccine ahead of the coming festive seasons.

Victoria has not mandated increased restrictions at the time of writing even though case numbers have increased markedly.

Highvale Village management, Lendlease, is closely monitoring the spread of COVID and will be ready to take additional steps, if required, to help keep everyone in the Village safe. To attend in-person classes in the premises, it is mandatory for members to be fully vaccinated (at least 2 jabs). While masks are not required in indoor settings, they are recommended if physical distancing (1.5 metres apart) is not possible.

Lantern Festival 2023

The 2023 Lunar (Chinese) New Year's Day is January 22, 2023. According to the Chinese horoscope, this will be the year of the Water Rabbit, which ends on February 9, 2024.

During the Year of the Water Rabbit of 2023, life will change for every zodiac sign. While some people will do away with the misfortunes they had in 2022, some will need to brace for trouble and unfortunate accidents.

The Lantern Festival, a key event of the Lunar New Year celebration, aims to promote reconciliation, peace, and forgiveness. It marks the first full moon of the new lunar year and the end of the previous lunar new year. The Glen Waverley Lantern Festival is held every year in Kingsway on the second weekend of the Chinese New Year to celebrate Day 15 of the Lunar New Year celebrations. In 2023, the event will be held on February 5. In 2022 the event was cancelled due to COVID.

A Big Thank You

U3A Highvale is fortunate to have the support of Village staff Julie Weidemann, Sharon Boyd and Mark Smith. Their kind cooperation and friendly assistance make our liaison work that much easier. So here's a very sincere THANK YOU from members of the 2022 U3A Committee.

Highlights of Term 4



Term 4 saw the start of two new courses - Chess for Beginners and Beginners Tai Chi. The latter attracted quite a few new members and is proving to be very popular. The Upper Beginners Line Dancing class continues to be a big draw-card for new members.

The newly-formed fortnightly Gardens and Gardening group is progressing well. We are grateful to Pat Tinsley for her liaison work and to Terry Egan for his kind offer to rent two garden beds to U3A Highvale for use by our keen gardeners.

The U3A Committee of Management met with Mika Verosaari, Village Manager for an introductory session. We outlined the role of U3A Highvale and its relationship with the Village. It was a very productive meeting. We look forward to a close liaison with Mika in the years ahead.

An End-of-Year event is scheduled for 24 November 2022 (see page 7).



Monash PALS was active during the 2022 Victorian Seniors Festival in October. A Positive Ageing Expo and Monash Seniors Coach Trip were organised.

The Positive Ageing Directory was issued with information on community groups for seniors. Printed copies were distributed to U3A Highvale. An online version is available: <https://www.monash.vic.gov.au/files/assets/public/community/documents/positive-ageing-directory-final.pdf>

Applications for the Positive Ageing category of the Monash Community Grants Program (MCGP) have opened. On 18 November, I shall be submitting an application for a hall hire grant to fund additional premises for U3A Highvale.



I attended the Network AGM and Council Meeting on 21 September and the U3A Network Marketing Forum on 29 September. The 2022 U3A Victorian State Conference was held in Bendigo, 2-4 October. Jan Clear and I attended the conference and found it to be quite enlightening. The theme "Building Back Better" concentrated participants' thoughts on how to revitalise U3As, following the pandemic:

I shall participate in another U3A Network Council Meeting on 16 November. It'll focus on an overview of the insurance by VMIA for incorporated U3As, the Network's Strategic Plan and work plans of groups that support U3As.



Online membership applications and renewals for 2023 will commence on 28 November 2022. As it normally takes about 3-4 days to process EFT payments, class enrolment will be available from 2 December 2022. So keep these dates in mind.

New name badges will be issued in 2023 to paid-up members. From experience, members who attend in-person classes generally do not collect their badges from the class rolls or bother to wear them. It is advisable that members make an effort to do so for emergency identification. The reverse side of each badge is designed to contain details about who to contact in an emergency. If details are not pre-printed (because not provided), you should write them down for your own protection. The importance of quick identification in case of an emergency cannot be ignored.

The U3A Highvale Annual General Meeting will take place on 1 March 2023. Please consider nominating yourself or other members to the Committee of Management. Without office holders, there will be no one to manage the affairs of the association.

Siew Kennedy – Secretary

Feature Article

Behind the Scenes

For those who enjoy going to the theatre there would be times when you wonder what is happening behind the stage. And for those who are lucky enough to be invited backstage, you are likely to be amazed by the buzz of activity.



Organising any U3A is akin to putting a show together. The difference is this show must go on and on. For this to happen certain conditions apply: Conviction and Commitment, Compliant Roles, Continuity.

Conviction and Commitment

U3As world-wide believe in learning for its own sake. They also rely on volunteering—without volunteers there will be no U3A.

U3A Highvale share this conviction. It has a part to play in the community and a sense of commitment to offer lifelong learning for semi-retired and retired people looking for inexpensive activities.

Compliant Roles

Each U3A is an Incorporated Association under the *Associations Incorporation Reform Act 2012*. As a legal entity, its business must be managed by a Committee of Management which normally constitutes:

- President
- Vice-President
- Secretary
- Treasurer
- and Ordinary members.

The Act stipulates that the Committee may continue to act despite any vacancy in its membership, except for that of a Secretary: *“If the position of Secretary becomes vacant, the Committee must appoint a member to the position within 14 days after the vacancy arises.”*

The Secretary serves as the public officer for U3A Highvale and is essential to its existence.

In an ideal situation, most executive positions are filled. In addition, other roles exist to support on-going functions. These include:

- Course Coordinator
- Documentation Manager
- Enrolment Officer
- Marketing & Media Officer
- MyU3A Administrator
- Webmaster.

Some U3As are fortunate to have members who volunteer to undertake the above tasks. Perhaps U3A Highvale may one day achieve that status.

Continuity

Two conditions are necessary for U3A operations to continue uninterrupted:

- Standby support
- Succession planning.

In the theatrical world, a standby is always ready to go on stage at any time. In the U3A context, there should be an understudy for each executive position. This person is responsible for covering tasks that cannot be performed due to unforeseen circumstances.

Succession planning is the process of preparing individuals in an organisation to assume positions that may become vacant in future. This requires identifying critical positions, key competencies and skills essential for business continuity.

The Show Must Go On

Our next Annual General Meeting is set for 1 March 2023. All positions in the Committee of Management will then be declared vacant. Members should think seriously about suitable nominations to take on the various roles.



For the show to go on, it is hoped that members will rise to the occasion. This will ensure that U3A Highvale can resume business as usual after the AGM and operate smoothly as a legal entity.

Siew Kennedy – Secretary/Treasurer



Class News

Art Appreciation

This year the Archibald finalists moved to Bunjil Place in Pakenham. In September, we not only enjoyed a diverse collection of portraits, but also appreciate the stunning architecture of the building (pictured below) which is the home of Arts and Entertainment in the City of Casey.



In October, our group was able to experience the Melbourne Winter Masterpieces 2022 at ACMI. The collection entitled "Light: Works" from Tate's Collection in London featured more than 70 works from modern and contemporary artists and their interpretation of light through painting, photography, sculpture, drawing, installation and moving image.

We look forward to the November finale of our gallery visits with a return to LUME, this time to experience "Monet and Friends".

It has been gratifying to be able to return to an almost 'normal' year and we thank Highvale Retirement Village and Mark for the use of the Village bus which has made our travel so easy.

Pat Tinsley – Facilitator

Book Group

We read two interesting books, during Term 4. In October, we read "One Life – My Mother's Story" by Kate Grenville. When Kate's mother passed away, she left some notes, on her life and Kate used these to write her mother's story. We could relate to this book as we had heard about what life was like, from our mothers and grandmothers. It was a time of turmoil and change but a century when women had more freedom to pursue their careers and make choices. Nance, Kate's mother,

was a registered pharmacist who ran her own business and an unpaid bricklayer (she laid the bricks for the family home). She was also a good wife and mother.

This month, we are reading "The Butterfly Room" by Lucinda Riley. The main character in this book is Posy Montague, who is approaching her seventieth birthday. She lives in her family home, Admiral House, where she spent her childhood and raised her children. Posy realises that she must sell the house and leave the place that has meant so much to her and it is a difficult time for her.

We have a couple of vacancies, in Book Group. It may be a class that you would like to join next year. The group meets on the 4th Thursday of each month at 10am.

Jan Clear – Facilitator

Chess for Beginners

The first U3A Highvale chess class for beginners was launched in Term 4 this year with 8 enrolees on the list. Attendance has been good and steady and players are keen to learn the basics and possibilities of the game as these unfold.

Patience is key as it would take time to come to grips with the game and to play it well and enjoy it, but this will come eventually. A promising start.

Ken Hiew – Tutor

As a self-professed chess 'rookie', I was eager to learn more about the game. Initial slight trepidations were soon eased by the presence of our tutor Ken, who is endlessly patient and encouraging in equal measure. His clarity in instructions has made the experience a thoroughly enjoyable one.

Whilst I am continuing to consolidate my understanding of the rules and development of strategies, I am gradually growing in confidence. I relish the challenge of thinking steps ahead to counteract my opponent. I look forward to each class with great anticipation, aiming to improve my skill set in a supportive environment with my fellow classmates. This class has made chess a game that is accessible to all.

Susan Choo - Class Member

Computer Class

The number of students in the overall Computer Class has remained low over the COVID-19 period of the last 2 years. The 3 current tutors are convinced there is an appreciably large latent interest in U3A members and the larger community to learn about computers and computer-based interactions. This arises from the ever-increasing use of technology imposed on our daily life. For example emails and the exponential demand for familiarity with technology-driven social media and business transactions like applying for services and viewing personal accounts.

The tutors therefore believe there is an urgent need to reach out to more U3A Highvale members to enable them to address these requirements and demands.

In 2022, a hybrid class format was adopted to cater for general forum and personal tuition. This was achieved through shared Zoom sessions for the general forum via students' personal computers from remote access, together with the Zoom breakout room capability for personal one-to-one attention. Topics were open to requests, not restricted to type of Operating Systems (Apple iOS, MacOS and Microsoft Windows) or technologies (e.g. iPad, and Apple and Android smartphones).

An additional personal tuition class has recently been started on Tuesdays 2 - 4pm at the Village Computer Room. The format is a one-hour lecture followed by hands-on tuition, which students find of great benefit as they can be shown the detailed key-strokes required to achieve their goal

Further variations to classes have been recently implemented. The current format is:

	Monday 12 – 2pm	Tuesday 2 – 4pm
First Hour	iOS (iPhone, iPad)	Windows 10/11 General (Beginners)
Second Hour	MacOS	Windows App Specific

There is now ample opportunity for existing and new students to improve on their computer skills.

Dan Hauw – Tutor

I have enjoyed being a member of the Monday class, on Zoom and have also attended some classes, recently, in the Computer room.

David, Ron and Dan are willing to share their knowledge and answer our questions.

David tells us about workshops being organised by U3A Network Victoria and some of us have joined these discussions on Zoom.

If you want to learn more about your computer, iPad or iPhone, think about joining the Computer class next year. We would love some new members.

Jan Clear – Class Member

Gardens and Gardening

We are a new group who had a problem getting underway due to COVID restrictions and lockdowns. We meet every second Wednesday at 2.00pm in the Community Centre.

Once we were able to get started, Linus has been a source of much information, plus a number of cuttings, seedlings, etc. There are also 2 plots in the Highvale Village community garden for our use.

Growing and the use of many different herbs and companion plants has been discussed with some of the plants supplied are now growing in our gardens.

Pat Chambers – Class Member

Karaoke

This class is not about seeing who can sing the best, or competing against each other; it's about having fun and challenging yourself. Members who gather are not judgmental in any way. The more you sing, the better you become and the more confidence you will gain in doing it. Start slow and grow. Learn where your strengths are and which songs suit your voice type and range.

I am not a qualified music teacher or musician, I just love to sing and to be surrounded by like-minded people. Together we can all learn and grow with a chance to share my passion with others.

Spaces are very limited for the Karaoke class. Therefore for 2023, we invite only people who are interested in singing and will pick up the microphone to sing.

Kristine See – Tutor

Mandarin Intermediate 2

Learning a language is no different to playing a musical instrument, undertaking tai chi, yoga, and dancing, or utilising modern computer technology

or even taking up a new hobby. They all require practice, patience and commitment to achieve greater benefits.

Learning Mandarin has offered me the opportunity to explore the language as well as the culture of China. This term the topic of Chinese philosophers was briefly discussed in class, which inspired me to explore the works of one of the philosophers, Lao-tzu, on his writings containing eighty one chapters, called Tao Te Ching (道德经). Part of the passages that impressed me is “Knowing others is wisdom; Knowing self is enlightenment; Mastering others requires force; Mastering self needs strength”. (知人者智.自知者明.勝人者有力.自勝者強). Lao-tzu was an older contemporary of Confucius.

Chinese characters are used to illustrate meaning rather than sound. Most characters were originally intended as visual representations of physical elements like trees, houses or humans. Evolving since their earliest forms, simplified versions of these symbols, known as character radicals and components, serve as the foundation for contemporary written Mandarin. The building of many Chinese characters involve two or more radicals and components combined together to create a single character. For example, “Heart” in Chinese is 心; “You” in Chinese is 你. The combination of these two characters results in a new character 您, being a courteous manner of addressing “You”.

In Mandarin “How are you” is 你好. A courteous, polite or sincere manner of addressing “How are you” is 您好, with the greeting expression that comes from your heart. With the help of Tutor June Wang, I have the opportunity to explore deeper into the culture and literature of the Chinese.

I also utilise various sources of multimedia such as television programs, internet and conversation in the Chinese community as supplementary learning for this language.

Kim Yong - Class Member

Music Appreciation

The Music Appreciation group has had good support from its regular members throughout the years. We meet on the second and fourth Tuesday of each month in the Community Centre at 2 pm for an hour of enjoyable music from CDs.

The audio sound is of high quality to ensure we can fully appreciate the composition. The selections cover all types of music appropriate to our age group. There is classical, jazz, easy

listening, organ and a few surprises. The selections are kept short to ensure that there is a variety of composers represented. An occasional music DVD is shown, which requires an extended time allocation.

Music is a universal language that provides the listener an escape from the pressures of daily life and a chance to completely relax. We are looking for new members and you are most welcome to come along and sample the time we have together.

Don Baird – Convenor

Tai Chi (Beginners)

The Benefits of Practising Tai Chi

The gentle and slow-moving exercise, that has been practised by so many Chinese and other peoples around the world and has been referred to as Tai Chi or Tai-qi or 太極, is associated with a number of health-related benefits. Whether you can actually reap these benefits for your own health, physical, mental as well as cognitive depends to a large part on your willingness to practise this ancient art on a regular basis. These benefits have been identified through scientific studies and personal experiences.

An obvious and widely recognised benefit is that a regular practitioner of Tai Chi has a better chance of *avoiding bad falls* and therefore serious injuries to himself. This is achieved through muscular strengthening and posture control.

As a gentle and slow-moving exercise, the regular practice of Tai Chi improves health in general and circulation and breathing in particular. As a result it contributes to cardiovascular functioning and therefore cuts down the *chance of heart diseases*.

More broadly, regular practice of Tai Chi reduces anxiety, stress and depression; it *improves mood* and therefore contributes to mental well-being.

Lastly such an exquisite art form of calisthenics sharpens your mind and enhances your concentration. Through regular and proper practice, some age-related *cognitive decline* such as dementia can eventually be delayed or avoided.

You may not need or want all these physical, mental, and cognitive benefits. However, you may like to enjoy one or more of these simply because you may not be able to *live well and happy* without them.

Benjamin Chan – Tutor

Walking and Exploring

In September, we asked Friends of Scotchman's Creek if they would give us a volunteer leader to show us around Valley Reserve. Sally and Tony were our leaders and they met us, in the reserve. We walked for about one and a half hours and they pointed out plants that were growing in the area and various points of interest. We also crossed over into Scotchman's Creek, at one end of the reserve. After the walk, some of the group, went to a restaurant in Pinewood Shopping Centre for lunch.

In October, we met at Jells Park. We were glad to welcome two new members-Lucy and Ivan. Although we weren't sure if we could get around the lake before the weather changed, we set off and hoped for the best. We enjoyed stopping several times to talk about the vegetation and try to identify the bird life. There were many birds, there that day.

The Walking and Exploring group meets on the 2nd Tuesday of each month, during school terms. We usually walk in the morning and often have refreshments, following the walk.

Jan Clear – Facilitator



GEMs

Learning how to learn can slow down forgetfulness

Whether you're trying to ace a test or pick up a new hobby, studies by Iowa State Psychology found that combining two strategies of "spacing" and "retrieval practice" can slow down forgetfulness.

"Spacing" is the learning in small doses over time, and returning to the subject, after forgetting some, but not all, of the content, is effective. Spacing is the opposite of "cramming" the night before an exam.

"Retrieval practice" involves recalling what was learned previously, e.g. flash cards, practice tests and open-ended writing prompts. It helps learners recognise what they do and don't know. Studies showed people generally retain more information for longer periods of time with retrieval practice compared to practices that do not involve retrieval, e.g., re-reading a textbook.

<https://www.sciencedaily.com/releases/2022/10/21019172239.htm>

Does the Mediterranean diet really decrease your risk of dementia?

Past studies suggesting eating a healthy diet may reduce a person's risk of dementia. But a new study has found that two diets including the Mediterranean diet are not linked to a reduced risk of dementia.

Further research is needed to confirm this negative finding.

The study was published in the October 12, 2022, online issue of *Neurology*[®], the medical journal of the American Academy of Neurology.

<https://www.sciencedaily.com/releases/2022/10/21012163533.htm>

Petting dogs engages the social brain, according to neuro-imaging

Researchers at University of Basel in Switzerland reported that viewing, feeling, and touching real dogs lead to increasingly higher levels of activity in the prefrontal cortex of the brain. The study showed that this effect persisted after the dogs were no longer present, but was reduced when real dogs were replaced with stuffed animals. The findings have implications for animal-assisted clinical therapy.

<https://www.sciencedaily.com/releases/2022/10/21005141751.htm>

EOY Function - Talk & Tea
24 Nov 2022, 2pm at the Village

Come and enjoy an afternoon with members & tutors. Remember to RSVP by 20 Nov via email to:
enquiries@u3ahighvale.com.au

Merry Christmas & Happy New Year

GOODBYE 2022



WELCOME
2023

U3A HIGHVALE TIMETABLE

TERM I – 30th January to 6th April 2023

Tel: 03 9803 8592

Email: enquiries@u3ahighvale.com.au

Updated on: 14 November 2022

- **NOTE: Members must be fully vaccinated for entry to the Retirement Village. 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.**
- A **Hybrid class** combines traditional in-person learning **onsite** with online learning **offsite**.
- 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"/> Yoga (Sun Salutation) Zoom	Jan 30	9.15-10.30	Master Lim	Daily	Online	
<input type="checkbox"/> Line Dancing (Upper Beginners)	Jan 30	10.30-11.45	Ewah Lee	Weekly	UCH	
<input type="checkbox"/> Health Qigong Zoom	Jan 30	11.55-1.15	Michael Chan & KY Ho	Daily	Online	
<input type="checkbox"/> Computer Class (Hybrid)	Zoom	Jan 30	12-2pm	David Jewell/Ron Berry/ Dan Hauw	Weekly	Online
	In-person	Jan 30	12-2pm	David Jewell	Weekly	CPR
<input type="checkbox"/> Mahjong (Chinese) / Gin Rummy	Feb 6	12.30-2.30	Kristine See	Weekly	DR	
TUESDAY						
<input type="checkbox"/> Let's play snooker	Jan 31	9-11am	Fred Kreltshheim	Weekly	CL	
<input type="checkbox"/> Walking & Exploring	Feb 14	10am	Jan Clear	2 nd Tues	TBA	
<input type="checkbox"/> Chess for Beginners	Jan 31	10am-12pm	Ken Hiew	Weekly	DR	
<input type="checkbox"/> Art Workshop	Jan 31	1.30-3.30pm	Shrima de Zoysa	Weekly	Craft	
<input type="checkbox"/> Music Appreciation	Feb 14	2-3pm	Don Baird	2 nd , 4 th Tues	DR	
<input type="checkbox"/> Computer Class (In-person)	Jan 31	2-4pm	Ron Berry	Weekly	CPR	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Jan 31	4-5pm	Krishan Pathak	Weekly	Online	
WEDNESDAY						
<input type="checkbox"/> Tai Chi	Feb 1	10-11am	Elva Parker & Leh Soh	Weekly	CL	
<input type="checkbox"/> Mahjong (Western)	Feb 1	10am-12pm	Jenny D'Acre	Weekly	DR	
<input type="checkbox"/> Gardens & Gardening	Feb 1	2-3pm	Linus Chang	Fortnightly	CL	
<input type="checkbox"/> Yoga Pranayama GoogleMeet	Feb 1	4-5pm	Krishan Pathak	Weekly	Online	
THURSDAY						
<input type="checkbox"/> Art Appreciation	Feb 16	10-3.30	Pat Tinsley & Siew Kennedy	3 rd Thur	TBA	
<input type="checkbox"/> Book Group	Feb 23	10-11am	Jan Clear	4 th Thur	CL	
<input type="checkbox"/> Chinese Mandarin (Begin) Zoom	Feb 2	10-11am	Lily Lam	Weekly	Online	
<input type="checkbox"/> French Zoom	Feb 2	2-3pm	Marianne Puccinelli	Weekly	Online	
<input type="checkbox"/> Beginners Tai Chi	Feb 2	2-3pm	Benjamin Chan	Weekly	CL	
FRIDAY						
<input type="checkbox"/> Line Dancing (Improvers)	Feb 3	9-30-10.45	Doris Teh	Weekly	UCH	
<input type="checkbox"/> Chinese Mandarin (Intermediate 2) Zoom	Feb 3	11-12.15	June Wang	Weekly	Online	
<input type="checkbox"/> Life Skills	Feb 3	10.30-11.30	John Keogh	Fortnightly	ML	
<input type="checkbox"/> Karaoke	Feb 3	1.30-3.30pm	Kristine See	Weekly	ML	
<input type="checkbox"/> Current Affairs	Feb 3	2-3pm	Self-help	Weekly	DR	

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