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### QUOTABLE QUOTE

*“Learning is the only thing the mind never exhausts, never fears, and never regrets.”*

— Leonardo da Vinci

### New Courses for Term 3

Your U3A Committee is pleased to announce two new short courses for Term 3:

- *Approaching the Voice* - starting 10 July - via Zoom.  
Later this year you will be asked to vote in the Referendum on a Voice to Parliament. This series of Zoom sessions will bring you voices that are not normally broadcast on radio and television.
- *Understanding Dementia* - starting 11 July - as an Online Course.  
This MOOC course addresses foremost issues surrounding dementia and provides knowledge designed to maximise quality of life for people with the condition, their families and caregivers. The link to join the online course is [mooc.utas.edu.au](https://mooc.utas.edu.au).

Class enrolment for both courses is open on our website. Why not give them a try?

### Upcoming Monash Seniors Festival 2-31 October

The Victorian Seniors Festival is a major state-wide festival held annually every October for people over 60. It is an opportunity to participate in fun events and activities for free or low cost. The local 2023 Monash Seniors Festival will run from 2 - 31 October 2023. The festival will kick off with a Positive Ageing Forum on Wednesday 4 October followed by a program of community activities and events.

### COVID Victoria News 2023

This site <https://www.coronavirus.vic.gov.au/> is a valuable resource for the most important matters dealing with COVID-19 in Victoria. The information is regularly updated. On this website, you can find the following topics:

- *Report your Rapid Antigen Test result*, touching on key points.
- *Getting Tested* for information on getting tested for COVID-19 in Victoria covers where to get a test, PCR testing and proof of your COVID-19 result.
- *Get Vaccinated*, covering getting a booster vaccine, who can get vaccinated and which vaccine you can get.
- *COVID-19 Information for travellers*, including both interstate and international travel.
- *Interactive report of COVID-19 in Victoria* includes data updates on COVID-19 including graphs with case numbers, location and age group.
- *Staying ahead of COVID-19*, covering 6 simple steps to protect yourself and others.
- *I'm a COVID Case/Contact*, covering how to report a positive result from a rapid antigen test in Victoria, covering checklists for COVID contacts, anti-virals and other medicines, managing COVID-19 at home and long COVID.

## Highlights of Term 2



U3A Highvale participated in the Village Open Day on 27 April. We were able to showcase a few of our classes: Chess for Beginners, Gardens & Gardening, Beginners Tai Chi. It was encouraging to see the number of visitors interested in U3A activities. A new member signed up for Chess and a few others considered joining Tai Chi.

A new course *Living Younger Longer* commenced on 2 May. The amount of interest it generated has been astounding. Another health-related course: *Preventing Dementia* (delivered as an online course) was introduced in 16 May.

24 May saw the start of a monthly course *CyberSecurity for Everyone* – again a very popular topic. Sessions are conducted via Zoom and monthly registration is required. At the beginning of each month, members enrolled in the class should check our website for the latest Zoom link and register online.

A well-being course *Laughter Yoga* was launched on 8 June. This combines laughter exercises with yoga breathing techniques. It has been claimed that the exercises can reduce stress, strengthen your immune system and keep your mind positive during challenging times. Quite a few members have already signed up.

So all in all, Term 2 proved to be a very busy period.



I attended a PALS Forum on 8 May. There was a talk on Friends of Scotchman's Creek and Valley Reserve. If you are interested, their newsletter is available at: <https://scotchmancreekfriends.org.au/publications.htm>.

Details of the 2023 Monash Seniors Festival (2 - 31 October) were announced. The festival will kick off with a Positive Ageing Forum on 4 October followed by a program of community activities and events.

The latest PALS newsletter has been published. An online version can be viewed here: <https://scotchmancreekfriends.org.au/publications.htm>.



A Zoom session on the U3A Network website template was held on 28 April and the Network AGM and Council Meeting took place on 17 May. I always find the former very practical and useful. The latter keeps me up to date with Network activities and strategies. A discussion on the topic 'Let's talk about growth' was conducted and generated some interesting ideas on how to promote a local U3A.

In addition I attended a U3A Branding Basics session on 25 May. The emphasis was on a Network common branding with a local flavour.

There are so many initiatives to build on but unfortunately we lack the resources to do so.



There is never a dull moment at U3A Highvale. But there are challenges along the way. Succession planning is one example. Other examples include growing membership, finding tutors/facilitators and venues for new courses. The support given by Village staff in relation to venues is invaluable. Active participation by U3A members should help to strengthen that support. If you wish to play a role in the association, let the committee know by simply sending an email to: [enquiries@u3ahighvale.com.au](mailto:enquiries@u3ahighvale.com.au)

**Siew Kennedy**  
Secretary

# Feature Article

## The Real You

The phrase “The Real You” probably derived from “The Real McCoy” and first used in 1865. Closer to home, you may remember that Julia Gillard shook up the 2010 election campaign by unleashing the “real Julia”. She was apparently trapped by stage-managed press appearances and politically biased sound-bites.

However, this article is not a discussion on the psychological and identity issues associated with the phrase. It is about your personal profile as stored in the U3A Highvale membership database.

### Member Profile

Membership registration for new applicants and renewing members are conducted online via MyU3A on our website. The membership management system administers membership details, tracks class enrolment and enables communication with members via their tutors and facilitators.

Because MyU3A is not a payment system, it does not store individuals’ financial data. Which is an advantage these days given that cyber attacks and scams are rife.

The following is a mock-up of a Member Profile.

The screenshot shows a web form titled "U3A Highvale Members (2023) Member Profile Update". The form is for updating a member's profile. It includes the following fields and sections:

- Personal Details:** Given Name (eye icon), Family Name, Address (1234 South Ave), City/Suburb, Post Code, State (VIC), Date of Birth (DD/MM/YY), and Gender (M/F).
- Contact Information:** Phone Numbers (with area code), Email (with verify email option), and Password (with confirm password option).
- Occupation:** Teacher (with skills, training, and awards), and other interests like Gardening, Music, etc.
- Medical Information:** Medical Issues? (checkbox), Allergies (checkbox), and Emergency Contacts (checkbox).
- Other Fields:** Badges (with first name), Country (Australia), and a section for "In the event of illness, please notify" with name and phone number.

It is most important that you update your profile as required, to ensure your details are current. Mandatory fields like Sex, Given Name, Family Name, Address, City/Suburb, Phone, DOB, Email, Verify Email should be maintained.

## Importance of a Current Profile

The diagram below illustrates why your profile should be checked for correctness.



- The *correct name* as recorded facilitates the search function performed by Administration. It also ensures your name badge is set right.
- The non-mandatory *emergency contacts and medical issues* if entered, will be printed on the reverse side of your badge. This information is critical in emergency cases.
- An up-to-date *email address* means that the system-generated emails and emails sent by tutors/facilitators reach you. *Contact numbers* are useful when you do not have email. Urgent messages could be communicated through a phone call.
- Your *DOB* provides essential statistics. These are used in applications for Monash grants and in U3A Network Victoria projections.
- While *skills/interests* are not mandatory fields, the information entered is helpful. It allows Administration to gauge what courses appeal to members and find out whether members with special skills/interests would be willing to share them with others.

### Member's Responsibility

The MyU3A system depends on you to correctly define your Member Profile — The Real You. It is commonly acknowledged that flawed data produces nonsense output: Garbage in, Garbage out (GIGO). As a member of U3A Highvale, it is your responsibility to ensure the data you enter is up to date and kept current.

Take action now. Access the MyU3A Login > Member Portal with your ID and password and check that your details are tiptop.

**Siew Kennedy**  
Secretary/Treasurer



## Class News

### Art Appreciation

When viewing art, it is necessary to do so in light of the society in which it is painted. Our visit to TORCH at Glen Eira Gallery was an eye opener for all of us as we viewed artworks produced in Victorian prisons, or on recent release from prison, painted by indigenous artists. The works reflected country and family and each was accompanied by a short description from the artist, some of which was quite heart rending.



Marksey, Whjjobaluk/Ganalkumal people | Platypus 2023 | Acrylic on canvas | 77 x 103 cm

TORCH provides art, cultural and arts industry support to First Nations people currently in, or recently released, from Victorian prisons. We came away from this visit with great respect for the people who provide this program in an area of such need. It was gratifying to hear that the rate of recidivism has dropped markedly in the time this program has been running.

Our second visit in term 2 was to TarraWarra Biennial 2023: *ua usiusi fa'ava'asavili*. The title is a Samoan proverb, meaning 'the canoe obeys the wind'. This saying calls attention to the contemporary revival of Great Ocean celestial navigation practices, which has been accompanied by waves of renewal of language, thought, movement and relationships.

The exhibition features newly commissioned works by 15 artists/artist groups, poets, makers, performers, archivists, scholars, weavers, painters, carvers and filmmakers across Australia. Their works of mixed media, reflect the interconnectedness of the peoples of Australia, Asia and the Great Ocean and present Australian art and contemporary issues in a global context.

The material experimentation of the exhibits is culturally-based, quite symbolic and open to interpretation. All in, an interesting experience.

Thank you to Siew Kennedy for her selection of such a diverse range of artistic offerings for us to visit.

**Pat Tinsley**  
Facilitator

### Chess for Beginners

This group, now 3-terms old, has grown to 9 players, with 2 recent additions of more advanced players. We welcome them. Their contribution is well received by the class and much appreciated.

The players continue to show boundless interest and enthusiasm and attendance is rarely missed. Their play is now more considered and tactical and that is progress. I enjoy being part of the group and watching them having their mental workout each week. As they progress, I'd like to see them inject more fun and enjoyment in their games.

**Ken Hiew**  
Tutor

### Computer Classes

Having restructured our computer classes and returned to actively using our Computer Room at Highvale Village, things are buzzing. Classes are now available on two days with Monday's midday class starting by discussing topics of general interest to users on a wide variety of computing devices and thus is a great introduction to the 21st Century. The second hour of the class is split into two groups. One is focussed on users of Apple devices such as MacBook and iPhone and the many applications available for them. The other is on-line via Zoom and focussed on Microsoft and Windows, including students who might use Microsoft software, such as MS Office, on non-Windows devices.

Tuesday's class, beginning at 2:00pm commences with assistance to those with Microsoft Windows computers and continues on to greater depth in common programs that are used to make our digital life easier. Bring your own device, or use one of the new computers purchased late last year, to be instructed by the Tutor in how to become comfortable interacting with the World through computers.

Perhaps you are interested in purchasing a new computing device and would like some advice? You are welcome to enrol and then join us online via Zoom on Mondays or visit the Highvale Village Computer Room during a class on Mondays and



Tuesdays to investigate how the Tutors can assist you in understanding computers. Computers are also available in the Room for those wanting to try out Apple and Microsoft devices.

**David Jewell, Ron Berry & Dan Hauw**  
Tutors

## Current Affairs

This is a self-help group, so called because there is no typical tutoring for the class. The class is currently attended by about 8 people. We free range over topics in current affairs that have special appeal to us. For most sessions, some of us speak to prepared topics and field questions. Discussions are good-natured, respectful and not too 'heavy'. We don't come to blows or walkouts! The group enjoys the forum and benefits from gaining experience in speaking to a group in a supportive and informal setting. Any of us can volunteer to chair the meeting.

You are most welcome to join and give this a try.

**Ken Hiew**  
Facilitator

## Cyber Security

Recently NBN Co, in conjunction with the "U3A Technology Corner" group, gave presentations on Facebook and Zoom on topics to do with *CyberSecurity for Everyone*. Topics have included Scams and Spam, Data breaches, securing your accounts and password management. Quite a few U3A Highvale members have enrolled in the course. Unfortunately NBN Co use their material to make presentations to a wide range of business and community groups and therefore have not made this material publicly available. Still there are many websites with information on CyberSecurity, including most bank websites.

A great resource is the Federal Government's "Australian Cyber Security Centre", <https://www.cyber.gov.au>, which contains articles on "Securing your accounts", "Securing your devices" and "Securing your email" along with "Personal Security Guides".

The Australian Competition and Consumer Commission (ACCC) maintains a website called ScamWatch, <https://www.scamwatch.gov.au>, where you can read about all kinds of scams, make a report on scam you may know about, and importantly where to go to get help if you have been a victim of a scam. The bottom line of any contact with unknown persons, either online or via the telephone, is to take "YOUR TIME" and not "their time". Scammers will always try to pressure you into making a quick decision without consultation with family or friends, whereas a

legitimate business will encourage you to discuss possibilities and problems with others who you already know.

U3A Highvale has 3 Computer Tutors who are conducting classes, not just on how to use a desktop computer but also facilitating discussions as part of computer classes, on topics such as scamming, password managers, emails and other CyberSecurity matters. Feel free to register and join one of the classes either in the Computer Room at Highvale or via Zoom.

The next *CyberSecurity for Everyone* session is on 21 June. Topic: 'How to stay safe while shopping online and on social media'. To join the session you must register for the Zoom link.

[Click here for Wednesday June 21.](#)

**David Jewell**  
Tutor

## Gardens & Gardening

The Gardening group had a trip to Pirianda Gardens in the Dandenongs on Wednesday 17th May. That day in the Dandenongs luckily was cold but fine. A wonderful time of year to see and appreciate the extensive variety of Autumn trees and many other plants from all over the world, as well as many indigenous varieties. We had a very enjoyable day together, walking through the very undulated landscape, the views were quite wonderful.



Some of us were privileged to see a lyrebird scratching in the undergrowth before it spotted us, and quickly hid itself from view! To finish a very informative and active afternoon, we stopped at a cafe, with its own beautiful Japanese garden, for delicious Devonshire Tea on our way home.



Thank you to all who planned, and all who attended, this very informative and enjoyable outing.

**Mary Nolan**  
Class Member

## Health Qigong

Our Monday to Saturday Qigong sessions are zoomed all the way from Singapore. It was introduced in September 21 during the COVID Pandemic Lockdown in 2020 when we were stuck at home. Singaporean members have now returned to some in-person classes. We are very appreciative that they have retained the Zoom sessions for us in Melbourne and for those who are house-bound. Given the new situation, class times for U3A Highvale have changed. These take into consideration the end of daylight saving:

- 10:30am start every Monday and Friday
- 11:00am start every Tuesday, Wednesday, Thursday and Saturday.

Our 'teacher' Michael Chan says: "Practising Health Qigong is like reimbursing our energy which is fading with age. It can keep up and improve our health if we exercise regularly. We try to do it nonstop and the group has been going for the past 9 years. Happy to see participants with smiling faces and looking younger."

Feedback from our U3A members has been encouraging:-

*"I found Qigong is a good form of exercises. It helps with breathing, calms the mind and has lots of health benefits"* - Helen Yap.

*"Qigong exercise undoubtedly is beneficial to our health - for me I am training myself to slow down in all my activities. Thanks to our Qigong master, Michael, and his team for keeping this Zoom class going even though Singaporeans have returned to physical classes for certain days"* - Dorothy Shem.

*"Thanks, Michael, and team to include us. It is much appreciated. The Qigong exercises help me to maintain my flexibility and is beneficial to my health! It is also enjoyable."* - Kui Luan Lee.

*"Thank you, Michael. We appreciate your efforts to enable us to continue in the Zoom Qigong exercises"* - Susan Chan.

As the class facilitator, I join in whenever I can and it's so good to just practise my breathing in and out together with all the various forms of stretches and body movements. Some of us have come together to practise Qigong at the Village Lounge on Wednesdays via Zoom sessions with Singaporeans. This feels almost as good as having in-person classes and exercising with other members.

**Hooi Ng**  
Facilitator

## Karaoke

Where do I begin? (Love Story - Andy Williams). Hello (Hello- Lionel Ritchie). That's how it started. Class tutor Kristine See asked "Hello, I want to know from each of you WHY do you like to join Karaoke and sing in Karaoke?" The answers via WhatsApp below speak loud and clear.

|  |   |
|--|---|
| <p>- Ivy Yap<br/>Enjoying 🎵 🎵 and trying very hard to be one of the marvellous singers.<br/>12.34 pm</p>   | <p>- Amy Hui<br/>I found that singing can stimulate the brain, improve memory and build confidence. Thank you Kristine and Eileen for organising our karaoke.</p> |
| <p>- Franky<br/>Karaoke 🎵 is so much fun. Singing can lower and relief stress. Also joining Karaoke group can improve our singing ability. Thanks Kristine n everyone in our happy singing group 🙌</p> | <p>- Clara Ong<br/>Thank you God for the lovely and beautiful people that I meet in this fun karaoke group 🙌<br/>1:21 pm</p>                                      |
| <p>After much thought and soul searching - the class gives me the opportunity of having an audience. Thank you for all that you've done towards this end. Margaret Seet<br/>7.43 am</p>                |   |

We are a fun happy group who love to come and belt it out!! All our cares and worries are gone (for the time being). We can enjoy other people's beautiful and sometimes not so nice singing, laugh at our own mistakes and others' too. Laughter is good medicine for the soul. I have never sung karaoke before joining this class! Thanks Kristine for starting karaoke for U3A Highvale! But sadly if you wish to join the class, you'll be waitlisted.

**Hooi Ng**  
Class Member



I have joined karaoke only a few times as a spectator, did not dare sing solo. So thanks Kristine for your encouragement, patience and teaching me how to choose songs. I love Chinese songs (oldies) but find it quite stressful singing them because I can't read pin yin and some characters. But now after much practice, I even learnt how to read and write them to choose songs. My three years tuition in Chinese class was not wasted after all. So thank you again, Kristine, for starting karaoke. Singing is good for our well-being, body, soul and spirit.

**Shirley Teh**  
Class Member

## Laughter Yoga

Laughter Yoga (LY) combines laughter exercises with yoga breathing techniques (Pranayama) which brings more oxygen to your body and brain, making you feel more energetic and healthy when you exercise. As a group, members laugh a lot, sometimes real laughter, sometimes forced laughter. But because your brain doesn't know if laughing is real or fake, it still releases 'happy hormones' like dopamine and serotonin.

It has been claimed that the various movements and stretching combined with laughter can relax stress, enhance immunity, delay physical decline, improve mood and personal health. Essentially it is intended to make you happy and keep your mind positive during challenging times. Learning to laugh on your own can also be a valuable tool.

Laughter Yoga suits any age. If it is the right choice for you and you decide to join the class, please wear comfortable clothes and flat shoes when you come.

**June Cheung**  
Tutor

## Mahjong (Western)

We are all still enjoying this old game on Wednesday mornings, so thought you might like to read about a song that was written for the game. We have room for more players, so come along and we can teach you how to play.

It was into the heady mix of fried rice, silk robes, chopsticks, and a blur of red, black, and yellow hues, that the first large-scale Western contact with mahjong had entered. Mahjong was seen as being mysterious, new, exciting, dangerous, hedonistic, and exotic! No game like it had existed in the West before, and Americans bought mahjong so fast that the importers working with manufacturers in Shanghai couldn't keep up with the demand! Luxurious mahjong sets made of

beautiful woods, with inlaid cases, decorated with polished metalwork, and intricately carved tiles were bought and sold by, and from big-name department stores and gaming-products manufacturers, such as Parker Brothers in the US (more famous these days for selling "CLUE").

Mahjong became so popular in America that there was even a song written about it in 1924, entitled "Ma is Playing Mahjong"! The lyrics are, perhaps, not very politically correct 100 years later, but its existence speaks to the incredible impact that mahjong had on American culture. You can listen to it here:

*Since Ma is Playing Mahjong!*, from 1924.  
Notice that the title is spelled the conventional way – "Mah Jong".

<https://www.youtube.com/watch?v=oplO4sQBzMY>



It was in this way that mahjong became incredibly popular in the United States, starting in the 1910s and 20s, and going right through to the 1930s, 40s, and 50s, and well to the present-day!

**Jenny D'Acre**  
Facilitator

## Walking and Exploring

On a wet Tuesday morning (9 May) the Walking and Exploring Group met at the Tim Neville Arboretum in Dorset Road, Ferntree Gully. This area covers eleven acres and has a children's playground, lake and water features (ducks too), children's artwork, cottage and rose filled gardens and a war memorial. There is also a very good parking area.

The Knox Council took over the Arboretum in 1988, as part of their Bicentennial program. It was named the Tim Neville Arboretum after the Chief Executive of Knox in 1993.

We were very impressed with the whole area but particularly the children's art contributions and the war memorial.

We found a lovely little cafe next to the railway line in Frances Street and enjoyed a treat and a drink. The shop also had art and craft works that were for sale.

Although, it did rain quite a bit and I wondered why we hadn't cancelled the walk, we enjoyed exploring the area. We are looking forward to our next adventure in June.

**Jan Clear**  
Facilitator



The following articles are extracted from the June 2023 issue of the U3A Network Victoria News. They should be of interest to U3As.

### Succession Planning for Network Committee

Just as all U3As keep an eye out for those members who might step into your committee and contribute to how your U3A operates, so do we at Network Victoria.

Our role at Network is to support your U3A in the work you do. This takes many forms.

Your Network Committee oversee the work of staff as well as contribute to these broad tasks: Technology, digital resourcing, marketing, collaborations and occasional work around policy development.

The commitment can be as little as a few hours a month (Network Committee meeting, Planning and Review meeting and a working group of choice) plus our members Council meetings four times per year.

### Exploring Sustainability in U3As

This topic was discussed at the May Network Members Council with the introduction questions of: Let's talk about growth.

- What is the ideal membership size for your U3A?
- Which elements contribute to this?
- If or when you reach capacity, what next?

The Council meeting of 60+ participants broke into three discussion groups. Results of these

discussions were compiled and circulated to all Member U3As. Key issues include:

- Waiting lists continue to grow and show that recruiting new members is not a challenge to the movement. It is catering for growth that is the challenge.
- Friendship and social connection remain the top reasons for new people joining U3A.
- There is a role for online classes and distance education, but for most members face- to-face interaction remains the most important aspect of U3A.
- Factors limiting the ability of U3As to take on more members include difficulty in recruiting tutors and leaders, lack of new class or activity opportunities, inadequate buildings and facilities, and the growing workload of administering a larger group.

Network Committee is including the consultation feedback in current planning for the 2024 operational year.



### 1. How to avoid bill shock for winter home heating

With winter approaching, it's time to make sure you are getting the most out of your heating.

Energy bills are on the rise, so it's important to make sure you don't waste a cent on your next bill, but what are some common mistakes you may be making?

Try these:

- Only heat the area where you are. Shut doors (and windows) in the local area and remote vents to contain the heat.
- Put on a second jumper or a jacket, overlaying a blanket or doing physical work, e.g. exercise and house work. According to [Sustainability Victoria](#), every degree higher than 20°C can increase your cost by about 15 per cent.
- Turn off your heater when you are sleeping or not at home.
- A CHOICE research found many heating units in the \$400 - \$500 range can be effective instead of the more famous and pricey brands.
- Clean air filters, grilles, ducts and outlets. This will improve the efficiency of your heating. While floor ducts and outlets probably only require an easy vacuuming, filters can be somewhat fiddly.



- If you have central heating, make sure you are getting it serviced at least every other year.
- Have you forgotten you have a reverse cycle unit?

<https://www.yourlifechoices.com.au/life/how-to-avoid-bill-shock-for-winter-home-heating/>

## 2. Visiting parks makes us happier

A recent research from the Department of Psychology and the Health Equity Research Centre, Washington State University found that:

- People who frequently visited parks reported better well-being and a stronger connection with nature.
- Individuals' park usage was not associated with simply having more parks nearby.
- The perceived accessibility of parks was associated with increased park visits.

So city planners and behavioral scientists are increasingly viewing that access to and engagement with nature is a necessity rather than a luxury. It is important to note that *simply increasing park acreage may not be enough to increase nature exposure for city residents*. While rectifying inequitable access to greenspaces is a necessary step, finding ways to encourage and foster connectedness to nature is another crucial element.

So cities around the world are embarking on a journey to improve access to urban greenspaces

<https://www.psychologytoday.com/au/blog/environment-mentality/202304/visiting-parks-makes-us-happier-so-why-dont-we-do-it-more>

## 3. Disputes with neighbours

In the environment where suburbs become increasingly dense, as when more flats and villa units multiply to house more community members, disputes may arise if neighbours are not good, or if they don't think you are.

The Law and Justice Foundation of NSW 2020 recorded that it is mostly fences that makes neighbours tense, while trees create unease.

A [2017 national survey](#) conducted by Relationships Australia revealed fewer than half of respondents achieved a satisfactory resolution. That would suggest that we have some way to go towards implementing adequate mechanisms for neighbour dispute resolution.

The same report also revealed that men were more likely to report being involved in a dispute with a neighbour. "More than 60 per cent of

women and 68 per cent of men reported they had experienced conflict with neighbours".

Each Australian state and territory has its own laws for dealing with neighbourhood disputes. In some cases there may even be differences between local councils. Please refer to the laws for the appropriate jurisdiction.

<https://www.yourlifechoices.com.au/life/disputes-with-neighbours-what-are-they-all-about/>

## 4. Hacking and how to stop it

Since September 2022, Australia has seen several large-scale hacks of personal data, including the Medibank cyber attack. In each instance, millions of people have had their personal information compromised.

University of Tasmania senior business and economic lecturer Joel Scanlan said the cumulative effect across multiple breaches increases the risk of targeted scams or phishing for those affected, using their date of birth or other leaked details to entice recipients to click on malicious links.

Dr Scanlan said hackers often send out millions of emails based on one hack, in the hope of just a few people falling for it — resulting in more personal data being leaked.

A less obvious attack are unsolicited emails where the targets are invited to "unsubscribe" if they choose. While apparently innocent, unsubscribing sends a direct message to the hacker that those email addresses belong to actual people. So the best remedy is to simply delete the unsolicited email.

Thank you to John Mullahy MP, State Member for Glen Waverley District, for assistance with printing of this publication. If you require assistance with any State Government issues please contact John's office.

**John Mullahy MP**  
LABOR MEMBER FOR GLEN WAVERLEY

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## U3A HIGHVALE TIMETABLE

### TERM 3 – 10<sup>th</sup> July to 15<sup>th</sup> September 2023

Tel: 03 9803 8592

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

Updated on: 8 June 2023

- 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.**
- If a class member is absent for 4 weeks+ with no apology, the person will be withdrawn from the class.
- In-person classes are subject to vacancies. **Online** classes are tagged **Google Meet or Zoom**.
- For classes held in the Manor lounge or apartment at the Village – please enter from Gate 3.

| COURSES  | Start       | Time        | Leader/Facilitator         | Freq                                   | Venue         |               |
|--|-------------|-------------|----------------------------|--|---------------|---------------|
| <b>MONDAY</b>  |             |             |                            |  |               |               |
| <input type="checkbox"/> Yoga (Sun Salutation) <b>Zoom</b>       | Jul 10      | 10.15-11.30 | Master Lim                 | Daily                                  | <b>Online</b> |               |
| <input type="checkbox"/> Line Dancing (Upper Begin)              | Jul 10      | 10.30-11.45 | Ewah Lee                   | Weekly                                 | UCH           |               |
| <input type="checkbox"/> Health Qigong: Mon, Fri <b>Zoom</b>     | Jul 10      | 10.30-11.15 | Michael Chan & KY Ho       | Daily                                  | <b>Online</b> |               |
| <input type="checkbox"/> Health Qigong: Tu, We, Th, Sa <b>Zm</b> | Jul 11      | 11-12.15    | Michael Chan & KY Ho       | Daily                                  | <b>Online</b> |               |
| <input type="checkbox"/> Computer Class (Hybrid)                 | <b>Zoom</b> | Jul 10      | 12-2pm                     | David J/Dan Hauw/Ron Berry             | Weekly        | <b>Online</b> |
|  | In-person   | Jul 10      | 12-2pm                     | David Jewell                           | Weekly        | CPR           |
| <input type="checkbox"/> Approaching the Voice <b>Zoom</b>       | Jul 10      | 2-3.30pm    | Merilyn Harris             | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Singing Group                           | Jul 10      | 3.30-4.30pm | Joan Foulcher              | Weekly                                 | CL            |               |
| <b>TUESDAY</b>   |             |             |                            |  |               |               |
| <input type="checkbox"/> Living Younger Longer <b>Zoom</b>       | Jul 11      | 9.30-11.30  | Dr John Beaney             | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Chess for Beginners                     | Jul 11      | 10am-12pm   | Ken Hiew                   | Weekly                                 | DR            |               |
| <input type="checkbox"/> Walking & Exploring                     | Jul 11      | 10am        | Jan Clear                  | 2 <sup>nd</sup> Tues                   | TBA           |               |
| <input type="checkbox"/> Approaching the Voice <b>Zoom</b>       | Jul 25      | 12.30-2pm   | Merilyn Harris             | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Music Appreciation                      | Jul 11      | 2-3pm       | Don Baird                  | 2 <sup>nd</sup> , 4 <sup>th</sup> Tues | DR            |               |
| <input type="checkbox"/> Computer Class B                        | Jul 11      | 2-4pm       | Ron Berry                  | Weekly                                 | CPR           |               |
| <input type="checkbox"/> Understanding Dementia <b>Online</b>    | Jul 11      | 3-5pm       | MOOC                       | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Yoga Pranayama <b>GoogleMeet</b>        | Jul 11      | 4.30-5.30pm | Krishan Pathak             | Weekly                                 | <b>Online</b> |               |
| <b>WEDNESDAY</b>   |             |             |                            |  |               |               |
| <input type="checkbox"/> Mahjong (Chinese) / Gin Rummy           | Jul 12      | 9-30-12     | Kristine See               | Weekly                                 | DR            |               |
| <input type="checkbox"/> Advanced Tai Chi                        | Jul 12      | 10-11am     | Elva Parker & Leh Soh      | Weekly                                 | CL            |               |
| <input type="checkbox"/> Mahjong (Western)                       | Jul 12      | 10am-12pm   | Jenny D'Acre               | Weekly                                 | DR            |               |
| <input type="checkbox"/> Cybersecurity <b>Zoom</b>               | Jul 26      | 10.30-11.30 | NBN Co                     | Monthly                                | <b>Online</b> |               |
| <input type="checkbox"/> Gardens & Gardening                     | Jul 19      | 2-3pm       | Linus Chang                | Fortnightly                            | CL            |               |
| <input type="checkbox"/> Yoga Pranayama <b>GoogleMeet</b>        | Jul 12      | 4.30-5.30pm | Krishan Pathak             | Weekly                                 | <b>Online</b> |               |
| <b>THURSDAY</b>  |             |             |                            |  |               |               |
| <input type="checkbox"/> Art Appreciation                        | Jul 20      | 10-3.30     | Pat Tinsley & Siew Kennedy | 3 <sup>rd</sup> Thur                   | TBA           |               |
| <input type="checkbox"/> Book Group <b>FULL</b>                  | Jul 27      | 10-11am     | Jan Clear                  | 4 <sup>th</sup> Thur                   | CL            |               |
| <input type="checkbox"/> Mandarin (Begin) <b>Zoom</b>            | Jul 13      | 10-11am     | Lily Lam                   | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Stillness Meditation                    | Jul 13      | 10.30-11.30 | Anita Davine               | Weekly                                 | MA            |               |
| <input type="checkbox"/> Laughter Yoga                           | Jul 13      | 12-1pm      | June Cheung                | Weekly                                 | MA            |               |
| <input type="checkbox"/> French <b>Zoom</b>                      | Jul 13      | 2-3pm       | Marianne Puccinelli        | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Beginners Tai Chi                       | Jul 13      | 2-3pm       | Benjamin Chan              | Weekly                                 | CL            |               |
| <b>FRIDAY</b>  |             |             |                            |  |               |               |
| <input type="checkbox"/> Living Younger Longer <b>Zoom</b>       | Jul 14      | 9.30-11.30  | Dr John Beaney             | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Line Dancing (Improvers)                | Jul 14      | 9-30-10.45  | Doris Teh                  | Weekly                                 | UCH           |               |
| <input type="checkbox"/> Life Skills                             | Jul 21      | 10.30-11.30 | John Keogh                 | Fortnightly                            | ML            |               |
| <input type="checkbox"/> Mandarin (Intermed 2) <b>Zoom</b>       | Jul 14      | 11-12.15    | June Wang                  | Weekly                                 | <b>Online</b> |               |
| <input type="checkbox"/> Karaoke <b>FULL</b>                     | Jul 14      | 1.30-3.30pm | Kristine See               | Weekly                                 | ML            |               |
| <input type="checkbox"/> Current Affairs                         | Jul 14      | 2-3pm       | Ken Hiew                   | Weekly                                 | DR            |               |

**K** CL – Community Centre lounge  
**E** DR – Community Centre dining room  
**Y**

**CPR** – Community Centre computer room  
**ML** – Manor lounge – enter via Gate 3  
**MA** – Manor apartment 46 – enter via Gate 3

**Craft** – Community Centre craft room  
**UCH** – Uniting Church Hall