



THE UNIVERSITY OF THE THIRD AGE

HIGHVALE

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

Newsletter

Spring Issue 2024

Email: enquiries@u3ahighvale.com.au

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Healthy Ageing and Wellness Seminar on Friday 11 Oct 2024

We are excited to announce a new wellness program conducted by Equip4life that we hope to run in Term 4, if there is enough interest from our members. We will start by conducting an introductory seminar on Friday 11 October 2024. More information about what is covered in this seminar can be found in the flyer on Page 7 for this event or by clicking on the following link:

<https://u3ahighvale.com.au/healthy-ageing-wellness-seminar/>

This seminar has been set up as a course on MyU3A so you need to enrol online via the Member Portal. There are 80 places available so please enrol promptly to secure your seat. An instructional video has been prepared on **How to Enrol in Courses** in case some of us are not familiar with enrolling online and it includes what to do if you have forgotten your member ID or password.



Click on the image above and you will be taken to the website, or you can find this video on our website in various locations including:

- MyU3A Login Portal
- Courses > Direct Enrolments
- FAQs > How do I enrol in a Course?

This wellness program has been run at 30+ U3As and has been well received. Hurry up and enrol to make sure you don't miss out!

Enrol Now!

President's Message



In the winter newsletter, I talked about the committee's focus on looking at ways we can operate to improve responsiveness to members by making better use of technology. During the last quarter we have looked at how we can leverage our website to simplify and provide easier access to information to members and would be members.

Changes you should be aware of:

We reviewed the enquiries that have been received over the last 2 years and extracted some common themes. To decrease the turnaround time to obtain answers to common questions, the following approach was adopted:

1. Make it easy for members and visitors to the website to find answers to Frequently Asked Questions (FAQs)
 - Having identified common question themes, we have increased the number of FAQs and made access to these more direct by moving FAQ's to the main navigation menu.
 - Here you will find answers to many common questions including:
 - How I recover my forgotten Membership Id?
 - How I recover my forgotten Password?
 - How do I enroll in courses?
2. Simplify instructions via the use of instructional videos where practical. We have several videos that are available in different locations on our website to help you achieve your objectives. We will continue to build upon these over time.

What else is planned?

- **Enroll in courses immediately after paying your membership fees!**
We are diligently working to make this happen. Currently it can take up to a week from the time you have made payment via bank transfer until you are activated to enable you to enroll in courses. The objective is to provide the capability that will allow you to pay online, via Visa or Mastercard, at which point you will be able to immediately enroll into courses. We are on track to have this available in December for the 2025 membership renewals. To ensure this is as easy for you to use as possible, this will be supported by an instructional video. Keep an eye out for further announcements.
- **End of Year Celebration.**
We are excited about celebrating all that has happened this year and planning for our end of year function has just kicked off. Once we have this firmed up, we will create an **End Of Year Celebration - 2024 Course** that you will need to enroll in if you plan to attend. This will allow us to easily collect attendance numbers for our facilities and catering planning purposes. Further information will be provided.

Thank you

I'd like to thank both Siew Chang and Grace Chan for volunteering to support members by assisting with some administrative work.

I would love to hear what you think of these changes and if you have constructive input, please don't hesitate to share this with me as well. Please feel free to contact me via email at president@u3ahighvale.com.au.

Regards

Kingsley



Enrol Instantly with Online Payments!

Why do we want to support online payments?

It currently takes between 3 to 7 days from the time you renew your membership to the time that you can enroll in courses. This is due to the time taken to action a bank transfer, confirming that funds have been transferred to our bank account, that funds can be matched to you as a member, enabling you to enroll via our member management system, letting you, the member, know you can enroll, and then logging back into the system to enroll.

What if you could renew and pay for your membership and then enroll in your favourite courses ALL before you have finished your cup of coffee or tea?

Online Payments using Visa or Mastercard

We're thrilled to share that paying your membership fees and being able to enroll in your desired courses will soon be faster and more convenient than ever before. We are in the throes of automating the payment process allowing you to pay for your membership fee via Visa or Mastercard (either debit or credit cards) from within our membership system (MyU3A). When the time comes for our 2025 membership renewal, you will have the option of paying online and then instantly being able to enroll into your desired courses.

To enable this additional online payment capability, we have chosen to partner with eWay (eway.com.au) as our payment gateway provider. eWay has been in business since 1997 and has a working relationship with other U3A's.

Some information about eWay is that it:

- provides end-to-end encryption of credit card data.
- is certified as meeting the highest level of card data security compliance of the Payment Card Industry (PCI) standards.
- has been an authorised third-party processor for all the major Australian banks since 2004
- is used by several other U3A's and has proven integration with the same member management system that we use.
- has been used by over 97,000 businesses, including LG, Terry White Chemmart, Thermomix and Dendy Cinemas, to name a few.

We will continue to provide more information in the coming months as we move closer to 2025 membership renewals commencing in December. Get ready to embrace a more seamless enrolment experience.

Kingsley



Feature Article

The Golden Years – A Reflection

The Golden Years' refers to a stage of life one goes through from about 65 to the end. In promotional magazines, we see images of happy retirees enjoying themselves wining and dining, swimming and golfing, without a care in the world. Sure enough, for many of us, it's a time when we have said goodbye to work, paid off our debts, kids independent and pensions are flowing in. We are free to engage in whatever activities we choose as our new way of life.

Alas, this is also a time when our bodies wear out, our knees and hips need renewal, age-related diseases surface. Aches and pains strike like missiles. From time to time, we are blindsided by events that need emergency and medical attention. Many of our woes can be put right, but some persist and we have to grin and bear with them.

On top of all this, we lose friends and loved ones, including our closest and dearest. The emotional toll on us can be intolerable at times. I lost my wife and soulmate on the eve of the pandemic followed by a period of near total isolation and memories of those dark days still haunt me.

My reflections are to focus on how we can best manage the negatives of the Golden Years while acknowledging there are good times we enjoy. Unfortunately, there isn't a magic pill we can take. Like the road toll, we need a multi-prong attack. Many find having a deep faith a spiritual consolation, as our burden is shared with a Higher Power. Some manage to find ears that will listen but not judge. Some turn to nature, relishing the beauty of a glorious sunset, the intricate arrangement of a floral bloom, the soothing sound of a mountain stream. Some find solace in quiet times with our inner selves, in prayers and meditations, in music, books and the arts. Connecting with family and friends, social networking, voluntary work are powerful healers. Knowing those in worse positions than ourselves stiffens our resolve to tough it out and keep hope alive.

Because we are individuals with a unique personal history we cannot expect full understanding from others and should resist blame. 'Why me?', bitterness and self-pity have no place in the healing process.

Despite setbacks, we can make this phase of our life liveable, creative and enjoyable. It's up to each one of us to find the 'golden lining' in our Golden Years!

Ken Hiew, Member.



Class News

Art Appreciation

Our Art Appreciation excursion to JAHM (Justin Art House Museum) in July saw the group invited to the private apartment of the owners and curators of this amazing collection of Contemporary Art (see below).



Leah and Charles Justin have designed a purpose built private gallery to showcase their collection and to lecture on the connection between Art and Architecture and made us most welcome when we visited.

In August, we visited the Victorian Artists Society in East Melbourne to view the 106th exhibition of The Twenty Melbourne Painters Society (TMPS). The artists' works are always stunning and TMPS remains 'The Home of Traditional, Realist, Tonal and Impressionist Painting'. One proud member of our group managed to purchase a painting for her home which most of us would have liked to do but having sufficient wall space is often a prohibiting factor.



Our visit to Montsalvat will round off Term 3. It is timely that we follow on from TMPS (a group influenced by Max Meldrum) to Montsalvat. This artist colony was developed by Justus Jorgensen,

whose works also followed that of Max Meldrum, moving through to the Impressionists.

Pat Tinsley and Siew Kennedy,
Facilitators

Book Group

The Book Group meets on the 4th Thursday of every month between February and November (inclusive) and we borrow books from Glen Waverley Library.

In August, we read and discussed: "Unreliable Memories" by Clive James. This book follows young Clive on his journey from boyhood to manhood when his days of wearing short trousers were behind him. He wrestled with the demands of school, various relatives and the occasional snake, in the suburbs of post-war Sydney. He was an only child growing up in the care of a widowed mother. There were many chapters in the book that we could relate to as we remembered our early years and we had a chuckle.

Clive James, born Vivian Leopold James was born on 7 October, 1939 and passed away on 24 November, 2019. He was an Australian critic, journalist, broadcaster and writer who lived and worked in the United Kingdom from 1962 until his death in 2019. His work in the United Kingdom was successful as a television critic for the "Observer" from 1972, a poet and satirist, a writer for television and eventually as a lead in his own programs including "On Television".

All book members thought it was quite an interesting book to read but some chapters could have been omitted or made shorter. All members agreed that they enjoyed reading this non-fiction book as it was about the world, as we knew it, when we were growing up.

We are looking forward to discussing and reading our book for September "Little Fires Everywhere".

New members are always welcome at the Book Group. Please enrol online if you are interested.

Jan Clear - Facilitator

Current Affairs

I would like to submit a few remarks regarding the Current Affairs Class led by Ken Hiew.

I am a new member of this class and have a particular interest in following what is happening in the world, both in Australia and overseas. It is very useful to include both aspects in the discussion in order to keep us well informed. I feel that Ken has led us in the right direction and allowed us to exchange information and views on a range of subjects. I really enjoy these sessions and look forward to continuing.

Prateep Changchit Robson -
Member

Pranayama Yoga

Yoga pranayama is an ancient breathing technique which originated in India. It involves controlling breathing in different styles and lengths. Some of the different types of pranayama include:

Kapal Bhati pranayama is the natural inhaling, followed by forceful exhaling through the nose while contracting the abdominal. It has energizing, cleansing and detoxifying effects on the body.

Anulom Vilom, similar to *Nadi Shodhan* pranayama, or alternate nostril breathing technique, is believed to center your mind by joining the right and left sides of your brain.

Practicing pranayama has many health benefits. This includes improving lung capacity and function and increasing strength in your respiratory muscles. Currently Teacher Krishan Pathak conducts class online every Thursday at 4pm via Google Meet.

Helen Yap - Member

QiGong

We have been having our Health Qigong classes via Zoom since September 2021. Whilst we still continue on zoom due to our circumstance of being in another country, our counterparts enjoy

the luxury of in person classes at their own clubhouse park in Singapore.

It's only our 3rd year with Michael Chan, our main teacher, and a few others leading the class. Soon they will celebrate their 11th year anniversary. It is a privilege to be part of this Qigong family as we see and share in their fun, joy and happiness when they celebrate many members' birthdays, club anniversaries and recently their Singapore Day.

A few of us had made the time to meet up with Michael and other members as part of their travels to Singapore. I hope to do that too and meet them in person one of these days.

Anyway it's never too late for anyone to join this class which runs on Monday and Friday at 10:30am. It's very gentle exercise with no prior experience required and suits all levels of fitness. Plus we have the benefit of classes continuing to run through the school holidays. Come, breathe and move the Qigong way to healthiness.



Hooi Ng
Facilitator

Stillness Meditation

There is much in our world and society today to add to the stresses of daily living. Dr Ainslie Meares pioneered a very helpful and easy way to cope with the anxieties people face through his practice of Stillness Meditation Therapy (SMT). He was inspired to help people without the use of medication and treated many soldiers suffering from Post Traumatic Stress Syndrome using this method and teaching them how to use it on a daily basis. The simplicity of this method of meditation once learned can assist those who wish to take control of their lives and manage negative thinking habits. To bring a sense of calm and serenity into our lives is a must if we wish to maintain a well-balanced and healthy mind-set to our daily lives.

Towards the end of my teaching, I, too, was faced with a growing stress of coping with all the new technologies that we had to adopt as part of our teaching load. I was fortunate to come across SMT at a workshop run by Pauline McKinnon who had been a patient of Dr Ainslie Meares for a number of years and was cured of her agoraphobia. She now runs programs for people wishing to learn how Stillness Meditation can assist in their lives. Find out more at by contacting info@stillnessmeditation.com.au.

Pauline has written of her own journey in two books titled: "In Stillness Conquer Fear" and "Living Calm in a busy world."

During my time conducting the SMT sessions every Thursday in the Manor for the last year and a half, I can honestly say that those attending have found the sessions beneficial. I quote from a couple of the attendees:

I eventually made time to attend Anita Davine's Meditation classes. I felt that I needed some quality time for me. Initially I was not sure that I could quieten my mind in order to get the benefits that would calm and soothe my mind and body. Due to the excellent atmosphere that Anita has created I found that during the 3/4 hour I could for the most part capture the stillness that I was craving. – Annette

I have been attending Stillness Meditation run by Anita Davine for about six months. I find it very relaxing and therapeutic. Anita is so calming and gentle, which sets the atmosphere conducive to meditation. It is a slice of time very well spent. – Mary

To enjoy the luxury of an hour of peace, silence and deep contemplation, try stillness meditation with a group of like-minded people led by Anita. - Cynthia

If you would like to find out more about this very simple technique for quietening the mind, please contact Anita via email

anitadavine48@gmail.com

Anita Davine - Tutor

Walking Group

The Walking Group continues to meet on the 2nd Tuesday of each month (in school terms). Our numbers have been smaller this year but those who have attended have enjoyed the walks and the company and we have been very lucky with the weather.

In August, we met at Jells Park, one of our favourite destinations. We had walked around the lake several times so we decided to try a different route, this time. We took the driveway that leads to Jells Road. At the gate, we turned left and walked beside the park up to Caulfield Grammar School. (This track, beside the park, was very bumpy and difficult to walk along.) We crossed the road and walked along a well made track which runs beside the electricity pylons. We walked as far as the Wheelers Hill tennis club. We turned around then and walked down the west side of Jells Road and back into the park. We were going to go elsewhere for coffee but the coffee van looked like a good option. We ordered our coffee and found an empty table.

It was an interesting walk. We look forward to our next walking adventure.

New members are always welcome at the Walking Group. Please enrol online if you are interested.

Jan Clear - Facilitator



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 article link (ie. [https:// xxx](https://xxx) while holding down the Ctrl key on your keyboard.

Here are some interesting articles:

Will Olympic athletes ever stop breaking records?

We've just had another Olympics meet where sports records are continually broken. Do we wonder if physically, athletes might reach a point where they can no longer better records? Muscles, reaction times and other physical attributes need the assistance of innovative techniques and improved sportswear which could help athletes continue to unlock new levels of performance, experts said.

<https://www.livescience.com/health/exercise/will-olympic-athletes-ever-stop-breaking-records>

The Benefits of Gratitude

Experts have been assuring us that the practice of showing gratitude can transform our life. Why is it so hard to show?

It seems gratitude (state of being thankful) is difficult to put into practice. Recognising and acknowledging the good things that happen in life results in appreciation. These then focus on other people's positives.

<https://www.psychologytoday.com/us/blog/childhood-narcissism/202407/gratitude-is-clearly-good-for-you-so-why-is-it-hard-to-do>

Health Ageing & Wellness Seminar

FREE Healthy Ageing & Wellness Seminar

Date: Friday 11th October 2024
Time: 11am to 12pm
Location: Room 4 & 5
Mount Street Neighbourhood House
6 Mount St, Glen Waverley
Presenter: Health Professional from Equip4Life
RSVP: Bookings are essential. Enrol into "Healthy Ageing and Wellness Seminar" via the MyU3A Member Portal

What we cover in our seminar

- AGE**
4 keys to healthy ageing
- MILK**
The truth about full fat dairy, red wine + more
- Scale**
How to achieve your healthy weight + waist
- Bones**
The secret to strong bones + better balance
- Stress & sleep**
Stress & sleep + brain health
- Heart & Fork**
Optimal nutrition for ageing well

Equip4Life

Simple, quick & healthy recipes provided

No Sugar Raspberry Jam
High Fibre Chocolate Bark
High Protein Bircher Muesli

Healthy Ageing follow up program available onsite (no cost)

Click on the image above to be taken to the website.

23
August
2024

In Memory

Vale Ron Berry



The U3A Highvale farewelled Ron Berry, who died on August 23, 2024. He was a much loved partner of wife Sue and a much valued tutor of the Computer Class, U3A Highvale. Attached are photos of Ron and

the Celebration of Life gathering at their home in Glen Waverley on September 1, 2024.

Born in 1953 in Johannesburg, South Africa, Ron and his family moved to Rhodesia and he later attended the University of Natal, South Africa, capping it off with a Bachelor of Science (Honours) Degree and eventually a Masters Degree, both in biochemistry. Here he lectured in biochemistry, progressing to managing and maintaining the department's assets. He set up the first website for the biochemistry department. He started work in the private sector in August 1997.



Although he had known his now wife Sue for about 25 years by then, they only started being an item in July 1997. Sue migrated to Australia later in 1997 and she and Ron married in Adelaide in June 1998 while Ron commuted between South Africa and Australia. With Sue's drive, before he finally migrated to Australia, arriving in Melbourne on November 1, 1998 to work with Waters Australia. He started in Sales and became a Customer Support Specialist, where his in-depth knowledge and love of teaching were leveraged effectively.

In September 1999 Sue and Ron bought their first, and only, home in Glen Waverley. Hating being bored after his retirement, he approached U3A Highvale where his perceptive knowledge and happy personality were immediately

recognised and he was invited to be a Computer Class tutor in October 2018. He was the author of a large number of the computer-based documents that are currently in our library as he saw the value of having ready reference material in the challenging computer space. In addition, Ron "beautified" the Class website and added a search capability to make it easier for students to find a document. He was also starting to learn Linux to broaden his knowledge in free software, also to advise students on cheaper alternatives to the usual 'commercial vendors.

However Ron had not been 100% health-wise since 2023, having stints in hospital for pneumonia and, in May 2024, for dangerously low blood haemoglobin levels, which left him constantly exhausted. A heart attack saw him rushed to Knox Private Hospital on August 3, 2024. Unfortunately, other organs had been impaired by the long-term low blood oxygen levels; his heart attack seemed to have set up a domino effect of organ failures. With his liver failing, his heart struggling, pneumonia set in. He was transferred to ICU for increased care and greater oxygen input, but his kidneys ultimately failed, resulting in death. He died at 4.30pm on August 23, with both his wife Sue and sister, also named Sue, by his side.

Dan Hauw & David Jewell – Tutors

It was my privilege to know Ron during my term as Secretary and Treasurer of U3A Highvale. I am saddened by his passing. He was a lovely gentleman, devoted tutor and well liked by all in his class. Class members would often tell me how helpful and patient Ron was in his tutorship.

When the association acquired a few new computers, he together with David Jewell installed them in the Computer Room. When the computer class needed a new printer, Ron went out of his way to purchase and set it up for U3A Highvale.

His contribution as a volunteer and his generous spirit were outstanding. It is hard to believe he is gone and U3A Highvale members are the poorer for it. Ron will be sadly missed.

Siew Kennedy – Member



U3A HIGHVALE TIMETABLE

TERM 4: 7th October to 6th December 2024

Email: enquiries@u3ahighvale.com.au

Updated: 31 Aug 2024

- This 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/>
- Please enrol online by logging into the Member Portal on the U3A Highvale website
- 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.

COURSES	Start	Time	Leader/ Facilitator	Freq	Venue	
MONDAY						
<input type="checkbox"/> Yoga (Sun Salutation)	7 Oct	10:15am - 11:30am	Master Lim	Daily	Zoom	
<input type="checkbox"/> Line Dancing (Upper Beginners)	7 Oct	10:30am – 11:45am	Ewah Lee	Weekly	UCH	
<input type="checkbox"/> Health Qigong	7 Oct	10:30am – 12:00pm	Michael Chan	Weekly	Zoom	
<input type="checkbox"/> Computer Class (Hybrid)	Online	7 Oct	12:00pm – 2:00pm	Dan Hauw	Weekly	Zoom
	In-person	7 Oct	12:00pm – 2:00pm	David Jewell	Weekly	CPR
<input type="checkbox"/> Karaoke	7 Oct	12:00pm – 2:30pm	Kristine See	Weekly	DR	
<input type="checkbox"/> Singing Group	7 Oct	3:00pm – 4:00pm	Joan Foulcher	Weekly	CL	
TUESDAY						
<input type="checkbox"/> Healing Ourselves/Planet	8 Oct	9:30am – 11:30am	Dr John Beaney	Weekly	Zoom	
<input type="checkbox"/> Chess for Fun	8 Oct	9:30am – 12:00pm	Ken Hiew	Weekly	DR	
<input type="checkbox"/> Walking & Exploring	8 Oct	10:00am – 1:00pm	Jan Clear	2 nd Tue	TBA	
<input type="checkbox"/> Computer Class B	8 Oct	2:00pm – 4:00pm	Dan Hauw	Weekly	CPR	
<input type="checkbox"/> Music Appreciation	8 Oct	2:00pm – 3:00pm	Don Baird	2 nd & 4 th Tue	DR	
WEDNESDAY						
<input type="checkbox"/> Mandarin (Intermediate 1)	9 Oct	9:30am – 11:00am	Claudia Ng	Weekly	Craft Room (3 rd Wed in ML)	
<input type="checkbox"/> Mahjong (Chinese)	9 Oct	9:30am – 12:00pm	Kristine See	Weekly	DR	
<input type="checkbox"/> Mahjong (Western)	9 Oct	10:00am – 12:00pm	Jenny D’Acre	Weekly	DR	
<input type="checkbox"/> Advanced Tai Chi	9 Oct	10:00am – 11:00am	Elva Parker	2 nd & 4 th Wed	DR	
<input type="checkbox"/> Gardens & Gardening	9 Oct	2:00pm – 3:00pm	Linus Chang	Fortnightly	CL	
THURSDAY						
<input type="checkbox"/> Art Appreciation	17 Oct	10:00am – 2:30pm	Pat Tinsley & Siew	3 rd Thu	TBA	
<input type="checkbox"/> Book Group	24 Oct	10:00am – 11:00am	Jan Clear	4 th Thu	CL	
<input type="checkbox"/> Stillness Meditation	10 Oct	10.30am – 11:30am	Anita Davine	Weekly	MA	
<input type="checkbox"/> Laughter Yoga	24 Oct	12:00pm – 1:00pm	June Cheung	Weekly	CL	
<input type="checkbox"/> French	10 Oct	2:00pm – 3:00pm	Marianne Puccinelli	Weekly	Zoom	
<input type="checkbox"/> Yoga Pranayama	10 Oct	4:00pm – 5:00pm	Krishan Pathak	Weekly	GoogleMeet	
FRIDAY						
<input type="checkbox"/> Line Dancing (Improvers)	11 Oct	9:30am – 10:45am	Doris Teh	Weekly	UCH	
<input type="checkbox"/> Healing Ourselves/Planet	11 Oct	9.30am – 11.30am	Dr John Beaney	Weekly	Zoom	
<input type="checkbox"/> Health Qigong	11 Oct	10.30am – 12:00pm	Michael Chan & KY	Weekly	Zoom	
<input type="checkbox"/> Mandarin (Intermediate 2)	11 Oct	11:00am – 12:15pm	June Wang	Weekly	Zoom	
<input type="checkbox"/> Healthy Ageing & Wellness (New)	11 Oct	11:00am – 12:00pm	Equip4Life	One time	MSNH	
<input type="checkbox"/> Current Affairs	11 Oct	1:45pm – 3:00pm	Ken Hiew	Weekly	ML	

K E Y	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
	Zoom – Online Using Zoom	MA – Manor apartment 46 – enter via Gate 3	MSNH – Mount St Neighborhood House
		Google Meet – Online Using Google Meet	