

U3A Upper Yarra Matters

Newsletter No.26 June 2017

President's Notes

The year is almost half completed. U3A Upper Yarra has a program for Term 3 in which I am sure you will discover something that will challenge you either physically or mentally. We know that to age well these are very important. We know that older people who are socially engaged are happier and healthier than those who are socially isolated. This is emphasised by Gerard Mansour, the first Commissioner for Senior Victorians, in a report "Ageing is Everyone's Business". "The importance of building resilience and staying connected becomes more pronounced as we age" he says. U3A Upper Yarra agrees, so a challenge for us as individuals and communities is to become better prepared to look after each other. Do you know someone who would benefit from what U3A has to offer? Invite them to join.

Our Annual General Meeting will be held in October. Remember a very rewarding time is had when you offer your enthusiasm and skills to our Committee, so please think about that.

Anne O'Shaughnessy

**For new or changing enrolments for Term 3 and beyond, contact the
U3A office at the Family Centre, Yarra Junction**

You do not have to do anything if you are remaining in your current class or classes.

A term three class timetable is enclosed with this newsletter.

Please note that dates and times shown for new classes may change.

All contact details for U3A Upper Yarra Inc. are given on the back page of this newsletter.

New or Returning Classes and events for Term Three – please refer to the attached timetable for details of all classes including dates, time and location.



Drawing for non artists

The aim of this course is NOT to turn us into practising artists, producing pretty pictures. The intention is, through experiencing a range of various media, beginning with graphite pencils and charcoal, to give opportunity to explore some of the aspects of the drawing process. We will journey through the elements and principles of art and design, line, shape, form, texture, by the making of marks and will discover ways of representing aspects of our world, while developing an appreciation of the way artists have interpreted it.

We encourage beginners to attend, even if you had less than ideal art experiences at school.

The mantra is “EVERYONE CAN DRAW”.

To begin with, all drawing materials will be supplied. You may bring your own if you wish.

You may like to explore The Chook House in Main St.

Warburton. Marilyn has a selection of inexpensive scrap-books, sketch books and cartridge drawing pads for you to record your more successful works.

Dates to Remember
Fri. 30th June – Last day term 2
Mon. 17th July – 1st day term 3
Tues. 8th Aug. – Q&A session on Wills etc.
Fri. 22nd Sept. – Last day term 3
Mon. 9th Oct. – 1st day term 4
Fri. 27th Oct. – AGM
Sun. 3rd Dec. – Xmas get together
Fri. 8th Dec. – Last day term 4

Lawn Bowls

Why not give lawn bowls a try? Yarra Junction Bowling Club now has a brand new green and they will make you very welcome. The sport will keep you active in mind and body without being too physically taxing. Enjoy the team spirit and be as competitive as you like. Yarra Junction Bowling club will be pleased to let you use their bowls and other necessary equipment.

Yoga for the Third Age

Yoga for the third age will include lots of stretches, chair yoga, gentle asanas and a ten to twenty minute relaxation depending on time.



Occasional Bird Walks

A series of bird walks is planned in term three. They will be held on days with suitable weather on various days of the week. Enjoy a gentle stroll in the bush looking at and listening to what is around you. The walks will be quite short with frequent stops.

South Melbourne Market – Celebrating 150 Years

Continuing with the very successful market walks, we will be visiting South Melbourne Market to learn about its history and that of the surrounding area. It is a milestone year for this market and a great time to explore the many stalls and lively atmosphere. There will also be time for a delicious coffee and a wander around the market.

Maximum group size-10

Dates - Wednesday 19th July, Friday 28th July, Wednesday 2nd August

Transport - meet at Lilydale Station

Time – by 9am to catch the 9.15am train

Your Guide - Alison O'Brien

A Walk Back In Time - Lilydale

Established in 1861, Lilydale Township has a rich and diverse heritage of people, buildings, parks and gardens. Learn more about the town and its people with a guided walk including the cemetery and viewing notable town buildings. Some highlights will be visiting Melba's grave, finding out about Jimmy Ah Tak, hearing about the Mafeking Tree in Melba Park and early businesses.

Maximum group size-10

Dates-Thursday 10th August, Friday 18th August, Tuesday 22nd August

Transport-meet at the Gracious Grace Cafe (part of Lilydale Museum) 35 Castella Street, Lilydale. We will then drive to the cemetery returning to Lilydale to walk around the centre of town.

Time-meet at the café at 10am

Your Guide - Alison O'Brien

What would you like to know about wills, powers of attorney and other legal matters?

Angela Spicer is a solicitor with Mepstead Lawyers and has offered her time to us for a questions and answers session next term.

The session will focus on questions which you will be asked to send in to the office before the event so that Angela will have time to plan her responses. So, if there is something that you need to have explained, this is the chance to get the answer.

Join us even if you don't have a question - you will still probably learn something that you hadn't thought of before!

Details: Tuesday 8th August 1.30 – 3.00pm

Location: The Family Centre, Yarra Junction

Bookings are essential due to limited space – call the office to book (contact details on the last page of this newsletter) tea and coffee available.

Other News and Items:

Review of U3As in the Yarra Ranges

The Yarra Ranges Council has conducted a review of the five U3As in the Yarra Ranges to establish how it can support them. At their forum on 6th June they considered the resulting report and agreed to present it at the next meeting in July. Council is aware of the benefits that U3As offer to our community and how they contribute to fulfilling many of the strategies in their forward plans in relation to seniors in.. The report is very positive and we look forward to a bright future within the Yarra Ranges Council.

Auf Wiedersehen to Dagmar

It is with great sadness that Dagmar will be retiring as our German tutor. She has been a U3A tutor from the beginning and we asked her to write a short history of her German Class. It is as follows:

I was approached by Helen Nielsen, who was on the committee, to establish the upper Yarra U3A.

They were looking for tutors! Helen suggested that I should take a German class and I said "No". My German grammar is sadly lacking. (I must have missed school on that day)

I did in the end agree to facilitate a German Conversation class.

We started off at the ECO centre. I was a little nervous how this class would go. A friend had offered me some textbooks her late husband used to teach German.

So we started with that. We stumbled from class to class but most people stayed!

The venues changed from there to the CFA in Yarra Junction, to my home with a couple of terms at the CFA in Warburton, when David Skewes took over the class with me as a back-up.

I also took a year off after taking the class for three years. But some of us kept meeting once a month in a cafe to speak German.

The students have changed over time. Janet Sowden is the only one left from that very first class where something trivial was discussed like some pronounced word.

We had Neville Turner come as a guest to play German Christmas songs. We had Fritz as a special guest to show us a film about a group of friends who met every Easter to uphold all the German traditions. They are now well and truly in their third generation and, as far as I know, it is still happening.

We had visitors from Germany come and join us for a class as well.

I have enjoyed facilitating the classes and I would like to thank all those who came over the years. I must say the classes are a lot more casual these days, but we do speak German! We had a lot of fun.

Also I'd like to thank everyone for their support over all those years and I wish you well.

Dagmar

The 3rd Age

- *The age where it is difficult to keep up with constant changes.*
- *The age when you wonder where it all will end.*
- *The age when children teach the elders.*
- *The age where tradition and values seem less important than masses of data.*
- *But it's also the age where the elders can uphold the values, lead by example and continue the traditions.*
- *Tradition is not the keeping of the ashes but the passing-on of the fire.*

Fritz Rappold 2017

UFOs



We have some weird & wonderful unfinished objects brought to our UFO class. Some are very old, some are recent, but all need finishing. All sorts of craft turn up as well as the more usual knitting, crochet and embroidery. Above is an example of a barely started felt doll which arrived at our class as half complete but left as a sweet doll called Minette.

If you have a project that needs finishing come and join our class on a Tuesday afternoon.

LIFE'S ESSENCE

Be you alive or a wasted life,
Just biding time till dying,
Seize the day to thyself true stay,
Drink deeply of all living
Regret, one learns, from old men's' yearns,
'Tis not the fear of death,
But of wasted years lacking laughter and tears,
Where life's essence was bereft.
You need leap at Life with all its joys and strife,
Meet Life's challenges head on,
Hold fast to the zest of youth with its search for truths
Life's rich robes be sure to don.
Embrace the chance; join in Life's dance,
Rich in yield and learning,
Don't withdraw or stop, ne'er waste a drop,
Of all creations offering.
Be you alive or a wasted life,
Only time is in the telling
Regrets have not when laid in your plot,
Live pure Life before the dying.

Rainey May 2017

U3A OFFICE YARRA JUNCTION

Office Hours: Mon., Tues., Thurs. Fri. 9am – 1pm – during term times

Office closed during school holiday period.*

Phone: 5967 1702, Email*: office@upperyarrau3a.org.au Website: upperyarrau3a.org.au*

**A telephone answering service is active when the office is unstaffed. Please leave your contact details and your message will be dealt with as soon as possible. Emails will also be monitored and responded to as soon as possible.*