

U3A Upper Yarra Matters

Newsletter No.25 March 2017

President's Chatter

Congratulations to all our members. We have been presented with a "Certificate of Recognition" in appreciation of our positive contribution to the community at the Upper Yarra Council's Australia Day Awards ceremony. We made it happen together!

Another milestone we have achieved is that in March we will have our 100th committee meeting. The growth and popularity of our U3A is due to the dedicated work of past and current committee members and tutors.

Check out the new classes commencing in term two, there may be something for you. We are always coming across other possible classes such as a singing group, band or recorder group. Let us know if any of these interest you.

Vernon Denford, who has been with U3A Upper Yarra from its beginning, has now moved out of the area. He was responsible for many aspects of our organisation and we thank him for his great contribution and wish him and his wife Sheila well.

Finally, U3A Upper Yarra recently organised and ran a "Marketing and Publicity" workshop for the U3A Outer Eastern Region. Ideas were shared and we had a session on the use of social media as an advertising tool. Great suggestions were offered and we hope to try some of them soon.



I am looking forward to a productive second term for all our members, keeping our mind, bodies and social contacts active.

Yarra Ranges Councillor Jim Childs addresses the workshop members

Anne O'Shaughnessy

For new or changing enrolments for Term 2 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 two 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.

To all our members

We often have members requesting new classes. In an attempt to locate those people who are willing to become tutors/ leaders I have constructed a list of the classes which members have shown an interest in.

Some examples are: line dancing, bike riding, yoga, Spanish, mah-jong, music, choir or playing the recorder.

Remember that some classes do not need an expert tutor but just someone interested enough to open up the venue and mark an attendance list.

We also have access to the Great Courses and various other courses through U3A Network. There is a list of the Great Courses DVDs that we have available to us and all that is needed is a person to play the DVD and then lead a discussion afterwards. Please talk to me at the office if you are interested in looking at the list of DVDs available.

The U3A network courses are set up in class format and are in easy, bite-sized classes that only need a leader, not necessarily a specialist, to co-ordinate them.

Raewyn King, Class Co-ordinator

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

Bush Walking

This popular group will be off to the bush again with the promise of cooler weather.

Climatology and Weather

Peter has gathered information covering land, ocean and atmospheric systems comprising 10,000 years up until 21st century AD and has separated this data into electives.

The first elective will cover the weather.

Gardening in Autumn (New)

Autumn has long been considered a wonderfully rewarding time to work in and enjoy the home garden, and it is aptly described as the "season of mists and mellow fruitfulness".

Dates to Remember

Fri. 31st March – Last day term 1

Sat. 1st – Sun. 2nd April – Upper Yarra Crank Up

Sun. 2nd April – Daylight Saving ends

Sun. 9th April – Kirth Kiln Heritage Festival*

Fri. 14th April – Mon. 17th April – Easter holiday

Tues. 18th April – first day term 2

Tues. 25th April – Anzac Day

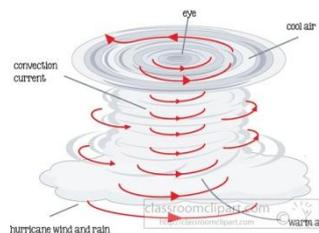
Wed. 3rd May – Internet information session*

Tues. 23rd May – Musical Recital (Visiting Harpist)*

Mon. 12th June – Queen's Birthday holiday

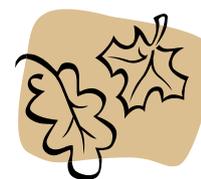
Friday 30th June – Last day term 2

* more details in this newsletter



During this course we will discuss and admire the beautiful flowers and foliage of the season, the harvest, and the practicalities of planting vegetables, growing pot plants, pruning and other relevant topics.

Graeme Purdy wrote a weekly gardening column for the Herald Sun for almost 30 years and is the author of several gardening books.



Current Affairs and Coffee

Our Current Affairs and Coffee class is up and running. In term two it will be held fortnightly.

If you wish to discuss current issues in a safe and respectful environment, where a range of ideas and opinions will be aired, please come and join us.

The class is led by Bill Powers and Anne O'Shaughnessy

Special Events

10 Ways to Improve Your Life With the Internet - An Overview to Smart phones and Tablets

This will be presented by Grace Voutier, Business Support Administrator, Telstra

Grace will show us how we can improve our lives with the internet including:

1. Staying in touch with friends and family using video calling
2. Sharing memories, pictures and videos over email
3. Keeping up to date with local, government & community activities
4. Paying your bills from the convenience of your home by using online banking
5. Watching & streaming TV shows online through services like You Tube, Netflix, Stan, Presto & Catch Up TV
6. Shopping for groceries from your computer, getting them delivered to your front door
7. Reading books, newspapers & magazine articles online from your smart phone, tablet or computer
8. Conducting medical appointments at home with online video (via ehealth)
9. Keeping the grandkids entertained on the internet when they visit
10. Using social media like face book, Twitter, Instagram, Pinterest to stay in touch with local communities, friends & family

Wednesday 3rd May, 10.45 am (for an 11.00 am start) to 12.00noon

Yarra Junction Family Centre – RSVP by 28th April

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.

A Musical Recital

Harpist and composer, Michael Johnson has performed in major concert venues and festivals throughout Australia. He has been the resident musician at the Royal Botanic Gardens for 17 years.

As well as a concert performer, Michael has been working in the field of music for meditation. His tranquil harp music has been an integral part of the Mindfulness Music program at the Gawler Cancer Foundation for over twenty five years. He also uses Music & Mindfulness in Victorian schools and at Delmont Hospital.

Join us to listen to and enjoy the music of this talented artist.

Tuesday 23rd May, 1.45 (for a 2.00pm start) to 4.00pm.

Yarra Junction Family Centre – RSVP by 19th May

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

Bollywood and Fitness

David Hoffman runs the popular fitness class each week at the Warburton Millgrove Football Club rooms. Each term he invites volunteers from the class to run other types of exercise activities. One volunteer, Alison O'Brien, takes a Bollywood class. It is a lot of fun but can be challenging. Bollywood needs good coordination, flexibility and reasonable fitness levels. It certainly is a great workout! The class is taught basic moves which are then put together to make a dance sequence.

Bollywood is the dance form used in Indian films. India is the largest producer of films – over 1000 per year. Bollywood refers specifically to the Hindi film industry based in Mumbai which produces just one in six films nationally. Other regional centres include Tollywood (Teluga language of West Bengal), Mollywood (Malayalam, Kerala), Kollywood (Tamil, Chennai) and Sandlwood (Kannada, Karnataka).



An Ode to Bridge

I was told that if I kept on learning things that I should know,
My brain would stay more plastic and my aging process slow,
So I looked into the options at my local U3A,
And I came up with a class that guaranteed to save the day.

In fact, one of the first things that our trusty leader said
Was that learning Bridge would surely keep us all one step ahead
In the race against dementia, so I study with delight,
And I cling to his assurance that - 'Practice will make it right'.

Well he had us on the back foot in the introduction lesson
Gave us lots of information guaranteed to keep us guessin'
And a handout to refer to, if our brains were to survive,
..... but he rigged it, by omitting to include page number 5 !

And now we've had three classes, I'll admit I'm treading water,
'cause the information doesn't seem to stick the way it oughta.
Understanding all the rules, with help from notes, is no dilemma
But recalling them at will is surely causing me a tremor.

I've got the hang of partnerships, and bidding between pairs,
And the lingo that goes with it as we seat opposing chairs,
And it's not TOO bad in theory, as I clutch my cheat sheet tighter,
Till the opposition bids, and then my face turns slightly whiter.

Thank goodness we are all sharing the same damn leaky boat
As Alan tries to teach, while baling, just to keep us all afloat,
And Denise charges the urn and cash tin, keeping mum of course
'Cos we're warned that Bridge in marriages can often cause divorce.

We wonder who will last the distance, who will call it quits,
Whether anyone will make it through without falling to bits,
But Alan confidently reassures us all the same
That after term one, we'll be able to complete a game.

Wendy Sullivan

News from our local Yarra Junction library

In the second Wednesday of the month set aside a couple of hours to join your peers, watch a film and afterwards express your views. The film will be a surprise but will be a M rating or lower and will be worthy of discussion.

Tea and coffee are provided.

Also for all you card lovers out there. Come to the library on a Friday afternoon at 1.30 and join other like-minded people to play 500.

Volunteer Drivers Needed

Do you have a reliable car and live between Warburton and Wandin?

LinC needs more volunteers to drive their clients to medical and other appointments. They offer a reimbursement for every trip you travel for them if you use your own car. You can drive locally or into the city, it is your choice.

If you are interested please phone 5967 2119 or email LinC at linc.yarravalley@gmail.com

Friends of Kirth Kiln Heritage Festival

Join in the fun at the picturesque historic Kirth Kiln site on Sunday the 9th of April.

Entry is free and there will be plenty of parking.

The festival will be at the Kirth Kiln Picnic Ground in Kirth Kiln Regional Park at the corner of Beenak and Soldiers Roads, 7kms north of Gembrook.

There will be a lot to do including historic and heritage events, vintage cars, blacksmithing, craft stalls, sheep shearing and face painting for the children plus much more.

There will also be short and long bush walks for the walking enthusiast.

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.*