

U3A Upper Yarra Newsletter



Learn Share Enjoy

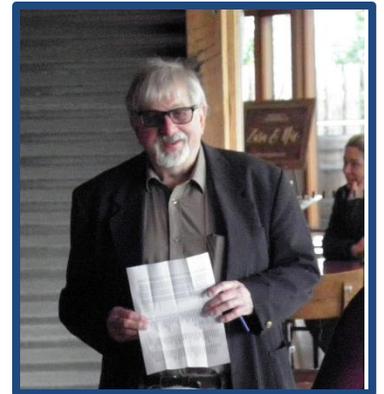
December 2018

President's Message

It has been a great year for our U3A with a wide range of courses and activities. Some of our new classes included the Telstra courses on the use of smart phones and other such devices, a Tap-Dancing class and a Mosaics class. I would like to thank David Hoffman who has conducted our Fun and Fitness Class for many years. David has moved to South Australia and we wish him well. Also, thanks to Barbara Jasper for her contribution in leading the Bushwalking group, Lynn McLellan for her involvement with Creative Writing and also visiting the residents of the Estia to read poetry and to listen to their stories and Morgan McKay for his class on The Benefit of Herbs. They have all done a wonderful job on U3A's behalf.

We are heading into the festive season, I would like to wish everyone a Happy Christmas and a really great New Year

Bob Lillie



Important Information about enrolment and classes for 2019

We have an "Early Bird" discounted annual subscription for anyone enrolling for 2019 by
Friday 14th December.

The normal annual subscription is \$50.00 reduced to \$40.00 for the early birders.

Office hours & contact details are shown on the last page of this newsletter

Class information is given in the following pages and also the enclosed timetable.

Do You Know About Our Website?

- You can find our website by typing in upperyarrau3a.org.au on your computer
- You can get full information about classes, other events, term and other important dates and much more
- If you want to know more or need help about this option please call or email the office

Many of the classes that we have this year will be continued in 2019. If you want to return to, or join as a new member, a particular class you will either need to let the office know or log onto the web site and add your name to the class list.

A full description of each class is included on the web site or you can contact the office for more detail.

Here is some information about new classes being offered in 2019 but don't forget to check out the continuing classes on the timetable and website as well.

Technology - Advice and Assistance with Michael Fahey

This course will cover a wide range of technologies; computers, software, mobile phones, tablets, apps, home networks, television and audio.

I envisage a drop-in centre where people come and work on their individual technical projects in a group and assist each other with solving problems. Similar to some painting classes where each person works on their own project using their own media but share and support each other in a group environment.

Enrol and bring along your computer, phone, camera, etc, and learn how to use it. If there is a group with a similar need then we can have group training. People can register interest in some training on a list and a day can be arranged to cover that in more detail. People can also drop in as needed to address problems they are experiencing; obviously personal assistance depends on the how busy the class is on that day.

Vietnamese Cooking with Alison O'Brien

Alison will be running three cooking classes showing how to cook Vietnamese food. These will be in the first term at St Marys, Warburton. Dates to be confirmed.

Light, fragrant, fresh and healthy-these words describe Vietnamese food. Learn how to make some iconic Vietnamese dishes such as Pho (soup), Banh Xeo (pancakes) and Sweet Corn Pudding (a dessert). Each class will cover one savoury and one sweet dish although we will also learn how the cuisine is influenced by the five elements- sour, bitter, sweet, spicy and salty. You can attend one, two or all three classes.

Calligraphy with Fritz Rappold

Bring your own ideas for: Cards, Nameplates, Poetry, Writings or whatever. On glass, fabric, wood, metal, bark, or paper. With Pen or Brush. All materials available from Leader.

Please call office if you want to know more.

These classes have changed a little

Astronomy meetings are still fortnightly on Thursdays, all through the year, starting on the **7th of February**.

Bushwalking Anne and Pat will be running two long walks in the first term and then the usual fortnightly class will start in term 2.

Please register your interest in the two long walks through the office.

Walking with poles will be on Wednesdays at 8.30 but will start one week later than other classes on the **20th February**.

Cryptic crosswords will continue in the same place as 2018 but will start **15 minutes** later at **11.15 am**.

The **Singing Group** will be moving from weekly classes to fortnightly meetings. Not sure which fortnight it will be yet. Please consult the timetable at the beginning of next year to confirm times.

Adventures in History.

China is becoming an important player in our region. There is controversy in recent years relating to their growing influence in our region, together with their territorial ambitions on the South China Sea and our increasing reliance on their requirement for our mineral resources. We are going to look at the history of that country in the first term of 2019 so that we can get a better understanding of the Chinese.

..... these classes would benefit from more members attending

Cryptic Crosswords, Singing, French, Italian, Lawn Bowls, Armchair Travel, Mosaics and Family History. So please consider them.

We are also looking for new leaders for **Tai Chi** and **Italian**. If you think that you could help, please let the office know.

..... and, sadly, some will not continue in 2019

Creative Writing will not be on the timetable for 2019. A big “thank you” to Lynn McLellan and Alexis Tapp for keeping this class going for so long.

Herbs and their Benefits “Thank you” to Morgan McKay and Gayle D’Angelis for their hard work and extensive knowledge which has inspired many of our members to look to nature for help in using herbs in many ways.

Bob talking to interested people at our information table at the library in November

Dates for Your Diary

<i>Mon. 24th Dec.</i>	<i>Office closed</i>
<i>Mon. 4th Feb.</i>	<i>Office open</i>
<i>Mon. 11th Feb.</i>	<i>Start Term 1</i>
<i>Mon. 11th Mar.</i>	<i>Labour Day</i>
<i>Fri. 5th Apr.</i>	<i>End Term 1</i>



Well Worth the Walk

On our last bird walk at Woori Yallock we noted 28 species. There were two outstanding highlights - Reed Warblers and magnificent views of Black-shouldered Kite. The Mistletoe Bird and Wedge-Tailed Eagles weren't bad either. This year we have managed to have a walk on each day of the week, not always possible because of the weather, so I hope everyone has had a chance to come to at least one walk. In chronological order there was Friday at Warburton, Monday at Millgrove, Wednesday at Yarra Junction, Thursday at Woori Yallock and Tuesday at Killara. There will be the opportunity to enjoy more bird walks in terms three and four so watch this space.

AGM, Leader's Lunch and End of Year Breakup Dinner

All occasions were a great opportunity for catching up with others. It was good to see Vernon at our AGM and also the class displays and demonstrations which were all very inspirational.

Thanks to Anne for her fun quizzes at the dinner. Also thanks to the Yarra Junction Bowling Club who again allowed us the use of their rooms for our AGM and dinner.

U3A OFFICE, YARRA JUNCTION

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

Our office will open at normal office hours until 14th December.

Arrangements for December and January are:

Restricted hours 9am – 11am Mon. – Fri. for the week 17th - 21st Dec.

The office will be closed from Monday 24th Dec. to Friday 1st February inclusive.

During this time emails and phone calls will be monitored and responded to as soon as possible.

Normal office hours will resume from Monday 4th February.

For term and other dates – refer to information in this newsletter

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

