

U3A Upper Yarra Newsletter



Learn Share Enjoy

June 2019

President's Message

Term 2 is now drawing to a close. During the term we experienced some very interesting and useful classes including an Armchair Travel session with Paul Colcheedas that was well attended. Our Technology class has continued throughout the term and has helped those of us who are not comfortable with the internet, smartphones, computers and tablets. Michael Fahey has assisted us to understand new technologies as well as showing us how to manage and enhance our digital photos with the applications available on line.

The committee has been meeting regularly and some of the achievements include:

- The purchase of a new Public Address System for use in our larger classes and at events so that all will be able to hear the presenter.
- The Risk Management subcommittee working to upgrade our policies and this will lead towards new guidelines for our U3A activities. We owe a big thank you to Barbara Foord, David Borton, Doug Brook and Geoff Corcoran who are sharing their expertise and knowledge in the formulation of these new policies.

I would also like to thank our office volunteers, Shirley, Val, Terry, and Kevin for their great contribution in keeping our office open during term times. However, there is always a need for further assistance in the office to relieve the pressure on existing volunteers. Just one or two hours on those weekdays when the office is open would be greatly appreciated. Please can anyone who would like to volunteer contact the office to discuss how they can help.

I am looking forward to a great term 3 as we negotiate the depths of Winter. I will think of you whilst I am in 'Barmy', sorry balmy, Cornwall.

Bob Lillie
President

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 3 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.



6 Behind the Wire

7 Bushfire memorial plans

21-22 Best in local sport

Tuesday, 28 May, 2019

A Mail News Group publication

Phone: 5957 3700 Trades and Classifieds: 1300 666 808



The women at Marissa Percy's house for afternoon tea.

Picture: JED LANYON

Great afternoon

Our own Yarra Junction resident Marissa Percy hosted two afternoon lunches at her home, while helping raise funds for the Yarra Valley Cancer Support Group. Each year Marissa invites members from the U3A class to her home and this year she held two lunches on Tuesday 21 and Wednesday 22 May and raised over \$600. Marissa smashed her original fundraising goal of \$200 and said that she always looks to help out a good cause as her father passed away from brain cancer when she was 22.

"Since my early adult years that's been the forefront in my mind. I've always supported cancer fundraisers in any way I can," she said. "And as I've gotten older I've had more and more people in my life that have been affected by cancer, so I think it's a fantastic cause for one local community group to support another local community group. "I like to support local charities because they're giving back to our community. I've been doing this for 20 years." Marissa said the money was raised by each person paying \$5 to enjoy the lunch as well as holding raffles for plants generously donated by Country Gardeners Nursery in Woori Yallock.

An outing to Creswick for U3A Upper Yarra members is being organised by the UFO group and we are inviting you to the Creswick Shop in Healesville for a private Fashion Parade and morning tea.

The number of participants who can attend is limited due to size of room and I need to get names of those interested as soon as possible. The outing is organised for Tuesday the 30th July and we intend to arrive at the Creswick shop at 10.15am for morning tea. The Fashion Parade starts at 11am and after that you are invited to look around the shop. There will be a door prize drawn on the day and we will finish around 1pm.

Please call the office if you are interested or want further information. Bookings are essential. We will need any dietary requirements you have and we may be able to arrange carpooling if needed.



2019 U3A Upper Yarra Membership Questionnaire

Thank you to all who spent your precious time answering our questionnaire. We had 108 completed questionnaires given back to us from our 188 members, which is not too bad.

I have read them all and am now compiling a report which I will send to all members when it's finished. A shorter report will go to the Yarra Ranges Council as a part of the Acquittal process that is a requisite of gaining a grant from the Council. This grant covers the cost of the office rent.

The Committee will use the information gained from the questionnaires to plan for our future and to gauge your interest in the various aspects of our U3A. I have noted from my reading of the questionnaires that there are some specialised classes that you would like. Amongst these requests are more one-off talks and social events as well as classes in Spanish, drama, dancing, politics and economics, the structure of the Australian Government, metalwork, literature, and How to deal with Aging, to mention just a few. You would also like bus trips and a Xmas in July event. We will do our best.

I also gather from reading your responses that it is obvious to a lot of you that we need more help from volunteers. To organise classes, leaders and venues takes time and energy. If you feel able to lead a class in any of the above areas please contact the office. If you can help in the office and feel comfortable using a computer please tell us. We need members who are willing to commit to a weekly or fortnightly time slot. We are all volunteers and it seems unfair that just a few bear the burden of administration. The Committee thanks you for your ideas.

Report from Class Coordinator

Sadly, we have had some classes discontinue this term due to reduced numbers or lack of a leader. Classes include: Italian, Backgammon, Chess, and Bridge. Any interest in attending these classes or leading a class should be communicated to the office.

We are considering starting a metal working class to be held at Ben's shed. If anyone is interested please contact the office by phone or email. Please include any background you may have in metalworking/welding and perhaps an idea of what projects you wish to pursue.

We are also trying to introduce another Book Club as the first one is full. We need 10 people to start it up so if you are interested please call or email the office. If there is enough interest it will meet monthly and will be on a different day i.e. not Thursday. It will cost about \$15 for the rest of the year.

There will be more one-off talks by David Borton and also some talks about Wills and Powers of Attorney, My Aged Care packages, End of Life Planning and we are going to get a Hearing Specialist to come and give a presentation.

We had feedback from the survey that you want to have more social activities such as Xmas in July. We thought that we might form a small committee to organize events such as trips, meals out and day visits to wineries, or special events etc.

Please contact the office if you would like to take part on this committee. Social activities require someone to organize them so please think about volunteering.

Raewyn King



For Your Diary

Fri. 28th June – end Term 2

Mon. 15th July – start Term 3

Fri. 20th Sept. – end Term 3

Sun. 6th Oct. Daylight Saving starts.
Clocks forward 1hr.

Mon. 7th Oct. – Start Term 4

Thurs. 10th Oct. Film Day Warburton

See our advert

Tues. 5th Nov. – Melb. Cup Day

Fri. 25th Oct. – AGM

Sun. 8th Dec. – End of Year (Xmas)
function

Mon. 9th – Fri. 13th Dec. – 2020
Enrolment Week

Fri. 13th Dec. – End Term 4

October is Seniors Month in Victoria

As part of the Senior's Month celebrations, U3A Upper Yarra will be screening a film followed by Afternoon Tea at the Upper Yarra Arts Centre, Warburton on **Thursday 10th October at 1.30pm.**

Full details will follow later but put this date in your diary now so that you don't miss it. Booking will be essential.



The Victorian Seniors Festival includes:

Seniors Festival Celebration Day, Sunday 6th October at
Federation Square, Melbourne

Seniors Festival Melbourne Mon 7th – Thursday 10th October

More information to come

Monash University Accident Research Centre is seeking help

Getting older presents many challenges and one of the more stressful is your ability to keep driving in a safe manner. You may be required to have an assessment of your general health as well as an assessment of your driving skill and your knowledge of the road rules. This can be a long and expensive process and it has been suggested that it can be helpful to maintain your driving skills with occasional driving lessons.

We received the following email and thought that some of you would be interested in completing the survey so some research can be done about older people's driving skills.

"I am a PhD student at the Monash University Accident Research Centre (MUARC) working on older driver research with Professor Jude Charlton and Associate Professor Sjaan Koppel. I am studying the ways in which health and well-being impact older adults' driving patterns and behaviour over time. This research employs an optimistic approach to understanding the ageing process by focusing on the success that older adults have had in maintaining their safe mobility while adapting to their changing life circumstances.

Here is an article about some of the research I have been doing: <https://www.monash.edu/muarc/news-and-events/articles/renee-st-louis-wins-best-paper>

Transportation is a critical component of everyday life, and the ability to get to places one needs or wants to go has an enormous impact on quality of life. For this reason, I am conducting a 15 to 20-minute survey to learn more about health and driving patterns, primarily for the older adult population (65 years and older). The results will provide important information for extending safe mobility. The survey is online and can be found at: <http://tinyurl.com/HealthandDriving>

Thank you, Renée St. Louis, PhD Student "

If you wish to help, please go on-line and fill in the survey. It is easy and quick. Thank you.

Grateful Thanks from Helen

I would like to express my grateful thanks to all the members of U3A who sent me flowers, visited me and expressed their best wishes with lots of hugs. My voice is almost back and I'm feeling absolutely wonderful.

Best wishes to all in U3A.

Helen Fagan

P.S. You're a pretty great bunch, aren't you?

U3A Office Yarra Junction

Office Hours: Mon., Tues., Thurs., Fri. 9am – 1pm – during active 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. Please note Emails will also be monitored and responded to as soon as possible.*