

U3A Upper Yarra Learn - Share - Enjoy Newsletter - June 2023



From the President

It is hard to believe that the second term is all but over and winter is upon us.

On 1st May, our local Bendigo Bank Branch provided an extremely informative talk on Scam Awareness - phone, email and text scams - what to look for - prevention options and what to do if scammed. Unfortunately, it is part of our lives these days and we must all keep alert at all times. If you missed this talk, U3A Network Victoria is running some Zoom classes starting this week. See page 3 for more information.

On 17 May the quarterly U3A Network Meeting was held which covered some interesting topics:

- Developments are well underway for Incorporation of U3A Australia which will assist with, among other things, obtaining national grants from the Commonwealth.
- Planning for celebrations in 2024 for 40th Anniversary of U3A in Australia which will possibly include a national conference.
- Discussion on the issue of growth in U3As - consideration of joint classes with neighbouring U3As, promotion of Social Activities, particularly outdoor - walking, biking, swimming and the like and to consider Succession Planning to counter ageing and stagnation.

I hope you all enjoy the Holiday break... stay safe and keep well.

Julian Thomson

**Please do not attend classes if you are unwell.
Also please remember to let class leaders know if you are going to be
absent at any time.
If you cannot contact the leader, please call or email the office.**

Around the Classes

What's Happening on the Green

For the last few years, the U3A Bowls group has had just three stalwart players but this year twelve new players have enrolled in this progressively popular course. None of our new players had ever played bowls before but they have embraced the game, going from strength to strength achieving a very high standard of the sport. Some members have physical challenges and we are able to support them with the use of a bowling arm apparatus that enables them to participate in this friendly but challenging game.

Navigating the Future

This one-term class was based on task force themes of the current G20 under its Indian Presidency. Discussions have covered issues such as geo-political affairs, energy and recent technologies including AI and Blockchain and how they need to be understood by the community. Reymond Voutier, who led the class, has also contributed research to the book 'Industry 5' published on June 1st 2023. This leading research publication covers some of the above topics. He believes the content from the 'Navigating the Future' class also lends itself to the publication of a book on the social and philosophical issues facing the public from rapid and disruptive change.

UFO

Below are some craft projects that we have finished this term.



Left: Kathleen's fluffy rabbits

Right: Anita's cute bunnies

Below: Ana wearing her bolero



Left: Anita's colourful Dodo



Do you have an unfinished craft item sadly hiding in the back of a cupboard? Or would you like to start something new?

Join our UFO class on Tuesday afternoons and be encouraged to get involved in crafting again!

Coming Up in Term 3

Topics of Interest

Keeping the Birrarung Alive

This talk will be on Monday 17th July at 2pm in the large meeting room, Yarra Ranges Family Centre, Yarra Junction.

The talk will be given by Sarah Thomson, BSc, BA(Hons), PgCertSust, PgDipPolSt, MDVST, a PhD candidate in anthropology within the joint University of Queensland and Indian Institute of Technology Delhi's Academy of Research (UQIDAR). Sarah, who lives in Warburton, is conducting research on the Topic "Keeping the Birrarung Alive: An ethnographic study of a legally protected river in Victoria, Australia".

Sarah's talk will provide an overview of the Yarra River Protection (wilip-gin Birrarung murrong) Act 2017, its governance and implementation, including the role of the Yarra Collaboration Committee, the Birrarung Council and the Yarra Strategic Plan. Sarah will discuss how First Nations cultural values and perspectives are recognized and embedded and how the legislation is situated within the emerging global rights of the nature movement. The talk will also touch on her own ethnographic research.

Sarah is interested in a collaborative component with the community, and hopefully she may be able to use some of the discussions as data for her research.

There is a limit of 50 people and some local business people who may be impacted by this have been invited to attend, so please RSVP to the office by Friday 14th July.

David Borton

High Tea at Alpine Hotel, Warburton

A few tickets are still available for this event on 12th July at 2.30pm. The price of \$59 includes high tea, complete with bottomless glasses of bubbly, a tour of the renovated accommodation and new kitchens. To avoid disappointment book your ticket at the office as soon as possible.

NBNCo's Online Safety Series Continues

Our next presentation is scheduled for Wednesday 21 June from 10:30 am until noon.

The sessions are open to U3A members and non-members and are tailored for everyone, both for non-technical and technical people.

Copy and paste this link into your browser to register for June's online Zoom session.

<https://u3anetworkvictoria.zoom.us/meeting/register/tZ0qdOmsrjIiH91KCXMhiuvDm8ezhnFnM1zA#/registration>

Topic: How to stay safe while shopping online and on social media

Further details are on Network's Facebook page and website. <https://u3avictoria.org.au/>

Tech Well with Mel and Michele



Frustrated with your mobile device? Unsure how to use a program on your laptop? Have some other tech question you'd like help answering? Well, Melanie and Michele would love to help you find a solution! Thanks to a Yarra Ranges Council grant awarded to Koha Community Space, they are offering drop-in sessions at Koha in Warburton and now to U3A members at the Yarra Junction Family Centre.

If you would like some help, please drop in to any of the sessions listed below. Don't forget to bring your troublesome device or they will have laptops to use for demos.

As a bonus - if there is interest - Michele would love to offer a class on particular programs such as Word, Powerpoint, Canva or even basic internet browsing. These could be scheduled at the Yarra Junction Family Centre if desired, so if you are interested, please email Michele (micheleraeosterhoudt@gmail.com) and let her know what you would like to learn about. Alternatively, please feel free to give her a call - 0458 274 224.

Drop In at Tech Well with Mel and Michele

At Yarra Junction Family Centre - U3A classroom

Wednesday 12 July - 1 to 3pm

Wednesday 26 July - 1 to 3pm

Wednesday 23 August - 1 to 3pm

At Koha Community Space - 25a Dammans Road, Warburton

Thursday 15 June - 5 to 7pm

Friday 23 June - 1 to 3 pm

Thursday 20 July - 5 to 7pm

Friday 28 July - 1 to 3pm

U3A Geelong Offers Free Online Courses for Existing U3A Members

U3A Geelong is offering the following classes via the internet to any member of a U3A in Victoria. To enrol in any of the classes you are required to do the following:

1. Become a member of U3A Geelong – there are no fees required.
2. They currently have a website problem so you need to phone their office – (03) 5244 5114 – and one of their office volunteers will join you up and enrol you in the classes you wish to join at the same time.
3. Office hours are 9:00 am – 12.30 pm Monday to Friday.
4. Closed captions are available online.

Term 3

Nightingale and the Link to Nurses

Mondays, 1:30 pm – 3:30 pm
Course code: 1016-01

A Relevant, Positive Religion?

Wednesdays, 1:30 pm - 3:30 pm
Course code: 1019-01

Finding Psychology in Films

Thursdays, 1:30 pm - 3:30 pm
Course code: 1018-01

Term 4

Their Motherland is Radioactive

Mondays, 1:30 pm – 3:30 pm
Course code: 966-01

Potential for Individual Wisdom

Wednesdays, 1:30 pm - 3:30 pm
Course code: 1040-01

The Seacole Link to War Doctors

Thursdays, 1:30 pm - 3:30 pm
Course code: 966-01

For more information, please check out the Geelong website at <https://u3ageelong.org.au/courses-activities/>

What's Going On in our Community

First Impressions Clothing Exchange

Can you help us?

Do you have winter woolies hibernating in your wardrobe? As the days get cooler, we are seeking good quality, pre-loved or new winter clothing. Donate a jumper, jacket, cosy coat, snuggly scarf, boots and gloves to make a world of difference for the women we support.

You can drop off your pre-loved winter items at either of our FICE locations at 75 John Street, Lilydale and Cire Community Centre, 2463 Warburton Hwy, also the Chirnside Park Community Hub at 33 Kimberley Drive during open hours.

Cire Services is a registered not-for-profit organisation. All funds raised through tickets, silent auctions and donations will go directly into supporting the programs and services FICE offers to women in the community. Find more information at www.cire.org.au

Preparing for an Emergency

This video, prepared by Yarra Ranges Council is of particular interest if you have a disability, are caring for a disabled person or are in a vulnerable position. Copy and paste the link below into your browser for more information.

<https://www.yarraranges.vic.gov.au/recovery/Community-and-wellbeing/Upcoming-Storm-Recovery-events/Emergency-planning-video>

Future Dates to Remember

Victorian Seniors Festival

This is held every year for the whole month of October with activities right across the state with something to interest everyone. For further details, copy and paste this link into your browser:

<https://www.seniorsonline.vic.gov.au/victorian-seniors-festival>

Film Day

As our contribution to the Victorian Seniors Festival, a film day will be held once again at the Warburton Cinema. Further details will be advised by email in term 3.

Contact details:

U3A Office Hours: 9.30am - 12.30pm Monday and Friday (during terms)

Office phone: 5967 1702

Email: office@upperyarrau3a.org.au

Web Page: www.upperyarrau3a.org.au