

# THIRD AGE NEWS

U3A Box Hill Inc. Newsletter  
29 Strabane Ave.,  
Mont Albert Nth 3129



u3aboxhill.com.au  
Ph: 9898 3336  
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## President's Report



Welcome back to term III. Our pre-Easter 27<sup>th</sup> AGM at the end of March went off well thanks to the hard work put in by all COM members especially AudioVisual and catering. Forty-two Members and two visitors from the City of Whitehorse were in attendance.



Professor Hatley

Member, Professor Hatley proved an excellent choice of speaker enlightening those present with her insights into Indonesian society via a study of the

country's theatre. The following morning tea was a convivial occasion with an Easter feel.



I attended the Regional meeting on April 9<sup>th</sup> and a later Network Victoria (our peak body,) Council meeting where the need for U3A to mount a potent political campaign was discussed. To this end retiring Acting President Elsie Mutton explained a new **Election Publicity Pack** that the Network has put together and is launching with some fanfare in Geelong in June and later rolling out in regional centres. There will also be a simultaneous **Facebook** campaign. The benefits of all U3As co-operating with a uniform approach to politicians was stressed. NB this is not a party political campaign but a "let them know we exist and vote" campaign.

**Thank you to Jacinta Collins  
Labor Senator for Victoria  
for printing and collation  
of this newsletter**

Lee Wallin, Sharlee Goss, Anna Strahan and myself attended the Inaugural meeting of the Chisholm Seniors Forum. This was organised by Julia Banks MP's office and she had her Federal colleague, Ken Wyatt MP Minister for Aged Care and Indigenous Health, to speak. I sought out the Federal Minister to ask for funding to prepare advertising material to be used to encourage more members of the public especially males to attend our Wednesday program which is very good but undersubscribed.



*U3A BH members Anna Strahan, Minister Wyatt, Valerie Bourke and Lee Wallin at the inaugural seniors forum*

NB the copy of **U3A Matters** on our notice board featuring an article about our second centenarian. Each year Network Victoria distributes money that is given to the U3A movement by the Victorian Government. In response to a submission I put in we received \$1802 for the purchase of a lapel mike for speakers and some improved audio equipment for the Karaoke group. We have also received a grant of \$1094 from the Bendigo Bank to assist with Karaoke equipment.



On Wednesday 16<sup>th</sup> May Helen Elliott, Anna Strahan and I attended the U3A Network Victoria President's briefing in town. One of the speakers, Del Stitz, emphasised the need for U3A to become more savvy at collecting and using data to make a potent face for more funding. She contrasted the sparse membership, yet relatively lush funding for the Men's Shed movement. She emphasised that bureaucrats wanted evidence and hard data ie, statistics, to backup funding submissions. To this end, Network will be asking for improved, timely and quality data from Member U3As such as Box Hill. (cont. p2)

This they will use to build up a more nuanced profile of the membership. Network documents need to be visible, strategic and corporate.

Thank you to all those class members and the office volunteers who assisted with a medical emergency a few weeks ago. The incident raised a number of issues which have led the COM to make some changes to procedures addressed below. Tutors are reminded of the timely emergency procedures guide placed in their folders earlier this year.

Because we have removed the option of Associate membership, in line with surrounding U3As, our 2014 constitution is being updated and the proposed changes will be put to the members at the 2019 AGM after publication in a prior newsletter.

A big thankyou to Jim Maunder and his team for **launching UMAS** over the Easter break. More about the part you can play in assisting our successful transition to this new system below.

**FYI Age Gender distribution 2018 U3A BH members**

	F	M	total
<60	19	1	20
60-69	133	39	172
70-79	186	68	254
>80	85	29	114
Not stated	16	12	28
	439	149	588

I have been working with Com members to attempt to heighten awareness among male retirees of what U3A BH can offer them. Together with Stanley Barker, I attended the North Balwyn Men's shed during April and the organisations have agreed to mutually publicise activities to the benefit of each group's members. I have made contact with a local Probus group with a view to advertising in their newsletter our wonderful Wednesday events.

**Valerie Bourke**  
**President**



Thank you to the City of Whitehorse for their help and sponsorship.



**KARAOKE GROUP**

The Karaoke group started 2018 with a busy performance timetable.

Visiting the Chinese Community Social Services Centre's (CCSSCI) day groups on 15th (Knox), 16th (Mulgrave), 20th March (East Doncaster) and 7th April (Burwood).



Global Fiesta (Box Hill) on 18th March.



Our next door neighbour Mecwacare Simon Price Centre on 23rd March and 18th May.

The next two performances are for CCSSCI on 14th and 15th June

**2018 Terms**

Term 1	12 February - 29 March
Term 2	16 April - 29 June
Term 3	16 July - 21 September
Term 4	15 October – 29 November

**WATCH THESE DATES**

June 29	End Term 2
July 16	Start Term 3
September 21	End Term 3
September 27	Working Bee

Listed below are those holding an office or a responsibility for U3A Box Hill. This isn't all of our workers, of course, just those identified as responsible for a service or activity.

**Committee of Management**

President	Valerie Bourke
Vice President	Howard Tankey
Treasurer	Chris Marks
Secretary	Rosslyn Ives
Volunteer Coordinator	Helen Elliott
Website & Newsletter	Stanley Barker
Operable Wall	Chris Marks Valerie Bourke
Audio Visual	Mario Bonnici
Publicity	Lee Wallin
Network Rep.	Valerie Bourke
Program Coordinator	Betty Shaw
Office Manager	Gwen George
Office Volunteer Coordinator	Mary Quarrell
UMAS Coordinator	Jim Maunder

**Administration**

Valerie Robertson	Housekeeping
Allyson Anthonisz	Librarian

**Newsletter/Website Team**

Stanley Barker	Editor, Website
Betty Wood	Logistics

**The Fold 'n Post Team**

Barbara McRae	Desiree Wells
Sally Cohen	Rosemary Hodgson
Olive Cox	Betty Wood
Pam Flynn	Celine Fernandez
Val Robertson	Ann Hawke
Joe Gentile	Judy Joyce
Eva Millane	Judy Anderson

**UMAS Data Entry Team**

Christine Wells	Denise Wigg
Guek Tan	Jenny Quidenus
Judith Steinicke	Edith Westcott
Seng Poon	Susan Cott
Rose-Mary Cassin	Lyn McCutcheon
Ann Michael	Trish Thomas
Robin Glasscock	Jim Maunder

**Working Bee  
Thursday 27 September 2018  
10.00-12.30**

*It's Cleanup Time*



Please join us to help spruce up Strabane Hall and surrounds for the new term.



**DEFIBRILLATOR AT U3A BOX HILL?**

U3A Box Hill Committee of Management has, over three meetings, investigated and discussed the pros and cons of acquiring a Defibrillator at the Strabane Hall Campus and decided against such an action because:

The City of Whitehorse has strict requirements for defibrillator use within its premises. Fit members with updated specific CPR/Defibrillator training must be on site at all times the defibrillator is available for use. The initial training and annual update, and the equipment itself, is all at U3A expense and U3A liability.

Even if we had physically fit, trained personnel on site at ALL session times (which would be impossible to guarantee):

The presence of a defibrillator, we are told, can distract first responders from telephoning 000 and placing the "patient" in the recovery position - rather they may be concentrating on setting up and working the unfamiliar equipment.

In addition, each outside activity group should also have a trained person and a defibrillator present if it is required at Strabane Hall.

We are very close to professional medical help in Nelson Road, Box Hill.

U3A Nunawading has come to the same conclusion re defibrillators - for the same reasons.

The Committee of Management feels that our major safety action is for EACH member to ensure she/he is wearing her/his name tag with accurate medical/next of kin details on the reverse side.

An "Emergency Situation" bag has been added to the shelf in the Main Room (beside the lost property box). It contains a blanket, a small head cushion and a receptacle for nauseous members. There is a first aid kit in the office.

**PUBLICITY REPORT**

Anna Strahan & I manned the U3A stall at the Global Fiesta despite the billowing wind throwing dirt & grit in our faces. It was so forceful that the council wouldn't let us use the posterboards for safety reasons. Finally a gust snapped our pull up banner shut. But we stayed till the bitter end spreading the word about U3A Box Hill to the community on your behalf.



**Lee Wallin  
Publicity Officer**

**OFFICE MANAGER'S REPORT**

A UFO or WIPS group is offered for Term 3 (Translation: Unfinished Objects or Work In Progress.) An informal chat and sew group, to meet on the first and third Monday, twice a month. This will be an opportunity to finish off some off those accumulated UFO's or maybe catch up with the WIP's? Knitters are also welcome.

This is expected to be a self-help group as we share ideas and work with friendly like-minded people. To express interest, write name on form which is in file tray in office.

**Office Volunteers**

Just a thought 📌 Do you ever get around to reading ALL the notices? These have certainly increased with the acquisition of the new magnetic notice board. These notices are ongoing every day information for helping with any queries. Occasionally new snippets are added maybe for just a specific time or event. A new file with some information sheets in folders is on the bottom left hand shelf. These may be useful for helping with some queries and will be updated as new policies are instigated. Please take time to check board for any new or updated notices. With many thanks for your time and efforts.

Weekly News Update - Many thanks to Betty Shaw for her work in putting out a very informative weekly news updates well as all her other responsibilities I find that this is a useful resource to keep abreast of what is happening within our U3A plus relevant information of courses and events available in the broader community. A good read each week.

**Gwen George**

**Office Duty Volunteers**

Thank you to all Office Duty Volunteers. You know there are over 40 office duty volunteers completing morning or afternoon shifts in a full month! Well done! The next roster from July to November will be posted out around 14/15 June so if you have not received your roster by end of Term 2 please contact me or the office. I really need a few more people to be available on the emergency roster list, especially for a Monday afternoon and/or a Friday morning and/or afternoon. Morning shifts are from 10am to 12.30pm and afternoon shifts are from 12.30pm to 3pm. Emergency list volunteers can be rostered on in a 5<sup>th</sup> week of the month or if someone on main roster is ill. Please leave your name and contact number in the office for Mary to collect and contact you. It would involve a one morning or afternoon shift with one of the ladies on main roster who will train you. With thanks to all our volunteers.

**Mary Quarrell  
Office Duty Roster Co-ordinator (2018)**

**PROGRAMME CO-ORDINATOR REPORT**

Here we are heading towards the end of Term 2, 2018. What a great year we are having so far!

Beulah Gardiner commenced her new Mandarin class which is going very well. Term 2 also saw the commencement of another Tai Chi class with Lee Ann Green.

Jim Clare has a "Learn to Play Bridge" class every Tuesday afternoon.

At the end of Term 2, the following classes will finish for this year - "Keep your Brain Active" and "Australian History". "Australian Characters" will take Term 3 off but Max could be persuaded to return in Term 4 on a fortnightly basis!

Dr. William Breen has been our Guest Speaker again this year for Term 2 with our studies on World War 2. His last lecture will be on Wednesday the 20th June. On the last Wednesday of the term, the 27th June, Terry Phillips will be our Guest Speaker and he will bring along many of the articles that he has unearthed in The Somme. I believe he has a large collection. That will be an interesting morning. Don't forget our Wednesday afternoons -

Trivia at 1pm on the First Wednesday of the month, Movie Matinee at 1pm on the Second, Armchair Travels at 1.30pm on the Third and Committee of Management at 1.30pm on the Fourth Wednesday. Mario is very obliging and always supplies another movie when there is a Fifth Wednesday in the month. Sometimes we even have Potato Chips! We are at the movies after all - alas no Jaffas!

Please continue to read the Weekly Newsletter to see what is going on each week. Copies of the Newsletter are on the Notice Boards at Strabane Hall.

Thank you to all our Tutors for what you do for us.

**Betty Shaw  
Programme Co-ordinator.**

**UPCOMING SPECIAL EVENT**

Terry Phillips who is ex- army and is employed twice per year to locate dead bodies on the Somme by the Australian Government has agreed to deliver a power point presentation along with some of his personal paraphernalia collection on Wednesday June the 27 th. He will share his wealth of knowledge on the topic as well as amazing photos captured over the years with us.

## Term 3 - Movie Matinees Program

**8 August 2018 at 1.00pm – Main Room**  
**A Room with a View (1985) – 117 mins – UK**

**The Actors:**

Helena Bonham-Carter, Maggie Smith, Denholm Elliott, Simon Callow and Judy Dench



**Director:** James Ivory

**Plot:** Lucy Honeychurch and her chaperone Charlotte Bartlett discover that their hotel room in Florence does not have a view. Fellow guests Mr Emerson and his son George step to remedy the situation. What follows changes Lucy's life forever.



President Valerie Bourke with City of Whitehorse Wendy Mihan

**29 August 2018 at 1.00pm – Main Room**

**The Mountain Between Us (2017) – 112 mins – USA**

**The Actors –** Idris Ebla, Kate Winslet and Beau Bridges

**Director –** Hany Abu-Assad

**Plot –** Stranded after a tragic plane crash, two strangers must forge a connection to survive the extreme elements of a remote snow-covered mountain.



AGM Guest Speaker, Professor Barbara Hatley

**12 September 2018 at 1.00pm – Main Room**  
**Immortal Beloved (1994) – 116 mins – USA**

**The Actors –** Gary Oldman, Isabella Rossellini and Jerome Krabbe

**Director and Writer –** Bernard Rose

**Plot –** The life and death of the composer Ludwig van Beethoven. Besides his many compositions, Beethoven wrote a letter to a nameless beloved. The movie tries to find out who she was.



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**NORTH BALWYN COMMUNITY MEN'S SHED (NBMS)**

Join the NBMS for a fun, creative, social environment.

Men's sheds are fully equipped workshops for both skilled and unskilled people to share time together and enjoy the accomplishments of being creative.

Whether you're an expert craftsman or a complete novice, you will be welcomed at NBMS. Never used power tools? No problem. Our skilled men's shed program facilitator will show you how.

Activities include:

- Personal projects
- Designing/making/repairing various items
- Community-based projects
- Designing and making craft items for sale and donation

Come along Monday and Thursday, 10 - 2 pm  
 61A Buchanan Ave,  
 North Balwyn  
[nbcrownsshed@gmail.com](mailto:nbcrownsshed@gmail.com)  
 For more information go to [www.northbalwynmensshed.com](http://www.northbalwynmensshed.com)

[nbcmensshed@gmail.com](mailto:nbcmensshed@gmail.com)

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**U3A BOX HILL CLASS TIMETABLE TERM 3 16/7/2018 - 26/09/2018**

<b>Code</b>	<b>Class/Activity</b>	<b>Tutors/Leaders</b>	<b>Location</b>	<b>Day</b>	<b>Start</b>	<b>Finish</b>
18EXE07	Nordic Walking	Valerie Bourke	Tyrrell&Cairo Sts M.A.Nth	Mon	7:55 AM	9:30 AM
18MUS02	Music Appreciation	Maureen Kable	Main Room	Mon	9:45 AM	11:00 AM
18LAN07	Italian 2	Frances Bonnici	Front Room	Mon	10:00 AM	11:30 AM
18ART04	Threads & Needles & Knitting	Judith & Myrle	Main Room	Mon	11:15 AM	1:15 PM
18LAN08	Italian 3	Frances Bonnici	Front Room	Mon	11:30 AM	12:30 PM
18ART06	Drawing	Geoff Jones	Dunloe Pavilion	Mon	12:00 PM	1:30 PM
18CRA01	UFOs-Unfinished Object 16/7, 6/8, 20/8, 3/9,17/9	Gwen George	See Office	Mon	1:00 PM	3:00 PM
18MUS01	Music Choral Group	Margaret Henderson	Main Room	Mon	1:30 PM	3:00 PM
18ART05	Watercolour.Landscapes	Val Barrett	Middle Room	Mon	1:30 PM	3:30 PM
18LAN10	Spanish Beginners FULL	Stanley Barker	Front Room	Mon	1:45 PM	3:00 PM
18LAN09	Spanish FULL	Maria Perez-Arroyo	Front Room	Mon	3:15 PM	4:30 PM
18LAN11	Esperanto	Brian Belcher	Main Room	Tues	9:00 AM	10:00 AM
18ART07	Creative Photography FULL	Clare Hopkins	Front Room	Tues	9:30 AM	11:00 AM
18LAN01	Chinese Language& Culture	Linda Chin	Main Room	Tues	10:00 AM	11:00 AM
18GAM02	Cryptic Crosswords 1 FULL	Margaret Gentile	Yooralla	Tues	10:00 AM	11:15 AM
18EXE01	Exercise To Music	Julie Collins	Main Room	Tues	11:15 AM	12:15 PM
18GAM04	Cryptic Crosswords 2 FULL	Margaret Gentile	Yooralla	Tues	11:30 AM	12:30 PM
18LAN12	French Lit'ture Intro FULL	Geoff Salter	Front Room	Tues	11:30 AM	12:30 PM
18CUR01	Current Affairs FULL	Heather Thake	Front Room	Tues	12:45 PM	2:15 PM
18LIT02	Writing Group	Helen Bounds	Strabane Heights	Tues	12:45 PM	2:30 PM
18EXE09	Feldenkrais Method	Lexine Anastasios	Main Room	Tues	1:00 PM	2:00 PM
18GAM06	Solo & 500 FULL	Ann Blakeley	Main Room	Tues	2:00 PM	4:00 PM
18GAM07	Learn to Play Bridge	James Clare	Middle Room	Tues	2:00 PM	4:00 PM
18CUR02	China Today	Albert Ip	Front Room	Tues	2:30 PM	3:30 PM
18WIN01	Wine Apprec.2 (2nd Tues) FULL	Edith Westcott	Front Room	Tues	5:00 PM	6:30 PM
18WIN02	Wine Apprec.4 (4th Tues) FULL	Jim Maunder	Front Room	Tues	5:00 PM	6:30 PM
18LIT03	Poetry FULL	Jennifer Willis	Front Room	Wed	9:30 AM	10:45 AM
18EXE03	Tai Chi 1	Beulah Gardiner	Main Room	Wed	9:30 AM	10:30 AM
18EXE04	Walking Group	Helen Beaton	See Folder	Wed	10:00 AM	11:30 AM
18ART03	Craft Jewellery Making FULL	Lena & Merrilyn	Yooralla	Wed	10:30 AM	12:00 MD
18SHO01	Short Courses		Main Room	Wed	11:00 AM	12:30 PM
18LAN13	Mandarin	Beulah Gardiner	Front Room	Wed	11:45 AM	12:45 PM
18ENT03	Lunch (All welcome)		Main Room	Wed	12:30 PM	1:15 PM
18EXE11	Tai Chi 2	Lee-Ann Green	Dunloe Pavilion	Wed	1:00 PM	2:00 PM
18LIT01	Book Group 2-2nd Wed	Valerie Bourke	See Office	Wed	1:00 PM	3:00 PM
18LIT05	Book Group 3 - 3rd Wed	Gwen George	See Office	Wed	1:00 PM	3:00 PM
18ENT05	Movie Matinee Wed 8/8,29/8,12/9	Mario Bonnici	Main Room	Wed	1:00 PM	3:00 PM
18ENT02	Trivia Wed 1/8, 5/9	Judith Horman	Main Room	Wed	1:00 PM	2:00 PM
18ENT01	ArmchairTravel 18/7, 15/8,19/9	Lynn Akeroyd	Main Room	Wed	1:30 PM	2:30 PM
18LIT04	Book Group 1-1st Wed	Bruce Bourke	Front Room	Wed	1:30 PM	3:00 PM
18COM01	C of M meeting (4th Wed)	Valerie Bourke (Pres)	Main Room	Wed	1:30 PM	3:30 PM
18LAN04	French Intermediate	Francoise Garnier	Front Room	Thur	9:30 AM	10:30 AM
18LAN05	German Intermediate	Eicke Breuer	Main Room	Thur	9:30 AM	10:45 AM
18ART01	Craft Embroidery,Alt.Thur FULL	Charmaine Goodman	See Office	Thur	10:30 AM	12:30 PM
18LAN02	French Advanced FULL	Francoise Garnier	Front Room	Thur	10:30 AM	11:30 AM
18LAN06	German Advanced	Eicke Breuer	Main Room	Thur	10:45 AM	11:45 AM
18LAN03	French Conversation	Francoise Garnier	Front Room	Thur	11:30 AM	12:30 PM
18EXE05	Ch' i-kung Gentle Exercise	Beverly Milne	Main Room	Thur	12:00 PM	1:00 PM
18GAM03	Mah Jong	Betty Wood	Main Room	Thur	1:30 PM	4:00 PM
18PHI01	Social Philosophy FULL	Dawn Heffernan	Front Room	Thur	2:00 PM	3:30 PM
18EXE06	Lawn Bowls Intro Mel, 47 K7	Bill Letch	Blackburn Nth Bowls Club	Thur	2:30 PM	4:00 PM
18ART02	Painting Oils FULL	Sok-Cheng Chang	Main Room	Fri	9:15 AM	11:45 AM
18PHI02	Where to From Here?	Howard Tankey	Front Room	Fri	9:30 AM	10:45 AM
18TEC01	IPad Workshop	Ray Reaburn	Front Room	Fri	11:00 AM	12:00 PM
18ENT04	Karaoke Entertainment	Albert Ip	Dunloe Pavilion	Fri	11:00 AM	2:00 PM
18GAM01	Bridge Duplicate FULL	Colin Mayfield	Main Room	Fri	12:45 PM	4:00 PM
18GAM05	Scrabble FULL	Eva Millane	Front Room	Fri	1:30 PM	3:30 PM

Location: Front,Main,Middle Room = Strabane Hall Yooralla = 31 Strabane Ave  
Dunloe Pavilion = Braemar St Strabane Heights = 9 Strabane Avenue  
See Office = off site venue, office staff will provide address