

THIRD AGE NEWS

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



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President's column

Welcome back to our final term. Our past term of activities celebrating the joy of learning and socialising, has been a real antidote to the cold dark winter days, but has come to an end. We are all indebted to the wonderful tutor volunteers who have orchestrated activities and classes over the cold weeks.



During term four why not come along and enjoy the short course and **one off sessions and movies** offered on Wednesdays. Watch the weekly bulletin for more information.

We have been fortunate to receive a small equipment grant from the City of Whitehorse to fund the installation of a permanent system to display our artwork and photography on the wall space above the operable wall. A big thank you to Lester and Lee Wallin who did the "leg work" for this grant.

At the time of writing a number of our Tutors have also put forward ideas for resources to improve member learning that we are hopeful of financing via Bendigo Bank sponsorship.

As in past years there will be NO CLASSES in the first week of the school term, from 7 to 11 October *ie* **Seniors week**, so our u3a holidays extend to Mon 14 October. This is so you can attend the many activities offered and use the free public transport to travel the state.

The Cup Eve Picnic is back (See the ad below)

On the Monday before Cup Day, (Tuesday 4 November), as in past years, there are no classes held but there will be the opportunity to join fellow U3A members at **a cup eve (afternoon) picnic** here at Strabane Hall. No picnic rug required but food and good cheer. Dress up in racing regalia and join in the fashion parade. The spirit of the Spring Racing carnival lives at Strabane.

**Thank you to Raff Ciccone
Labor Senator for Victoria
for printing and collation
of this newsletter**

Know a Non Member?

U3A Box Hill needs new members, the COM is planning a number of activities to, with your help, attract members to join us. Think about who among your friends might become a U3A Box Hill member. Encourage them to join.

The Joint U3As Eastern Region SUNDAY CONCERT

On Sunday 16 June our U3A choir, along with Croydon, Emerald and Nunawading U3A choirs performed at a concert at the Mountain Uniting Church in Mitcham. Harpist and singer, Martin Box also performed. It was a most delightful afternoon and we really enjoyed listening and contributing. As a concluding item all the choirs combined in a lovely rendition of 'May the Road Rise up to Meet You'.



Photo supplied by choir member Judy Joyce

(to p.2)...

2019 Terms

Term 1	11 February – 5 April
Term 2	23 April - 28 June
Term 3	15 July - 20 September
Term 4	14 October – 28 November

WATCH THESE DATES

September 20	End Term 3
October 14	Start Term 4
November 4	Cup Eve Picnic
November 5	Cup day holiday
November 28	End Term 4
December 3 & 4	Enrolment days

President's column (continued)



Karaoke group advertising our wares



Dine out night despite the cold!

**Valerie Bourke
President**

Geoff Salter a recently retired Tutor.



Celebrate older Victorians this October

Victoria's one million people aged 60 years and older will be celebrated when the 37th Victorian Seniors Festival kicks off this October.

Commencing with Celebration Day on Sunday 6 October, this Victorian Government initiative will see more than 2,500 free and low-cost events and activities take place across the state.

This year's theme is *Get into it* which encourages older Victorians, irrespective of experience or mobility, to learn new skills, make new friends and take part in fun-filled activities.

The month-long Festival features a range of entertainment, tours, workshops and experiences across sports, wellness, education and the arts.

Highlights also include the 2019 Victorian Senior of the Year Awards ceremony on Tuesday 22 October.

Free public transport will be available for Senior Card holders, from Sunday 6 to Sunday 13 October across all public transport systems including V/Line trains.

For more information about events and activities, visit www.seniorsonline.vic.gov.au/festival or pick up a free Victorian Seniors Festival program at any Coles store, local library, Council office or neighbourhood house. You can also call 1300 797 210 to have a program sent directly to you.

U3A Box Hill begins 4th term one week later than normal & so provides the opportunity for members to participate in any of the free organized activities across Melbourne.

100 program books will be in the office, just ask for one.

At Strabane Hall the program is:
Tuesday 8th October -----Musical (film)----- The King & I
with a 10 a.m. start
Wednesday 9th October -----Carrington Health talk on Healthy People Stay Young with a 10a.m. start.
Both will have tea, coffee and nibbles afterwards .



After 20 years, Des Thornton has delivered his last day as The Australian History tutor. He and his wife are hoping to play croquet.



Thanks also to Max McCready for completing another half year of Australian Characters at Strabane Hall.

Notes from the Office

Many thanks yet again to office volunteers for the great job you are doing in spite of quite a few problems. I hope that the following information may resolve some of your concerns. Key Safe: Many people are having problems with the key safe as they are finding it difficult to retrieve the key in order to unlock office door or else it may be difficult to replace the key. I find that the main thing to remember is to give all buttons a very, very firm jab, when either opening or returning the key. This is especially true of the RESET BUTTON.

When you return the key to safe, give it an extra jab with thumbs and jab the reset button very firmly. Then test by pressing the RETRIEVE BUTTON. if the key comes out again, repeat process .

Photocopiers: Many complaints about photo copiers have proved justified and this has created difficulties for those tutors who need print outs for their classes. The smaller black machine has had its toner changed and copies now appear satisfactory.

Please ignore the grey copier until further notice.

*No dishwasher tablets? Try in cupboard under copier or if none there, they will be in the store cupboard in the toilet block, along with toilet rolls and paper towels etc. likewise, if there appears to be any necessary item missing do check stationery cupboard or, put a note in Office Diary.

Smelly, toiler drains? A jug of warm water poured down the drainage hole in floor. Occasionally some tablets might also be available to use with the water.

Do not forget the Office Bible can be most helpful with many queries volunteers are faced with and when all else fails, make a note in diary.

*We can report that the Storage Cupboard is now tidy and labelled. "A place for everything and everything in its place."

Many thanks to the following tutors and their classes for helping to declutter inessential items., Song-Cheng Chang, oil painting; Judith Steineke, Threads and Needles; and Maureen Kable, Music Appreciation. A worthy job done.

Gwen George

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
Audio Visual	Mario Bonnici
Publicity	Lee Wallin
Network Rep.	Valerie Bourke
Program Coordinator	Betty Shaw
Office Manager	Gwen George
Committee member	Seng Poon
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

Betty Wood	Pam Flynn
Val Robertson	Sally Cohen
Eva Millane	Judy Joyce
Celine Fernandez	Ann Michael
Stephen Clifton	Trish Clifton
Trudi McKay	Rosemary Hodgson

UMAS Data Entry Team

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

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Office Duty Volunteers

A big thank you to all the office duty volunteers who attend their regular office duty shifts – it is greatly appreciated; and to the emergency volunteers who fill in for any 5th week of the month and for other emergency times. Thank you all.

Mary Quarrell

Office Duty Roster Co-ordinator (2019)

Term Four – 2019 - Movie Matinees Program

30 October 2019 at 1.00pm – Main Room
Roman Holiday (1953) –
Comedy/Romance – 1hr 59 min

Director:
 William Wyler
 Actors: Gregory Peck, Audrey Hepburn and Eddie Albert



Filming

Locations: Rome

Plot: Joe Bradley is a reporter for the American News Service in Rome, although he would rather work back in the America. He is on the verge of getting fired when, sleeping in, he misses an interview with HRH Princess Ann, who is on a goodwill tour of Europe. Rome was only her latest stop. However, he thinks he may have stumbled upon a huge scoop.

This charming comedy is justly famous as the film that made the whole world fall in love with Audrey Hepburn, and the Vespa scooter.

13 November 2019 at 1.00pm – Main Room

Far from Heaven (2002) – Drama– 1hr 47 min

Director: Todd Haynes
 Actors: Julianne Moore, Dennis Quaid and Dennis Haysbert
 Filming Locations:
 Oakland New Jersey USA



Plot: Cathy and Frank are a society couple in 1950's Connecticut. Their perfect house, perfect kids and happy marriage all contribute to making them the toast of the white middle classes. However Frank's secret desires wrecks Cathy's image of their marriage. When Cathy confides in her African-American gardener, the rumours begin that again threaten Cathy's all-American society queen existence.



Working Bee
Thursday 26 September 10.00-12.30
It's Spring Cleaning up Time



Please join us to help spruce up Strabane Hall and surrounds after the long bleak winter. Outside jobs will include

- Sweeping or blowing away the leaves from pathways, veranda and car parks
- Weeding beds
- Planting fresh plants
- Wash outside rails of bird droppings
- Fertilising beds
- Washing down of outside benches as needed

Please bring along gardening equipment, rakes, brooms, buckets, weeding equipment, scrubbing brush etc



Inside Jobs will include

- Dusting including window sills
- Window cleaning including removal of any sticky tape remains
- Cleaning of floors toilets and kitchen
- Removal of wall scuff marks
- Wipe out fridge
- Clean kitchen benches
- Vacuum air vents
- Remove cobwebs
- Use label maker to make signs for filing cabinet file tabs

Please bring along cleaning products, cloths and buckets, internal brooms and cobweb booms, *windex*, micro fibre cloths brooms, blowers, rakes, pruning equipment, planting equipment wheelbarrows.

Can't help but can bake a cake or make a fruit platter or sandwiches for the workers? Let me know

Valeriebourke@yahoo.com.au





Melbourne CUP

MON Nov 4th

12:30 – 4:30

BYO

EVERYTHING

\$2.00 PP

DRESS TO

PICNIC

Come as a table or come on your own

- Bring a picnic basket full of your “car Park” Luncheon food and beverages, glasses, plates and serviettes.
- Dress to kill, fascinators a must, Men in panamas and bow ties at least
Be prepared for the Fashion Parade
- Bring money for the raffles, a country race meeting, quizzes and other activities. A focus on the Melbourne Cup and its history
- Non-member spouses/partners/friends welcome, form a table or come on your own

(Get someone else to email for you or ask them to put your name in Valerie Bourke’s folder)

ENTRY BY email TICKET or get someone to email

valeriebourke@yahoo.com.au

Be one of the 50 lucky attendees.

You will be emailed well before the day to confirm your attendance, a copy of a return email will be your entry ticket.



WALKING GROUP

This year the highlight of the Wednesday walks was a guided tour of the Burke Road Billabong by fellow U3A member Stanley Barker. Stanley is involved with the ongoing project of regenerating the area. He shared with us his immense knowledge of the local flora and fauna.

On our way to the billabong we were shown a cherry ballart, a medium sized free standing tree which is rare. It is a parasite which gains its nutrients by attaching its roots to those of a nearby plant, unlike the common parasites we know e.g. mistletoe which attach to the branches of the host tree.



We made a detour to see an inhabited wombat hole. Having previously set up a 24 hour camera focussing on the hole Stanley

was able to show us on his mobile, a video of the resident wombat's activities.

We walked around the billabong observing the indigenous plants growing in and around it. The conservation group of which Stanley is a member have removed non indigenous plants, maintained the rustic paths, planted indigenous species and built a shelter.

Bat boxes had been installed on the trees to provide shelter for the micro bats which inhabit the area. The conservation group monitor and record at regular intervals the well-being of the bats.

Hopefully if we have this guided tour again (Stanley willing) we'll have a better weather forecast and have the full contingent of walkers, along with others who would like to join us on a very special walk.

Thank you Stanley for a very memorable and informative experience.

New members always welcome.
(Wednesdays 10am to 11.30am)

Helen Beaton.



Committee of Management June 2019



One of our wine groups having a tasting session off premises followed by pizzas all round. Wish you were there? Well spaces are available .



Congratulations to Marj & Leon Bloome who have just celebrated their 70th wedding anniversary, an amazing achievement



Also congratulations to Lester Wallin who achieved success at The Australian Woodturning Exhibition with a 1st, two 2nds & a 3rd in Intermediate class.



Photos from the Dine Out evening.

Box Hill U3A **FOURTH TERM WALKS 2019**

Leader: Jill Edwards 9890 5629

Duration of Walks: 90 minutes.

Meeting Time: 10am Wednesday at the designated place.

Bring lunch and a folding chair if able to stay after the walk.

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| 16th October | BELLBIRD DELL Vermont South | Melway 62 J7 |
| Meet in Terrara Park off Terrara Rd. | | |
| 23rd October | LYNDEN PARK TO SOUTH SURREY PARK | Melway 60 E4 |
| Meet in Lynden Park car park. Enter from Lynden St. off Highfield Rd. | | |
| 30th October | PORT MELBOURNE TO ST. KILDA | Melway 46 H8 |
| Meet at the tram stop in Whitehorse Rd. at the corner of Union Rd. before 9 am. to catch the first 109 tram.
Followed by fish and chips for lunch. | | |
| 6th November | ELTHAM LOWER PARK | Melway 21 H10 |
| Meet in the car park outside the gates on Main Rd. | | |
| 13th November | BOROONDARA PARK, CANTERBURY | Melway 46 B12 |
| Meet in the car park at the corner of Matlock St. and Spencer Rd. | | |
| 20th November | FINN'S RESERVE (TOWARDS HEIDELBERG) | Melway 33 B4 |
| Meet in the car park at the end of Duncan St. | | |
| 27th November | FROG HOLLOW RESERVE | Melway 60 B3 |
| Meet in the reserve car park off Fordham Rd. | | |
| Followed by the end of year luncheon | | |
| at the BOX HILL GOLF CLUB at 12.0 pm. | | Melway 61 D3 |
| Enter car park from Station St. and enter the bistro directly from the car park. | | |
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U3A BOX HILL CLASS TIMETABLE TERM 4- 15 October - 28 November 2019

Code	Class/Activity	Tutors/Leaders	Location	Day	Start	Finish
19EXE07	Nordic Walking	Valerie Bourke	Tyrrell&Cairo Sts	Mon	7:55 AM	9:30 AM
19MUS02	Music Appreciation	Maureen Kable	Main Room	Mon	9:45 AM	11:00 AM
19LAN07	Italian 2	Frances Bonnici	Front Room	Mon	10:00 AM	11:30 AM
19ART04	Threads & Needles & Knitting	Judith & Myrle	Middle Room	Mon	11:15 AM	1:15 PM
19EXE14	Yoga	Amitha Naran	Main Room	Mon	11:15 AM	12:15 PM
19LAN08	Italian 3	Frances Bonnici	Front Room	Mon	11:30 AM	12:30 PM
19ART06	Drawing FULL	Fay Salmon	Dunloe Pavillion	Mon	12:00 PM	1:30 PM
19MUS01	Music Choral Group	Margaret Henderson	Main Room	Mon	1:30 PM	3:00 PM
19LAN10	Spanish Beginners FULL	Stanley Barker	Front Room	Mon	12:30PM	1:30 PM
19LAN10B	Spanish Intermediate FULL	Stanley Barker	Front Room	Mon	1:45 PM	3:00 PM
19LAN09	Spanish	Maria Perez-Arroyo	Front Room	Mon	3:15 PM	4:30 PM
19LAN14	Chinese: Writing Pronunciation & Conv	Brian Belcher	Main Room	Tue	8:30 AM	9:00 AM
19LAN11	Esperanto	Brian Belcher	Main Room	Tues	9:00 AM	10:00 AM
19ART07	Creative Photography FULL	Clare Hopkins	Front Room	Tues	9:30 AM	11:30 AM
19LAN01	Chinese Language & Culture	Linda Chin	Main Room	Tues	10:00 AM	11:00 AM
19GAM02	Cryptic Crosswords 1 FULL	Margaret Gentile	Strabane Heights	Tues	10:00 AM	11:15 AM
19EXE01	Exercise To Music	Julie Collins	Main Room	Tues	11:15 AM	12:15 PM
19GAM04	Cryptic Crosswords 2 FULL	Margaret Gentile	Strabane Heights	Tues	11:30 AM	12:30 PM
19CUR01	Current Affairs FULL	Sharlee Goss	Front Room	Tues	12:45 PM	2:15 PM
19EXE09	Feldenkrais Method (Fortnightly)	Lexine Anastasios	Main Room	Tues	12:45 PM	2:00 PM
19LIT06	Writing Group FULL	Barbara Hatley	Middle Room	Tues	2:00 PM	3:30 PM
19GAM06	Solo and 500	Ann Blakeley	Main Room	Tues	2:00 PM	4:00 PM
19CUR02	Looking At China	Brian Belcher	Front Room	Tue	2:30 PM	3:30 PM
19WIN01	Wine Appreciation 2(2nd Tues)FULL	Edith Westcott	Front Room	Tues	5:00 PM	6:30 PM
19WIN03	Wine Appreciation 3 (3rd Tues)	Jim Maunder	Front Room	Tues	5:00 PM	6:30 PM
19WIN04	Wine Appreciation 4 (4th Tues)	Sue Wilson	Front Room	Tues	5:00 PM	6:30 PM
19LIT05	Poetry FULL	Margaret Kirwan	Front Room	Wed	9:30 AM	10:45 AM
19EXE03	Tai Chi 1	Beulah Gardiner	Main Room	Wed	9:30 AM	10:30 AM
19EXE04	Walking Group	Jill Edwards	See Folder	Wed	10:00 AM	11:30 AM
19ART03	Craft Jewellery Making FULL	Lena & Merylyn	Main Room	Wed	10:30 AM	12:30 PM
19EXE10	Keep Your Brain Active "Part B"	Tom Edwards	Front Room	Wed	11:00 AM	12:00 PM
19ENT01	Armchair Travel Wed 16/10 ; 20/11	Gwen George	Main Room	Wed	11:00 AM	12:30 PM
19SHO01	Short Courses	Betty Shaw	Main Room	Wed	11:00 PM	12:30 PM
19ENT03	Lunch (All welcome)	None	Front Room	Wed	12:30 PM	1.00 PM
19LIT02	Book Group 2 - 2nd Wed	Valerie Bourke	See Office	Wed	1:00 PM	3:00 PM
19LIT03	Book Group 3 - 3rd Wed	Gwen George	See Office	Wed	1:00 PM	3:00 PM
19ENT05	Movie Matinee Wed 30/10 ; 13/11	Mario Bonnici	Main Room	Wed	1:00 PM	3:00 PM
19EXE11	Tai Chi 2 FULL	Lee-Ann Green	Koonung Heights Church	Wed	1:00 PM	2:00 PM
19ENT02	Trivia 1st Wed 6/11	Betty Shaw	Main Room	Wed	1:00 PM	2:00 PM
19COM01	C of M meeting(4th Wed) 23/10;27/11	Valerie Bourke	TBA	Wed	1:15 PM	3:30 PM
19LIT01	Book Group 1 - 1st Wed	Bruce Bourke	Middle Room	Wed	1:30 PM	3:00 PM
19EXE12	Emotional Freedom Technique	Colin Carter	Front Room	Wed	1:30 PM	3:00 PM
19LAN04	French Intermediate	Francoise Garnier	Front Room	Thur	9:30 AM	10:30 AM
19LAN05	German Intermediate	Eicke Breuer	Main Room	Thur	9:30 AM	10:45 AM
19ART01	Craft Embroidery Alt.Thur FULL	Charmaine Goodman	See Office	Thur	10:30 AM	12:30 PM
19LAN02	French Advanced	Francoise Garnier	Front Room	Thur	10:30 AM	11:30 AM
19LAN06	German Advanced	Eicke Breuer	Main Room	Thur	10:45 AM	11:45 AM
19LAN03	French Conversation	Francoise Garnier	Front Room	Thur	11:30 AM	12:30 PM
19GAM03	Mah Jong	Betty Wood	Main Room	Thur	1:15 PM	4:00 PM
19PHI01	Social Philosophy FULL	Dawn Heffernan	Front Room	Thur	2:00 PM	3:30 PM
19EXE06	Lawn Bowls Intro Mel 47 K7	Bill Letch	Blackburn Nth Bowls	Thur	2:30 PM	4:00 PM
19ART02	Painting Oils	Sok-Cheng Chang	Main Room	Fri	9:15 AM	11:45 AM
19PHI02	Where to From Here?	Howard Tankey	Front Room	Fri	9:30 AM	10:45 AM
19TEC01	IPad Workshop	Ray Reaburn	Front Room	Fri	11:00 AM	12:00 PM
19ENT04	Karaoke Entertainment FULL	Tien Loh	Dunloe Pavilion	Fri	11:00 AM	2:00 PM
19GAM01	Bridge Duplicate FULL	Colin Mayfield	Main Room	Fri	12:45 PM	4:00 PM
19GAM05	Scrabble FULL	Eva Millane	Front Room	Fri	1:30 PM	3:30 PM

Location: Front, Main Room= Strabane Hall Yooralla=31 Strabane Ave
Dunloe Pavillion= Braemar St Strabane Heights = 9 Strabane Avenue
Koonung Heights Uniting Church = 415 Belmore Road,Balwyn
See Office = of site venue, office staff will provide address