

Batesford Community Hub, 94 Batesford Rd, Chadstone 3148 Tel: (03) 9077-2720

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Webpage: [www.u3awaverley.org.au](http://www.u3awaverley.org.au)

PLEASE EMAIL ALL NEWSLETTER ITEMS AT LEAST 7 DAYS BEFORE THE START OF THE MONTH TO:

Lorraine Erenstrom on [erenstrom@optusnet.com.au](mailto:erenstrom@optusnet.com.au)



### ***PRESIDENT'S REPORT***

*It is hard to believe that the U3A year is almost over. 2023 was the first "full" post Covid year with nearly all our classes back to face-to-face activities. Fortunately, we have escaped any widespread breakout of a viral infection. This is, at least in part, due to the high level of vaccination amongst our members and, also, to the care members are taking when they test positive. Thankyou!*

*Everybody in U3A Waverley is a volunteer and most contribute in some way to the smooth running of the organization. From collecting the roll for the class, putting away the chairs at the end of your class, leading or assisting in leading a class.....through to working in the office or being a management committee member, whatever you do to help, you are all appreciated and without you we simply would not run!*

*Have a great Christmas and New Year break. See you in 2024!*

***Robert***



### ***Secretary Wanted!***

After 4 rewarding years as Secretary of U3A Waverley, the time has come for me to hand over the reins to somebody new, so we are **looking for a volunteer** from one of our members who is willing to take over. Whilst the job is important and the Secretary is a member of the Executive Committee, **it is neither difficult nor time consuming**. All that is really needed is a reasonable level of administrative skills and the ability to use a computer. **Much of the work can be done from home** using a PC or Laptop (I would not attempt it with a Tablet) with an internet connection.

This position does not require taking meeting minutes – the Minute Secretary is a separate position. The Secretary's duties involve ongoing liaison with the President, preparing the agenda for, and attending, monthly committee meetings, distributing minutes, preparing and distributing the agenda for the Annual General Meeting, identifying and preparing certificates for Life Members and Outstanding Service Members and monitoring the U3A Waverley Email account. There are no external meetings to attend.

Once per year, the Secretary lodges a return to the ACNC and prepares the necessary documentation for the City of Monash Smartygrants\* scheme.

Of course, full induction support is available from the outgoing Secretary. You are welcome to Email me at [secretary@u3awaverley.org.au](mailto:secretary@u3awaverley.org.au) or call 0412 020-393.

**Geoff Fitzpatrick – Secretary**

*\*To be brutally honest, this is a pain in the neck, but a great deal of assistance is available from the Council.*

## ***End of Year Celebration***

Jordanville Community Hall – next to the Hub –  
Wednesday December 13 at 10:30 am.

The following groups are preparing material for the celebration.

### ***Static Displays***

Armchair Travel

Art Classes

Crochet

Current Affairs

Creating an Illustrated Book

Science and Technology

Write Your Own Story

### ***Demonstrations***

10:45 Recorder Ensemble

11:00 Ballroom Dancing

11:15 Creative Writing

11:30 Choir

11:45 Tai Chi

12:00 Write your Own Story

12:15 Guitar x 2

**We will finish with a light  
lunch at about 12:45**



## ***New Look Armchair Travel***

***Every 1st & 3rd Thursday at 1.35pm to 3.30pm  
Commencing Thursday 1st February in Room 2***

New for 2024! Welcome to the new look 'Armchair Travel' Course. Take a virtual trip to exotic destinations around the World. Discuss travel issues and experiences in an informal atmosphere. Where else can one view stunning travel documentaries on a big (2.5 metre diagonal) screen, in high definition, high intensity, living colour? Share in the excitement; travel broadens the mind! **Brian Graham -Tutor 2024**



### ***A group of seniors were sitting at a table at a coffee shop, discussing their ailments.***

"My arms have got so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad; I can't even see my coffee."

"I couldn't even mark an 'X' at election time because my hands are so crippled," volunteered a third.

"I can't turn my head because of the arthritis in my neck," said one of the old folks, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am, and where I'm going," said another.

"I guess that's the price we pay for getting old," winced an old man, as he slowly shook his head. The others nodded in agreement.

"Well, count your blessings," said one woman cheerfully. "Thank God we can all still drive."

***Sent in by Robert Taylor***



## ***U3A Courses 2024***

By now you should have received an email with the Course Booklet for 2024. Copies of the courses are now on the board near the lift for you to view.

Another course has now been added to the website:

**Greek Conversation with Nia** on Thursday afternoons from 1.30 to 3.30 in Room 1 in Semester 1.

### **Tutors for Exercise sessions.**

We are desperately seeking a tutor or tutors to run exercise classes on Tuesday mornings in the Multipurpose Room. If you are prepared to conduct these sessions, or know anyone who may be available, please contact Sue on [bssturman@gmail.com](mailto:bssturman@gmail.com)



### ***A Special Award for one of our Members***

On Wednesday 22nd November, our Membership Secretary, Joanne Burns, was presented with a "Caroline Chisholm Volunteer Award" by the Federal Member for Chisholm, Dr Carina Garland at a special ceremony in Box Hill.

We congratulate Joanne on her award and express our gratitude for not only what she contributes to the U3A community, but to the local community through her various volunteer roles.

### ***Recycle Blister Packs***

You cannot put pill blister packs into the yellow recycling bins provided by your council as they contain a mixture of aluminum, soft and hard plastic that is difficult to separate. Most people would put their pill packs into the red bin which would then go to landfill.

Until recently pill blister packs could only be recycled through a small number of pharmacy outlets, none of which were in the general area of most members who attend U3A Waverley. A new company has recently entered the scene and is offering collection points in Chemist Warehouse stores. There are several of these in the area.

So store up your blister packs and, next time you are near one of these stores, take them in for recycling!

## **THE MOST EXPENSIVE VEHICLE TO OPERATE IN 2023**



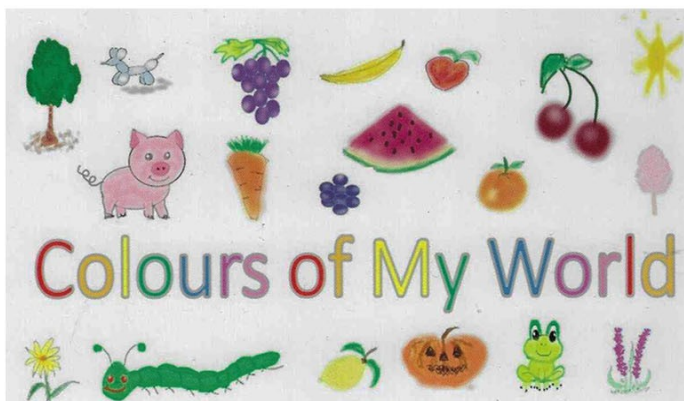


## ***Creating an Illustrated Book - Course: 24HUM028***

Have you ever wanted to create and publish your own story book? This is your opportunity! Your Tutor, David Fraser, Is an illustrator and has published books.

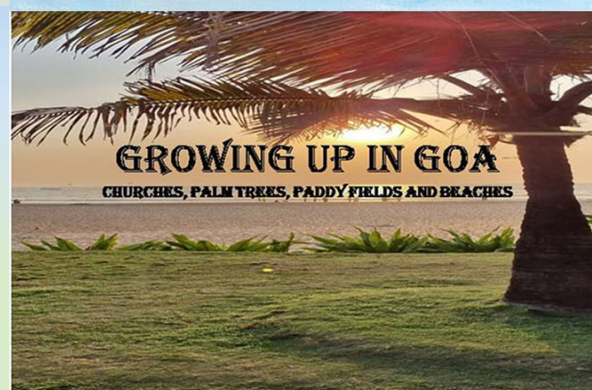
During the 10 week course, David will guide you through the process of creating and publishing your own 22 page book. This hands-on course is designed to demonstrate how, under guidance anybody can create and produce an illustrated story book to share with friends and family. The approach taken to create your simple illustrated story book will be explained using examples of the tutors published books. A theme for our book will be determined early in the course. Example themes: Childrens story, garden flowers, craft, hobby, photography, holiday, passion, art.

### ***Books created by the wonderful 2023 class members***

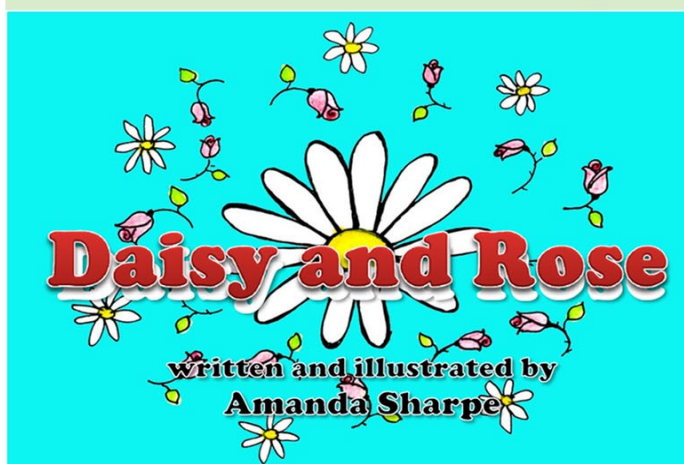


#### **The Adventures of the Free Range Rabbits aka The Lawnmovers**

Written by Nathania Leong  
&  
Illustrated by Susan Leong

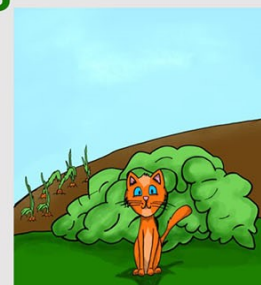


Story and photos by: Juliette Moran  
Illustrations by: David Fraser



## ***Kindness***

By  
Neelika Kottachchi



A distraught senior citizen phoned her doctor's office. "Is it true" she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied " I'm wondering then, just how serious is my condition, because this prescription is marked "NO REPEATS."



***Sent in by Robert Taylor***