

May 2024 Issue

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**Please email all Newsletter items at least
7 days before the start of the month to:
Lorraine Erenstrom on
erenstrom@optusnet.com.au**

PRESIDENT'S REPORT

Hello everyone,
I hope you all
enjoyed the
recent term
break but are
happy to come
back to friends
and classes at
U3A.



At the AGM I
said I would do my best to visit all the classes
to introduce myself. I have been to a few, but
it will take me some months, I think, to get
around to seeing you all!

One of the great attributes of U3A is that
everyone is a volunteer – the Tutors, the
people in the Office, those who look after our
technology and website, the Committee, and
the editor of this Newsletter. All these people
are happy to provide their time and expertise
as a way of 'giving back' to the organisation
that offers them new learning opportunities
and new friendships.

As I visit classes I stress the importance of
these generous people – and, in particular,
the critical role of the committee.

As I have been saying, without the committee
there will be no classes and no U3A.

Sadly, there have been some U3A
organisations that have had to close because
it has not been possible to find volunteers for
their committees.

I don't want that to happen at U3A Waverley!

Four members of the current committee will
be retiring at the end of this year after many
years of service. So, I am looking for four new
members to take their places.

There are no special requirements to be a
committee member – just common sense –
and a sense of humour. If you happen to have
administration experience with community
organisations or small business – that's a real
bonus! So, don't leave it to someone else – if
you are interested and would like to give back
to the organisation, I will be delighted to
answer any questions.

I can be contacted via the Office or the
website.

Jane Evans, President

A new way has been made for us to lodge our absences from classes. When you log-in to U-MAS the screen gives you a list to the left.

U-MAS - The University of the Third Age:- Waverley

Home

Courses

My Membership

My Enrolments

My Invoices

My Absences


Cart

Checkout

Logout

Contact us

The University of the Third Age:- Waverley



My Absences

Submit Absences

Select Course

All Courses

Select Reason *

Other

Start Date *

18/04/2024

Finish Date *

18/04/2024

SUBMIT

Current Absences

Course	Course Code	Start Date	Finish Date	Reason
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There is a new section on this list '**MY ABSENCES**' This gives you a new way to inform the Office that you will be absent from courses.

It will let you select particular **courses** that you are enrolled in or you can select them all.

It will let you select particular **dates** when you will be absent or you can select a **range of dates** if you know you will be absent for a prolonged period (eg: holidays; illness).


When you **submit** this My Absences form, an email will be sent to the Office giving us your information.

You can still use the old ways for notifying us by marking the roll the previous week or by ringing the Office or by sending an email.

Regards,
Kevin Delaney, Committee member

A Senior's Version of Facebook.

For those of my generation who do not and cannot, comprehend why Facebook exists; I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.










Waverley U3A Guitar Workshop Schedule -Term 2, 2024

Term	Date	Workshop #	Topic	Leader	Target Audience
	Wednesday 17 April 2024	Workshop 10	Band Practice	David Valentine	Band Members
	Wednesday 24 April 2024	Workshop 11	Strumming chords/playing popular music	David Valentine	All
	Wednesday 1 May 2024	Workshop 12	TBA		
	Wednesday 8 May 2024	Workshop 13	401 revision (Melodia de uma noite)	Hervé Rochecouste	401
2	Wednesday 15 May 2024	Workshop 14	Band Practice	David Valentine	Band Members
	Wednesday 22 May 2024	Workshop 15	Guitar Pro instruction	Hervé Rochecouste	All
	Wednesday 29 May 2024	Workshop 16	How to play tremolo	Thomas Lim	All
	Wednesday 5 June 2024	Workshop 17	Strumming Chords/Playing popular music	David Valentine	All
	Wednesday 12 June 2024	Workshop 18	201 revision	Herve Rochécouste	201/301
	Wednesday 19 June 2024	Workshop 19	Band Concert - Band Members	David Valentine	Waverley U3A
	Wednesday 26 June 2024	Workshop 20	Mini concert/practice	Anna Chung	All

✿ Join Us for a 2 hour Seminar on Healthy Eating for Seniors! ✿


Are you ready to embark on a journey towards a healthier lifestyle? As a senior, prioritizing your health through proper nutrition is paramount. That's why Dr. Mitra Zarrati, esteemed dietitian, invites you to an enlightening seminar titled "Healthy Eating for Seniors".


In this interactive session, you'll gain valuable insights into:

-  **Healthy Food Habits:** Learn the importance of balanced meals and portion control for optimal health.
-  **Food Groups:** Understand the significance of incorporating various food groups into your diet for essential nutrients.
-  **Important Supplements for Seniors:** Discover key supplements that can support your overall well-being as you age.
-  **Healthy Snacks:** Explore nutritious snack options to fuel your body throughout the day.
-   **Importance of Food in Prevention:** Delve into how proper nutrition can aid in preventing obesity, diabetes, high blood pressure, breast cancer, Alzheimer's
-  **Dairy Foods and Bone Health:** Understand the vital role dairy products play in maintaining strong bones and muscles.

Don't miss this opportunity to empower yourself with the knowledge and tools needed to lead a healthier and more vibrant life. Whether you're seeking to prevent health issues or simply enhance your overall well-being, this seminar is tailored just for you.

 **Date:** Friday 31 May 2024

 **Time:** 2pm to 4pm

 **Location:** Room 2

 **Enrollment:** U3A Waverley's website.

Course code - 24HEA026

Take the first step towards a healthier tomorrow. Reserve your seat today!

Sue Sturman, Course Coordinator

OPERATIONAL DATES 2024

Term	Starts	Ends	Public Holidays
2	15 April	28 June	25 April Anzac Day 10 June, King's Birthday
3	15 July	20 Sept	
4	7 Oct	6 Dec	Melbourne Cup Holiday 4 & 5 November

Evacuation Drill

I have been told that it was some time ago when we last had an emergency evacuation drill at the Hub. I have contacted Monash Council and been advised that a contractor has been engaged to work with all the tenants in Council facilities to develop a specific procedure for each location.

Andrew Croft, our Office Manager, has completed a very thorough assessment of what needs to be taken into account when designing an evacuation plan which is being reviewed by Council now.

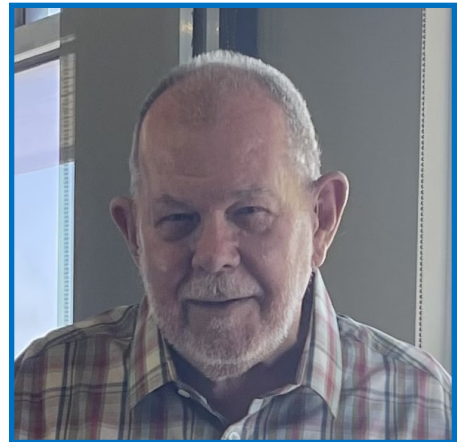
I anticipate sometime later this year we will have an emergency evacuation drill. We will ensure Tutors and others are fully briefed before that occurs.

Jane Evans - President



Geoff Fitzpatrick, U3A Secretary

Firstly, let me tell you how important I am, because organisations such as ours simply cannot exist without a Secretary. I have had many predecessors and I hope to have many successors, all very important!



I joined U3A Waverley in 2011 and I often describe it for me as being like quicksand. Before I knew it, I was up to my neck, and loving every minute. I initially joined the cryptic crossword group and became tutor 2 years later. About that time, I was invited to join the committee of management and I thought "Yeah! That way I can make a difference!"

Over the years since then, I have worn many hats, sometimes all at the same time. As Webmaster for 7 years, I was responsible for creating our current website, for setting up and maintaining U-mas, sourcing and maintaining office computers, managing the phones, getting the NBN connected (it was a nightmare!) I am now starting to slow down quite a bit, handing those duties to others.

Outside of U3A, I live very happily in a Retirement Village independent apartment, enjoying village activities with many friends and neighbours. For the past 7 years, I have lived with Parkinson's Disease and have recently been vigorously fundraising for Fight Parkinson's Walk-in the-park.

I believe that U3A is the best thing for seniors since the Age Pension.

A man walks into a dentist and says, "Hey doc; I think I'm a moth." "Dentist says, "If you think you're a moth, why did you walk into my office?" "Well the light was on."



Jane Evans – brief ‘biography’

I come from Conway, North Wales, a couple of kilometres from the castle built by Edward I in the 13th century. My UK employment life was unusual – I worked with a woman who had been a member of the French resistance; went down a coal mine in the Midlands; and worked on the opening of the first Japanese restaurant in London.

Five years after emigrating to Australia I was one of the first two women appointed to the Country Fire Authority Board and was appointed Acting Deputy Chair for a brief period. Subsequent roles included Deputy Director and Acting Director of the State Emergency Service; general manager of a large insurance company with \$100 million premium income; and CEO of a not-for-profit organisation that provided services to people with vision impairment across Australia.

Since retiring I have been on not-for-profit boards, and currently on the Board of an organisation that provides safety and support to women and children escaping family violence.

As President of U3A Waverley my role is to provide leadership, encouragement and support to the committee as we ensure U3A Waverley remains a vital and successful organisation.



Conway Castle

Two Eskimos sitting in a kayak were chilly, but when they lit a fire in the craft it sank, proving once and for all that you can't have your kayak and heat it too.



Did you hear about the new corduroy pillow? It's making headlines everywhere.

Dennis Atkin - Profile

Hello everyone, My name is Dennis Atkin, I am currently the Vice President of the U3A Waverley Committee of Management. I started at our U3A in the second half of 2015. I joined the committee in 2016 and took on the role of Vice President in 2017. So, I've been around a while.

I am a retired Secondary College teacher/administrator, after over 40 years in the state school system. Though I have done admin in schools, my first love has always been teaching.

I first got back to teaching, after joining the U3A Science and Technology class, where I have done 12 presentations since 2018, mostly based around Geography. I've also been in the U3A "Write Your Own Story" class for some years and recently became co-tutor with Gillan Meldrum. So, I'm back to teaching.

My main role as VP is, of course, as backup for the President including attending U3A Victoria and Eastern Region meetings. As VP I've also taken on a few projects including, editing, rewriting, printing, and publishing the U3A Waverley Tutors Handbook twice, coordinating the Zoom project during Covid 19 and coordinating the writing of Job Descriptions for the various roles at U3A Waverley.

So that's me folks. Yes, Committee work can be demanding, but it is also rewarding and would you believe, educational too, and there are a lot of talented people on the committee to support you. Why not give it a go? I'm happy to chat if you see me around.

PS: I like walking, ocean cruising, the beach, bodyboarding, (see photo).

