

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

There are two very special qualities about U3A – the extraordinary knowledge, experience and talent represented by our members; and the deep volunteer ethos that drives our Tutors, our Course Coordinator, our Newsletter Editor, all the people who manage the Office, look after the website and the AV equipment, and the Committee. Everyone just 'gets on with the job' so it's easy to take it for granted, but we should always acknowledge all these marvellous people who make it possible for all of us to enjoy our classes and social activities.



As I've been slowly making my way around classes to introduce myself, I have stressed the value to U3A of that volunteering experience and asked for people to consider joining the Committee. I am pleased to say three people have put up their hands to become a member of the Committee formally at the AGM next year. In the meantime, Allan Ballard, Chris Nallaratnam and Lynette Crowe will be attending meetings as guests as a way of learning how the committee works, but also to contribute from their own knowledge.

Perhaps the most important person in any U3A organisation is the Course Coordinator. Our wonderful Sue Sturman is stepping down from

that role at the AGM so it has been critical for me to find someone to replace her. I am delighted Gillian Meldrum has agreed and will be liaising with Sue for the remainder of the year to 'learn the ropes.' Gillian is a tutor herself so comes with that perspective. I hope to arrange a mid-year Tutors' meeting so Gillian and Tutors can get to know each other and share points of view.

Any well run organisation likes to think it is doing more of what its members like and less of what they don't like. Of course, it's not humanly possible to always please everyone. The Committee is considering developing a survey of U3A Waverley members to gain useful feedback on their preferences and interests. More information will be provided later in the year when the survey is ready.

The Committee has a major project underway being led by Charlotte Mah. We are looking to 'refresh' the website (not the UMAS platform) with new images and content. Committee members are exploring websites of other U3As around the country to get some ideas to feed into a project group. The project group will then propose and implement agreed improvements. We can expect to see a fresh new look for the website later in the year.

*Jane Evans, President*



## *Ali Adieva - Profile*

By Anne Cornish

Ali Adieva is well qualified to be our treasurer. She is an accountant and a BAS agent (authorised to prepare and lodge business activity statements). She worked at the Australian Tapestry

Workshop for 12 years, is the treasurer at Waverley Spinners and Weavers, and also has a few private clients.

Ali is herself a weaver, and recently learned to spin so that she can make cloth from the start to the finish of the process. At U3A, classes she attends are French, Turkish, Tai Chi and Yoga.

About the accounts for U3A she said, "Before they did everything in books, writing. [I thought] get rid of all this. Now we have spreadsheets for petty cash, for income, so it will be easier. I thought why should we put it in the book, then they need to transfer it into the spreadsheet, then into Zero (an accounting software). When I leave I want it to be in such a state that it's not a manual job. Press a button and out it comes.

The story of how Ali came to Australia from Tajikistan is an interesting one. "My father had a brother and they lost contact during WW2 and then my father was looking everywhere but couldn't find him. He was looking in Germany, Romania, this side of the world. But then my uncle who was living in Melbourne put in ad in the local paper in Crimea to say that he was looking for my father. He came to visit us on his 70<sup>th</sup> birthday. My sister's son had muscular dystrophy, he was two years old and nobody knew what the problem was so my uncle said we will try to organise to see some specialist here in Melbourne. So we came and I'm still here. Came for three months, still here after 30 years."



## *Charlotte Mah's Profile*



I joined U3A Waverley taking up guitar and yoga classes in 2022 and then, added keyboard class in 2023.

I enjoy gardening. I have blue berries, persimmon, vegetables and 2 worm farms. I am the garden curator with my husband, the happy digger. We enjoy the fruits of our labour such as our homemade marmalade jam and Kumquats compote for yoghurt. As for hobbies, I play guitar and keyboard, thanks to a wonderful bunch of tutors and friendly U3A colleagues who encourage each other. I also enjoy dancing with my husband. We dance street Latin, swing and ballroom locally, and when we cruise during our holidays. One other thing.....I do the Hula Hoops!

Some of my tasks include reviewing U3A Waverley's website so that we can consider future improvements.

I am also researching on ideas and new events that can involve more members' participation, to foster a friendly environment and to encourage more social interaction. I like creative ideas that can help our community. So if you have any good ideas for our U3A, we would love to hear from you.

My view is U3A can be a place to learn and to build new friendships. Most of us feel a sense of inner satisfaction when we give back something in return, like volunteering.

I didn't think the chiropractor could improve my posture, but I stand corrected.

I took my new girlfriend to the ice rink on our first date. It was half-price night. She called me a cheap-skate.

An invisible man married an invisible woman. Their kids were nothing to look at either.

Studies show cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.





## George Clarke - Profile

By Anne Cornish

George Clarke has been a Tai Chi tutor at Waverley U3A since 2013.

"I began my Tai Chi journey in the early 1980s, combining it with bioenergetics, Karate and meditation. I have many years of experience with several different styles of Tai Chi and continue to develop my own skills. "Tai Chi is a series of gentle, slow-moving, weight-bearing, whole-body exercises, which are claimed to be effective in alleviating stress and anxiety. There is some evidence that Tai Chi can result in lowering blood pressure. Improvement in muscle tone and balance can assist in reducing the possibility of falls," he says.

George lived in Glen Waverley for many years, and last year he and his partner Heather moved into the John Flynn retirement village.

George describes himself as an Italophile, has attended Italian classes at U3A, and he and Heather have made a point of visiting Italy on their travels in Europe.

Before retirement he was a social worker, and taught at Caulfield Institute of Technology, which merged with Monash University. "It was a different culture, very research-based, whereas at the Tafe it was more about teaching hands-on social work." He moved on from there to contracting to other Tafes before retiring.

George and Heather have 6 children, 18 grandchildren and 5 great-grandchildren between them.



## Gaynor Marsh – Profile

By Lorraine Erenstrom

Gaynor is a life member of Waverley U3A and a valued member of the creative writing group which she joined in 2002 with her dad who was living with her at the time. She says the group is more than a writing group. It is a group of friends who all support each other.

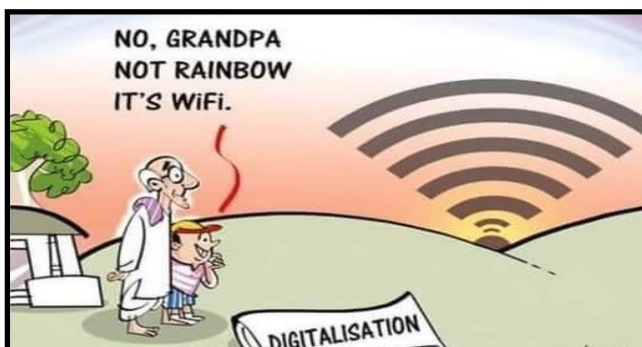


She was born in Camberwell and has one younger sister. She attended Huntingtower school. Her family are all artistic and into amateur theatre, so Gaynor was also involved in amateur theatre for many years. She has always been a very creative person and even though she was born with low vision she wrote poetry and painted many beautiful paintings before she became totally blind in more recent years. When she could no longer paint she took up pottery.

Her career includes being a Kindy assistant, a teacher's aid in a handicapped preschool, an aid to a physiotherapist, a craft teacher, a switchboard operator, plus many volunteer positions as a counsellor. She has a certificate in working with disabilities.

Gaynor is a glass half full person. She met all the challenges in her life head on. Widowed at thirty she brought up three little girls. These days she has a helpful machine, a video magnifier that reads all her papers and emails for her. Last year she fulfilled a long held desire and published a children's book with help from David Fraser at U3A. It was called "The Adventures of Clover the Pixie".

Gaynor has many friends and walks regularly with a sighted person as she is very agile and likes to keep fit. She also plays scrabble with a brail set and until recently played table tennis. She enjoys spending her weekends with her special partner David, an old friend who came back into her life.



A police recruit was asked during an exam, 'What do you do if you have to arrest your own mother?' The reply "Call for back-up."



There are two ways of arguing with a woman. Neither one works.

### OPERATIONAL DATES 2024

Term	Starts	Ends	Public Holidays
3	15 July	20 Sept	
4	7 Oct	6 Dec	Melbourne Cup Holiday 4 & 5 November

### *How can you Help U3A? – Office Volunteer*

There are many tasks within U3A that can benefit from your skills and experience.

One of these is to volunteer to work in the Office and help members and assist tutors. Typically people volunteer to work two shifts a month, each half a day.

If you are interested, please contact the Office manager, email [ac529125@gmail.com](mailto:ac529125@gmail.com) or phone 0427 438 678. Training is provided.

*Regards Andrew Croft.*

### *New Title in Great Course Library*

“Understanding Linguistics – The Science of Language” has been added to the Great Courses Library in the Office. This 36 x ½ hour lecture series explains how language works and how linguists use the significant commonality between the world’s languages to understand different language communities.

All lecture series in the library are stored in the office and are available for loan for a month. Each set contains DVD’s of the lecturer plus a book with further explanation.

*Robert Taylor*

### *Apologies for absence from class*

When apologising for absence from class and it involves several classes, **please** advise each class **individually** that you will not be attending, to save confusion.

