

August 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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**Email: Apologies and Membership enquiries:
membership@u3awaverley.org.au
Webpage: www.u3awaverley.org.au**

PRESIDENT'S REPORT

W a v e r l e y ' I n s i d e r '

Afternoon Tea with the English Conversation Class

I'm continuing to slowly make my way around classes to introduce myself to Tutors and members. It is always thought provoking to understand what members are learning and to see and hear the results of art and music classes. I'm looking forward to what should be a great exhibition of work at our end of year function!

A recent highlight has been an invitation to afternoon tea with the English Conversation class. What a charming and diverse group of women and men settling in Australia from at least seven different countries and now learning English together at U3A. Each member told their story of coming to Australia and learning to live and thrive in a new environment. One class member reckoned he had prepared more than a million meals as a chef in a Chinese restaurant over his working life!

I came away with a tasty selection of traditional crackers, biscuits and cakes from their respective countries. The experience reinforced how U3A can offer a relaxed environment where people from many cultures and backgrounds can enjoy learning and making new friends.

Health and Safety Focus

The Committee has recently bought a second defibrillator using a Federal grant arranged by previous President, Robert Taylor. This is now used primarily by the Ballroom Dancing group who meet offsite at Notting Hill Hall.

Not all the grant was spent, so the Committee has agreed to use the balance to fund a community first aid course for all Office volunteers who would like to participate. The course will be provided by St John's Ambulance. It includes basic first aid and two additional modules focusing on senior citizens and sports injuries.

One of our new volunteers for the Committee, Lynette Crowe, who has a nursing background of many years has taken on the role of reviewing U3A Waverley's health and safety procedures. Lynette is reviewing the equipment we have in place and will make recommendations to the Committee to ensure it is fully described, checked regularly and updated or replaced as required. Monash Council, as the owner of the Hub, has been asked to review our current Health and Safety policy to ensure it is current and appropriate.

During my visits to classes I have often seen members not wearing their U3A Waverley lanyards. May I remind you all, the most important detail on your card is the emergency contact information on the back. **PTO**



President's Report Continued

Should you be unwell, or have an accident, we need to know who to advise! The Committee has a duty of care for members to provide a safe environment, but you must all play your part too. **Please wear your lanyards!**

Ongoing Committee Projects

The Committee continues to develop ideas to refresh our website and expand the information it provides. How best to organise a survey of members to ensure answers remain anonymous, but can be collated to provide a useful overview of members' ideas about U3A Waverley, are also being considered. More information on both will be provided over the next couple of months.

Jane Evans, President

New Course Starting in August

MUSIC AND THE BRAIN starts on Wednesday August 21 at 2:00 pm in room 2 and finishes on November 6.



This 12 x ½ hour series of lectures (2 lectures per week) examines how music affects the brain and why music evokes such strong emotions in humans.

With 44 members already enrolled there are only a limited number of vacancies in the course.

Members can enrol using the code 24SCI1005

New Titles in Great Course Library

The following courses have been added to the Great Course Library in the office.

"Zero to Infinity – A history of Numbers " 24 x ½ hour lectures.

"Impossible: Physics Beyond the Edge" 24 x ½ hour lectures.

"Dark Matter. Dark Energy" 24 x ½ hour lectures.

"Particle Physics for Non-Physicists – A Tour of the Microcosmos" 24 x ½ hour lectures.

All courses are available for loan for a month. You need a DVD player to view them.

Robert Taylor

Sue Sturman - Profile



I grew up in Perth and moved to Melbourne with my husband and two young children in 1980. Our children are successful business people, and we now have four grand-children ranging from

18 years to 26 years of age. Since our move to Victoria we have lived, worked and volunteered in the Monash area.

The last 30 years of my career were spent teaching at Wesley College in Glen Waverley. Since retirement, I have worked in several voluntary roles in our community. In July 2021, I joined U3A Waverley, knowing little about the organisation, but with the assistance and support of President Robert and the Committee, I agreed to take over the position of Course Coordinator straight away. This was a steep learning experience, but made pleasurable and rewarding through the cooperation of the wonderful Tutors, Kevin, our Tutor Liaison Officer, and Joanne, our Membership Secretary.

In the last 3 years I have enjoyed participating in Tai Chi with George, Chinese Herbal Medicine, Creating a Story Book with David, Sci Tech with Ian and his many presenters and Downsizing Made Easy. With the support of the Committee, I have been delighted to introduce new courses to U3A Waverley.

In my spare time, I enjoy gardening. I am involved in two different Neighbourhood Houses, allowing me to continue my love of literature and I have "Fun Fridays" creating mosaic artwork in a wonderfully supportive group. All residents of the City of Monash are blessed with a plethora of activities in which they can be involved in retirement.

I encourage everyone to expand their horizons and take advantage of all opportunities.

A memorable quote from a recent trip to the Lume to see the incredible Leonardo da Vinci exhibition, "Learning never exhausts the mind."

Note to Tutors

Out of courtesy and respect for fellow tutors could you please wipe the board clean before you leave the classroom.



Gillian Meldrum - Profile

Gillian Meldrum has put her hand up to be Waverley U3A's new course co-ordinator.

"I'm a person that says you've got to put your money where your mouth is, so there's no point in saying we could do things better if you're not prepared to stand up," she said. "And Jane bribes you with coffee. I'm really impressed with her approach."



"I think it will be challenging and I have got a lot to learn, but I am also excited about the opportunity." Gillian became the tutor for the English Conversation class after being asked to do it by Sue, the present course coordinator.

"We basically just come up with a subject and talk about things that interest us", she says. "One of the really interesting things I've found is even though people have been born all over the world a lot of us played the same games as children. We all love coming together and I've been warmed seeing how some friendships have formed between different cultural groups. For something different we visited the National Gallery. The following week people had to say what they thought, link it to English conversation. We keep it light, it's mainly about talking. "We've got people from Central America, South America, Iran, Greece, Myanmar, Taiwan. Quite a variety of people."

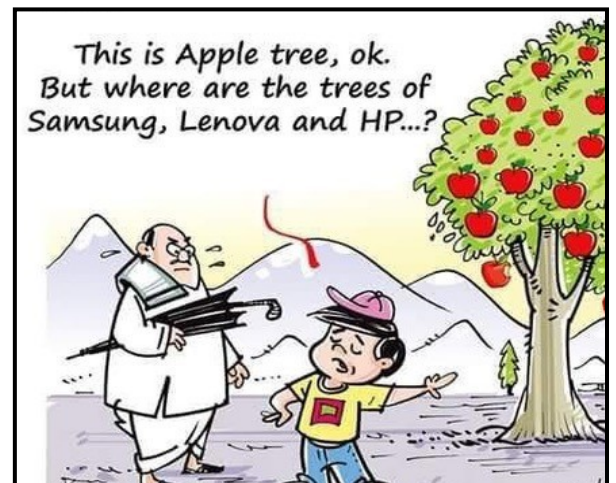
Gillian is also co-facilitator for the Write Your Own Story class, which she has participated in for about seven years. "It's good fun. We start with traditional owners of the land, aboriginal stuff is very important to me. Dennis and I might do a little bit of theory, we don't like to overdo it. I did a little bit on cliches, another on how to hook [your readers] and then we read, and some of the stuff is amazing. Everyone's got a story, we share and we laugh, you never know what you're going to find out and what's behind the door."

When her children were young Gillian studied for a Diploma in Community Development. "My first career was working as an advocate for people with disabilities. I got burnt out and ended up teaching the diploma and certificate of Community Services at Swinburne for 14 years. It was good fun. Hard work, but good fun."

An avid Collingwood supporter, Gillian and her husband Brian have three daughters, one in Melbourne, one on the Sunshine Coast and one in Bristol; three grandchildren; an elderly 15-year-old dog and a 14-year-old cat.

Words & Definitions

1. ARBITRAITOR: A cook who leaves Arby's to work at McDonald's.
2. BERNADETTE: The act of torching a mortgage.
3. BURGLARIZE: What a crook sees through.
4. AVOIDABLE: What a bullfighter tries to do.
5. COUNTERFEITER: Workers who put together kitchen cabinets.
6. LEFT BANK: What the bank robbers did when their bag was full of money.
7. HEROES: What a man in a boat does.
8. PARASITES: What you see from the Eiffel Tower.
9. PARADOX: Two physicians.
10. PHARMACIST: A helper on a farm.
11. RELIEF: What trees do in the spring.
12. RUBBERNECK: What you do to relax your wife.
13. SELFISH: What the owner of a seafood store does.
14. SUDAFED: Brought litigation against a government official.



Creating an Illustrated Book

Course: 24HUM028 - Term 4
Begins Thursday, September 5th
Room 1, 1.30-3.45

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 many books.

During the 13-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 your book will be shared early in the course.
Example themes: Family, childrens story, garden flowers, craft,
hobby, photography, holiday, passion, art.

Books created by the wonderful 2023 class members

