

September 2024 Issue



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

**Please email all Newsletter items at least
7 days before the start of the month to:
Chris Nallaratnam on:
chrisanz27@gmail.com**

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

PRESIDENT'S REPORT



Waverley 'Insider'

This month I had the opportunity to attend the annual general meeting at U3A Nunawading. Some of you will know this is one of the larger U3A

organisations in Melbourne, now with 2,700 members! Nunawading is very fortunate to have the use of a splendid community hub – a 5 Star Green Star rated building - and active support from the City of Whitehorse Council. One of the positive things about attending these events is to learn what other U3A organisations are doing successfully and what might work at Waverley. I've never had a problem picking up someone else's good idea – with appropriate attribution of course! The Waverley Committee will consider introducing some of these ideas when we start our planning process.



The Committee has been busy finalising the Members Survey, so we expect to be able to send this to all Members soon. The survey will be online, quick and easy to complete and submit. You will be able to complete the questions anonymously and all the answers will be combined to provide an overall response.

Please look out for the survey arriving in your email inbox and respond as soon as you can. The Committee is excited about what we will learn and how we draw on the results when planning new classes, social events and other activities in the future. We want to explore the potential to deliver classes in new ways to make them more widely accessible as well as draw on the rich cultural heritage of our members to inspire social activities.

For those not able to complete the survey online, hard copy versions will be available from the Office and completed forms can be handed in there too.

I have continued my tour of classes, recently visiting the Art Workshop class and spending a stimulating time chatting to Tutor, Marjorie Large, about the range of art forms she has mastered. I'm looking forward to the exhibition at the end of the year.

PTO

President's Letter continued:

In the last week I made a President's visit to the Ballroom dancing class at Notting Hill Hall. Fantastic to see how much everyone was enjoying themselves! Good exercise, good fun and a great example of U3A at its best!

Then, on Friday, I welcomed Yoga Tutor, Rita Ponnudurai, back to class after a serious injury. Yoga has always been very popular so having Rita back with us to offer guidance and instruction is fantastic.

Health and Safety Update

Our great new Health and Safety Coordinator, Lynette Crowe, had just completed a thorough check of all U3A Waverley's first aid equipment and supplies. Unfortunately, some of the latter proved to be quite out of date so new supplies have been ordered and should arrive in the next week or so.

While health and safety is predominantly the responsibility of Monash Council, as the Hub is their property, your Committee understands the importance of meeting its obligations in this area. This might be a good time to remind people about the attendance record! Please ensure you complete the record when you attend a class or advise your absence if you are going to be away. When we come to do fire evacuation drills Tutors will need to know if all their class members are safely out of the building!

Changes with the Committee

Our longstanding Newsletter editor, Lorraine



Lorraine Erenstrom

Erenstrom, has decided to put away the keyboard, put up her feet and retire after 15 years in the role. A fantastic effort Lorraine!! Lorraine has been managing the Newsletter since 2009 and thinks it is time for a fresh look, new content and accessible delivery. She has suggested this evolution is

best managed by someone who brings creative ideas and better knowledge of technology options.

Chris Nallaratnam, recently appointed to the Committee following Robert Taylor stepping down, has put his hand up to take on the

challenge and will edit the Newsletter for the first time in October. This move is doubly positive in that it provides the opportunity for considering how the Newsletter will be delivered in the future and links well with the work being done now on the website refresh. Having the Newsletter editor on the Committee will ensure more timely communication with members.

Anticipating program developments, there have been discussions about the idea of every Committee member having specific responsibilities. We have already introduced a committee member elect with a health and safety focus, now the newsletter editor and tutor liaison and development has always been critical. The new Course Coordinator will join the Committee and we have considered a social activities coordinator role. Having a focus in these areas will allow people to contribute directly to the management of U3A Waverley, enhance their skills, have more fun and recruit others to join their respective focus teams.

I can't let this opportunity pass by without saying we are still looking for new volunteers for the Committee – in particular, for the Tutor Liaison and Development role.

Kevin Delaney has filled these responsibilities admirably, but will be stepping down at the AGM.



Kevin Delaney

This role provides both vital support to and a communication link with both the Course Coordinator and Tutors. All volunteers at Waverley make a wonderful contribution to ensuring the place runs smoothly. The contribution from our Tutors is perhaps the most valuable as without them, U3A has no purpose. The Tutor Liaison role is committed to supporting Tutors and encouraging them to be the best they can be for themselves and their class members.

If anyone is interested in this vital role please get in touch with me president@u3awaverley.org.au so we can chat about it.

Jane Evans, President

Andrew Croft - Profile

Andrew Croft has been the office manager for two years and has enjoyed documenting the procedures involved in the office administration.



His pre-U3A career was as an IT architect, working on finance and supply change systems for Telstra and IBM, "which is all about having systems and having interconnections, documenting things, but not too much documentation, otherwise no-one will maintain it. It has to be understandable", he said.

"The whole thing with the office volunteers is, I assume they're all intelligent people, they operate independently, you provide an environment where they can do their best, but the whole nature of a voluntary organisation is there's no dictatorial anything, it's all people trying to work together to achieve some outcomes. The office people are all about trying to give back to the community, to help people."

There will be plenty of challenges ahead for Andrew, with a practice evacuation planned, "where the office is directly impacted because it's hard to think in a systems sense how we can manage it"; and the greater U3A organisation is developing a replacement for the UMAS system which will require a conversion and training process for the 30 or so office volunteers.

I asked Andrew what he would tell someone who was thinking of becoming an office volunteer and he said, "I always talk about it in terms of give-back but also a chance to meet a whole pile of people, one of the things you end up doing is meeting the tutors, getting to know them, have a bit of a chat, I think most of the tutors are all friendly people, I think they do it because they enjoy it. Hopefully the benefits you get in terms of the feedback you get, people saying thanks you're doing a great job."

Andrew attends and co-tutors the French intermediate conversation class, the cycling class and ballroom dancing with his wife Thanh Duong. He is also a member of Sugarloaf sailing club and has a small dinghy.

Andrew's Profile Continued

"Sailing is good, I think it would be great to have young kids doing it. To sail by yourself you've got to be independent, it's you, responsible for all of what's happening to you, a lot of things you're actually very divorced from them, there are no consequences but with sailing if you stuff up you'll capsize."

Wisdom Group say Farewell to Mary Keogh

It was with great sadness that the "Wisdom for the Journey" group learned of the retirement of their much loved tutor, Mary Keogh.



Mary has led this group for over 15 years and in this time has inspired many people with her educational and thought provoking classes. The enormous effort Mary put into research, time and preparation for her tutorials has been greatly appreciated by all members of the group.

Mary, we will miss you and our good wishes and deepest appreciation go with you and John on the next chapter of your journey.

Rahif Katan

Our very own U3A Waverley Philatelist, Rahif Kattan, who is also the Minute Secretary on the Committee is recovering from an unpleasant experience when he went to have what was supposed to be a relatively straight forward eye operation. I won't go into the details, but in Rahif's own words "What a disaster!". He spent the next 24 hours in hospital recovering. Fortunately, the surgeons have been able to rectify the



problem and have inserted the fixed focus lens required. Rahif has been told full sight will return in that eye in about a month. What a relief! Rahif was pleasantly surprised when he received the wonderful bouquet of Australian flowers from the Committee with all our best wishes for a speedy recovery.

From the Write Your Own Story Group

Everyone has a story, and all of our stories have value. We want to leave a record of our existence for our descendants. We share our stories in a



trusting, non-judgemental environment. It is exciting when someone discovers a skeleton in the closet, or an unsolved mystery is resolved. We reflect on our lives and share many laughs in our two hours together.

We learn about growing up in other countries and some of the difficulties those people faced. We are often writing about deeply personal moments in our lives. We encourage each other to reflect on these difficult times.

The WYOS class gives us an opportunity to come together, speak and listen to members, and discover different ways of relating our tale, all in a safe and welcoming space. We encourage each other when we have 'writer's block' and provide helpful suggestions so we can move forward.

We read our stories aloud in class and this activity will often pick up grammatical errors in our work. This also builds confidence for the reader and interest for the group, to the extent that some of us can't leave until we hear the end of some of the stories.

There are currently nine people in our group; we are multi-cultural with six members having being born overseas. At the end of the year, we produce a small document containing some of our musings from the year. New members will be welcomed openly.

BY WYOS GROUP

Nicknames for my work colleagues

Cordless - charges all night, but only works for 2 hours

Wheelbarrow - only works when he's pushed

Perth - 3 hours behind everyone else

Deck chair - always folds under pressure

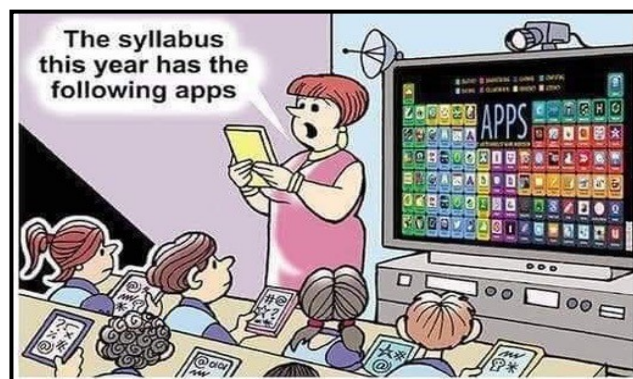
Lantern - not very bright and has to be carried

Blister - appears when the hard work is done

Noodles - thinks all jobs take 2 minutes

Sensor light - only works if someone walks past

Harvey Norman - 3 years no interest



The word incorrectly is spelt incorrectly in every dictionary.



I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.

What do you call a row of rabbits hopping backwards? A receding hare line.

Always trust a nudist...They have nothing to hide.

I thought swimming with dolphins was expensive until I went swimming with sharks...it cost me an arm and a leg.

The main function of your little toe is to make sure all the furniture in the house is in the right place.



From the Editor

Hi Everyone,

This is my last U3A Newsletter. Thank you for all your support, contributions and complimentary feed back. I have really enjoyed putting it together for the past 15 years, but now the time has come to pass it on. Please send all your contributions to Chris Nallaratnam whose email address is at the top of the front page. I am sure he will give it a fresh new look.

Kindest regards to you all.

Lorraine Erenstrom