

November 2024



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

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

## **PRESIDENT'S REPORT**



### **Introducing a social activities program at U3A Waverley**

The recent Survey of Members identified that 69% of the people who joined U3A Waverley did so to meet new people and make friends. Members also strongly supported linking social activities during the year to celebrations of the culture and food represented by our diverse membership. One-off guest speakers and class-based performances were also popular ideas.

The same thinking flowed through discussions at the recent Tutors workshop. It was acknowledged that U3A Waverley has always had a strong focus on lifelong learning but that social interaction should not be forgotten as a means to help older people remain vital and engaged.

With this in mind, the Committee has agreed to create the role of Social Activities Coordinator, who will be responsible for organising a program of social activities and events for the year. It is expected there will be close cooperation between the Social Activities Coordinator and Course Coordinator to ensure the best use of resources and the development of a full program of events. It is anticipated that the Social Activities Coordinator will also liaise with other community groups to identify the potential for joint activities and events throughout the year. This will likely be a committee role starting next year. So, if you are active in your local community as well as U3A, are a good organiser and communicator, enjoy having fun and want to get more out of your involvement with U3A

Waverley, get in touch with me via [president@u3awaverley.org.au](mailto:president@u3awaverley.org.au) so you can find out more about the role.

### **End of Year celebration.**

I have heard classes are already practising their performances for the end of year celebration on Friday, 13 December, in the Jordanville Hall!

The festivities will commence at 10.00 am and finish at 2.00 pm; a light lunch will be provided. We want to make sure we don't run out of food! So, we need to know how many of you will be attending. Please note your attendance on the RSVP list at the Office before the end of term on 29 November.

Tutors should liaise with Kevin Delaney regarding class performances. We need to know how long you are planning for each performance and how many we have to fit into the program.

If you would like to set up a small display of your class activities and need tables or space for that, please provide Kevin with the details. I look forward to seeing you all there and to finishing off the year in style!

### **Safety first, please! One-way system in the car park**

I have noticed recently that there have been a few occasions when drivers do not follow the 'one-way' system in the car park. As you might recall, for the safety of members and other car park users, U3A Waverley advocated for the one-way system, which was introduced when Monash Council staff came to the Hub some years ago. Following the arrows is common sense and a courtesy to others. It may take an extra minute of your time, but it is the best way to reduce the possibility of injury to members and visitors or damage to vehicles.

### **The passing of Marjorie Large**

As some of you will know already, life member and much loved and respected art workshop tutor Marjorie Large died suddenly last week. I know she will be missed by many. A brief obituary celebrating Marjorie's incredible commitment to U3A Waverley – her membership number was 314! – and to her class members has been included in this edition of the Newsletter.



**Enrolments open from 9.30 AM on Monday 02<sup>nd</sup>, December 2024**

**All enrolments can be done online from 9.30 AM on this day.**

Members without computers need a friend, relative, or fellow member to assist them with the enrolment process.

Enrolments for 2025 will be on a first-come-first-served basis, except for classes where the tutor reserves the right to select students for sequential classes (e.g., Practical Music Classes and language classes). Members cannot attend classes until fees are paid.

TUTORS have the final decision on all class enrolments.

**Members who are unable to enrol online can enrol and pay their membership fees at the U3A office on Wednesday, December 4, between 9.30 AM and 1.30 PM.**

Members who enrolled online but were unwilling or unable to pay their membership fees at that time can now pay their fees.

## PAYMENTS

**The membership fee for 2025 is \$40.**

It is expected that most members who enrol online will make the payment for their membership online.

Payment can be made through **PayPal** or by **Direct Deposit**. All are encouraged to do so.

1. This can be done in two ways through PayPal:

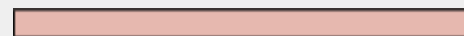
- i) Using their PayPal account OR
- ii) Using a credit card (no PayPal account needed)

2. **OR** by depositing from your bank directly into the U3A account.

### **PLEASE ENSURE YOU INCLUDE YOUR NAME AND MEMBERSHIP NUMBER IN THE DETAILS**

Please note that members will not be enrolled in classes until their membership fees are paid.

**IMPORTANT: WHEN YOU HAVE YOUR DETAILS ON SCREEN FOR YOUR ENROLMENT, PLEASE CHECK ALL YOUR DETAILS ARE CORRECT.**



**Kevin was Honored with the Caroline Chisholm Award 2024!**

**We** are delighted to announce that Kevin Delaney has been awarded the Caroline Chisholm Award 2024. This prestigious award acknowledges Kevin's significant contributions to our community through his

tireless volunteer efforts. The award ceremony took place on Friday, 25th October. It was officiated by Dr Carina Garland MP, Federal Member for Chisholm, where Kevin and several other volunteers were recognised for their contribution to the community. Congratulations, Kevin, on this well-earned honour!

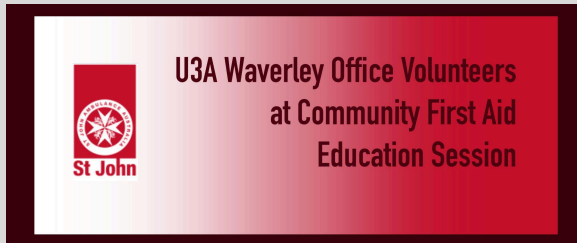


**About the award:** The inaugural Caroline Chisholm Awards took place in 2001. These awards recognise the outstanding contributions made by wonderful volunteers like Kevin in the community. These awards provide an opportunity to recognise and give back to the volunteers who dedicate their time to support the local community.

The Chisholm Electorate was named to honour Caroline Chisholm (1808-77). Caroline Chisholm was known as a phenomenal volunteer and remarkable woman. She worked predominantly to help women and girls who arrived in Australia find work and accommodation. The Caroline Chisholm Awards recognise her contribution and the contributions of so many volunteers in our Chisholm community.







**On Friday, October 4th, 14 dedicated Office volunteers and two committee members from U3A Waverley participated in a comprehensive 2.5-hour Community First Aid Education Session conducted by St John's Ambulance.**

The session focused on essential first aid techniques, emphasising the DRSABCD acronym (Danger, Response, Send for help, Airways, Breathing, CPR, Defibrillation) used to respond to a collapsed person. Participants learned how to assess for potential dangers, check the person's responsiveness, and determine if they are breathing. Additionally, we were instructed on the proper positioning to maintain the comfort and safety of the unwell individual.

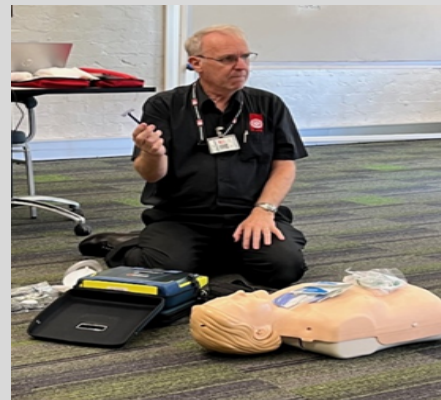
The training also covered critical emergency procedures, including when and how to call for an ambulance. We have demonstrated the correct techniques for performing chest compressions, using a rebreathing mask to assist a person who has stopped breathing, and operating an AED (automatic external defibrillator).

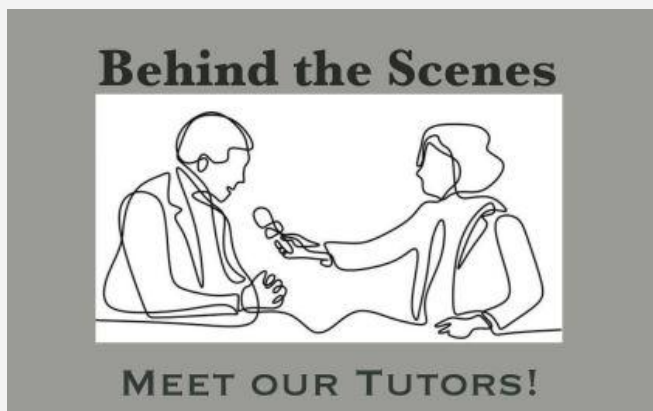
Our experienced presenter, Steve, provided valuable insights into recognising the signs of a

stroke, including facial and arm weakness and slurred or mumbled speech. We were also shown how to administer an EpiPen to a person experiencing anaphylaxis, a severe allergic reaction, provided they have a known allergy and carry their own medication.

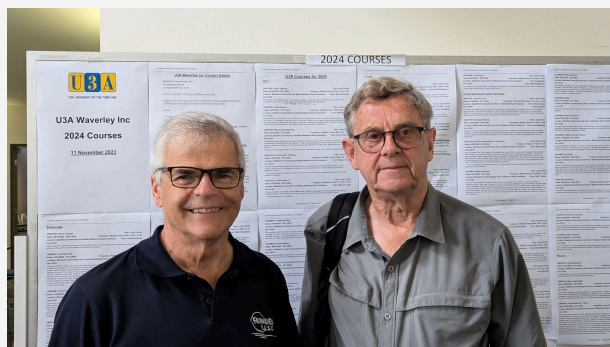
The session further explored other medical emergencies, such as seizures and fainting. The informative nature of the training was evident through the numerous questions raised by participants, demonstrating their keen interest and desire to learn.

**Overall, this first aid education session was a valuable experience for all attendees, equipping them with essential skills to respond effectively to medical emergencies and potentially save lives.**





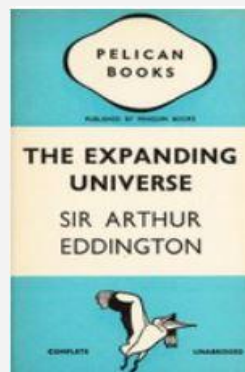
This month, we are excited to have our astronomy experts Antony Burgess (Tony) and Errol Malta answering questions in “**Behind the Scenes**”. Tony and Errol have been sharing their knowledge and passion for astronomy, covering a wide range of topics from the solar system to the far reaches of the universe.



In the class, they discuss the structure and location of different types of galaxies, including our own Milky Way and neighbouring Andromeda, and explore the fascinating concepts of the Big Bang, supernovae, and the Cosmic Microwave Background. And, of course, they explain the origins of our universe and where it's all heading. In this Q&A session, they also shared their personal stories about how they got into astronomy. Let's hear from them:

**Q: What initially sparked your interest in astronomy, and how did that passion translate into teaching the subject at U3A?**

**A (Tony):** As a teenager, I was always fascinated by the speed and properties of light. Somehow, I stumbled across Arthur Eddington's book “The Expanding Universe”, and I was intrigued by the concept of the Universe. However, I became more interested in biochemistry and biology and finished up as a cancer research biologist with training in theoretical chemistry. I was excited by my



biological research, but later in life, I wanted to understand what physicists knew and how they knew what they knew about the Universe. My friend Errol suggested we undertake Swinburne's postgraduate course in Astronomy. This was a comprehensive introduction to Astronomy and Astrophysics; when I retired, my wife Dina suggested I share some of my astronomy knowledge with people at U3A. I mentioned the possibility of teaching a course in Astronomy to Errol and he was enthusiastic. So, two years ago, we joined U3A Waverley and developed our Introduction to Astronomy course.

**A (Errol):** I've been interested in astronomy, namely the planets in those days ( well before satellites, missions to planets, before Russian US space programs even started!) i.e. since a very young age, maybe 6-8 years old or so. How and why, I don't know! Then, I think my interest "lapsed" until the late 1990s when missions to Mars started to send back photos from the surface, which got me thinking a lot

more about space! Images from the revamped Hubble telescope of galaxies and deep fields of the universe started to appear around then, which also sparked my wanting to know more! In 2008, I had the opportunity via Swinburne University to visit and tour the Keck telescopes on Mauna Kea in Hawaii and watch astronomers work at night. Swinburne runs a Masters In Astronomy course online, and Tony and I enrolled in that course. That gave us a great framework to understand more about The Universe and all parts of it and how it formed ( or how astronomers /cosmologists think it formed!).



In 2012, Tony and I made a side trip to Chile to visit several large telescopes in the Atacama Desert (ALMA) and La Silla while doing our course. Thinking about the bigger picture, items like where we are in the Universe, the vast distances, sizes of objects, number of stars and planets and the immense physical forces out is mind-boggling - and there is so much more out there we don't know about. Our interest continued beyond the end of the Swinburne course, and each of us gave a few talks on Astronomy to various groups. I joined the U3A group in Port Phillip about seven years ago and Waverley last year. We had contemplated presenting a course at Port Phillip, but as Tony's wife, Dina, was already heavily involved with Waverley, we chose this branch. I had been a university lecturer, not in astronomy, and always enjoyed teaching. Preparing and presenting a course keeps you on your toes and in tune with new discoveries!

**Q: Can you share a memorable moment or experience from your time teaching astronomy at U3A that has particularly resonated with you?**

**A (Tony):** I have enormously enjoyed participating in the U3A Waverley Astronomy course. Getting to know the participants and sharing their backgrounds and knowledge has been an enriching experience. We have 16 regular students, and their curiosity and attention inspire me. I like listening to Errol's explanations about the cosmos and seeing people grasp new concepts. The questions during our talks not only challenged us to be clear and accurate but also led to new areas of investigation. I have always been curious about the size of the Universe, and it has been great to see so many other people excited/challenged by the same concept – How can you fit the Universe into your Mind?

**A (Errol):** Last year, I had the opportunity to go to Norway to swim with orcas and to see the northern lights. One of our members who regularly attends our classes said he had tried to see the lights 6 times over many years and from Iceland, Norway, etc, but had not been able to. He had wished me luck in seeing the lights! On my first night there last year, I got to see the lights and took some lovely photos and sent them to Tony to show in the next session - but Tony had to specifically and pointedly say to this gentleman in the class "to look away" (for fear of intense frustration )!





**Q: What do you find most rewarding about teaching astronomy to U3A members, and how do you tailor your lessons to meet their unique needs and interests?**

**A (Tony):** The loyalty of our participants, their questions and their comments all provide the impetus for preparing new and better lessons. We are only in our second year, so our approach to every lesson is still improving. We try to mix popular video presentations with explanations of the science behind many of the concepts. The questions from our students direct us to improve our clarity and towards other fascinating areas of astronomy. It is clear that at this stage of our lives, we focus on reality and avoid too much speculation. We often receive feedback on our sessions from the class, which leads to new areas to explore.



**A (Errol):** It's great to be able to explain and discuss current thinking on the origins of the universe, where we fit in, and how inconsequential we are in the context of the Universe to a group of genuinely interested people - otherwise they wouldn't be there, would they!? Our class has a mix of people from science engineering backgrounds as well as non-science, and it's great to be able to try to explain science concepts to these members and see their reaction when you can see they now understand / "get it" !! We steer away from the Maths but explain the concepts in understandable everyday terms.

**Q: Have you noticed any specific benefits or positive outcomes for your students as**

**a result of their participation in your astronomy classes?**

**A (Tony):** Our students have a good grasp of the key concepts in Astronomy. Some of their knowledge may come from the classes, but many people read widely and share their information during the class. The number of news items raised by students during the class provides an immediacy to our learning. We aim to give the students information that allows them to appreciate the importance and reliability of astronomy discovery announcements.

**A (Errol):** Hopefully, they can now understand how stars form, what black holes are, neutron stars, the Big Bang, Dark Matter, and Dark Energy, to name a few concepts, and I think they do from the questions they ask in the sessions. We encourage people to be interactive and to stop us and ask questions if they don't understand something. They are now raising more profound questions to which there is no concrete answer from the experts in the field yet!! As the year goes by, we get many more questions, which is great!

**Q: How do you encourage your students to explore astronomy beyond the classroom, and what resources or activities do you recommend?**

**A (Tony):** We provide summaries of each presentation, with links to the sources of the information. Many students read the summaries and follow up on the sources. Seeing how many people love tracking down a book or an article to understand particular concepts more deeply is fantastic. We share some of our travel experiences and encourage everyone to see the world of astronomy themselves – from the Atacama desert to Parkes, Iceland and Bhutan: these are

fascinating places to visit and learn about astronomy. Eclipses, Auroras, and Comets are particularly exciting, but observing the night sky outside the city is a beautiful experience enhanced by our astronomy knowledge.

**A (Errol):** In addition to the classes, we each have a segment of a news item about astronomy that made the news last week. Sometimes, this is highly relevant to what we discussed over the previous week(s), a new twist on how the Universe/planets work, or what scientists have learned about the Universe just recently. Members now come up with stories of what they've read and what fascinated them in the last week. A promising sign is that we are keeping our minds active!



## **Congratulations Hervé! Recipient of the 2024 Tutor Recognition Awards, U3A Network Victoria**

Hervé Rochecouste was presented with his award by the **U3A Network Victoria** at RMIT Melbourne on Thursday, 3rd October. Sue Sturman, Waverley Course Coordinator, nominated Hervé for this award, acknowledging his long-standing tutoring and mentoring of the Classical Guitar Classes.

Over the years, Hervé has mentored selected students to become tutors, which has contributed to the growth and longevity of the classical guitar classes at U3A Waverley and Wheelers Hill.

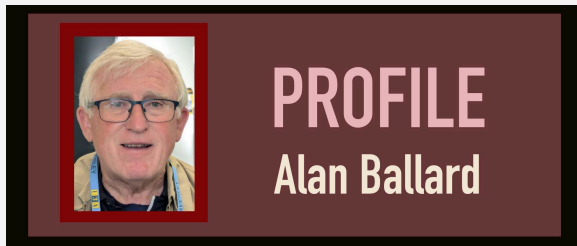
On Tuesday, 8 October, the tutors and students joined Hervé to congratulate him and celebrate his achievements. Sue, the

Course Coordinator, gave a congratulatory speech and added that Hervé's dedication and hard work inspire all of us.

Congratulations Hervé, on a well-deserved award from all his tutors and students at U3A Waverley and Wheelers Hill!







**A**lan Ballard brings experience to the position of secretary on the Waverley U3A committee, as he was the secretary of the Waverley Hockey Club for nine years. But he says it's a different proposition to what it was in those days. "There's a lot more legal issues and responsibilities than in the days when I was secretary at the hockey club; it was much more local," he said.

"When I first came on the committee as a guest visitor, I was impressed by the knowledge the people on the committee had about the activities that were going on, and I thought, gee, it's going to take me a long time to catch up on that level of knowledge."

Alan's career was in the construction industry; he was an air-conditioning engineer for 27 years. His first and most significant job in Melbourne was the Rialto building in Collins St, which was the tallest office building in the Southern Hemisphere when it was constructed. After "retirement," he worked as a teacher at RMIT Holmesglen for 10 years.

He attends other U3A classes, such as Current Affairs and Walking Soccer. "And I continue to play hockey, over 60s on Friday mornings, and I love it. I'm struggling now because I've got asbestos in the lungs. In Australia, many people, including builders, carpenters, plumbers, and electricians, used asbestos sheeting when they were putting up buildings. They breathe the dust and

stuff in. You don't necessarily get mesothelioma; you get what is called plaques on the lungs".

Alan met his wife on a ship when he was a shipboard engineer. "We had a shipboard romance; she was going across to England." They migrated to Australia in 1972 and have three daughters and nine grandchildren aged four to 16.

"There's an awful lot of birthdays and things, a lot of activity. None of them play hockey." Alan loves gardening and is a fan of Gardening Australia. "I pick up a lot of tips from there. Philosophically, there's nothing finer than growing your own food and eating it. We had about 20 pumpkins last year and 13-14 kilos of potatoes."

**- Anne Cornish**





### **An important message from our piano/keyboard tutor, Arlene Bastian:**

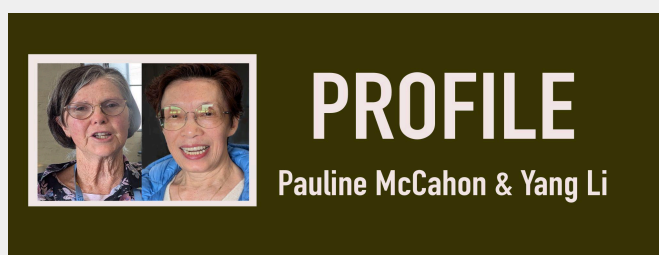
**P**lease be aware that Piano/Keyboard classes are structured sequentially. A pre-enrolment consultation with the tutor ensures a seamless learning journey. This will allow the tutor to assess the member and assign to the most appropriate class.

As such, new members (except absolute beginners) who are interested in Piano/Keyboard lessons in 2025 are advised to kindly leave their contact details at the office. The Tutor will then get in touch with you to organise to test you and discuss your skill level and appropriate class placement before the enrolment date. It is essential to read the description and requirements for each class carefully when the Course Booklet is available.

**On enrollment day, the classes fill up within a few minutes, and there is always a long waiting list. Therefore, it is important to enrol in the appropriate class as soon as possible on the tutor's advice, as enrolling in the wrong class could result in you missing out altogether. Please note that enrolling in multiple Piano/ Keyboard classes is not allowed.**

Thanks for your understanding.

**- Arlene Bastian**



**T**he U3A choir has the benefit of two tutors, both of whom are well-versed in the world of singing. Pauline McCahon and Yang Li have been members of the choir together for some years, and this year, they took on the task of tutoring the course.

"We sang very well in the choir together for a few years before we did this," said Pauline. "I prefer a fun time singing together and a group who we just naturally harmonise. We are prepared to try things, but we also like to have things that are easy to follow."

Pauline studied piano and sang in Eisteddfods as a young child and has performed in church choirs. "I come from a large family, we often said we were like the von Trapps, we performed when people came to the house," she said. "I learnt piano to about grade 5, I can read music, [and I] learnt with Knobby [Clarke] to sing without accompaniment. She said the ability to read music was not a requirement to join the choir, though it could be helpful.

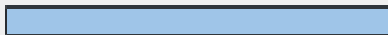
"Yang plays individual parts, and choir members learn through repetition and other choir members who sometimes learn more quickly. Occasionally, the refreshment break is taken in sittings while one or more parts are focused on."

Yang said she really liked singing when she was a little girl. "At school, I always got a solo." In Harbin, in the north of China, she played the accordion and sang in a professional company. She studied for four

years to be a music teacher and taught for the next 10 years. "I've got three points, the first one is the music technology - how do you sing, how do you use the breath, how do you read the music," said Yang.

"Second point: I like to offer the choir members the different countries and the different cultures of the music, like the Ode to Joy I want everybody to know the back story why I offer this song for the choir members. Third point, I want the choir members to be friends, like we know each other, how do we help each other, we join the choir and we help each other, and the way we all work together and we feel happy. "I really enjoy the singing and I like everyone if you join this choir, I want each member to learn something from me. The choir should give you something interesting but don't be in a hurry, we are step by step."

- Anne Cornish



*End of Year*  
**CELEBRATION!**  
*You're Invited*  
*Get ready to shine!*

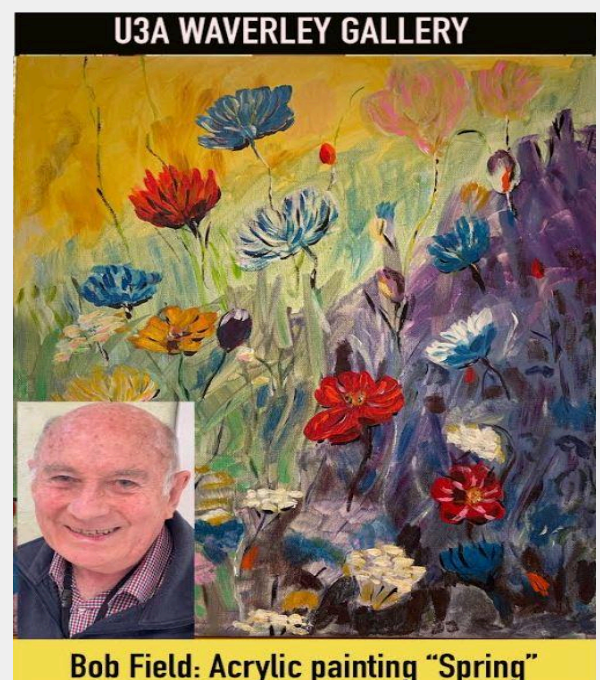
*Join us for a day of fun, food, and fellowship.  
Showcase your talents: sing, dance, paint and more!*

*Let's make some unforgettable  
memories together!*

**Friday, 13 December**  
**10:00 am - 2:00 pm**

**Jordanville Community Centre**  
**94, Batesford Rd, Chadstone, Vic 3148**

**Please note your attendance on the RSVP list at  
the office before 29-11-2024**







## Goodbye Mum!

A poem by Gail Robinson  
Tutor: Creative Writing

For some, she was like a sister

For others, a treasured friend

For us, she was Mum and Nanna

On her, we could depend

One of her titles that she greatly loved

Was when her grandkids called her Nanna

She loved spoiling them and breaking the rules

And never losing her temper.

And when her great grand-daughters came along

Our darling little treasures

To hold those babies in her arms

It gave her so much pleasure

As a first-time mum, when I was unsure

She always gave me good advice

She'd always come when I needed her

I never had to ask twice.

She cried with us in our sorrow

And was there to hold us tight

And when we all had our joyous times

Her being there just made it right.

We know Mum was loved by her Tannoch Brae friends

The care that they gave her was special

She always said that they felt like family

They were loving and caring, and gentle.

She tried her best to stay longer for us

But for her, it got harder and harder

Her health just got worse, and she really missed Ern

Because he was her treasured life partner.

Maybe he came back to take her

When she was ready to go

Maybe he held her hand in his

I guess we'll never know.

So farewell to our darling mum

You've left a great big hole

Our lives will never be the same

You were a beautiful soul.



## Vale Marjorie!

It is with profound sorrow that we announce the passing of Marjorie Large, our beloved art workshop leader.

Marjorie was a dedicated volunteer with U3A, where she generously shared her artistic talents and wisdom with countless individuals. I have known Marjorie for more than 5 years. For many of us, she was more than just a tutor; she was a mentor, a friend, and an inspiration.

Her weekly presence in the art workshop was a constant source of joy and encouragement. Always impeccably presented, Marjorie would greet us with a warm smile and a kind word. She often shared stories about her life, from her neighbours to her pets, her medical appointments and so on, creating a sense of community among the workshop participants.

As an accomplished artist, Marjorie mastered various mediums, including oils, acrylics, and watercolours. She patiently guided us, offering subtle suggestions and gentle encouragement to help us improve our skills. I had never drawn, painted, or even sketched before I came along to her sessions. She often warned me that painting watercolour was the hardest of the mediums. I was not daunted but encouraged by her advice.

Her mantra, "Don't forget, it's about water, it's the water," will forever echo in our minds as we continue our artistic journeys.

We will miss Marjorie dearly. Her legacy will live on in the countless works of art she inspired and the friendships she fostered.

Vale, Marjorie!

- Sandra O'Hara



### **Marjorie Lorraine Large**

**02/12/1935 - 22/10/2024**

**A Service to Celebrate the Life of  
Marjorie Lorraine Large will be held at**

**Allison Monkhouse Chapel,**

**Cnr Stud Road & Burwood Hey**

**Wantirna**

**on**

**Friday 8th November 2024,  
commencing at 10.00 am.**



### **A warm welcome to the last Newsletter of 2024!**

As we conclude 2024, we present our final Newsletter. I extend my sincere gratitude for your ongoing support and helpful feedback. Your contributions have significantly enhanced this publication. This issue may appear longer than usual due to the inclusion of essential information regarding enrollment, year-end celebrations, etc.

**Enrolment for the 'academic year 2025'** will commence on Monday, 2nd December 2024, at 9:30 AM. All enrolments can be processed online. For those unable to enrol online, in-person enrolment will be available on Wednesday, 4th December 2024, between 9:30 AM and 1:30 PM. Please note that students wishing to enrol in sequential classes, such as piano or keyboard, must contact the office before the enrolment date. A separate notice within this newsletter provides further details on this process. Kindly note that the final decision regarding class enrolment rests with the tutors. I wish you a happy learning journey!

### **Get Ready for the Year-End Celebration!**

I've heard that classes are already hard at work practising for our year-end celebration on Friday, December 13th, at Jordanville Community Centre - Main Hall, 94 Batesford Road, Chadstone 3148

The festivities will kick off at 10:00 AM and wrap up at 2:00 PM. A light lunch will be provided, so please let us know if you plan to attend by November 29th for catering purposes.

Tutors, kindly coordinate with Kevin Delaney to finalise your class performance details. Let him know the estimated duration of your performance and any specific setup requirements, such as display tables.

**IMPORTANT:** Please submit all Newsletter contributions to our **new dedicated email address** at least one week before the end of the month to guarantee timely publication.

Email:  
**[newslettereditor@u3awaverley.org.au](mailto:newslettereditor@u3awaverley.org.au)**

I hope this newsletter keeps you informed and engaged!

Thank you

Editor: Chris Nallaratnam

