



U3A HAWTHORN NEWS

Official Newsletter of Third Age Learning (Hawthorn) Inc.

Reg No A0010798X, ABN 41360939238

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PRESIDENT'S MESSAGE

Seniors Week for the current year will be held in October and I ask members to support our participation in the activities outlined in the notice below. In addition to supporting the movement, it will give us the opportunity to talk to a number of other U3A groups and perhaps to pick up some new ideas for programmes and activities.

SENIORS WEEK OCTOBER 2008

ATTENTION ALL U3A MEMBERS!!!

To honour the anniversary of twenty years of U3A Network Victoria, the Victorian State Government Office of Senior Victorians (OSV) has invited U3As to lead the launch of Seniors Week, at Federation Square.

This event will be known as the *U3A Carnival of Learning*, and is a wonderful opportunity for U3As to play a prominent part in Seniors Week in Victoria.

It will take place on **Sunday 5 October** from 10 am to 4 pm
at FEDERATION SQUARE.

There will be a number of marquees in front of the outdoor screen, where participating U3As can set up and demonstrate their various activities. All equipment and other essentials will be provided by OSV. Our U3A will of course be taking part, and details of how and in what way are under discussion now.

There will be five *villages of activities*:

Art and Craft

Brain/Discussion activities

Information Technology

Music

Physical Activities

Help is important. A small working party is being formed, and keen and enthusiastic volunteers are needed to help staff the displays on the day, maybe only for an hour or so. Planning suggestions are welcome. Please contact Elaine Cockburn 9486 7998 or Ruth Muir 9818 0801 and we will keep you informed.

Rod Benjamin
President

U3A HAWTHORN OFFICE HOURS:
Monday to Friday: 9.30 am - 4.00 pm

NEW TUTORS NEEDED

We are totally reliant on volunteer tutors to present a comprehensive and interesting program of classes for our membership. If you have an interest in a particular subject and you are prepared to share your knowledge (or if you know someone else in this position) we would like to hear from you. Please contact the Curriculum Committee (care of the Office) and one of them will get back to you, with a view to including the course in our program.

SITUATIONS VACANT

Archivist/Historian: As some of our members reach their nineties we realise we need to do more to preserve our history.

Technically minded people to occasionally help with audiovisual equipment for specific classes and to teach other members the ropes.

If you can help please contact the office on 9821 0282.

EMAIL ADDRESSES AND WEBSITE

In order to make more use of email for U3A Hawthorn communications **it is essential that you notify any changes in your email address by sending an email to the U3A Hawthorn office at:**

mail@u3ahawthorn.org.au

indicating your email contact details. **Please include in the email your name(s) and U3A ID number(s).**

Our website **http://www.u3ahawthorn.org.au**

The website is fully functional. All courses, forms, and newsletters are available to download.

OFFER OF ASSISTANCE

Are you familiar with our website? Are you confident with internet browsing and emails? Is your PC doing what you want it to do? If not and you'd like a helping hand, our Webmaster, Bruce Lancashire, has offered to assist members wherever possible. You can either email him direct to webmaster@u3ahawthorn.org.au or leave a message for him at the Office. He can then make arrangements with you.

FEES FOR 2009

Annual membership fees for 2009 are as follows:

Membership of U3A Hawthorn	\$40 single \$65 couple/two at same address
Member enrolling from another campus	\$25 (to cover administration)

Members are reminded that membership fees for 2009 must be paid before enrolments or re-enrolments in courses for 2009 can be processed.

COPIES OF PLAYS AVAILABLE

We have been given multiple copies of a number of plays by well-known playwrights (David Williamson, Arthur Miller, Henrik Ibsen, William Russell to name a few). Tutors and members are welcome to borrow these. Any queries, ring Jean Giese on 9890 2189.

DO YOU HAVE YOUR MEMBERSHIP BADGE?

Badges are normally printed on Mondays, Wednesdays and Fridays as required. New members and those who have requested a replacement can collect the badge from the office, 26 Sinclair Avenue, Glen Iris, usually within two days of joining U3A Hawthorn or making a request for a replacement.

COPY DEADLINE

Copy deadline for the December 2008 Newsletter is 7 November 2008. Please send all copy to the Office.

ACTIVITIES FOR PEOPLE WITH DEMENTIA AND THEIR FAMILIES NOW IN MELBOURNE'S SOUTH EAST AND NORTH WEST SUBURBS:

OPEN DAY SUNDAY 21 SEPTEMBER IN HAWTHORN

Alzheimer's Australia Vic will hold an Open Day at its Hawthorn premises on Sunday 21 September to mark Dementia Awareness Week and to coincide with World Alzheimer's Day. The theme of Open Day will be *Mind your Mind*, one of many local events across rural and regional Victoria during the week.

Alzheimer's Australia Vic is holding a range of new services and activities for people with Alzheimer's disease and other forms of dementia, as well as their families and friends, in Melbourne's South East and North West suburbs throughout the remainder of the year. The sessions, held by staff from the organisation's Dementia and Memory Community Centre, include dance therapy, art therapy, exercise and relaxation, and '*creating your life book*' – and are designed to help people live positively with dementia. The sessions usually last around two and a half hours and are run by experienced facilitators. They are free to attend, but bookings are essential.

Copies of the Dementia and Memory Community Centre's *What's On* guide for 2008, which includes details of all activities taking place around Melbourne, are available through Alzheimer's Australia Vic on (03) 9815 7800, by email to alz@alzvic.asn.au, or website www.alzheimers.org.au

Alzheimer's Australia Vic is the State's peak body providing support and advocacy for people with dementia and their families. The Dementia and Memory Community Centre is an Australian Government initiative, based in Hawthorn, Melbourne, and is an exhibition and multimedia gallery with a library and an extensive collection of books, brochures, journals, videos and DVDs about dementia. Dedicated computers are available to browse the internet, with experienced staff to assist. It also features an audio visual room, where people can view videos and DVDs on practical topics about dementia and caring for a person with dementia. The centre also holds day and evening seminars, information sessions and education workshops.

The Dementia and Memory Community Centre is located at Alzheimer's Australia Vic, in premises at 100 Riversdale Rd, Hawthorn (Melway ref 45 D 12 – entry via Glen Street). The centre is open from 9.30 am to 4.30 pm Monday to Friday (excluding public holidays). No appointments are necessary – people are welcome to just drop in.

Hawthorn daytime sessions for this year are:

Date	Session Type	Time
15 Oct	Discovering Spirituality through Art Therapy Learn how to use interfaith practices, rituals and routines to give comfort, structure and meaning. Ease the stresses of everyday life through art and creative expression	10:00 am – 12:30 pm
3 Dec	Christmas Celebrations An informative & fun workshop. Includes a seminar on nutrition and healthy eating tips for the holiday season. Entertainment provided by a guest singing group performing Christmas favourites.	11:00 am – 1.30 pm

MOBILE PHONES

**This is an urgent plea from our tutors that you SWITCH OFF
or SET YOUR MOBILE PHONES to SILENT MODE
before each class commences**

SPRING EXCURSIONS

For bookings please telephone the U3A office (9821 0282)

For further queries, please contact Joan Harding on 9813 3974 or 0408 366 987 or Collette Flynn on 9882 6097

Payment at least 21 days prior to tour departure unless stated otherwise.

In case you are unable to join your tour on the morning of its departure, please telephone Joan Harding prior to 9.00 am on her mobile telephone number (above).

WERRIBEE SEWERAGE FARM AND POINT COOK RAAF AIRCRAFT MUSEUM TOUR – TUESDAY 09 SEPTEMBER 2008 –

Travel by bus to see the Sewerage Purification process at Werribee and view the many species of migratory birds nearby. Lunch at the Werribee Golf Club. Continue on to immerse ourselves in the magnificent display of aircraft at the Point Cook RAAF Museum.

Cost: \$49 per person
Depart: U3A Sinclair Avenue at 9.15 am
Return: Approximately 5.00 pm
Includes: Coach travel, morning tea, lunch and entrance fees
Limit: 49 participants

Please direct bookings to the U3A office.

SUPREME COURT OF VICTORIA – MONDAY 06 OCTOBER 2008 –

Not to be missed! Hear about the intricacies of court room procedure with a special presentation by Leanne Newson, Educational Officer for the Law Courts. Witness the Supreme Court in session.

Cost: Free of charge
Time: *Prior* to 9.15 am for a security check. Stay until 12 noon.
Location: 210 William Street, Melbourne
Enter through the open door around the corner in Lonsdale Street.
Limit: 25 participants

Please direct bookings to the U3A office by Friday 19 September.

HAWTHORN COMMUNITY GARDEN INC. AND 'VILLA ALBA' HISTORIC MANSION KEW – WEDNESDAY 12 NOVEMBER 2008 –

Explore two of our local treasures. First we will view the Hawthorn Community Garden, hidden from passers-by. A gardeners' delight, the myriad of individual plots produce an amazing array of fresh organic vegetables.

From here we travel to stately *Villa Alba*, one of Melbourne's great landmarks from bygone days. A guided tour will take us through the home and out into the recently renovated garden, established in the original design. Afternoon tea follows.

Cost: \$10
Location: The tour will begin at Hawthorn Community Garden, sandwiched between the skate park and *Rylands of Hawthorn* on Riversdale Road East Hawthorn. Melway reference: 45 G12
Then.....
Villa Alba, Walmer Street, Kew. Melway reference: 2D G11
To finish the tour, if desired, coffee and cake are available directly opposite *Villa Alba* at the Boulevard Restaurant overlooking the Studley Park Golf Links. Afternoon tea will be at your own cost.
Time: 1.00 pm
Note: Your own transportation is required for this tour.

Please direct bookings to the U3A office by Wednesday 29 October.

Joan Harding

MUSIC TUTOR

Yehuda Svoray's successor has commenced classes, same time, same place, enabling the popular series *Composers and their Music* to continue, with John Byrne presenting what promises to be very well-prepared and interesting programs for us to enjoy. Though we will miss Yehuda, John is a worthy replacement and we are fortunate indeed that he has made himself available. Yehuda's final session was combined with a farewell party, giving everyone the opportunity to thank him for the enjoyable musical appreciation he has provided over many years.

VALE David Collins

David was a member of U3A Hawthorn from the mid 1990's. Many members will recall that he generously shared his enthusiasm and love of Italy - in particular Florence, at a number of Summer School sessions and Short Courses. His thoroughly researched and detailed presentations which included topics focussing on the works of Donatello, Brunelleschi, Ghiberti, Michaelangelo and many more, were always insightful and entertaining.

David died in January this year.

Meg Adams

Are you a Computer Savvy Senior? No? Then keep up with Cyberspace!

Learn new computer skills with the City of Boroondara Library Service. The Library provides a wide range of computer training programs to suit all members of the community. They are offered at all five branches of the Library Service. The training sessions are free of charge, run for 1 hour and provide notes.

Choose one or all of the following:

Introduction to the Internet

Basic skills to get you started.

Introduction to email using Gmail (Google email)

Create an email account and send/receive email.

Further Internet

Use search engines and directories, improve your search strategies and learn about Wikipedia.

Further email using Gmail (Google email)

Send/receive attachments, create your own signature, create and manage contacts and organise your email.

Online Databases

Search for current information on a wide variety of subjects spanning business, history, science, arts, health, law, education as well as local and international newspapers and magazines.

Genealogy on the Internet

Delve into your family history using resources available online.

Blogs and blogging for beginners

We recently added Blogs to extend our training repertoire. Create your own blog and post an entry.

We also offer a special computer training program designed for seniors.

Computer Savvy Seniors train volunteer tutors in computer and Internet skills who in turn provide one-on-one computer training to other interested seniors either in the library or at the participant's home.

For more information about any of these programs or to book a session please contact Lisa Wilson, Community Development Librarian, Hawthorn Library, 9278 4666 or contact any branch of the City of Boroondara Library Service.

Ashburton Library	9278 4633
Balwyn Library	9278 4644
Camberwell Library	9278 4655
Hawthorn Library	9278 4666
Kew Library	9278 4677



Concerts behind us and concerts ahead, and a few gossipy items from the U3A music scene.

Both choir and orchestra can look back on very successful concerts held since the last Newsletter, enjoyed by both audiences and performers. The choir is now preparing a short bracket of pieces as part of the end-of-year entertainment, while the orchestra has two concerts ahead — one in a few weeks, and the final concert for the year at the end of November.



Please note these dates in your diary:

Springtime Orchestral Concert – Thursday 18 September, Hawthorn Town Hall, 10.30 am

Final Orchestral Concert – Thursday 27 November, Hawthorn Town Hall, 10.30 am

End of Year function – Saturday December 6, Hawthorn Town Hall, 2.00 pm



Plans for this final occasion in December are still under discussion, but keep the date free until further information is available for the next newsletter.



Rehearsals for the mid-year orchestral concert are proceeding well. As in former years, this concert is conducted by Willem van der Vis, and the program is of a “light music” nature, very appropriate for the onset of Spring. Several items have a dance theme, and the highlight is a concerto for double-bass, featuring 18-year-old soloist Ben Farrands.

At our last rehearsal we had the pleasure of a visit from a film crew from Clunes Neighbourhood House, who are preparing a documentary on *Positive Aspects of Ageing*. One of our orchestra players lives in their area and her delight in playing with the orchestra was so apparent that they requested an opportunity to film us in action, with the possibility of filming the complete concert in September. This film will be shown as part of the Seniors Festival in Federation Square in early October, a wonderful publicity medium for U3A Hawthorn!

And the choir has also had a visitor of note recently – Jonathon Grieves Smith, Chorus Master of the MSO Chorus, formerly known as the Melbourne Chorale, who attended a rehearsal some weeks ago and has plans for 2009, as yet incomplete, in which we may be able to participate. He will keep in touch.

So there is much to look forward to!

JIGSAW PUZZLES

My initiative to set up a jigsaw library has been too successful. My intention was to set up an exchange, drop one in and take one out, but so many puzzles have been donated that we have already run out of storage room. No more contributions are needed and the collection is now located under the window side bench near our main computer, for easy access when the office is open.

Hans van Dorssen

EVENTS

September to December 2008

(This flyer is for your refrigerator or bulletin board)

TUESDAY 9 SEPTEMBER

9.15 AM - 5.15 PM

**WERRIBEE SEWERAGE FARM AND
POINT COOK AIRCRAFT MUSEUM TOUR**

Depart from and arrive back at Sinclair Avenue

SUNDAY 14 SEPTEMBER

2.00 PM

GEORGE DREYFUS' BIRTHDAY CONCERT

Hawthorn Town Hall

THURSDAY 18 SEPTEMBER

10.30 AM

ORCHESTRAL CONCERT

Hawthorn Town Hall

SUNDAY 5 OCTOBER

10.00 AM - 4.00 PM

**U3A CARNIVAL OF LEARNING
LAUNCH OF SENIORS WEEK**

Federation Square, Melbourne

MONDAY 6 OCTOBER

9.00 AM TO 12 NOON

SUPREME COURT OF VICTORIA

210 William Street, Melbourne

WEDNESDAY 12 NOVEMBER

1.00 PM Onwards

**HAWTHORN COMMUNITY GARDEN
AND *VILLA ALBA* IN KEW**

Riversdale Road, East Hawthorn and
Walmer Street, Kew

THURSDAY 27 NOVEMBER

10.30 AM

ORCHESTRAL CONCERT

Hawthorn Town Hall

SATURDAY 6 DECEMBER

2.00 PM

END OF YEAR PARTY

Hawthorn Town Hall

***FULL DETAILS OF ALL THESE EVENTS
ARE IN YOUR NEWSLETTER.***

U3A HAWTHORN TUTORS

Have you considered having your own webpage on the U3A Hawthorn site? You could use it in all sorts of ways: tell prospective members about your course, store class notes for downloading, advise your class about events, venues, class requirements etc. or as another means of communicating with your class. All you need to do is have the ideas and the content – you don't have to make the page or upload it. Contact Bruce Lancashire via email to webmaster@u3ahawthorn.org.au to get started.