



U3A HAWTHORN NEWS

Official Newsletter of Third Age Learning (Hawthorn) Inc.

Reg No A0010798X, ABN 41360939238

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President and Vice-Chancellor of Swinburne University of Technology

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PRESIDENT'S MESSAGE

Direct 2 Care Information Session.

Twelve members attended an information session at Sinclair Avenue given by a staff member of the Knox centre of Direct 2 Care. Direct 2 Care is an information hot line for those seeking assistance for themselves, or a member of their family, or a friend, who requires assistance in the home. It is an information service that can put you in touch with services that include

- Help with cleaning or housekeeping or basic home maintenance
- Help with showering or dressing
- Organized groups with social support activities
- Physiotherapy and eye care
- Respite services
- Food services
- Friendly visitors or transport provided by volunteers

The Hotline is 1300 121 121. The staff member who addressed us was very proud that the staff members answering calls are all highly trained, and that when you do call you will be answered and not be placed in a queue listening to advertisements or music that you do not want to hear! The service is provided free of charge by the Victorian Department of Human Services in partnership with the Commonwealth Government.

From what we heard at the information session we could thoroughly recommend the service if assistance is needed to stay in the home.

Summer School

In January 2010 our Summer School will take a different format from 2009. It will run for four weeks from Monday 4 January, but there will be two sessions a day, all held in the Main Hall at Sinclair Avenue, rather than the three sessions a day that were held in 2009.

We will keep you posted with the programme and with the different enrolment methods to be used this time.

Enrolment and Re-Enrolment for 2010

I have mentioned on several occasions that Hawthorn U3A is short of volunteers to run our extensive programme. When you re-enrol or enrol for next year's programmes you will be completing a form that asks you to nominate an area of our services in which you are willing to be a volunteer. Your Committee *has decided not to adopt a procedure adopted by some other U3As*, a preferential enrolment procedure whereby if you do volunteer you receive preference for enrolment in popular classes.

Rod Benjamin

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.

SINCLAIR AVENUE PARKING

When using the parking area, please consider your fellow members. If using the middle of the carpark, please restrict parking to two rows and make sure there is room for cars to drive in a circle between those two rows and the cars parked around the perimeter.

Peter Anderson

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.

MOBILE TELEPHONES

Tutors report that mobile telephones are still being used during classes both for receiving and making calls. Please (1) ensure that your telephone is switched off or to silent mode before the class commences and (2) good manners dictate that you do not answer or make any calls during the class. In an emergency, please excuse yourself from the class and make or answer the call outside the building. Thank you for your co-operation.

Members of the Management Committee

FEES FOR 2010

Annual membership fees for 2010 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 2010 must be paid before enrolments or re-enrolments in courses for 2010 can be processed.

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.

Please do not forget to collect your badge from the Office.

COPY DEADLINE

Copy deadline for the December 2009 Newsletter is 30 October 2009. Please send all copy to the Office.

TRIBUTES

KEN AITKEN

“Bridge must be the most popular card game ever invented” is a quotation from the bridge notes compiled by our well regarded and experienced bridge tutor, Ken Aitken. Ken was the original founder of our current U3A bridge group. In 2000 the then president, Jean Giese, asked Ken to set up a bridge tutorial for the following year. He asked me to help him which I happily agreed to do. From then on, on a weekly basis, my computer busily chattered as it downloaded the notes Ken had worked on and which he sent me by email. The class was ready to go. I think all students appreciated not only his carefully constructed notes but also his learned and courteous approach.

Ken had an illustrious career. In 1948, after service in the air force during World War 2, Ken graduated from Melbourne University with a degree in Law. For many years he combined his legal practice with a part time lectureship in Law at Melbourne University. His other interests included golf and tennis.

Ken was an invaluable member of a weekly Hawthorn U3A book Group. Often we would turn to him with a question and invariably an erudite reply was forthcoming. His specialty was a profound knowledge of the works of Marcel Proust. He lectured in this topic at another U3A campus.

Our sympathies are extended to his wife Sylvia and his children and grand children. We all miss him.

Anna Nugent

GORDON KEYS SMITH

It is with a great sense of loss that we note the death of Dr Keys Smith, whose lectures on Theology and Famous Figures in Religion I was privileged to attend. He shocked the class last year when he announced it was his final year as a lecturer, but when he told us his age we could only be grateful that he gave us his services so wonderfully and so long. He imparted his knowledge, and even more his great wisdom, in such a natural and seemingly effortless way, and his great patience was a measure of the immensity of his generous spirit. It is no exaggeration for me to say that he was the most inspirational and admirable man I have ever met. Heaven is the richer for his arrival there.

Frank Doyle

MARY PIERI

It was with sadness that we heard of the death of Mary Pieri at Box Hill Hospital on 24 July. A former member of the nursing profession, Mary attended classes at Hawthorn U3A for many years. She was a founding member of the Choir in 1994 and made a valuable contribution until her death. Other classes attended included *Everyday Life*, *Thoughts and Ideas*, *Wellness* and more recently *Books for Life*.

Mary is survived by her husband Mario, daughter Louise, son Matthew, daughter-in-law Barbara and five grandchildren. She was a dear friend to us all—we will miss her.

Judith Chipman



MUSIC NOTES

THE CHOIR OF U3A HAWTHORN IS CALLING YOU! WHERE ARE THE MEN IN OUR LIVES?

In this issue I'm starting with Choir affairs, mainly because I want to alert all male members of our productive, cooperative, active and inspiring U3A to the fact that the men's section of the Choir is seriously out-numbered by sopranos and altos. This is no laughing matter; it is impossible to get a good balance of sound with an imbalance of voices, and the present male members need and deserve better support.

So rally round, all you men with an ear for a tune and a willingness to test yourselves to the camaraderie and satisfaction that comes from singing together.

THE CHOIR NEEDS YOU! COME JOIN US!

Rehearsals are on Tuesday mornings from 10.15 -12 noon, in St David's Church Hall, Corner of Burke and Mont Albert Roads. A brief time afterwards for a cheery cuppa and some friendly chat follows. Contact Choir Director Judy Chipman on 9848 6036. She would love to talk to you and encourage you to give it a go. We all look forward to welcoming you – soon!

Orchestra-wise, by the time this goes to print the August concert will have been held. This was a particularly significant program, with the second half of the concert devoted to music written by an Orchestra member, Barry McKimm, who had reworked his original piece *Dandenong Suite* to suit the requirements of our orchestra, thus producing a *World Premiere*. There was quite an amount of publicity sent out about it all and it aroused great interest.

For music-lovers there are now only two dates to record for the remainder of the year:-

Final Orchestra Concert – November 26, 10.30 am at Hawthorn Town Hall

U3A End of Year Party – December 5. The Choir will perform a brief program of festive music at the end-of-year party. Full details of this event will be in the next edition of the Newsletter.

Please note these dates in your diary - we look forward to seeing you there.

Ruth Muir

WANTED URGENTLY— MALE SINGERS

We need more male singers. Please come along and join our select group of men. If you are able to read music and sing in tune we can guarantee enjoyment. We would also welcome a pianist/singer to help our two efficient accompanists, Patricia West and Ruth Muir. If you would like to join us in this capacity please contact Judy Chipman (9848 6036).

Judith Chipman

GOOD NEWS FROM OUR SECRETARY

Since the previous Newsletter went to press, one of the most significant milestones in the history of U3A Hawthorn has been reached. After extensive discussions with Boroondara Council and a last minute application for planning permission to amend the permitted use of the premises from a bowling club, the long-anticipated lease over 26-28 Sinclair Avenue has been signed and is current to 9 June, 2014.

Having secured this feeling of well-being, we can look back and think where we would have been without the energetic determination of two people in particular – Past President, Christine Watters and former office manager, Meg Adams. We owe them a huge debt of gratitude for their lobbying of Councillors and senior council staff which started five years or more ago and led to the tenancy.

The lease provides that our permitted hours of use are Monday to Saturday from 8.00 am to 6.00 pm. The lease covers the two brick buildings and the new storage shed and the gardens and grassed areas to the south and north of the buildings, excluding the small area of land between our pathways and the fence surrounding the Wetlands. This small area will allow the public to walk around the Wetlands and we will have to get used to seeing unfamiliar faces near our premises. We are expecting Council will erect a sign near our gate informing the public that access to the Wetlands is via the “*bike path*” and not through our property.

Having given us a first class kitchen, Council requires us to “*keep it in a clean and hygienic state in accordance with food handling regulations*”. This becomes the responsibility of everyone using the facility.

At the instigation of the small group who tend our gardens, we applied for and have been granted permission to erect two screen fences to hide the unattractive eastern wall of the office building and the metal shed. We hope that work will start soon.

During a recent visit to Sinclair Avenue by the newly appointed Manager of Health, Ageing and Disability Services at Boroondara, Lisa Foord, we pointed out to her that the water tank which Council had installed was capturing a minimal amount of water in its present position. This proved a source of frustration to our gardeners during the drier months. Subsequent to our discussion with Lisa, Council and their plumbing contractor are investigating alternative locations for the tank

A visit to Sinclair Avenue by members who have not seen the recently completed Wetlands would be well worth it. The new addition to the local landscape was officially opened by the Mayor, Cr Jack Wegman, on 4 July and now that the construction fence has been removed our outlook has improved immeasurably.

Peter Anderson
Secretary

REQUEST FROM U3A NETWORK

U3A Network is a small, central organisation which co-ordinates the distribution of funds from the Victorian State Government to local U3As in Victoria. They have asked us to advertise that they are in urgent need of volunteers for their Marketing and Publicity Committee. If you are available to help them, Network Office can be contacted by telephone on 9670-3659, or by email at u3anet@vicnet.net.au.

Lynne Merigan,
Network Co-ordinator for U3A Hawthorn

SPRING EXCURSIONS 2009

For bookings please telephone the U3A office

*For further **queries**, please contact Joan Harding on 98133974 or 0408366987 or*

Collette Flynn on 98826097

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

*In case you are unable to join your tour on the morning of departure,
please telephone Joan Harding prior to 9.00 am on the abovementioned
mobile telephone number.*

GOLDEN DRAGON CHINESE MUSEUM BENDIGO

– TUESDAY 08 SEPTEMBER 2009 –

Visit the famous Australian Chinese Cultural Centre opened in 1991 to document, interpret and preserve the Chinese heritage in Australia. From the early immigration of the Chinese to the gold fields, to the present day, you will see the beloved and longest Imperial Chinese Dragon in the world, and tour the classic Chinese gardens.

- Cost:** \$45 includes coach travel, morning tea, lunch and entrance fees
Departs: Departs from U3A Sinclair Avenue at **9.00 am sharp**
Returns: Approximately 5.00 pm
Limit: 49 participants

Cancellation penalty – no refunds.

Please direct bookings to the U3A office by Tuesday 25 August.

LUNCH AT WILLIAM ANGLISS INSTITUTE (HOSPITALITY AND TOURISM EDUCATIONAL FACILITY) AT THE FLAGSHIP RESTAURANT

– WEDNESDAY 16 SEPTEMBER 2009 –

The third year hospitality students will showcase their skills in presenting you with a choice of menus. Something different and great fun!

- Cost:** \$19 for two courses or \$26 for three courses (settle bill at restaurant). Wine is an additional \$5 to \$8 per glass if desired.

Note: Correct cash essential as bills will not be split.

- Location:** 550 Little Lonsdale Street, Melbourne (**enter from Spencer Street**)
Time: 12 noon
Dietary requirements: Special meals (diabetic, vegetarian, glucose intolerance etc. etc.), must be advised at the time of placing booking.
Limit: 15 participants

Please direct bookings to the U3A office by Wednesday 09 September.

Spring Excursions 2009, continued from previous page

HISTORIC WALK IN FITZROY
– WEDNESDAY 07 OCTOBER 2009 –
(FULLY BOOKED)

This proved to be so popular, as advertised in our last newsletter, that it was very quickly fully booked. We will run another of these events next year to satisfy those who were disappointed at missing out this year.

CAPITOL THEATRE TOUR
– FRIDAY 20 NOVEMBER 2009 –

The Capitol Theatre, designed by Walter Burley Griffin and recently restored, is recognized internationally as one of the finest auditorium spaces in the world. The theatre is the first and architecturally most important of the three great picture palaces built in the 1920's. Learn why it is of great architectural, historical, aesthetic and social significance. For some, this is an opportunity to take a trip down memory lane, while others will discover one of Melbourne's architectural gems for the first time.

Cost: Gold coin donation (payment on arrival)

Departs: Capitol Theatre, 113 Swanston Street, Melbourne city at **11.00 am sharp**

The building is between Collins and Little Collins Streets. Meet in the foyer area which is next level up (stairs or lift).

Please direct bookings to the U3A office by Friday 13 November.

Joan Harding

BEYOND BLUE

***Beyondblue* seeks active people over eighty to share their secret**

Beyondblue is currently conducting a campaign which asks people who are over 80 years old and who are leading healthy and active lives to share their stories about positive ageing.

Beyondblue has called it the ‘Over B... Eighty (OBE)!’ campaign. The aim is to collate and publish personal stories on the *Beyondblue* website that not only dispel some of the myths about ageing, but help to inspire people to live active and healthy lives into their 80s and beyond.

With the help of local councils, they are seeking first-hand accounts of what people think helps them to prevent depression and anxiety and what they do to enjoy life. Research indicates that exercise, friends, family, going out, diet and staying positive may all play a part.

Beyondblue wants healthy and active over 80s to write — in 100 words or less — what keeps them mentally and physically healthy. People who have shared their secret to a healthy, happy and active life will be contacted by *Beyondblue*, interviewed further, and their story published on *Beyondblue*'s website.

Over 80s keen to share their story can:

- write to:
Beyondblue OBE campaign
PO Box 6100
Hawthorn West VIC 3122
- email: OBEScbeyondblue.org.au
- tell their story (rather than write) by phoning either Bonnie or Sue on 03 9810 6100.

BUT don't forget to include a telephone number, so *Beyondblue* can follow up.

Further information: Sue Gherdovich phone 03 9810 6100 or
email sue.gherdovichbeyondblue.org.au

U3A HAWTHORN EVENTS

September 2009 to November 2009

(This flyer is for your refrigerator or bulletin board)

WEDNESDAY 16 SEPTEMBER 2009 12 NOON	LUNCH AT WILLIAM ANGLISS INSTITUTE (HOSPITALITY AND TOURISM EDUCATIONAL FACILITY) AT THE FLAGSHIP RESTAURANT
WEDNESDAY 07 OCTOBER 2009 10 AM - 12 NOON (Booked out)	HISTORIC WALK IN FITZROY Corner Nicholson Street and Victoria Parade (St Vincent's Hospital corner)
FRIDAY 20 NOVEMBER 2009 11.00 AM (Sharp)	CAPITOL THEATRE TOUR
THURSDAY 26 NOVEMBER 2009 10.30 AM	ORCHESTRAL CONCERT HAWTHORN TOWN HALL
SATURDAY 05 DECEMBER 2009	U3A END-OF-YEAR PARTY (Venue, time, fee and booking details will be in the next Newsletter)

Full details of these events are in your Newsletter