

U3A HAWTHORN NEWS

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Official Newsletter of Third Age Learning (Hawthorn) Inc.

Number 104

September 2011

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FROM THE DESK OF THE PRESIDENT

The garden around our buildings and the lake fronting them are, despite the cold almost freezing weather, a delight. Every time I go to the site I think how lucky we are to have our well-heated, comfortable premises in such a picturesque location.

Culturally And Linguistically Diverse (Cald): In July, Bruce Lancashire represented Hawthorn at a meeting of the Eastern Metropolitan Forum which discussed the advantages of holding a class leaders workshop (positive), accommodation issues, regional groupings, increasing the cultural diversity of U3A's by including courses for those who are at present disadvantaged by not having English as their first language. Other initiatives discussed were swimming and team building which U3A Croydon have recently developed.

Western Australia has scheduled a State Conference from 19/20 September titled '*U3A in the 21st Century - Riding the tiger of change*'. It will be opened by the State Governor and will have four keynote speakers including the Vice-Chancellor UWA, Professor Allan Robson.

South Australia reports they now have 15 affiliated U3As with 2500 members, a second generation of leadership and an active management team. They hope to hone their fund-raising abilities as State government funds are hard to obtain.

Queensland has increased from 19 to 24 registered with the Network, representing 11,000 members - the largest adult volunteer education group in Queensland. Their web-site is attracting more than 300 visitors a month.

Stroke Foundation: A risk factor checklist and stroke prevention resources will be available in August and members with concerns should get copies from the office.

Orchestra under the baton of Gyula Cseszko performed "*A Bohemian Morning*" with music from Dvořák and Mahler, on 4 August. to the delight of the large audience.

Choir: A great program entertained a full house on Saturday 18 June.

Boroondara Council: In June, Rod Benjamin, a representative from U3A Deepdene and I met with Maggie Moulds from the Council to discuss a number of matters all of which were amicably resolved!

The administration team have, as usual, performed splendidly and with the Secretary and committee members enable U3A Hawthorn to function smoothly and cushion the life of ... *Peter Isaacson!*

ERRATA

In the June 2011 Newsletter the report of the AGM failed to record the attendance of Cr Dick Menting, Councillor for Maling Ward. An apology has been extended to Cr Menting and the Minutes of the AGM have been amended to correctly record his presence.

Bruce Lancashire
Hon. Secretary

COPY DEADLINE

Copy deadline for the December 2011 Newsletter is 4 November 2011. Please send all copy to the Office.

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

URGENT – DATABASE ASSISTANCE

We are still looking for a Member who has a good knowledge of our Database software FilemakerPro Version 8 or above to assist with data processing and further development. Email us at mail@u3ahawthorn.org.au if you can help.

Hans van Dorssen, Bruce Lancashire, John Harcourt, Andrew Campbell

EMAIL ADDRESSES AND WEBSITE

In order to enable 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 or

database@u3ahawthorn.org.au

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

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

All courses, forms, and newsletters are available to download from the website.

FEES FOR 2012

Annual membership fees for 2012 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 2012 must be paid before enrolments or re-enrolments in courses can be processed.

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 set 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

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.***

DETAILS OF A STUDY OF HOW PEOPLE TURN TO OTHERS FOR SUPPORT

Rebecca Bishop is working on a study as part of her Honours degree in Health Science at Monash University that focuses on how people are supported by each other and what reasons may explain why some people turn to others for support while others do not. Dr Nikos Thomacos, Senior Lecturer with the School of Primary Health Care is supervising the research. Research completed to date has examined how adults under 60 years of age use and feel about social support, and we now wish to explore how people aged 60 and above use support and their experience of supportive relationships.

Participation in this study is anonymous and involves you in completing a number of questionnaires relating to your use of support, as well as the people you know and your relationships.

To participate in the research you need to be 60 years of age or older and able to complete the surveys in English without assistance.

If you would like to participate, you can complete the questionnaires online by clicking on the following link.

http://www.surveymonkey.com/s/Social_Support_in_People_Aged_60_and_over

Should you want any more information about the research, please contact Rebecca at rmbis1@student.monash.edu, or her supervisor at nikos.thomacos@monash.edu or on 9904 4873.

HELP IS NEEDED

Our hard working Secretary, Bruce Lancashire, is a man of many parts. Apart from his secretarial duties, he manages our website, assists with the database, sets up the audio-visual equipment when needed and generally oversees many of the other tasks related to the smooth running of our organisation. We urgently need volunteers who can assist Bruce with some of these functions, particularly managing the audio-visual equipment. If you can help, even in a small way, please contact the Office and leave your details so we can spread some of Bruce's load more uniformly

SUMMER SCHOOL ASSISTANCE

Marie Hamerton would be pleased to hear from members who are able to assist in the 2012 Summer School planning and implementation. Please leave your details at the office (9821 0282).



2011 Exhibition of Quilts, Art & Craft

Venue: Box Hill Town Hall
1022 Whitehorse Road Box Hill
Melways Ref: Map 47 E9

Dates-Time: Friday 9th Sept 10.00 am to 5.00 pm
Saturday 10th Sept 10.00 am to 5.00 pm
Sunday 11th Sept 11.00 am to 4.00 pm



This impressive display of Quilts, Art, Needlework, Tatting, Woolcraft and Bonsai is the work of members participating in classes at U3A Nunawading Inc.

ENTRY: \$5.00 ENQUIRIES: (03) 9878 3898

U3A NUNAWADING BI-ANNUAL QUILT, ART AND CRAFT EXHIBITION

The U3A Nunawading bi-annual Quilt, Art and Craft exhibition will be presented from Friday 9th September until Sunday 11th September at the Box Hill Town Hall. We would like to invite you and the members of your U3A to come along and enjoy the exhibition. Items on display have been created by members of the various Patchwork, Art, Needlework, Tatting, Woolcraft and Bonsai classes at U3A Nunawading. Light refreshments will be available each day. For any further details please call us at the U3A Nunawading office on 9878 3898.

*Leo Sargent
President
U3A Nunawading*



MUSIC NOTES



Remaining concert dates for your diaries:-

Thursday, 24 November, 10.30 am, Hawthorn Town Hall. Orchestra, conducted by Willem van der Vis, featuring Horn Concerto no. 1 by Richard Strauss, soloist David Keeffe, and Brahms Symphony no 2.

Tuesday 29 November, 10.30 am, final Choir concert for the year. St David's Church, corner Burke and Mont Albert Roads, Canterbury. (Venue to be confirmed, please contact Office closer to the date). Light refreshments will be served after the concert.

Other news from the Choir relates to the recent retirement of their accompanist, Trish West, and the warm welcome to her replacement, Julie Melbourne.

The Orchestra has had a wonderful start to the year under the guidance of their Music Director Gyula (Jules) Cseszkó. Our first program, featuring French music, was warmly received, and the August concert, offering *A Morning in Bohemia*, took place in early August. We were delighted to feature two special soloists, Ian Cousins, renowned baritone, and the young Lachlan Dent, a talented cellist. As noted above, Willem van der Vis will direct the final concert for the year, and we look forward to welcoming back Jules for great music-making in 2012.

HELP REQUIRED - ORCHESTRA PUBLICITY

As the busy managers of our precious orchestra, Nola and I would dearly love to be relieved of the job of publicity prior to each concert. We're seeking someone with flair and dedication to a very important part of the concert year who would enjoy taking this on.

We give three concerts a year, in April/May, August and November, so the requirement would only be occasional involvement for about four weeks before each concert. We would have all the printed material prepared for distribution, and have on record all the details of what, how and where, but feel sure that a new approach to this project would bring in fresh ideas to increase our coverage.

If interested please contact Ruth Muir at 9818 0801. She would welcome enquiries!

Ruth Muir

CARNIVAL OF LEARNING – FEDERATION SQUARE

A reminder of what has become an annual event in the past few years – the *Carnival of Learning*, marking the start of Seniors Week, on Sunday October 2 at Federation Square from 10 am-4 pm.

This is a wonderfully entertaining and richly diverse day, featuring U3As from all over Victoria, and we are proud and pleased to once again be taking part. We hope that many of our members will come and browse and enjoy the varied activities and presentations.

This year our group of digital photographers, whose work as displayed in our “pod” has attracted much attention in previous years, is focussing on shots of many of our classes/groups in action. These will be collected during the next few weeks and will be prominently displayed on the day. They should present a vivid image of the variety of what we can offer at our U3A. We also have a small group from the Choir and another from members of the Orchestra, who are preparing to perform for us.

We would welcome volunteers for an hour or so during the day to help “person” our stand and chat to interested visitors. Please contact Marie Hamerton or Ruth Muir through the Office for details.

CLASSICS OF FRENCH CINEMA

Please join us for three more wonderful French films in the Main Hall at Sinclair Avenue.

Friday October 21)

Friday November 4) all at 11.30 am.

Friday November 11)

Please check forthcoming flyers in the Office and in the Main Hall for titles.

Carolyn MacAfee

SPRING/SUMMER EXCURSIONS

*For bookings please telephone the U3A office
For further queries, please contact Joan Harding on 9813 3974 or 0408366987
or Colette Flynn on 98826097*

BOOKING POLICY

All tours fees are payable at the time of placing reservation.
Bookings close two weeks prior to the event.

CANCELLATION POLICY

Cancellations more than 21 days prior to the scheduled departure
incur a \$5 administration fee per person.
Cancellations 21 days or less prior to the scheduled departure time - no refund due.

Thursday 15 September AROUND THE WORLD RESTAURANT SERIES AT AMICI TRATTORIA RESTAURANT

Cost: A la carte
Time: 12 noon
Where: 726-728 Burke Road, Camberwell, Melway reference 45 J11
(1 minute walk north of Camberwell station)

Wednesday 12 October SPIRIT OF TASMANIA - DAY TOUR

Cost: \$45.50 per person
Time: 9.30 am sharp, returning around 4.30 pm
Where: U3A at Sinclair Avenue, Glen Iris (bus)
Maximum: 48 passengers
Inclusions: Morning tea on board, two course lunch in Williamstown, bus and historic tour,
guided tour of ship

Monday 07 November JOHNSON COLLECTION – CHRISTMAS DISPLAY

Cost: \$21 per person
Time: 9.50 am sharp
Where: Meet in the lobby of the Hilton on the Park Hotel located at 192 Wellington Street, East
Melbourne. (Melway reference 2G D4)

NOTES ON EXCURSIONS

Around the World Restaurant series – Amici Trattoria Restaurant

Join us for a relaxed and delicious lunch at Amici Trattoria, a long established Italian restaurant in Camberwell. Everyone loves an Italian!

Spirit of Tasmania Tour

Take a look firsthand at the onboard facilities and enjoy morning tea in the ship's boardroom before embarking on a guided tour of the vessel. Later we will head to Williamstown for a delicious two course lunch, then tour historic Williamstown with a commentary from our coach captain.

Johnson Collection – Christmas display

Join a guided tour of this historic house featuring superb antiques and showcasing its magnificent Christmas collection brought to life with creative displays originating from its exquisite antique collection. This year the north-east Victoria region indulges us with patchwork, textiles and art, creatively, to celebrate the festive season.

WISER DRIVER COURSES

Driver education is important to keep our roads safe, no matter how old you are or how long you have been driving. The City of Boroondara holds Wiser Driver courses each year. They are promoted through its website (http://www.boroondara.vic.gov.au/your_council/parking-traffic/road-safety/wiser-driver) and local papers. The course consists of four, two-hour sessions held over one month. It includes small group discussion but no on-road driving or tests are involved. Participants have the chance to discuss changes in road conditions, new road rules, handling difficult conditions, trip planning and road safety and coping with giving up driving when the time comes. For information or to register your interest in the next course phone: 9278 4542, Sustainable Transport Officer.

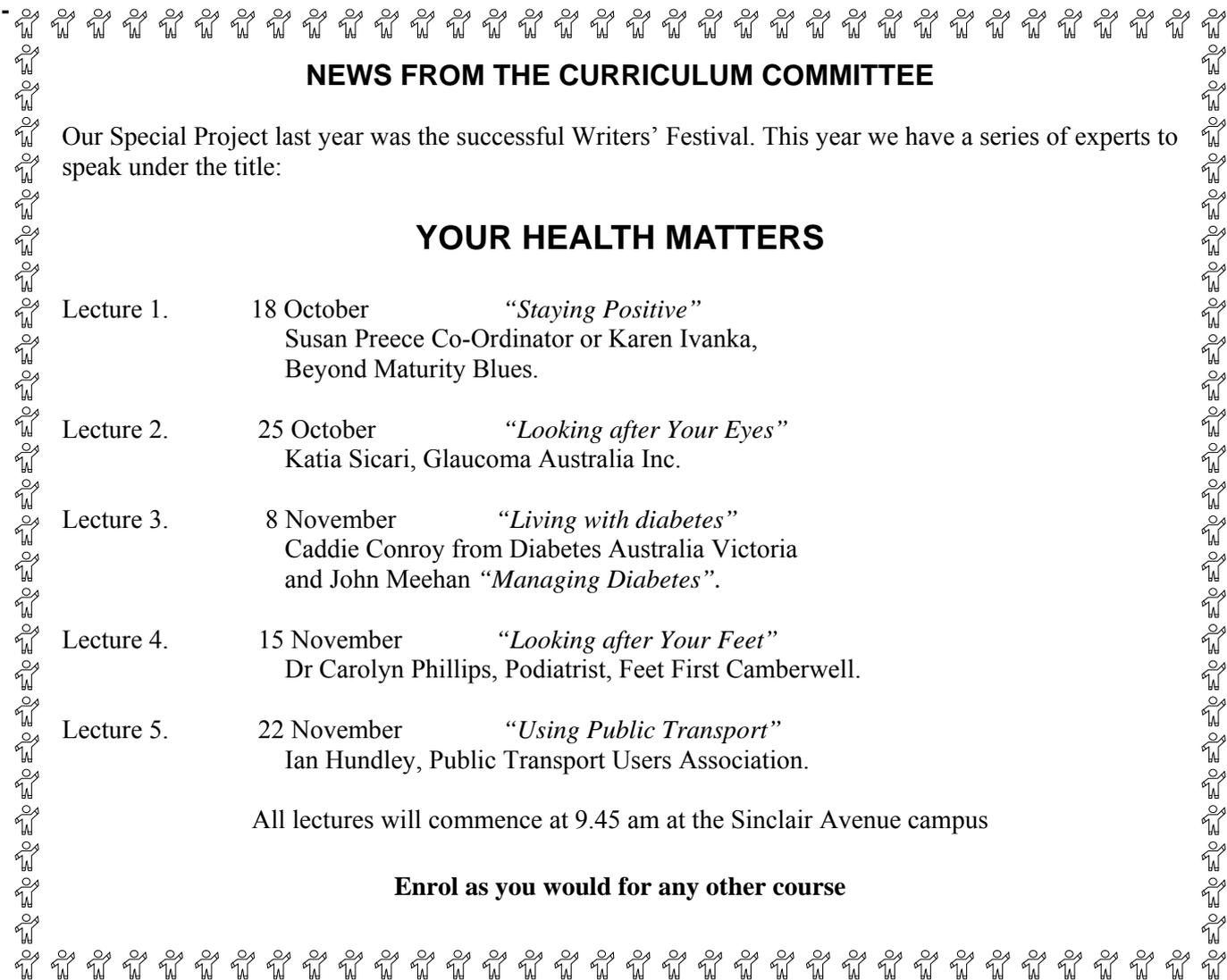
Information taken from the Boroondara Council website

GENTLE CYCLING GROUP

We don't cycle far and we don't cycle fast, we are a small group of cyclists getting our strength up again after some time of disuse. We really would like more members to join our gentle cycling group. We ride for an hour, have a 15 minute break and a coffee and then ride for an hour back to U3A. What about it????

For more information ring Maggie Roberts — telephone 9836 2610 or mobile 0438 367 304.

*Maggie Roberts
Curriculum Committee*



NEWS FROM THE CURRICULUM COMMITTEE

Our Special Project last year was the successful Writers' Festival. This year we have a series of experts to speak under the title:

YOUR HEALTH MATTERS

- | | | |
|------------|-------------|---|
| Lecture 1. | 18 October | <i>"Staying Positive"</i>
Susan Preece Co-Ordinator or Karen Ivanka,
Beyond Maturity Blues. |
| Lecture 2. | 25 October | <i>"Looking after Your Eyes"</i>
Katia Sicari, Glaucoma Australia Inc. |
| Lecture 3. | 8 November | <i>"Living with diabetes"</i>
Caddie Conroy from Diabetes Australia Victoria
and John Meehan <i>"Managing Diabetes"</i> . |
| Lecture 4. | 15 November | <i>"Looking after Your Feet"</i>
Dr Carolyn Phillips, Podiatrist, Feet First Camberwell. |
| Lecture 5. | 22 November | <i>"Using Public Transport"</i>
Ian Hundley, Public Transport Users Association. |

All lectures will commence at 9.45 am at the Sinclair Avenue campus

Enrol as you would for any other course

RE-ENROLMENT FOR 2012 CLASSES

As in previous years members of classes in 2011 may re-enrol in the same class for 2012 before the process is opened for new enrolments. Please follow the instructions outlined below using the forms in this Newsletter.

RE-ENROLMENT will commence on Monday 5 September and finish on Friday 7 October.

PAYMENT OF FEES:

Fees for 2012 will need to be paid for the re-enrolment to proceed.

To assist Office staff and to reduce security risks we ask that you make your payment of fees **by cheque, credit card or direct debit by sending your re-enrolment forms and payment by mail or placing them in the boxes that will be provided at Sinclair Avenue outside the Office by 7 October.**

PLEASE NOTE:

Re-enrolment forms or payments will not be accepted in the Office.

The Re-enrolment process cannot be used to enrol in new classes, with the one exception being where a person is proceeding to a language class at a higher level than taken in 2011.

Full Hawthorn U3A members will receive preference for enrolment in classes that are at capacity.

CASH PAYMENTS:

Where cash is the only option we have arranged the following times for payment

Monday 26 September 3-4 pm

Wednesday 28 September 3-4 pm

For security reasons **cash should not be placed in the re-enrolment form collection boxes.**

ENROLMENT FOR NEW CLASSES 2012:

This will commence after the publication of the 2012 Curriculum which will accompany the December Newsletter. You will receive further information on the this process in the December Newsletter.

ANNUAL MEMBERSHIP FEES: Membership: **\$40.00** Associate members: **\$25.00**
For two members at the same address: **\$65.00**

PAYMENT: Amount: \$..... Please tick one of the boxes for payment type.

Payment by: Cheque Cash Money Order EFTPOS Credit / Debit Card (Add details below)

Bank transfer: National Australia Bank, Account name: Third Age Learning (Hawthorn) Inc.
BSB 083 166. Account No.: 79065 2416 (Please include Member ID(s) and/or Name(s)).

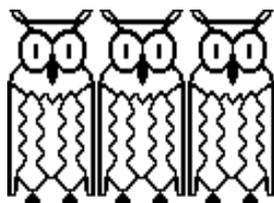
If paid by card this section is to be cut off for Receptionist to enter payment into the EFTPOS terminal.

Amount: \$..... (Member ID(s)...../..... To be entered by Receptionist)

Name(s):.....

Credit / Debit card (Visa / Mastercard only) Card No.:

Expiry Date: / Signature.....



U3A HAWTHORN EVENTS

September 2011 to November 2011

(This flyer is for your refrigerator or bulletin board)

THURSDAY 15 SEPTEMBER 2011 12.00 NOON	AROUND THE WORLD RESTAURANT SERIES AT AMICI TRATTORIA RESTAURANT 726-768 BURKE ROAD, CAMBERWELL
WEDNESDAY 12 OCTOBER 2011 9.30 AM (SHARP)	<i>SPIRIT OF TASMANIA</i> - DAY TOUR CAR PARK, 26 SINCLAIR AVENUE, GLEN IRIS
FRIDAY 21 OCTOBER 2011 11.30 AM	CLASSICS OF FRENCH CINEMA (1) SINCLAIR AVENUE MAIN HALL
FRIDAY 4 NOVEMBER 2011 11.30 AM	CLASSICS OF FRENCH CINEMA (2) SINCLAIR AVENUE MAIN HALL
MONDAY 07 NOVEMBER 2011 9.50 AM (SHARP)	JOHNSON COLLECTION – CHRISTMAS DISPLAY HILTON ON THE PARK HOTEL 192 WELLINGTON STREET, EAST MELBOURNE
FRIDAY 11 NOVEMBER 2011 11.30 AM	CLASSICS OF FRENCH CINEMA (3) SINCLAIR AVENUE MAIN HALL
THURSDAY 24 NOVEMBER 2011 10.30 AM	ORCHESTRAL CONCERT HAWTHORN TOWN HALL

Full details of these events are in your Newsletter

OFFICE HOURS

Office hours are 9.30 am to 4.00 pm

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Facsimile: 9822 7668

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