

Batesford Community Hub, 94 Batesford Rd, Chadstone 3148 Tel: (03) 9832 5855

Email: u3awaverley@gmail.com. Webpage: www.u3awaverley.org.au.

PLEASE EMAIL ALL NEWSLETTER ITEMS AT LEAST 7 DAYS BEFORE THE START OF THE MONTH TO:

erenstrom@optusnet.com.au

PRESIDENT'S REPORT



I welcome June Valentine to our Committee of Management. June responded to my request for members to take a more active role in our activities and I am sure she will introduce new ideas to our procedures.

We ask other members to take an interest and contribute to our daily administration; new members introduce new ideas. We are still looking for a new Secretary and Treasurer for next year and Pam Murphy, who has been Membership Secretary for longer than I have been a member, has told me she wishes to take a break. Pam will assist her replacement for a transition period, but her stepping down has a deep meaning to all of us because without a Membership Secretary there will be no one to organize classes hence no classes! Also our Rules of Incorporation do not allow us to operate without a Secretary and Treasurer, so people, it is time for you to talk within your groups and encourage a few members to step forward.

Last week I attended a Meeting of the Victorian Network. There is concern within many of the Network Members of the diminishing State Funding. We regularly hear comparison with the funding of the "Mens' Sheds" movement. They receive considerable funding, because they are highly active across all political spheres and we may have to refocus on who we approach at both State and Federal levels. Some Members have had success at financing projects through existing funding agencies both State and Commonwealth.

Seniors Week will be celebrated in October and Network is preparing for an active participation. I will tell you more about it next month.

David

No Apology for a Prolonged Absence

Reminders to record apologies have appeared in each month's news. So if you are reading this after June 29th, and you have forgotten to record your prolonged absence from a Term 2 class, you may be notified that you have been withdrawn from that class. Without an apology when you are away for the last few weeks, we will assume that you no longer wish to attend that class.



When I finish eating something I have to show my hands to the dog as though I am a Blackjack dealer



I'm starting meetings at my house for people who have OCD. I don't have it, I'm just hoping they'll take one look and start cleaning.

Exploring Science & Technology

Tuesdays 9.30am to 11.30am

17 July

1. Palm Oil - John Casey
2. Continued

24 July

1. Life in cold Blood - The cold blooded truth - DVD
2. Measurement Revisited 4 - Robert Taylor

31 July

1. Oh Sugar! - David Kemp
2. Continued



OPERATIONAL DATES 2018

| Term | | Ends | Public Holidays |
|------|-----------|---------|--|
| 3 | 16 July | 21 Sept | |
| 4 | 8 October | 30 Nov | Mon 5 & Tues 6 Nov. Mel Cup Eve & Cup Day |

Recycle Your Spent Hearing Aid Batteries

There is a plastic container on the office window ledge for your old hearing aid batteries. If the jar is not on the ledge, then please ask our office volunteer for it.

By recycling, not only are you keeping the batteries out of landfill, but some of the components can be recovered and reused. Thank you.

Leaving Messages at the Office

Whenever you leave a message on our office phone, please could you repeat or spell your last name. Even better, give your membership number whenever possible. Our office volunteers sometimes find it difficult to understand your name because the line often crackles a little. We don't want to miss recording your apology, or miss other important information. Thanks.

Another excerpt from our 2015 30th Anniversary U3A Booklet.

I am a Seenager (Senior teenager)



I have everything that I wanted as a teenager,
only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant and they do not use drugs.

And I don't have acne.

Tai Chi 1

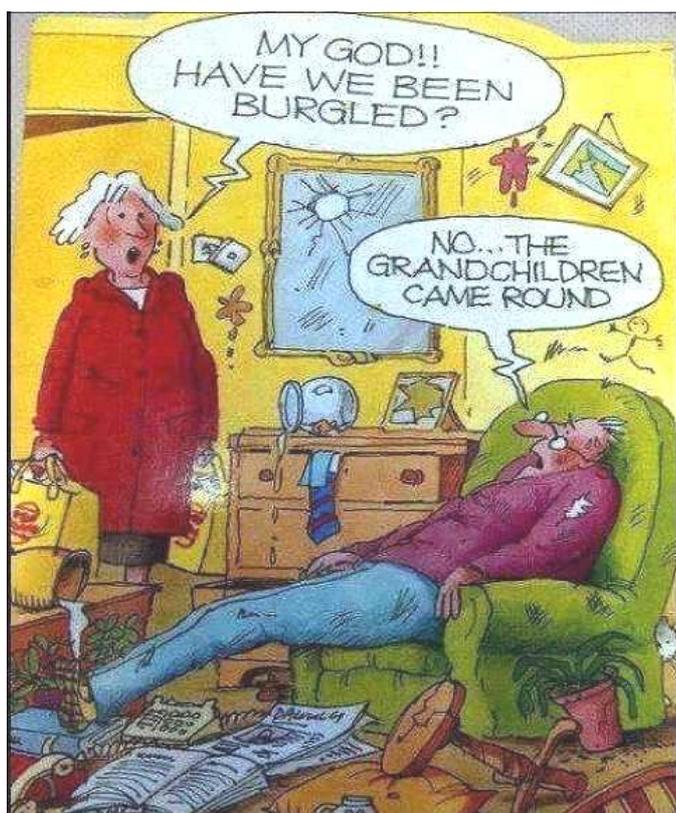
Tai Chi, originally a martial art, has evolved into a series of gentle, slow-moving, weight-bearing, whole body exercises. Combined with regular abdominal breathing in a "moving meditation", these exercises are claimed to be effective in alleviating stress and anxiety. There is some evidence that Tai Chi can result in lowering blood pressure and contribute generally to enhancing health. Improvement in muscle tone and balance can assist in reducing the possibility of falls in older people.



Tutor George Clarke

I began my Tai Chi journey in the early 1980s, combining it with bioenergetics, Karate and meditation. I joined the Waverley U3A Tai Chi class in 2007. Left without a tutor when we moved to the Batesford Hub I took over and was joined by Henrietta (Rita) Chew who has been the Thursday class tutor since 2013.

I have many years of experience with several different styles of Tai Chi and continue to develop my own skills. I am currently a student of Master Shao Zhao-Ming of the Tai Chi Kung Fu Institute **George Clarke**



CAUTION! Senior Moment in progress

Wise Words

"Patience is the companion of wisdom."

- *Saint Augustine*

"Some of the best lessons we ever learn are learned from past mistakes. The error of the past is the wisdom and success of the future." - *Dale Turner*

"The art of being wise is the art of knowing what to overlook." - *William James*

"The wise man hath his thoughts in his head; the fool, on his tongue." - *Ivan Panin*