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

vjose@tpg.com.au

PRESIDENT'S REPORT

As our numbers continue to grow we have been forced to make a number of changes for our classes in 2019. Our largest class has outgrown the capacity of room 4 and next year will meet off campus. A number of our smaller classes will meet off campus, mostly in private homes, in order to accommodate the needs of other classes, who for good reason have requested they meet weekly rather than their current every second week. Other members have recommended that we use other off campus accommodations, but on the amusing side of the argument, are not willing to see their classes make use of the option. We have considered some of these premises and will continue to evaluate alternatives. Things we have to consider are size, equipment available on site, ability to provide refreshment and parking. Parking is often a major consideration as whilst parking may be available, other people park their cars there and this does not leave many spaces for our members. Another issue to consider is the purchase, storage and maintenance of equipment required to conduct classes off campus. We have encouraged and trained our tutors to use audio and video equipment to enhance their presentations to a point where a high level of presentation has become the norm, and both our tutors and members expect this standard to be maintained. This problem is not unique to our u3a. Most other u3a member organizations have the same issues and like us take time to realise a solution.

As the end of our year approaches we are also preparing for next year's enrolments. Next year's classes are available on the website for viewing only. Our enrolment for next year will commence on **Tuesday** December 4. This will allow us time to set things up and test our systems to hopefully avoid some of the problems we have experienced in recent years.

During Seniors Week our Network President, Susan Webster, received a State Honour. This reflects highly to recognise the contribution our movement to society. We congratulate Susan.

David

Next Term's Enrolments

Please Note: Enrolments on line will be open on our website from Tuesday 4th December and can also be arranged in person at Waverley U3A on Tuesday 4th and Wednesday 5th December. Enrolments cannot be taken before these dates. Full details will be available at the U3A office and also in our next newsletter.

Office Volunteers Needed

We are seeking extra volunteers to work in our U3A office. This is a great way for you to contribute to your U3A, which is dependent on volunteers to operate successfully. Volunteers work a morning and/or afternoon shift about twice per month and training is offered before you start. Familiarity in the use of computer software packages is useful. Both males and females are most welcome. Enquiries phone **Jan Delaney on 9807 4861** or leave your name at the office.

Exploring Science & Technology

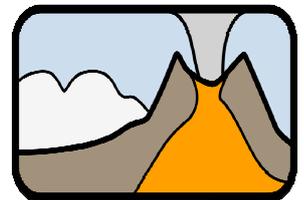
Tuesdays 9.30am to 11.30am

13 November

1. The Magician in the Garden - *Dennis Atkin*
2. Perceiving a world in motion - *DVD*

20 November

1. Volcanoes and their hazards - *Ray Cas*
2. Does Australia/Victoria have any volcanoes? Volcanic provinces?- *Ray Cas*



27 November

1. The 2018 Ig Nobel Awards - *Robert Taylor*
2. Morning Tea

OPERATIONAL DATES 2018

Term	Starts	Ends	Public Holidays
4	8 October	30 Nov	Mon 5 & Tues 6 Nov. Mel.Cup Eve & Cup Day

Medical Myths, Lies, & Half-Truths: What We Think We Know May Be Hurting Us



**Commences 15 February 2019, 9.30 – 11.30
1st, 3rd and 5th Friday in the month**

True or false: Eight glasses of water a day are mandatory for staying hydrated. Vitamin C protects you from catching a cold. Natural foods are always better for you. You hear advice like this all the time. But what do these have in common? They're all myths, half-truths, and misconceptions - pieces of information so familiar we take them for granted without truly considering the scientific truth behind them.

In today's information age, when supposedly accurate medical advice and diagnoses can be found online with the click of a computer mouse, medical myths are all around us. But much of this information isn't true, and using it to make decisions about your own health - whether it's how to treat the symptoms of the common cold or how to care for a child or aging relative - can be harmful. Even deadly!

Using a DVD-based lecture series we will discuss commonly held medical beliefs and consider whether they have a basis in fact or not! And will consider questions such as:

The more vitamins you take every day, the better.
Probiotics and our bacterial friends.
You can never be too clean.
Natural is always better
Sugar and hyperactivity
Magnets, Microwaves and mobile phones
Vaccinations - Benefits and Risks

Outstanding Service Award 2019

The proposal forms are now in the office. Please return completed forms in February 2019.

If you would like to propose someone for this award, but not sure of the criteria, just remember the word **OUTSTANDING**. This will be someone who has served our U3A in *many* and *varied* ways over a number of years.

The Hitch-Hiker

After his attempts to find a lift were finally successful a hitch-hiker said gratefully to his driver. "This is very kind of you, how can you be sure that I am not a psychopathic killer?" The driver replied with a smile "Well its highly unlikely that there are two of us in the same car."



Courses in 2019

Our 2019 courses have now been largely finalised and timetabled. They are on our website, but cannot yet be selected until the first enrolment days, **Tuesday 4th and Wednesday 5th December**.

First Term commences on Tuesday, 29th January 2019.

There are a few notable changes next year.

- **"Ballroom Dancing"** is moving to the Notting Hill Community Hall (386 Ferntree Gully Road, Notting Hill). Mary Cashman will run Advanced, Intermediate and Beginner classes between 1pm and 5pm on Tuesdays. Please see the website for class times.
- **"Greek Beginners", "Guitar Beginners", "Turkish" and "Arabic"** will now run weekly instead of fortnightly.
- **"Recorder for Beginners"** is a new music course which Knobby Clarke will run in Terms 1 and 3 on Tuesdays. Look out for course codes 19MUS024 and 19MUS026.
- This year's **"How to Read Music"** course will be repeated in Term 2 next year. Look for course code 19MUS028.
- **"Egyptian Arabic"**, also a new language course will be presented by Nia Avelkiou and commence on Monday 4th February. Look for course code 19LAN006. This is in addition to the current Arabic course.
- There will be two separate **Photography Classes** next year from David Hutchinson, one for **Digital SLR Cameras (course code 19COM034)**, and one for **Mobile Phones / iPads (course code 19COM036)**.
- Robert Taylor will be presenting two separate courses on 1st, 3rd and 5th Fridays next year; **"Medical Knowledge Versus Misinformation"** in Semester One code 19SC1004
- **"The Mathematics of Games and Puzzles"** in Semester Two. Course code 19SCI006. (More details in next newsletter).
- **"Science and Technology"** will run weekly as normal on Tuesdays.

There have also been some minor changes to a few returning courses for next year - some room changes and a couple of day / time swaps. These changes have enabled us to create an expanded timetable as explained above and I thank the respective tutors for their willingness to be flexible with timetabling.

Despite these changes, there are still ample opportunities to accommodate several short courses or presentations throughout the year as a result of gaps in the timetable created by several short and fixed period courses such as "Australian History" and "Books and Writers" to name just two. If you would like to run a short course next year please contact me email: course.coordinator@u3awaverley.org.au Or phone 0419 889 259 to discuss.

Ray Newton - Course Coordinator.