

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

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

**[erenstrom@optusnet.com.au](mailto:erenstrom@optusnet.com.au)**

### *PRESIDENT'S REPORT*

*As we approach the completion of the first month of the new u3a year, I am pleased to advise that our membership is approaching the same number we had at the close of last year. This means that we have continued our growth. The interest of our new members continues to be directed to our larger classes and we still have the challenge of developing our members' interests to some of the smaller classes. This interest should be as participation in classes in addition to those in which members are already enrolled. As an example, about two years ago our attendance at our computer classes was small, but since we moved the classes from the now long gone "computer lab", attendance has improved substantially.*

*The move of the Ballroom Dancing Class off campus has worked well. The new venue, however, will not be available for a short period later in the year, because the facility is being renovated. So that class will return to Jordaville during the renovations. Speaking of renovations, we have continued our discussions with Council about covering the apertures in the floor at our level. The apertures allow sound interference between the two floors, thus disturbing activities throughout the building. Council is discussing the issue with a group of consultants and we hope to advise you of a solution very soon.*

*Our AGM is scheduled for Tuesday March 19 and our agenda for that meeting will be posted on our website soon. I ask you to support that meeting and the new committee. Those members who are interested in joining the committee will find a nomination form on the website. Should you wish to nominate and have trouble completing the form please contact the office and assistance will be given.*

*On behalf of the retiring committee, I thank you for your support and participation.*

*David*

### **ANNUAL GENERAL MEETING 2019**

The Annual General Meeting for U3A Waverley is your chance to learn how the organisation is progressing and to have your say in how it is run.

The AGM for 2019 will be held on **Tuesday 19 March 2019** commencing at 11 am. A light lunch will follow the meeting. All Committee positions will become vacant at this time. Nomination forms for all positions will be available in the Office. Items for discussion in **General Business** and any apologies for the meeting should be sent to the Secretary at [u3awaverley@gmail.com](mailto:u3awaverley@gmail.com) or advised to the office. An Agenda will be emailed or posted to all members.

***Brenda Hateley, Secretary.***



### ***Batesford Road Car Park***

Whilst we continue to wait for Monash City Council to mark the road surfaces could U3A member please travel clockwise round the car park to help minimise the chance of accidents.

## Did you know "Poetry Lights up the Brain"?

Poetry expresses ideas and emotions through sound and rhythm. It is one of the oldest language structures, and is still a universal mode of expression. We're all familiar with poetry at weddings and funerals, in songs, and in children's books and rhymes. Beyond sounding nice and fuelling our imagination, poetry has been shown to trigger parts of the brain tied to reward, emotion, and memory, strengthening cognitive health and encouraging self-reflection. According to an article in "Grey Matter, The Officially Elevate Blog" (20 April, 2018), poetry has the following effects on the brain:

1. Like music, it triggers an emotional response. In fact, our brains process poetry and music similarly, stimulating regions in the brain's right hemisphere linked to reward and emotion.
2. Poetry stretches the meaning of words, extending the boundaries of language. Scans have revealed that brain function peaks while processing these "linguistic acrobatics", thus strengthening overall cognitive health.
3. Poetry boosts memory and encourages self-reflection. Scans have also shown that the parts of the brain tied to daydreaming and memory light up in response to poetry.

**The U3A Waverley Poetry Explorers** enjoy all this and more, including fellowship and fun. So why not come and join us on Tuesday afternoons at 1:45 to 3:45pm? Details on the U3A Waverley website, or at the U3A office.

## What we ate in the 50s & 60s

Pasta was not eaten in Australia or N.Z.  
Curry was a surname.  
A takeaway was a mathematical problem.  
Pizza was to do with a leaning tower.  
Rice was only eaten as a milk pudding.  
A Big Mac was what we wore if raining.  
Tea was made in a teapot using tea leaves.

## Ballroom Dancers Celebrate Chinese New Year

It's the Year of the Pig, and the Advanced Ballroom Dancing Class took the opportunity to celebrate it with food and fortune cookies! We always have a great time dancing, but it was a good reason to make our break a little bit more special and wear something red. Thanks to all the ladies who took the trouble to make something for the occasion.

## 2019 Begins

By Kevin Delaney

Australia Day behind us  
the year for U3A begins

Faces keen and eager  
seek out friends  
Share their holiday times  
their family joys  
and sorrows  
Compare their latest health journeys

The happy buzz of laughter  
of chatter  
draws back as classes begin

Our U3A keeps us active  
in mind in body  
in knowledge and emotions  
in expression

We listen and learn  
share our wisdom  
our understandings  
our friendship  
our caring support

All this I saw and felt  
as I watched from the Office window

Our community again gladdened together

So starts 2019

## OPERATIONAL DATES 2019

Term		Ends	Public Holidays
1	29 Jan	5 April	Labour Day Mon 11 March
2	23 April	28 June	Anzac Day Thurs 25 April Queen's B'day Mon 10 June
3	15 July	20 Sept	
4	7 October	29 Nov	Mon 4 & Tues 5 Nov. Mel Cup Eve & Cup Day

## Thank you Hermoine Rosario.

A round of applause to Hermoine for the wonderful job she has done renewing our class attendance folders. At the end of last year they were looking tired and ragged after years of use, but the new, neatly labelled, manila folders are excellent. Thank you Hermoine for your initiative in doing a much-needed task. That was a big job you took on.

## Exploring Science & Technology

Tuesdays 9.30am to 11.30am

### 5 March 2019

1. The Story of Science - What's the World Made Of? - DVD
2. Spices - June Valentine

### 12 March

1. Pipe Organs - Bruce Brown
2. Seeing Colour & Light\* -DVD

### 19 March

1. The Story of Science - How Did We Get Here? - DVD
2. U3A ANNUAL GENERAL MEETING

### 26 March

1. About Helicopters - David Kemp
2. Your World of Taste and Olfaction\* - DVD



## Spanish Classes to recommence 6 March

Our Spanish tutor, Beatriz Varinelli has been recovering well following her health setback late last year and we are now very pleased to announce that she will recommence her classes (both Beginner and Intermediate) on **Wednesday, 6th March.**

Currently all students are wait-listed, but will be enrolled formally shortly. If you can no longer attend, please let the office know so that you can be removed from the wait list. We would like to thank Lyndsey Carr (Sam) for looking after the class for the last few weeks.

