

**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 move towards the end of the U3A year your committee is already planning for the next year. As indicated in the last newsletter re-enrolment for 2020 will occur on December 3 and 4 commencing at 9:30 am. You will not be able to enrol before 9:30 am on the 3rd as that is when the membership system is "rolled over" to the new U3A year. We hope that as many as are able will enrol online which is easy to do and enables those who have difficulty in attending the Hub to complete the process easily. If you are going to be away during the enrolment period the best way to ensure that you get into the classes that you want is to get a friend to enrol on your behalf. Remember, however, that your enrolment is not complete until you have paid the membership fee for 2020 which remains at \$40 for the year.

We continue to work with Monash Council to ensure that the revised audio-visual system recently installed in rooms 2 and 3 can be modified to enable us to work efficiently in those rooms. Thank you to Bruce Brown who has borne the brunt of checking the system and developing new procedures to help tutors navigate the revised procedures. You will notice new instruction sheets on the equipment. We will get it all sorted out, but it will take time!

The Annual General Meeting of U3A Waverley Inc will be held on Tuesday March 17, 2020. Brenda Hatley has advised that she will not be standing for the position of secretary again. If you feel that you can contribute to the working of U3A by joining the Committee of Management I would be pleased to chat with you about the possibilities.

*Robert*

### 2020 Enrolments Online & Office

Please note: Enrolments on line will be open on our website from 9:30am on Tuesday 3rd December and can also be arranged in person at Waverley U3A on Tuesday 3 December and Wednesday 4 December. Enrolments cannot be taken before these dates.

### Thanks to Vera

Many thanks again to Vera Joseph for producing the September and October newsletter while Lorraine was away. Her contribution to "spreading the news" was very much appreciated.

### OPERATIONAL DATES 2019

Term		Ends	Public Holidays
4	7 October	29 Nov	Mon 4 & Tues 5 Nov. Mel Cup Eve & Cup Day

### Exploring Science & Technology

**Tuesdays 9.30 to 11.30am**

5 November - U3A Holiday

12 November

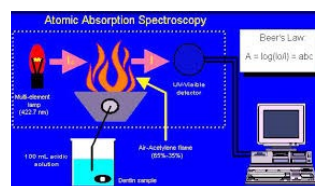
1. Fractures - David Kemp
2. Continued

19 November

1. Atomic Absorption Spectroscopy - Ian Jackson
2. Ruling a diffraction grating - Ian Jackson

26 November

1. The Ignoble Awards - Robert Taylor
2. Morning Tea



### Report Absence

The Report Absence function, which was introduced some time ago and failed to work, has been restored and is working.

Any member who experiences problems please Email [webmaster@u3awaverley.org.au](mailto:webmaster@u3awaverley.org.au).

## ***NEW COURSES FOR 2020***

### ***Music Theory***

**Starts Wed 29 January 2pm - for 1 Semester**

The response to my request for feedback about this potential new course has been encouraging, so I'm happy to announce that the Music Theory course will commence in Term 1 next year presented by new tutor, Jenny Hall. The course will start at the very beginning with no prior knowledge of music theory assumed. When enrolments begin, look for course code 20MUS002.

### ***Brain Myths Exploded Lessons from Neuro Science***

**Fortnightly from Friday, 7 Feb at 9:30am.**

The human brain is mystifyingly complex. Which explains why, despite advancements in neuroscience, there's still a lot that we don't understand, and even what we think we understand may not be completely accurate. Robert Taylor once again presents an engaging fortnightly DVD lecture series, When enrolments begin, look for course code 20SCI004.



### ***The Aging Brain***

**Commencing fortnightly from Friday 7 August**

We're all getting older every day, and scientific research has shown that starting in our twenties, some brain functions begin to decline. Even if we avoid diseases such as Alzheimer's and Parkinson's, parts of the brain shrink, replicating cells become damaged, and fluid processing skills such as multitasking and episodic memory worsen. But is old age all doom and gloom? Are we destined for senescence once we're barely out of adolescence? Find out about this and more, as Robert Taylor presents another fortnightly DVD lecture series commencing Friday, August 7th. When enrolments begin, look for course code 20SCI006.

### ***Scottish Country Dancing*** **Starting Monday 3 Feb at 1.15pm**

Country dancing has been known in Scotland since the mid 17th century. It is truly international and enjoyed worldwide. Join Sheena McLatchie weekly on in the Multi-purpose Room commencing on February 3rd for fun, fitness and lively music. Sheena is a qualified Scottish Country Dancing teacher, so you'll be in good hands. You don't need a partner or special clothing, just soft shoes and a general level of fitness. When enrolments begin, look for course code 20DAN008.



### ***Broadway Musicals***

**Starts Fortnightly on Friday 14 February 2pm**

This is a course aimed at bringing listening pleasure out of the music of Broadway shows from over the ages. The course will be presented in an audiovisual setting, though primarily as an audio only format with accompanying literature and discussion. The main focus will be on composers of the music, lyricists, choreographers, original and present actors and any aspects that have contributed to the development of musicals, particularly American musical theatre as an art form. Join John Molligodde on the 2nd and 4th Friday at 2:00pm each month commencing on 14th February and look for course code 20ENT006 when enrolments begin.

## ***DVD Player in Storeroom***

A DVD/radio player has appeared in the store room. Whilst its presence is appreciated and it is being used by a number of different classes it is important that we identify its owner or whether it has been "donated" to U3A. This is especially so as the similar U3A machine is in for repairs and may well have reached the end of its useful life.

Would the owner/donor please let Robert Taylor know what the situation is by dropping a note into the office or sending an email to [president@u3awaverley.org.au](mailto:president@u3awaverley.org.au).

### ***Talking to a Stranger***

**Gail Robinson Creative Writing Class**

On my parents first trip to London  
They stayed where Aussies do  
In a small hotel in Earls Court  
She made sure it had an inside loo

Now my mother's not one to chit chat  
But she can sometimes hold her own  
And when meeting other Aussies  
It felt a bit like home.

Two strangers in the lift one night  
A smile at one another  
Turned into a three hour conversation  
With Elsie and my mother

Her family were from Ingham  
A town that's way up north  
A grandma, aunties and their kids  
Had come to see the sights.

They had many things in common  
What they'd seen and what they'd done  
And how to solve world problems  
They agreed on this as one.

They're all back in Australia  
Since that trip in eighty one  
A strong friendship now for many years  
Has been a lot of fun.

We've all been up to visit  
Our good friends in the heat  
And they have ventured down to us  
And we all get to meet.

Elsie and my mother  
Ring each other every week  
Still plenty of news of everyone  
And lots of time to speak.

After more than forty years  
One thing is for sure  
What started out as strangers  
Is now a whole lot more.



## Diabetes Education and Consultation at the Batesford Hub

Did you know that LINK Health and Community have diabetes educators on site at the Batesford Hub who can provide education and support in the management of diabetes? They have educators and dietitians who can provide information and advice on:

- What diabetes is.
- The risk factors and how to prevent diabetes.
- Preventing or delaying complications.
- Lifestyle changes and monitoring blood glucose levels.
- Medications including tablets, insulin and non-insulin injectables.

The latest developments in technology and research.



Pretthi De Silva, diabetes nurse educator will make herself available on the U3A level of Batesford Hub on **Thursday morning, 14th November** in order to provide basic information and answer any questions you may have regarding the management of diabetes and how you can avail yourself of their services. Following this, on **Thursday, 21st November at 11:45am in Room 2**, she will also deliver a short presentation explaining how LINK Health and Community can supply a range of services right here at the Hub to assist with the management of diabetes and associated issues.



The Beginners French Class enjoyed an outing to a French Café last term.

### ***Piano/Keyboard Classes 2020***

Members who are interested in attending Piano/Keyboard Classes in 2020 (other than existing class members) kindly leave your name and contact details at the office as the Tutor would like to get in touch with you to discuss your experience and knowledge of the instrument. Arrangements will then be made to test you before the commencement of classes next year.

A man drowned in a giant vat of coffee. His wife said that he didn't suffer, it was instant.

People are prisoners on their mobile phones that's why they are called cell phones.



Overheard at a wedding. One little boy to another. "How many wives can a man have? The other answered seriously, "Sixteen of course, four better, four worse, four richer, four poorer."

### **Courses not returning in 2020**

Sadly, the following courses will not be returning next year:

- Shakespeare (Pamela Tulen).
- Spanish, Beginners & Intermediates (Beatriz Varanelli).
- French Intermediates (Gracia Baylor).
- Latin (Udo Polzin)

We would like to express our sincere thanks and gratitude to these tutors who have given freely of their time over many years for the benefit of our members.

It is also uncertain at this stage whether the French Conversation Intermediate & Advanced classes will recommence next year due to health related issues. We wish Marie-Louise Khamara a speedy recovery and in the meantime, her courses will continue to be listed for 2020

A truckload of Vicks Vapour Rub over turned on the Monash today. There was no congestion for eight hours.