

**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***



2020 continues to be a year of new challenges, new opportunities and new learning. As I write this report the number of new Covid cases in Victoria continues its downward trend and there seems to be real hope that some of the restrictions that have governed our lives for some time now may be eased. Nevertheless a return to anything like pre-Covid times still seems a long way off and the 100 person indoors limit is unlikely to be available any time soon.

As a result of this, the management committee decided, at its September meeting, to advise Monash City Council that we will not be returning to the Batesford Hub or Notting Hill Community Hall this year and that we hope to return to full use of these facilities in 2021.

At the same meeting the committee also decided that the membership fee for 2021 will be reduced to \$35. It was expected that, for 2020, U3A Waverley would break even or run at a small loss. Our costs have, because of the lockdown, been reduced but not by as much as some would expect and our income has been reduced also. Nevertheless, the committee believed that it was appropriate to reduce the membership fees for 2021 in recognition of the situation in 2020. We anticipate running at a small loss in 2021 but have the reserves to cover it, if it occurs.

As members will appreciate, planning for 2021 is challenging because we do not know what restrictions may continue at that time. We have decided to "proceed with confidence." This means that we will plan our program for 2021 as if there are no restrictions applicable. We do, however, recognise that it is likely that room capacity restrictions may still apply - at least early in the year. As soon as we are advised as to what they may be, we will incorporate them into our planning. This may mean that some classes are moved to different rooms - maybe at different times of the week. It may be that some classes are so restricted in numbers that they choose to take half of their enrolment one week and the other half the next week - repeating what they did in the first week. It may mean that some classes are offered online via Zoom, or a hybrid of offline and classroom. Many other arrangements are possible. We simply don't know yet!

The committee has also decided that the enrolment process for 2021 has to be altered to meet the restrictions we expect to be applicable at enrolment time. An outline of these changes is elsewhere in this newsletter.

As you can see from the above, the committee is managing to keep busy during these "unprecedented" times. We will all have to be flexible to meet the upcoming challenges, and expect that things will change, sometimes more than once. We will keep you informed.

In the meantime, could I ask those of you who receive this newsletter (members who have given U3A their email address) to spread the news to those who do not receive it, because they do not have email, choose not to give U3A their email address, or don't open their emails. Rapid communication at this time is important, so that every member knows what is going on. Keep in touch with each other and stay safe. We are getting through this!

Thanks

*Robert*

## Enrolment 2021

This is an early notice to indicate how things will be different for the 2021 enrolments. Greater detail will be provided later.

### Enrolments will open on December 1.

Because of the limitations on indoor gatherings, **NO** enrolments will be made at the Hub. **All** enrolments must be done online.

It is recognised that this will be a new procedure for a small number of our members, so these members are urged to get a friend, relative or fellow member to assist them with the enrolment process if they do not feel confident. Members who are confident with the online enrolment process are also urged to contact those they know who may have difficulty and offer help.

**For those members who are unable to enrol online – even with the assistance outlined above – a number of designated “enrolment officers” will be made available to assist by telephone.**

### Popular Courses

Enrolments for 2021 will be different from the process in previous years, where “first come first enrolled” was the basis for all classes. The 2021 enrolment process will attempt, as best as it is able, to recognise that those who enrolled for 2020 courses, did not get much opportunity to participate in their chosen courses, because of the lockdowns.

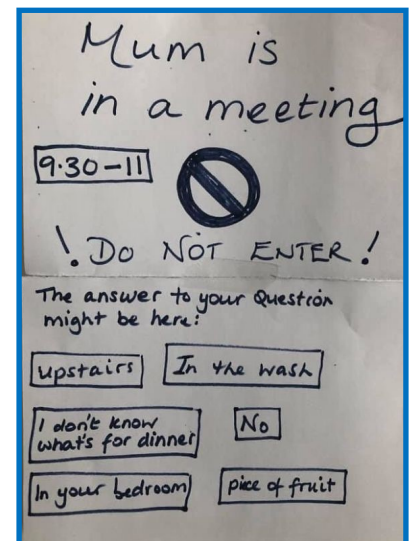
A number of our courses are very popular and are often filled to capacity very early in the enrolment process, and have a waiting list all year long. These courses will be identified by the enrolment committee and every member who **re-enrols** in these courses for 2021 will be placed on a waiting list. After the last day for the payment of the membership fee (December 18), first preference in the 2021 course will be given to those who were enrolled in the same course in 2020. If there are still vacancies after this process, then those who were on the waiting list for the 2020 course will be given the next preference for the 2021 course. If there are still vacancies after this process, then members who were not enrolled, or wait listed for this course in 2020, will be enrolled.

### Payments

Members who enrol online, will also be able to pay their membership fees for 2021 online. As many as possible are encouraged to do so. If a member is unable, or unwilling, to do this then it is hoped that we will be able to open the Hub for **PAYMENT ONLY** on **Wednesday December 8<sup>th</sup>** between 9.30am and 1.30pm. No enrolments will be taken - only payments.

For those who use the telephone enrolment assistance – the enrolment officers will not take financial details. Such members will need to follow the processes above.

**All fees should be paid by December 18, to best ensure enrolment in the classes of your choice.**



## New course on Zoom starting Friday October 9 at 9:30am - The Ageing Brain

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? Not at all!

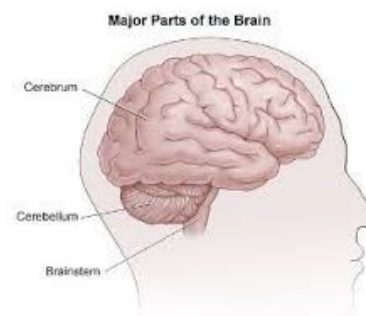


While it's true that some functions in the ageing brain decline, neuroscientists have discovered that many other brain functions remain stable, or even improve, as we age. Furthermore, nurture plays as significant a role as nature, and there are a number of strategies you can implement to stave off declining brain function.

Using a DVD lecture series as a basis we will examine questions such as:-

- The Ageing Mind; What Changes?
- Is Ageing a Disease?
- Emotional Ageing.
- Dementia, Alzheimer's disease, Parkinson's Disease and Stroke.
- Ageing Well: Staying Active
- Ageing Well: Diet and Stress
- The Science of Immortality.

All members are welcome to join the class – even if you were not originally enrolled. Just send an email to [robsuetaylor@bigpond.com](mailto:robsuetaylor@bigpond.com) with your details to "get on the list."



One guy said to his wife: "Something is wrong with my eyes. I am seeing black spots".

His wife said: "Have you seen a doctor?".

The guy said: "No, just black spots".



**Policeman to speeding driver:** Where is the fire?

**Driver:** Do you not recognise me? I am the guy who reads the weather forecast on TV.

**Policeman:** Oh yeh! So what is your forecast?

**Driver:** Cooler tonight; Fine tomorrow.

*Sent in by Rahif Kattan*

**Husband and I went grocery shopping with masks, got home, took off masks, brought home wrong husband! Stay alert people!**

### Humour Observed on T-shirts

- **Science: stuff done in a lab that would be considered a felony in a garage.**
- **I'm a bomb disposal expert. If you see me running, try to keep up.**
- **Quantum Physics - is neither here nor there.**

And this next one is a very topical Covid comment that would look great on a t-shirt - a very literary comment I read last week. (But maybe too close to the bone right now).

- **Deus ex Machina Vaccina.**

*Sent in from Christine Archer*

### Daylight Saving

What does that mean for us I hear you say

An extra hour of daylight to do as you may

In Victoria another hour to waste away

Or more gardening time to fill in our day

More time to learn something new

Others may differ in their point of view.

With a five km limit you can't reach the bay

Maybe this extra hour in bed you might lay.

It's many months since I've seen the sea

To smell the salty air and watch the waves,

With bare feet to feel sand between my toes

Fresh air blowing away all manner of woes,

Or just to stare into that horizon so vast

Remembering romantic walks in the past

As I wade through the cool receding shallows

Positive Thinking becomes so much clearer

A new sandbank has appeared to enjoy the sun

Fishermen digging for sand worm bait before the tide returns

These early morning scenes my mind stores away

So I can recall them all for another Covid day

Enjoyment of a salty breeze blowing through my hair

Many seagulls diving and soaring through the air

Larger pacific gulls floating and relaxed

Occasional Pelican passes by so graceful in flight

Such a sense of peace invades my body

No longer I care if it's aged and shoddy

This peaceful here and now is where I'm at,

Some say being positive is so old hat

But I prefer to think the best is yet to come,

And may restrictions end soon for some

Who find being alone difficult to contemplate

For them incarceration is like a slow death

With every breath I enjoy taking my time

To observe all life when out and about

Remembering things that are more important to me

More daylight hours - hip hip hooray

*By Carol Robertson*



## Vera Joseph - Retirement

After completing nearly 23 years of running computer classes, much of that time with four classes a week, Vera Joseph has decided that now is the time to stop. In her retirement note she said ***"I am grateful to U3A and to those who treated me with kindness and respect for so much of that time, and who gave me the opportunity to do something that I enjoyed and found so rewarding. I am also thankful to all the people who joined my classes and made it a task worth doing."***



Vera, it is us at U3A Waverley, who are grateful for your dedication and perseverance – sometimes under difficult circumstances. There are many members who were introduced to computing through your efforts to de-mystify what, to many, are very complex matters.

Thank you, thank you, thank you.

**Robert Taylor, President.**

## Some Big Changes to our Website and Log-in Procedures

Recently there has been a further update to our website and to the log in procedures. The update has made our website and U-MAS more friendly to tablet and smart phone users and has made **major changes to the way we log in to U-MAS**

The splash page, or front page, of the website looks very little different. On the left side of the page, there is now a **Login** with a drop down arrow beside it containing **New Member Join** and **Admin Login**.

**Existing members** simply click **Login** to view member details, amend member details, enrol in courses, view their enrolments and view invoices.

**For other actions** the **Admin Login** must be used. It is essential that **Administrators, Tutors** and **Office Volunteers** use this log in, otherwise they will not be able to access functions like Search Members, Reports and Send Emails, etc.

Courses can now be sorted into calendar or list view and can be filtered by category. **Geoff Fitzpatrick**  
**Webmaster/Secretary**

## Vale Norma Smethurst

***Sadly, we have lost one of our much loved tutors, Norma Smethurst, who ran the Beading Class on Monday afternoon.***

***Below are some messages of thanks and appreciation from her class members.***

Norma's terrific sense of humour and her selfless giving of her time in sharing her excellent beading skills brightened many people's lives. She was much loved and will be sorely missed. Heartfelt condolences to Norma's family. **Kath Gasson**

I first came to know Norma Smethurst, our Beading Tutor in 2018 at U3A Wheelers Hill. It was only for a year plus

before she moved to U3A Waverley. I've been in her class since 2019 until sadly, Covid-19 kicked us

out. It was a

fun class and Norma was always sharing her ideas, her expertise and even her collection of beads with us. We all did some lovely pieces of jewellery through Norma's unfailing determination that we could do it. We truly appreciate her dedication to the class. Norma is sadly missed and the class won't be the same without her. "We know that in all things, God works for the good of those who love him" - Roman 8:28

**Dorothy Shem**

### ***Norma, fondly known as Normie***

The news of your passing has come as a great shock to all of us. When we said our goodbyes at the start of COVID lockdown we didn't know it would be our final farewell. You kept sending emails and messages of projects to continue with until our return to normal class. You created a fun and happy environment, and we shall continue with the class and thank you for all the things you taught us and your patience, caring and giving.

Condolences to John and the family. May you Rest In Peace, Free from pain.

**Love, The Beaders**



**At right:** Vintage picture of an old tradition of people eating cake after someone blows air from their mouth onto it. Circa: 2019 B>C> (Before Coronavirus)

