

S1 Newsletter

January 2020

From Elizabeth Brown, President

Dear Members,

Memories of our end of year parties are fresh as I write this first Newsletter for 2020. It was most enjoyable to spend time with friends: members and volunteers, to mark the end of another successful year.

A Grant Awarded: The Windsor Community Bank Branch of Bendigo Bank is unusual in that this bank gives back 50% of its profits to its Community in the form of grants and sponsorships. We applied for a grant to assist us with upgrades of our IT system in the office and audio-visual equipment for lecture presentations in Room 1. We are delighted and grateful to have been awarded \$4,000 for this project.

Ageism and us: The World Health Organisation (WHO) – and common sense - tells us that ageing is a normal part of the life-course, for those who live long enough. And worldwide, the number of people over 60 is currently 600 million and expected to double by 2025! (From my viewpoint – is 60 really old?)

WHO: "Ageism is the stereotyping and discrimination against individuals or groups on the basis of their age; ageism can take many forms, including prejudicial attitudes, discriminatory practices, or institutional policies and practices that perpetuate stereotypical beliefs.

WHO advocates for the recognition and abolition of ageism, as does U3A Network Victoria – and, I suggest, U3A Stonnington.

Ageism is inappropriate. We at U3A Stonnington are aware that there are infirmities to be borne as a consequence of living longer, but discrimination on the basis of age is inappropriate. We are fortunate to have the companionship of older people at U3A, a place where ageism does not exist.

2020 at U3A Stonnington: There are some changes to our programme, with the retirements of Mark Kausman from Current Affairs and Reg Grouse from leading courses on Shakespeare. Both contributions were thanked and acknowledged at the recent end of year functions. Current Affairs sees Ron James leading weekly sessions on Wednesday mornings, and Christine Haydon weekly on Wednesday afternoons. At this stage we have been unable to find a replacement for Reg Grouse.

Tai Chi was a successful initiative in our programme in 2019 and will continue in 2020.

Do you have any suggestions for courses? Please let us know.

Behind the scenes: Who does what at U3A? Information will be provided at enrolment to answer this question - and to point out where assistance is required. There are various tasks to do, small and large. Contributing to the running of U3A is very satisfying – a way of learning more about U3A, and better still, getting to know other members. When you are enrolling, please think about how you can contribute to U3A.

I hope you have enjoyed your festive occasions and holidays and are refreshed and ready for a new year. The Curriculum Committee have worked hard to produce what promises to be another stimulating programme for Semester 1. I believe that we have another good year to look forward to in 2020.

Best Wishes
Elizabeth Brown



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Reception: 10am–1pm Mon-Fri

U3A MANAGEMENT COMMITTEE

Elizabeth Brown (President)

Ilse Hempenstall (Vice President)

Ian Singleton (Secretary)

Doug Thomas (Treasurer)

Daniela Furyk (Assistant Treasurer)

Netta Heine, Ron James,

Denise Nadebaum, Peter Ward

CURRICULUM SUB-COMMITTEE

Elizabeth Brown (Acting Chair),

Anthony Ash, Leanna Darvall,

Martin Drerup, Freda Freiberg,

Ilse Hempenstall, Helen Kaye-Smith,

Colin Nettelbeck

CATERING TEAM:

Elizabeth Brown, Sue Gray,

Fairlie Nassau, Jo McGrath, Peter Ward

RECEPTION COORDINATOR:

Mary Heinemann

KEY MONITOR COORDINATOR:

Peter Ward

EXCURSIONS: Gregor Howie

PUBLICITY – Vacant

Important dates

**Enrolments commence Monday
20 January 10.00- 1.00**

Semester 1: 17 February–26 June

AGM: Monday 11 May at 2.00

Member News



The start of Tai Chi sessions at U3A Stonnington

Susan Berryman's popular Friday morning Tai Chi class has been very successful and will return in S1 2020.

OUT AND ABOUT!



Members enjoying Ian Singleton's popular "Melbourne's Arcades and Lanes" walk in August.



Members on the ferry to Port Arlington enjoying an outing in September kindly organised by Gregor Howie.

Bendigo Bank supports U3A Stonnington



Elizabeth Brown accepting a grant cheque for \$4,000 from the Bendigo Bank Windsor Branch, towards the U3A Office and Room 1 computer upgrades.



Sister Fox (2nd from left) enjoying morning tea with members after her talk at U3A in Semester 1, 2019. Thanks to Ron James for organising her visit and to the Catering Team for a delicious spread!



Mark Kausman and Bruce Gifford receiving Certificates of Outstanding Service for their contribution to U3A Stonnington at the End of Year Luncheon Party on 3 December.

Friday Flicks

Presented by Gerald Tofler

Movies will again be shown from 1.00 to 3.30 on Fridays from 21 February to 3 July in Room 1

Details of the program for Semester 2 are on page 8 of the Course List (Course 79)