

S2 Newsletter

July 2019

From Elizabeth Brown, President

Dear Members

Winter is upon us, planning for the program for Semester 2 is complete. Time marches on, but the pace seems to be ever increasing!

Dr Lotte Mulligan has retired from the Curriculum Committee after many years of providing us with excellent speakers for our program. We are very grateful to her for this. Many thanks are due to Hans Eisen who has retired from the Committee after several years of effective service. He was also our publicity officer and was invaluable in advertising our move to Valetta Street. We also thank a number of members who are retiring from Key Monitor and Reception duties for their service over a number of years.

The program for Semester 2 is very stimulating, with a wide variety of topics and activities to suit our interests. Unfortunately, bus excursions have become unviable due to costs. We are particularly grateful to Faye and Ron Nathan for their efforts in planning enjoyable and successful excursions for a number of years, and thank them for this.

Metropolitan and country galleries, museums and the like offer displays and events of interest to our membership – we plan to keep alert to these and advertise U3A outings where we can travel by public transport to exhibitions or events, enjoying the company of like-minded U3A members. We suggest that impromptu U3A groups may also be able to enjoy the scrumptious offerings of local cafes and coffee places in Glenferrie Road.

The Curriculum Committee has prepared a questionnaire seeking your opinions regarding our program. We ask that you will take the time to let us know your opinions – these will be informative for future planning. These will be available at U3A when you enrol for Semester 2, and subsequently. A collection box will be provided in the foyer.

Housekeeping matters

We continue to enjoy our new premises, however, we are still endeavouring to resolve several matters regarding the air conditioning in the foyer area and AV functionality in Room 1. Thanks to those members who are currently working on these issues.

Times for sessions are usually scheduled for less than 2 hours. This is to allow a minimum of 15 minutes in the interests of car parking restrictions, and the time required for large audiences to change over in Room 1. Utilisation of the whole 2 hour time period must be as agreed between the tutor and group. On the rare occasions when one session immediately follows another in Room 1, please be courteous at changeover, with frail members especially in mind.

Moving of furniture: If a group uses a room where arrangement of furniture differs significantly from the usual arrangement, please assist by returning the furniture to the original positions.

Please wear your name tag so that we can learn each other's names – and just in case the contact details are required in an emergency.

For contemplation: Volunteering and health

To quote a 2018 publication: "Beneficial effects of volunteering on health have been well documented: research has found that participation in voluntary services is significantly predictive of better mental and physical health, life satisfaction, self-esteem, happiness, lower depressive symptoms and psychological distress." (Reference available on request.) My husband and I have had some discussion about this, with differences of opinion! But we are agreed about the main conclusion: If you have spare time and energy – please think about volunteering for U3A!

I wish you a most rewarding second semester at U3A.



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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:

Sue Gray, Fairlie Nassau, Joe McGrath,
Peter Ward,

RECEPTION COORDINATOR:

Mary Heinemann

KEY MONITOR COORDINATOR:

Peter Ward

PUBLICITY - Vacant



**Enrolments
commence Monday
8 July 10am**

Save the dates!

Semester 2: 29 July - 29 November

End of Year Lunch: Tuesday 3 December

Volunteers' Party: Thursday 5 December

U3A closes: Thursday 5 December

Member News



Another U3A Stonnington treasure!

Sylvia Ungar receiving an Honorary Life Membership Award from Elizabeth Brown, President, at the 2019 AGM

Sylvia has been a driving force behind U3A Stonnington's success over many years, including being President from 2011-13.



To agree, or not to agree?

Enthusiastic members having a social chat before one of the lively and very well attended Wednesday discussion groups.

COFFEE FORUMS

Wednesday 21 August @ 1.30

Tuesday 10 September @ 1.30

Two Coffee Forums are held each semester and are usually after a talk. They are a great way of meeting other members.



Anita Burgess-Webber aboard a V-Line train on a recent visit by U3A Stonnington to the Ballarat Gallery organised by Faye and Ron Nathan.



Dedicated volunteers, Dee James and Jo McGrath preparing a sumptuous morning tea at a recent Coffee Forum.



**U3A
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Friday Flicks

Presented by Gerald Tofler

Movies will again be shown on Fridays in Room 1 from 1.00 – 3.30pm

Details of the program for Semester 2 are on page 8 of the Course List (Course 75)

Now starting at 1.00pm



Do you read your emails daily? Well, please do, because if you have an email address, you will be notified by email of session cancellations and date or time changes. Those members without an email address will be notified by phone. If a session is cancelled at short notice, members will be notified by phone, where possible.