

## LIVE | LEARN | ENJOY

### From the President

Term 2 is behind us now.

For the first two terms this year, we have seen a series of stops/starts, and nearing end of term on the announcement that community centres remain inaccessible to indoor activities, Term 2 was brought to an early closure. Until normality returns (however normality looks now), stay in touch with friends, take a walk together, meet at a park somewhere or simply keep in touch on social media; be good to yourselves. There is much to do and much ahead of us!

And here's to a better second half of the year!

To begin with, please take note of the following class changes. Members enrolled into the affected classes have already been notified. We are posting the changes here as well, so that members outside of the enrolment roll who may be interested to join these classes, are aware of the new venue and times and join, if it is more appealing now. We are grateful to our tutors for being understanding of the need for the change and apologise to members who are inconvenienced.

1. **English as Another Language** (Tutor: Judy Cox) – This class will no longer be offered from Term 3.
2. **Line Dancing - Beginners** (Tutor: Chan Phoumsavanh) – Change of Venue.  
New Venue: Southern Community Centre at 27 Rupert Drive, Mulgrave.
3. **Line Dancing - Experienced Line Dancers – Class A** (Tutor: Cassiely Chuah) – Change of Venue and class start time.  
New Venue: Nottinghill Community Centre on Ferntree Gully Road in Notting Hill.  
New Class times: 10:00 am to 11:30am.
4. **Line Dancing - Experienced Line Dancers – Class B** (Tutor: Lan Tiet) – Change to class start time  
New Class times: 10:00am to 11:30am.
5. **New Dance Fitness** (Tutor: Xiaomin Liu, Jenny) - Classes commencing on Friday, 16<sup>th</sup> July.  
Venue: Southern Community Centre, 27 Rupert Drive, Mulgrave  
Class Times: Fridays 10:00am to 11:15am
6. **Spanish** (Tutor: Yolanda Cuberes) – Classes resume in Term 3  
Venue: Mulgrave Community Centre, 355 Wellington Road, Mulgrave  
Class times: Thursdays 1:00pm to 2:30pm

### What's coming up?

#### 6<sup>th</sup> Annual General Meeting

The management committee is busy getting ready for our 6th AGM. At this stage, the proposed date is in September. It is yet to be decided if the AGM will be in person or online; a lot will depend on movement restrictions and distancing limitations. We should know a bit more information to share by next newsletter in August.

#### End of Year Event – 3<sup>rd</sup> December

Pen in this date to your calendars! We hope to see you all at this event, to close off the end of Term 4; end of year. So far, some groups have shown interest in performing and displaying their skills and wares, either from what they have learnt in classes they have been attending or art/work pieces made during the year.

Please send in your suggestions and ideas how we can make this a memorable evening for everyone. Anyone who can help with organising this event, please come forward and let us know. We need all the help, brains, arms and legs we can get!

#### Polo Shirt Orders

The members in Eddie's Tai Chi group are ordering red polo shirts with an embroidered logo for the event. See below. If there are any other groups interested in ordering something similar, please let me know; we may be able to negotiate a better price, ordering in bulk.



#### Term 3

Reminder: Term 3 resumes on **Monday, 12<sup>th</sup> July**. Have a safe break, rest up and till next we meet, be well! Don't forget to share your news; we'd love to hear from you!

#### Ann Findlay, President

## LIVE | LEARN | ENJOY

### NEWS FROM THE BOOK CLUB

Course Leader: Jan Matthews  
Meets once a month on the 2<sup>nd</sup> Mondays (10:30am to noon)  
at Mulgrave Community Centre



The Wheelers Hill U3A Book Club has been going strong for nearly five years since the birth of the Wheelers Hill U3A. We are a keen group of book lovers and our book club challenges us, gets us discussing, analysing, respecting different points of view, agreeing, disagreeing, exploring different takes on a theme, sometimes raising strong emotions and sometimes uncovering hidden memories and most of all having a rewarding friendly and sociable encounter together every four weeks or so. The photo above is one from our archives from a couple of years ago; we have not been able to take one of the current group because of interruptions to classes due to lockdowns.

We are part of the Wheelers Hill Library book club rotation scheme, whereby the library provides a set of books each month, chosen by the book club librarian after yearly consultation with the different clubs on what genre of books they would **NOT** like to receive. It is, therefore, a constant surprise each month when we eagerly grasp our “new” book to see what has been provided. A good way to take us out of our reading comfort zone and sometimes read what we would perhaps not have chosen ourselves. It works very well for us.

We had settled into a very nice comfortable room at the Mulgrave Community Centre and everything was rocking

along nicely until March 2020. That date will stay in our memory for a multitude of reasons. The COVID-19 pandemic was upon us. What to do? How would we manage our book club? Would the library be able to supply our books each month? The library closed but worked behind the scenes for their members and book clubs. Our schedule stayed the same. The library quarantined our set of books for 3 days, I picked them up and delivered to each member’s letterbox, last book delivered back to the chute at the library. We kept in touch via email sharing our thoughts on the current book. This went on for the duration of 2020 and thankfully early in 2021 we were able to meet again face to face and continue as normal.

May 2021, there we were again, another lockdown and this time the book clubs and library swung into action immediately and we repeated the above lockdown program. At this stage, mid-June, things are looking a little brighter and fingers crossed we will be back together face to face soon. Wheelers Hill U3A Book Club just keeps on keeping on!

Below is one of my most favourite quotes about books and reading to share with you:

*“Books are the quietest and most constant of friends, they are the most accessible and wisest of counsellors, and the most patient of teachers”. (anon)*

Jan Matthews  
Course Leader  
Wheelers Hill U3A Book Club



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### NEWS FROM TABOO TOPICS

Tutor: Judy Cox

Mondays 10:00am-11:30am

Oak Tree Hill, 37 Viewmount Road Glen Waverley



Every time we get together a new topic is planned but then emerges with opinions that set us all thinking. Gathering together on Monday morning certainly sets us up ready to negotiate the week full of interesting debate and cross-examination of thoughts and ideas.

Early in 2021 an avid argument was held around whether social media impeded communication followed in another session around the Covid-19 vaccinations and this before the supposed big roll out way back in February. Then to show that we have had a diversity of topics the group discussed habits that will improve our life styles which meant that good food (eating out) and being able to travel further than five kilometres was a real joy.

Since then, having moved back to Oaktree Hill has been a pleasure and great comfort, hmmm those chairs are fabulous not to mention coffee, tea, cookies... The purpose of Art has been mulled over, among other things in the last few weeks.

We could go on and on, but suffice to say, what a pleasure it is to come together with friends and colleagues to promulgate and laugh and joke our way to conclusions...or not as the case may be.

Judy Cox

### PHOTOGRAPHS TO SHARE FROM THE BEGINNERS' LINE DANCING

Tutor: Chan Phoumsavanh

Mondays 10:00am to 11:30am

Nottinghill Community Centre

This very popular group not only provides entry level to new dancers who have never danced before, but also for experienced dancers who simply prefer dances that offer steps and routines that are less complicated than those for the advanced groups.

Our Beginners' line dancing group has grown significantly this year with a current enrolment of 40 including the tutor.

These pictures below were taken in last month in May when most of the group were present (sorry, missing Kristine, our photographer for the group photo).



And here we are, an action shot of our members learning a new dance to a very popular new Chinese song, "Ke Ke Tou Hai De Mu Yang Ren", or translated, "The Shepherd from Cocoa Sea". It seems all 3 of our line dancing classes are dancing to this song too, albeit at different levels of complexity!



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### TUTOR FEATURE: Eddie Chew (Tai Chi)



Early one morning, while on holidays in Beijing, as he looked out his hotel window, Eddie was transfixed by the scene in a park below. There were hundreds of people performing gracefully in slow stylised movements. Intrigued, Eddie went outside to observe at close hand. Even though a woman signaled for him to join them, Eddie felt too self-conscious then to do so. The performance he was witnessing, was of course, the practice of Tai Chi, an ancient, gentle form of exercise believed to promote balance, flexibility and core strength.

On his return to Australia, Eddie researched and made many enquiries about where he could learn more about the practice locally. Eddie joined the Blackburn Tai Chi Academy, where, under the skilled master there, studied the Wu style of Tai Chi – which is one of the most complex and intricate forms of the discipline. Unbeknown to Eddie at the time, he had to start the hard way! It consists of mastering 104 movements in exact sequence. There are many styles of Tai Chi, including the Yang, Chen and Sun styles, to name a few – with a smaller number of forms and movements, anywhere from 24 to 42. Eddie persisted for 2 years in the Wu style and almost gave up learning altogether, due to the complexities of this style, until he discovered the Yang style at another Tai Chi school. Since then, Eddie hasn't looked back and eventually went on to not only become a skilled practitioner himself but to also judge at Tai Chi competitions.

Four years ago, Eddie was persuaded to become a Tai Chi tutor with us at U3A Wheelers Hill. Eddie instructs his

students in the Yang style, which progresses ultimately through 24 movements. The stand out quality about Eddie is his passion for the Tai Chi practice and inclusive teaching method. Eddie regards Tai Chi to be well-suited for seniors with its gentle stylised movements, improving balance and strength. Quote, "It's a bit like golf really - you can do it forever without risking life and limb".

The hallmarks of Eddie's classes are humor and fun, making his classes perennially popular. Try doing the "Retreating Monkey" without breaking into a smile.

Eddie is firm about starting the Tai Chi class at the beginning of each U3A year, because it can be hard (though not impossible) to catch up memorising all those movement sequences mid-term when learning time is shortened. And of course, as he says "practice makes ...if not perfect ... then at least, a whole lot better".

Outside of Tai Chi, Eddie enjoys other hobbies in his retirement; gardening being one – though now having finished redesigning and installing his own garden, Eddie confesses that he is running out of challenges. Fortunately, his fish pond with its extensive range of aquatic plants still keeps him quite engaged. Cooking is another of his passions and his cuisine range is broad – Malaysian, Thai, Korean, Indonesian and Chinese, not forgetting Mexican and Italian too. With such varied interests, Eddie confesses that he tends to be more of an action, hands-on type, rather than a "couch potato".

We are fortunate to have Eddie willingly sharing one of his many skills with us so expertly. Perhaps one day, we can get him to cook for us as well?

Featured below is a picture of Eddie's Tai Chi group from last year having fun, practicing "Fan Tai Chi".

