

### LIVE | LEARN | ENJOY

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#### From the President

Term 3 kicked off with much enthusiasm on 12<sup>th</sup> July, but quickly turned into disappointment when, 4 days later, Victoria went into lockdown once again. We returned 2 weeks later, this time for 3 days. Classes resumed on 4<sup>th</sup> August, but by 5<sup>th</sup> August, went into lockdown that evening. We are currently in Lockdown 6. Let's hope the next time classes resume, it will be with a lot less interruptions. We remain hopeful.

With all the stop/start, there really was not much time to gather dust but we did manage to slot in time for the long-awaited photoshoot that U3A Network had been arranging for some months but didn't happen due to the many lockdowns. The Tai Chi and Yoga groups were chosen for the event, as together, the two classes make up the largest enrolments on the one day, running back-to-back. The pictures don't disappoint. It is great to be able to share photos of our members and include much colour, smiles and friendly faces! And Network even put on a light lunch for everyone!

#### New Saturday Line Dance Class!

For our keen dancers, keep an eye out for a new Saturday Line Dancing class! For some of our members who still have work commitments during the week, you may find the Saturday class more suitable.

Chan Phoumsavanth, who also takes our Beginner's class on Mondays will be leading this class, which is at the Improver level Line dances. It is expected that you have had some prior line dance experience to join this class.

Class venue is Southern Reserve at 27 Rupert Drive, Dance Hall B, starting at 10am until 12 noon. The hall only allows a maximum of 30, so do be quick to enrol! Enrolments open next Monday on 23<sup>rd</sup> August so that classes can start as soon as restrictions are eased to allow return to class.

#### Assets for sale to members

Upi Patel, our treasurer has been working tirelessly with Lindsay, our auditor, finalising the accounts for financial year ended 30 June 2021 to present to members at our 6<sup>th</sup> AGM next month. With Yin-Fong, Committee member assisting, the stocktake of assets has now been completed. Several items have been identified as redundant that have not been used for some time and probably not, in the immediate future either.

The committee resolved at the last meeting to offer these items for sale to members. More information and details of these assets will be distributed to you later in the week. If any of these items are of interest to you, please respond promptly with your bid. All monies from the sale of these assets will be accounted for in this current financial year's accounts.

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

You would have heard me mention the End of Year event several times by now (and whenever I got the chance!).

Considering the current situation with social distancing and large group gatherings, the Committee resolved to hold the AGM online this year and instead, will partially fund the end of year event and make it free for all members to attend.

This is an evening event coinciding with the last day of term before we break up for the Christmas holidays. The venue at Southern Reserve, 27 Rupert Drive, Mulgrave has been booked and ready for our use. With less than 4 months to go, there's much work to do!

Firstly, putting together a Sub-Committee to oversee the program, decorations, food menu amongst other considerations. This sub-committee will consist of a couple of the current committee members and tutors who will be leading their groups' demonstrations, activities and displays, also decide what working groups are needed and reach out to members to join the working groups. Your tutors may nominate someone from their groups or otherwise, please put your hand up to help and for us to benefit from utilising your skills and assistance.

We need your ideas to make this a night to remember! Please put up your hand to help and put on your thinking caps!

We are also looking for contributions suitable for raffles and door prizes, if you or your groups have any to donate.

As always, contact us by email to:

[U3AWheelersHill@gmail.com](mailto:U3AWheelersHill@gmail.com)

For now, sit back and enjoy the articles from 2 of our classes and the colour of this month's photos.

**Ann Findlay, President**

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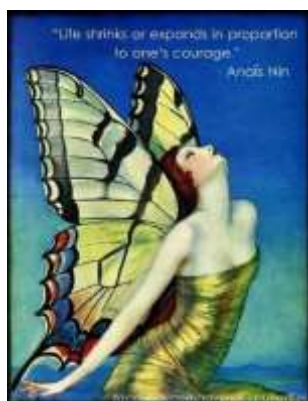
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### NEWS FROM THE WISDOMS FOR LIFE'S JOURNEY GROUP

Tutor: Mary Keogh

Tuesdays 10:00am to 11:15am  
Nottinghill Neighbourhood House Annex  
37 Westerfield Drive Nottinghill

Every Tuesday morning when driving to our 'wisdom' classes many of us most likely go through a soul search about our own wisdom. On the way we may have questions, doubts and sometime tough inner conversations. At this point of our lives do we understand what the wisdom is? Have we gained the knowledge and judgment of what is true and real in life? How successful were we in adapting to the major changes that occurred in our lives? Are we open to new ideas, suggestions, and even criticisms? Are we able to solve our everyday problems and accept the things that we cannot change? Can we learn from our own mistakes and experiences?



Upon walking into the classroom and facing the friendly, smiling faces of our classmates - the knowledge and wisdom wanderers, we know that we are in the safe place where all of the above questions and curiosities can be explored, discussed and answered in conversations drowning on insights from philosophy, psychology, literature, religion, everyday life and our own experiences. Every term Mary takes us on a journey through various life topics such as 'Resilience', 'Blessing (or Cursing) of Time', 'Curiosity', 'Emotional and Spiritual Intelligence', 'Our Bodies-Burden or Gift', 'Justice', 'What is the Truth?', 'Love'...

And we listen sometimes breathlessly, sometimes impatiently ask a question or give an example from our lived experiences, books that we read or cultures when they are different. It is not always easy as we at times uncover our own very personal stories, but we know that we are in a safe space that can bring up suggestions, ideas,

and even criticisms of our current ways, beliefs and credos. Allowing others to offer these things can teach us new ways of looking at our world and solving problems. This also teaches us tolerance for others' beliefs, opinions, ideas, and ways of life. We cannot just assume that our knowledge and experiences are the only solution or idea of importance.

"True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us.", Socrates said.

Through this journey we discover that we are able to learn from other people's experiences and that we, ourselves, can also freely offer wisdom to others we have gained through our life experiences.

"Integrity is choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them." — Brené Brown in 'Rising Strong'

Author: Slavica Ivanovic  
Wisdom Class, Participant

### "Thought for the month



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### NEWS FROM OUR PATCHWORK GROUP

Tutor: Rhondda Kerle

The patchwork group has been running since the start of U3A Wheelers Hill. During this time, I have had a dedicated group of ladies turning up to hone their patchwork skills. We now meet at the Baptist Church in Waverley Road at 10:00am till 1:00pm on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month. Some of the work that has been completed by the ladies are quilts, bags and table runners. Newcomers are most welcome. Hopefully we will be able to meet again on 7<sup>th</sup> September COVID Restrictions being lifted.

*Rhondda  
Tutor Patchwork.*



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### PHOTOGRAPHS FROM THE PHOTOSHOOT

#### Tai Chi Group – Course Leader: Eddie Chew



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### Yoga Group – Course Leader: Annie Yang



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## And Finally....

As our 6<sup>th</sup> Annual General Meeting is scheduled for next month, September, this is the last newsletter from the Committee 2021.

On reflection, as you will hear from me at the AGM coming up, I think the current committee has done a darn good job! I couldn't be more proud of the team and our tutors and volunteers!

Moving forward, please do consider taking up a position on the next Committee to assist the administration and running of U3A Wheelers Hill.

## Best Wishes from Committee 2021

Ann Findlay, President

Vicki Teese, Vice President and Tutor Coordinator

Urvashi Patel, Treasurer

Rhonda Kerle, Secretary

Slavica Ivanovic

Maureen Lancaster

Yin-Fong Leong

