

From The President

After 2 years of uncertainty with the COVID pandemic restrictions, with multiple lockdowns and classes run online wherever possible, we have finally made it to the end of a full term uninterrupted (with the exception of ballroom dancing suspended in consideration of members' safety).

Term 2 resumes on the week commencing 25th April – but that day being ANZAC day public holiday does mean our **Monday classes** are not returning until the following week, on 2nd May.

Some reminders and notes before we return to classes for Term 2.

- **Spanish class.** This class has been deactivated and will no longer be offered.
- **Ballroom Dancing.** We have not been advised of facilities not available to any of our bookings, so with Peter Woods being happy to resume classes in Term 2, Ballroom dancing classes will resume in Term 2, but not until [9th May](#). All members attending class please take extra care where you are unable to social distance or dancing with partners outside of your normal circle.
- **Monash facilities' access rules** remain in place. Briefly, access is only given to fully vaccinated members, QR code check-in is still required, as are observations of social distancing guidelines and regular use of sanitisers. Masks, whilst optional, must still be carried; they are recommended for your own safety but are required when social distancing cannot be maintained.
- **Calling for additional tutors!** In the past few years, we lost some of our very popular classes (Gardening, Knitting, Intermediate Mandarin, Spanish and Technology classes). If you are able to and would like to share some of your knowledge and skills, or know anyone who can help us with running some courses, please do come and see me or send me a note! We are keen to hear from you!

Community events and items of interest and activities to get involved in – Refer to the respective attachments at the back of this newsletter for more details

- **Happy hour – The power of happier ageing**
This is a 1-hr free hands-on workshop organised by City of Monash and Nurse Next Door to involve our senior community with the skills and tools to maintain a sense of purpose. The event is hosted and held at The Oak Tree Hill Aveo Retirement village on 22 April. [See Attachment 1.](#)
Please use this link to book:
<https://www.trybooking.com/BXTJM>
- **Fund-raising walk for Cord Blood research**
As in previous years, our Walk & Talk group, with Judy Cox in the lead, are involved in a fund-raising walk for Cord Blood research. This is a 2Km walk, scheduled for the morning of 6th May. Please do join in this very worthy cause and have fun with the group! For more details and Registration, [see Attachment 2.](#)
- **School crossing supervisor positions available**
We have been approached to see if any of our members may be interested in School Crossing supervisor roles. Not only are these paid positions, you will also be contributing to our community to keep our kids safe, crossing busy roads during peak hour traffic. If you are interested, please contact Chandler McLeod directly. [See Attachment 3.](#)
- **Millionaire Hot Seat studio audience.** This Channel 9 game show has openings for audience to join them! If you are interested, why not organise a group and have some fun together! [See Attachment 4.](#)

It has been a full term of activities and it is so good to see everyone back in person. There is always so much to get involved in. Stay active!

Be safe & have a great Easter break! See you in a couple of weeks!

Ann Findlay, President

Congratulations, Timothy Tsui!!



At last month's art exhibition held at Noble Park Community Centre Art Show 2022, Timothy's entry won the Fred Woodman Best Watercolour Open Award!

Congratulations, Tim!

We are so proud to share Tim's latest award-winning piece.

Tim dedicates much time and effort to our cause, leading and tutoring 3 classes at our U3A:

1. ART – Drawing & Watercolour for the Novice
2. ART – Watercolour Painting for Beginners
3. ART – Self Motivated Art Group

We are truly fortunate to have Tim so willingly and selflessly sharing his time and skills with us.

Thank you, Tim.

Term I Activities – News & Photos

New Classes Started in Term I

ART – Self-Motivated Art Group (Tutor: Timothy Tsui)

This year, we started a new class for budding art enthusiasts to come together and spend time with others, working with their preferred medium. This group of 11 under Timothy Tsui's leadership and guidance, work on their own individual pieces and a wide selection of art work; from scenery to still life, portraits and sketches, Chinese art, pen drawings using dots and ink, watercolour, pastel, acrylic, charcoal, and whatever suits.

Some come to be in the group and enjoy the company of others whilst focussing on their own pieces, others may seek guidance from Tim. This is a fantastic opportunity to learn from everyone and share thoughts with others with similar interest!



Cooking (Tutor: Claudia Ng)

Our new cooking class was so over-subscribed, we decided to run them in two sessions, on fortnightly rather than weekly schedule. Our tutor, Claudia Ng and assistant cook, Edith Yu-Chan taught the groups how to make fried glutinous rice, radish cake and Swiss Chicken wings. We also had a guest cook, Gu, who shared his grandmother's secrets, starting from making the dough for the dumpling skin and the filling. Members had the opportunity to get their hands into wrapping the dumplings! Some very oddly shaped, but the groups had fun!



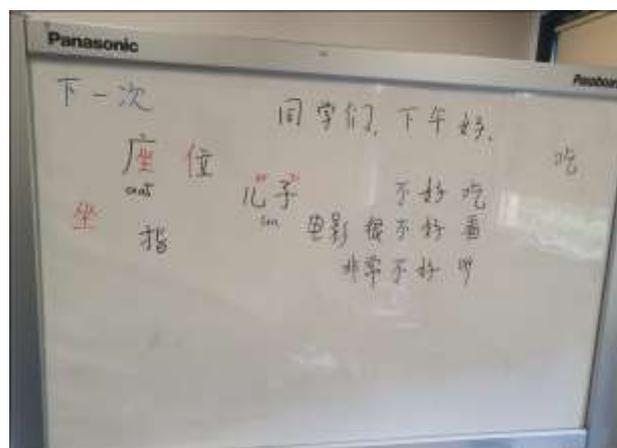
And..Sshhh!! What's coming up?? For the end of year, a joint class is planned for a special dish by a very special guest cook! Here's a sample picture of what's planned for the day! Doesn't that look a treat?!! Yumm!!



Mandarin Beginners (Prescribe Ni Hao Series) (Tutor: Claudia Ng)

This class is aimed at interested members with no prior knowledge in the Chinese language, not only simply for speaking and conversational, but also to learn to read and write in Mandarin.

Our new tutor, Claudia Ng was faced with a very challenging task with our members who could not string two words together in the language. At the start of term, from learning to engage in very basic greetings like good morning, to be able to read and construct simple sentences is a huge advancement in just a few lessons! The whiteboard is from the last lesson in Term 1. That certainly look complex! Congratulations, everyone!



Highlights from across our groups

Thank you to everyone who sent in photographs of your group's activities for sharing! It has been quite some time since we have been able to group together and share news, food and laughter!

Book Club
(Tutor: Jeanette Matthews)



Conversational Mandarin for Beginners at Brunch
(Tutor: Anne Tien)



Dancing Fitness
(Tutor: Xiaomin Liu, Jenny)



Keyboard (Music)
(Tutor: Graeme Kinzett)



Line Dancing Beginners
(Tutor: Chan Phoumsavanh)



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**Line Dancing – Improver Level
(Tutor: Chan Phoumsavanh)**



**Line Dancing – Experienced Line Dancers Class A
(Tutor: Carriely Chank)**



**Mahjong (Chinese)
(Tutor: Ann Findlay)**



**Tai Chi Group
(Tutor: Eddie Chew)**



**Yoga Group
(Tutor: Annie Yang)**



And, lastly... what is the Committee up to?

The Committee (Rhondda, Secretary, absent) met up in person for the first time since the COVID19 lockdown. Zoom meetings will likely remain the norm but it is quite refreshing to see each other again!

Watch this space for news as we head into preparations for our end of year event and our next Annual General Meeting.



Happy Easter and Best Wishes from the Management Committee! See you again soon when we return in Term 2!

Attachment 1 - Happy hour – The Power of Happier Ageing



Happy Hour - The Power of Happier Ageing in partnership with the City of Monash, Nurse Next Door and hosted at Aveo Retirement Villages

Happy Hour is designed to give older people the tools and confidence to maintain a sense of purpose and possibility as they age.

The Power of Happier Ageing presentation, provides proven ways to enhance well-being as we age.

Free one hour hands on workshop includes activities such as:

- Finding out how old you would be (if you didn't know how old you are!)
- Understanding the difference between a fixed and growth mindset
- Practising the three steps towards identifying and tackling challenges with a sense of possibility
- Identifying daily opportunities to practise intentional happiness and
- Learning simple meditation and mindfulness techniques

Everyone leaves with a happiness tool kit - information and resources to continue practising what has been learnt during the workshop.

| | |
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| Date: | Friday 22 April 2022 |
| Time: | 10.30am-11.30am |
| Venue: | Oak Tree Hill, Aveo Retirement Villages 37-55 View Mount Road, Glen Waverley |
| Cost: | FREE |
| Bookings: | https://www.trybooking.com/BXTIM or phone 9518 3555 |
| Parking: | View Mount Road or St Romans Court, Glen Waverley |

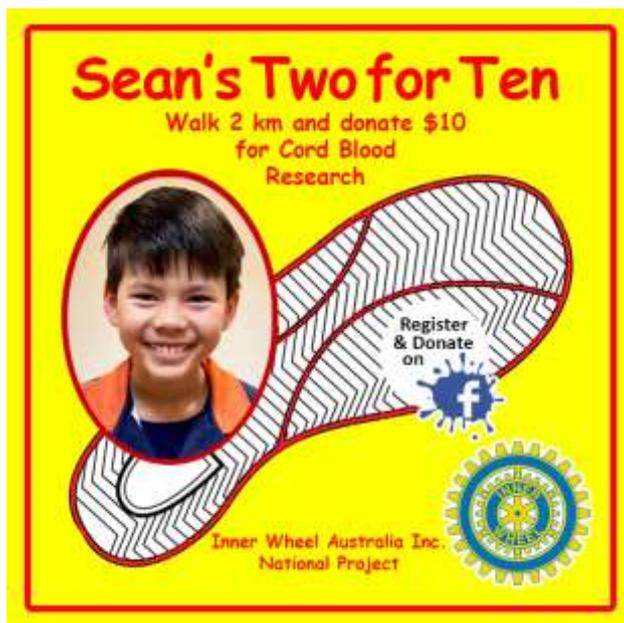
293 Springvale Road (PO Box 1) Glen Waverley VIC 3150 **Web** www.monash.vic.gov.au **Email** mail@monash.vic.gov.au
T (03) 9518 3555 **National Relay Service** (for the hearing and speech impaired) 1800 555 660
Language Assist: 普通话 9321 5485 廣東話 9321 5482 國粵語 9321 5481 英語 7006 3002 意大利語 9321 5483
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Attachment 2 Fund-raising walk for Cord Blood research



Please join the Inner Wheel Club of Narre Warren

at

WILSON BOTANIC PARK

668 PRINCES HIGHWAY 3806

6th MAY 2022

10am for 10.30 start

Please wear a red top, tee shirt or blouse

Meet at gate at top of driveway

Please see attached Registration



'SEAN'S TWO FOR TEN' WALK



A national fund raising project for Cord Blood Research

REGISTRATION FORM- IWC NARRE WARREN

All walkers, members and friends, please complete the following information:

Full Name: _____
Address: _____
Phone: _____
Email: _____

Registration Fee \$10.00: Please pay into club account, see below.

I would like to make an extra donation of _____

Inner Wheel Australia shall not be held responsible for any loss, damage or injury arising from 'Sean's Two for Ten' walk

I have the physical fitness to safely complete the Walk 'Sean's Two for Ten' event

I consent to receive medical treatment if deemed advisable

I take sole responsibility for my personal possessions and equipment

The donation is non-refundable

Inner Wheel Club Narre Warren Bank Details for direct deposit: -

BSB: 633 000 Account Number: 185003332

Please put CBR Walk and your name in the description which appears on your statement

I agree to the conditions of entry

Signature _____

Please return form to: - Anne McGill

email mcgill39@tpg.com.au
Phone 0429112866

Attachment 3 - School crossing supervisor positions available



Hiring now!
SCHOOL CROSSING SUPERVISORS

Help look after our kids' safety on the roads!
If your family and friends say you're reliable, have a friendly personality and great communication skills, our students need you! You'll be much loved as an important figure in the local community. This is your opportunity to give back to the community, look after children in a unique way and earn money on the side too!

- Contract positions or rates starting from **5XX per hour** available
- Flexibility on morning and afternoon shifts & areas
- Working With Children's Check required
- Local communities include Stonnington, Monash and Mooroolbark council

APPLY TODAY
Contact XXX on PHONE for more information



Cheryl Zuhlsdorff
Recruitment Consultant
745 Springvale Rd, Mulgrave VIC 3170
T: 03 8561 8888 | M: 0493 144 476
cheryl.zuhlsdorff@chandlermacleod.com
chandlermacleod.com



CHANDLER MACLEOD
UNLEASHING POTENTIAL

An RGF Staffing APEJ Company

We acknowledge and pay our respects, to the Aboriginal and Torres Strait Islander people past, present and emerging, whose land we stand upon today. RGF Staffing APEJ partners with the traditional custodians of this land.



WE'RE PROUD TO CELEBRATE THE DIVERSITY OF OUR COMMUNITY

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HARMONY WEEK

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Attachment 4 – Millionaire Hot Seat studio audience



WHO WANTS TO BE A
**MILLIONAIRE
HOT SEAT**
20TH ANNIVERSARY

WE WANT YOU!



MILLIONAIRE HOT SEAT and CHANNEL 9
invite you and your friends to join our studio
audience!
Tickets are FREE and audience members will go into the draw
to win cash prizes!

To make a booking:
Use the QR Code or head to www.nine.com.au/hotseat
or email: millionaireaudience@nine.com.au
or call (03) 9420 3422

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