

U3A Nunawading and City of Whitehorse deliver successful Expo

The Whitehorse Positive Ageing Expo, held on Thursday 2 October, was a community event organized by U3A Nunawading and the City of Whitehorse in partnership as part of the Victorian Seniors Festival.

Around 140 local residents took the opportunity to visit the expo, which was held in the Whitehorse Centre, Nunawading. Approximately 60 staff and volunteers represented 33 organisations in the expo area. These included Council's own services, Aqualink, COTA, Alzheimer's Australia, Vision Australia, Community Houses, Association of Independent Retirees, Probus, Coeliac Victoria,

Asthma Foundation, Heartbeat, Box Hill Spinners and Weavers, Anxiety Recovery, Metropolitan Fire Brigade, Australian Hearing, Osteoporosis Support, Community Legal, Box Hill Art Group and Consumer Affairs Victoria.

Nine presentations on a range of topics, from fitness for seniors to things you need to know about retirement villages, were also delivered in the Studio over the four hours of the expo.

This was a great opportunity for people to find out what services are available to seniors in the Whitehorse area. Volunteers

on the U3A information table explained what we do and many people left their names as potential members for next year.

Feedback on the day from visitors and participants alike was very positive, with many requesting that it become a regular event.

Patricia Corral, Elaine Forde and Valerie Donlon from U3A worked with Kim Rosenfeld, Council's Community Development Officer – Healthy Ageing to organise the event.



President's Report



The end of this year seems to have come with a particular rush so here we are almost at the end of Term 4 with Christmas just around the corner. My thanks to everyone at U3A who has contributed towards making this another most productive and enjoyable year, and particularly to Noela, Leo and Lindsay for their support in the front office.

Positive Ageing Expo

I was very impressed by the professionalism demonstrated by the U3A Nunawading team of Patricia Corral, Elaine Forde and Valerie Donlon as they partnered with Whitehorse Council to stage this event. When I visited the expo there was a real energy and enthusiasm in the air as representatives of many, many organisations talked with members of our local community about their services. Our thanks go to Kim Rosenfeld and Council for inviting us to partner with them in hosting this most valuable Seniors Festival event.

Festival of Learning

U3A Nunawading made its usual enthusiastic contribution to this Seniors Festival annual event and helped spread the word that there's plenty to do after retirement. Thanks to our performers, demonstrators and volunteers for representing our U3A so positively.

Darnum Musical Village

Many thanks to the Social Committee for organising this very successful outing. Everyone had a great time and were most impressed with the instrument museum and the performances. I'm sure the Social Committee will have another terrific program of events for members next year.

Thanks to Annette Samuels

Annette has stepped down as Convenor of our Social Committee after serving 11 years in the role. The Social Committee makes a great contribution to the life of our U3A and on behalf of the Committee of Management and our membership, our sincere thanks for her work on the committee and as its representative on the Committee of Management.

Victorian Volunteer Award

Elsie Mutton's enormous contribution to U3A at Nunawading, Network Victoria and the Asia Pacific region as well as Seniors generally saw her recently selected as one of the four finalists in the Victorian Volunteer of the Year – Dame Elisabeth Murdoch Award. The awards ceremony was held at Cruden Farm, the home of the late Dame Elisabeth Murdoch. Congratulations, Elsie – I am sure she took the opportunity bend a few politicians' ears in the name of U3A while she was there.



Elsie Mutton with Premier, Denis Napthine, and Minister for Community Services, Mary Wooldridge, at the awards ceremony.

U3A Network Victoria Writing Competition

Congratulations to our own Brian Ruck on winning this award with his very touching story entitled *U3A and the realisation of an ambition*. Brian's story, which is published in this newsletter, beautifully illustrates how you can pursue a long-held ambition to develop a very special skill at U3A.

Summer School

Congratulations to our Summer School organising committee for putting together

an interesting and varied program for January 2015. This group, under the very capable leadership of Lorraine Sterling, has organised over 40 classes, so there is sure to be something to suit everyone.

IT Classes

Welcome back to Noelene McCulloch after her recent illness. It's great to have you back. I am delighted to advise that our Computer Centre has been relocated back to Level 1 of the Forest Hill Resource Centre and has been set up with completely new equipment, purchased as part of our State Government grant. Many, many thanks to Noelene, Bruce Boswell, Bert Lopes, Leo Sargent, Lindsay Glen and contractor, Siva Maniam, for the huge effort that went into the move. We also thank Julie Lyons from Whitehorse Council for her co-ordination.

Member Management System

The team working on the implementation of our new website and member database system, led by Andrew Lockwood, is in the final stages of tailoring the system to suit our needs and will be demonstrating it to our Committee and key volunteers over coming weeks. To ensure a smooth transition, enrolments for next year will be done manually as in previous years and the data transferred to the system probably around March. If all goes well, we would expect to use the online enrolment system from the beginning of Term 2 next year.

Finally, I would like to thank you all for your contribution to making our U3A a warm and supportive community and place where we can all continue to grow. On behalf of the Committee, I wish you all a safe and relaxing holiday and look forward to seeing you all in the new year.

"Live Learn and Enjoy"

Annette Mason
President

Course Administrator's Report



Here we are almost at the end of the 2014 U3A year. I do hope you have all enjoyed your classes and the many friends you have made whilst at U3A. Being a large U3A we are fortunate to have a number of members who are prepared to share their skills with their fellow members and, therefore, we are able to offer a wide variety of classes. Thank you to the members who share their skills so generously each week.

There are a number of new classes starting in 2015 and these are listed below. You will find the full descriptions in the general description booklet enclosed with this newsletter.

- A brief history of the development of scientific medical thought
- A philosophy for life and beyond
- Ancient Egyptian history
- Chinese speaking class
- Chinese Basic
- French Conversation Basic
- Indonesian Beginners continuing
- Italian Beginners continuing
- Japanese Beginners
- Russian for travellers
- Taiji Quan – Yang style Beginners
- Tonal Drawing 'Chiaroscuro'

General Information

Membership application: Please apply for membership as soon as you have made your selection of classes. This helps with the process of data entry. Allocation to classes does not happen until the middle of January: once this has been completed you will receive written advice of the status of your request.

U3A Nunawading will not be offering Associate membership in 2015. Full membership remains at \$50 per member. This is to be paid at the time of lodging your membership form. There are three ways available to pay your membership fee: cash/cheque/Eftpos. Eftpos is only available at the U3A office in Silver Grove.

Classes: Select your classes carefully. Read the description, time, day and venue as there may have been a change from 2014. We are finding our exercise and yoga classes are very popular. Therefore, you may only be allocated one class from each of these groups. Hopefully, this will mean that if you apply for one of these classes you will receive a place.

Subject headings: You will have seen we have a new format for listing classes. They now come under subject headings of Art, Craft, Dance, Exercise, History, Humanities, Language, Music and Science. If you are looking for a particular class you can locate it by referring to the alphabetic listing at the front of the booklet.

Class Codes: You will notice above the class descriptions there is a code. Please ignore this code when enrolling for next year - this code will only come into use for enrolments in Term 2.

Contact details: Please, please write clearly. If you are supplying your email address **please** print clearly, this will be the main way we contact you throughout the year, so do not give your email address unless you access it regularly.

Remember to wear your name badge at all times whilst you are at U3A and please fill in the back of the form with your emergency contact details.

Withdrawal from a class: Choose your classes carefully, but if after applying for a class you cannot attend, notify the office as

soon as possible to allow us to offer a place to another member from the waitlist.

Leaders not returning 2015: Elizabeth Isaacs, Gloria Rowe, Maria Makrides, Peter Shave, Maureen Reid, Liz Shave, Stella Yim, Susan Czermac and Lyn Elliott. We thank them for giving of their time to U3A Nunawading.

Welcome new leaders: Colleen Skinner, Cheiko Kawakami, Rae Last, Diane Hardy, Toshie Burke and Poppy Fogarty, and welcome back Ian Grandy, Joan Kelleher, Joe Lau and Ann Ruck.

Summer School: To attend Summer School you must be a financial member of U3A Nunawading for 2015. The descriptions of classes and a special Summer School membership form are enclosed with this newsletter. Do not confuse the Summer School form with the general membership form.

Elsie Mutton

Course Administrator

Newsletter Editor



U3A Nunawading's newsletter is produced four times a year and is our main way of keeping our members informed.

To volunteer for this role, you need good writing and editing skills and the ability to work to a deadline.

You do not need any graphic design or desktop publishing skills as this work is done by our printer.

If you would like learn a bit more about the production of this vital member communication tool, please leave your details at the office or a note marked for the Newsletter Editor.

Seniors Count!

Victorian Seniors Participation Action Plan Launch

This event was hosted by U3A Network President, Elsie Mutton, and launched at the Nunawading Seniors Hall by the Minister for Health and Ageing, the Hon. David Davis, and Commissioner for Seniors, Mr. Gerard Mansour.

The paper was the result of two years of work by the Victorian Ministerial Advisory Committee. One of the recognitions of this group is that our ageing population is a community asset, not a community burden. Our enjoyment of longer, healthier lives is one of the great triumphs of modern society and health care.

The global phenomenon of an ageing population is rewarding seniors with unprecedented opportunities to enjoy better health and to participate in and contribute to their communities. The Victorian government is committed to empowering seniors to do all this and more.

Seniors Count will support seniors to:

- have their voices respected

- keep healthy and well
- stay active within age-friendly communities
- participate in work, learning and life planning
- share their skills and contribute to the community.

In U3A Nunawading's usual style we were able to showcase U3A to the many dignitaries who attended. Jenette and Jim Youngman, Doreen Betts and Michael Sedmak, and Margaret and Stephen Spreadborough gave a ballroom dancing demonstration, and Maureen Milton and a small representative group from our choir sang.

Thank you to Lindsay Glen who looked after many of the logistics of the day, Graham Haynes who made sure the sound worked for the speeches, and Bev Clarke who organised the superb light lunch.



Woolcraft News

U3A members from the Advanced and Beginners Woolcraft groups joined the Felting class and enjoyed a very pleasant day visiting the Geelong Wool Museum recently. The drawcard was the annual scarf festival, held from June to September. It was a kaleidoscope of colour and wonderful design. The Felting group entered their group creation called 'Chain of hearts' inspired by the theme 'Divinely wicked or devilishly good'.

We were privileged also to see an exhibition by Ruth Marshall, titled 'Vanished into stitches'. Ruth designs and knits the most amazing life-sized animal pelts - everything from pigmy possums to tigers and snow leopards. She first creates the design and colours it on graph paper to the actual size of the finished pelt before she begins to knit. The larger projects can take three months or more to complete. The pigmy possum (pictured), which was knitted by Carol Imison, a member of our Advanced Knitting group, was inspired by the exhibition.

Denise McGennicken

A project that began with small expectations, knitting 5,000 red Flanders poppies in memory of the landing at Gallipoli 100 years ago, has

inspired knitters everywhere including U3A Nunawading's Woolcraft group.

As a result, on 25 April next year, Federation Square will present a fitting tribute to the thousands of young men who made the ultimate sacrifice and to the nurses who cared for their injured comrades.

U3A Knitters are also part of a community project assisting women with breast prostheses after surgery. These articles are knitted in soft cotton, which is found to be very cool and comfortable.

Loris Townsend



Pictured (above right) Jenny Keamy holds a basket of knitted poppies and (right) Loris Townsend with the knitted breast prostheses.

Seniors Week Combined Choral Concert



Christopher Cook, Pianist Rhodri Clarke, Flautist Julie Melbourne (a member of U3A Melbourne) and Loretto Perkins, MC and accompanist of the U3A Nunawading Choir.

I think both the choirs and the large and appreciative audience were moved by the occasion. It certainly took me back to my childhood and reminded me of my late parents who loved these songs. To my delight, I found myself sitting next to a lady from the Frankston choir, who was able to reach the highest notes with ease. That was an added bonus of the occasion – the opportunity to briefly meet members from other choirs and discover how they approach their singing.

We are so fortunate at U3A that so many musical directors (in our case, Maureen Milton) are willing to give their time to enable choirs such as ours to exist. A special thanks must be extended to Elsie Mutton, U3A Network Victoria President, for making such an event possible.

Joan Manshon

On Monday, 6 October 2014 U3A choirs from the Castlemaine, Croydon, Darebin, Frankston, Geelong, Hawthorn, Healesville & District, Kerang, Kingston, Kyneton, Melbourne City, Moorleigh, Nunawading, Phillip Island, Port Phillip and Wonthaggi branches combined to stage a concert at the Melbourne Town Hall.

Having put on a similar performance two years previously, there was much anticipation and some trepidation as the

time drew near. We were fortunate to, once again, obtain the services of Conductor Andrew Wailes, whose many credits include Musical Director of the Royal Melbourne Philharmonic Choir and Orchestra and the Australian Children's Choir. Andrew encouraged us to soar to new heights as we delivered such beautiful classics as *Danny Boy* and *You'll Never Walk Alone*.

The performance was enhanced by the support of Soloist Liane Keegan, Organist

Visit to Darnum Musical Village

On Wednesday 24 September, a happy group of 31 U3Aers (and a trainee Seeing Eye Dog!) set off on a bus trip to the Darnum Musical Village. This is a collection of old pianos and organs housed in a number of buildings set up like an Australian country village, including an authentic old church and a cottage especially transported to the site. The instruments have been collected over many years by musician Albert Fox, who runs the museum.

Instruments include a beautiful French harmonium, built around 1840 and sent out to Australia on a sailing ship, and an 1877 pipe organ built in Flinders Lane, Melbourne.

Albert and his assistant played a number of the instruments for us as we went around. As well as viewing the wonderful collection of instruments, we were also able to visit the workroom where old instruments are lovingly restored.

After lunch we were entertained by Albert on the piano and watched him perform a magic show!

Two of our talented members also played for us – Joan Manshon on one of the organs in the collection and Bryan Driberg on piano.

A most enjoyable day was had by all, including the dog!

Jenny Balshaw



Whitehorse Spring Festival

A warm and windy Sunday 19 October saw our Silver Bell Jazz Band and our Line-dancers again show what great talent we have at U3A, when they performed at the recent community event.

In our marquee, we were lucky to have many proficient demonstrators: Leonie Clyne and Michelle Wall – needlework; Yvonne de Sousa – tatting; Barbara Worcester – patchwork; and Linda Parisi –

card-making.

Volunteers Jean Robinson, Loris Townsend, Trish Leary, Patricia Corral and Brian Nicholson handed out information and took names of prospective members.

Many thanks to all who gave up their time to promote U3A to our local community and especially to Linda Parisi for co-ordinating our involvement.



U3A Supper Dance

“Fantastic! Best night’s dancing for years! Why don’t they do it more often? When will they do it again?” - these were just a few of the comments I heard from the 160-odd people who packed into the Box Hill Town Hall on the evening of Friday September 19 for the Supper Dance organised by Geoff and Mary Moore in conjunction with U3A Nunawading.

For the event, the 18-piece Silver Grove Swing Band joined forces with the Silver Bell Jazz Band to recreate the heyday of the Town Hall Dances of the 40s and 50s, complete with rotating mirror ball and ‘spot prizes’. Participants brought their own suppers and drinks, and sat around tables provided by the Town Hall. Glasses, a handful of lollies and decorations, distributed in advance to each table by a few willing helpers, created a very nice impression as the participants arrived.

From the very first notes, the floor was crowded with dancers. Some displayed great skill and some shuffled around, but irrespective of their abilities, everyone had a smile on their face. Others preferred to sit and listen to the music and most of them had great difficulty keeping their feet from tapping.

The Swing Band was up for the first set, with vocalist Mary Moore performing some of the great classic songs of the past. And trumpeter Richard Desmond put down his horn for a few moments to sing about his Bad Habits. Then Silver Bell played a set of more traditional jazz music, with a few old favourite songs sung by leader Tony Harling, before the Swing Band took to the stage once more for their second set. The evening finished with another set from the Silver Bell, the last number, *You Are My Sunshine*, being a very appropriate choice, as it reflected the happy expressions on everyone’s face. Anyone interested in dancing to the music of the 40s and 50s, who was not there, missed a real treat.

Hearty congratulations to Geoff and Mary and to both bands. Many grateful thanks to Elsie Mutton for her enthusiastic support for the project and for her enormous help, along with Barbara Gardiner, on the night.

Brian Ruck



Would you like to be our new Treasurer and/or bookkeeper?

We are looking for a new Treasurer and, possibly, someone to assist the Treasurer in a bookkeeping role. The current Treasurer performs both duties, but these could be split into two jobs to reduce the workload.

As indicated at our AGM in August, the current Treasurer has agreed to stay on a little longer until we can find a suitable replacement and will train whoever takes over.

We are looking for someone who has had previous experience in bookkeeping, finance or similar administrative roles or been a treasurer in another organisation. We already have volunteers performing data input and banking.

You could choose to take charge of the Quicken bookkeeping process only (ie paying and recording all payments/banking on a cash basis - previous experiences with MYOB would suit) or choose to participate as the Treasurer, who sits on the Committee of Management. At the monthly meetings, the Treasurer presents and discusses the financial reports with the Committee.

**If you think you have the right skills and would like to contribute to your U3A,
please call the President, Annette Mason, on 9878-3898
or email president@u3anunawading.org.au.**

Fed Square Festivities



for demonstrating their crafts; and to Hiro Fanning, Tanya Harris, Wendy Knowles and Naomi Towers for demonstrating Eastern Mah Jong.



Victorian Minister for Ageing, David Davis, dropped by the U3A Nunawading marquee to see what our demonstrators were up to.



Celebration Day was held on Sunday 5 October at Federation Square to officially launch this year's Victorian Seniors Festival.

U3A Nunawading was an active participant with our members demonstrating needlework, patchwork and tatting in our riverside marquee. Four of our Eastern Mah Jong class played demonstration games to entertain onlookers and David Blain sketched the city skyline as a demonstration of what goes on in art classes.

Our band had toes tapping as it played lots of favourite tunes on the main stage and the U3A line-dancers, supported by the Texas DownUnder dancers, performed to an enthusiastic audience on the movement stage. The troupe, dressed in western outfits, complete with hats, put on an extremely professional performance to very modern music, which drew in a lot of

people to watch, clapping along with the music and some even dancing with the group.

"Many thanks go out to every one of the group for their generous time for practices, attending the performance, and most of all for loving the experience and the opportunity to dance for the public," said Class Leader, Marie Pietersz.

U3A Nunawading also had a roster of volunteers to talk to passers-by about U3A and a number of people took the opportunity to leave their names as potential members for next year.

Thanks to Brian Nicholson, Jean Robinson, Elaine Forde, Jenny Keamy, Barbara Gardiner and Jillian Gale for volunteering on our stand; to Leonie Clyne, Lorraine Salter, Barbara Franklin and Yvonne de Sousa

U3A Nunawading – COMPUTER CLASS DESCRIPTIONS

Term 1, 2015

General Information -You must be a financial member of U3A Nunawading. Computer classes are held in the Computer Centre, Whitehorse Resource Centre, **Level 1, 79 Mahoneys Road, Forest Hill.**

Prerequisites: Carefully read the pre-requisites for all classes before enrolling. Prerequisites are designed to ensure that you will gain the maximum benefit from the class by having the experience necessary to attend. If you do not have the skills required, you make it very difficult for the Leader and also for the other students in the class.

We use MS Windows 7 operating system & MS Office 2010, Internet Explorer plus Outlook 2010 for email. Unless otherwise indicated you will need to have these applications installed on your computer.

To ensure that you gain benefit from our classes your home computer should be running these programs. We do not teach using Apple Macintosh computers.

The facility usage charge of \$20 per course must be paid to the Silver Grove Office before coming to the first session of any computer class.

CLASS TUTOR & START DATE	DESCRIPTION	DURATION, DAY & TIME
WORD 2010 BEGINNERS Tutor : Wayne Henry Starts – 3 rd February	Introduction to Word Processing covering keyboard functions, use of tool bars, how to manage & save files & folders. Learn how to create a simple document, insert, delete and format text, bullet numbering etc, Prerequisites: Should have experience in using your computer and have ability to use keyboard & mouse. BYO memory stick.	6 weeks Tues 2pm – 4pm
USING WINDOWS 7 Tutor : Graeme Hilson Starts - 12 th February	Learn about some of the new features of Windows 7 plus how to customise your computer, essential maintenance & security, setting up user accounts, backup/restore and much more. Prerequisites: Good basic Microsoft Word skills. Ability to navigate around your computer & to use keyboard & mouse. BYO memory stick	5 weeks Thur 1pm – 3pm
MOVING TO WINDOWS 8 AND BEYOND Tutor – Graeme Hilson One demonstration on 5th February	Windows 8 and 8.1 are very different in some areas to Windows 7. Graeme will give a demonstration explaining these differences and what we can look forward to when we have a computer, which uses this program. Prerequisites: As this is a demonstration only the class will not be using any computers. There is no charge for this lecture.	One demonstration. Thur 1.00 – 3.00
PHOTO EDITING <u>BASIC</u> Tutor : Archie Kaan Starts – 2 nd March	Learn to manage, enhance, edit, and share your photos. Remove red eyes, crop, balance, copy and share photos via e-mail. This class will use Microsoft Office Picture Manager which is a part of Microsoft Office software. Prerequisites : Can efficiently use keyboard & mouse. Have Microsoft Office software on your home computer & some knowledge of File Management. BYO memory stick (2GB or more).	3 weeks Mon 9.30 – 12.00
USING PICASA 3 Tutor : Terry Pearlgood Starts – 4 th February	A free photo editing software from Google. Improve and edit digital photos including text, touch-up, effects. Compile albums, collages, slideshows with music & more. Share images using web albums and email. Prerequisites: Ability to efficiently use keyboard & mouse. Ability to use Windows Explorer to locate/open folders/files etc. Picasa will operate on any version of Windows.	4 Weeks Wed 2pm – 4pm

CREATING A WEB SITE Tutor : Graeme Hilson Starts – 2 nd February	A hands-on class on how to construct and develop a website using pre-configured designs and elements. Also includes how to publish it onto the internet. Prerequisites: Good computer operating skills. Must be experienced in navigating the Internet using an Internet browser, such as Internet Explorer. Ability to efficiently use keyboard & mouse. BYO memory stick.	4 weeks Mon 10.00 – 12.00
EXPLORING THE INTERNET & EMAIL Tutor – Poppy Fogarty Starts -3 rd February	A fun 4 week course designed to introduce you to the World Wide Web. Learn how to set up a secure email address – send/receive emails – attach images, surf the web. and much more. Designed for people with little or no knowledge of this exciting medium. Pre requisites: able to use a keyboard & mouse. Must have a home internet connection.	4 weeks Tues 10.00 – 12.00
RESEARCHING SHARES ON THE INTERNET – BEGINNERS Tutor : Eric Kratzer Starts – 4 th February	Hands-on for beginners. Learn to research, find important Company data, interpret charts & the difference between fundamental & technical interpretation. Use a charting program to monitor your share trading. Does not include financial advice or recommendations for investing your savings. Prerequisites: Ability to efficiently use keyboard & mouse, experience in using the Internet.	7 weeks Wed 10.00 – 12.00
USING AN APPLE IPAD BEGINNERS (A) & (B) Tutor : (A) Michele Berner (B) Tony Widdows (A) Starts – 5 th February (B) Starts – 20 th February	Get the most out of your Apple iPad. Explore its built-in applications and thousands of third-party applications to make your iPad a practical and fun tool. Includes hints and tips using your iPad effectively. Not suitable for Android Tablets. Prerequisites: You must bring your own iPad or iPad Mini. You must have an Apple ID and your iPad needs to be setup with iOS version 8.	6 weeks (A) Thur 10.00 – 12.00 (B) Fri 10.00 – 12.00
USING APPLE IPAD ADVANCED Tutor : Michele Berner Starts – 3 RD March	Make your iPad truly productive. Topics will be covered in more detail than the basic iPad course. Covers cloud storage, video calls, managing documents & files, getting DVDs and video onto the iPad, streaming movies, airplay mirroring to your TV & using iPad accessories & much more. Prerequisites: You must bring your own iPad or iPad Mini. (Not suitable for an iPad 1) You must have an Apple ID and your iPad needs to be setup.	4 weeks Tues 10.00 – 12.00
QUESTIONS & ANSWERS (Q & A) Graeme Hilson	Have you forgotten something? Do you need a reminder? Do you need help? Computer questions answered. It is not necessary to enrol prior to attending. No charge	3.00 – 4.00 1 st & 3 rd Thursdays each month.

Please read important notes concerning pre-requisites for each course to see if you have sufficient skills to attend your chosen class.

The work that was carried out after the fire in the Whitehorse Resource Centre has now been completed. Computer classes are back to being held on Level 1, 79 Mahoneys Road, Forest Hill.

Geology can set your heart racing

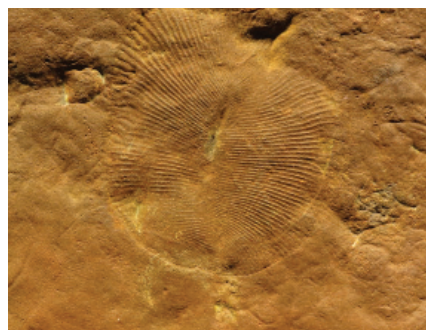
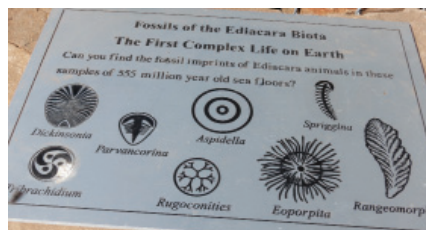
Twenty-one people from the U3A Geology class went on a fabulous trip to the Flinders Ranges in September. Our leader was Dr Peter Jackson.

The Flinders Ranges have been referred to as the 'cradle of life' and are the home to the Ediacaran Geological Period, 635-542 million years ago. This is the period immediately before the Cambrian. The Ediacaran Period's status as an official geological period was ratified in 2004 by the International Union of Geological Sciences, making it the first new geological period declared in 120 years. It takes its name from the Ediacara Hills where geologist Reg Sprigg first discovered fossils of some of the earliest life forms. The type section is located in the bed of the Enorama Creek, Brachina Gorge. Important? I am not kidding, this is about as mega as it gets!!

One of the Flinders Ranges National Park's most spectacular attractions is a self-guided 20km long Geological Trail that passes through 130 million years of the earth's history in Brachina Gorge. With care, it is suitable for sedans. Detailed signage provides an insight into past climates, the formation of the ranges and, most fascinating of all, the evolution of early life. The trail is best travelled from east to west, starting with the oldest rock layers. It commences at the Brachina Gorge/Blinman Road junction. One of the first marked stops is at fossil stromatolites. These primitive, largely single-celled microscopic organisms, forming mats, lived in shallow seas. Being photosynthetic they were responsible for building up the oxygen content of the atmosphere to a point where animal life was able to evolve. Living stromatolites can still be found at Shark Bay, Western Australia.

One of the most significant events in the history of life on Earth is recorded in a thin

band of sandstone known as the Rawnsley Quartzite. This contains the first evidence of multi-celled animals on earth at about 550 million years old. These very early life forms were soft bodied and therefore did not fossilize easily. They are known collectively as the Ediacara Fauna and were discovered by Dr Reg Sprigg at nearby Ediacara in 1946. They are dominated by circular impressions, which are likely to be jellyfish type animals or anchoring devices (holdfasts) of frond-like animals that lived on the floor of a shallow sea. They have been preserved as moulds or casts in sand, which eventually hardened to rock. The fossils are now seen as impressions on sandstone slabs. They cannot be directly observed on the Geological Trail but some great examples are on display outside the Parachilna Prairie Hotel to the west and also in the Museum of Adelaide.



Other fossils marked on the geological trail are Cambrian trace fossils - the U-shaped burrows of worms. Cambrian limestone also contains the first fossils of animals with hard skeletons. These include the cup-shaped archaeocyaths.

which were probably filter feeders related to sponges, sea snails, cockle-like shells, brachiopods (lamp-shells) and extinct trilobites. These animals represented the most dramatic increase of diversity in the history of evolution known as the Cambrian Explosion. We were very excited to find and photograph Archaeocyath fossils in rocks located right beside the track.



Our group was based at Willow Springs, a working station, which also offers very comfortable accommodation. On behalf of us all, I would again like to thank Peter Jackson for the insight he gave us into the Geology of the Flinders Ranges. He is a person who loves his subject - a wonderfully skilled teacher with endless patience and enthusiasm. I would also like to thank Kaye Oddie who did a magnificent job organising the trip. I might add that about half the group went on to geologise with Peter around Broken Hill, so there is still more to be told.

Joan Broadberry

iPad Quick Start Guide

First steps with your iPad will help you feel comfortable with your iPad so you can hit the ground running in no time at all. It covers everything a new user needs to know to get started. It will introduce you to the key features of your new iPad and take you through the early stages of its use.

Whatever your starting point, a complete beginner or somewhat experienced, **the iPad Quick Start Guide** will give you the confidence and knowledge to get the most out of your iPad and be ready to move on to far greater iPad challenges.

This guide is available for free enrolment for any U3A member. It can be accessed using either a mobile device or computer and internet access is required.

A link to the **iPad Quick Start Guide** can be found on the **Courses** page of the U3A Nunawading website www.u3anunawading.com.au or by using this link: <http://masteryouripad.usefedora.com>

Michele Berner
Computer Class Leader

U3A and the realisation of an ambition

Imagine, if you will, a small child walking half a mile along a Kentish country lane through snowdrifts three feet deep, which left his tiny feet soaked in slushy snow as it fell into his little welly boots; and he waited in the freezing fog for a school bus that might not even come because of the weather. And sometimes the fog was so thick, the bus would go by, and he would not even see it.

In those days, rural Kent seemed like a million miles from everywhere! But the snow would thaw and reveal the rich, dark brown soil, which became green almost overnight as new growth sprung into life. Daffodils were soon nodding their yellow heads in the gentle spring breeze, and blossoms would appear on the apple and pear trees. The lane grew narrower as the hedgerows sprouted new shoots, and the fresh green leaves on the trees provided welcome shade from the summer sun. And the fruit ripened, and the little boy picked the fruit and helped harvest the fresh vegetables; and then played outdoors in the fields long into the balmy summer evenings. Birds would be singing; the pigs in their sties would be squealing as they were fed; and hens would cackle as they laid their eggs.

There would be the distant sound of a tractor on a neighbouring farm, and perhaps a dog would occasionally bark somewhere. Then the leaves would turn to a mottled greenish yellow, on the way to their rich gold, red and brown autumnal colours. The corn, which had stood tall and green also matured and turned golden-yellow, and was cut and harvested; leaving the fields with nothing but very short stubble, soon to be ploughed in; returning the soil once more to a rich dark brown colour.

The leaves would fall from the trees along the lane, and it was great fun to run through them, kicking them high into the air, on the way to the bus stop. But all too soon, the leaves would blow away and rot into the woodland floor, and once more it was the long, lonely trudge through the snowdrifts.

Twelve more of these cycles with the earth spinning on its wobbling axis, and the young man found himself working in the laboratories of a chemical factory in a manufacturing town way over the other side of London. The peace and tranquillity

of the Kent countryside was replaced by the noise and rush of traffic on the main road to London, and by the clank and rumble of the machines in the factory. The delicious country smells of flowers in spring and summer, of ripening fruit, and of the mushroomy smell of the autumn leaves on the ground, gave way to the yellowish pall of sulphurous, smelly smoke coming from the factory chimneys.

The long evenings spent playing in the fields, hearing the magically simple sounds of the Kentish countryside, were replaced by long evenings spent in the dingy tobacco-smoke-filled bar of a pub, listening to the wondrously magical sounds of clarinets being played in the traditional New Orleans style. The likes of Wally Fawkes and Monty Sunshine made it seem so easy as they drank their beer whilst someone else was playing a solo, and casually setting their glasses down on the floor when it was their turn to play.

He decided then and there to play the clarinet just like that; but clarinets were expensive, his limited financial resources would not stretch that far, and a more modestly priced guitar was bought instead. And the world kept turning on its wobbling axis; and he married, and the children came along, and still there was no clarinet.

The world turned faster; and the middle-aged man was in Australia, and with higher wages was able to buy the longed-for clarinet. But he found it much more difficult to play than Wally Fawkes and Monty Sunshine had made it look, and progress toward the ambition of playing in a jazz band was slow. But the world was speeding up and seemed to spin faster and there wasn't time for clarinet playing.

The children grew up and left home. Still faster and faster the world seemed to turn, and there was a grandchild. Faster still, and the grandchild had started school, and had finished school, and had started University. Still no progress with the clarinet playing.

Faster, faster, faster and still faster the world turned, then suddenly it stopped; and the third-aged man woke up in a hospital bed with small stainless steel helical springs implanted into his coronary arteries to keep them open so that the blood could get to where it was supposed to be going.

Time to take stock.

It was clearly necessary for a change in lifestyle, or there would be no time left to fulfil the ambition of playing with a jazz band. He joined the local U3A and discovering there was a music group, applied to join it. But that group didn't want any clarinets amongst them, so, with encouragement from the U3A, he started his own band. But as Sod's Law would have it, the first two players to arrive brought their clarinets with them, so for better or for worse, his clarinet was put back in its box, and the old guitar resurrected. This small group was soon joined by a pianist, a drummer and a bass player, followed shortly after by some saxophones, trumpets and trombones.

And the world seemed to be speeding up again. He was soon playing guitar with a fully-fledged 18-piece swing band on the main stage in Federation Square. And the world was spinning still faster, and time was getting away again; so he bit the bullet, left the swing band and started another group; this time with a piano, bass, and drums, one trombone, one trumpet and one clarinet; definitely no guitar. Faster still the world was spinning, and in no time the senior citizen was in the fresh, clean air of a small Victorian country town, half a world away from the Kentish air of his childhood, and a far cry from the smelly industrial town of his youth. And half a century after first being bewitched by the clarinets playing in the smoke-filled bar in that smelly industrial town, he nervously set his own beer on the floor, stood up in front of the band in the smoke-free bar, and played his first ever New Orleans style clarinet solo before an audience of jazz lovers. What a terrifyingly nerve-wracking, wonderfully exhilarating experience!

The world is still spinning on its wobbling axis, the Swing Band is still going with its new guitarist, and the small Jazz Band is still playing New Orleans style jazz, with our senior citizen on the clarinet in the front line. And the moral of this little story, if there is one, is this. If you have been nursing an ambition forever, no matter how quickly the world spins, never give up on your dream. Join a U3A, and you might just find that it holds the key to realising that ambition.

Brian Ruck

2015 Quilt, Art and Crafts Exhibition

Once again U3A Nunawading will be showcasing the work of the Patchwork, Art and Craft classes with an exhibition on 28, 29 and 30 August next year at the Box Hill Town Hall.

The Patchwork 3 class led by leader, Tricia Johnson, has been busy making a beautiful quilt for the raffle. The quilt is an adaptation by class member, May Hay, of a Michelle Hill "William Morris" quilt, and is made mainly from fabrics printed in William Morris designs.

Tricia said, "All class members have been working on this quilt throughout the year, with the individual blocks put together in Term 2. The quilt will be ready to go to the quilter early 2015."

We will be looking for volunteers to help with the set-up on Thursday 27 August and pull down at the end of the exhibition. Please put these dates in your diary now. More information will be available in 2015.

Elsie Mutton

Special Events Co-ordinator



Participants needed for a telephone-based memory study

What is the study about?

Researchers at Deakin University are investigating whether a telephone interview is reliable when assessing the memory performance of groups of older Australians.

Who can participate?

We are looking to recruit males and females aged 60 years and over, who are in good general health.

What will participation involve?

Participation will involve two brief telephone interviews with a research assistant to assess your health, general knowledge and memory. Each interview will take approximately 15 minutes.

Participation is voluntary and all information will be kept confidential. **You will be provided with a \$20 gift voucher** as compensation for your time.

Further Information:

For more information please contact Catherine Cash at Deakin University by email at c.cash@deakin.edu.au or phone (03) 9251 7154.

School of Exercise and Nutrition Sciences Faculty of Health
Melbourne Burwood Campus, 221 Burwood Highway, Burwood, VIC 3125
Tel (03) 9251 7154 c.cash@deakin.edu.au www.deakin.edu.au

Military History Group

The Group has had a successful year with subjects covered including conflicts from ancient times through to the present, battle dress, military medicine, intelligence services and the use of codes. Guest speakers came from the ranks of retired service personnel and security analysts.

With 2015 being the 100th anniversary of the ANZAC landing at

Gallipoli, the Military History Group sub-committee is working on making this a special occasion.

Information on presentations planned for Term 1 next year is available in the Military History newsletter which can be found on the newsletter page of the U3A Nunawading website: www.u3anunawading.com.au.



HOST Program

The Host program looks to match a volunteer individual or family with a child who has a disability. The volunteer then provides respite by looking after the child either once a month on weekends, or once weekly during school hours.

The time spent volunteering is flexible, and the program can accommodate volunteers who want to balance their volunteering with other interests or commitments.

Early Childhood Project

Through this project, Interchange hopes to identify and support families of pre-school children with disabilities.

These families may choose to have weekday host support, rather than overnight stays, and may also require additional support such as transport to medical appointments, or home help.

Some volunteers choose to assist by preparing and delivering a weekly meal.

*For further Host Program information
please contact Kathy on 9836 9811
or kathy@iie.org.au*

Thanks for the stamps

Many thanks to all those members who have contributed their used stamps for the Australian Childhood Foundation, which have been left in the plastic container in the U3A office.

The stamps are greatly appreciated, but please remember to leave at least 1cm border around the stamp when tearing them off the envelope.

The Childhood Foundation supports vulnerable children during times of trauma, abuse and neglect. The sale of these used stamps helps to support this worthy project. For further information, please visit: www.childhood.org.au

Mel Thorn

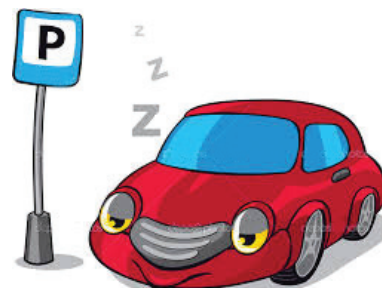


Parking Restrictions

Please take special care when parking in the area around the Community Centre at Silver Grove. The off-street parking areas have a 4-hour limit, but the restrictions vary for on-street parking.

In the area in front of the U3A office, some of the parking bays are only for the use of Meals-on-wheels cars so pay particular attention to the signs when leaving your car to ensure you have not parked in that area.

Parking inspectors regularly check the precinct and, unfortunately, there is nothing that U3A can do to help, if you receive a fine.



50th Anniversary Festival

SUNDAY 23 NOVEMBER 2014

9AM – 2PM

make it. bake it. grow it.

MARKET

Nunawading

LIVE MUSIC. GREAT FOOD. PERFORMANCES. ARTS, CRAFT & FRESH PRODUCE MARKET PRIZES AND LOTS MORE

Whitehorse Civic Centre 379 – 397 Whitehorse Road, Nunawading

www.artsnunawading.org.au

Flyers printed by Phillip Webb

2015 SUMMER SCHOOL PROGRAM

“SS” refers to Summer School and this prefix must be shown before every class on your application form.

Week 1: January 13, 14 & 15th

TUESDAY, JANUARY 13	
SS Effective Grand-parenting Presenter – EACH Representative 1.00pm – 3.00pm, Namatjira	An Eastern Access Community Health (EACH) Representative will lead a discussion on effective grand-parenting, including an interactive session, presented by the Ringwood Family Relationship Centre.
SS Gentle Exercise to Music - Week 1 Leader – Karen Postill 10.00am – 11.00am, Jaycees Hall	Come along and exercise after the Christmas festivities. This class will include gentle walking and stretching. Please wear shoes with good support (preferably lace-ups), your normal U3A name badge and bring along your water bottle.
SS Medical Charlatans and Rogues Presenter – Elizabeth Pittman 10.00am – 11.00am, Namatjira	While modern medicine has been of the greatest benefit to the vast majority of us, that has not prevented medical rogues of various kinds taking advantage of their position and their patients' vulnerability, sometimes in hilariously funny ways, but sometimes with disastrously horrific results.
SS Climate Change is Real Leader – Tony Kerr 10.00am – 11.30am, MPR	Human caused climate change – is it real? Is it of concern? If it is happening, what is causing it? How do we know that it is not just a repeat of naturally occurring climate change experienced in the past? Is there any urgency in tackling climate change?
SS Equip 4 Life - Healthy Lifestyle Seminar - Week 1. Presenter – Alain Young 10.00am – 11.30am, Rooms 5 & 6	A free seminar conducted by Accredited Exercise Physiologist or Accredited Practising Dietician, which will cover: health and diet misconceptions, exercise to improve your health, best ways to lose weight and keep it off, how to prevent/manage chronic diseases such as diabetes, heart disease, high cholesterol and high blood pressure.
SS Philoso'fy for Fun – Week 1 Leader – Savvas Athan 1.00pm – 2.30pm, MPR	Socrates: His trial and death.
SS Cha Cha Leader – Naomi Towers 9.30am – 12.30pm, Seniors Hall	Come along and learn to dance Cha Cha. Just bring your dancing shoes and your sense of humour. This class is beginners level, but very suitable for experienced dancers who want to learn to lead.
SS Nordic Walking Leader – Judi Millar 10.00am – Location to be advised.	Limit of 10 people. Will not take place if temperature is over 28 degrees, as it is very energetic. The walk will be in Blackburn.
SS Golf – Week 1 Leader – Alice Jiew 8.45 am, Morack Public Golf Course	Suitable for anyone who can 'hit the ball'. Come along and enjoy an early morning game of golf. Essentials: Golf shoes (no runners), clubs, balls, tees and markers, pen or pencil, sun screen, hat and bottle of water. You will be contacted re final arrangements prior to playing. Green fee approximately \$17 for 9 holes payable on the day.
SS Archery – Week 1 Leader – Archie Kaan 9.30am – 11.00am, Box Hill City Archers	All you require for this activity is a desire to enjoy the sport. Strength is secondary. Age is no limit. You will be in the hands of a qualified and accredited Archery Instructor. Sparks Reserve (Box Hill City Archers), Corner Middleborough & Albion Roads, Box Hill. Maximum 20 people. Cost \$20 payable on the day
WEDNESDAY, JANUARY 14	
SS Zumba Leader – Paulina Chong 9.30am – 10.30am, Seniors Hall	This is a fun and enjoyable workout class to get your body moving and invigorate your energy levels. Originally based on Latin dance rhythms, it integrates easy-to-learn routines designed to tone your body and improve your cardio fitness.
SS Intro to Tonal Drawing – Week 1 Leader – Geoff Jones 10.00am – 12 noon, Room 8	Pencil drawing to focus on tonal drawing: composition, perspective, etc. Requirements: Soft 2B – 5B pencils and large A4 plus, sketch paper. Maximum number 25. Session: 2 hour duration
SS Mod Exercise to Music - Week 1 Leader – Barbara Ryder 10.45am – 11.45am, Seniors Hall	Exercise: Moderate activity to music. Enjoy moderate exercise to music in a friendly environment.
SS Card Game <i>Hand & Foot</i> – Week 1 Leader – Barbara Ryder 12.30pm – 3.00pm, Namatjira	It is suggested that participants have a good idea of cards before booking into this activity. Have an early lunch before you come.
SS Trivia Quiz Leader - Valerie Donlon 1.00pm-3.00pm, MPR	A fun two-hour session where members can test their general knowledge. Teams will be formed on the day to see who will be crowned U3A Nunawading's very own "Eggheads".
SS Vanished Wetlands of Melbourne Presenter – Gary Presland 1.00pm – 3.00pm, Rooms 5 & 6	When Europeans settled in Port Phillip area from 1835 onwards, there were numerous wetlands in the immediate vicinity. These were of enormous importance to the local Aboriginal groups as sources of wide range of foodstuffs and materials. For Europeans they were worthless areas and sources of disease. This course looks at these differing attitudes, the fate of the many wetlands, and their place in the history of Melbourne.
THURSDAY, JANUARY 15	
SS Introduction to Cryptic Crosswords Leader – Ivan Glynn 10.00am – 12 noon, MPR	The session will aim to develop your understanding of how cryptic crosswords work. Participants will be introduced to different types of clues and will be given the opportunity to work through a few puzzles. Please bring pen / pencil and notebook.
SS Tai Chi Qigong – Week 1 Leader – Jasmine Teen 9.45am – 10.45am, Seniors Hall	Qigong (Chi Kong) means cultivating energy – a system practiced for health maintenance, healing and increasing vitality. It is an integration of physical postures, breathing techniques and focused intentions.
SS Love, Lust & Lechery in Dickens – Week 1. Leader – Brian Ruck 10.00am – 12 noon, Namatjira	Reviewing interpersonal relationships as they occur in the novels of Charles Dickens, with a brief look to see if we can find and identify their origins in his life.
SS Fondant Flowers – Week 1 Leader – Jasmine Teen 11.00am – 12 noon, Seniors Hall	Making fondant flowers for small cupcakes. A cost of \$5.00 to cover costs for the sugar fondant payable on the day.
SS Writing a Non-Boring Family History Presenter – Hazel Edwards 10.00am – 1.00pm, Rooms 5 & 6	Contemplating writing your autobiography or family history? After completing the research, there's still the challenge of 'crafting' your story for a reader. This workshop/talk offers practical ways of shaping your intriguing ancestors, quirky anecdotes and data so that 'his-story' or 'her-story' doesn't become just a 'blandished' list of dates. Please bring pen/pencil and notebook.

Week 2: January 20, 21 & 22

TUESDAY, JANUARY 20

SS Gentle Exercise to Music - Week 2 Leader – Karen Postill 10.00am – 11.00am, Jaycees Hall	Come along and exercise after the Christmas festivities. This class will include gentle walking, stretching and the use of some equipment, but no mat work. Please wear shoes with good support (preferably lace ups), your normal U3A name badge and bring along your water bottle.
SS Rock & Roll Leader – Naomi Towers 9.30am – 12.30pm, Seniors Hall	Learn to dance Rock and Roll. Just bring along your dancing shoes and your sense of humour. This class is beginners level, but very suitable for experienced dancers who want to learn to lead.
SS Philoso'fy for Fun – Week 2 Leader – Savvas Athan 1.00pm – 2.30pm, MPR	Jean-Paul Sartre's Existentialism. A Way of Life. The Absurdity of Life
SS Golf – Week 2 Leader – Alice Jiew 8.45 am, Morack Public Golf Course	Suitable for anyone who can 'hit the ball'. Come along and enjoy an early morning game of golf. Essentials: Golf shoes (no runners), clubs, balls, tees and markers, pen or pencil, sun screen, hat and bottle of water. You will be contacted re final arrangements prior to playing. Green fee approximately \$17 for 9 holes payable on the day.
SS Archery – Week 2 Leader – Archie Kaan 9.30am to 11.00am, Box Hill City Archers	All you require for this activity is a desire to enjoy the sport. Strength is secondary. Age is no limit. You will be in the hands of a qualified and accredited Archery Instructor. Sparks Reserve (Box Hill City Archers), Corner Middleborough & Albion Roads, Box Hill. Maximum 20 people. Cost \$20 payable on the day

WEDNESDAY, JANUARY 21

SS Antarctica Presenter – David Morrison 10.00am – 12.00 Noon Namatjira	David Morrison has worked with the Weather Bureau for over 30 years and spent a year (2011) in charge of the weather office at Mawson. He will tell us about the sort of work being carried out in Antarctica, the design and layout of buildings, and the infrastructure required to cope with the climatic extremes. He will also talk about travel to and from Antarctica and within Antarctica.
SS Intro to Tonal Drawing – Week 2 Leader – Geoff Jones 10.00am – 12.00 noon, Room 8	Pencil drawing to focus on tonal drawing: composition, perspective etc. Requirements: Soft 2B – 5B pencils and large A4 plus, sketch paper. Maximum number 25. Session: 2 hour duration
SS Costume Display – Bulleen Leader – Valerie Donlon 10.00am – Bulleen*	Learn about the history of the collection from owner, Loel Thomson, then tour this fascinating collection of Australian costumes dating from 1788. Own transport required, good parking at rear. Maximum 25. \$5.00 donation to the Murchison Nursing Home payable on the day. *Address supplied on confirmation of booking.
SS Mod Exercise to Music - Week 2 Leader – Barbara Ryder 10.45am – 11.45am, Seniors Hall	Exercise: Moderate activity to music Enjoy moderate exercise to music in a friendly environment.
SS Card Game – Hand and Foot - Week 2 Leader – Barbara Ryder 12.30pm – 3.00pm, Namatjira	It is suggested that participants have a good idea of cards before booking into this activity. Have an early lunch before you come.
SS A Natural History of Melbourne Presenter – Dr Gary Presland 1.00pm – 3.00 pm, Rooms 5 & 6	Have you ever wondered why Melbourne is located where it is? Or why it has assumed its present shape? These things and many other aspects of Melbourne and its history can be explained by a study of the city's natural setting and characteristics. Dr Gary Presland has written a prize-winning book on this subject, and can tell you everything there is to know on the subject.
SS Website for Family Historians 1 Leader – Ingrid Nelson 10.00am – 12.30pm, Computer Centre Conference Room, Forest Hill	Genealogy on the Internet. The Internet offers a wonderful array of databases, records and other resources for researching your family tree online. Learn how to search like a pro, find genealogy databases and discover your family history on the Web. This course is in two sessions. Question time is available after each session. Session 1: Australia, New Zealand and the United Kingdom (England, Scotland, Ireland and Wales), plus popular websites pertaining to these countries.
SS Websites for Family Historians 2 Leader – Ingrid Nelson 1.30pm – 4.00pm, Computer Centre Conference Room, Forest Hill	Session 2: The rest of the world, including USA, Canada, Europe (Germany etc.) and Scandinavia, plus sites including Ancestry.com; Findmypast; Familysearch and My Heritage
SS Equip 4 Life – Healthy Lifestyle Seminar – Week 2. Presenter – Alain Young 1.00pm – 2.30pm, MPR	A free seminar conducted by Accredited Exercise Physiologist or Accredited Practising Dietician, which will cover: health and diet misconceptions, exercise to improve your health, best ways to lose weight and keep it off, how to prevent/manage chronic diseases such as diabetes, heart disease, high cholesterol and high blood pressure.

THURSDAY, JANUARY 22

SS More Love, Lust & Lechery in Dickens – Week 2, Presenter – Brian Ruck 10.00am – 12 noon, Namatjira	Reviewing interpersonal relationships as they occur in the novels of Charles Dickens, with a brief look to see if we can find and identify their origins in his life.
SS How to Add that Little Extra Zing to your writing. Leader – Ivan Glynn 10.00am – 12 noon MPR	The aim of this class is to assist participants to add pizzazz to their writing. We will read through a range of pieces written for different purposes and audiences and discuss what makes them memorable. Please bring pen / pencil and notebook.
SS Tai Chi (Qigong) – Week 2 Leader – Jasmine Teen 9.45am – 10.45am, Seniors Hall	Qigong (Chi Kong) means cultivating energy – a system practiced for health maintenance, healing and increasing vitality. It is an integration of physical postures, breathing techniques and focused intentions.
SS Fondant Flowers – Week 2 Leader – Jasmine Teen 11.00am – 12 noon, Seniors Hall	Making fondant flowers for small cupcakes. A cost of \$5.00 will be payable on the day to cover costs for the sugar fondant.
SS Arabic Scholars in the Golden Age Presenter – Elizabeth Pittman 1.30am – 3.00pm, Namatjira	Between 8 th & 15 th centuries Arabic was the language of scholarship. It was during this period that Greek and Roman medical texts were translated into Arabic, whether the authors were Persians, Jews, Christians or Arabs. While European princes competed by building palaces, Arabian caliphs competed with magnificent hospitals.
SS Looking at Pictures Leader – Andrew Lockwood 1.00pm – 2.30pm, MPR	Andrew will select about ten masterpieces from NGV and NG London and use them to illustrate how to look at a picture.
SS Our Lady of Victories Leader – Maureen O'Sullivan 10.30am, 548 Burke Road, Camberwell	Max Potter will describe some of the magnificent features of the church's interior, including The Shrine, Stations of the Cross and Stained Glass Windows. Please Note: Parking is free for 2 hours outside Camberwell Civic Centre, beside the church. Entrance to Reserve Rd (one way entrance only) from Camberwell Rd not Burke Rd.

YOUR COMMITTEE for 2014/2015

President	Annette Mason	Allan Brownrigg	Noelene McCulloch
Vice President	Valerie Donlon	Elaine Forde	Brian Nicholson
Honorary Secretary	Noela Winter	Jillian Gale	Leo Sargent
Honorary Treasurer	Tom Wong	Barbara Gardiner	Colleen Skinner
Course Administrator	Elsie Mutton	Lindsay Glen	Barbara Worcester
		Archie Kaan	

TERM DATES 2015

Terms	Commences	Ends	Weeks	Public Holidays
1	2 February	27 March	8	Labour Day 9 March
2	20 April	26 June	10	Anzac Day 25 April Queen's Birthday 8 June
3	13 July	18 September	10	
4	12 October	4 December	8	Melbourne Cup Day – Tuesday 3 November (no classes on Monday 2 November)

KEY DATES 2015

Annual General Meeting	Wednesday 19 August
Quilt, Art and Crafts Exhibition	Friday 28 - Sunday 30 August
Carnival of Learning, Victorian Seniors' Festival	Sunday 3 October
Whitehorse Spring Festival	Sunday 17 October - to be confirmed
Melbourne Cup Day Function	Tuesday 3 November
Office Volunteers' Function	December - to be advised
Leaders' Function	December - to be advised

Office Hours

During term Office Volunteers are on duty at our Silver Grove office from Monday to Friday 9.30am – 3.00pm. The office is closed during term breaks and on public holidays.

Contributions please!

We love to receive items for the Newsletter from Members and encourage you to consider writing a Letter to the Editor or a short article (100 to 300 words) about your involvement with U3A.

Where possible, items should be emailed as Word documents to u3anuna@bigpond.com and photos provided as jpeg files. Hard copies may be left in the Editor's pigeonhole at the U3A office at Silver Grove.

Publisher: U3A Nunawading Inc.
Editor: Valerie Donlon
Proofreaders: David Cullen & Pauline Cullen
Email articles to: admin@u3anunawading.org.au

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in the production of this Newsletter.**



Closing date for submissions to the next edition: **Wednesday 18 February 2015.**