

AGM approves new Constitution

Approximately 100 people attended the U3A Nunawading Annual General Meeting on Wednesday 20 August in the Seniors Hall, Silver Grove.

Elsie Mutton, Course Administrator, welcomed members and guests. An overview of the President's Report was given by Vice President, Leo Sargent, who was standing in for our President, Annette Mason, who was unable to attend. The presentation covered our major activities for the year and acknowledged the time and effort our volunteers put in to make our U3A so successful.

Treasurer, Tom Wong, gave his usual entertaining presentation on our financial performance and significant achievements

and dedicated his report to Ray Griggs, a former U3A Nunawading Treasurer, who recently passed away.

The Treasurer also advised the meeting that our Full Membership Fee for next year will remain at \$50. Highlights of the Financial Report can be found on page 4.

City of Whitehorse Social Planning Officer, Julie Lyons, then took the chair to conduct the election of Office Bearers and Committee Members. Please see the back page of this newsletter for the names of your new Committee.

The meeting was then asked to vote on the changes to our Constitution by Special Resolution, which was passed unanimously. The Constitution Committee of Barbara

Worcester, Noela Winter and Lindsay Glen were thanked for their outstanding work over the past 12 months on this project.

David Jensz, Vice President of U3A Network Victoria, spoke briefly and told the audience what a pleasure it was to go to U3As that were "increasing, booming and working hard."

Councilor Philip Daw also spoke and congratulated U3A Nunawading on its success, saying, "You are the biggest community organisation in the City of Whitehorse."

The meeting was closed and members and guests were invited to enjoy a light lunch provided by fellow members and served by the Social Committee and helpers.



President's Annual Report 2013 – 2014



A rewarding and very busy year has again seen further growth in our membership to over 1900; with more classes being offered we are busier than ever. The support and involvement of members continues and I commend the commitment and dedication of our Class Leaders and key Volunteers.

Our major challenge is to accommodate everyone. Where possible, we try to give each member at least one class of their choice. We have faced new challenges, which were met with energetic response, expanding to yet another venue. We are trialling a space at Coronella Retirement Village and it is proving to be very successful for a few of our classes.

I am very happy to report that our financial position is sound with Tom Wong at the helm. We thank him for his last three years as Treasurer. I also acknowledge Jan Reeves, Marianne Groh, Bev Pringle, and Margie Johnson for their assistance throughout the year. (Please see Financial Report Highlights on page 4.)

Summer School

The 2014 Summer School ran 57 activities over two weeks. One of these, the Health Expo, proved to be so successful that we have been asked to run another in partnership with the City of Whitehorse. This will be held at the Whitehorse Centre on 2 October 2014 and is being led by the U3A team of Valerie Donlon, Patricia Corral and Elaine Forde.

Following 2014's great success, the Summer School will be continuing in January 2015 with a team of new volunteers. Planning is well under way.

Communications & Publicity

Under the leadership of Valerie Donlon, the committee has been very active promoting our U3A at community events. Valerie is also editor of our Newsletter and we are

pleased to inform you that working with our new printer, Maroondah Printing, is proving to be very successful, both in terms of cost and a good working relationship.

IT Classes

Computer classes continue to grow and a big 'thank you' to Noelene McCulloch for all her work as Co-ordinator of our IT Classes. We are fortunate to welcome more new leaders. Thank you for your help and support during Noelene's recent ill health. Following the fire at Forest Hill, which forced us to relocate to the 2nd floor of the Resource Centre, we are pleased to say that we will be moving back to our normal room very shortly.

Course Administration

The number and variety of courses continues to grow and, therefore, the workload has increased. I acknowledge the help given to this area during Elsie Mutton and Barbara Gardiner's absence. Thanks to Trish Leary and Valerie Donlon for their assistance.

Front Office

Eftpos has been a great success and having two people at Reception on three days a week has proved to be very helpful and is managed well by David Cullen, Jillian Gale and Steve Jago. Colleen Paterson is still maintaining our tea and coffee supplies and keeping the area clean and tidy. Thanks, Colleen. Also thank you to Elaine Forde and all the office volunteers on our monthly roster: it is working well.

Database and New Electronic Equipment

The development of our new website and new database management system will enable members to enrol and pay online in the not too distant future, hopefully in 2015. The project team managing this is led by Elsie Mutton, along with Andrew Lockwood, David Gannon, Bruce Boswell, Beng Lee and Tom Wong. Thank you all for your expertise and many hours of work.

As part of the expansion of our IT and allied equipment, Bruce Boswell, along with Bert Lopes, will be installing new flat screen TVs and sound equipment in various rooms. We will also purchase new projection equipment and updated furniture and, if there is sufficient need, install a hearing loop. The purchase of this new equipment is possible by using the remainder of the \$100,000, which was granted by the State Government through the strenuous efforts of former MP Kirsty Marshall. The work is

expected to be completed early in 2015.

Social Activities

Our social calendar has again been very successful with Annette Samuels, Bev Clarke and team performing their usual miracles. The events are always well attended and testament to this was the last event having to be moved to a bigger venue to accommodate the numbers. The Celebration of National Dress was a great success, with many different countries represented.

Constitution

Thanks to Barbara Worcester, Lindsay Glen and Noela Winter for their work over the year in creating this document. All members will be given the opportunity to vote for or against the new Constitution at the AGM.

Awards

During the year some of our members were recipients of various State and local community awards and we congratulate Elsie Mutton, Gabrielle Pellessier, Robyn Cox and Frank Chai for their outstanding efforts.

Planning Day

I am pleased to say that we held a very successful planning day in the April term break. We have achieved some of our objectives and the Committee is still working on the final 'plan of attack' to achieve the desired outcome. Some of our objectives are:

- To have a technology platform to meet the needs of U3A Nunawading
- To provide appropriate amenities
- To enhance management and administration structure
- To develop a strategy for marketing.

Finally, I would like to thank the Committee and all key volunteers for the time and expertise they contribute to our organisation throughout the year. I also thank those Committee members and office bearers who have stepped down and congratulate our new members. I wish them all well in their new positions.

The Committee of Management acknowledges the ongoing support of the City of Whitehorse Councillors and Officers, State and Federal Governments, and U3A Network. We are indeed very fortunate and grateful to have their support.

"Live Learn and Enjoy"

Annette Mason

Honorary President

Course Administrator's Report



As our U3A grows it brings with it the problem of accommodation and full classes. Thank you to the Leaders who have accepted new members into their classes at this time of year.

Thanks also to members who accept they may not get into a class they have selected. Remember, if you have asked for an additional class **DO NOT** attend until you have been notified.

U3A Nunawading belongs to the U3A Eastern Metropolitan Region. Meetings are held four times a year, usually during the school holidays. We will be playing host to an EMR workshop in the September holidays entitled 'Raise Awareness: The Digital Journey'. One of our computer Leaders, Michelle Berner, will be conducting one of the sessions on technology. These meetings are a great way for U3As to share ideas and discuss mutual problems.

Once again we will be conducting a Summer School in January 2015. A subcommittee is working on the timetable and information will be available in the Term 4 newsletter. Welcome to the four new members of this subcommittee, Lorraine Sterling, Margarete Lee, Patricia Corral and Susan Tydeman, who have taken on roles to bring the program together.

You will find in this newsletter details for the first U3A Supper Dance. How wonderful it is to have two U3A bands to entertain us and to dance to. Please support this new event.

Many of you will be aware that Noelene McCulloch, our Computer Co-ordinator, has been very unwell, so I am pleased to advise that she is on the mend. Thank you to the computer Leaders and Barbara Gardiner for working with me in putting together the Term 4 Computer schedule enclosed in this newsletter.

Thank you to Valerie Donlon, Trish Leary, and Beng Lee who looked after the coordination role whilst Barbara and I were away - I am happy to report the U3A conference in Toulouse was a great networking opportunity.

We are always on the lookout for new Leaders. If you are interested in leading a class in 2015, now is the time to come and speak with me.

Many of you have been away from your classes either on holiday or unwell. Hopefully you will all return fit and healthy ready for Term 4.

Elsie Mutton

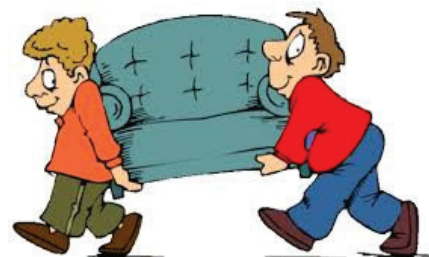
Course Administrator

Can You Assist?

A number of our activities and social events, such as the Melbourne Cup function, rely on furniture being moved and carried when setting up rooms.

We need a pool of volunteers who we could call on in such circumstances.

With planning now underway for our Melbourne Cup Day luncheon, we are also looking for a volunteer to coordinate the decorations for this very popular event.



If you are able to help, please leave your details at our Silver Grove Office.

Award Winners



Robyn Cox

Robyn Cox has been involved in our English as a Second Language (ESL) Program since its inception, firstly as a Leader and now as Co-ordinator. This means she has spent many hours preparing materials for class use, attending seminars, co-ordinating students and other leaders, as well as teaching. In recognition of Robyn's contribution to our members for whom English is not their first language, she was recently presented with a Deakin award by Federal Member Michael Sukkar.



Frank Chai

Frank Chai has received a community award for his many years of service to U3A Nunawading. In his 15 years as a member, Frank served on the Committee of Management, was our representative on the Eastern Region of ACFE (Adult Community and Further Education) and had considerable involvement in the production of our 20 Year Anniversary booklet. Among his other significant contributions, Frank has also been a class Leader since 2011. Frank is pictured receiving his Caroline Chisholm Award from Anna Burke MP.

Financial Report Highlights 2013 - 2014

	ACTUAL 2012	ACTUAL 2013	ACTUAL 2014
INCOME	\$ 90,916	\$ 103,217	\$ 122,391
EXPENSES	\$ 94,884	\$ 105,661	\$ 110,713
NET	\$ (3,968)	\$ (2,444)	\$ 11,678
CASH AT BANK	\$ 69,707	\$ 67,704	\$ 78,612
<u>Indicators:</u>			
Average memberships #	1,473	1,625	1,774
Growth pa%	12.5%	10.3%	9.2%
Average new memberships #	164	152	149
Membership Fee Rate \$	\$ 40.00	\$ 45.00	\$ 50.00
Annual income movement +/-	-4.4%	13.5%	18.6%
Annual expense movement +/-	-7.0%	11.4%	4.8%

Our financial performance over the past 12 months to 30 June 2014 shows a net surplus of \$11,678 along with a bank balance of \$78,612. Income rose by 18.6% to \$122,391 and expenses rose 4.8% to \$110,713.

Major Contributing Events

- Net income surplus (\$3,883) derived from the Quilts, Arts & Craft show.
- Victorian Health Grant (\$2,600) for our new men's exercise group but the equipment costs will be spent in the 2014/2015 financial year.
- Proceeds (\$1,195) from the National Dress function but the associated expenses will be reported in 2014/2015 financial year.
- Membership fee increase of \$5 to \$50 realised approximately +\$7,000.
- Overall operating expenses are as "business as usual" without a repeat of major maintenance issues at our Forest Hill Computer Centre in December 2012.

Highlights for the Year

Quilts, Arts & Craft Display

The combination of the raffle and

refreshments generated a net surplus of \$3,883.

EFTPOS launched Oct 2014

In May 2013, your Committee unanimously approved to establish an Eftpos payment facility at our front service desk. On average, it costs approximately \$60 per month to rent the device and incur card transaction fees.

New Accommodation

In late Oct 2013, we negotiated with Council to use 14 Silver Grove (Building 14) and to share their outgoings for that property. Annual rental is approximately +\$1,300. We have also spent \$480 in purchasing tables and a whiteboard for class use.

In Term 1 2014, we also negotiated an hourly rate with the Coronella Retirement Village to utilize their community centre to run some of our classes.

Looking Ahead

In October 2010, we made our first \$15,000 drawdown of our preapproved \$100,000 State Government Grant, to be used for the redevelopment of the Nunawading

Community Centre by Council. That money was used to replace all our ageing computers at the Forest Hill Computer Centre. We have now received Council approval to spend the remaining \$85,000 upgrading our classroom facilities such as projectors, computers, audio and database.

Standardised Membership Management System Project

Late last year, your Committee approved our participation in a project, initiated by U3A Network Victoria, to trial a web-based system, allowing members to join, pay and enrol in courses via the web. The trial program involves inputs from various U3As, in particular, Mornington, Knox, Port Phillip, Nilumbik, Whittlesea and Nunawading. We anticipate our trial to be completed by February 2015.

Finally, I acknowledge and thank my assistants, Bev Pringle, Marianne Groth, Margie Johnson and Jan Reeves for getting all my paperwork in order. Also I would like to thank Beng Lee who prepared all our grant submissions.

Tom Wong
Hon Treasurer

Celebration of National Dress

U3A Nunawading celebrated its cultural diversity recently with a colourful parade of national dress followed by generous afternoon tea.

On Saturday 12 July, approximately 160 members, including participants and volunteers, attended this most enjoyable event. Normally, such a function would be held in the Seniors Hall in Silver Grove, but this time the venue chosen was the Mountainview Uniting Church, Mitcham, so that everyone who wanted to come could be accommodated.

Members walked the red carpet in national dress from many countries including Malaysia, Sri Lanka, the Philippines, China, Singapore, India and Chile. Regions also represented were the Middle East and Africa. Two of our members included Australia in the parade, one dressed in our national flag and the other in full Sydney Swans regalia.

The event was coordinated by Irma Dymke, who has been behind the organisation of many wonderful functions for U3A Nunawading, but who is leaving us to live in Torquay. Compere for the day was Eileen Ervine and the entertainment was provided by our own choir, led by Maureen Milton. Graham Haynes looked after the audio and Alan Brown played the accordion.

Parade Marshalls were Jenny Balshaw, Barbara Ryder and Jillian Gale and Nick Pringle was a very dapper Model Escort.

Also helping to bring the parade together were Annette Samuels, Leonie Scott, Diedre Dyer, Maureen O'Sullivan, Alan Gray, Steve Jago, Brian Nicholson, Peter Cox and Beng Lee.

The catering team of Tony O'Neil, Leonie Scott, Struan Permezel, Renate Boutlis, Maggie Brownlee, Anne Soo and Janina Wooley was most ably lead by Bev Clarke.

And finally, capturing all the splendor of the costumes was U3A's official photographer, Archie Kaan, who provided the photos for this article.

Many thanks to the lovely models (including a couple of gents!) for sharing their cultural heritage with us. We are so lucky to belong to U3A Nunawading.



Choir visits Phillip Island

On Tuesday 24 June, 35 of our U3A Choir took a bus to visit the choir at Phillip Island for a sing-along. Oh my, what a day! The weather was unreal with rain and sleet, but our wonderful coach captain picked us up with plenty of thought for all who attended, where they needed to be collected from and returned us safely home.

We were greeted by the U3A Phillip Island Choir Director John Perrin, whose 80th birthday we celebrated on the day with much singing and happy greetings.

A delicious lunch had been prepared and was heartily enjoyed by us all before we got down to our music merrymaking. Particular dedication was shown by one member new to our group who misunderstood our pickup point, missed the coach and drove to the venue alone - we will keep her.

The choir is now rehearsing diligently, learning all of the works to be sung at the combined U3A concert in October, which



should be most enjoyable. This concert is to be held at the prestigious Melbourne Hall on Monday 6 October as part of Victorian Seniors Week. We hope to see as many of you as possible attending.

Thank you to all our choristers who attended the Phillip Island event.

Maureen Milton
U3A Nunawading Choir Director

U3A Nunawading Lawn Bowls

Our Lawn Bowls class is looking for more members to join them for some outdoor exercise as well as fun. As Ben Tan puts it, "Lawn Bowls is a simple game to learn yet challenging." He goes on to explain that at Blackburn Bowls Club, qualified members will go through the basics with you and give you friendly encouragement and support.

Heather Richardson agrees that the group has a friendly and fun atmosphere with coaches who encourage "hands on" learning from the first lesson. Within a few weeks they have the class mixing and matching with each other as they learn the rules whilst competing in matches, hoping to at least once roll a bowl better than their tutors.

"The two hours pass quickly," Heather continues. "The venue is surrounded by gum trees, with an audience of birds and the sounds of happy children from a nearby school. At the end of the session there is always the offer of a cup of coffee in the clubrooms."

Joseph Borg has enjoyed his time with the Bowls group so much that he is now playing social bowls with other Club members on a Wednesday afternoon. "I enjoy myself and in the process I have also made some good friends." And if the day is just too cold or wet to play outdoors, the U3A group can enjoy playing Carpet Bowls inside the warm and welcoming clubrooms. Blackburn Bowls Club provides the equipment and members are always on hand to assist newcomers with friendly guidance and suggestions.

U3A Nunawading Bowls is held on Tuesdays from 10.00 to 11.30am at the Blackburn Bowls Club, 62 Pakenham Street, Blackburn South. A \$4.00 fee is payable each week.



From left: Ben Tan, Roger Dunhill (Asst Coach), Don Peake (Coach) Joseph Borg, Valentine Debeljak and Heather Richardson. *Unfortunately some members were away when this photograph was taken – we have promised to take another one of the full class when members return from various holiday destinations.*

The Victorian Seniors Festival, U3A Nunawading and Whitehorse City Council present

Positive Ageing Expo

Thursday 2 October 10am-2pm

Whitehorse Centre, 397 Whitehorse Road, Nunawading



As part of Seniors Festival celebrations, Whitehorse City Council – in partnership with U3A Nunawading – is hosting a free expo showcasing the many services and activities available to residents in the City of Whitehorse.

For more information or to find out about other Whitehorse Seniors Festival events, phone 9262 6443 or visit www.whitehorse.vic.gov.au/seniors-festival.html

Free Shuttle Bus To and From Expo
Bookings essential, phone 9262 6443.

Nunawading Community Centre car park
Bus to expo departs 9.45am, 10.45am, 11.45am and 12.45pm (last bus)

Whitehorse Centre, 397 Whitehorse Road, Nunawading car park
Bus from expo departs 10.15am, 11.15am, 12.15pm, 1.15pm and 2.15pm (last bus)

U3A Nunawading – COMPUTER CLASS DESCRIPTIONS

Term 4, 2014

General Information -You must be a financial member of U3A Nunawading. Computer classes are held in the Computer Centre, Whitehorse Resource Centre, Level 2, 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 : Pat Marley Starts – 14 th October	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 1.00 – 3.00
FILE MANAGEMENT Tutor – Jean Saxby Starts 30 th October	Effectively organise & manage the files that you create on your PC. Create folder/sub-folders & utilise file editing tools that Windows Explorer provides. Prerequisites: Capability with mouse, basic understanding of how to use common applications, and desire to take control of your folders/files. BYO memory stick	4 Weeks Thurs 10.30 – 12.00
USING PICASA 3 Tutor : Terry Pearlgood Starts – 15 th October	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. Picasa will operate on any version of Windows.	4 Weeks Wed 2.00 – 4.00
USING WINDOWS 7 Tutor : Graeme Hilson Starts - 6 th October	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 Mon 10.00 – 12.00
RESEARCHING SHARES ON THE INTERNET Tutor : Eric Kratzer Starts – 8 th October	An advanced class. 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.	5 weeks Wed 10.00 – 12.00
USING AN APPLE IPAD BEGINNERS Tutor : Tony Widdows Starts – 10 th October	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 Tablets. 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.	6 weeks Fri 10.00 – 12.00

USING APPLE iPad ADVANCED Tutor : Michele Berner Starts – 12 th November	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 Wed 10.00 – 12.00
WRITE YOUR MEMOIRS Tutor: Graeme Hilson Starts 9 th October	A “hands on” workshop which will assist students to get started writing the story of their own life. Students will be expected to write a small amount at home, either handwritten or typed. Course will be held in the Computer Centre however, as students will not be using the U3A computers, there will be No Charge .	6 weeks Thurs 1.00 – 3.00
CREATING A WEB SITE Tutor: Graeme Hilson Starts: 13 th October	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: 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 set up.	4 weeks Thurs 12.30 – 2.30
GENEALOGY USING YOUR COMPUTER Tutor : Noelene McCulloch with Maureen Francis Starts - 17 th October	A hands on class in using a computer for research. Utilise the Internet to find & explore sites containing information which could branch out your family tree. Help is given with breaking down your brick walls and in using ancestry.com.au and the latest version on familysearch.org. . Class focuses on Australia and the UK. Not suitable for beginning your research. Prerequisites : Ability to efficiently use keyboard & mouse, experience in using the Internet. BYO memory stick.	6 weeks Fri 1.00 – 3.00
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 on the previous page concerning pre-requisites for each course to see if you have sufficient skills to attend your chosen class.

“Please, Tell Me Where My Knitting Goes”

It has been years since U3A Nunawading accepted responsibility for the most worthwhile project “Knitting for the Vulnerable Children of the World”. In that time it has been estimated that Members and friends of U3A Nunawading have knitted thousands of items for distribution worldwide.

We have used many different channels for distribution of our garments, from shipping containers packed for overseas countries, parcel post when a specific organization has requested some of our garments to be sent quickly, and by good-hearted private travellers who willingly find a corner in a suitcase to take a donation of goods to some far-flung outpost unable to receive goods through normal channels.

Currently we are in partnership with Foundations World Wide, a not-for-profit Christian Charity who ship all kinds of practical goods to Eastern European countries where poor families with low levels of health care are unable to easily obtain everyday commodities that we take for granted. Once our knitted goods have been sorted and packed into the large bags you will often see lining the walls of the old ‘kitchen’ area in Silver Grove, the collection and packing of goods into 40-foot shipping containers is completed by Foundations World Wide in their warehouse in Doveton, Victoria.

The containers are then transported under the supervision of Custom officials in Melbourne who seal and place the safety-lock protector over the main lock of the container. This lock is only removed once the containers reach their destination in Eastern Europe. Distribution of goods is carried out by local church members who endeavor to make sure that parcels are given to those most in need of help in the local area. Goods are shared between orphanages, hospitals, homeless children and homes where there is only one parent and to those who are physically and mentally disabled living at home or in nursing care. Records are kept of who received goods and as much care as possible is taken to ensure that gifts are not sold. While this is difficult to monitor, spokesman, Ford Pratt, says, “To date we have not had any reports of this happening but to be 100% sure is difficult as some families are desperate.”

Ford wishes “to again thank all those who over the years have supplied us with so many items. We reassure you of the benefits of your efforts to bring relief to those less fortunate than ourselves.”



Farewell to Betty Macauley



After many years enjoying all that U3A Nunawading has to offer, Betty Macauley is leaving Melbourne for a retirement village in Rosebud where she will be close to her daughter.

Betty discovered U3A Nunawading when she retired from the workforce. She seized the opportunity it gave her to continue her education, which had been cut short by the need to work. Betty was also quick to offer her services as a volunteer and accepted the responsibilities of Catering Co-ordinator for the many and varied social functions held at U3A Nunawading, a role she ably performed for nine years. As a valued member of the C&P Sub-Committee, Betty willingly attended many external events to promote the rewards and benefits of becoming a member of U3A to

the wider community. She also found time to enjoy classes in History, Hydrotherapy and Creative Writing.

Betty continued as a member of the Writing Skills Class until leaving for Rosebud in July this year. She is looking forward to the classes offered by U3A in the Rosebud Retirement Village where she now resides.

Betty and her happy smile will be greatly missed by her many friends at U3A Nunawading.

We all wish Betty much happiness and a fulfilling and busy life in her new home.

From Vira FitzGerald and friends from the Writing Skills Class and from all those from the U3A Nunawading membership who have enjoyed Betty's company over the years.

Lessons from Dylan Thomas

*Do not go gentle into that good night
Old age should burn and rave at close of day
Rage, rage against the dying of the light.*

These are the first lines of one of Dylan Thomas' most famous poems. He wrote it when his father was dying and it was an exhortation to his father to keep fighting, but of course it was too late in his case.

When I first read Dylan Thomas, as a 16-year-old schoolgirl, I could not relate anything that he said to my life or to my thoughts. Looking at his words now, I realise the beauty and the message in them - a message for all of us 'at close of day'. He tells us in the rest of the poem that no matter how we have lived:

Whether we **have** made a difference
Whether we have **not** made a difference
Whether we **thought** we had made a difference, and that others should have recognised it.
Whether we have wantonly wasted our lives
It doesn't matter! **It's not too late to burn and rave.**

Isn't that what we are doing at U3A? We are learning, we are sharing knowledge, we are networking, we are honing our social skills, we are consolidating friendships, we are in fact 'burning and raving'.

Sadly, for Thomas, the dying of his light came at 39 years of age and in rather sordid circumstances; he did not have time to burn and rave, or indeed to rage, against the dying of the light: but we have the time, we have the opportunity and we must use it.

Good on you, Dylan, born 100 years ago in October!

Marline Mc Allister

Modern usage of terms:

Rave - to talk enthusiastically about; Burn - means to shine intensely (rather than the fiery connections).

Nutrients for Brain and Heart Health

Participants Needed

Studies are being conducted at Swinburne University investigating the potential benefit of natural supplements to reduce stress and improve memory, cognitive performance and cardiovascular health. Interested and eligible participants will also be able to participate in the brain imaging (MRI) component of the studies.

We are looking for participants aged 30-70 years in good general health.

The nutrients provided during the study are **FREE** and participant expenses such as travel will be reimbursed.

Enquiries please phone Tamara on 9214 5372 or email nutra@swin.edu.au

The studies have been approved by the Swinburne University Human Research Ethics Committee.

ANZCTR Reg: 12611000487910

ACTRN Reg: 12613000294752

CRICOS Provider: 00111D

Art Exhibition

17 - 30 October 2014

U3A Member **Patrick Kan** will be exhibiting his Chinese Calligraphy, Brush Paintings, Wood Carvings & Seal Carvings at:

Cotham Gallery 101

101 Cotham Road, Kew 3101. Ph: 9817 1957



SUPPER DANCE

BOX HILL TOWN HALL

Presented by
U3A HUNAWADING



Friday 19th September, 7.30 til 11pm

TOWN HALL Whitehorse Road, Box Hill

Silver Grove Swing Band & Silver Bell Jazz Band

with vocalists Mary Moore, Richard Desmond & Tony Harling

Come along and enjoy your favourite tunes from
the Jazz and Swing era.

Bookings essential, phone 9878 3898.

COST \$10 - BYO drinks and nibbles.

Keeping active pays off even in your 70s and 80s

The following extract is from an article published in Science Daily on 27 May 2014.

Older people who undertake at least 25 minutes of moderate or vigorous exercise every day need fewer prescriptions and are less likely to be admitted to hospital in an emergency, new research has found.

In the first study of its kind looking at this age group, researchers from the University of Bristol looked at data from 213 people whose average age was 78.

Those who carried out less than 25 minutes of moderate to vigorous activity per day (walking quickly, cycling or swimming) received 50 per cent more prescriptions over the following four to five years than those who were more active.

Such physical activity leads to a higher metabolism and better circulation, reducing the risk of conditions and diseases common in older age such as high blood pressure, type 2 diabetes, coronary heart disease and strokes.

Researchers measured physical activity using accelerometers – small gadgets that monitor all movements throughout the day – alongside elements of physical function including balance, leg strength and walking gait.

Medical records were then examined to investigate health service usage over the next four years. This captured visits to primary care, referral to secondary services, unplanned admissions to hospital and the number of prescriptions needed.

Grampians U3A Gathering

An invitation is extended to all Victorian U3A members and their partners to meet on Monday 13 October for three days of activities in and around Halls Gap.

Two different Accommodation and Meals packages are available, or you may simply wish to register for the Program Only option.

If you are interested in having a few days away from Melbourne and enjoying a range of indoor and outdoor activities in the spectacular Grampian Mountains, please call

**Lynne on 03 5352 2959
or email: onegossip@bigpond.com**

English as a second language

This year an enthusiastic group of leaders has been taking small group and individual classes to help students improve their English skills. Classes vary according to students' needs and each leader's individual skills. The classes are enjoyable as students explore the vagaries of the English language, improve their

conversation skills and, in some instances, brush up on formal grammar.

We have a few vacancies left for this year so, if you are interested, please leave your name at the U3A Office.

We would also love to have more leaders on our team. If you would like to volunteer

for an hour or two each week, please leave a message for Robyn Cox by phoning U3A on 9878 3898 or leave your details at the Office. Class sizes are limited to three students.

Robyn Cox
E.S.L. Co-ordinator

Vive La France

"Bonjour" in a multitude of accents greet class leader, Jacqueline Becu, at our French Conversation class each Tuesday. Jacqueline has been a French leader at U3A Nunawading for nearly 25 years and has always been admired and respected by the many Francophiles who have passed her way.

These days we are a truly eclectic group – a veritable United Nations and almost as exotic, with members having come from the USA, England, Scotland, France, Germany, Israel, Hungary and Sri Lanka. Many have peripatetic feet and have travelled to some colourful destinations. Accounts of their adventures related in French, with photos to share, form an interesting part of our class discussions. Through their eyes, we have viewed magnificent places like Ethiopia, China and Egypt.

Each year our few male class members follow the Tour de France and enlighten the rest of us about its triumphs and disasters. Politics and eminent personalities – notably French – have been avidly talked about, both serious debate and light-hearted gossip. The foolhardy overtures of Dominique Straus Kahn to a hotel maid and the possible loss of the French Presidency as a result, did evoke some laughter.

History, films and the Arts are also popular topics. Did you know that Augustin, widely known as A, was hypnotised by French Psychologist, Charcot, using a tuning fork to cure her of 'hysteria', when mental health was relatively unknown in the 19th Century. Or that the Mona Lisa was not stolen by the French, but brought to France by da Vinci at the invitation of King Francis 1?

On several occasions we have had combined discussions and watched videos with Mary Churchward's Conversation group and gone to movies during the French Film Festival. The combined expertise of Mary and Jacqueline has certainly been inspiring.

The main social activities for the year are the Tournoi de Pétanque and the Bastille Day lunch. We also have some French Summer School activities. The Bastille Day lunch at Frenchy's has been organised by Jacqueline for several years, with many students past and present enjoying the occasions with lots of camaraderie. We always have a sumptuous meal of French haute cuisine with a distinct French atmosphere. A robust rendition by the group of La Marseillaise followed by farewells and promises of- 'à la prochaine fois' –at Frenchy's, bring this day's celebration to a close.

Anoma Wijeyeratne



Celebrating Bastille Day 2014 at Frenchy's Restaurant, from left: Nicole (Jacqueline's daughter), Jacqueline Becu, Suzanne Lopez and Anoma Wijeratne.

Eastern Palliative Care Community and Biography Volunteers *Celebrating Life*

Eastern Palliative Care Volunteers support people in the final stages of their lives by offering companionship, a sense of normality and an unhurried listening ear;

or by helping write the story of their life.

If you are a good listener and have some spare time (during business hours) and a car, you are invited to train as an:

- EPC Volunteer Biographer – *capturing client stories*
- EPC Community Volunteer – *providing respite, companionship, outings and transport to medical appointments.*

**Please call Eastern Palliative Care
on 1300 130 813 for details.**

Military History Group

The Military History Group at U3A Nunawading was honoured on 12 June to be given a presentation by Lt. Colonel Ian Teague (Ret).

Colonel Teague gave us an outline of a full and interesting military career, which started from his time at the Portsea Officer Training establishment, early service training national servicemen, then service with the Royal Australian Regiment in Malaya during the Communist Emergency as a platoon commander.

He talked about his secondment to the Australian Training Team Vietnam for three tours in Vietnam where he commanded 310 Peoples Action Teams defending Vietnamese villages, then with the Special Air Service Regiment, adjutant with the Commando Regiment, secondment with the British Army in Malaysia with the

Commonwealth Brigade. Then Colonel Teague moved to the Australian Command and Staff College and finally to the Australian Antarctic Division as Station Leader at the Mawson Base.

On retirement from the Army, Colonel Teague joined the Victorian Department of Natural Resources and Environment where he served for some 14 years before finally retiring, but he still remains active working with Legacy and ex-Service Association.

For U3A members with the internet, the Military History Group's newsletters can be found on the Newsletter page of the U3A Nunawading website or if you are reading this newsletter online by clicking this link: <http://www.u3anunawading.com.au/newsletter.html>

Mel Green



Colonel Teague's decorations and unit badges.



Tony Tossel, from the Military History Group, presenting Colonel Teague with a 'thank you' gift for his presentation.

U3A Nunawading 2014 MELBOURNE CUP LUNCHEON

*Join your fellow U3A Nunawading members and guests
for lunch and watch the Cup on the large screen.*

CHICKEN AND SALAD LUNCH, DESSERT & NIBBLES
(Gluten-Free Diet Catered for. Please ask when booking) BYO DRINKS

Sweeps, Activities, Prizes. Fashions, Funny Hats

TUESDAY 4th NOVEMBER

In the Seniors Hall, Silver Grove. Please be seated by 11.30am

COST: \$20 per head (Bookings essential)

BOOKINGS OPEN 6 OCTOBER



'Silver Bell' at Castlemaine Jazz Festival



"Silver Bell Rings True" was the caption added by the webmaster of the Castlemaine Jazz Festival website to a photograph of the U3A Nunawading Jazz Band 'Silver Bell', and we certainly did!

Leaving Melbourne at 7.30am on Saturday 7 June, we had a very pleasant drive, arriving at this lovely small Victorian town shortly after 9.30. There was plenty of time to register and to have a leisurely cup of coffee before setting up in the bar of the Commercial Hotel ready to start blowing at 11.00.

The bar was furnished with chairs of all shapes and sizes and, with a bottom on every seat, it was standing room only before we even started playing. Being early in the day, the audience was one of coffee drinkers who sat listening very intently and applauding enthusiastically as we played.

At 11.45 our set was over and we decamped to make way for the following band to start at 12 noon. In all, there were seven venues running concurrently, with over 220 musicians playing in 58 bands.

We went our several ways to get more coffee, lunch, listen to other bands, poke around the bookshops, visit art galleries and so forth, and it was good to find U3A Nunawading members playing in three of the other bands. We reconvened at the Bridge Hotel in time for our second set at 7.00pm and, being later in the day, the audience

was now one of beer and wine drinkers. Accordingly they were much more lively, applauding and cheering very heartily indeed.

For an inaugural Festival it was a great success, with an estimated injection of over \$100,000 into the Castlemaine economy. It is nice to think that U3A Nunawading was a significant contributor toward this success.

Brian Ruck

U3A crafts at Nunawading Library

Work produced by members of our knitting, tatting, crochet and card-making classes was on display recently for a month at the Nunawading Library.

The Library invites us to exhibit the work of our members for a month each year and this year we have some wonderful examples on show.

Many thanks to those members who made their work available: this is a great way to promote U3A and our classes to the local community.



Invitation to visit Norfolk Island

Hello from U3A Norfolk Island. We have been incorporated for just on twelve months, have 63 members and have just completed our first semester of classes and groups. Although we are a relatively small community of about 1500 people, there has been a huge interest shown in U3A, both to learn and to teach.

We live on a unique island, which we like to share with the rest of the world and we are very keen for you to visit us. We have worked hard to make sure that your visit will be stimulating, motivating, interesting and, very definitely, entertaining with the following events planned:

- Thanksgiving Day Celebrations 24 November – 1 December 2014
- First Fleet Celebrations 3 – 9 March 2015
- 225th Anniversary of the wrecking of the HMS Sirius, on 19 March 2015
- Bounty Day Celebrations 05 – 12 June 2015

We are particularly excited about sharing some of our local U3A activities with you and would be delighted if you wanted to be a guest speaker while you were here – that would add some new 'brain food' to our local mix.

Please get in touch with the Norfolk Island Travel Centre if you would like more information. We very much look forward to meeting you in the future.

Kind Regards,

Barbara Kelly, U3A NI Chairperson

Email: president@norfolkisland.u3anet.org.au

Post Office Box 254,
Norfolk Island, South Pacific, 2899
www.norfolkisland.u3anet.org.au

YOUR COMMITTEE for 2014/2015

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

TERM DATES 2014

Terms	Commences	Ends	Weeks	Public Holidays
3	14 July	19 September	10	
4	6 October	28 November	8	Melbourne Cup Day – 4 November (no classes on Monday 3 November)

KEY DATES 2014

U3A Darnum Music Village Tour	Wednesday 24 September
City of Whitehorse and U3A Nunawading Positive Ageing Expo	Thursday 2 October
Carnival of Learning, Victorian Seniors' Festival	Sunday 5 October
Whitehorse Spring Festival	Sunday 19 October
Melbourne Cup Day Function	Tuesday 4 November
Office Volunteers' Function	Monday 1 December
Leaders' Function	Thursday 4 December

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: u3anuna@bigpond.com

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 City of Whitehorse for funding to assist
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Closing date for submissions to the next edition: **Wednesday 15 October 2014.**