

Record numbers attend Summer School

U3A Nunawading recently conducted a Summer School Program, offering 42 classes over two weeks in January 2015.

More than 1000 people attended a wide variety of activities – some held in and around the Silver Grove Community Centre and some off-site.

Those off-site included golf, Nordic walking and archery as well as visits to Our Lady of Victories Basilica in Camberwell and a costume display in Bulleen.

Large numbers of energetic people could be seen rock'n'rolling, cha cha-ing, doing zumba or Tai chi, and exercising to music.

Other participants joined in sessions as varied as playing cards, learning about the history of Melbourne, scarf making, learning what to look for when looking at pictures, the history of Aboriginal life in Whitehorse, Antarctica, the skills of grand-parenting, Arabic scholars and medical rogues of the past, philosophy, exploring tonal drawing, writing and researching family history, making fondant flowers for cupcakes, a trivia quiz, learning how to do

cryptic crosswords, climate change, and love and lust with Charles Dickens.

It is greatly appreciated that we have so many talented leaders who give enthusiastically of their time and energy.

From the faces and comments of people after their classes it was apparent that a good time was had by all.

Lorraine Sterling,
Convenor, Summer School, 2015



President's Report



Welcome to all our new members and welcome back to those who have returned.

After a very successful 2014, we look forward to an exciting and successful 2015

Our office has been running in the background over the break and I thank those members who not only came in to do their own work, but helped answer the many enquiries both in person and on the phone. Perhaps we have reached the stage when we need to man the office during the latter part of our Christmas shut down.

Summer School

Thanks for the very well organised Committee of Lorraine Sterling (Convenor), Susan Tydeman, Margarete Lee, Trish Leary, Patricia Corral and Maureen O'Sullivan. This year's Summer School was very well attended and enjoyed by all.

Thanks to Elsie Mutton and Barbara Gardner, who assisted and Bert Lopes and Lindsay Glen who attended every day to

help with room set up and audio and IT equipment.

Community Event

U3A will have a marquee at the City of Whitehorse's Global Fiesta at Box Hill Gardens on Sunday 15th March. Many thanks to Linda Parisi and our Communications & Publicity Committee for organizing our participation.

New Treasurer

Barbara Worcester has agreed to take on the role of Treasurer and I would like to thank her for stepping up. Tom has been carrying on until we had a replacement and I thank him for the extra time he has given to this role.

Newsletter Editor

Lyn Weston has taken over as Editor of our newsletter from our Vice President, Valerie Donlon, who has been in the role for the past two years. Lyn has also taken on the position of Secretary of the Communications & Publicity Committee. As you will see from Lyn's profile elsewhere in this newsletter, she brings a wealth of experience to these roles.

Planning Day

The Committee of Management met in January to finalise our Strategic Plan for the next few years. Valerie Donlon is finalising the document and I thank Elsie and Valerie for convening this day.

Knitting Project

The back kitchen area has been bursting

at the seams with the knitting for the vulnerable children of the world. The last batch was sent to East Timor. This project continues to grow and thanks to Gabrielle for her efforts in sorting and readying the knitwear for transport.

Term 1

The first week back was very busy; it great to see the enthusiasm. We have increased our office volunteers and we now have two operating most days. Some office volunteers are now working two mornings or afternoons a month. Thank you for putting in that extra time.

Course Admin was the busiest I have seen; this is an indicator of our ever increasing numbers and the wonderful classes on offer. We are happy to report our new equipment has been installed and Bert is training our leaders on its use.

During the break we had an informal meeting with Cr. Philip Daw to discuss our activities and requirements, and we thank Whitehorse Council for their continuing support.

The introduction of the SMMS (our new member database) is on schedule, and we are looking forward to its implementation.

Planning for our 25th birthday celebrations is under way, so watch this space.

Live, Learn, Enjoy,
Annette Mason
Honorary President

Colleen Skinner



Colleen joined U3A Nunawading in mid-2013, enrolling in Genealogy and Fit and Active Exercise class. In 2014 she commenced with the Italian Beginners class

which she is continuing in 2015 along with Fitball/Pilates and Art Appreciation. She has also taken over the Tuesday afternoon Fit and Active class. Colleen was elected to the Committee of Management in 2014 and says that, while she feels she may have bitten off more than she can chew, structure is good for her. Since joining the Committee, Colleen has taken on the role of Grants Officer.

An art student in the early seventies, Colleen's first position was as a graphic artist for a Melbourne-based TV production company. Unfortunately, the position was short-lived and Colleen's career path changed. Following a Bachelor of Social Sciences (Librarianship) she successfully

held various librarian positions, with 10 years at RMIT and later Swinburne and also in Canberra where she spent some time in the mid-1980s. Colleen retired in 2013 after 18 years at Swinburne Lilydale Campus.

This is turning out to be a big year for the Skinner family with their daughter's engagement party in January and her wedding to plan in early December and renovating their Blackburn house as well.

After nearly a year of retirement doing gardening and home duties for a husband and two young adults, Colleen decided she needed to 'get into something' and that's when she found U3A Nunawading, which she says 'was love at first sight....'

Course Administrator's Report



Welcome to all new members of U3A Nunawading; I do hope you have managed to find a class to accommodate you.

Many of you go away on holidays throughout the year, so please remember to advise your class leader or the office, otherwise you may find your place has been given to another member from the waitlist.

There are a number of new classes for Term 2, which are listed following this report. Unfortunately, the Nutrition class will not commence until Term 3 as class leader, Ken Clarke, is recovering from major surgery. Ken is one of U3A's elder statesmen and we wish him well in his recovery and look forward to his return.

Some reminders for when you are attending classes at U3A Nunawading:

- Wear your completed name badge at all times.
- Put your mobile phone to silent or off when you are in a class.
- Observe class times, do not arrive late or leave early. Our leaders spend time preparing for the class and they deserve to be given the respect due to them.
- Car parking. Yes we all know this is a problem but, unfortunately, we have no control over who parks in the car parks adjacent to the Community Centre. Do not park in the Meals on Wheels designated area. The car park is regularly monitored by Council Officers so try not to overstay the marked time.
- If you happen to have a disabled sticker on your car but can walk a short distance can you please leave the handicapped car parks for those less able. These car

spaces are few and I ask everyone to help those less fortunate. The City of Whitehorse has been approached for more of these spaces but, as the whole complex is under review, no money will be spent in the area.

- If you are waitlisted for a class, do not turn up to see if there is a space. You will be notified if a place becomes available.
- Do not put pressure on the leader to take you into their class.
- Write your details clearly especially when writing your email address.
- If you do not attend a class for 3 weeks without an apology your place may be given to someone from the waitlist.
- Many class leaders need to shift furniture around to fit the needs of their class. If you know your leader needs to move furniture either before or after the class, don't be shy to offer help.

Thank you to those leaders who have taken extra members into their classes to help with waitlists.

Online Member Management System

You will be aware that over the last twelve months we have talked about a new online system database, which will allow members to select classes, pay online and update their personal details. After many months of work by our project team, it is almost here and a number of people are currently being trained to help with new enrolments. Andrew Lockwood, the project manager, is confident the system will go live in Term 2.

What will this mean for you the member?

Number one, it will give easier access for you to enrol in classes and pay online. You will also be able to ensure your contact details are kept up to date.

How will this work?

In the first instance, you will be asked to come into the office and check that your details, which have been transferred from the current database to the new system, are correct. At this time you will be given an identifying member number and password so that you can access the system from home.

What if you don't have access to a computer or do not wish to use the new system?

An office volunteer or a committee member will do it for you at U3A.

Please do not worry, nothing will change regarding your current classes and more

detailed information will be sent to you before you need to do anything.

English as a Second Language (ESL)

In 2014 we commenced ESL classes for our members who do not have English as a first language. This has proved to be most successful and I thank the members who have come forward to work with these members.

Robyn Cox is the coordinator and is always looking for extra leaders. If you have a spare hour, please leave your name for me at the office and Robyn will be in touch.

Peg Wong and Margaret Reisley have kindly agreed to act as interpreters where necessary. Thank you to all who are making our ESL program possible.

25-Year Anniversary

You would know that we have held a biennial quilt, art & craft exhibition over the past 10 years. A decision has been made not to run this exhibition in 2015 and in its place hold a showcase of a large number of our classes during the first week of October. You will hear more about this as your class is invited to be involved and the program is finalised.

There are a number of new classes since we printed the course descriptions. If you would like to attend these classes please put in an orange form, which is available from the office and you will be notified of the status of your application once it is processed.

Elsie Mutton

Course Administrator

Do you suffer from pain at the side of your hip?

The University of Melbourne, Physiotherapy Department is currently seeking volunteers who suffer from lateral hip pain (gluteal tendinopathy) for research. Participants, if successful, will be assigned to one of three treatment groups at no cost. To be eligible you must be aged between 35 and 70, not have hip or knee osteoarthritis, or have had hip or knee surgery in the past 12 months.

Enquires phone: Pippa Nicolson (03) 8344 0556, Email: pnicolson@unimelb.edu.au.

To find out more visit: <http://www.chesm.unimelb.edu.au/volunteer/leap/leap.html>

New Classes for Term 2

If you would like to apply for a place in any of these classes, please fill in an orange form, available from the Silver Grove office.

Poster and Graphic Art

Leader: Bill Stamford

Wednesday 12.30 – 2.00 Venue Room 9

Course content will be the Art Deco forms of the 1920s and 1930s, travel posters and the like. The paint media can be any material, together with a free form style allowing members complete choice over a comprehensive volume of work in the public domain.

Line Dancing Beginners and Experienced

Leader: Lan Tiet

Friday 2.30 – 3.30 Venue Jaycees

This is a class for both the beginner and experienced line dancer.

Japanese Beginners 2

Leader: Kam Lau

Thursday 1.15 – 2.15 Venue Seniors Meeting Room

This class is for the complete beginner.

Writing non-boring book length projects

Leader: Hazel Edwards

Thursday 2.45 – 4.00 Venue Multi-Purpose Room

If you have a book project tucked away but not sure how to finish it, this class is for you. The subject could be non-fiction, history or fiction. Participants will be required to produce a chapter weekly for workshoping in class.

Topics covered will be:

- Researching & interviewing skills
- Choosing titles
- Book proposals & synopses
- How to organise your material
- Structuring a book
- Making it interesting for the reader
- Formatting & publishing options
- How to write using all senses & perspectives
- Launching & marketing possibilities.

Spanish Beginners 2

Leader: Elizabeth Ramirez

Monday 12.30 – 1.20 Venue Room 14

A class for the beginner who has an interest in learning the Spanish language.

Text book will be discussed at first class.

Functional Exercise for Men 2

Leader: Liz Shave

Tuesday 2.30 – 3.30 Venue Nunawading Community Centre Stadium

If you missed out on a place in the men's exercise class on a Monday now is your opportunity.

Financial Wellbeing

Leader: John Catchpole

Friday 11.00 – 12.15 Venue Multi Purpose Room

Me, my financial wellbeing & government: A discussion group looking at all facets of our financial wellbeing, where it comes from, how, when and the consequences. Looking at superannuation and superannuation pensions, Centrelink and Age Pension and Seniors Health Care Cards, Wills, Estate planning, Powers of Attorneys, Taxation, including Negative Gearing, Franking Credits, Inheritance Tax, the May Budget and any other matters brought up by the group.

Guest speakers from Centrelink and on Wills and estate planning.

Wine Appreciation

Leader Philippe DeMontgignie

Tuesday 3.00 – 4.30 Venue Room 8

This is an 8-week course and will suit those who have an interest in wine and wish to improve their general knowledge, varieties, styles, regions etc. There will be selections of red, white, sparkling and dessert wines from local and overseas and tastings at the end of each class. Philippe works part-time as a consultant in the Australian wine industry. Gold coin to cover costs each week.

Cryptic Crosswords

Leader: Liz Hooper

Thursday 1.00 – 2.00 Venue Coronella

Ever looked at a cryptic crossword and wondered how to begin to unpack it? Liz says she is no expert but had the good fortune to meet some people who introduced her to the joy of cryptic crosswords. Together we will pool our ideas and revel in the exquisite pleasure that resolving the cryptic can provide.

China Today

Leader: Albert Ip

Tuesday 9.30 – 10.30 Venue Plato

Come on a fascinating journey and learn why China has grown so fast in the last thirty years.

History of the Universe

Leader: Albert Ip

Wednesday 1.—2.00 Venue Coronella

Examine the Universe from the beginning to the current time. With this long lens we can look at our current human challenges.

History of Railways and Trams in the Eastern Suburbs

Leader: Albert Isaacs

Friday 12.30 – 2.30 Multi Purpose Room

This class is for those who would like to know the following:

Where was Pic Nic railway station? The proposed line to Big Pat's Creek would have started from which railway terminus? What did Sir John Monash have to do with Eastern Suburbs' railway construction? What political machinations revolved around the Outer Circle railway? How many stations were there on the Kew line? Was Puffing Billy the world's first preserved railway, or not? Apart from electric trams, which other types ran in the Eastern Suburbs? Horse-drawn? Cable? Steam? Melbourne's first electric tram was in the Eastern Suburbs – where did it run? (9 sessions: 5 on railways; 3 on tramways; last session will be a visit to Wattle Park.)

Russian for Travellers

Leader: Judy Gregory

Tuesday 1.45 – 2.45 Venue Room 8

There is room in this class for anyone who would like to be able to ask directions, purchase a bus ticket or buy a coffee if visiting Russia.

Origami

Leader: Yoko Yassa

Wednesday 3.00 – 4.00 Venue Seniors Meeting Room

This is a repeat class from Term 1, commencing in Term 2. Learn how to fold papers to make beautiful objects.

Requirements: Pen, pencil, small glue stick, scissors and a bag for papers. \$5 is payable to the leader on the first day to cover the cost of the papers.

Jillian Gale



Jillian joined U3A Nunawading 7 years ago after retiring early from the workforce. Her cousin had given glowing references of the group and Jillian knew she wanted to learn to paint watercolour and practice

yoga. Quickly learning of the other subjects, on offer, she started the Meditation and Movement class. Following on from the painting class, the Drawing Class ensued and she also moved on to the Moderate Exercise class. Jillian became a Volunteer Office person in her second year and has continued on to become a Team Leader. She has also dabbled in Genealogy, Beginners iPad, a couple of terms of Latin, Felting and a History of Medicine class.

In 2014 Jillian was elected to the U3A Nunawading Committee of Management, is a member of the Social Committee and is U3A Nunawading's representative to Arts Nunawading.

In her working life, Jillian was a Secretary/P.A. for sharebrokers, architects, kitchen designers, carpet and yarn spinners, software designers and lastly with SMEC (Snowing Mountains Engineering Corporation) for the MD.

Jillian grew up in Balwyn and has lived in Blackburn since 1980. Her husband is Dennis and they have two children and seven stepchildren between them. There are also 13 grandchildren at the moment ranging in ages from 4 to 20.

Dennis volunteers at the Castlemaine (museum ship) Williamstown and the Alma Doepel (sailing ship) being restored at Docklands.

Lyn Weston



Lyn Weston has taken over as our U3A Newsletter Editor from Valerie Donlon who has been in the role for the past two years. Lyn joined U3A Nunawading in 2012, shortly after retiring from the Graduate Union, which is the postgraduate residential college of the University of Melbourne and also a

club with 2000 members. In her 11 years at Graduate House Lyn was responsible for many aspects of that organisation, including writing for and editing The Melbourne Graduate, a quarterly newsletter very similar to U3A Nunawading News.

Lyn has lived in the City of Whitehorse for most of her life. As a child she lived in Forest Hill and attended Our Lady of Sion College in Box Hill. She has lived in South Blackburn for more than 30 years in the same house and has seen her children grow up, leave home, marry and return to live in the Blackburn area.

When not on grandparent duty, Lyn enjoys her involvement with U3A, especially her Philosophy and Ballroom Dancing classes.

Walking Group Leader Wanted

We have enough members on the waitlist of our current class to create a second a Walking class if we had another leader.

If you enjoy walking and would like to lead a group once a week, please contact Course Administrator Elsie Mutton by phone on 9878 3898 or email courseadmin@u3anunawading.org.au

"Do you want to make a contribution to the music and arts world in Nunawading?"

Arts Nunawading Inc. is seeking an enthusiastic person who would like to contribute to the City of Whitehorse arts community as its Secretary.

Arts Nunawading Inc. is a not-for-profit organisation which operates the Nunawading Market to raise funds to support local arts groups and young talented performers by way of grants and scholarships.

For more details about Arts Nunawading and its activities, check out "www.artsnunawading.org.au"

Contact Ron Rankin (Acting Secretary) at "secretary@artsnunawading.org.au" or 9874 1317.

U3A Webmaster



U3A Nunawading will be launching its brand new website at the beginning of Term 2 and we are looking for someone to manage updating content once it goes live.

The new site, which will be similar to our current site in terms of size, will act as the portal to our new Member Management System.

We are looking for someone who has had some previous experience in managing content, preferably using Joomla or similar web software.

If you think you might be interested in this role and would like more information, please leave your details with the office or email admin@u3anunawading.org.au.

U3A Nunawading – COMPUTER CLASS DESCRIPTIONS

Term 2, 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.

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 attending your first computer class.

CLASS TUTOR & START DATE	DESCRIPTION	DURATION, DAY & TIME
WORD 2010 BEGINNERS Tutor : Wayne Henry Starts – 19 th May	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 - 20 th April	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
MOVING TO WINDOWS 8 AND BEYOND (A) & (B) Tutor – Graeme Hilson (A) Held on 23 rd April (B) Held on 25 th May	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. As there is a great demand for this, Students should enrol in only one class.	One demonstration - (A) Thur - 1.00 – 3.00 One Demonstration - (B) Mon –10.00 – 12.00
PHOTO EDITING <u>BASIC</u> Tutor : Archie Kaan Starts – 22 nd April	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 Wed - 9.30 – 12.00
USING PICASA 3 Tutor : Terry Pearlgood Starts – 22 nd April	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 1.00 – 3.00

CREATING A WEB SITE Tutor : Graeme Hilson Starts – 30 th April	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 Thur – 1.00 – 3.00
EXPLORING THE INTERNET & EMAIL Tutor – Poppy Fogarty Starts – 2 nd June	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 – 20 th May	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	6 weeks Wed 10.00 – 12.00
USING AN APPLE IPAD BEGINNERS (A) (B) & (C) Tutor : (A) Poppy Fogarty (B) & (C)) Tony Widdows (A) Starts – 21 st April (B) Starts – 1 st May (C) Starts – 20 th May	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) Tues- 10.00 – 12.00 (B) Fri - 10.00 – 12.00 (C) Wed - 1.00 – 3.00
FILE MANAGEMENT Tutor – Jean Saxby Starts – 23 rd April	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	3 Weeks Thur 10.00 – 12.00
GENEALOGY FOR EXPERIENCED RESEARCHERS Tutor : Noelene McCulloch with Maureen Francis Starts - 1 st May	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 As Graeme Hilson will be away on holidays There will only be 3 Q & A sessions held during Term 2. Dates are listed in this column Questions in June can be sent to Graeme's website. u2canlearn.weebly.com/	Thur 16 th April. Thur 7 th & 21 st May 3.00 – 4.00

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

GET THOSE DIARIES OUT FOR AFTERNOON TEA DATES!!



The Social Committee has two events planned already for this year:

Saturday 2nd May

Enjoy a scrumptious afternoon tea with entertaining guest speaker, Winston Marsh, who is currently National President of the National Speakers Association of Australia, a Senator of Jaycees, an Ambassador for Ageing for the Monash City Council and loves making people laugh! Book now at U3A Reception.

Saturday 25th July

Take a journey down musical memory lane. Film buff Graham Haynes will take us on a trip on screen to revisit our favourite film stars and songs through the generations. Another scrumptious afternoon tea will be served. Come along dressed as your favourite film star and win a prize!

PUT THESE DATES IN YOUR DIARY NOW!!!

VOLUNTEERS NEEDED

The Social Committee will be looking for volunteers to help with these events – setting up, food preparation and serving, and packing up.

If you would like to help, please email admin@u3anunawading.org.au with your name and phone number and label it “Social Committee Volunteers”, so your details can be passed on to the Social Committee.

The Exercise Class

A poem by Jenny Balshaw

Another year's passed for the exercise class
With you at the helm every Wednesday
We pranced and we danced and we stretched and we marched
And tried hard to spin hoops the right way

You tried different things, some simple, some hard
Especially some of the dances
Where our left toes went where our right ones should have gone
You were patient and gave us more chances

And after the classes some eagerly sat down
With a coffee or tea to recover
We sometimes ate chips which were guiltily nice.
And shared lots of news with each other

When you went away and left us alone
We tried very hard to perform
We didn't do badly but gosh we were glad
That you didn't get trapped by a storm

It was good for us all and we had lots of fun
So thanks Barb for another good year
We're glad you'll be back in the New Year to come
Merry Christmas and lots of good cheer.

Line dancing breakup



U3A line dancing class had its Christmas break-up party for 2014, Hawaiian style, performing Hawaiian line dances like Hukilau and My Little Green Shack. There were demonstrations and dress-ups, best-dressed prizes and the awarding of certificates for class graduation and lots of fun and festivities.

Social Golf 2014

Social Golf 2014

Congratulations to all winners and thanks to everyone for your support and cooperation throughout 2014. For 2015, U3A Nunawading Social Golf members plan to improve our golf, be more observant of golf rules and etiquette, and get better and more accurate scores as befit our handicaps. When we've improved and are ready, we might invite LAC to have a friendly competition!

Results for competitions played on 17 and 24 Nov.

Stableford winners

1. Ken Woo(h'cap 33) - 44 points
2. Alice Jiew(h'cap 36) - 38 points
3. Michael Donohoe(h'cap 35) - 35 points

Team Putts winners:

George Thompson (20) and Naomi Towers (15) - 35 putts

African Scramble team winners

1. Toshie Burke (h'cap 38) and George Thompson (h'cap 36) - 28 points
2. Ken Woo (h'cap 33) and Pam Schlitz (h'cap 40) - 26 points
3. Alice Jiew (h'cap 36) and Paul Makinson (h'cap 37) - 24 points

Nett Strokes 17th & 24th winners

1. Ken Woo - Nett 62
2. Alice Jiew - Nett 68

Most Improved Feb - Nov

Paul Makinson (h'cap 37) improved by 37 strokes

Nearest the Pin

1. Michael Donohoe (h'cap 35) - 2 clubs' length

2. James Struthers (h'cap 36) -3 clubs' length

3. Naomi Towers (h'cap 38) - On the green (too far to measure)

Pars Achieved from Feb - Nov

1. Alice Jiew - 13
2. Toshie Burke, George Thompson & Ken Woo - 8
3. Naomi Towers, Pam Schlitz, Melanie Soon, Michael Donohoe, Ron Coleman, Valentine Debeljak and James Struthers - 1 to 6

Birdies

- Alice Jiew Hole 13, Par 3
Ron Coleman Hole 5, Par 4
George Thompson Hole 13, Par 3
James Sthruthers Hole 10, Par 3

Gobblers

1. Alice Jiew Hole 7
 2. Naomi Towers Hole 4
 3. Melanie Soon and Ron Coleman Hole 1
- Everyone who participated in the two rounds of competition received a beautiful pen with the U3A logo, courtesy of our U3A President Annette Mason.



Seated (l – r): Alice Jiew, Pamela Schlitz, Naomi Towers.

Middle row standing (l – r): Paul Makinson,

Michael Donohoe, Melanie Soon, George Thompson.

Back row standing (l – r): Ron Coleman, Toshie Burke, James Struthers, Ken Woo, Valentine Debeljak.



Overall Stableford winner Ken Woo receiving his prize from Vice President Valerie Donlon.



Most Improved for the year 2014 Paul Makinson, holding the Perpetual Trophy with Valerie Donlon.



You can be part of the fight against cancer by taking part in research to help the Cancer Council find out more about the causes of cancer.

If you are over 40 then you could take part in the Australian Breakthrough Cancer Study.

This study aims to recruit one of the largest Australian research groups ever to help scientists uncover new risk factors for cancer and other diseases.

The study is looking for men and women (aged between 40-74 years) who have never had cancer, other than non-melanoma skin cancer. Researchers are particularly interested in hearing from people who have not had cancer but do have a family history of the disease.

The Australian Breakthrough Cancer (ABC) Study will be working with over 50,000 Australian residents. Those taking part will be asked to complete an online questionnaire and to provide a saliva sample to allow for extraction of DNA, to investigate the role of genetics in disease. Some participants will also be asked to provide a blood sample at a local pathology service.

You can also assist us by spreading the word about this important project. The more people taking part in this study, the more we'll be able to learn.

To register or learn more, visit: www.abcstudy.com.au



Cancer Council

Australian Breakthrough Cancer Study

You don't have to have cancer to fight cancer

Register now

Military History Group

Late in the last term of 2014, our Military History Group was privileged to hear a presentation from Cyril Handoll, a spritely 92-year-old veteran of the D-Day landing at Normandy in 1944.

Cyril was there as a Royal Navy marine crewing a LCF anti-aircraft barge - tasked with providing air cover for the landing forces. He had a grandstand view of operations over the following two weeks whilst on station. He generously shared his experiences to an entranced and grateful audience.

To read the March edition of the Military History Group's newsletter, please visit www.u3anunawading.com.au and go to the Newsletter page.

Tony Tossel
Military History Group



Contract Bridge

2014 was another good year with the Contract Bridge class averaging six to eight tables weekly. The winners for the year were: Champion Pair: Chula and Vassa NaRanong; Second Place: Hannah and Li Pham; Third Place: Elaine Hempton and Alan Brownrigg; Individual Champion: Terry Pearlgood.

The Champion pair received an engraved shield and will have their names added to the perpetual shield while other winners received certificates.

Pictured from left to right: Hannah Pham, Li Pham, Terry Pearlgood, Garnet Edwards, Elsie Mutton, Allan Brownrigg and Elaine Hempton.



Fitball/Pilates class stretch on the deck

The 2014 Fitball/Pilates class combined exercise with morning tea when they held their final class for the year at the home of Valerie Donlon. Class Leader, Dianne Michael (on the right of the group), took the class through their paces in the fresh air before the group relaxed for some festive season socialising. This very popular class concentrates on strengthening core muscles whilst increasing flexibility and improving posture and balance.



Anyone for a Jam?

Thanks to a very favourable reallocation of accommodation and times for 2015, the U3A Jazz Band, which meets each Wednesday afternoon, is now able to be a bit more flexible in its approach to new members. Whilst the six-piece ensemble will remain at the core, we now have the opportunity to invite other players to come along on at least two, and probably three occasions each month to play and jam with members of the band.

All participants will be encouraged to suggest numbers that could be played and we shall do our best to accommodate any type of musical instrument. Depending on the interest shown and the number of participants, it might be necessary to occasionally form small combinations of different instruments from within the group to prevent the group becoming too large and unwieldy.

Anyone interested in coming along is invited to contact Brian Ruck on 9878 1362, or by e-mail at b.ruck@bigpond.com

Anyone not already a member of U3A Nunawading will be required to join.

Mathematics and Knitting

A knitter's life is full of Mathematical Techniques.

We are knitting Mathematicians, we deal in measurements, methods of correcting errors, counting stitches, (we never stop counting stitches), devising formulas and inventing solutions.

A knitting pattern is a formula which tells us how to knit the garment.

Abbreviations: Knitting has its own universal language, that is, it is used and understood worldwide.

We deal in inches, centimetres and decimals (needle sizes).

We deal in weights, lengths, widths and plys of wool, addition (increasing), subtraction (decreasing), division (dividing up the stitches), and multiplication (multiplying the stitches).

Shapes are our forte. We are diligent at triangles, squares, squares

inside a square, rectangles of all dimensions and lengths. (scarves).

Concentric circles: Circles sharing a common centre. (berets).

Circles and ½ circles: (shawls).



Diamonds, hexagons and pentagons: Are the basis of many of our patterns.

Curves: Concave: hollowed out, arched or curved inwards. (Shaping the back to fit the sleeves).



Convex: spherical form or rounded form (leaves and flowers).



Charts and Graphs: A chart or graph is a sheet giving information in tabular or diagrammatic form (Lace, Fair Isle and Mosaic knitting).



Beverley Wright
Class Leader

The Homeless



*Following is an extract of the prize-winning speech delivered by **Beryl Jarvis** at the U3A Nunwading Public Speaking end-of-year function:*

When a baby is born it is the idol of his or her parents. As they cuddle that newborn baby in their arms they have dreams and aspirations for their newborn and want the baby to have a full and rewarding life. They want

this to be the start of a close and fulfilling relationship with their child.

So how do things go so wrong for some people, to the extent that we have homeless people on the streets? And why don't homeless people find ways to help themselves back to a 'normal life'?

These are some of the questions that I'd like to speak about tonight.

The common perception of a homeless person is an older man with a drinking or drug problem who sleeps in a park or street. However, we know there is no 'typical' homeless person. It affects men, women and children from a wide range of backgrounds and takes an enormous toll on one's self-worth and capacity to achieve and stay healthy.

Homelessness can be the result of many social, economic and health-related factors. It shows people can become homeless after many years of experiencing poverty, poor relationships and drug, alcohol or mental health issues. It can affect people who have been managing well in life but are thrown off course by a stressful episode like a relationship breakup, job loss, or death of a loved one, setting off a chain of events that leads to a person being without a place to live. Domestic violence is the single biggest cause of homelessness in Australia. In fact a quarter of people seeking accommodation at specialist services are there for this reason.

The life the homeless lead is not an easy one. The wind is cold in winter and in summer they deal with scorching heat – while we sit inside our homes, fed, secure and dry. But these people have no food and no houses – they probably smell and they have holes in their shoes, if indeed they have any shoes.

Ours is a culture which commends and measures as successful those people who are good, law abiding and generous. What message are we sending to those individuals who also possess these qualities, but who find themselves homeless in ever increasing numbers? Homelessness is a universal journey and is not necessarily by definition just about shelter. It is an intrinsic state of unrest.

So does it beg the question – how just is our society? Is it indeed fair and equitable? Why does this go on? Why are so many people living on the streets? Why are so many people without enough to eat? What do you think about these people? Who do we blame for them being like this? It is not always a choice that people make it happens.

I believe that we, as a community, have a social, moral and ethical responsibility to care and foster its vulnerable members. These people, who sleep on the street without a damn thing, are someone's father, mother, brother, sister, daughter or son.

The problems of homelessness are worldwide and it is not an easy or simple issue to deal with. We can leave the problem for others to handle – that's what most of society does – or we can think about some practicable ways to ensure something is done to reduce the problem.

Ladies and gentlemen, homelessness will not go away. The issues that have been identified as its cause will, unfortunately, remain. But, I believe that it has to be taken on by all of society and the governments of all persuasions. We can't leave it to the Salvation Army and other such organisations. We might not be able to prevent it but I remain hopeful that we can stem the rise and improve the way it is right now.

I implore you all to consider how you may be able to contribute to solving this dreadful blight on our social environment.

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	Barbara Worcester	Barbara Gardiner	Colleen Skinner
Course Administrator	Elsie Mutton	Archie Kaan	Tom Wong

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 Nov)

KEY DATES 2015

Afternoon Tea with guest speaker Winston Marsh	Saturday 2 May
Film and Afternoon Tea	Saturday 25 July
Annual General Meeting	Wednesday 19 August
Celebration Day, 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 admin@u3anunawading.org.au and photos provided as jpeg files. Hard copies may be left in the Editor's pigeonhole at the U3A office at Silver Grove.

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Closing date for submissions to the next edition: **Wednesday 13 May, 2015.**