

Message from the President



If you are reading this newsletter online, I hope you are enjoying the wonderful coloured photos, which, of course, remain black and white in the printed version. As we advised members in our last newsletter, we have had to move away from printing and mailing our newsletter because of cost. Members who have not provided us with an email address may pick up their copy at the front desk.

U3A Nunawading is running very smoothly as we approach the mid-point of our year, thanks to the many volunteers who step up to help make our organisation a welcoming place where we can all learn new skills, keep our minds and bodies active and make new friends.

To our class leaders, office volunteers, Committee of Management and subcommittee members, and all of our other members who take on roles of responsibility, thank you for giving your time and expertise to U3A.

I would also like to thank those class

members who step up, particularly during the winter months, when many of our class leaders head off on holidays. It is so good not to have to miss classes because a leader is away: it really reflects the true ethos of collaborative learning that is U3A.

Great Social Committee Success

Congratulations to the Social Committee on their recent film afternoon. Entitled *Stars of the Silver Screen*, the event delighted all who attended, including me!

Graham Haynes put together a most entertaining program and Jenny Belshaw coordinated a team of volunteers who ran the afternoon like clockwork: Bev Clarke and her team of Brenda, Denise, Leonie and Struan were the mainstays in the catering department; Nick Pringle and his team of wife Bev and David Uhr-Henry looked after the decorations; Barb Ryder and Jillian Gale ran the box office; popcorn, lollies and ice-creams were distributed by the very glamorous Loris Townsend and Bev Pringle; Annette Mason provided the flowers for the Seniors Hall foyer, and Mel Thorne was the official photographer. Many thanks to you all for giving us a fun time on a wet and chilly Saturday afternoon. See page 10 for a full report with lots of fun photos, particularly of the Social Committee members in fancy dress.

Representing U3A Nunawading

New Premises: Vice President and Course Administrator, Elsie Mutton, and I met with Whitehorse Council representatives and consultants in March

to hear about their plans for development of a new Community Hub on the site of the former Nunawading Primary School. We were advised that the new building would be of a similar size to our current premises but would incorporate much more useable space.

Elsie and I took the opportunity of handing over copies of a revised 'FutureSpace' document, which clearly outlined the vital role that U3A Nunawading plays within the community and our current and projected accommodation requirements.

The project is expected to take about three years to complete and we look forward to further opportunities of discussing our needs with the project team.

U3A Network Victoria: I attended Network's AGM in March, and David Cullen represented Nunawading at Presidents' Day in May. Attending such events hosted by Network is a great way of learning more about the broader U3A community and sharing our ideas and experiences.

Whitehorse Community Chest: Vice President and Grants Coordinator, Colleen Skinner, and I attended the Community Chest AGM in May where their office-bearers explained some of the changes being undertaken by the organisation. Due to a lack of volunteers, the Chest will no longer be conducting a door-to-door collection, but plans to have donation envelopes made available to all households. The Community Chest is also running a Farmers' Market at Deakin University, Burwood on the 4th Sunday

Message from the President *(Cont)*

of the month. Our thanks to the Chest for their December donation of \$700, which was used to purchase ESL class materials.

Sorry Day Ceremony: Elsie and I also attended the City of Whitehorse flag-raising ceremony to observe National Sorry Day, a very significant day for Australia's Aboriginal and Torres Strait Islander peoples, and particularly for Stolen Generation survivors.

Eastern Volunteer Network: Secretary Noela Winter and I attended a workshop on Volunteer Orientation recently; it gave us some innovative ideas on how we might improve our induction and training processes. The workshops, hosted by the City of Whitehorse every three months, cover a range of interesting topics for not-for-profit organisations and provide good networking opportunities.

Global Fiesta: Many thanks to Jan Felstead for coordinating our participation in the Global Fiesta held at Box Hill Gardens in March. Thanks also to Jan and her team of volunteers for staffing our marquee through the day.

Nunawading Library Display: Thanks to Jan again for liaising with our craft classes to mount a display of items at the Nunawading Library during May. Thanks also to our crafts people for lending their precious items to showcase some of our activities to the broader community.

Golf Presentation: I had a most

enjoyable morning at end of Term 1 presenting the prizes for last year's competition. Class Leader, Alice Jiew, has developed this into a very active group of over 20 players who enjoy their weekly game at Morack Public Golf Course. They still have a couple of vacancies if you are interested in joining them.

Facebook and other Social Media: Many thanks to Computer Class Leader, Michelle Berner, for giving the April Committee of Management meeting a very interesting presentation on the most popular types of social media. While we are not yet considering using this medium, it was great to get a better understanding of how it may be used by an organisation like ours.

Seniors Week: As we will have three weeks' holiday between Terms 3 and 4, we will be hosting our own Seniors Week activities in the Seniors Hall on Tuesday 3, Wednesday 4 and Thursday 5 October. Paulina Chong is bringing together a lively program of activities that will include games, music, dancing and exercise. Details will be available of what's on and when nearer to the date.

Grants: Many thanks to our Grants Coordinator, Colleen Skinner, for securing funds for two projects -- (1) Equipment for recording the migrant stories of members. These oral histories will be collected over time and eventually published. As a U3A with a very diverse membership, we look forward to capturing these stories for

posterity, funded by the state government. And (2) Grammar books for our English as a Second Language classes. We have many members who kindly donate their time to be ESL class leaders, and these books will be a wonderful resource as we assist our members in becoming more proficient in their use of English, funded by the City of Whitehorse.

Intergenerational Program: Due to the coordinator at St Lukes moving to another school, we will not be involved in the program this year, but we hope it can be recommenced in 2017. Thanks to Colleen and her team of U3A Nunawading volunteers for the work they did with the children last year.

Congratulations to Tom Wong; U3A Nunawading's former Treasurer has taken on the role of Treasurer at Network Victoria, where I know he will do a splendid job.

Please make a diary note that our 2016 AGM will be held on Wednesday, 24 August in the Seniors Hall. A formal Notice of Meeting will be sent to all members nearer the date.

Finally, thanks to those U3A members who supported the Thorburn Ladies Badminton "Biggest Morning Tea" at our Community Centre. The group raised just on \$1000 for the Cancer Council.

Live, Learn, Enjoy with U3A.

Valerie Donlon
President

Annual General Meeting

**The U3A Nunawading Inc. 26th Annual General Meeting will be held on
Wednesday 24th August, 2016 at 11.00am
at the Nunawading Seniors Centre, 22 Silver Grove Nunawading.**

Members with an email address will receive their Notice of Meeting, a copy of the Agenda and a Nomination Form for Committee positions via email at the beginning of August.

Members without an email address will receive this information by Post.

Nomination forms for Committee positions will also be available from the front office or on our website from Monday 25th July.

Completed and signed forms must be received by the Secretary no later than Wednesday 10th August, 2016

Course Administrator's Report



Course Administration: We welcome a new member to the Course Administration team; Therese Glynn. Therese is helping me with the general day-to-day functions of this office and can usually answer any questions you may have. You may receive an email from her at some time.

Absence from classes: From information from the leaders it appears that a number of members are either unwell, on holidays, minding grandchildren or just not inclined to attend classes.

Remember, if you are going away, to either mark the attendance sheet with an A or if you are unable to attend to notify the office so an apology can be recorded. When I receive the attendance sheets

back at the end of term and find there is a 'no show' recorded, I take the member out of the class and, if possible, accept another member from the waitlist. Emails or telephone calls then commence asking, "Why have I been removed?" Please do not apply for a class if you know you are not going to be a regular attendee.

Mobile Phones: Leaders give of their time generously and, as a sign of respect to them and to other members of the class, please make sure your mobile is turned to silent or off during class times. Do not take a call and step out of the classroom, this is very disrespectful to the leader.

Computers: The computer schedule for Term 3 is now available. Please do not apply for a computer class if you know you are going to miss a class. In most computer classes, if you miss a class, you cannot catch up. Once you know that you have been accepted into a computer class and there is a fee attached to it, please pay before attending the first class. You can do this either online or at the Silver Grove Office.

Parking: A number of you have advised that you have been booked recently. Unfortunately, there is nothing U3A or the Centre Manager can do about this. Make sure you read the signs and don't

overstay your time limit.

U-MAS: Thank you to all who have been using the online system: from reports it appears that more and more members are feeling comfortable with going online and managing their enrolments. Always remember, if you select a new class by ticking the box you must also tick the floating "Confirm" icon.

Classes finishing at the end of Term 2: Financial Wellbeing - John Catchpole, who has been taking the Financial Wellbeing class is making a tree change.

Travel Tips - This class has encouraged members to share their experiences from the beginning of a trip to the end and all the in-betweens.

Thank you to John and Catherine for sharing your expertise in these areas and to Patrick Han for taking the Chinese Calligraphy short course in Term 2.

New Classes: There are a number of new classes commencing in Term 3: see details below. If you wish to attend any of these classes enrol at the office or go online, tick the class, confirm and you will know at once if you are accepted or not.

Live Learn Enjoy with U3A Nunawading

Elsie Mutton

Course Administrator

NEW CLASSES COMMENCING TERM 3

16SCI003 Automotive Forum: All about Cars.

Wednesday 11.00 – 12.30

Leader: Carl DiGiovine

Building 14

If you are interested in cars, need to buy a car or just want to talk about cars, come join this class. All things automotive will be covered, from correct seating adjustment to reliability issues. New model releases, most-popular to least-popular makes, best value for money cars to the recognised lemons. The Leader has over 40 years experience in the industry.

16HUM 015 Writing A Family History.

Friday 12.30 – 3.00

Leader: Garry Fabian

Plato room

There is a wealth of history available in every family that will not only be lost if it is not recorded, but will also provide a very stimulating exercise in researching and writing. Attendees will be helped to put on paper the history of your family in an informing and entertaining way. It will help you to set out your writing and break it down into small manageable segments.

16HUM 027 Play-reading

2nd and 4th Thursday 1.30 – 3.00

Leaders : Jo Leyman and Glenys Thomas
Seniors Meeting Room

Do you like reading aloud? If the answer is "yes", come and join a small group who enjoy getting together to read plays. You don't have to be Meryl Streep, just have a love for the written word. No experience necessary beyond the ability to read with a little expression.

Brush up on your technology

Want more from your iPhone or iPad?

Book into:

- iPad for BEGINNERS
- iPad Advanced
- First steps with your iPhone
- Next steps with your iPhone those who took the First steps course in Term 2)

Or come along to our problem solving sessions on the first and third Tuesdays (iPhone) and Wednesdays (iPad) of the month. No booking required!



Need to brush up on Word or Excel?

You might like:

- WORD 2013 Beginners
- EXCEL FUNDAMENTALS
- WORD 2013 Advanced
- What's new in Windows 10

Or come along to our Q&A sessions on the first and third Thursdays of the month.
No booking required!



Enhance your hobbies with ...

- Photo editing
- Managing your photos with Google Photos
- Digital entertainment
- Social media
- Write your memoirs
- Genealogy (for experienced researchers)



with U3A computer courses

Use the Internet more effectively ...

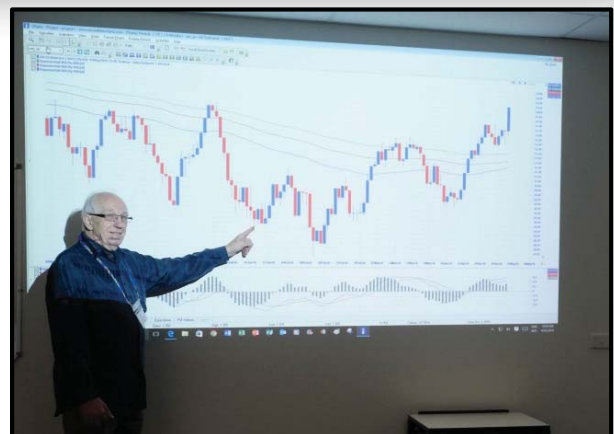
- Internet for Beginners
- Getting around online — safety, security and privacy
- How and why to create safe and memorable passwords



- Choosing a computer, tablet or smartphone
- Where is the bandwidth
- The clouds are gathering (using Cloud storage)

Book your courses online or at the desk

1. Review the course schedule in the [newsletter](#) or [online](#)
2. Choose your course(s) and dates
3. [Login](#) and [book online](#) or at the desk.



U3A Nunawading Inc.

Term 3, 2016

Computer Class Descriptions

11th July to 16th September (10 weeks)

Please note that a fee of \$20.00 is levied on some classes – payable prior to commencing the class

16COM302 What's New in Windows 10 (A)

28th July to 18th August (4 weeks)

Thursday 1.00 to 3.00 Fee \$20

Graeme Hilson

16COM304 What's New in Windows 10 (B)

25th August to 15th September (4 weeks)

Thursday 1.00 to 3.00 Fee \$20

Graeme Hilson

Windows 10 Operating System is here and is now supplied with new computers as well as being offered to all PC users on earlier Operating Systems. This class will bring you up to speed, whether you are new to computers or have used the older versions of Windows. The good news is that it is not difficult to learn and by the end of this course you will regard Windows 10 as a familiar friend.

PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO (USB) memory stick

16COM306 WORD 2013 Beginners

11th July to 1st August (4 weeks)

Monday 2.00 to 4.00 Fee \$20

Wayne Henry

An introduction to Word Processing using Microsoft Office 2013. As well as learning keyboard functions, the use of tool bars and how to manage and save files and folders, you will also learn how to create a simple document, insert, delete and format text and bullet numbering.

PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO (USB) memory stick.

16COM308 EXCEL FUNDAMENTALS

25th July to 29th August (6 weeks)

Monday 10.00 to 12.00 Fee \$20

Graeme Hilson

Would you like to learn the fundamental principles of Excel or brush-up on what you have forgotten? Whilst Excel is a useful tool for cataloguing such things as books, DVDs and photographs, managing a share portfolio, creating lists and planning travel, this course will focus on the mathematical capabilities of Excel.

PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO (USB) memory stick

16COM310 WRITE YOUR MEMOIRS

5th September and 12th September (2 weeks)

Monday 10.00 to 12.00 No Fee

Graeme Hilson

Everybody has a story to tell and especially if you are a grandparent, parent, aunt, uncle or just want to preserve a memoir of your life for posterity. This is a 2 week information session which will cover such topics as: Where to Start; What to include; What to leave out; How to organise your material using your computer and options for publishing. There will be no charge for these 2 sessions.

PREREQUISITES: You should have good keyboard skills and a basic knowledge of Word 2013 including how to create files and folders BYO (USB) memory stick.

16COM312 INTERNET FOR BEGINNERS

11th August to 1st September (4 weeks)

Thursday 10.30 to 12.30 Fee \$20

Jean Saxby

Finding your way into and around the Internet is easy – once you learn how. This class is for those who have the right equipment but just need the knowledge to “surf the net”.

PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO (USB) memory stick.

16COM314 Photo Editing

13th July to 10th August (5 weeks)

Wednesday 9.30 to 11.30 Fee \$20

Archie Kaan

Come and learn how to enhance, brighten and bring out the best in your photographs with freely available software. Class members are encouraged to bring their photos on a USB memory stick and learn the art of photo editing.

PREREQUISITES: Be experienced in using a computer with good keyboard and mouse skills. BYO (USB) memory stick.

Term 3, 2016

Computer Class Descriptions (cont)

16COM316 GENEALOGY – EXPERIENCED

22nd July to 26th August (6 weeks)

Friday 1.00 to 3.00 Fee \$20

Maureen Francis with Graeme Davis

This class will continue to look for ancestors, **mainly in Australia, the UK and Ireland**. We use the internet to find and explore sites containing relevant information to branch your family tree.

PREREQUISITES: This class is for those who are advanced in their research. Please bring a USB (memory) stick.

16COM318 IPAD for BEGINNERS (A)

12th July to 9th August (5 weeks)

Tuesday 10.00 to 12.00 Fee \$20

Poppy Fogarty

16COM320 IPAD for BEGINNERS (B)

16th August to 13th September (5 weeks)

Tuesday 10.00 to 12.00 Fee \$20

Poppy Fogarty

16COM322 IPAD for BEGINNERS (C)

13th July to 24th August (7 weeks)

Wednesday 1.00 to 3.00 Fee \$20

Tony Widdows

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 on using your iPad effectively. **Not suitable for Android Tablets**

PREREQUISITES: Please bring your own iPad or iPad Mini. (not suitable for an iPad 1). You must have an Apple ID and ensure that your iPad's operating system is up to date. Check this in the Settings App/General/Software Update.

16COM324 IPAD ADVANCED

14th July to 4th August (4 weeks)

Thursday 10.00 to 12.00 Fee \$20

Tony Widdows

For those who are already familiar with their iPad but want to explore more of its many possibilities and in greater depth. The course will include topics such as cloud storage, managing files and documents, shopping and security, email tips and tricks, syncing your contacts, photo annotation, handwriting apps and how to take advantage of Microsoft's free apps for OneNote, Word, Excel, PowerPoint and much more. The balance between topics will be adjusted at the start of the course according to the interest of participants. Time will be allocated in each session to address questions.

PREREQUISITES: Students should have completed a Beginners class or have the equivalent skills. Bring your own iPad or iPad Mini. (Not suitable for an iPad 1). You must have an Apple ID and password and ensure that the operating system (iOS) is up to date.

16 COM326 NEXT STEPS WITH YOUR APPLE IPHONE

12th July to 19th July (2 weeks)

Tuesday 1.00 to 3.00 No Fee

Helen Smith

This is a follow up class for those who took **1st Steps with your Apple iPhone** in Term 2 which was only a 5 week course. We will address some aspects of the iPhone in more detail, based on requests from class members and outstanding issues from Term 2. There will be no charge for these 2 sessions.

PREREQUISITE: Completion of "1st Steps with Your Apple iPhone" in Term 2.

16COM328 1st STEPS WITH YOUR APPLE IPHONE

26th July to 6th September (7 weeks)

Tuesday 1.00 to 3.00 Fee \$20

Helen Smith

Make your iPhone a practical and fun tool. Learn how to share photos, use mail and messaging, manage your contacts and browse the Internet. Tweak the settings to personalise your phone to your own style of working. Explore some of the extensive range of built-in and third party applications that can make your iPhone an indispensable tool and a source of fun as well.

PREREQUISITES: Suitable for any iPhone running the latest operating system. You must have an Apple ID and password and ensure your iPhone's operating system is up to date. Check this in the Settings App/General/Software Update.

16COM330 MANAGING YOUR PHOTOS WITH GOOGLE PHOTOS (A)

15th July to 12th August (5 weeks)

Friday 10.00 to 12.00 Fee \$20

Michele Berner

16COM332 MANAGING YOUR PHOTOS WITH GOOGLE PHOTOS (B)

17th August to 14th September (5 weeks)

Wednesday 10.00 to 12.00 fee \$20

Michele Berner

Learn how to use Google Photos to back-up, edit, share, sync, sort and organize your photos from computers, smartphones and tablets. Learn how to edit and enhance your photos using free apps from both the Apple Store and Google Play Store.

PREREQUISITES: You may use the desktop PCs at the Computer Centre, or bring your fully charged smartphone, tablet or iPad depending on how you capture your photos. Your device should be running the latest operating system. You must have an Apple ID and password.

Term 3, 2016

Computer Class Descriptions (cont)

No Charge

DEMONSTRATION & DISCUSSION SESSIONS

No Charge

16COM333 DIGITAL ENTERTAINMENT

26th August

Friday 10.00 to 12.00

Michele Berner

What are your options for watching video, listening to music, talking to friends and family in the digital world? What is the difference between streaming and downloading, video on demand, internet radio and television, messaging options, and how important is a good wireless data plan for this? How do you show your movies and photos on your lounge room TV?

16COM334 CHOOSING A COMPUTER, TABLET OR SMARTPHONE

8th September

Thursday 10.00 to 12.00

Tony Widdows

What are the differences between Microsoft, Apple and Google? Should you buy a new computer, laptop or tablet? Which smartphone would best suit your needs? Will all devices work together? How do we share our contacts, mail and calendars between them? What traps should we avoid? Do I need to update to Windows 10 and if so, how?

16COM336 WHERE IS THE BANDWIDTH COMING FROM?

9th September

Friday 10.00 to 12.00

Michele Berner

What are your options for broadband? The NBN, existing technologies like Cable, ADSL 2+, bundles. How do you know which Telco or Internet Service Provider you should use and what things should you consider in a broadband data plan? What is a wireless router and how do you set it up and troubleshoot it? What are wireless hotspots; the 'internet of things'; controlling household items using wireless and a smartphone; and Wi-Fi terminology.

16COM338 THE CLOUDS ARE GATHERING

15th September

Thursday 10.00 to 12.00

Tony Widdows

What is this thing called the Cloud and how can you use it to store your data, photos and videos – for free! Learn about Dropbox, Google Drive, Microsoft OneDrive, iCloud and the rest. Will include a practical demonstration of their uses with a PC and other devices.

PREREQUISITES: Suitable for everyone who connects online by computer, iPhone, iPad, Android phone and Android tablet.

16COM340 HOW AND WHY TO CREATE SAFE & MEMORABLE PASSWORDS

13th September

Tuesday 1.00 to 3.00

Helen Smith

Every website you sign up to requires a password, whether you connect using your phone, tablet or computer. You know that you should use a different password for each but it's so hard to think of good passwords and even harder to remember them! This session will help you appreciate the risks involved with poor passwords and give you some strategies for creating safe and memorable ones without too much effort.

PREREQUISITES: Suitable for everyone who connects online by computer, iPhone, iPad, Android phone and Android tablet.

16COM342 GETTING AROUND ON LINE – Safety, Security and Privacy

14th September

Wednesday 1.00 to 3.00

Helen Smith

Safety, Security and Privacy. How do you find information on the Internet? Online risks: phishing and hacking scams, malware and adware. What precautions should you take to ensure your privacy and safety? Password Managers and how they can help protect you online. How best to pay for online shopping? How do you enhance your browser with add-ons and extensions?

PREREQUISITES: Suitable for everyone who connects online by computer, iPhone, iPad, Android phone and Android tablet

16COM344 SOCIAL MEDIA

16th September

Friday 10.00 to 12.00

Michele Berner

Social media can be valuable – even essential in our lives today. It can be used for many things: staying in touch with friends and family, promoting your cause, and keeping up with trending topics and news. Whether you're wary or enthusiastic, social media can be overwhelming. Come along to this information session and learn about Twitter, Facebook, Pinterest, and Instagram. Social media has become an integrated and constant part of our everyday lives and armed with some information, you too can get involved.

PREREQUISITES: Suitable for everyone who connects online by computer, iPhone, iPad, Android phone and Android tablet

Term 3, 2016

Computer Class Descriptions (cont)

FREE 1 Hour Sessions

QUESTION AND ANSWER

FREE 1 Hour Sessions

Issues with Using Your iPhone 19th July, 2nd August, 16th August and 6th September Tuesdays 3.00 to 4.00 Helen Smith For iPhone users who are looking for some help using their iPhone. Bring your (fully charged) iPhone and we'll talk through the issue. Don't forget to bring relevant passwords (e.g., Apple ID, email account). All attending can benefit from how others overcome problems. This is free and there is no need to book.		
Got an iPad Issue? 20th July, 3rd August, 17th August and 7th September Wednesday 3.00 to 4.00 Tony Widdows For iPad users who have come up against a "brick wall" or problem in using their iPads. Bring your (fully charged) iPad and let's talk about how to get around the issue. Don't forget to bring relevant passwords (e.g., Apple ID, email account). All attending can benefit from how others overcome problems. This is free and there is no need to book.		
Questions and Answers (Q&A) 4th August, 18th August, 1st September and 15th September Thursday 3.00 to 4.00 Graeme Hilson Have you forgotten something? Do you need a reminder? Do you need help? Computer questions answered. It is not necessary to enroll prior to attending.		

GENERAL INFORMATION:

- You must be a financial member of U3A Nunawading.
- A facility charge of \$20 is payable upon an invoice being issued to the member. It can be paid online or in person at the Silver Grove office prior to commencing the first session of your class.
- Prerequisites are set to ensure that your participation in any of the computer classes is an enjoyable and informative experience. Please read these carefully and ensure that you meet the prerequisites of your choice of class.

CLASS LOCATION

- Computer classes are held in the Computer Centre, Whitehorse Resource Centre, Level 1, 79 Mahoneys Road, Forest Hill.
- The computer room is located on Level 1 (upstairs – lift available). Once you have reached Level 1:
 - o turn through the glass door on your right
 - o **sign the log book** on the pedestal
 - o enter the Computer Room through the first door on your left.

COMPUTER EQUIPMENT

- The desktop operating system we use is MS Windows 10. We use MS Office 2013, Microsoft Edge (Windows 10 version of Internet Explorer) plus Outlook 2013 for email. To gain the most out of our computer classes it would be to your benefit to have these applications installed on your own computer.
- We do not teach Apple Mac computers. We provide PC desktop computers – please do not bring your laptop to class unless requested by your class leader.
- However, you will need to bring your Apple iPad or iPhone to the relevant class.

USA Social Committee - *Stars of the Silver Screen*



More than 80 U3A Nunawading members enjoyed a most entertaining afternoon in the Seniors Hall recently, watching three short films about the private lives and professional careers of Hollywood greats Sophia Loren, Frank Sinatra and Marilyn Monroe.

The show, which was presented by Graham Haynes, brought back

memories of the fame and glamour of these stars, as well as the highs and lows of their personal lives. 'Ooohs' and 'Aaahs' and whispered "Oh yes, I remember that" were heard throughout the afternoon, as members of the audience slipped back in time to that golden era of their youth.

Sherry, orange juice and popcorn were served on arrival, and ice creams and candy were handed out during the short intermission.

At the end of the films a delightful afternoon tea was served in individual boxes, which was an innovation on the part of the catering team and very much enjoyed by everyone.

As these photos show, the atmosphere of the afternoon was greatly enhanced by the colourful fancy dress worn by everyone involved in putting on the event.

Congratulations to the Social Committee, led by Jenny Belshaw; the catering team, led by Bev Clarke; and all the volunteers involved, and a very big 'thank you' to Graham for putting together such an entertaining program for his fellow U3A members.

(Please see the President's Message on page 1 for a list of everyone who contributed to the highly successful event.)



Volunteer Opportunities at U3A

As a wholly volunteer organisation, U3A relies totally on its members taking their turn to step up and offer their time to help us keep operating smoothly. If you would like to become more involved, you might like to consider one of the following ways in which you can participate in the running of U3A Nunawading:

Lock-up one day a week

At the end of each day someone needs to check on each of the rooms we have used that day to ensure lights, airconditioners and heaters are turned off, all windows are closed and doors are locked. This usually takes 30 minutes to an hour and would suit someone who is enrolled in a class that finishes around 3pm. As some of the buildings we need to check are Jaycees Hall, Building 14 and the Seniors Hall, we would prefer our male members to take on this type of role.

Office volunteers

We have a growing number of members offering to help on the front desk, most of whom do two half-days per month. However, during the winter months we do find quite a few of our office vols go on holidays and it is often rather difficult to fill these vacancies. If you like meeting people and would like to learn a little more about how the front office operates, this might be the role for you.

Committee of Management

The committee is responsible for all aspects of our operation. It meets once a month; various members have specific roles such as duty in the front office, newsletter editor, convenor of special events, grants officer, course administration, oversight of IT and AV equipment, office volunteer coordinator, database administrator, computer centre convenor, and of course, the elected office bearer roles of president, vice president, secretary and treasurer.

The Committee is elected at the AGM, so if you are interested in finding out a bit more about how it operates, please contact me by email at president@u3anunawading.org or by phoning 9878 3898 or in person at the Silver Grove office.

Social Committee

This committee organises a range of highly successful events for members throughout the year such as the recent film afternoon, themed afternoon teas, fashion parades and assistance with the Melbourne Cup luncheon.

Communications and Publicity

The C&P Committee is responsible for communicating with members and the broader community through our newsletter and website, as well as participating at community events such as the City of Whitehorse Spring Festival and the Seniors

Week launch at Federation Square.

Class Leaders

Without these generous members we would not have any classes to offer. If you have a skill or special interest you would like to share with members, please talk to our Course Administrator, Elsie Mutton. We are always looking for new and interesting ideas for classes.

Other volunteer roles

Members also help with filing, purchasing our tea and coffee supplies, assisting the Treasurer function, and helping out in January with the running of our Summer School.

Valerie Donlon
President



Nunawading Library Display

Each year the Nunawading Library allows U3A Nunawading the use of its display cabinets for one month. We use the cabinets to display some of the smaller craft articles made by our very talented craft members. Thank you to all those who have contributed this year.

I have done my best to arrange these precious pieces to their best advantage, which is somewhat of a challenge as I do not have a creative bone in my body. If anyone would like to help with the display next year, please raise your hand.

I hope some of our members have seen this display.

Janice Felstead



Art Appreciation Class

ART HISTORY AND APPRECIATION – GROUP A

(by Barbara Sommers, Leader)

Our involvement with the arts can be a life-affirming experience. U3A offers the study of the arts to older persons in many forms; it is an essential part of their development and pleasure.

Our group, Art History and Appreciation (Group A) – U3A Nunawading has two groups – is one of the many creative classes offered. The members of our group have diverse tastes and interests, but all share a passion and love of art in its many forms.

We regularly visit galleries and exhibitions far and wide. We are one of the most frequent groups to visit NGV1 and NGVA (National Gallery of Victoria). Where possible, we use the services of a gallery guide.

Prior to visiting an exhibition class members research and present background information to the group (at Silver Grove). We make good use of the digital camera, projector and DVDs. The talents and skills displayed by members in this process are wonderful to observe.

There is so much to learn in this group. We are grateful to U3A, the amazing galleries we visit and the members of the class who contribute so much for the opportunity to study this subject in such a stimulating and meaningful way.

*(Below, Art Appreciation class members researching and preparing for their visit to the **Whistler** exhibition at the NGV):*



(Below, members of the group at the NGV):



Art Appreciation Class (Cont)

ART APPRECIATION (group A)

Whistler's Mother by James McNeil Whistler

(Now in exhibition at the National Gallery of Victoria)

(description by U3A Art Appreciation course member Joanne Milne)

Not many of us had studied James McNeil Whistler previously. We were motivated by the loan from the Musee d'Orsay, Paris, to the NGV of his most famous painting *Arrangement in Grey and Black No.1, The Artist's Mother* (1871-72) commonly called Whistler's Mother. The painting itself is extremely well known as a masterpiece which has led many artists following Whistler to Post-Impressionism and Cubism.

Whistler was born in 1834 in Massachusetts, USA. He was known for his paintings of nocturnal London, for his striking and stylistically advanced full-length portraits, and for his brilliant etchings and lithographs. An articulate theorist, he did much to introduce modern French painting to England. He had been drawn to the French Movement responding to the realism associated with Courbet and Fantin-Latour. Then in London he made the gradual transition from Realism to Aestheticism in a style inspired by Turner.

He became identified on both sides of the channel with the French Impressionist School and exhibited with Manet, Monet, Pissaro and Renoir. His work began to reflect Japanese style and a pre-Raphaelite influence. A series of lithographs of Venice produced by Whistler in about 1893 are still regarded as some of the best in the world.

Whistler died in London in 1903.

(Below, the class, before its visit to NGVA, get into the spirit of the 200 years of Australian fashion):



(Editor: It is in no small way thanks to the leaders – Barbara Sommers [group A] and Andrew Lockwood [group B] – that the Art Appreciation classes are so popular, educative and enjoyable).

Golf Presentations

At the end of term 1, after an early round on a perfect morning for golf, U3A Nunawading's golf class assembled at the Ringwood golf course for the presentation of the 2015 awards. President Valerie Donlon made the presentations, which included the trophy for the most improved player – won by Paul Makinson for the third year in a row.

The other winners were:

nearest the pin (on the green): James Struthers,
Naomi Towers, Paul Makinson

Team Stableford:

(winners on count-back): Ken Woo and George Thompson

(runners-up): Trish Hogan and Archie Kaan

African Scramble:

(winners): Ken Woo and Archie Kaan

(runners-up): Naomi Towers and Toshie Burke

Most pars: Ken Woo

Gobbler: Melanie Soon and Ron Coleman



Winners team Stableford: Ken Woo (right) and George Thompson with President Valerie Donlon.



Most improved: Paul Makinson with President Valerie Donlon.



U3A social golf group, from left to right:

(front row) Paul Makinson, Valerie Donlon, Alice Jiew, Melanie Soon, Pam Schlitz

(row 2) Ron Coleman, Toshie Burke, Naomi Towers, Dee Dao

(row 3) George Thompson, Val Debeljak, Chu Eady

(back rows) Michael Donohue, Ken Woo, James Struthers

(not in photos) Archie Kaan, Klause Mielke, Trish Hogan, Andrew Gee, Otto Kruse, K. Chaitra, Barry Ellisa, Weng Khor

Patchwork Quilt Course Members

A Quilt in Progress



Wednesday Patchwork ladies visited a fabric shop to help choose fabrics for one of its members. The fabrics with autumn tonings depict the colours and shapes of the leaves gathered for the patterns.

The quilt, when finished, will be a 21st birthday present for her granddaughter.

U3A

Supper Dance

with U3A Nunawading's fantastic Silver Grove Swing Band

Friday, 15 July at 7.30pm
Box Hill Town Hall - \$10 a head

Fit and Active Class



(By Cynthia Morris, member of the Fit and Active class 2)

Here we are with our Fit and Active leader Colleen Skinner at our end of year lunch 2015. In this class we have so much fun and laughter for a productive hour, which just flies. When Colleen blows her green whistle she gets everyone's attention. There may be lots of fun and laughter in this class but at the same time Colleen takes us through our exercises to help keep us agile as we mature in years.

Thank you, Colleen, for the effort you put in to making this such an enjoyable and productive class.

Eight Form Moving Meditation class

(By Colleen Paterson, member of the Eight Form Meditation class)

For a number of years Cam Lau has very generously presented this class at U3A Nunawading.

This is the essence of Chan Meditation, including gentle exercises, walking and sitting meditation, all of which help to relax your mind and body.

Cam's kindness, thoughtfulness and caring towards everyone and his dedication to the Eight Form movements are truly inspiring.

He has many followers who keep coming back year after year for their weekly dose of peace and tranquillity. Thank you very much, Cam.



U3A Nunawading German Social Group

Lunch on Friday 6 May at the Hophaus Bier Bar and Grill in Southgate was the first activity of the new German social group. Twenty members of the Nunawading U3A classes and others attended, enjoying the delicious German fare, the company and the view over the Yarra. Although maybe not too much Deutsch was spoken, it was nice to get to know each other as we all have some keen interest in Germany.

Es freute uns sehr, Euch alle kennen zu lernen!

Jenny Graham is the organiser of this group, so if you would like her to contact you about future events, please leave a message at the office or email courseadmin@u3anunawading.org.au and the message will be passed on.

INVITATION TO A TALK ON MINDFULNESS

28 July 2016 at 5.00pm in the Seniors Hall



Mindfulness can be described both as a form of meditation and a way of living. It is essentially about being more aware and awake in every moment of your life. It is about intentionally paying attention to each moment, being fully engaged in whatever is happening around and within you, with an attitude of friendliness and compassion.

Enormous interest has been created in fields as diverse as mental health, neuroscience, genetics, education, sport and leadership. Research shows that when we are not deliberately paying attention to something, our brain clicks off

into default mode, which is characterised by mind wandering, operating on “autopilot”, dwelling on the past, and worrying about judgement, criticism and the future. The result can be increased stress and anxiety, poor communication, and impaired academic and occupational functioning.

It is with great pleasure that Dr Craig Hassed will be presenting this Talk on Mindfulness in the Seniors Hall, U3A Nunawading, on 28 July 2016 at 5.00pm. Dr Hassed is a General Practitioner and Senior Lecturer in the Faculty of Medicine, Nursing and Health Sciences, and the Mindfulness Coordinator at Monash University. Craig is a regular speaker in Australia and internationally on the application of mindfulness for health and wellbeing and has authored nine books, including Mindfulness for Life with Stephen McKenzie.

There will be a mellow, selection of soft tone music to be performed by Nalanda Robson on a traditional Chinese musical instrument – Gu-Zheng at 4.30pm for your enjoyment prior to the Talk. The

musical instrument is best described as a Zither, dating back about 2500 years to early Chinese dynasties.

Please register your place on the Booking Sheet at Reception. Places are limited so booking ahead is recommended.

LEARNING COLLOQUIAL EGYPTIAN ARABIC

From Monika Soost

“I have been learning Arabic for a number of years, with an emphasis on colloquial Egyptian Arabic. Unfortunately there are not many opportunities for me to practise this language. I hope to find an Egyptian who would like to meet with me occasionally to speak Arabic and who can help me to improve my vocabulary and my pronunciation”.

(Editor: if you are interested, please leave your details for Course Administration at the front office).

U3A at City of Whitehorse Global Fiesta

U3A Nunawading was represented at the 2016 Global Fiesta at our information stall by a team of volunteers who talked to visitors and handed out brochures on what we do at U3A.

Jan Felstead, who is on U3A's Communications and Publicity Committee, co-ordinated our involvement in what turned out to be a lovely sunny day aimed at families. The annual Whitehorse

Harmony Day was held in the Box Hill Gardens and included performances, food stalls, face painting, passport activities, free rides, a petting zoo and information stalls.

In addition to Jan, U3A's volunteers were Patricia Corral, Chris Jeyasingham, Jeanny Kwong, Anita Woo, Jillian Gale and Valerie Donlon.



U3A NUNAWADING MILITARY HISTORY GROUP

The 4-page current newsletter of this group, highlighted with a feature on the 1916 Battle of the Somme, is now available for your reading on the U3A Nunawading website www.u3anunawading.com.au



USED STAMPS

The Australian Childhood Foundation supports vulnerable children through devastating trauma, abuse and neglect. Through the sale of your used stamps you are helping to support this worthy cause.

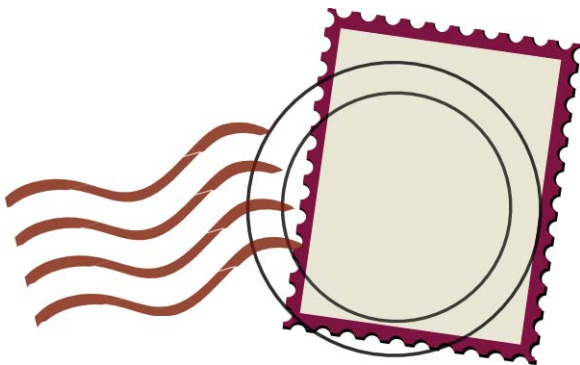
Please leave your used stamps in the plastic container at the reception desk, Silver Grove office.

When removing the stamp

from the envelope please leave some of the paper around the edges to avoid any damage to the stamp.

Many thanks to all those who continue to contribute their used stamps to the Ausatralian Childhood Foundation.

(by Mel Thorn, member of the exercise, cards and military classes)



Arthritis Research

Victoria University is looking for volunteers for a research trial conducted at Victoria University. In that study we are looking for older people age 60 years and over with knee osteoarthritis. The aim of the study is to investigate and test the effect of exercise programs on strength, balance and the risk of falling in people with knee osteoarthritis.

The number of falls experienced by people who have knee osteoarthritis is almost double the number experienced by people who have no osteoarthritis in their joints. Not many exercise programs have been tested with people with knee osteoarthritis and therefore it is unknown what type of exercise might be suitable for people with knee osteoarthritis in reducing their risk of falling. This study will investigate the practicality and safety of two different types of exercise programs. The effect of the exercise programs on strength, balance, knee proprioception, physical function, pain and executive function will also be examined.

Contact:

Associate Professor Pazit Levinger, PhD, AEP
Senior Lecturer, Clinical Exercise & Rehabilitation
Victoria University
Phone: 9919 5525

Patchwork in memory of Trish

The sister of our Patchwork Leader, Trish Johnson, who died earlier this year, contacted her Patchwork class and asked if they could use fabrics that Trish had in her stash when she suddenly passed away.

Trish's class decided it would be good to put a price on the material and offer it to all the patchwork classes. Needless to say the patch workers from the three classes were delighted.

They also decided to complete two quilts that Trish had started, have them quilted and give them to her sister in memory of her.

Along with the material there was wool and many other craft

materials, which are now being used by our craft classes.

Just over \$800 was raised from the sale of the material and Trish's patchwork class will use some of the money to have the quilts quilted and donate the rest (around \$600) to the Heart Foundation in Trish's name.

Trish is missed very much and remembered with affection by her class as they continue to make use of the material.

Elsie mutton

Course Administrator

VALE

Colin (Bill) Bailey (21/4/1923 – 29/2/2016) (by Mary Churchward)

Colin Franklyn Bailey (always called “Bill” from the words of an old song) died in February, aged almost 93, after a valiant battle with cancer. He had been a keen member of our French 6 class for 15 years and had also served as a course coordinator for Health and Fitness classes for 7 years. His wife, Kate Nelson, led a class in Writing Skills.

Bill was born in Northern England and while still quite young, served in the Second World War. Soon after, he migrated to Australia where he gained qualifications in several fields including economics and psychology. He worked at Trinity Grammar and at Monash and La Trobe universities.

During his long life Bill made friends everywhere and many of them were present to celebrate that life at a large gathering on 21 March in the Wattle Park Chalet. We extend our sympathy to Kate and the family.

In the early 1990s Bill had written the following verse on how “I would like to spend the rest of my days”. You may not agree with him on every point, but it is notable that many of the issues that concerned him then still remain unresolved today:

I WOULD LIKE TO LIVE THE REST OF MY DAYS –

- ✓ *close to the sea and the country ... and close (though not too close) to my family and to my friends*
- ✓ *in a community and not merely a market – that is, amongst*

people who value cooperation more highly than competition, where companies have to justify a profit rather than a loss and where corporate greed is not held to be a virtue

- ✓ *in a community which treats both the old and the young with respect and patience rather than with condescension – which values both the future and the past, and where women and men are seen to be equal – and different*
- ✓ *where the rich pay more in taxes than the needy and where misfortune is not held to be a cause for blame*
- ✓ *in a community where courage and tolerance are more highly esteemed than violence and bigotry and private greed is not o.k.*
- ✓ *in a society in which the state shirks not the responsibility for providing health and education and public utilities for the benefit of all its citizens out of the taxes which they pay and irrespective of the wealth they possess; where politicians have to run cake stalls to pay for increases in their salaries*
- ✓ *in a society in which no-one may rest easily in their beds while even one young person is sleeping in a doorway*
- ✓ *in a country in which war is not an option for solving the problems of international corporations and in which trade in armaments is forbidden.*

I WOULD LIKE TO END MY DAYS in a community in which any woman is free to choose whether or not she brings a new life into the world ... and in which any citizen is free to choose the time and the manner in which they leave it.

National Consumer Fraud Week



Fraud week was held in Victoria from 16 to 22 May. An initiative of the Australasian Consumer Fraud Taskforce, its aim was to raise awareness of scams and to provide the community with tips and advice on how to

avoid becoming involved in scams. This year's emphasis was to deliver the message to older Victorians.

The ACCC, in its 2015 “Targeting scams” report, revealed that 40% of all scams reports were submitted by Australians aged 55 and over; in addition, 42% of all reported losses to scams came from this age category.

**For more detailed information from that report, go to
www.scamwatch.gov.au/news
and its links to National Consumer Fraud Week.**

VALE

PAM WILLIAMS (by Yvonne Desousa)

Pam Williams passed away in early March.

Pam was introduced to my Nunawading U3A tatting class by Leonie Clyne. I was told about her amazing abilities in a wide variety of crafts and was a bit wary of having her in my class, thinking that it would be impossible to cater to her high standards. However, she proved to be a wonderful member of the class and subsequently joined the Tatting Guild. She faithfully attended U3A Classes and guild meetings despite her string of illnesses.

She made innumerable crafty items, the proceeds of which she donated to various charities. She regaled us with entertaining stories about her husband and son and educated us with numerous tips to keep the home and garden in shipshape condition, using natural products.

Pam will be sadly missed by members of the tatting guild, by our tatting class and the wider Nunawading U3A community.

YOUR COMMITTEE for 2015/2016

President:	Valerie Donlon	Paulina Chong	Andrew Lockwood
Vice President & Course Administrator:	Elsie Mutton	David Cullen	Brian Nicholson
Vice President:	Colleen Skinner	Elaine Forde	Leo Sargent
Secretary:	Noela Winter	Barbara Gardiner	Lorraine Sterling
Treasurer:	Barbara Worcester	Lindsay Glen	

2016 TERM DATES

Terms	Commences	Ends	Weeks	Public Holidays
1	1 February	24 March	8	Labour Day 14 March
2	11 April	24 June	11	Anzac Day 25 April Queen's Birthday 13 June
3	11 July	16 September	10	
4	10 October	2 December	8	Melbourne Cup Day Tuesday 1 November (no classes on Monday 31 Oct)

2016 KEY DATES

Annual General Meeting	Wednesday 24 August
Celebration Day, Victorian Seniors' Festival	Sunday 2 October
U3A Nunawading Seniors Week Activities	Tuesday 4, Wednesday 5 & Thursday 6 October
Whitehorse Spring Festival	Sunday 16 October
Melbourne Cup Day Function	Tuesday 1 November
Office Volunteers' Function	Tuesday 6 December
Leaders' Function	Thursday 8 December

Office Hours

During term Office Volunteers are on duty at our Silver Grove office from Monday to Friday 9.30am – 3.15pm. 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.

Articles should be submitted as Word documents and photos as jpeg files and emailed to admin@u3anunawading.org.au.

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in the production of this Newsletter.



Closing date for submissions to the next edition: **Wednesday 10 August, 2016.**